

# Time Out

## New York

### Offbeat experiences



**Body by Brooklyn: Platza**

275 Park Ave at Washington Ave, Clinton Hill, Brooklyn (718-923-9400,

[bodybybrooklyn.com](http://bodybybrooklyn.com)). 15mins, \$44; mention TONY to waive the additional \$44 entrance fee.

As I lay facedown in a 205-degree Russian river-rock sauna, *platza* master Ben placed a wet towel over my head to help me breathe and proceeded to tickle and thwack me with two wide, flat oak-leaf brooms. Eight minutes later, we were done (he took it easy on a first-timer), and I was told to sit with my feet in a plunge pool, close my eyes and wait for further instructions. Those never came, but what did was a large bucket of ice water that Ben dumped on me. As I reclined in a chair in my gown, he wrapped my head and feet and told me to take a nap. The whole procedure sounds sadistic, but it was truly invigorating.

**Best part:** "Do you smoke weed?" Ben asked, "because your body will feel high after this." Duuuude, I *did* feel buzzed.—JS