

2019

THE BEST OF BERGEN

PART OF THE USA TODAY NETWORK

TO YOUR HEALTH

HOLISTIC NUTRITIONIST
AND WELLNESS COACH

SARAH WRAGGE

+3 OTHER HEALTH
PROFESSIONALS
SHARE WHAT THEY'VE
LEARNED IN THE FIELD

7 UNIQUE SPA TREATMENTS

WE TRIED THEM SO YOU DON'T HAVE TO (BUT SHOULD)!

KEEP YOUR RESOLUTIONS

AREA HOSPITALS OFFER HELP

PLUS:
SUSHI AT SAKURA BANA

WHITE CAMEL HUMMUS

YMCA OF GREATER BERGEN COUNTY



IF YOU'RE LOOKING FOR SOMETHING COMPLETELY DIFFERENT

THE SAUNAS AT KING SPA IN PALISADES PARK



Visiting the 40,000 square-foot King Spa & Sauna is like entering another world — one in which it's helpful, but not crucial, to speak Korean. Guests are given standard-issue cotton T-shirts and shorts to wear — women, pink, men, white — adding to the sense of other worldliness. After changing, you're free to wander and indulge and experiment. It's easy to get lost in this multi-level, two-building spa, which houses 11 saunas, men's and women's spas, a beauty salon, several cafes and numerous lounging areas. Because it's open 24/7, guests can sweat it out and relax in the middle of the night, and order food until 10:30 p.m. (11:30 p.m. on Fridays and Saturdays). Just don't expect to snack on traditional fare; you'll find items like baked eggs, fried dumplings and bulgogi, a Korean beef dish, instead.

WHAT HAPPENS IN THE SAUNAS

It's not uncommon for a large day spa to house multiple saunas, but King Spa takes the variety of offerings to a new level. Most of the dome-shaped rooms, which are located throughout, contain wooden blocks where visitors can rest their heads while lying on mats. It's the environments that vary: Individual saunas contain gold, mineral salt, amethyst, mud, brick and other components.

But the most memorable experience may be had in the traditional bulhanjeungmak sweat lodge on the first floor, where oak tree wood is burned; the floor is composed of yellow soil and salt, and the room is kept at a sweltering temperature high enough to bake the eggs served in the cafeteria. Guests cover themselves in burlap blankets and stay for as long as they can handle the intense heat, which prompts instant sweating to help the body detoxify.

WHAT IT'S LIKE

Heat delivered at this level isn't so much enjoyed as endured. Stoic-looking participants sit and lie down for a few minutes, and look as sweaty as if they'd just worked out for a half-hour. When you're thoroughly baked, pad briskly out and grab a paper cup full of water from one of the countless water stations, or go to the nearby cafe for some ice-cold sweet rice punch. Or for a full-body chilling off, cross the floor to the ice room.

EXTRA POINTS: Because everyone wears the same standard-issue baggy clothes, you'll feel zero self-consciousness about your body image.

Call or check online for pricing and promotions.
321 Commercial Ave., (201) 947-9955, kingsaunanj.com ➤