



DESTINATIONS

Miami

Check out this vacationer's mecca where the thriving spa scene is as hot as the weather.

Rise to the Top

A relaxing, quiet spa in the heart of South Beach is not the oxymoron it might sound like. The modern **Agua Spa** rests on the penthouse floor of the über-hip Delano hotel on Collins Avenue, the main artery of Miami Beach and the Art Deco District. From the fixtures to the floor, Agua is bathed in unblemished white, including the billowing curtains that replace walls and separate rooms around the spa. Spa-goers can soak up a healthy dose of natural sunlight from inside the spa or on the rooftop solarium located just outside of the spa's doors, complete with views of the ocean and the vibrant city below. The

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The rooftop solarium at the Delano's Agua Spa provides the perfect respite for sun-seeking guests.

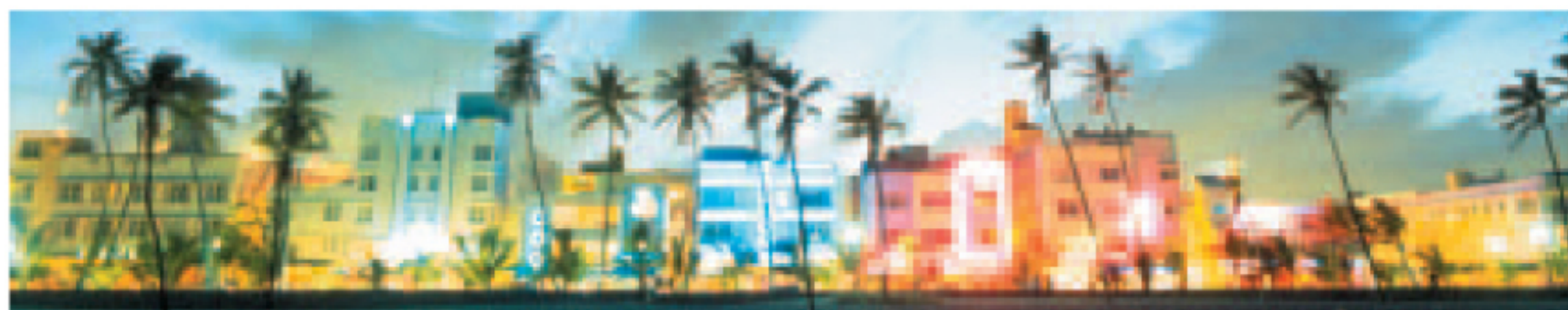


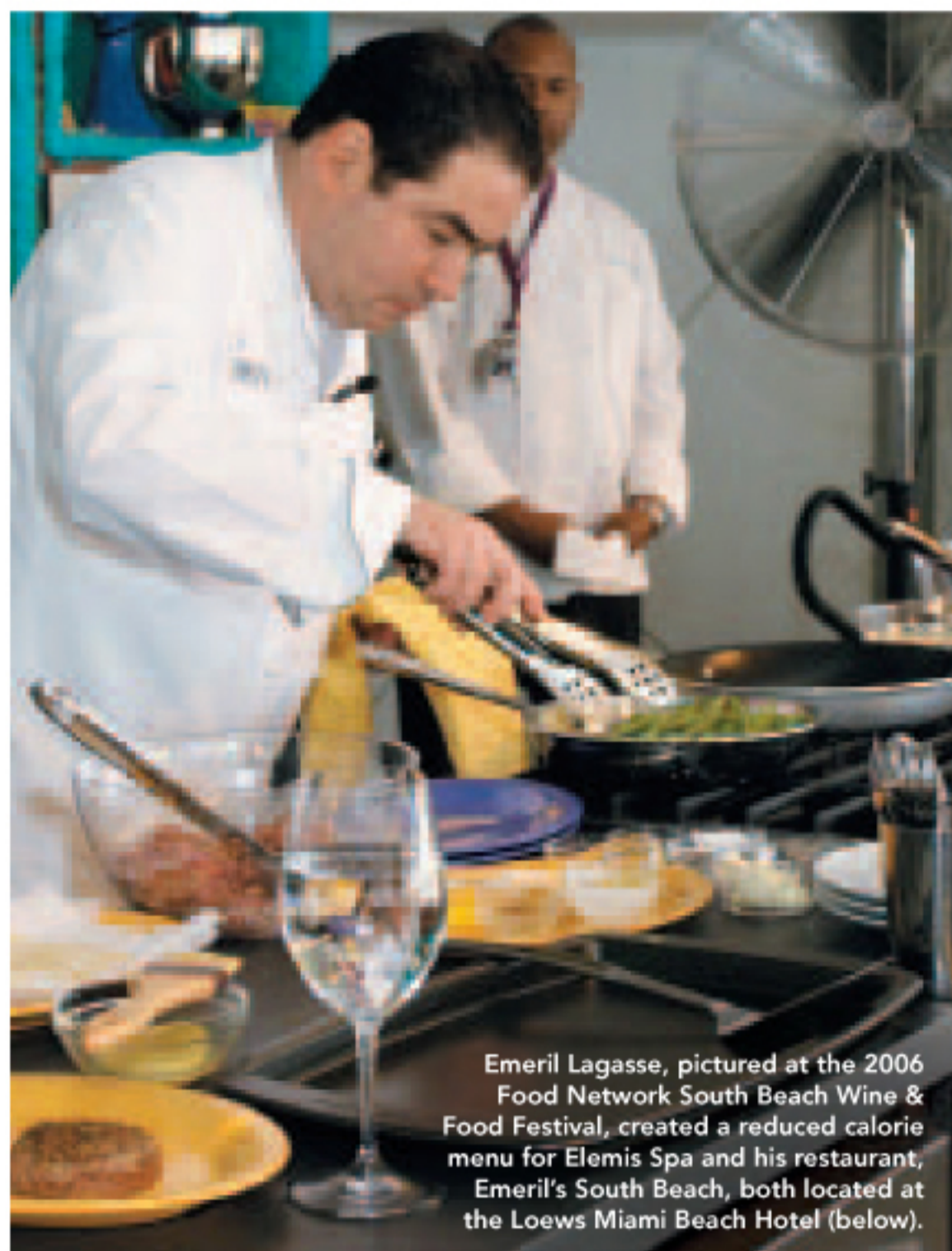
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comprehensive menu reflects Agua's surroundings by offering packages such as the South Beach Revival (\$513, 4 hours), which includes an RMX Platinum Facial, Leonor Greyl Hair Mask, Ocean Rose Body Wrap, Custom Swedish Massage, and a ME Bath Soak. The Couples Wake-Up Call (\$280, 60 minutes; \$325, 120 minutes with breakfast), includes Aromatherapy Massages for two with champagne, perfect for guests who forego partying to the wee hours and are interested in basking in the day's early light.—*Cristina De Oliveira*

Much like the landmark hotel it occupies, the spa's minimalist decor is a vision in white.

Miami Nice For spa-goers who have seen a little too much of the South Beach scene, **The Ritz-Carlton Spa, South Beach** offers the Apres Sobe (\$390, 3 hours), a package that has found success at dealing with the prior night's excess. Designed to revitalize the body and mind, this session begins with a trip to the Power Shower for alternating hot and cold water sessions. An Aromatic Algae Soak begins the detox phase of the treatment and is followed by a Dead Sea Mineral Cocoon exfoliation and wrap. For a final jolt of energy, the Raindrop Technique drips a combination of 11 essential oils onto the spine that is then melded to the body with hot compresses, optimizing immune functions. This is one afterparty that will leave guests refreshed and ready for more.—*C.D.*





Emeril Lagasse, pictured at the 2006 Food Network South Beach Wine & Food Festival, created a reduced calorie menu for Elemis Spa and his restaurant, Emeril's South Beach, both located at the Loews Miami Beach Hotel (below).

