

DAYS SPA

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INSPIRATION

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The Palms Hotel & Spa (thepalmshotel.com/spa) sits just steps away from the white-sand shores of Miami's South Beach, one of the most popular eternal-summer playgrounds in the United States. But guests of the hotel's sprawling spa prefer to retreat to its shaded, private tiki cabanas, seeking relief from the sun while still enjoying the scents and sounds of the ocean.

"We wanted to create a serene and earthy atmosphere where guests could feel inspired by our tropical location," says spa director Kate Brown. "The thatched roofs highlight the hotel's island feel, while the swaying white curtains provide a special beachy element that allows guests to experience the ocean air during treatments."

Services provided here—for singles or couples—include the Elemental Nature (50 min./\$120; 80 min./\$170). It combines Swedish, deep-tissue, sports and lymphatic techniques. Another client favorite, the Open-Air Ashiatsu (50 min./\$160; 80 min./\$210, pictured) incorporates a "walking" method. The therapist kneads guests' muscles with her feet, supported by bars attached to the ceiling.

"These treatments are very popular, especially for those looking for something out of the ordinary for an anniversary, birthday or special occasion," Brown says. —*H.W. Rudolph*

