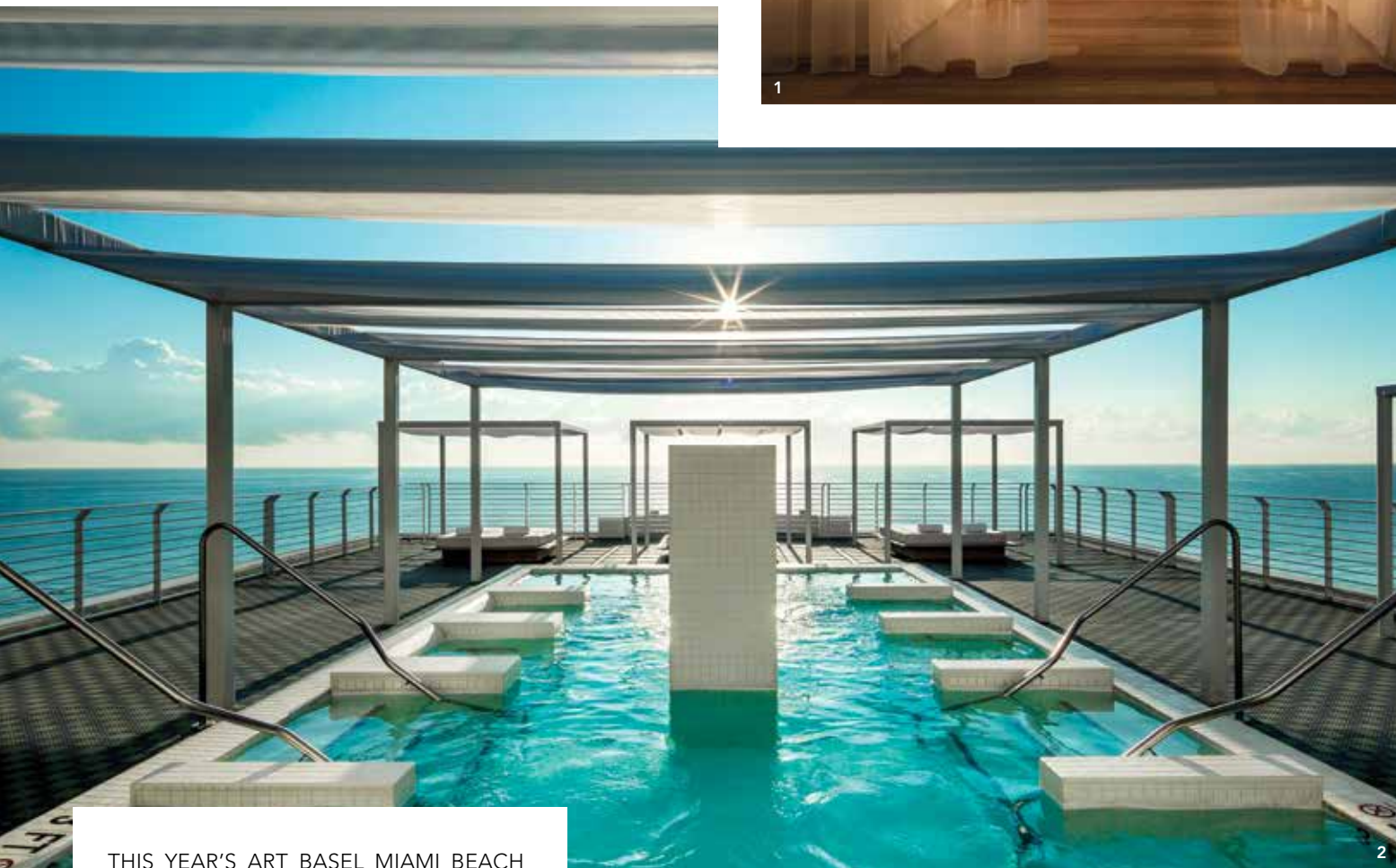


# THE ART OF SPA

Healthy, Haute, & Hedonistic

Written by Judy Chapman



THIS YEAR'S ART BASEL MIAMI BEACH will be another whirlwind week of gallery gawking, outdoor films, performances, and pop-up events. However, when you need a relaxation fix, then sun-drenched Miami is also home to the most thriving spa scene on the East Coast. From spas curated by celebrities, nightclub owners and fashion designers, to spiritual spas housed in art deco hotels, Miami spas are imaginative, original and bold. We've done the research and these are some of Miami's best...

