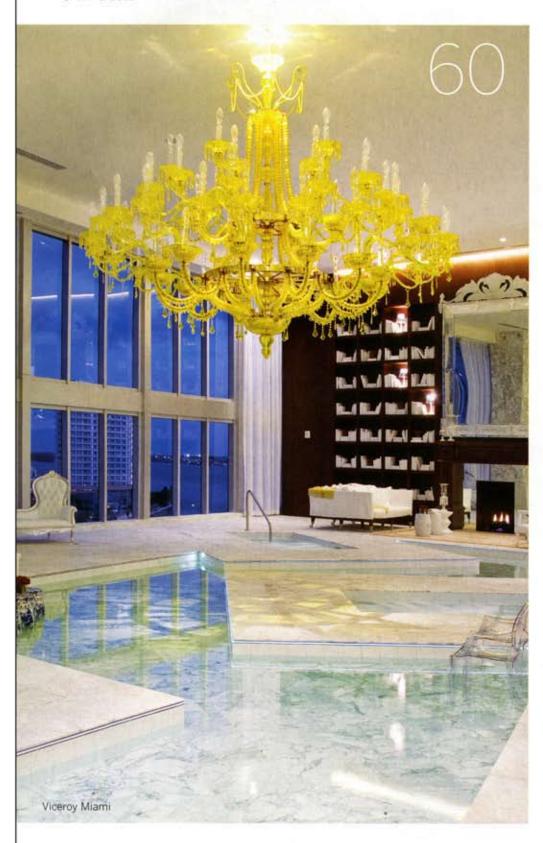


contents

SPRING 2011



features

FACE VALUE
Confused by all of the skincare products and advice out there? We went to the experts to get the facts on what your face really needs to stay looking great through the years. From issues to watch for and healing ingredients to suggested frequency of treatments, here's what you need to know.

CITY SPA ESCAPES
Need a spring break?
These five American
cities have loads to offer, including great spas, dining, shopping
and fun ways to get active — all
you need for a wellness weekend,
Bonus: They're at their absolute
best weather-wise in spring, when
temps heat up and foliage bursts
into bloom. So pack your bags —
what are you waiting for?

NATIVE WAYS
Taking cues from one of the world's leading healing traditions with thousands of years of practice, new Native American-influenced treatments are popping up on spa menus all over the country. Here are great ways to experience them, from beneficial skin treatments to lifechanging spiritual exchanges.

SPA LIKE A STAR
Where would you go to spa if you had the world at your fingertips? We tracked Hollywood's elite to these amazing destination spas that have a loyal A-list following. Learn what draws them, and what keeps them coming back. (Hey, if it's good enough for Oprah ...)

IN EVERY ISSUE

- 6 EDITOR'S LETTER
- 8 CONTRIBUTORS
- 88 SPA SALUTATION

miami

WHAT'S NEW

RockResorts Spa at Tempo Miami Opened in January 2010, this 56-room resort in the heart of downtown has amazing views; the suites, spa whirl-pool and treatment rooms all overlook Biscayne Bay. Music is the theme here, with some treatments designed around musical theory. Our pick: Harmony, which blends Asain and Middle Eastern techniques via a Thai massage and a Morccan Rose body polish (3 hours, 15 minutes, \$300). tempomiami.rock resorts.com

CITY CLASSIC

Willow Stream Spa at Fairmont Turnberry Isle This posh 300-acre resort in Aventura has lots of ways to play, from golf to tennis to jogging paths through the palm-filled grounds. The state-of-theart fitness area offers everything from

private Pilates sessions to group classes. The Willow Stream Spa, hidden away amongst Mediterranean-style columns, enclaves and archways, has an equally comprehensive list of treatments. Our pick: the Revitalizer (90 minutes, \$219), which combines the spa's Energy product line in a wrap, exfoliation and invigorating massage. fairmont.com

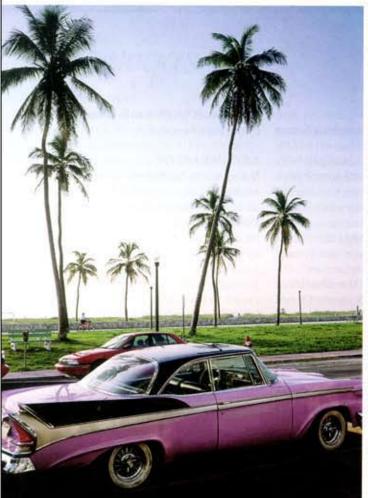
TOP DESIGN

Spa at Viceroy Miami You can tell you're entering a world of the unexpected just by driving up the entryway, lined with giant replicas of Easter Island's iconic moai statues. The whimsy of the Kelly Wearstlerdesigned hotel continues at the Spa at Viceroy Miami, the vision of design icon Philippe Starck. The centerpiece, the Water Lounge, is an uberchic oasis,

where Ghost Chairs and a white sofa sit in a room-length pool with a wall of windows overlooking Biscayne Bay all topped off with a huge citrus-yellow chandelier. The age-defying Iconic Facial (90 minutes, \$275) is a fave of Jennifer Lopez. Extras include a juice bar, redwood sauna and eucalyptus steam room, even a private screening room for parties, viceroymiami.com

HOT DAY SPA

Me Day Spa This intimate hideaway has just two treatment rooms, but an extensive menu offering everything from facials and massages to beautyminded microdermabrasion and laser treatments. Bonus: It's tucked behind Lime, a fun outdoor Mexican spot perfect for post-pampering margaritas after a girls' day out. medayspa.com





WEEKEND RETREAT

Canyon Ranch Hotel & Spa Miami Beach This 150-room South Beach outpost does customized programs, but for something more structured, try a Weekend Warrior package, Exercise physiologists and fitness instructors take groups through activities like beach runs, strength training and rockwall climbing. Post-workout perks include a crystal steam room, tropical rain showers and a cooling igloo to soothe tired muscles, Menus post nutrition breakdown of every dish, but the resort touches - wine line, plush rooms remind you that you're on vacation. canyonranchmiamibeach.com

DINING

Joe's Stone Crab This temple to Florida's native crustacean opened in 1913, The steamed claws are available in multiple sizes, and are served chilled with a side of mustard sauce. Complement them with a fresh fish entree, followed by homemade key lime pie. joes stonecrab.com

Morgans This Design District locale is a hot spot for brunch. Take a seat on the veranda and enjoy dishes like pillow-light brioche french toast or organic eggwhite omelets with chevre and arugula, while you people-watch. themorgans restaurant.com

SHOPPING

Habit Owner Kristi Gomez stocks topname apparel and accessories at this well-curated Coral Gables boutique. Pick up some Miami-worthy pieces (for a wide range of age groups) from designers like Rubber Ducky, Bianca Coletti, Ark and Co., and Everly. 786-294-0825

Morgan Miller Located on Lincoln

Road, this boutique custom-makes shoes while you wait. Choose your base (kitten heel, wedges or heels) and top it off with a strap in a variety of options from vibrant prints to classic leather; finishing touches include buckles, crystals and beads. morganmillershoes.com

GETTING ACTIVE

Surfrider Foundation Help to restore South Florida's native dune ecosystem. After a 15-minute training session, volunteers participate in removing invasive plants and replacing them with indigenous ones. surfridermiami.org

- Tara Bradley

Clockwise from left: Cruising in style on Ocean Drive: Florida's longest infinity pool at the Viceroy Miami; two Miami musts — frozen mojitos and hammocks; Hotel Victor's prime spot on busy South Beach; stone crabs, a seasonal favorite.







