



ivin' la vida MIAMI

Sun-kissed and oh, so sensuous, Miami is America's next great spa destination, dangling off the tip of the Florida coast like a ripe piece of candy-coloured bait. A warm-weather avatar of the American dream, South Beach (or SoBe, if you've spent the last decade under a rock) is a lands-end of bold and beautiful people grooving to their own funky beat; an Art Deco and condo wonderland of celebrities, wannabees and retirees that's both the doorway to Latin America and the gatekeeper to hedonism.

spadestination

But it's not all supermodels, seniors, and Ricky Martin look-alikes. There are also sunset cocktails at chic rooftop lounges, mouth-watering cuisine from world famous chefs, and the hottest international arts scene in the States, courtesy of Art Basel. Of course, there are also miles of powdery white playground and that magnificent Big Blue. Plus did we mention all those sophisticated treatments in stunning landmark hotels?



GUERLAIN SPA, THE REGENT BAL HARBOUR

Few spots are hotter for art these days than Miami and few art-filled spaces as striking as The Regent Bal Harbour at the northern tip of the beach. The first major hotel to open in Bal Harbour Village in more than 50 years, the 124-room beachfront property is as much a canvas as it is a showplace for contemporary art, with interiors arrayed with a privately commissioned collection of works from new and established American talent.

Offering incomparable views of the Atlantic Ocean is L'institut de Guerlain Spa where treatment rooms feature private bathrooms to provide clients with the utmost seclusion and privacy. Other highlights include a state-of-the-art foot therapy lounge overlooking the water; hydrotherapy facilities; a wet therapy suite for specialised hydrotherapy and Vichy body treatments and an exclusive beachfront treatment cabana. Of course, this is all combined with the legendary results-proven products from French beauty powerhouse Guerlain. Unwind on the waterfront terrace while sipping tea before your scheduled appointments then enjoy *après spa* in the reflecting room with freshly prepared juices.

www.regentbalharbour.com

THE SPA AT MANDARIN ORIENTAL, MIAMI

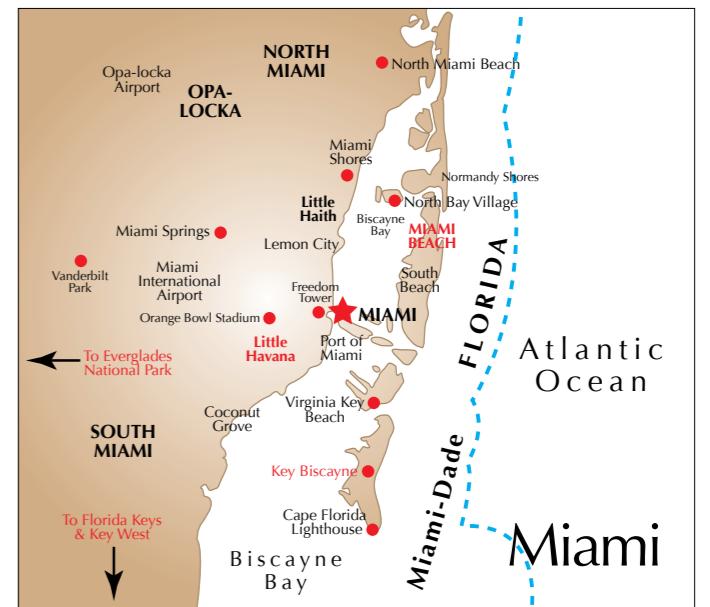
Away from the bustling beach, in Miami's emerging downtown cultural area, the 15,000 square-foot Spa at Mandarin Oriental, Miami is an award-winning tri-level refuge decorated in exotic textures like bamboo, rice paper, and natural linens. Adopting a unique approach to the traditional spa experience, The Spa at Mandarin Oriental, Miami offers a series of innovative and restorative multi-cultural journeys, rituals and envelopments. A standout being the unique Kundalini Journey, which combines advanced massage techniques with aromatherapy, colour and gemstone therapy as well as sound therapy to achieve the highest level of physical and mental relaxation. Performed in a luxurious Mandarin Spa Suite, the two-hour experience ends with a gift to help you stay balanced in your daily life. For the perfect comedown after over two hours of indulgence, a Spa Bento in Café Sambal is a healthy alternative – especially when combined with an organic fruit smoothie. www.mandarinoriental.com/miami