**The Miami Beach EDITION** is where you stay when you want to sleep, party and spa. Conceived by Ian Shrager, boutique hotelier and co-creator of Studio 54, this beachfront establishment houses a disco, ice-skating rink, bowling alley, outdoor cinema – and classy spa. High points include a private hammam and infrared sauna. Their extensive menu includes quick fixes like *Oxygen Facials* to give you that enviable glow. Keeping with

the glam vibe, there's a *relaxation lounge* and a *power nap* treatment that mimics the effects of a four-hour nap in just twenty minutes – ideal for after a night of living it up, Miami style! [editionhotels.com/miami-beach](http://editionhotels.com/miami-beach)

Revel in Miami's golden glamour era when you stay at **The Confidante**, a 1950's contemporary hotel situated on Miami Beach. The



seaside sanctuary offers a playful ambiance with retro rooms, poolside parties, and an open-air rooftop spa. Inside breezy private spa cabanas, receive famed Tara Harper and high-performance *Oxygen Facials* as well as *Himalayan Salt Scrubs* and why not partake in boot-camp fitness and *Rise & Shine Yoga*. With their rotating calendar of happenings like *Late-night Noodles* and *Backyard Pool Parties*, the energy is lively, healthy, and hedonistic! [theconfidantemiamibeach.hyatt.com](http://theconfidantemiamibeach.hyatt.com)

healing herbals. At the heart is the jasmine-scented hammam, which features an *Amazonite Gobek Tasi*. Journey through the *Wet Spa* where you self-apply soaps, scrubs, clays and oils - all presented in copper bowls. Divine. [faena.com/miami-beach](http://faena.com/miami-beach)

The spa at **COMO Metropolitan** Miami is where you go to when you sip on organic wellness juices post Asian holistic body-work. The seaside luxe hotel housed in a

guests and in-room healthy mini-bars, this is the ultimate healthy hotel! [comohotels.com/metropolitanmiamibeach](http://comohotels.com/metropolitanmiamibeach)

We are obsessed about the 75-foot nutrient-rich mineral pool at the **Lapis**, the spa at **Fontainebleau Miami Beach**. The ultimate sanctuary for urban renewal, the two-level space was designed by the renowned architect firm, Richardson Sadeki, and is stunning testament to ancient thermal spas. Complimentary to guests who book a treatment, regenerate in a world of energy showers, steam baths, rain tunnel, eucalyptus infused steam room and a mineral jet pool. Restorative offerings include deep muscle massage and their *Ayurvedic* treatment menu. However, it's their *Water Journeys* that makes this a must-visit. Align your chakras via 'Voyage to Regeneration' and 'Journey to Transformation' rituals and emerge reborn. [fontainebleau.com](http://fontainebleau.com)



1. The Miami Beach EDITION  
Photo: Nikolas Koenig  
2. COMO Metropolitan Miami Beach  
3. Tierra Santa Healing House  
4. The Confidante  
5. Lapis



With a design envisioned by Alan Faena, who enlisted film director Baz Luhrmann and his wife Catherine Martin to help develop the narrative for **Faena Hotel**, it's no surprise that interiors are mind-bending bold and theatrical. But it's the **Tierra Santa Healing House** spa, the spiritual center of the hotel, that is the real showstopper. The South-American inspired spa offers Shaman-developed rituals performed with sacred body oils, muds and

pastel-colored Art Deco building features interiors by Italian designer, Paola Navone. The **COMO Shambhala Urban Escape Spa** is small but stylish with four treatment rooms, a steam and a rooftop hydrotherapy pool overlooking the ocean (the ideal place to escape Miami's party scene and soothe your mind and muscles). Give your being over to their spa experts for Asian healing and *Guinot Facials*. With complimentary yoga for

Refresh your being at the legendary ocean-front **Eden Roc Spa** that is connected to not one, but two hotels including the Japanese-inspired **Nobu Eden Roc Hotel** and the **Eden Roc Miami Beach Resort**. Highpoints include a custom scrub bar, ESPA treatments and Asian-inspired Nobu rituals and you can regenerate in their rejuvenating hydrotherapy circuit of plunge pools, steam and saunas. The fitness gym offers dance, yoga and beachside



boot camp and it goes without saying that foodies will love both *Nobu Restaurant* and the organic *Malibu Farm*. Positioned as a destination fun-luxury experience, the hotel is created by visionaries Nobu Matsuhisa, actor Robert De Niro, film producer Meir Teper and Australian businessman James Packer. [nobuedenroc.com](http://nobuedenroc.com)

For sublime organic treatments in a luxe spa setting, head to the **Bamford Haybarn Spa**

or two. With a wellbeing menu of healing bodywork, full moon group acupuncture, floating gong meditation, and 'How to be Vibrant & Sexy' workshops, and urban retreats, they've got most things covered. At the heart is a hydrotherapy playground with a Turkish-style hammam, aroma steam room, Roman waterfall hot tub, Finnish sauna, arctic plunge, treatment baths, mud lounge, and a salt-water infinity pool. Connect with others around the open-air fire pit and at the juice

