
GLOBAL RITUALS AT THE WELLNESS GARDEN

DESCRIPTION OF THE MENU

Our Global Rituals spa treatment menu combines the best of beauty and relaxation regimes from East to West, including imported elixirs, ancient healing remedies and cultural secrets promising a new experience with every treatment. In keeping with our property-wide homage to words please accept our gift of a thoughtful (or sometimes amusing) quote to accompany each menu item - and please enjoy your visit to Betsy's Wellness Garden on our magnificent Roof Deck.

Signature Welcome 'Heaven is under our feet as well as over our heads.' (Thoreau)

Foot washing is an ancient tradition shared by many cultures and traditions to welcome and honor guests. Begin your journey with a raw earth foot-bath, where minerals of malachite, sandalwood and calendula oils will soften soles and soothe aches with natural antiseptics. Our signature welcome continues with a massage infusion of lavender, grape fruit and peppermint oils that will whisk your senses to far off lands, and usher you into a deeper spa experience. \$16

MASSAGES

#1 The Betsy Moment (Miami Beach) \$150

'There is more to life than increasing its speed.' (Gandhi)

Renew, relax, and find your balance with a deep tissue massage that incorporates much-needed TLC and a choice selection of aromatic oils from Tracy Mourning's Honey Child spa line. Intense moisture is delivered to the skin as massage techniques aim to release myofascial restrictions and break up scar tissue, relieving chronic tension while increasing range of motion and improving posture.

#2 The Waterfalls (Canada) \$150

'As long as I live, I'll hear waterfalls and birds and winds sing.' (John Muir)

Rooted in the beauty and strength of aquatic landmark Niagara Falls, this deep tissue massage is augmented with splashes of refreshing water over the body.

#3 Mama Mia Pre-Natal Massage (Universal) \$160

'Since love grows within you, so beauty grows.' (St. Augustine)

Honor life with a gentle Omega body buff therapy. Renews moms-to-be, while protecting the child you carry. Organic certified Shea butter is soothed over skin to provide deep moisture and repair deep-tissue damage appearing as stretch marks. Blissful mothers make for happy babies!

Add-on: The Mama Mia O-mega
 Belli Pregnancy Anti-Chloasma Facial Sunscreen

#4 Massage Under the Stars (Greece) \$325

'As above, so below' (Hermes Trismegistus)

The world is tranquil and all is well on The Betsy Roof Deck under a beautifully starry sky as you and your special someone enjoy a serene evening treatment in the outdoor garden, illuminated by moonlight. Mimosa champagne oils accompany a choice of massage as music, candlelight and rose petals further enhance the mood. The experience concludes at midnight, revealing a new day and a new you.

#5 Romanceology (France) \$300

Je t'aime de tout mon Coeur (I love you with all my heart)

Taking a cue from the "City of Love," Romanceology is a massage class that brings couples together for a connecting experience to be enjoyed during the hour and beyond. A massage therapist guides partners through techniques of reaching select muscle groups and pressure points to release stress, improve mood and create a harmonious state-of-mind. Each will then create a massage ritual tailored to his/her loved one.

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#6 Sweet Dreams (India) \$120

'The silence between speaking .. is the calm of heart' (Swami Vivekananda)

The Padabhyanga foot massage has been practiced in India for thousands of years, used to alleviate fatigue and encourage sleep, while softening rough, dry skin. Focus is on the Ayurvedic marma points in the soles that connect to vital organs and senses, which deepens relaxation and promotes overall wellness. Let us lull you to sleep; by special arrangement, the treatment is performed in the comfort of your guest room.

BODY TREATMENTS

#1 The Inca Treatment (Peru) \$225

'The best thing about ocean scenery -- breaking waves and the silence in your mind' (Mirko Lauer, Poet)

This facial therapy harnesses the aromas of essential oils and the power of intensely moisturizing rainforest botanicals to renew both skin and soul. Skin restoration begins with a Peruvian coco scrub and aromatherapy facial, followed by a massage with Peruvian Inchi Oil, one of the world's richest plant sources of Omega 3. Cell-stimulating rose, patchouli and frankincense encourage natural cell renewal, with final nourishment from a restorative Peruvian coco bean oil.

#2 Dead Sea Salts Body Treatment (Israel) \$200

'I must go down- to the lonely sea and the sky' (John Masefield)

The Dead Sea has been an acclaimed wellness destination for thousands of years, drawing in historic names and travelers from around the world to try its healing powers. Located at the earth's lowest point of elevation, the salts and muds are abundantly rich in sodium, magnesium, potassium, calcium and bromine to help stimulate blood circulation, accelerate the natural exfoliation process, restore skin to its natural pH balance and draw toxins from the body. This revitalizing treatment delivers a fusion of seven oils via traditional massage strokes, working through every ache and enabling muscle recovery. The Dead Sea Salts Body Treatment is good for both body and soul with product proceeds earmarked for Dead Sea preservation efforts that promote drinking water accessibility in the region.

