



Left to right: NYDG's sleek interior, designed by Brandon Haw Architecture; a treatment room.

Wellness Spot

From facials to IV-infusions, NYDG in New York City has the cutting-edge wellness treatment for whatever ails you.

BY DIDI GLUCK

There is almost no part of your anatomy that might not benefit from a stop at Manhattan's NYDG Integral Health and Wellness. The 11,000-square-foot space, in the city's historic Flat Iron district, houses eight treatment rooms, a blood infusion facility, a nutrition center, two cryotherapy chambers and a retail area. And while it was co-founded by celebrity dermatologist David Colbert, M.D. (NYDG stands for New

York Dermatology Group), it offers far more than skin care. According to NYDG's mission statement, its staff specializes in "world-class aesthetic, fitness and performance enhancement methods that empower our clients and optimize the human experience." Dr. Colbert's team includes Dr. John Kennedy, an orthopedic surgeon with a specific interest in regenerative therapies for cartilage, bone tendon and muscle; Kathleen Mulligan, MD, who is certified by the American College of Obstetrics and Gynecology and specializes in women's health care; as well as Susanne Kaufmann, whose eponymous natural skin-care line and facial treatments were brought to the U.S. from her family's spa in Bezau, Austria. Forget you needed a shot for the next leg of your travels? NYDG can take care of that, too.

If you're considering visiting NYDG, you can peruse the treatment options and request appointments at nydg-wellness.com. Booking in advance is encouraged. And although the upscale wellness space offers myriad quick and efficient health therapies, such as IVs, cryotherapy and PRP (platelet-rich plasma) injections, which can improve things like sleep, inflammation and pain, one of the most instantly gratifying treatments without a doubt is Susanne Kaufmann's sublime Bespoke Rejuvenating Facial (\$850). The facial has 21 steps (yes, you read that right). "It addresses not just the skin, but also your inner self," says Elena Wawrzynski, the medical aesthetician trained to give the facial at NYDG. It starts with a foot bath that helps draw energy from your head to your feet. Then you move on to four different facial massages and the manipulation of acupressure points, which stimulate detoxification of the kidney, liver and lungs to help promote energy production and better breathing. The final ritual includes obsidian rollers and incense lotion. "The facial has the power to make you feel as if you've been transported to a world of beauty, peace, love and self-care where you can abandon your burdens and go home with glowing skin, a clear mind and a lighter spirit overall," says Wawrzynski. □