SPA V, HOTEL VICTOR

Designed by the incomparable Jacques Garcia for an environment of unparalleled opulence and comfort, Spa V at the restored Art Deco Hotel Victor is a calming retreat of luxury and tranquility in the heart of Ocean Drive's vibrant scene. The 6,000-square-foot spa also boasts South Beach's first co-ed Hammam for an innovative twist on the Mediterranean steam baths of Turkey, Greece, and Morocco. A chic and sultry ambience complements a menu of quirky treatments such as Gold Facials and four-hand massages. One of the spas signatures is the Blackberry Addict – a treatment designed to lend a helping hand to tech-savvy business travelers, experiencing 'blue thumb' from their Blackberries. Easing tension in the hand, wrist and arm muscles, this soothing treatment incorporates rocks, aroma-infused hot towels and a signature blackberry balm.

www.hotelvictorsouthbeach.com

THIS PAGE: A beach massage and spa studio at the Mandarin Oriental Miami. OPPOSITE PAGE: A corridor in Spa V, Hotel Victor; and the water room at Guerlain Spa, The Regent Bal Harbour.
OPENING PAGES: South Beach, Miami courtesy of Mariolga 2007 photoshoot.



spadestination

UHMA SPA

Committed to rejuvenation, beauty and wellbeing, Uhma Spa is an independent urban sanctuary with a modern and environmentally friendly edge. Derived from the Portuguese word 'uma' – meaning 'one' – the spa's philosophy lies in bringing people and nature together. Designed and built utilising biophilic principles (bringing elements from nature indoors), Uhma Spa is a non-toxic and eco-friendly space highlighted by treatments that fuse sacred traditions of Ayurveda and aromatherapy along with ancient practices from African, Asian, and Native American cultures. The Sabai Herbal Ball Massage begins with the application of aromatic lemongrass and sweet basil oil before a warm herbal compress of healing herbs (that have been imported from Wat Po temple in Bangkok) is placed along energy points of the body to relieve muscle and joint pain, increase blood circulation, and soothe the mind into a state of bliss.

www.uhmanagri.com

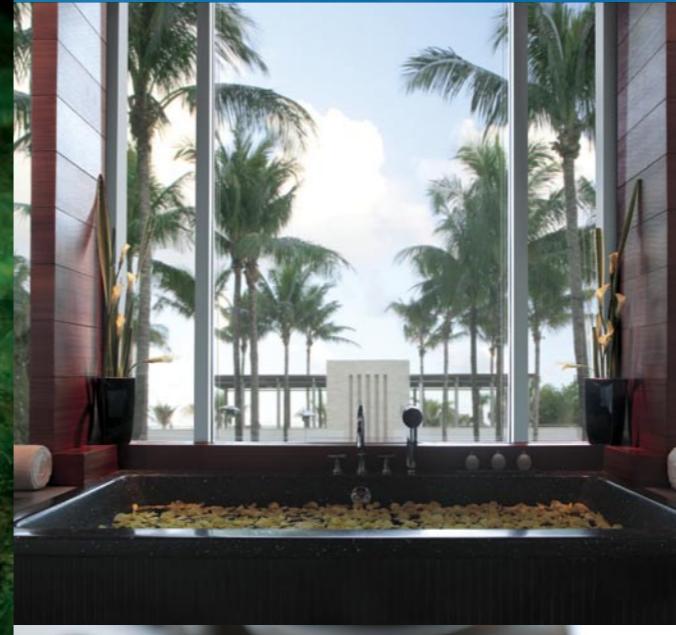
THIS PAGE: Couple's treatment room at Uhma Spa; and an outdoor couple massage at the Spa, at the Sports Club LA, Four Seasons Miami.

