

Nap spots pop up around town

By Cait Pluto | Special to amNewYork
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Regular Yelo customer Hemmendy Nelson, 33 of the [Upper East Side](#) takes a nap a YeloCab which is a napping pod. Yelo deems itself an urban relaxation sanctuary and is among the first to offer one-of-a-kind combinations of napping and reflexology. (RJ Mickelson, RJ Mickelson / June 17, 2008)

The city that never sleeps may have finally received its wake-up call. A trend in napping stations, businesses where clients pay to relax and rejuvenate, is emerging to counter the fatigue and stress of fast-paced lifestyles.

Urban relaxation sanctuary Yelo (315 W. 57th St., 212-245-8235) is among the first to offer one-of-a-kind combinations of napping and reflexology. The bottom line is efficient and powerful stress relief.

A contrast to the corporate atmosphere where much of its clientele reigns, Yelo emanates tranquility and security.

"We provide a space where adults can feel like babies," said Nicolas [Ronco](#), Yelo's founder and CEO.

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Naps begin with a "tuck in" by cashmere blanket. Nappers select a sound, from medieval chants to white noise, and a personalized aromatherapy scent. A zero gravity chair and stimulated sunrise, to relieve any grogginess upon waking, sets the Yelo "cab" nap away from traditional siestas.

A 20-minute nap costs \$15, while reflexology packages range from \$65 to \$115. The "TravelAde" addresses symptoms of jetlag, and the "20/20" combines a 20 minute powernap with 20 minutes of foot or head reflexology.

"Acupuncture without the needles," said Ronco, reflexology is an ancient practice that utilizes select pressure points, commonly on hands and feet, to alleviate tension and pain in more central areas of the body.

Yelo plans to open two more New York City locations and a London branch in 2009.