

MINI DIRECTORY

## Body Makeovers

### **BUFF BRIDES BY SUE FLEMING** 917-362-0430; buffbrides.com

Sue Fleming's three- to twelve-month program targets brides who prefer a healthier alternative to crash dieting. During biweekly one-hour sessions, she works with you on cardiovascular strength training (lifting free weights, jumping rope, and lunging repeatedly). Fleming brings the equipment (Bosu and stability balls) into your home to tone—but not bulk up—your body. From \$150 per hour.

### **ERIKA BLOOM PILATES PLUS** 795 Madison Ave., near 67th St.

212-288-3410; erikabloompilates.com  
For brides-to-be who want a sleeker body and better posture at the altar, this instructor (with fifteen years of teaching experience and twenty as a ballet dancer) advises beginning her one-on-one Pilates sessions three months in advance of the wedding date. After she makes an initial twenty-minute assessment of your hunching and movement patterns, Bloom crafts thrice-weekly classes to align your back and burn calories. 25 private sessions for \$2,250.

### **EXHALE MIND BODY SPA** 980 Madison Ave., nr. E. 76th St., 2nd fl. (various locations)

212-249-3000, exhalespa.com  
During Exhale's weekly regimen of five one-hour sessions, you will alternate between yoga and Core Fusion (a combination of yoga, Pilates, ballet, and weight work) classes to whittle away flab. You'll also be partnered with a nutritionist, who customizes an eating regime of (generally) 1,600 calories, and an acupuncturist. The six-week transformation package costs \$2,000, and brides-to-be also get a 20 percent discount on spa treatments.

### **GLOSS DAY SPA** 51 E. 73rd St., nr. Madison Ave. 212-249-2100; glossdayspa.com

This Upper East Side spa is barely marked from the street, but an appointment is always required. The Bridal Star package (\$1,950) schedules twelve monthly pore-cleansing facials, lip and eye brightening treatments, and décolleté firming treatments for that low-cut gown. The Runaway Bride (\$490) adds last-minute touches with teeth-whitening, brow-shaping, and spray-on body bronzing, plus a deep pore-cleansing facial. Save the complimentary aromatherapy facial for after the honeymoon.

### **YOGA FOR WEDDINGS** yogaforweddings.com; 646-373-9946

Lisa Helfer customizes weekly hour-and-a-half yoga sessions with a ceremonial feel in your home. The classes are broken down into three phases: The five-month planning stage focuses on balancing poses (forward bends and dancer) that tone and stimulate energy; a week of rituals and poses like Partner Tree take place in the days leading up to the ceremony; and post-honeymoon classes with grounding poses and meditation ease you back into life. A six-month package costs \$2,200.

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# Weddings

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