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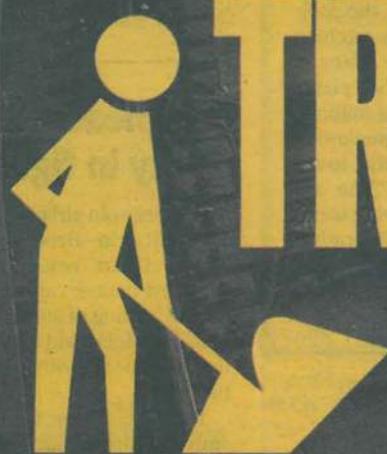
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Laura Behnti **NEW YORK SPRING SPECTACULAR**
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TIME TO GET BACK ON TRACK



Amid overcrowding and increasing service problems, the MTA says **it's working on a fix** PAGE 3



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STYLE

SPRING CLEANING

FROM HEAD TO TOE

BY HILARY SHEINBAUM
Special to amNew York

Although you wouldn't know it from stepping outside, spring is technically here.

Along with spring cleaning, there are products, treatments and services available to assist with more aesthetic, individual, tidying. Whether looking to freshen your hair, skin or body, here are some ways to participate in neatening, while treating yourself to a bit of pampering.

Removal of Dirt and Makeup

In 10 minutes, the signature laser and light treatment vaporizes dirt, bacteria and makeup from the face while simultaneously creating evenness throughout the skin. Only a little redness (if any) lasts for an hour.

\$100/treatment. Skin Laundry, 3 W. 16th St., 646-760-9298, skinlaundry.com

Internal Detox

For 14 days, along with an outlined diet, the Be Well Cleanse shakes, pill packets and capsules naturally detox the digestive system and rid the body of detrimental foods by supplying specific nutrients and fiber. To boot, energy and focus is gained while toxins are eliminated.

\$229. Eleven Eleven Wellness Center, 33 W. 22nd St., #5, 212-255-1800,



The Beardsman Grooming Kit is perfect for gents who want to clean up unruly facial hair.

bewellbydrfranklipman.com

Rid Sweat

When the temperature increases, so does underarm sweat. In 90 minutes, the noninvasive miraDry device uses electromagnetic energy to eliminate sweat glands that don't grow back. An anesthetic is applied before hand, and two rounds are recommended for maximum results.

Starting at \$1,250/treatment. Union Square Laser Dermatology, 19 Union Square W., 5th Fl., 212-366-5400, unionderm.com

Resurfacing

Facial Cleanser

is Clinical Cleansing Complex is used daily to deep cleanse pores (and minimize them) while resurfacing the skin. Bionutrients and antioxidants clean without disrupting the skin's natural oils, for a

smooth and acne-free complexion.

\$38. Exhale Spa, 150 Central Park S., 212-561-7400, exhalespa.com

Face Micro-resurfacing and Infusion

With various bristle brushes used for different skin types, DermaSweep removes the top layer of skin to unclog pores and reveal a fresher epidermis in 15 to 20 minutes. An alpha hydroxy acid blend with aloe is infused into the skin for enhanced results. A series of three to six treatments is recommended, but results can be seen after one session.

\$250/treatment. Skinfluence, 1047 Park Ave., 212-754-6363, skinfluencenyc.com

Scalp Repair

After a cold winter, dry scalps are abundant. With the T3 experience, natural extracts of tea tree oil, peppermint and lavender invigorate and cleanse, leaving the hair and scalp fresh and rehydrated within 20 minutes.

\$35. Raika Studio, 35 W. 35th St., 212-971-0690, paulmitchell.com

Guys Grooming

Winter is gone, so guys, clean up your beards. The Lodge Beardsman Grooming Kit includes a Baxter Beard Comb, Beard Buddy Beard Wash, Beard Brand Oil (hydrates skin and nourishes hair follicles), Mustache Wax, and Jao Beard Scent for guys to clean up their unruly facial hair.

\$75. The Lodge East Village, 220 E. 10 St., 212-777-0350, lodgegoods.com

Hair on Hiatus

In shorts-appropriate weather, don't waste time shaving in the shower ... zap it away.

The LightSheer Desire Laser has the ability to remove hair from the lower legs in less than 10 minutes. It uses repeated pulses, which penetrate the skin into the hair follicles, preventing future growth. In four to six sessions, hair is completely eliminated.

\$380/treatment. Dr. Paul Jarrod Frank at the 5th Avenue Dermatology Surgery & Laser Center, 1049 Fifth Ave., #2B, 212-327-2919, pfrankmd.com



LightSheer
Desire Laser