

"The Quicker Fixer-Upper"
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A one-stop spa for the inner and the outer you.

-- Mary Tannen

It has been a brutal holiday season. Christmas and New Year's coming midweek meant you had to party twice as long, eat and drink twice as much, yak yourself hoarse, smile yourself into a rictus. Enough already! It's time to get yourself to a transformational spa. "Transformational" meaning that it treats not just the slack, doughy outer you, but also the churning, frazzled inner you. It turns you around, gets you started in a new direction. It's the born-again thing, without the religion.

How will you know that you have landed in such a spa? Let inspirational decor be your guide. Take exhale, with a lowercase "e." It's sparkling new in two locations, one at the Hampshire House on Central Park South, the other on Madison Avenue at 76th Street..... In discreetly screened treatment rooms,..... But maybe now is a good time, and certainly a good place to look within. **Rob MacDonald, licensed masseur and acupuncturist, says his goal is to put clients in balance, so they can grow to another level. He will insert long, sterile needles in all the right places to get your energy flowing. Do not be alarmed if the first needle goes right between the eyes. You won't feel a thing. Merely being in MacDonald's large-boned, calm and sincere presence for an hour will leave you feeling saner than before.....**