



SPACE FOR WELLNESS: THE ULTIMATE PURSUIT OF HEALTH AND HAPPINESS

BY PAMELA JACOBS



“Wellness is a lifestyle, not a luxury”; so says the team behind the innovative and inspirational SPace for Wellness, a fully comprehensive, totally transformative spa owned and operated by Dr. Joseph Caraccilo, a noted chiropractor, yoga instructor, and health and wellness expert. Much like Dr. Joe’s (as he’s known) impressive list of credentials, his dream and brainchild has become a multi-functional haven of expertise and a life-changer for so many New Yorkers looking to bring positive transformations to their bodies and minds.

Unlike many spas, which are all about aesthetics and a healthy dose of fluff, SPace for Wellness is about real, quality treatments, all under the direction, supervision, and guidance of a trained chiropractor who knows the human body, its needs, and its challenges. Dr. Joe and his staff instruct and inform every client, and they provide useful information that leads to tangible results. When you become a client of SPace for Wellness, you receive a customized evaluation to help determine what it is you specifically need, and how best to maximize your time there.

Dr. Joe has been in private practice since 1991. His long list of credentials includes studying Myofascial Release, co-chairing Cervical Spine 89 (a symposium on cervical spine treatments), contributing to chiropractic textbooks, and attending numerous seminars. However, he’s more than just a traditional, well-qualified chiropractor—he’s traveled the world, studying indigenous healing in South America, and Ayurveda, the “Science of Life,” in India. He’s created a new form of massage called the Chakra Massage, and he’s shaped countless holistic healing programs for a variety of individuals. Celebrities such as Demi Moore, Uma Thurman, and

Christy Brinkley have found their way to Dr. Joe’s healing hands and techniques.

Treatments at SPace for Wellness run the gamut: chiropractic services, acupuncture, acu-facials, six types of massage, yoga, pilates, nutrition, and more. Whatever it is a discerning client is looking to experience, and whatever change he or she wants to achieve, chances are it will be found at SPace for Wellness, and it will be the best.

The atmosphere is pure comfort and relaxation. Clients are asked to remove their shoes before heading downstairs to the warm subterranean sanctuary that smells faintly of incense and feels about as cozy as one would imagine a womb must feel. There are pillows on the floor, where clients can relax before a service. Dim lighting and soothing, soft voices further enhance the feeling of warmth and comfort. Inside the treatment rooms, clients receive the absolute best of whatever it is they have scheduled. During my visit, I was blissfully treated to a one hour Swedish massage that was pure heaven; the skilled practitioner’s hands seemed to know exactly what it was that I needed, and I emerged relaxed, refreshed, and a convert to Dr. Joe’s philosophy.

Trends come and go, and flavor-of-the-day spas pop up around the city, and just as quickly disappear. What the team at SPace for Wellness—under Dr. Joseph Caraccilo’s guidance—has achieved is a place for real, lifelong, substantial changes that will inevitably lead to a better, healthier way of life. We all hope for a long life to look forward to—it might as well be a good one.

SPace for Wellness
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