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146 West 23rd St. New York NY 10011  
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212 352.9876 www.steelgym.com

RESOLUTIONS GUIDE 2009 FROM P23

**RESOLUTION: I'LL FINALLY GET RID OF THAT UNWANTED BODY HAIR.**

Body hair is great if you're loping through the jungle eating bananas and swinging from trees—but not in the urban jungle. This is the year that you'll get rid of those unsightly outgrowths of hair once and for all. There's no place in town that offers better deals on laser hair removal or waxing than this fabled Village institution. The specialists at Randeel Elaine are certified and know how to pinpoint the problem spots and provide the best way to get rid of them, permanently. For as little as \$25, you can get a full leg-with-bikini wax, or a Brazilian bikini wax for that "totally bare down there" look for only \$20. A full body wax is less than \$60; a back wax, \$18. And these prices are good for both men and women, because let's face it: Back hair isn't attractive on anyone. Waxing is a great way to get rid of hair, because it atrophies the roots, but if you want to be assured that the hair will stay away forever, laser is the way to go. Treatments start at only \$50 for lips, chin, or underarms. Even a full face with neck will cost only \$150. This is going to be the year when a beautiful, smooth-bodied butterfly emerges from that hairy cocoon.

➔ Randeel Elaine Spa N.Y. Laser Center  
180 Seventh Avenue South, 212-229-0399,  
www.randeelainesalon.com

**RESOLUTION: I'M GOING TO FIND AN ACCEPTING CHURCH.**

Amid the cacophony of the city, it's easy to forget that life has a deeper meaning than the latest fad and that we were put on this earth for a higher purpose than simply to exist. We all wish to strive for something better. Make this the year that you seek fellowship with others in a friendly, nonjudgmental environment. This church doesn't belong to any specific Christian denomination; rather, its mantra is "Trust God, love people, serve the world." It's a Christian church, but one that keeps itself focused on those three objectives, through service opportunities, both in New York City and globally. Mission trips have served the poor in Haiti and Africa. If you have been turned off by religious services devoid of meaning, come here for a truly loving experience. Religion shouldn't be something that forces you to judge others and yourself. Rather than shame, Christ's message is one of boundless love. Come to Sunday services here and discover the true meaning of the Gospels—unconditional love for all creatures. There can be no more important resolution than to discover the holiness that exists inside of you and to let it out in a nurturing community.

➔ Forefront Church  
The Blender Theater,  
127 East 23rd Street, 212-388-1831,  
Sundays at 10 a.m. & 11:30 a.m.,  
www.forefrontchurch.com

**RESOLUTION: I'M GOING TO PAMPER MYSELF.**

Don't put off doing something nice for yourself. This is the perfect time of year to get started. In winter, skin becomes dried out from radiator heat, while the cold air outside causes chafing and cracks. So get yourself to this full-service spa and indulge in a day of relaxation that will make you feel and look great. Start with a deep pore-cleansing facial—and at only \$50, this is half the cost of those fancy uptown salons, so

you're saving money, too (which takes care of that resolution). Next, get a milk-and-honey body wrap, including sea-salt exfoliation, to replenish and rejuvenate your skin all over—for only \$70. A hot-stone massage will tone your body and make you feel great. Follow it with an ear candling treatment; this innovative treatment removes wax and may improve sinuses, sore throats, headaches, and hearing problems. Don't forget the hands and feet: A manicure with paraffin is only \$15, while a pedicure with paraffin will set you back only \$25. When you emerge from this Greenwich Village spa, you'll feel like a million dollars—but you won't have spent it.

➔ Beauty & Youth Spa  
472 Sixth Avenue, 212-463-0246,  
www.beautyandyouthshop.com

**RESOLUTION: I WILL DO SOMETHING CREATIVE WITH MY HAIR.**

Benjamin Hall is an artist who brings hair to life. He worked in some of the finest salons in the city before hanging out a shingle to offer his exclusive, private, appointment-only services, including the press and curl, along with all styling and coloring. BJ Hair offers an innovative process for hair extensions: a new method with all real hair, which means the perfect merging with your own hair—and no worries during strenuous activities. Another innovation is his Hairweaving System, done with a flat foundation, which guarantees an ultrafine cornrow track. With no use of machines, lasers, or bonding glue, it's all done in half the time of other weaves. There are no lumps and no bumps, leaving hair so flat that it's as smooth as satin. Best of all, new clients pay exactly half of the normal price for a hair styling. BJ Hair is located in Jersey City, five minutes from the PATH train stop in Journal Square—about 15 minutes from Manhattan.

➔ BJ Hair  
800-941 0665,  
www.bjhair.info

**RESOLUTION: I WILL JOIN A GYM—AND ACTUALLY GO.**

There's a truism among gym owners that memberships spike every January, when the gym floor and classes are packed. By early March, many of those eager newbies have given up. That doesn't have to be you. As soon as you walk through Steel Gym, you'll understand why the American Fitness Institute ranked it the No. 1 gym in all of New York City for the past two years. Clean, well-maintained equipment and all of the weights and stations that you need will help you to keep the most important resolution of all—to get in shape and stay healthy. Once you start going, you'll soon become devoted to your workouts. For weight loss—that other all-important resolution—Steel offers a full array of aerobics machines that make sweating off the pounds fun. Believe it! Because Steel is not part of a large corporation, owner Ken Hunt and his staff do everything they can to make you feel comfortable. So the first time you walk in, you won't feel like a transfer student on the first day of class. By March, you'll still be going, you'll feel better about your looks, you'll have more energy, and you'll even be nicer to people—keeping in shape does that to you.

➔ Steel Gym  
146 West 23rd Street, 212-352-9876,  
www.steelgym.com