



Aman New York, USA

Let's Elevate

Boutique Biohacking Spas New York Style!

BY JUDY CHAPMAN

The beauty of the wellness space is that spas are continually reimagining ways we can relax, restore, and remedy our modern lifestyles. High-performance massages are non-negotiable as are those that provide true tranquility. Soulful treatments that ground and help us reconnect are sought-after as are those that expand our sense of peace.

Recently, the birth of 'Biohacking' treatments into spas across the world. Biohacking is defined as a 'do-it-yourself biology aimed at improving performance, health and wellbeing through strategic interventions.' Biohacking treatments are radical innovations that rewire the brain, reset the body, and accelerate our healing process.

According to Kris Abbey, founder of Spa

& Wellness (spaandwellness.com.au), while biohacking might be a new(ish) word, the practice of changing our body's biology for optimal health has been going on for centuries.

She explains that human optimisation, also referred to as biohacking, sees the body as a system and improves the whole system for optimal wellness.

Says Abbey: 'As we age the body's

cycling of cells starts to slow down meaning muscles start to naturally waste, bone density reduces, cognitive functionality slows, and those niggling injuries start to appear more often. After the age of 30 ageing starts to take control and rapidly increases and the years stack-up, marking the shortening of your healthy lifespan.'

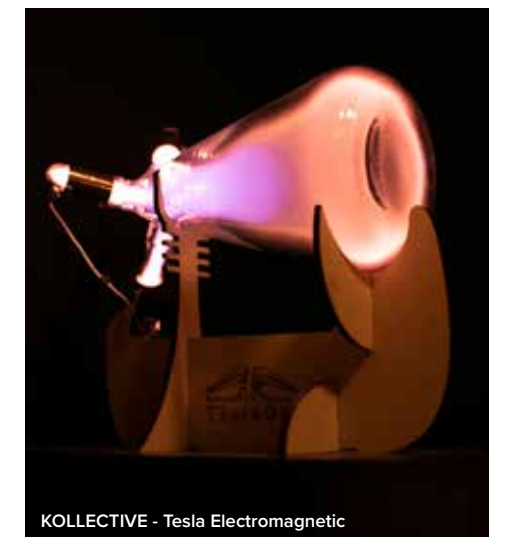
'However, this doesn't mean we need to give into our body's degenerative process. With a combination of modern science and age-old practices such as meditation, cold therapy or fasting, you can short-circuit the process. Or as the modern antiager calls it – Biohack your body.'

The exciting news is there is an increasing choice of euphoric, immune boosting and cell regenerating treatments available to upgrade our brain, body and being. **Judy Chapman explores New York's boutique Biohacking movement...**

Modrn Sanctuary offer a trilogy of advanced technologies to slow down aging and short circuit the body's repairing process. These include the 'Himalayan Salt Room' (Halotherapy) and 'Oxygen Bar' for boosting oxygen health, 'Infrared Salt Sauna' to fast-track detoxification and the 'Somadome



CRYOTHERAPY at Restore



KOLLECTIVE - Tesla Electromagnetic

Meditation Pods' for speedy zen time. A hero experience is the 'Full Body Red Light LED' where wavelengths of healing light penetrate the body's tissues trigger circulation, skin cell growth, collagen production and so much more. Red Light treatments are used to reduce inflammation, accelerate body repair and recovery, and increase energy and endurance. Alternatively, raise your vibration with sessions on the 'Sensory 7 Crystal Chakra Bed', a powerful immersive experience where your energy field is bathed with healing colour

and light to bring you into divine alignment. www.modrnsanctuary.com

Kollectiv is a well-regarded refuge for recharging our physical, emotional, and spiritual selves. Their innovative menu includes the 'Tesla Electromagnetic Therapy' known to recharge at a cellular level that in turn helps to fight off many lifestyle diseases. This innovation is inspired by the work of Nikola Tesla and activates the parasympathetic nervous system to bring the body into a desired 'rest and digest' state where true healing can happen - fast. Reap the rewards of reduced pain and inflammation, more focus and vitality. Other biohacking therapies at Kollectiv include the 'Anja Light Therapy' where light is used to stimulate the pineal gland to induce one into a deep meditative state within minutes. The 'Normatec Compression Therapy' is popular with athletes, trainers, and coaches for activating lymphatic system, circulation, blood and oxygen flow. kollectiv.com

