

♥ A PICTURE OF HEALTH

There's never a better feeling than knowing you're at the peak of wellbeing. From sound meditation to infrared detoxes, we have it covered.



NYDF INTEGRAL HEALTH & WELLNESS

New York

A wellness center headed by dermatologist and doctor of internal medicine, David A Colbert, this wellness center focuses on nutrition and complementary therapies, making it a must-visit, not least for its menu of programs, like the personalized wellness offering IV therapy, a collagen bed session and diagnostic blood-work.

nydgwellness.com