A man in a black V-neck shirt is applying a thick blue facial mask to the face of another man who is lying on a massage table. The man being treated has his eyes closed and a relaxed expression. The therapist's hands are also visible, applying oil to the man's bare back. The background shows a typical spa or salon setting with shelves holding various products.

NEW YEAR! NEW YOU!

BY RYAN DOYLE

UNIQUE REVITALIZING SERVICES FROM NYC'S GYMS, SPAS AND SALONS

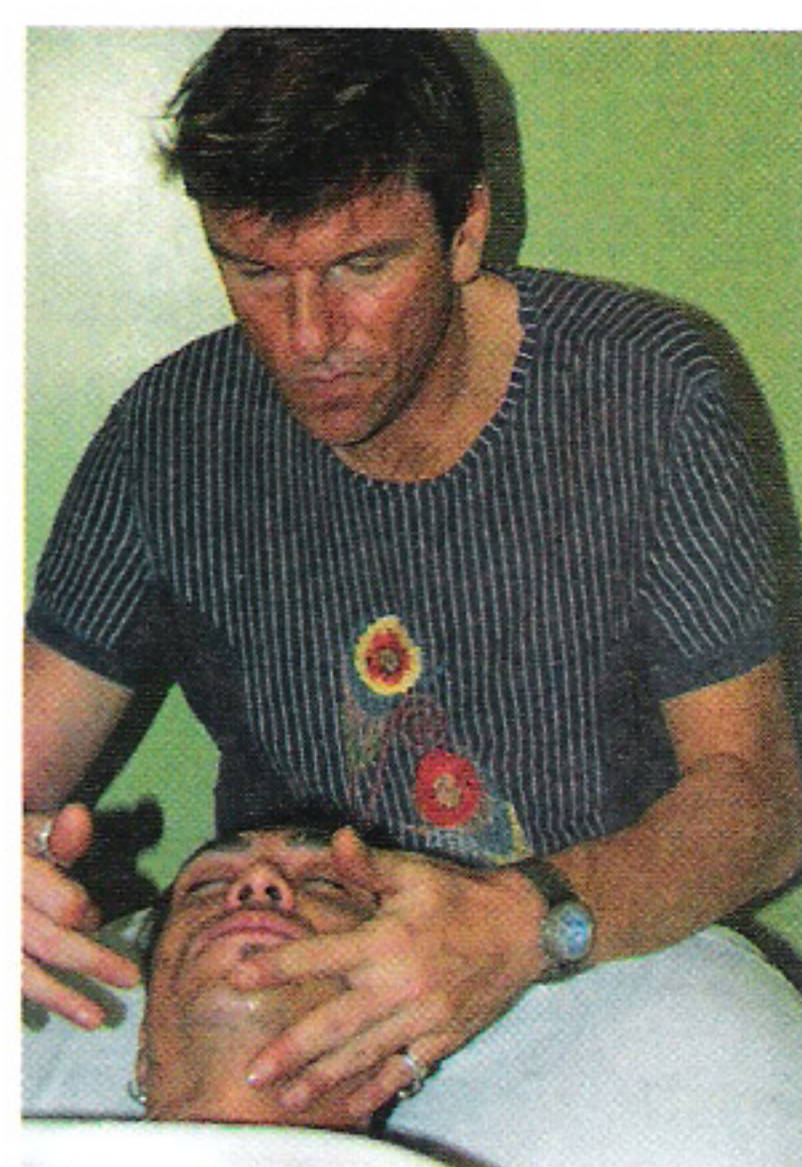
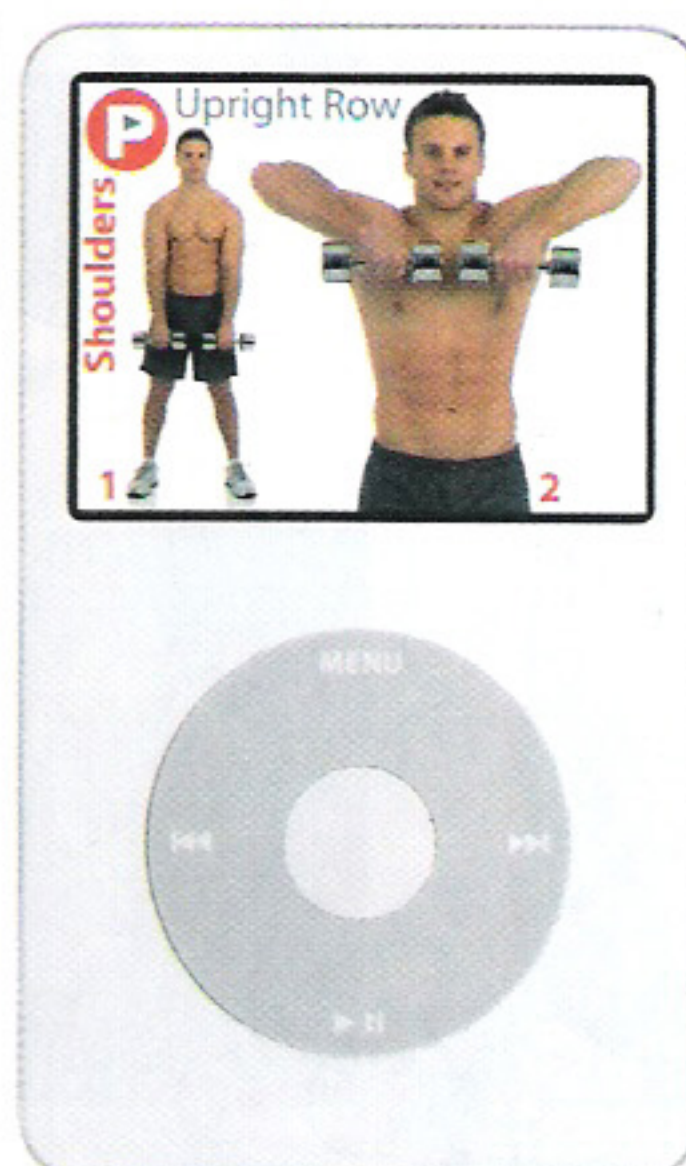
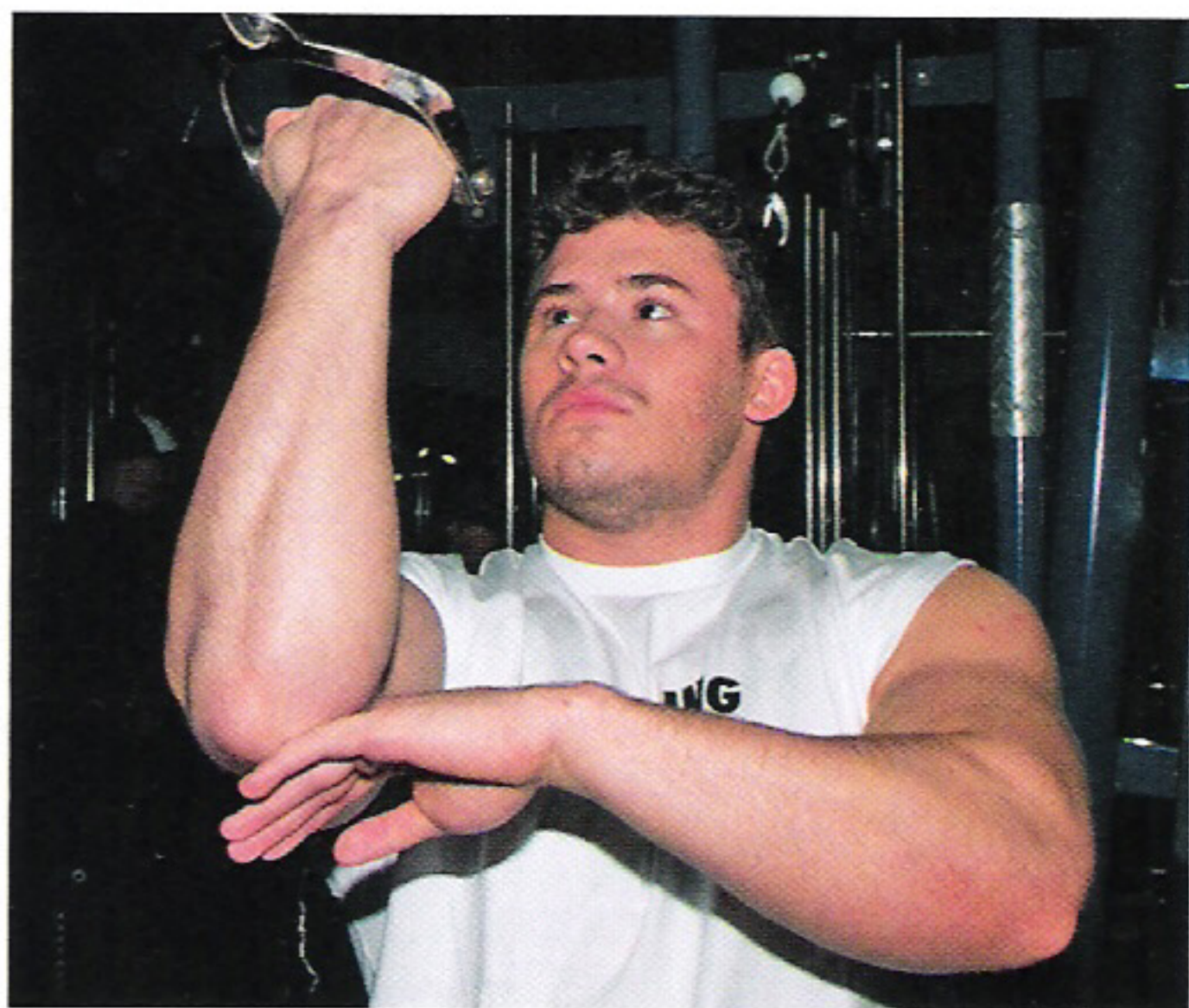
The perfect time to reconcile with your holiday-bloated body is while the new year still has that new car smell. Yet with hundreds of options, searching for a health club can be more daunting than actually going. And high-quality gay-friendly spas and salons aren't as common as you'd think. So we've done the workout for you—the first set, at least—and researched the house specialties provided by a few of our favorite health clubs, yoga studios, doctors and day spas. Here's everything you need to wax that winter coat, shed that dreaded muffin top and get back into fabulous, HX cover model shape.