The Fuel Stop is an urban 'bionic' advanced wellness brand with locations in both New York and Miami. It's one of the few wellness spas in the city offering the high-level double chamber natural air full immersion 'Cryochamber' considered the best model on the market. Cryotherapy essentially involves exposing the body to short bursts of sub-zero temperature that pushes the body



Modern Sanctuary Sensory Seven Chakra Bed

into a fight or flight mode. This in turn accelerates the body's response to fight inflammation and other dis-ease. Cryotherapy is highly effective in treating a multiple range of issues – reducing cortisol, balancing the nervous system, burning fat, and boosting collagen production. Another recommendation at The Fuel Stop is the 'OCI-10 Ozone Infrared Sauna Pod', a powerful detox therapy used to eliminate viruses, parasites, and imbalances.

www.thefuelstop.com

Cryotherapy can also be experienced at the spa at the new **Aman** hotel which recently opened in the 100-year-old historic Crown Building. The Cryotherapy treatment here is also a next-level full immersion chamber that works works to naturally promote health, performance, and recovery by stimulating the body's natural response to cold. Aman translates as 'peace' in Sanskrit and the spa here spreads over three floors and features many wellness technologies as well as a 20-meter indoor pool and terrace full of greenery - bringing Eastern tranquilly to the city.

www.aman.com/hotels/aman-new-york

Athlete's, marathon runners and health-minded folk also head to **Restore Hyper**



IV Therapy at Restore Hyper WEllness



OmLife Zero Gravity Floatation Therapy

Wellness for high doses of recalibrating wellness. The menu here includes *Infrared Sauna*, *Red Light Therapy*, and *Compression* with *Cryotherapy* and *IV Therapy* the most sought-after. IV therapy is essentially an infusion of fluids with essential vitamins, nutrients, minerals, and amino acids that helps to combat internal diseases. The '*Mild Hyperbaric Oxygen Chamber*' is a pressurized chamber where high amounts of oxygen penetrate the body's tissues, blood, and brain. Recently, this has become very popular for treating Long Covid-19 as it is effective for boosting



Clean Market New York

cognitive health and fighting inflammation. www.restore.com

Facials that bio hack the skin's potential are also a rising trend. A well-regarded spa for these is **Chill Space** where the entire menu is themed around a 'science meets wellness' treatments to promote emotional, mental, and physical longevity. Their menu comprises '*Cryo Sauna*', '*Infrared Sauna*', '*Sensory Float Tanks*', '*Salt Room*' – as well as next-level facials using Red Light and Cryotherapy. The *Cryotherapy Facials* provide immediate results in plumping the skin and reducing fine lines while *Red Light Facials* are recommended for rejuvenation, collagen, and skin radiance. www.chillspaceny.com

Clean Market is an upscale brand regarded for doctor-led Drips, Sweat, and Chill therapies. The ethos here is treatments that help one 'feel better, live better, compete better, and look better – with the ultimate goal of living to the fullest.' Rather than one-off sessions, everything at Clean Market

is thought-out and personalized. Set your goals and the doctor-led teams will co-create programs to get toxicity out of the body and help boost your metabolism, immunity, and energy. From tailored '*IV Nutrient Therapy*' protocols to '*Cryotherapy*' and '*Infrared Saunas*', begin your journey to live and function at your optimum today. They also provide at concierge service where the NutriDrip nurse comes to you! www.cleanmarket.com