South Beach Diet

Guests visiting the three-month-old **Elemis Spa** at Loews Miami Beach Hotel have a pair of star-quality spa menus to indulge in—a treatment menu with A-list appeal and a tasty cuisine menu prepared by a celeb chef. As well known for his catchphrases (Bam!) as he is for his zesty Cajun and Creole cooking, Emeril Lagasse has taken calorie and fat counts down a notch to create his first spa-friendly menu, known as Emeril's Enlightened Eating. Available exclusively at the spa and at Emeril's Miami Beach restaurant, also at the hotel, the menu offers healthy options such as Herb Roasted Tomatoes and

Eggplant Caviar, Grilled Yellow Fin Tuna with a Sweet Corn Salad, and Charred Tomato and Roasted Red Pepper Soup with Cucumber-Mint Raita. Meals can be enjoyed on the spa's third-floor sun deck where spa-goers can soak in the glittering ocean views and truly get a taste of the good life.—C.D.



A-PEEL-ING PROPOSITIONS

South Florida spa-goers craving sweet escapes have plenty of fresh picks at their fingertips. The following fruity finds are only a sample of treatments that will make visitors swoon over Miami.



CITRUS SCRUB (\$85, 30 minutes) at the **Biltmore Spa at The Biltmore Hotel** Guests are energized by the very scent that put the Sunshine State on the map. A mix of sea salt and essential oils refine and soften even the most sun-beaten skin.



KEY LIME MARGARITA PEDICURE (\$110, 60 minutes) at **SpaTerre at Grove Isle Resort & Spa** For a pep in their step, spa-goers kick back with a margarita of their very own while their toes are treated to a lime scrub, massage with key lime essential oils, and hydrating paraffin dip.



ALOE VERA FRANGIPANI BODY TREATMENT (\$150, 75 minutes) at **The Spa at The Standard** Perfect for sun worshippers, this hydrating treatment begins with a Grapefruit Lemon Peel exfoliation to prep the body for a quenching application of aloe.



HONEY MANGO SHINE (\$65, 30 minutes) at **Imagos Day Spa & Salon** Recommended for sensitive skin, this luscious exfoliating treatment leaves the body sassy, sleek, and sweet-smelling, capturing the tropical essence in the Miami air.—C.D.



Healthy Living The new Spa Lifestyle Rooms in the Mandarin Oriental in Miami are specifically designed for the health-conscious guest, with a focus on food, fitness, spa, and relaxation. Each of the 16 rooms provides special in-room fitness programs that include Technogym wellness dumbbell racks and balls, EcoYoga mats, organic cotton yoga straps, yoga blocks, and fitness-themed TV channels. Lifestyle consultant Michelle Menendez is available to meet with guests and offer tips on topics such as nutrition and fitness and arrange treatments at **The Spa at the Mandarin Oriental**. Spa cuisine is available 24 hours a day via room service, as is a variety of organic foods and tea. Each room also receives a seven-step air purification process that leaves air, walls, and bedcovers free of allergens and features a marble bathroom with separate glass shower and cherry wood furniture. It is the ultimate spa solution for health-conscious travelers looking for a balanced, stress-free, and pampering experience.—*Nicole Palmieri*



Each Spa Lifestyle Suite undergoes a thorough air purification process, ensuring that guests have a healthy stay.

SUMMERTIME IN THE CITY

While catering to snowbirds keeps Miami businesses on their toes during the winter, hurricane season and sweltering temperatures sometimes make for sluggish sales during the summer months. **Spa E** on South Beach's Lincoln Road is offering clients one way to beat the heat this season: a free pedicure with any scheduled facial. A blast is sent out to everyone in Spa E's client database and the special is extended to spa-goers who mention receipt of the email. After all, everyone likes some summer lovin.'—*C.D.*



Mint to Be

Much like a cheeky Latina, the beloved mojito combines sweetness with a sharp bite, providing a cool antidote to a fiery Miami summer's day. This citrusy Caribbean classic serves as the inspiration for the Miami Mojito Scrub and Massage (\$146, 50 minutes; \$240, 80 minutes), available at **Splash Spa** at The Sports Club/LA Miami, Four Seasons Miami. A thorough exfoliation is performed using a combination of lime and sugar, followed by a cleansing that employs warm mitts to remove the mix and calm the skin. Essential oils of lime and mint, chosen to stimulate circulation and detoxify the skin, are blended with rum and used during a full-body massage. Post-treatment, guests can quench their thirst at the poolside lounge with a frosty mojito of their very own.—*C.D.*