



## Moving Experience

Living up to its “melting pot” reputation, New York City simmers with restaurants offering global cuisine, as well as cultural and nightlife venues that serve up a roster of international artists and performers. Even in the well-being arena, devotees feast on an array of treatment modalities, with roots in ancient kingdoms and distant lands. At Just Calm Down spa, a trip to North Africa via the Moroccan’ on the Marrakech Express Massage is just a reservation away. Patrons are guided into a private chamber and ease onto the massage table—equipped with a heated water mattress—to experience the spa’s signature Royal Treatment. The journey to pure bliss unfolds as aches surrender to the hammam (Turkish bath) technique, which includes softly flaying the body with steaming cloths, Yogic stretching and rhythmic percussive massage strokes

» **Just Calm Down,**  
32 W. 22nd St.,  
337-0032

enhanced by the soothing rocking of the aqua-mattress. Complete nirvana.



the insider

*The healthiest hair ... A service best described as “ahhhh” ... Experience the royal treatment ... Highest level of care.*

» **New York Smile Institute, The Takashimaya Bldg.,**  
693 Fifth Ave.,  
14th fl., 319-6363

## YOUR BEST ASSET

It’s a given: When expert medical attention or second opinions are needed, the best place to turn is New York City’s battery of highly skilled physicians and state-of-the-art facilities. The same holds true for the highest level of dental care. One local practitioner (with affiliates in other states and Europe) is Dean C. Vafiadis, DDS, founder of New York Smile Institute (NYSI). While specializing in prosthodontics and implant dentistry, the 17-year-old practice, with a holistic component, treats complaints ranging from periodontal disease to discolored teeth. Patients, who include celebrities and sports’ legends, enjoy treatment rooms outfitted with TVs, DVD and CD players. Additionally, Dr. Vafiadis is among a few NYC dentists working with StemSave, a program that “banks” (cryogenically preserves) dental stem cells from extracted teeth in the event of future disease or injury.



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