

HAMPTONS PURIST

August 2020

GLOW

AHHH, SPA TIME!

Beauty sanctuaries are back, and not a minute too soon. BY BETH LANDMAN

As stressful years go, this one rates pretty high. Never have we needed spas more. Fortunately, they have started to reopen in New York and the Hamptons, and while some treatments remain verboten, there are still plenty of therapies on the menu. Below, some oases for soothing body and soul.

A STUDIO SPA

In the heart of East Hampton, this cozy treatment center uses organic products. In addition to massage, services include waxing, Keratin lash lift and laser photorejuvenation that has no downtime and helps with skin tightening, texture and pigmentation. astudiodayspa.com; 631.903.9669

CURATED BY THUYEN

"Everyone was scared to be touched, but touch is important to keep your immunity up," maintains Thuyen Nguyen, who is finally back to doing body massage as well as his signature fitness facial involving deep lymphatic drainage. "At first, everyone wanted house calls, but now they want to escape from their homes," he observes. The timing is good for Thuyen, as he is opening a new East Hampton location with retail space for his products and holistic beverage line, and a treatment room with big bay windows. He will also have visiting specialists from the city. thuyenskin.com

HAMPTONS CANINE WELLNESS

It's not just humans who get stressed-out; renowned vet, Dr. Cindy Bressler, has opened a retreat in Sagaponack to heal, treat or prevent conditions that affect dogs physically, emotionally, and spiritually. On site therapies include acupuncture, aqua therapy, body wraps, massage and customized blood panels, along with targeted

supplements from Mixlab. Bressler also organizes outings including beach walks and seagull viewing. "Our pets' lives are already only a small fraction of the duration of our own. We can proactively give them the gift of a longer, healthier, more joyful and graceful lives while they age," says Bressler. "It is up to us to take the best care of them that we can." hamptonscaninewellness.com; 631.490.5830

KARINANYC SKIN & LASH CLINIC

"Now that we are wearing masks so much of the time, women are really emphasizing their eyes and brows," notes Karina Freedman, who has put her result-oriented facials on hold for now to focus on lash extensions and brow enhancement as well as body treatments. "Clients are asking for fuller lashes—and henna, which accentuates the brows naturally, has become extremely popular." shop.karinanyc.com; 212.355.3919 and 516.625.3919

NATUROPATHICA

Locations of the beloved oasis in Chelsea and East Hampton are offering massage as well as facials in which a client's nose and mouth remain covered. The Clear Facial employs spearmint, chlorophyll and other refreshing botanicals, along with salicylic acid for radiant skin, while the emphasis of the Chill Facial is relaxation with the help of CBD, kava and tamanu seed. Don't miss the Nourish Massage, with a heady mix of lavender, mint and sea fennel to ease the nervous system and aid in the therapeutic wind down. naturopathica.com; 631.329.2525

ORGANIC EDGE

This new Southampton spot focuses on detoxification via colonics and

infrared therapy. The advanced pod used for the latter also features aromatherapy, pink Himalayan salt and vibratory lymphatic drainage, and is meant to help with weight loss and muscle tone as well as cleansing the body. yourorganicedge.com; 631.488.4086

SIA'S BEAUTY

The women who emerge from Karen Hong's Soho skin emporium always have a celestial glow, thanks to her triple-whammy treatment that uses a hydrfacial machine to cleanse pores and balance skin pH, microcurrent remodeling for lifting, and an intraceutical treatment with oxygen spray to help antioxidants and vitamins penetrate beneath the skin's surface. Now she not only wears a mask and shield, but has designed a special face box cover for her clients, so they have an extra layer of protection. siasbeauty.nyc; 347.247.6381

27 HAMPTON SALON

Cosmetic dermatologist Paul Jarrod Frank has teamed with Bianca Lefferts at her Southampton spot to offer his beautifying artillery including injectables, laser resurfacing, Emsculpt muscle toning and Emtone body tightening. Frank will be available Mondays through August. 27hampton-salon.com; 212.327.2919

V SPOT

Cindy Barshop is opening a branch of her women's health spa in Water Mill, a stone's throw from SoulCycle. The pain-free procedures performed by medical professionals focus on post-childbirth issues and increased intimacy satisfaction, and include lasers and PRP. vspotmedispa.com; 212.988.1387. 🐦

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