

5 NYC Ways To Stay Healthy This Winter, From Spas To Fitness And More

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By Carly Petrone.



Don't let the winter blues get you down. Stay healthy and fit with our roundup of best wellness opportunities in New York City.

Modrn Sanctuary

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Exploring NoMad: [Eat, See And Play](#)

Book an appointment at the newly-opened [Modrn Sanctuary](#), located in the heart of the NoMad neighborhood. Leading health and wellness entrepreneur, Alexandra Janelli, started this luxury wellness center to bring leading practitioners in traditional and alternative medicines, therapies, and treatments to the Big Apple. The 5,000-square-foot space is lined with black, crocodile-textured walls along with beautifully sculpted imported antique Balinese doors and dark wicker seating. Make sure to check out the Himalayan Salt Room (one of only four in the city) that is used for halotherapy. Guests can sign up for a variety of treatments, including acupuncture, cupping, holistic skin care, reiki, Thai body work, and more. You can even work with a life coach, take part in a Family Constellation session, or learn about past life regression. This place definitely has it all.