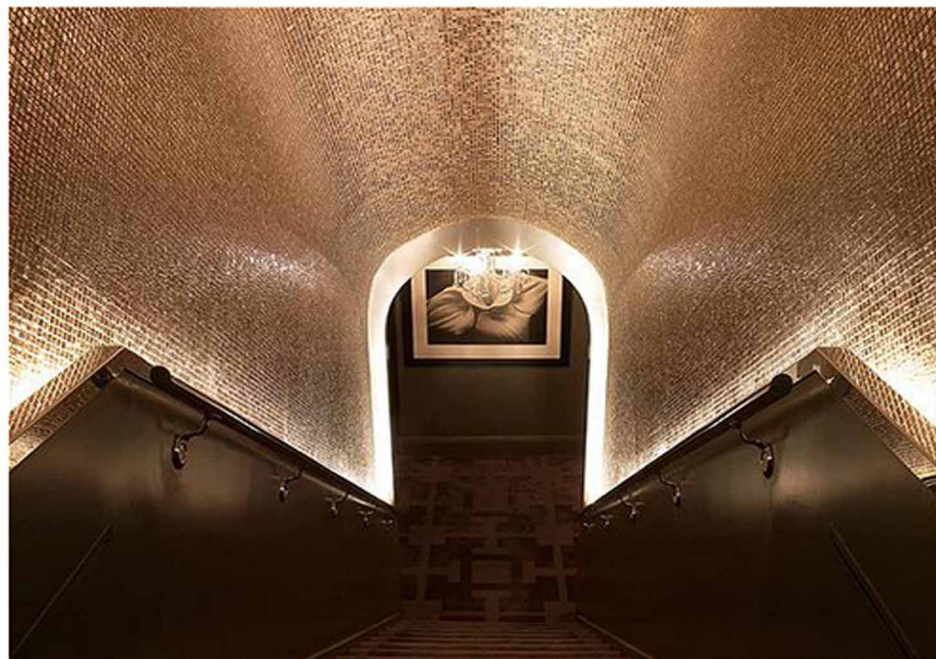


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## Now Relaxing | Sense Spa

By CHRISTINE MUHLKE



(Courtesy of The Carlyle Hotel, A Rosewood Property)

The October opening of the super-deluxe [Sense Spa](#) at the [Carlyle Hotel](#) might go down in the annals of unfortunate timing. But the current stress-inducing climate may actually work in its favor. During a recent treatment, I forgot about the stock market for 90 whole minutes — well worth the \$280 (roughly equal to the contents my 401K account).

First off, the space. It's not technically part of the Carlyle: they had to build the bilevel third-floor spa on top of the parking garage next door, a two-year project. Then they let decorator Mark Zeff go to town, creating a clubby, classic experience that is a seamless (if more modern) extension of, say, Bemelman's Bar or a top-floor suite in the landmark Art Deco hotel. The slate-gray walls, antiqued mirrors, sleek English library furniture and chandeliers are a far cry from the typical waterfalls-and-Enya vibe. The most striking element is the barrel-vaulted stairwell, lined in platinum mosaic tiles, leading down to the five treatment rooms. ("Don't ask how much they cost," someone muttered. "You'll shoot yourself.") If this is indeed the new Depression, you'll at least feel like Carole Lombard; all that's missing is a bias-cut robe and maribou slippers.

Next, the treatments. In the name of luxury, they've partnered with [Sisley](#), one of the world's most expensive beauty brands, for facials and body treatments. (The downtown boho company Red Flower provides the massage oils in scents like Indian jasmine and Icelandic glacier.) The key is to book your massage with Jana, a deep-voiced powerhouse with decades of experience in subduing the wealthy. She scrubs. She rubs. She puts you in a trippy shower to rinse you off in rhythmic pulses of light and steam. Back on the table, she rubs some more, unlocking those nagging thoughts and knots until you pass into a state where anxiety and depression seem as far away as the nearest decent restaurant. (Remember, this is 76th and Madison we're talking about.) So worth it.