

Daily Pampering: The Betsy Spa and Wellness Garden

by [Annie Scott](#) ([RSS feed](#)) on Jan 19th 2010 at 4:00PM



The Betsy

If you're looking for a little R&R in Miami Beach, the beautiful Betsy Hotel has you covered. They have an all-new spa menu, developed with the help of [Miami City Massage](#), which includes luxurious treatments like Sugar Plum Swedish and Mandarin Deep Tissue massages, a tantalizing Mimosa Toast Couple's Massage and a Blueberry Baby's Breath Pre-Natal Massage with 100 percent natural products from Éminence Organic Skin Care.

Other treatments we like the sound of include a Chocolate Truffle Treatment, a Wood Stone Ritual, and both Mojito and Champagne mani-pedis. Spa packages like Romance (a sensual \$300 experience for couples) and Sex and the City (\$225, for hard-shoppers to get ready to party – complete with makeup application) are available for the truly elite. All the treatments can be enjoyed in your guest room, poolside, in a private ocean-view cabana or in the Wellness Garden.

The Wellness Garden is "a Zen inspired relaxation area with Ipe wood tea table and platform-like seating, surrounded with lush vegetation." It's a serene place for quiet meditation and deluxe spa treatments (with three private cabanas), decorated in calming, natural elements like wood, stone, and bamboo.

To download The Betsy Hotel's Spa and Wellness Garden full menu, visit the website.



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