OPPOSITE PAGE: Outdoor pool at the Shore Club; spa bath and spa detail at The Spa, The Setai.



THE SPA AT SHORE CLUB, SHORE CLUB

Designed by famed British architect David Chipperfield with landscaping inspired by the intense Matisse-inspired colours of Yves Saint Laurent's Jardin Majorelle in Marrakech, Ian Schrager's Shore Club is redefining cool. The landmarked Art Deco lobby is conceived as a calming transition to the labyrinth of gardens with secret passageways, alcoves and a succession of different outdoor 'rooms' all leading to a spectacular pool with oversized daybeds and bungalows. The Bijoux Spa at The Shore Club is a serene rooftop retreat with magnificent ocean views to help rejuvenate your spirit. A Wild and Zesty Scalp and Body Massage uses warm essential oils to combat fatigue and is perfect for jet lag. www.shoreclub.com



THE SPA AT THE SPORTS CLUB LA, FOUR SEASONS

Located on the fourth floor of the Four Seasons, the Spa at the Sports Club LA, is a 50,000-square-foot facility with 10 treatment rooms, including a dry redwood sauna, a Turkish steam room and a wet treatment area with Vichy shower, as well as access to all group exercise classes including yoga and Pilates. The Zen Body Massage is a specifically customised ritual, tailored to your feelings and needs at the time of your treatment. To finish your experience, relax at Pasha's Mediterranean Cuisine, overlooking the 80-foot waterfall. www.fourseasons.com/miami

THE SPA AT THE SETAI

The Spa at The Setai transports the traditions of the Pacific Rim to South Beach and opens the door to a world dedicated to the restoration and realignment of the body and the spirit. Exclusive, specially designed suites overlook the ocean and come complete with a steam room and rainfall showers. With room for up to two people to enjoy special treatments in tandem, you can craft a unique spa experience. The Spa at The Setai follows a strictly holistic approach that celebrates custom-made treatments that are complimented by a deluxe range of products by Jurlique, USPA, Sundari, Epicuren and Zing. Balinese spa consultant, Merli Suwendra, was appointed to train the hotels' practitioners in the time-honoured application of Balinese healing and massage in conjunction with herbs, oils and spices to re-awaken the senses, release tension and restore energy.

www.setai.com



AGUA SPA, DELANO HOTEL

Located on The Delano's roof, the renowned Agua Spa is a serenely beautiful and peaceful space that offers state-of-the-art spa treatments like the signature Milk and Honey Treatment, which uses a blend of honey and organic sesame oil to nourish and hydrate the skin. Housed in a pristine white setting with an enormous private terrace and 360-degree views, it's the ultimate hideaway. Hand blown white glass chandeliers from Murano, Italy are suspended above the dreamlike atmosphere; cabana-inspired hidden lounges feature Delano's famous custom designed furniture and provide seclusion for those seeking a private space before, after, or between treatments, while maintaining accessibility to Agua's experienced staff of technicians. Special facials and skin treatments designed for men are new on the menu, with both men's and women's facials utilising organic skin products from Luzern Laboratories.

Delano's stunning pool is also a must-see – a complete re-invention of the standard form, and more akin to a 'Water Salon,' with soothing underwater music and separate areas devoted to floating and meditating. Exclusive cabana dining poolside with a butler is also available. Conceived as an indoor room moved outdoors, the neighbouring Orchard is a lushly landscaped lawn filled with whimsical, Phillippe Starck-designed 'vignettes' – including an antique daybed and oversized chessboard – that lend it the feeling of a surreally beautiful stage set and make it the ultimate place for hanging out, daydreaming, and enjoying the warm Miami sun.

