

BEAUTY

New York City's Best Day Spas

If you are looking to escape in New York City, head to one of these day spas, which qualify as some of the most relaxing spots in Gotham. Also check out VF.com's picks for the top North American spas and global destinations.

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Tucked away on the ground floor of 75th Street, a by-word-of-mouth-only locale, **Aida Bicaj Institut de Beauté** has been a beauty haven for Upper East Side luncheon ladies since its debut three years ago. In 2005, after more than 15 years of working in conjunction with Biologique Recherche and the famed plastic surgeon Dr. Aron Kressel, Aida Bicaj founded her own company and has been discreetly lifting, remolding, massaging, and beautifying feminine faces (and husbands' too) since. People seek out Bicaj if they are considering plastic surgery but want to explore natural alternatives first. After a thorough skin assessment, Bicaj prescribes a regimen from a wide range of Biologique Recherche products. The Oxygen Treatment coupled with the Remolding Treatment, for example, remolds your skin with incredible results. Other popular treatments include Deep Cleaning, Dermabrasion, and Manual Lifting. If you are looking for a little pick-me-up, make a stop here and you will find yourself going back for more and more. God and my American Express card know that I do. *61 East 75th Street, Suite 1F; (212) 879-5257. —SunHee Grinnell*