



face to face nyc

November 28th, 2007 by perfumed

Last week I was treated to a facial and a massage at a very interesting New York day spa called [face to face](#). When I first looked on their website, I was very impressed and intrigued by the number of different and innovative services they offer. They offer a list of services that I haven't seen in some of the more traditional spas, so I signed myself up for a [Super O2 Facial](#) and a [slimming body wrap](#) (yes!).

I showed up on a Sunday morning and was greeted by Enrique Ramirez, the cute owner and lead esthetician of the spa. For the past 3 years, he has offered New Yorkers a clean, cozy, and private atmosphere to meet their skin and body care needs. I remember that the space felt very relaxing and I was immediately at ease as I was led into the treatment room. The actual room was nice - bigger than your typical facial treatment room and well lit. As soon as I climbed into the bed, I was pleasantly surprised to find out that it was heated, and I think that simple luxury was one of the best parts of my treatment.



I feel like I always secretly measure how good a facialist is by how skilled they are at doing extractions and I will have to say that Enrique was very good. Compared to my last few facials, this one was on the painless side and my skin was left smooth and unspotted at the end. The highlight of the treatment, of course, was the series of oxygen masks that were applied to revitalize and detox the skin. At the end of

the treatment, there was an oxygen spray that was applied directly to the skin (a literal airbrushing). Living in NY where my skin is constantly exposed to second hand smoke and car pollution, the oxygen therapy was a very welcome retreat. There are many celebrity followings of the oxygen facial with some claiming that the treatment can instantly take 5 years off your skin. After experiencing the Super O2 facial, I am inclined to agree.

The second part of my experience was the slimming body wrap. My friend claimed that this type of massage can immediately tighten you up for a couple of days. I have to say- I was a little skeptical so I wanted to give it a try. My treatment specialist was Andrew, who was really sweet and made me feel comfortable right away. The wrap starts off with a dry exfoliation to get your blood moving. This is followed by a series of intense massages with natural hot oils from the thigh up to the upper back, shoulders, and arms. Now I'm very ticklish so I spent a lot of time giggling into my head rest, but it did also feel very good, especially if you like deeper massages. The theory is that the massage drains a lot of toxins and excess body fluids. The actual wrap looked like a giant piece of foil and the massage ended with my whole body wrapped in it. It felt a little hot in there and I was convinced that I was sweating out a ton of weight. Even though I didn't measure myself before and after this treatment, I definitely felt *a lot tighter all over*. When I went into the bathroom to shower after, I thought that my ass was about half the size it usually is. After researching slimming body wraps a little more, I found an interesting piece that *Allure Magazine* had done on these types of treatments where the average inch loss was about 2-6 inches in an hour! Now, to be honest, I felt like the effects of this treatment lasted only a week, but it is absolutely fantastic if you need to fit into a dress for an event or want to look ultra fine at a school or family reunion. I think a lot of people will be interested in this for the holidays.

All in all, I thought [face to face](#) was a really nice place. It was quiet and relaxing and the service was excellent. Also, what is great about this spa is that it is very male-friendly. As I walked out, I saw a few guys waiting for treatments; so it's a great place to send your dad or your boyfriend if they are wary about going to your average ladies-filled spas. There is also a lot of attention to detail at this spa. Food, beer and wine are always stocked for guests and I even noticed GoSmile toothpaste and new toothbrushes in the rest room for guests to use.

Located in NY's Flatiron district at 20 West 20th (between 5th & 6th), face to face was a great find. Definitely check out [their innovative service list](#) and I'm sure you will find something that fits your needs. To make it even easier for us busy NYers, you can even book [an appointment](#) online!

Filed under: [Spas & Salons](#), [New York](#)

1 Comment

- [1. eye4style](#) | November 28th, 2007 at 7:40 am

[Sounds fun!](#) I need a slimming wrap, that's for sure. Thanks for the report.