With those bulky winter coats still required, your skin should be your very top priority, especially after all those months of sweets. **Advanced Dermatology** (200 Central Park South, Ste 107, 212-262-2500) has proudly served the gay community for 16 years. In addition to their cutting edge dermatological therapies (including laser treatments, botox, restylane and radiesse), they also have an on-site lab that offers discreet HIV testing. The gay-owned-and-operated **Body Beautiful Spa** (96 E 7th St, 212-979-5515, bodybeautifulspa.com), meanwhile, is one of the oldest laser centers in New York. Since its inception, its staff has developed close relationships with clients by being understanding and sensitive to everyone's

in the city. Owners J.C., Marylou and Paul employ a sophisticated attention to detail, derived from continual seminar training. Among their many accomplishments, **PANyc** was chosen to style the hair of the models at the 2005 Big & Sexy fashion show by designer Abby Z. Their work has also been featured on *Oprah*.

With a new skin regimen underway, the time has come to get that body into shape again. The privately owned **Steel Gym** (146 W 23rd St, 212-352-9876) has been dubbed the "best equipped gym in NYC." Their complete training facility offers a wide variety of plated machines, recently upgraded aerobic machines and the newest equipment from Life Fitness. They also offer private training for its members, as well as a tasty fresh juice bar. There's also the

bers with an environment that is both stylish and motivating. And in addition to the latest equipment, Club H offers challenging and rewarding group fitness programs, including pilates, boxing and spinning classes. Shy types will love **PumpOne** (Pumpone.com). Created by pioneering software engineer Craig Schlossberg, it's the only visual personal training program designed for iPods and cell phones. Offering complete workouts with professionally photographed exercises, it also comes equipped with digital personal trainers who won't mind if you ogle them. Getting fit comes a lot easier if you're eating right, and for New Yorkers with hectic schedules, **Nutropia** (866-877-5433, nutropia.com) is a godsend. The gourmet food delivery service lets you choose all your weekly meals in ad-



From left to right: Steel Gym, PumpOne and Body Beautiful Spa. Facing page: face to face nyc day spa

needs. Simply put, Body Beautiful provides the latest in state-of-the-art treatments that work. Just ask nightlife luminaries Richie, Sherry, Candis, Bunny, Brenda or any of the many others who trust them. What makes **face to face nyc day spa** (20 W 20th St, Ste 603, 212-633-0404) standout among countless others is owner Enrique Ramirez, one of a handful of male estheticians in the United States. Staffed by several other male estheticians, men choose face to face because their staff understands the nuances of male skin. They specialize in a number of treatments including facials, massage, waxing and body bleaching. Of course, good hair is practically required to frame your glowing complexion, and the trendy, relaxed **PANyc Salon** (258 W 15th St, 212-675-7269, panyconline.com) offers its clients exceptional cuts and colors by some of the most gifted hairstylists

30,000 square foot, three-story **David Barton Gym** (215 W 23rd St, 212-414-2022, davidbartongym.com), which revives the spirit of the former YMCA. It's been described as an "emotional, sensory experience at every turn," and perfectly reflects Barton's philosophy of achieving clients' personal physical ideals through the application of precise techniques. For yoga buffs, Derek Newman offers his **Bendyboys Yoga** (bendyboys.net) in a private West Village studio. A firm believer that all should be able to afford Bendyboys sessions, Newman's rates operate on a sliding scale for full-time students, people with disabilities and the underemployed. Just remember to dress appropriately and bring your own mat! With unique design features and a wide variety of fitness options, **Club H Fitness** (423 W 55th St, 888-460-2582, clubhfitness.com) provides its mem-

vance from an extensive menu, then the dishes are prepared fresh and delivered to your doorstep each and every morning in a convenient insulated bag. With options ranging from a gourmet light plan to a gourmet plan with extra-large portions, there's no reason not to eat healthy.

And, if we may, for those who suffered through the end of the year with a more delicate problem, **Dr. Schwartz** (15 W 44th St, 8th Fl, 212-869-1303, info@midcitymed.com) can help. Using a non-surgical procedure called IRC (Infrared Coagulation), he can treat low- and high-grade hemorrhoids with minimal to zero pain and no special preparation for the procedure. With a 90-percent success rate, conquer your squeamishness and do it! After all, who wants to spend the first month of the rest of their healthy, gorgeous new life battling 'rhoids?