#3 Africology (South Africa) \$200

Wisdom is wealth. – African Proverb

A unique ritual that incorporates potato into a moisturizing body wrap to treat excessive fluid retention, cellulite, dryness and sun-damage. Renewed skin is then treated to a gentle exfoliation incorporating lemon, neroly, and South African Pure Geranium oil derived from flowers organically grown in Egypt and India. The floral-scented oil has been studied extensively for its potent antimicrobial properties.

FACIALS

#1 Wei's Facial (China) \$160

A bird does not sing because it has an answer. It sings because it has a song. Chinese Proverb

A living fossil and rare gem in the 5,000-year history of Chinese Traditional Medicine, Gingko Leaf has long been used for its age-repairing ability. As the core ingredient in this reparative facial, the Gingko's amino acids help brighten the skin. Furthermore, natural plant fibers provide an instant tightening effect, hyaluronic acids bring back moisture and elasticity to the skin, flavonoids protect against free radicals, and Bamboo Leaf and Motherwort help reduce redness.

#2 Organic Vineyard Facial Treatment (Italy) \$150

'Nothing more excellent than wine was ever granted by the Gods to mankind.' -Plato 427-347 BC

This vino therapy facial begins with a decadent grape seed scrub that prepares skin for the benefits of a massage with essential oils. A warm thermal mask creates a lifting effect, followed by the application of an antioxidant-rich, wine-inspired moisturizer. Wrinkles and fine lines are visibly smoothed, and the face is left radiant with youth and vitality.

#3 24K Collagen Mask Facial (Egypt) \$200

'If speech is silver, silence is gold' (Egyptian Proverb)

The anti-aging benefits of Gold can be traced back to Cleopatra, who was said to have slept in a gold face mask every night to enhance the suppleness of her complexion and preserve a natural luminosity. Comprised of 99% pure nano gold, this powerful mask rebuilds collagen to give skin a more firm and taut feeling. Fine lines and wrinkles are reduced with every use and its luxurious relaxation effects provide a youthful and glowing appearance.

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MANICURES – PEDICURES

Mojito Mint (Cuba) \$120

'My daiquiri in El Floridita, my mojito in La Bodeguita' (Ernest Hemingway)

Inspired by the country's signature drink, the Mojito Mint hand and foot treatment is a tropical treat. Tired feet get revived with an invigorating fresh mojito mint leaf soak and a sugar cane exfoliate smooths palms and soles. Lime oil is then prepared with an authentic Cuban muddler and massaged into limbs. A festive polish color is recommended as the final garnish.

Bubbles and Berries Delight (Nova Scotia) \$130

'A bubble is a dream that captivates a sense of wonder' (Paul Holmes)

A luxurious manicure-pedicure combination harnessing the many beauty powers of the blueberry. Hands and feet are immersed in blueberry juice and soy yogurt, followed by a nutritional blueberry sugar scrub with a dash of champagne. The aromatic scent wakes up the senses while powerful antioxidants and anti-inflammatory properties increase circulation, protect skin from sun and help prevent wrinkles.

SPA PACKAGES

Romance (Spain) \$325

'The moon turns its clockwork dream. The biggest stars look at me with your eyes. And as I love you, the pines in the wind want to sing your name ...' (Pablo Neruda)

The spa creates a sultry scene with a massage and body treatment to be enjoyed as a couple. Flickering candles and soft sounds of flamenco guitar music evoke serenity and rekindle sentiments of love.

Sex And The City (New York) \$285

'I want to wake up in the City that never sleeps ...' (Bernstein)

Girls just wanna' have fun, but also a little relaxation. The pampering begins with green apple martinis followed by a full body treatment and massage. Next, a manicure-pedicure combo soothes hands and feet fatigued by heavy shopping bags and demanding stilettos. A professional make-up application gives the finishing touch before heading back out for a girl's night out on the town.

SUGGESTIONS

- Reserve your spa treatment by contacting your concierge or front desk agent, or calling 305-531-6100.
- Please be sure to note if you have any allergies.
- Spa Services may be billed to your account.
- All major credit cards and cash will be accepted.
- Gift certificates are available, carefully prepared to express a taste of the total spa experience.
- Enhance your experience with a spa amenity kit - customized based on a consultation prior to your treatment.
- Attractive gift baskets and spa travel kits are also available for purchase.
- A 20% gratuity will be added to all spa treatments.

CANCELLATION POLICY AND GRATUITY

Due to popularity and exclusivity of our spa, appointment changes and cancellations will only be accepted up to four (4) hours before the originally scheduled appointment. Cancellations or changes made without a 4-hour advance notice will be charged the full cost of the treatment. A 20% gratuity will be added to all spa treatments.

HOURS OF OPERATION

The Wellness Garden is open daily from 9:00AM to 11:00PM. Hours are based on availability.