www.delano-hotel.com

DAVID BARTON GYM+SPA, GANSEVOORT SOUTH

A 1920s playground for the rich and famous newly born as a magnet for trendsetters, Gansevoort South Hotel, Spa and Residences brings the pulse of SoHo to the heart of SoBe. Sporting the largest standard rooms in Miami (each with expansive private balconies and spectacular views of the ocean, bay or shining city skyline) its vibrant interiors are highlighted by a 17,000-gallon shark tank filled with colorful tropical fish. Outside, the infinity-edge Pool Plaza is surrounded by a 50,000-square-foot pool deck with an exclusive oceanfront beach club by acclaimed Nikki Beach designer Stephane Dupoux only steps away. For even more privacy the Brazilian Ipe rooftop deck is 18 stories above the crowd. The 45,000-square-foot flagship DavidBartonGym+Spa features Barton's signature results-driven personal trainers who will ramp up your workout and have you begging for mercy in no time. And the ocean-view spa is one of the sexiest additions to Miami's blossoming scene.

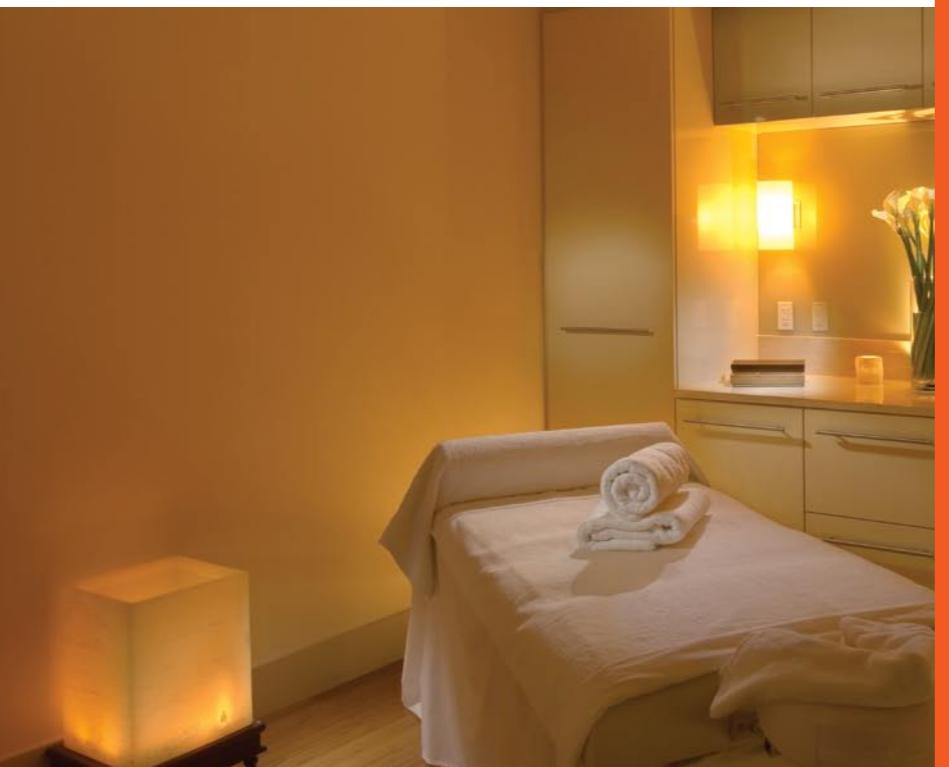
www.gansevoortsouth.com/gym-spa

SPA CHAKRA, CONRAD MIAMI

Conrad Miami is located in an innovatively designed structure of concave glass and steel, in the heart of the city's financial district and just over the bridge from SoBe. Modern and boldly designed, Conrad Miami creates a unique sensory experience for guests with 203 stylish guest rooms and 103 residence suites created with the sophisticated traveler in mind. Spa Chakra at Conrad Miami is a progressive wellness destination looking out over Biscayne Bay from the 26th floor. With a focus on corporal as well as spiritual elements, Spa Chakra therapies address the individual as a whole, establishing a balanced foundation of health and wellbeing. Renowned on the international spa circuit, Spa Chakra is one of the pioneers behind the concept of fully integrative medi-spas as evidenced by the signature Exceptional Orchidée Impériale Treatment, an extraordinary two-hour anti-aging facial utilising Guerlain's rejuvenating skin care line.

