

5 Reasons Why You Can't Miss These Spas In Miami



Tierra Santa Healing House at Faena Hotel Miami Beach is a colorful, yet soothing oasis.

Whatever your reason for visiting [Miami](#) – the year-round tropical climate, world class dining and shopping, flourishing art scene (or all of the above) – it doesn't take much for the Magic City's extravagant and indulgent ways to catch up and slow you down. And as lovely as the city's sandy beaches are, oftentimes they're swarmed with people – making them far from relaxing.

This is when spas come to the rescue. Fortunately for us, Miami's recent hotel boom has also ushered in a flurry of truly exceptional spots to decompress and unwind. Here, a shortlist to five spas you can't miss during your next trip to Miami.



Gesi Schilling

At The Wellness Garden & Spa at The Betsy-South Beach, you'll enjoy botanically-based, globally-inspired services in a breezy, [+]

The Wellness Garden & Spa at The Betsy-South Beach

At the city's only entirely outdoor spa, you'll enjoy botanically-based, globally-inspired services in a breezy setting – the rooftop oasis is adorned with natural elements like wood, stone, and bamboo – along with sweeping, sparkling views of the ocean. Whether you opt for a facial or pedicure, every treatment commences with a warm, mineral-rich foot bath. (It's a simple but thoughtful gesture that eases you into a more relaxed state.) To help rebalance my soul – I confessed to a gal pal the previous night how both aimless and anxious I'd been feeling – I tried The Inner-Wellbeing, a 70-minute massage incorporating crystals to help clear negative energy from your seven chakras. Whether you're spiritual or not, it's impossible to not leave feeling lighter (as I did). And if you're seeking a place to lay your head, look no further than the hotel, which celebrates its 75th anniversary this year. Fresh off a sweeping two-year renovation, The Betsy's bright, sun-drenched accommodations are luxuriously appointed with original artwork, walnut floors, and Thassos marble bathrooms.



Like its sister locations overseas, Bamford Haybarn Spa at 1 Hotel South Beach offers up a clean and serene environment.

Bamford Haybarn Spa at 1 Hotel South Beach

Like its sister locations overseas, this outpost of the beloved British organic beauty brand and spas by Lady Carole Bamford – this is also her first stateside venture – offers up a clean and serene environment. The design is earthy, yet chic, as evidenced by The Woodland Room, the unique relaxation lounge starkly cloaked in white, and accented with birch trees and a water fountain. Because the brand is rooted in holistic healing – and also because this was my first encounter with Bamford – I tried the Bamford Signature Treatment. A cleansing foot bath is followed by a combination of different massage modalities (shiatsu, meridian and Swedish) for the body, foot reflexology, and pressure point massage on the face and scalp. Your therapist then guides you through some controlled breathing, so you depart with a more centered mind and balanced heart – which coincidentally, is the hallmark of Bamford. (You’ll spot the motif everywhere, from the spa entrance to the little bowls used during treatments.)



Even the famed wet spa and hammam at Tierra Santa Healing House is a stunner, with its aqua and pink hexagon platform of heated Amazonite. Given the brand's roots in South America, many of the treatments honor the region by using indigenous ingredients like stones, herbs, and oils. For example: during my treatment (called Tree of Life Vibrations), my therapist incorporated a proprietary blend of oils and Brazilian rose stones to gently wake up my entire body with massage, from my toes to my scalp. My session ended with singing bowls. They were strategically placed on my back, then tapped to release relaxing sounds and vibrations.

Tierra Santa Healing House at Faena Hotel Miami Beach

Though it encompasses over a whopping 22,000 square feet, not a single inch has been overlooked design wise – thanks to the creative contributions of director Baz Luhrmann and his wife Catherine Martin. Forgoing the standard spa protocol of white and neutral tones, team Luhrmann spared no color in their vision. The reception lounge is a vibrant kaleidoscope, with its larger-than-life chandelier, striped rug, and artwork by Juan Gatti. Even the famed wet spa and hammam is a stunner, with its aqua and pink hexagon platform of heated Amazonite. Given the brand's roots in South America, many of the treatments honor the region by using indigenous ingredients like stones, herbs, and oils. For example: during my treatment (called Tree of Life Vibrations), my therapist incorporated a proprietary blend of oils and Brazilian rose stones to gently wake up my entire body with massage, from my toes to my scalp. My session ended with singing bowls. They were strategically placed on my back, then tapped to release relaxing sounds and vibrations.

