

Aesthetics & Wellness

The sheer number of doctors and wellness specialists in New York is staggering, but these professionals have risen to the top of their fields.

MOST LUXE MED SPA

NYDG Integral Health & Wellness (119 Fifth Ave., nydgwellness.com) With decades of experience and bespoke services, NYDG Integral & Wellness optimizes physical aesthetic, performance and well-being with therapies including cryotherapy and transformative facials, as well as personalized plans such as bridal and postnatal programs.

BEST MOMMY

MAKEOVER Dr. Melissa

Doft (755 Park Ave., doftplasticsurgery.com) Dr. Doft focuses on individual patient beauty by utilizing a multidisciplinary team of top dietitians, physical trainers

and estheticians to enhance surgical results.

BEST REPRODUCTIVE

RESOURCE Kindbody (693 Fifth Ave., kindbody.com) A full-service women's health and fertility platform, Kindbody educates the public on fertility through info sessions and provides fertility assessments, IVF and egg freezing.

BEST LUXURY HOSPITAL DELIVERY ROOM

Penthouse at New York Presbyterian (525 E. 68th St., nyp.org) Decadent rooms equipped with Frette linens, marble countertops and even butlers await patients who stay in the penthouse with skyline and river views.

BEST WELLNESS

RESOURCE The Detox

Market (76 E. Houston St., detoxmarket.com) The Detox Market's carefully curated selection of green makeup and wellness products follows a strict approved ingredients list, and the flagship location serves up personalized and private consultations.

BEST WELLNESS

RETREAT Y01 Wellness

Center in the Catskills (420 Anawana Lake Road, Monticello, NY, yo1.com) The center provides an all-encompassing, personalized wellness retreat with 68,000 square feet of therapy areas that helps clients manage everything in their lives through ayurveda, yoga, naturotherapy and acupuncture.

BEST WELLNESS

CONCIERGE Tribeca Wellness

Collective (116 Chambers St., tribeca-wellness.com) Led by Dr. Josh Trutt, Tribeca Wellness Collective centers on a well-rounded approach to wellness, anti-aging and disease prevention through personalized programs like biometric testing and hormone therapies.

BEST GURU

Tanya Zuckerbrot

(factor.com) Famed dietitian Tanya Zuckerbrot created the F-Factor Diet, a weight-loss program based around fiber-rich nutrition, and her company features one-on-one diet counseling and supermarket tours.

BEST MESSAGE

Naturopathica

(127 W. 26th St., naturopathica.com) Designed by founder Barbara Close, Naturopathica massages are a love letter to herbalism, each including a specific blend of oils and botanicals that promote wellness and relieve stress.

BEST WORKOUT

The Class

by Taryn Toomey

(22 Park Place, taryntoomey.com) Toomey's The Class concentrates on self-study through physical conditioning, a meld of music and movement that has won such fans as Jennifer Aniston and Christy Turlington.

BEST CELEBRITY

TRAINER J Train Wellness

(505 Greenwich St., jtrainwellness.com)

With a cohesive team of trainers, acupuncturists, massage therapists, yogis and more, J Train's program puts clients under a holistic exercise regimen led by fitness powerhouse Joe Maysonet.

WTHN offers sound therapy and guided meditation tracks during acupuncture.

