

# Hangover-relieving spa treatments

For those times when your bender seems straight out of *The Hangover Part II* (in theaters Thursday 26), these soothing services will get you back on your feet.

**The Hangover Treatment at F.S.C. Barber Horatio** On those days when you wake up with a sallow visage from last night's Four Loko binge, hightail it to this no-reservations grooming shop for this speedy service, which is like a mash-up of aromatherapy, a facial and a power nap. To kick things off, my barber, Bret Reichley, placed a hot towel infused with tea-tree oil over my face. This was followed by a Malin + Goetz foaming gel mask that tingled pleasantly as it dissolved, clearing out my pores and firming my bender-damaged skin with soy proteins. After another hot towel, a cold towel soaked with lavender oil cooled me down, and then a smooth, SPF 15 moisturizer was applied by way of a soft facial massage. The whole process was fuss-free and effective. I walked out feeling calmer and looking several hues healthier. *20 minutes, \$25. 5 Horatio St between Eighth Ave and W 4th St (212-929-3917, fscbarber.com).*—Chris Schonberger

## SOBER UP!

To read about more tranquilizing treatments, including an oxygen facial at Euphoria Spa and the charcoal body wrap at Spa Lab, visit [timeoutnewyork.com/style](http://timeoutnewyork.com/style).



neck and head. After the acupressure segment, I was lulled into total relaxation as a cold pillow was placed over my eyes and McGuire worked her fingers across my forehead, crown and face in gentle motions. I left feeling rested, loosened up and ready to take on the day. *30 minutes, \$36 (normally \$45). Mention TONY to receive this discount through June 26. 694 Clove Rd at Marling Ave, Staten Island (718-448-3412, relaxoncloud9.com).*—Mary Squillace

**Herbal body wrap with oxygen therapy facial at Mamie's Skin Care Center** Mamie McDonald, the proprietress of this cozy Upper East Side spa, tackled the damage wrought from a few too many

mint juleps with incredible finesse. Her two-hour offensive began with a dry brushing to slough off my moisture-starved skin and an application of a beer-belly-defying slimming gel. She then bound me in warm bandages (soaked in a proprietary mix of essential oils, herbs and Aztec clay), tucked me into an insulating Mylar wrap, and commenced a gentle, hydrating facial. McDonald's holistic approach left me feeling healthy and rejuvenated after a long night of boozing, and her doting manner—more like an affectionate aunt than a spa-bot—was as soothing as the treatment itself. A word to the wise: The heat, fragrant herbs and wrap compression can add up to an intense

experience, and you may need a disco nap before heading out to court your next hangover. *Two hours, \$200 (normally \$275). Mention TONY to receive this discount through July 2. 30 E 60th St between Madison and Park Aves, suite 208 (212-260-9372, mamiesskincare.com).*—Jordana Rothman

**Indecent Sweat at Face to Face NYC** Following a night that ended with greasy 2am grub, I entered the '60s-themed spa feeling bloated and less than energetic. The space is small but chic with white walls, lounging cushions and mod furnishings. My aesthetician, Diane Zdesar, led me to a minimalist room and had me strip naked and lie on the table on top of a heating pad and a film of insulating Mylar. After draping a tiny towel over me for modesty, Zdesar proceeded to rub Yonka Paris detoxifying oil made from rosemary, sage, lavender and citrus over every inch of my body. Then she wrapped me up in the Mylar and added a blanket on top to help me sweat everything out. I stayed supine for about 20 minutes as she treated me to a

relaxing scalp massage. I was unwrapped when she could see a "puddle of toxins" on the table. While the spa only has one shower in its apartment-like bathroom, it's stocked with shaving cream, razors, hair goods and warm towels to help you wash the oils and sweat away. Zdesar warns that the weight you'll lose is water, so you'll gain it back once you drink (H<sub>2</sub>O, not cocktails!), but this way you'll be replenished in a healthy way. I left feeling relaxed and undeniably refreshed. *90 minutes, \$144 (normally \$180). Mention TONY to receive this discount through June 4. 20 W 20th St between Fifth and Sixth Aves, suite 603 (212-633-0404, facetofacenyc.com).*—Elizabeth Denton

**Headache Relief at Relax on Cloud 9** To begin the treatment, I slipped under a thick blanket, which kept me toasty while technician Claudia McGuire worked on my noggin. The eucalyptus-and-grapefruit-infused oil she used quickly filled the room with a fragrant scent that I found to be both calming and invigorating, even in my queasy state. McGuire began by pressing her thumbs into the base of my skull, followed by more of the same to my temples, along my jaw and under my eyebrows. The effect of her firm touch was twofold: It distracted me from the discomfort I felt elsewhere and alleviated tension in my

## HANGOVER HELP

Even if you can't make it to the spa, you can still detox at home with these products.



▶ **100% Pure** organic coffee-bean caffeine eye cream, \$25, at Duane Reade Look Boutique, locations throughout the city; visit [duane.reade.com](http://duane.reade.com)

▶ **Garnier Anti-Dark-Circle** eye roller, \$15, at CVS, locations throughout the city; visit [cvs.com](http://cvs.com)



▶ **Blissful Bath** Hangover Helper Shower Vapour, \$5, at [blissfulbath.com](http://blissfulbath.com)



▶ **Skyn Iceland Hydro Cool** firming eye gels, eight pairs for \$30, at Ricky's NYC, locations throughout the city; visit [rickysnyc.com](http://rickysnyc.com)



▶ **Badger** certified-organic Headache Soother balm, \$8, at Elm Health, 56 Seventh Ave at 14th St (212-255-6300, [elmhealth.net](http://elmhealth.net))