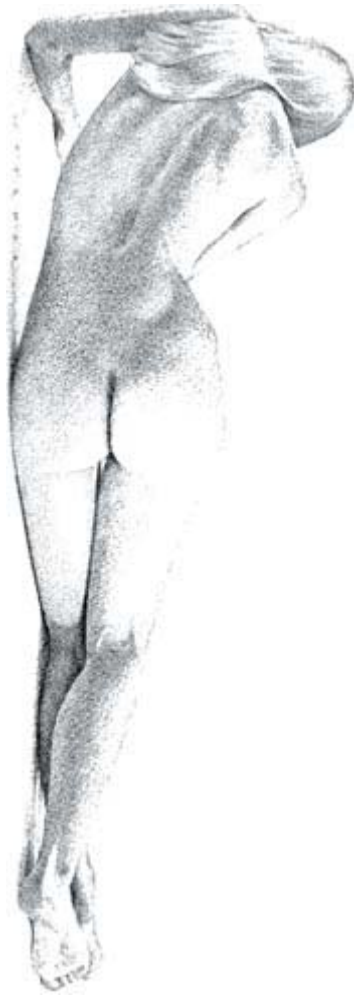


# NEW YORK GUIDES

## The Body Unwound

<http://nymag.com/nymetro/urban/features/stress/10889/>

A head-to-toe guide for treatments that undo the damage.



### Ultrasonic Reflexology at the New York Dermatology Group

Feet, hands, and forehead are massaged with scented oils, then trigger spots in the foot are stroked with a vibrating metal rod, followed by a massage.

\$400.

119 Fifth Ave., at W. 19th St.; 212-533-8888

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Stermer