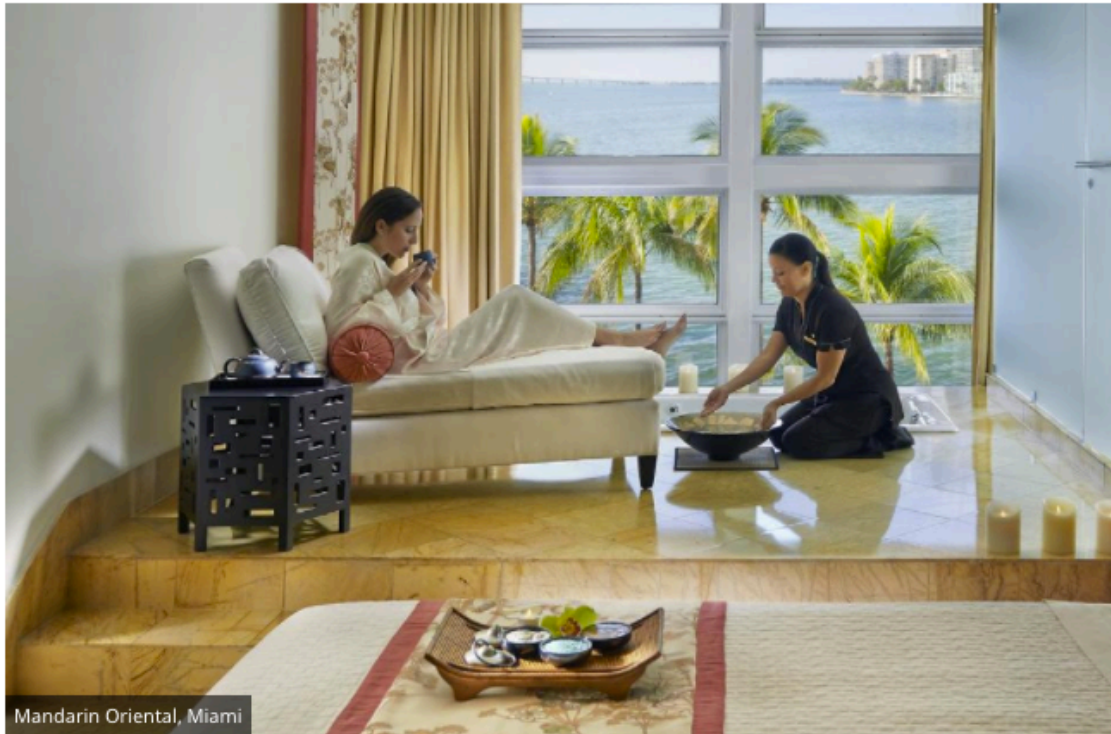


The Miami Beach EDITION

The lounge at The Spa at The Miami Beach EDITION maintains a relaxed vibe with gauzy drapes and candles.

The Spa at The Miami Beach EDITION

While the spa certainly picks up on the swanky white and gold decor seen throughout the rest of the Ian Schrager property, there's a decidedly more subdued and chill vibe here. (The abundance of gauzy drapes and candles certainly help.) Though the treatment menu is quite extensive – you'll discover everything you need for proper self-maintenance, from bouncy blowouts to marvelous massages – be rest assured that the service delivered is consistently top notch. By the time I arrived for my Oxygen Infusion facial on Saturday, I'd been in South Beach for almost a week. And though I absolutely shun the sun – I carry a high sunblock stick, brush-on mineral sunscreen, and a wide brim hat with me everywhere – I know how far-reaching those damaging rays can be. Within 75 minutes, my warm, personable aesthetician deftly purged my clogged pores of gunk, and revived my fragile skin with a special blend of serums and a cooling, refreshing stream of pressurized oxygen.



The Spa at Mandarin Oriental, Miami, might be one of the city's oldest, but it's still one of the best.

The Spa at Mandarin Oriental, Miami

True, this spa has been around a lot longer than the others on this list. But it's here because to this day, it delivers nearly faultless service matched by equally faultless surroundings. In short: it's what many of today's newer spas aspire to be. From the moment you enter the reception area, for example: you're given a refreshing cold towel and slippers to change into. (You're thoughtfully given back your shoes when you check out.) There's also six spacious suites overlooking the bay, kitted out with ceiling-to-floor windows and tubs and showers to ensure a private (read: quiet) pampering session. For a truly personalized experience, book the Mandarin Oriental's Signature Time Rituals, where you're given 110 minutes to use the time in any way you choose (massage, body scrub, what have you). And to address concerns of modern day spa goers, the hotel smartly recently launched a Digital Wellness Program, to help us detox from our day-to-day digital demands.