

STARTING LINES

BUZZ • FACES • PLACES • STUFF

SAY SPAAH...

Training hard? Treat yourself to some post-race pampering at these top spots



Photo courtesy of whltravel

IT'S SPA WEEK!

Many NYC spas are offering select treatments for just \$50 during Spa Week, running April 12-18. Check out spaweek.com for participating locations near you.

BE HERE NOW: A HOT STONE MASSAGE—LIKE THE ONE OFFERED AT COWSHED SPA IN THE SOHO HOUSE—EASES PAIN AND TENSION.

The season's cranking up and all those workouts are taking a toll on the ol' body. So what to do when ice baths just don't do the trick? Get your muscles some much-needed TLC by visiting one of these local pampering spots. From facials to specialized massages, these spas all offer services that'll have any exhausted endurance athlete ready to race again.

KIMARA AHNERT SPA

Detox your face from the exposure and grit of outdoor training with Kimara's Oxygen Facial. A highly-concentrated molecular blast of oxygen penetrates deep into the skin, helping to purify and nourish, while stimulating the detoxification and rejuvenation of cells by helping to reduce fine lines and sun damage. 1113 Madison Avenue; 212-452-4252. kimara.com | **Competitor NY Special!** Buy a series of five services and receive 10 percent off the price, plus one free treatment. Double it up with 10 services and get 20 percent off and two free services.

COWSHED SPA

With luxury spa treatment rooms, private eucalyptus steam rooms and a "chill out" area, Cowshed—located on the third floor of the über-exclusive Soho House—allows you to be swept away in your own bubble of Zen. Try their Head, Neck and Shoulder massage to smooth out stiff muscles of the upper body, a perfect post-long ride indulgence. 29-35 9th Avenue; 646-253-6111. sohohousenyc.com/cowshed

FACE TO FACE NYC

This Chelsea spa's Ultimate Massage is an ideal treatment for athletes or weekend warriors. Their deep-tissue treatment is excellent for stubborn knots or tangled muscles. You'll leave feeling revitalized and ready to face your next challenge. 20 West 20th Street Suite 603; 212-633-0404. facetofaceny.com

LA PRAIRIE AT THE RITZ-CARLTON SPA

Give your tired feet a treat with La Prairie's Soothing Sole Therapy. Add this

enhancement to an equally indulgent massage or facial, and receive an aromatic foot soak followed by exfoliation, hydrating mask and heated wrap. Top it off with a relaxing rub and you'll be revived and ready to crank out more miles. 50 Central Park South; 212-521-6135. ritzcarlton.com

JUST BE SMOOTH

Call it a massage with benefits: Just Be Smooth's lymphatic drainage treatment relieves pain and firms up the skin, too. Using a non-invasive technique, this massage loosens fibrous tissue, gets rid of toxins, and increases collagen production that helps fight the jiggle. 276 Essex Street, Millburn, N.J.; 973-376-8889. justbesmooth.com | **Competitor NY Special!** Receive a free consultation and 35-minute treatment throughout the month of April. Ask for Beth Geller when booking. —SWF CM

Minneapolis-based Life Time Fitness set a new Guinness World Record for the largest spin class with 1,052 riders. The former mark? A mere 450. ::