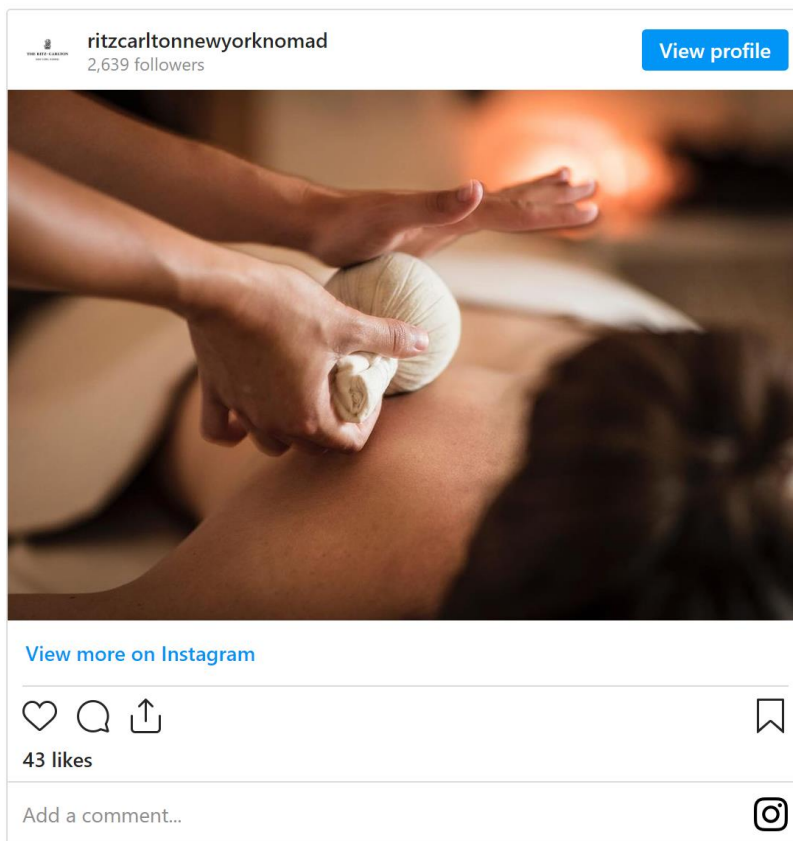


GOTHAM

Where to Celebrate National Wellness Month in NYC

August is national wellness month, and as one of the hottest summers in memory draws to a close, we could use a bit of R&R to reset before the fall festivities commence. We've rounded up our favorite spas, wellness centers and aesthetics brands to have you looking and feeling your best as we head towards the hustle and bustle of fall.

Ritz Carlton NoMad



25 W. 28th St. / 212.404.8400 / [Website](#)

Walking into this spa feels like leaving NYC entirely, as the immersive environment instantly transports you away from the heart of Manhattan. Custom Augustinus Bader facials, treatments featuring ESPA products and wellness happenings for women, men and mothers-to-be are just the start of all that this 6,800 square-foot spa offers within its eight treatment rooms, luxurious steam rooms, saunas, 24-hour fitness center and private relaxation lounges. Our recommendation? Indulge in a full day of R&R at one of the most luxurious spas in all of NYC.