



# NYC Lifestyle

## Unwind After the Holidays

The holidays are a magical time, but a packed calendar can also be stressful. With the new year upon us, make plans to relax in post-holiday bliss. Whether it's a day at the spa, an at-home yoga sesh or a guided meditation, self-care is the name of the game for this edition of NYC Lifestyle.

### Pro Tips: Spa Day at Home

Staying indoors doesn't have to be a bust, especially if you turn your apartment into a spa-ready oasis. There are many ways to transform your space with items you probably already own, quick finds online and quality skincare for a healthy glow-up. [Read more from BuzzFeed.](#)

### Best Stress-Relieving Workouts

Staying active is a great way to relieve stress, but it can be hard finding the right exercise. *Self Magazine* tapped fitness experts from around the country for the [ten best stress-relieving workouts](#) for all ages and body types. Aside from basketball, most of these workouts can be done right in your living room!

### 21 Best Spas in NYC

Looking for a relaxing retreat after the holidays? *Time Out's* list of the [21 best spas](#) in NYC include the lantern-lit heated swimming pools at [Shibui Spa](#) in TriBeCa, the all-too-timely "anti-stress message" at [Pure Qi Spa](#) in Greenpoint and many more local destinations.

### Guided Meditation

Don't underestimate the power of meditation. *Men's Health* gathered [15 of the best meditation apps](#) to help you get started. Apps like [Calm](#) and [Headspace](#) are great for beginners and also offer free trials to test out available programs.



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### Get in Touch with Nature

Reset after the holiday season with a relaxing hike close to home. [Pelham Bay Park](#) makes for a unique hiking experience with views of the Long Island Sound and access to Orchard Beach. If you are looking for a more challenging hike, check out [Harriman State Park](#) in the palisades. For even more destinations, Secret NYC has curated a list of low-key hikes [here](#).

### Decluttering Your Space

If you enjoy decluttering your space, or you don't but see the benefits, check out this guide from [Apartment Therapy](#). Expert tips will help you recognize what should stay, what should go and the subtle differences between what's best, your favorite items and what's actually necessary.

### 15-Minute Yoga Flow

Everyone could use a few extra hours of sleep, especially around this time of year. Yoga has been found to be one of the top sleeping aids and doesn't require a prescription. Try certified yoga instructor Phyllicia Bonanno's [15-minute yoga flow](#) to improve your night's sleep. If you need a yoga mat, head over to [Very Well Mind](#) for a selection of this year's best.

### Most Anticipated Books of 2022

Nothing is more relaxing than becoming totally immersed in rich prose. New titles this year include Jean Chen Ho's highly anticipated *Fiona and Jane* coming January 4, a memoir from Viola Davis entitled *Finding Me*, and another from Selma Blair called *Mean Baby*. [Read more from the culture editors](#) at *Parade*.