

» SPIFF 'N' POLISH

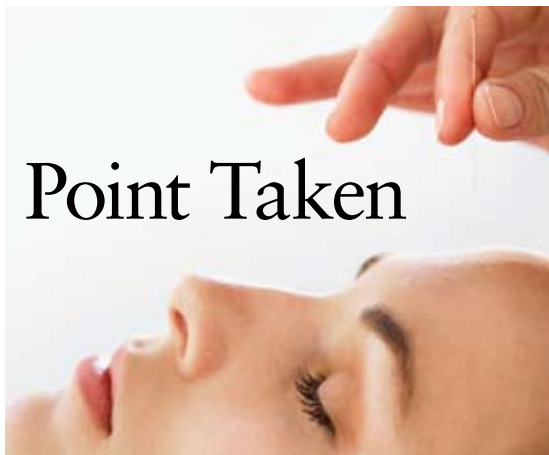
It's a scenario most businessmen are familiar with: The deal is about to be struck and the final meeting is less than two hours away. Your best navy blue pinstripe suit has been cleaned and your white shirt is pressed. But your hair is scraggly; your fingernails are like claws; and when was the last time you saw your face reflected in your shoes? Within 40 minutes, the super-friendly staff at Midtown barbershop Spiff can whip you into full professional shape. Transformation starts with a cleansing shampoo and scalp massage designed to relieve stress instantly. A hot towel embraces the face before the stylist deftly scissor-cuts your hair into the sculpted look you want. At the same time, a manicurist pulls up a chair and, in perfect unison with the stylist, clips and buffs your wayward nails. The final touch is the mirror shoe shine. Spiff's ambience is reassuringly masculine. The handsome industrial décor is done in muted gray and slate blue; and each barber chair has its own TV playing sports or business. Clients are encouraged to linger over a complemen-

» **Spiff for Men,**
750 Third Ave.,
204-8720

tary coffee or beer, and, if time permits, indulge in a classic straight-edge razor shave, pedicure or facial. Waxing and highlights are also on offer. —FL



the insider



Point Taken

It's astounding to think that some people who would like to shed years off their appearance would choose to undergo painful plastic surgery without first exploring the safe, non-invasive ancient Asian healing art of acupuncture. "People can be fearful about the needles, but they don't really hurt because they're

so tiny," says Zsuzsa Debroch, licensed acupuncturist at the full-service, bi-level Paul Labrecque flagship spa and salon, where an Acupuncture Facial is featured on the extensive menu of services. After a consultation, the process begins with the gentle insertion of needles on the face and ears, just below the skin's surface. Each targeted needle's mission: to eliminate fine lines, tone

» **Paul Labrecque,**
171 E. 65th St.,
988-7816

skin and promote luminescence. While they're at work releasing negative energy and invigorating circulation, a wave of relaxation takes place as the therapist gently massages weary extremities. Sleep is definitely a possibility, but you'll not want to miss the glorious, post-needle facial massage. Get the point? —TSM