Plant-powered CBD treatments are also part of the biohacking movement. Top level CBD healing can now be experienced at the newly opened **ILA ONLY SPA** at Lotte New York Palace. The renowned Ila-Spa brand is popular in the East – found in the most incredible spas in exotic Asian destinations such as Bali and the Maldives. At this iconic New York location, you are invited to explore memorable treatments including the '*CBD Energy Balancing Massage*', an '*Adreno Exhaustion Wrap*' and a '*CBD Mini Massage*'. Alongside this, yoga with sound healing to open your heart, enlighten and inspire.

www.ilaspanyc.com

Equinox Hudson Yards is another destination offering plant medicine CBD treatments for reducing inflammation, pain, and stress. The fitness brand is renowned for a 'elevate your performance' strategy with spa therapies. The spa here targets A type personalities, high-achievers, and athletes – offering therapies that amplify one's wellbeing status. Masterful massages and bodywork delivered with CBD Hemp Balm are performed by practitioner-level therapists. Another feature here is the *HyperVolt* enhancements that combines vibration and percussion to increase mobility, flexibility and relax and repair the muscles and joints. www.equinox.com

The concept of biohacking also can involve sensory deprivation in a Floatation Room, where the letting-go sensation of floating in a cocoon of warm salty water reduces blood pressure, calms the mind, and eases one into a deep meditative state. A decompression with a plant-powered psychedelic edge

can be experienced at **FloLo Holistic**, a boutique wellness destination located in midtown. They are developing a doctor-facilitated floatation therapy paired with safe doses of pharmaceutical FDA approved Ketamine. FloLo's entire vibe is themed around innovative and meditative experiences where one can 'find peace within the chaos'. Services include float, sauna, steam room, cold plunge, and salt cave as well as a unique sound float that immerses the body in sound vibrations and light frequencies. Everything at FloLo is designed to reach deep into the body to elevate, recalibrate, and heal.

www.floloholistic.com

OM Life Wellness Modern Recovery Spa in New Jersey is a sought-after venue for athletes and folk who value extreme wellness to reset the body, mind, and soul. Their suite of innovative modalities include everything from the *Infrared Sauna*, *Whole Body Cryotherapy*, *Psychedelic Breathwork*, *HypnoReiki*, *CBD Oil Massage*, *Fascial Stretch Therapy*, and *BrainTap Meditation Experience*. For a unique high-vibration experience try the '*Sonic Vibration Plate Therapy*', a whole-body high treatment to exercise muscles, boost circulation and cell rejuvenation, strengthen bones, and stimulates organ tissue function. They are also big on the Alkaline Water Ionization system that is said to be one of the best biohacking devices of all - producing alkaline, antioxidant and micro-clustered (or restructured) water that can remove harmful pesticides, herbicides, hormones and bacterial off fruits and vegetables - all of which results in younger looking skin, higher hydration, and a balanced body pH! www.om.life

Infrared Saunas are also considered part of the biohacking movement as they help fast track detoxification from the cells and body and reboot our cardiovascular and lymphatic system. Mounting research shows that regular saunas can also lower our risk of dementia and reduce heavy metals in the body. The technology is based on wavelengths of light that internally heat up the body that stimu-

lates sweating. This sweating detoxification process helps to release toxins stored at our deepest core including the kidney, livers, and skin. New York's most popular Infrared Sauna brand is **Higher Dose** who are renowned for their serotonin-boosting saunas enhanced with high-vibration music and color therapy. www.higherdose.com

These are just a handful of boutique spas in the city offering treatments to elevate our quality of life. Other biohacking trends include minimum effective exercise, nootropic brain boosting supplements, hyper-customized nutrition alongside ancient practices like yoga and 'bioharmonization' - embracing natural practices. Watch this space! □

Judy Chapman is an International Spa Designer and consults for hotel, spa and wellness brands around the world including *Menla Mountain Retreat* in the USA. Judy also develops white label skincare products for spas and individuals. She is the former Editor-in-Chief of *Spa Asia* magazine and author of several books on wellness and spas. Judy is currently based in Byron Bay, Australia. www.judychapman.com.au



FloLoHolistic Eastern Medicine in Halotherapy Salt Room