

NEW YORK CITY

BEST HAIR SALON

JOHN SAHAG WORKSHOP

425 Madison Ave.;
212-750-7772

Signature Service: The precise dry-cutting technique created by the late Sahag.

Best Bonus: Calm atmosphere enhanced by a waterfall.

Top Pros: Thomas Clancy and Karmela Lozina (stylists); Frank Reina and Santino N. Acquista (colorists).

BEST EXERCISE

YOGAWORKS

Multiple locations;
yogaworks.com

Most Popular Class: Power Meditation, a class that includes asana, pranayama, and meditation.

Most Unusual Class: Rock Your Asana, a vigorous vinyasa set to music.

Best Bonus: The most inspiring instructors in the five boroughs.

BEST DAY SPA

TRACIE MARTYN SALON

59 Fifth Ave.;
866-T-MARTYN

Signature Treatment: The ReSculpting Facial, which uses microdermabrasion to smooth, a mild electric current to firm skin and stimulate collagen, and calming creams so you don't leave red and blotchy.

Best Bonus: Ginger tea and cookies while you wait.

BEST BEAUTY BOUTIQUE

SEPHORA

Multiple locations;
sephora.com

Most Popular Skin-Care Product: L'Occitane Shea Butter Hand Cream.

Most Popular Lipstick: Lola Lip Crème in Sweet Love.