www.conradmiami.com; www.spachakra.com

THIS PAGE: Treatment room at Spa Chakra at Conrad Miami. OPPOSITE PAGE: The terrace at Agua Spa, The Delano Hotel; and the Gansevoort South Hotel, Spa and Residences.



new spas in 2009

Exhale, The Traymore Hotel

Opening early 2009, Exhale, the highly publicised national spa brand will open its first ever mega retreat. Praised for their results-oriented therapies, treatments will be given in a collection of indoor and outdoor wellbeing venues, woven mindfully throughout the beachfront Traymore Hotel to create a sanctuary for healing and renewal. Each room in the hotel has been uniquely designed as a 'spa suite' equipped with massage tables, Matteo linens, eye pillows, and essential oils as an integrated part of the nightly turn down service. With a rooftop meditation garden, plunge pool and Turkish hamman, guests can savour the benefits of an energising refuge or a soothing sanctum. www.traymorehotel.com

EPIC Hotel

Located at the edge of the Miami River and Biscayne Bay, the new EPIC (which is affiliated with the legendary Kimpton Hotels) combines the style of a cosmopolitan boutique hotel with the amenities of a resort. Highlights include a 13,752-square-foot wrap-around pool deck, a private marina and a spa and fitness center operated by Exhale. Kimpton also gives guests the opportunity to maintain their healthy lifestyle while on the road through the Mind.Body.Spa. On-Demand Video Programming, which allows guests to choose from a variety of videos free of charge, including Yoga, Pilates, Core-Strengthening and Meditation. www.epichotel.com

Viceroy Miami

Viceroy Miami is the centerpiece of the groundbreaking ICON Brickell project, a 10-acre bay-front enclave located in Miami's urban centre. Flanked by two public parks, the hotel is situated directly on Biscayne Bay. The spa at ICON Brickell will be a theatrical 28,000 square-feet Philippe Starck design offering a wide array of amenities and an extensive spa menu. Overlooking the bay from the 15th-floor deck and providing a prime urban spa destination. The spa will have a collection of wellness experiences that are designed to cultivate the alignment of mind, body and soul and are founded on the three pillars of Balance, Breath and Beauty. In-room spa services will be available as well. www.viceroymiami.com

Tempo Miami, A RockResort

The temperature in Miami will rise with the debut of Tempo Miami, A RockResort, scheduled to open in April 2009 in the heart of the city's cultural centre. The luxury resort is RockResorts' first urban-centered property and will embody chic sophistication and trend-setting elegance, adding to Miami's reputation as an influential cultural hotspot. The resort will offer a gourmet restaurant, a RockResorts Spa(tm), an infinity-edge sunrise swim spa and lagoon-style sunset pool with Asian-inspired gardens, personal concierge services and many other amenities. Renowned architectural firm Arquitectonica is designing the condominium-hotel. <http://tempomiami.rockresorts.com>

The Betsy

The 63-room Betsy Hotel stands as the lone surviving example of 'Florida Georgian' architecture located in an Art Deco dominated neighborhood. Behind shuttered windowpanes, contemporary colonial design wraps guests in exquisite details from stately poster beds and raffia ceilings, to gentle splashes of tropically inspired colours. Elevated three floors above Ocean Drive, with an unobstructed view of the Atlantic Ocean, The Betsy's Rooftop Solarium is a bright, open space for guests to enjoy a comfortable social environment, quiet relaxation, or drinks and cuisine from the solarium's custom menu, designed by BLT Chef Laurent Tourondel. www.thebetsyhotel.com