16 SIMPLE WAYS TO START ANEW IN 2016

By James Clark and Pamela Jacobs

IT’S FAR TOO EASY TO GET INTO A ROUTINE, ESPECIALLY IN THE WINTER. BUT RATHER THAN MAKE DOZENS OF GRAND RESOLUTIONS THAT ARE TOO EASY TO BE OVERWHELMED BY, START WITH THE SIMPLE THINGS. EAT SOMEWHERE DIFFERENT, OR TRY A NEW CLASS. HERE ARE 16 SIMPLE WAYS TO EXPAND YOUR HORIZONS THIS YEAR, BOTH IN NYC AND IN SOUTH FLORIDA.
KryoLife: Freeze yourself to remain beautiful this winter. This unique company uses cryotherapy and nutritional and physical fitness counseling to help enhance beauty and overall physical and mental health. Treat yourself this year with a treatment that is slightly odd, but surprisingly refreshing.
57 W. 57th St., New York, NY; kryolifehealth.com

Carillon Miami Beach: At this luxurious hotel spa, you’ll find some of the most innovative, unique, and all-encompassing wellness experiences anywhere in the world. Any spa can offer you massages and facials—but how about an open-air rooftop HydroSpa, a crystal steam room, a starlit herbal laconium (that’s a dry heat room to you and me), and Miami’s only igloo? We’re sold.
6801 Collins Ave., Miami Beach, FL; carillonhotel.com/spa

Hotel Hugo: Opened in April 2014, this artsy, industrial-chic hotel—located between West SoHo and the Hudson River—is one of the coolest and most beautiful newcomers on the block. With its sophisticated rooms and suites and oh-so-hot dining/nightlife options (Il Principe, Bar Hugo, and AZUL), Hotel Hugo is your best bet for a staycation in the New Year.
525 Greenwich St., New York, NY; hotelhugony.com

Opal Sands Resort: With its opening slated for February 2016, the ultra-luxurious Opal Sands will bring a new level of waterfront wow-factor to the beautiful beaches of Clearwater. Expect 230 contemporary rooms and suites, breathtaking Gulf views from every window, a full-service spa, a beachside tiki bar, a Gulf-front zero-entry pool, and 25,000 square feet of event space—all on what USA Today named the “Best Beach in Florida.”
430 South Gulfview Blvd., Clearwater Beach, FL; opalsands.com