

OCTOBER 2016  
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New York

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## IT'S SHOWTIME

From art shows to film festivals, we've got culture covered this month!

FAVORITE  
PIZZA PLACES

HALLOWEEN  
FOR ALL AGES



There's never been a better time to see "Kinky Boots," Broadway's Tony-, Grammy- and Olivier-winning Best Musical!

WELLNESS

# Spa Story

What's new on the NYC wellness scene this season to restore the body from head to toe? Infrared saunas and cryotherapy, massages to soothe travelers, plant-powered facials and even a chakra-balancing blow-out, to name a few options!—**JONI SWEET**



HigherDOSE

» Can infrared light get you high? Owners of **HigherDOSE** count feelings of euphoria, along with clearer skin, improved circulation and relaxed muscles, among the benefits of a 60-minute session in their infrared saunas. The private saunas in botanically themed rooms feature technology to stream music from your phone for completely custom bliss. 21 E. 1st St., 201.426.7282. [higherdose.com](http://higherdose.com)

» Feeling stiff after a long flight? **Haven Spa's** new Tourist Massage targets travel-related aches and pains and jet-lag using essential oils. With special attention to feet and legs, it's also the perfect way to restore yourself after a day of sightseeing. 250 Mercer St., 212.343.3515. [havenspa.nyc](http://havenspa.nyc)

» Dreaming of a beautiful complexion? Men's and women's facials at the **Sisley-Paris Spa** at The Carlyle use specific plant extracts to address concerns like hyperpigmentation, clogged pores and aging. 35 E. 76th St., 3rd fl., 212.660.7560. [thisisleyspa.com](http://thisisleyspa.com)

» Believe in the power of crystals? Speakeasy-style salon **Lauren+Vanessa** helps clients unwind by massaging the scalp with smooth crystals. The new Crystal Cleanse Ritual ends with a volumizing blowout. 80 Nassau St., Suite 2A, 646.673.4483. [laurenandvanessa.com](http://laurenandvanessa.com)

» Need a beauty boost on the fly? **Credo Beauty** now offers a beauty bar menu of fast treatments, such as the 30-minute Red Flower Radiant Anti-Oxidizing Mini-Facial. 9 Prince St., 917.675.6041. [credobeauty.com](http://credobeauty.com)

» Ready for a deep freeze? **KryoLife** fights inflammation and stress with safe, full-body cryotherapy that lasts three minutes in chambers cooled with liquid nitrogen to minus 292 F. 57 W. 57th St., 212.551.3333. [kryolife.com](http://kryolife.com)

NOW SHOWING

# FALL FILM FESTIVALS

The harvest of new movies is in, and NYC has the pick of the crop. Find features, shorts and documentaries for all tastes at these cinematic feasts.—*Francis Lewis*

## 1 NEW YORK FILM FESTIVAL

(Sept. 30–Oct. 16) The 54th noncompetitive—no prizes are given—celebration of international film talent unspools new works from Pedro Almodóvar, Jim Jarmusch, Ken Loach, Kenneth Lonergan, Paul Verhoeven and others. [filmlinc.org/NYFF](http://filmlinc.org/NYFF)

importance of light to life, science and cinema. [img.inesciencefilms.org](http://img.inesciencefilms.org)

## 5 DOG FILM FESTIVAL

(Oct. 15) Happiness is a warm movie—make that many movies, big and small—about man's best friend. [dogfilmfestival.com](http://dogfilmfestival.com)

## 6 NYC FOOD FILM FESTIVAL

(Oct. 20–23) Watch a movie about food and simultaneously eat the same dish you see on-screen. 3-D pales in comparison. [thefoodfilmfestival.com](http://thefoodfilmfestival.com)

## 2 CHELSEA FILM FESTIVAL

(Oct. 13–16) The spotlight at the fest's fourth edition shines on emerging independent filmmakers, producers and actors. [chelseafilm.org](http://chelseafilm.org)

## 7 NEW YORK'S LGBT FILM FESTIVAL

(Oct. 20–25) Dozens of niche films find recognition and enthusiastic audiences. [newfest.org](http://newfest.org)

## 3 MARGARET MEAD FILM FESTIVAL

(Oct. 13–16) The American Museum of Natural History honors the legacy of anthropologist Margaret Mead (1901–1978) with documentaries that explore global cultures and communities. [amnh.org](http://amnh.org)

## 8 INTERNATIONAL HORROR FILM FESTIVAL

(Oct. 21–27) Who doesn't like a scary movie? One of the offerings, "Sickhouse," was filmed entirely on Snapchat. [internationalhorrorfilmfestival.com](http://internationalhorrorfilmfestival.com)

## 4 IMAGINE SCIENCE FILM FESTIVAL

(Oct. 14–21) At the heart of this festival is the



"The Lost City of Z," starring Charlie Hunnam, receives its world premiere at the New York Film Festival.



PHOTO: "THE LOST CITY OF Z" AT THE NEW YORK FILM FESTIVAL, LOREY SEBASTIAN