

# T's Wellness Guide to New York

A shortlist of places to find wholesome food, a good workout and all-natural beauty treatments — with or without crystals.



From left: The design-conscious health food store Clover Grocery, the English pea dumplings at the plant-based restaurant Nix and Sundays, a nail studio that uses nontoxic polishes. From left: courtesy of Clover Grocery; courtesy of Nix; courtesy of Sundays

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Feb. 8, 2019



New Yorkers are not, historically, very good at wellness. Or perhaps it's that our definition of eating well involves pizza slices picked up on the way to the movies and that our idea of exercise is slipping through the subway cars right before they close. But the past five years have seen a sea change in New York's wellness culture. A new generation of plant-forward, Instagram-friendly cafes — among them Dimes and West-Bourne — are replacing funkier, hippyish staples like Souen in SoHo and Angelica Kitchen, which both closed in the past two years (though Souen's East Village location remains open). And while the city has always had a thriving health and beauty scene, there has been a move toward the natural and holistic with shops like CAP Beauty and Clover Grocery, a wave of new healthful convenience stores and Taryn Toomey's crystal-wielding workouts. Here, our list of the best New York has to offer — new and old — for those looking to get their wellness fix.

## Do

### NYDG Integral Health & Wellness

The clinically named New York Dermatology Group may not sound like much fun — and it's not supposed to. Founder and dermatologist Dr. David Colbert is quick to note that NYDG is not a spa but a clinic staffed by medical doctors. Inside the gleaming-white treatment rooms, which look lifted from the set of a '70s-era sci-fi movie, clients choose from a host of scientifically backed services including laser toning, acid peels and the celebrity-approved Runway Facial. 119 5th Avenue, [nydgwellness.com](http://nydgwellness.com).