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# THE IT LIST

YOUR DEFINITIVE  
RESOURCE FOR LUXURY  
LIVING IN NEW YORK CITY

BY *MANHATTAN* EDITORS

# HEALTH AND BEAUTY

We narrowed down Manhattan's best  
of top beauty and health specialists.

## CHRISTINE CHIN

(82 Orchard St, [christinechin.com](http://christinechin.com))

Known affectionately as "mean Christine" for her effective extractions, Christine Chin attributes her success in the beauty realm to Asian techniques. **INSIDER'S TIP** Her eponymous facial is a deep, pore-cleansing treatment and includes the CCHIN technique for removing skin tags.

## EUROPEAN WAX CENTER

(71 Broadway, [waxcenter.com](http://waxcenter.com))

With a team of waxing specialists trained to minimize discomfort and smooth skin quickly, European Wax Center offers most hair removal services imaginable. Choose anything from brow shaping to a full Brazilian wax. **INSIDER'S TIP** Your first brow, underarm or bikini line wax is complimentary.

## DR. PAUL J. FRANK

(1049 Fifth Ave., Suite 2B, [pfrankmd.com](http://pfrankmd.com))

Specializing in the latest technology for face and body rejuvenation, as well as fat removal, Dr. Frank's minimally invasive techniques are renowned throughout New York, and his therapeutic skincare line, PFRANKMD, cleanses, protects and treats any skin type. **INSIDER'S**



**TIP** Look out for an expansion downtown, and a new book, *The Pro-Aging Playbook*.

## JECT

(138 W. 10th St, [jectnyc.com](http://jectnyc.com))

This spa serves up a variety of smoothing solutions; volumizers for areas that need lifting, defining or subtle plumping; and six boosters, a collection of skincare services from customized facials to microneedling

meant to renew the skin. **INSIDER'S TIP** The shop's bright pink wall is perfect for before and after pictures.

## REVIV

(127 E. 56th St., Floor 6, [revivme.com](http://revivme.com))

These lactic acid flushing and hydrating IV treatments help the body recover from a night out or get ready for an intense workout. **INSIDER'S TIP** Add a vitamin B12 booster shot for even better results.

## THE SALON AT BERGDORF GOODMAN

(754 Fifth Ave., Floor 9, [bergdorfgoodman.com](http://bergdorfgoodman.com))

Visited by the likes of Hillary Clinton, Judi Dench and Martha Stewart in its past life, the Salon at Bergdorf Goodman has started afresh and implemented its massive renovation. **INSIDER'S TIP** The salon menu has been reconstructed to offer luxe



From top: The floral, first-floor bathrooms at The Well; Revis offers various IV services administered by a nurse; a Ject studio in Bridgehampton. Opposite page: Shou Sugi Ban House in the Hamptons pampers with evenings by the fire pit.

in her L.A. and NYC salons. Her 90-minute Twilight Facial combines microneedling, cryotherapy, radio frequency and her patented Revitalight bed technology.

**INSIDER'S TIP** Vargas recently launched individual face masks to get a taste of her signature treatments at home.

### THE WELL

(2 E. 15th St., [the-well.com](http://the-well.com))

Fusing the benefits of Western medicine and the wisdom of Eastern healing, The Well offers a full-service spa, organic restaurant and vitamin bar, reflexology lounge, yoga and meditation studio and private training. **INSIDER'S TIP** The Well Kitchen & Table healthy restaurant is newly open with an ever-evolving menu.

### DR. MATTHEW WHITE

(800A Fifth Ave., Suite 502A, [drmatthewwhite.com](http://drmatthewwhite.com))

A Harvard Medical School-trained surgeon and international authority on facial aging, Dr. White specializes in ensuring that the neck up looks as youthful as the patient feels.

**INSIDER'S TIP** Consider Kybella to take care of that double chin.

### CECILIA WONG SKINCARE

(122 W. 26th St., Suite 1201, [ceciliawongskincare.com](http://ceciliawongskincare.com))

Wong's Sculpt and Empower facial provides both immediate and long-term results. This 60-minute facial uses a microcurrent to firm, tone and lift facial muscles.

**INSIDER'S TIP** Wong's three-minute peel mask maintains the glow in between appointments.

### WTHN

(20 W. 22nd St., [wthn.com](http://wthn.com))

Experience the 2,500-year-old, traditional Chinese medicine either by opting for an individually curated treatment for the entire body or by choosing a specific procedure to focus on stress, muscle weakness or skin problems. **INSIDER'S TIP**

WTHN has its own herbal line, so be on the lookout for concoctions such as Run the World, one of the stress management formulas.

treatments such as scalp massages and aromatherapy before immensely chic cuts and color.

### SHOU SUGI BAN HOUSE

(337 Montauk Highway, Water Mill, N.Y., [shousugibanhouse.com](http://shousugibanhouse.com))

This Hamptons getaway focuses on education, massages, hydrotherapy, skincare and more as part of its holistic living approach to health. **INSIDER'S TIP** The

best dishes from the kitchen are warm sunchoke soup, and pan-roasted duck egg with foraged greens, among others.

### SOBEL SKIN

(960A Park Ave., [sobelskin.com](http://sobelskin.com))

Offering dermatology, cosmetic surgery and aesthetic medicine services, Sobel Skin helped pioneer the medspa trend. Dr. Howard Sobel's EmSculpt uses high-intensity,

precision-focused electromagnetic energy to trigger muscle contractions for fat loss and muscle fiber growth. **INSIDER'S TIP** Sobel also has a powerful new line, Sobel Skin Rx, out with Sephora.

### JOANNA VARGAS

(501 Fifth Ave., [joannavargas.com](http://joannavargas.com))

For facials that reshape and refine, Vargas uses all-natural ingredients