

well-being

LOOKING AND FEELING GOOD » by Trisha S. McMahon

» WHAT'S SHAKIN'?

Salt heals, according to Ron Rofe, founder and owner of Halo/Air, a spa comprised of **salt-infused caves**, in which to relax and inhale a steady salt mist believed to relieve and eliminate certain lung and skin ailments. » **Halo/Air Salt Rooms, 133 W. 22nd St., 646-666-0554**



A NATURAL TOOL

Bamboo is the newest instrument used by massage therapists at the Dorit Baxter Day Spa. The hollow reed rolls over the oiled body in sweeping strokes, giving the therapist greater leverage and allowing for a deep, healing treatment. » **Dorit Baxter Day Spa, 47 W. 57th St., 3rd fl., 371-4542**

GETTING TO THE ROOT OF THE PROBLEM

After building its business on a back-to-the-earth philosophy—which sprouted from an idea to use an all-natural product line—Phyto Universe has become a sanctuary for

those plagued by damaged and thinning hair. The 6,000-square-foot salon specializes in the care and feeding of both the scalp and hair shaft, and promises healthy, silky,

lustrous results. Clients receive a hair analysis and a customized service that includes a vitamin-enriched treatment. » **Phyto Universe, 715 Lexington Ave., 308-0270**

» HOT TECHNIQUE



Head-to-Toe Treat Get set to be immersed in 90-minutes of pure privilege and relaxation during **La Prairie's Platinum Rare Facial**. Here, a pair of estheticians simultaneously work their magic: One pampers and polishes your face with an age-defying infusion of pure platinum, while the other bathes and massages feet and lower legs into a state of pure bliss. » **La Prairie Switzerland at The Ritz-Carlton Spa, 50 Central Park So., 2nd fl., 521-6135**



» Ssskin Ssserum!

Syn-ake—a neuropeptide that mimics the effects of venom found in a Temple Viper—is taking a bite out of wrinkles in **Glamox Snake Serum** by Rodial. The moisturizing formula has a BOTOX®-like ability to instantly (albeit temporarily) relax facial lines by plumping the skin. » **At rodialskincare.com**

PHOTOS: HALO SPA; HALO/AIR SALT ROOMS; SALT; ISTOCKPHOTO.COM/MAARAM; BAMBOO MASSAGE; ISTOCKPHOTO.COM/TREXEC; FACIAL; ISTOCKPHOTO.COM/GEORGIJEVIC; SERUM; RODIAL SKINCARE