



WABC-TV NEW YORK, NY

HOME

EYEWITNESS

NEWS

NEW YORK CITY

NEW JERSEY

LONG ISLAND

NORTHERN

SUBURBS

MOST POPULAR

US AND WORLD

POLITICS

BUSINESS

7 ON YOUR SIDE

INVESTIGATIONS

HEALTH NEWS

ENTERTAINMENT

ESPN NEWS

ABC7 SPORTS

ESP7

MORE TOPICS +

ACCUWEATHER

WEATHER HOME

ACCUTRACK RADAR

ACCUTRACK INTERACTIVE

IWITNESS

SCHOOL CLOSINGS

MORE TOPICS +

VIDEO & PHOTOS

VIDEO

EYEWITNESS NEWS

LIVE

PHOTO GALLERIES

IWITNESS

WATCH FULL

EPISODES

MORE TOPICS +

RESOURCES

Local News

## Cold spas are hot!

Thursday, August 26, 2010



TAGS: new york city, local news, lauren glassberg

Comment Now Email Print Report a typo



Lauren Glassberg

More: Bio, News Team

Eyewitness News

She is a fan of plunging right into a very cold pool. It is part of the hydrotherapy experience at body by Brooklyn. First, you heat up in the saunas and steam room, and then take the plunge in 52 degrees water.

the hydrotherapy experience at body by Brooklyn. First, you heat up in the saunas and steam room, and then take the plunge in 52 degrees water.

### Related Content

MORE: iPhone App

MORE: Get Eyewitness News delivered to you!

LIVE: Eyewitness News at Noon and 5pm

MORE: iWitness Photos and Videos

MORE: REPORT A TYPO

MORE: Find us on Facebook

MORE: Eyewitness News on Twitter

anticipation," she said.

At Aura Wellness Spa, you also heat up first with sauna and steam. You then head into the ice room lined with white jade stones. It is 35 degrees in there and beats an air conditioner. Now no doubt you have heard of hot stone treatments like a hot stone massage. This is a stone cold facial.

It even sounds refreshing.

"You just do it. Just jump in. Don't think about it and you feel amazing afterwards. The contrast of temperatures is really good for the circulation and pores," Marina said.

Sally Fraenkel of spafinder.com says combining hot and cold therapies can even improve your mood, especially if it is hot outside.

"I think there is something very appealing about being in an ice grotto. Just the sound of it makes you shiver with

### ADVERTISEMENT



**CANCER.**  
WHERE YOU'RE TREATED FIRST CAN MAKE ALL THE DIFFERENCE.

[LEARN MORE >>](#)

Memorial Sloan-Kettering Cancer Center

### Share this Story

Share 32 9 retweet Buzz 0

Recommend Be the first of your friends to recommend this.

- NJ gets \$271M bill for killing tunnel 6 min
- Tourist critical after being struck by car
- Search resumes for 3 young brothers
- 'Cyber Monday' deals now last whole
- POLL: Are you cyber-buying today?
- PHOTOS: Comic genius Leslie Nielsen
- PHOTOS: Famous deaths 2010
- AccuWeather: Dr. sunny and cool
- CONTACT EYEWITNESS NEWS
- MORE: School closings | iWitness

LiveWellNetwork.com

OnTheRedCarpet.com

### Most PopularGo to Most Popular

#### Most Viewed Stories

Subway flasher caught in the act

#### Most Viewed Video

Subway assault victim goes off on suspect

#### Most Viewed Photos

Famous deaths 2010