



MY 24 HOURS IN NYC

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Melisse picks her favorite spots for a perfect day in NYC.



Flywheel Sports

Spinning is very important in New York. Instead of coffee, start your morning with an inspiring, athletic spin class at this popular studio (I prefer the Flatiron location). It has the same effect on your system. Only it's sweeter. [Click for details](#) ▶



ABC Apothecary

It's famous for its furnishings, but much of the first floor is devoted to a carefully curated selection of amazing natural beauty products, like Kahina Giving Beauty, Tammy Fender, Amala, Intelligent Nutrients, and the cult-favorite makeup RMS Beauty. [Click for details](#) ▶



Lunch in the Garden at Pure Food and Wine

The city's high-end raw food restaurant has a wonderful organic and biodynamic wine list, sake cocktails with a sense of humor (the Master Cleanse-fini - with lemon, maple syrup and cayenne), and an umbrella-strewn garden that's as delicious as the menu. [Click for details](#) ▶



TenOverTen Tribeca

For chic and simple mani-pedis with on-trend polishes, all of which are 3-free or 5-free (referring to the potentially toxic ingredients in some polishes). It has a great Tribeca vibe. [Click for details](#) ▶



Early evening yoga in Bryant Park - or one of the piers or rooftops around Manhattan

Our summer guide lists all the outdoor yoga and fitness classes around the city. [Click for details](#) ▶



Dinner at Rouge Tomato

Rouge Tomato. The healthiest NYC restaurant with a Michelin star, it abides the SPE charter for nutritionally enhanced dishes, meaning less salt and butter. But the food's so good, you won't miss either. [Click for details](#) ▶