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WELLNESS



Chopra Center and Spa at Dream



East West



One Medical Group



Lin Sister Herb Shop, Inc.

**Best Acupuncture:
 Integrative Healing Arts**

Whether you have a particular problem or you're just looking for clarity of mind, the practitioners here seem to work miracles.
 50 Greene St. 2nd FL.,
 (917) 294-3805, **MAP**

**Best Spiritual Spot:
 East West NYC**

From chakra tunings to psychic readings, this bookstore-cum-café offers plenty of out-of-this world options.
 78 5th Ave., (212) 243-5994,
MAP

**Best Place to Zen Out:
 Chopra Center and Spa
 at Dream**

The serene center offers guided meditation daily. Total cost for the class? Nothing, making it truly stress-free.
 1710 Broadway, (212) 246-7600,
MAP

**Best Herbal Shop:
 Lin Sisters**

Located on The Bowery, this Chinatown find provides herbal prescriptions along with an array of over-the-counter goods.
 4 Bowery, (212) 962-5417, **MAP**

**Best MD for integrative
 medicine:**

One Medical Group
 For an annual fee of \$199, you'll get access to top docs (by email, too!), integrative care, as well as same day appointments.
 (Yes, they take insurance.)
 489 Fifth Ave., 3rd FL.,
 (212) 530-2288, **MAP**