If you seek a classic Asian-inspired ambiance, then **The Setai, Miami Beach** is one of the most luxurious. It is home to the Spa by *Thémaé* renowned for their tea ceremonies curated from antioxidant-rich red rooibos, white, green and black teas. Journey through a menu of Ayurveda, Balinese and Oriental rituals. A favorite among celebrities, The Spa has recently debuted the heavenly *Intraceuticals Oxygen Facials* the ideal prequel for a night out. With sparkling views

soothing textures of bamboo, rice paper and natural linens. Arrive early and loosen up your limbs in their steam and wet area and journey through a menu of nurturing treatments of Ayurvedic, Chinese, Balinese and Thai experiences. As well, there's yoga, pilates, *Qi Gong, Tai Chi, meditation*, nutritional assessments and a *Digital Wellness Retreats* that is ideal for wellness-minded guests looking to unplug. [mandarinoriental.com/miami](http://mandarinoriental.com/miami)

Another upbeat escape is **The Spa at Carillon**, home to Miami's largest private beach and spa. This spa offers an exceptional thermal area of healing water experiences. The crystal steam room is ideal for self-reflection while the Finnish sauna and hot and icy cold plunge pools provide complete rejuvenation. What makes this spa a standout is the medical and health aspect. Led by Dr. Adonis Maiquez, Miami's leading functional medical physician, his vision is to change the

world though nutrition and movement. On this note, fitness fanatics can enjoy up to 40 fitness classes a day. [carillonhotel.com](http://carillonhotel.com)

This swanky destination, the **Spa at Shore Club**, boasts glorious panoramic views over South Beach. The rooftop retreat offers 8,000 square feet of wellness fun inclusive of fitness and massage. Menu-wise, they've got the results with *Oxygen Facials* as well as delicious offerings such as *Sports Energy Massages, Lemongrass Body Scrubs* and *Seafoam Mud wraps*. The hotel is set inside a restored Art Deco building and is notorious for its summer pool parties held at one of their two infinity edge pools. With pops of bright colors and stripes, it all feels very upbeat. □ [shoreclub.com](http://shoreclub.com)



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6. Eden Rock Spa  
7. 1 Hotel South Beach  
8. The Standard Spa 9. Spa at Shore Club 10. The Setai, Miami Beach



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at **1 Hotel South Beach**. Restore your being with a *Himalayan Salt Stone Massage* or a customized Bamford bespoke facial for a glittering evening ahead. The 4,500-square-foot sustainable spa offers 12 spacious treatment rooms with 'The Woodland Room', featuring a water fountain to enhance serenity and reflection. Nurturing interiors include ash log walls from reclaimed trees, reclaimed hickory floors from recycled timbers and willow bundles from salvaged trees. Guests staying at the hotel are assigned a Personal Guru who takes care of all your wellbeing needs. [1hotels.com/south-beach](http://1hotels.com/south-beach)

Situated at the quieter end of South Beach is **The Standard Spa, Miami Beach**, a unique oasis of calm. This Spa Hotel appeals to those who want to mix it up with yoga, fitness, spa, organic food and a cocktail



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café—after all, the key to longevity is all about community. [standardhotels.com/miami/properties/miami-beach](http://standardhotels.com/miami/properties/miami-beach)

of the Atlantic Ocean, the Spa features four private spa suites with terrazzo soaking tubs and a steam room – providing an immersive retreat experience. [thesetaihotel.com](http://thesetaihotel.com)

More Asian serenity can be experienced at **The Spa at The Mandarin Oriental**, Miami. Located on the waterfront on the exclusive island of Brickell Key, this plush award-winning spa features seventeen private treatment rooms including six split-level suites with floor-to-ceiling views over the bay. Treatment rooms are designed with

Relax and regenerate in a world of salt therapies at **Acqualina Resort & Spa**. This 20,000 square foot oceanfront ESPA retreat offers two Himalayan salt rooms as well as Himalayan salt stone massages - all designed to cleanse your body's electromagnetic field and rebalance the negative ions. The spa menu features a comprehensive collection of Asian spa therapies such as an *Ayurveda Ama Releasing Abhyanga Massage* and a *Balancing Massage* delivered with volcanic stones. If what you desire is a complete overhaul, try a full day retreat with healthy cuisine. [acqualinaresort.com](http://acqualinaresort.com)



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**About the author:** Judy Chapman is the former Editor-in-Chief of Spa Asia magazine and author of four books on spas and wellbeing. Over the past twenty years, Judy has travelled the world consulting and creating award winning spas and retreats concepts and indigenous beauty products and treatment experiences for luxury hotels and brands. She has personally created over 200 natural skin, hair and body care products, tea and candle collections. With a relentless pursuit of unique and original experiences, her curiosity has led her to Himalayas spending time with Tibetan and Ayurvedic doctors to onsen bathing in Japan and Ayurveda retreats in Kerala. Just some of the destinations Judy has consulted on spa and retreat projects include Australia, Bali, Germany, India, Maldives, Middle East, Myanmar, Singapore and New York.