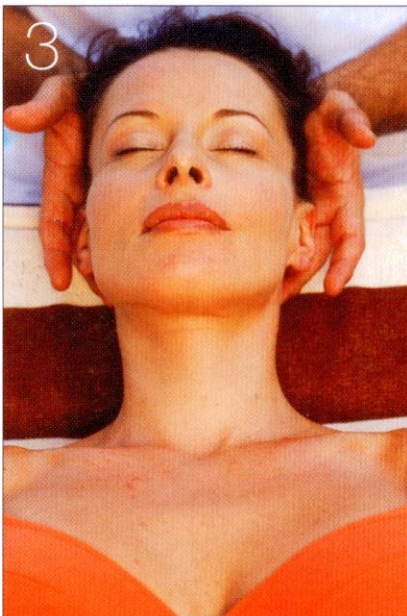


HEALTH

## MISSION POSSIBLE

Make those self-improvement resolutions a reality with new treatments, products and fitness regimens\*



**3. Turning Back Time.** The **Palms Spa** in Miami Beach embraces a set of practices whose main purpose is rejuvenation of mind and body. That's why the venue's menu of treatments is ideal to start 2010 on the right foot — and frame of mind. The **Ayurvedic Rejuvenation Experience** is loosely based on Panchakarma, a three-to-seven-day detox common in Ayurvedic medicine that assists the body in its release of toxins by increasing blood and lymphatic circulation. The Palms does it in little over two hours with five steps. The treatment begins with an exfoliation and masque in the HydroCapsule (a pod-like chamber that allows treatments to be self contained for privacy and cleanliness) followed by a steam bath. Then comes a Neti massage combined with inhalation therapy to open up breathing. The last step is the Shirodhara process in which a plant-based medicated oil is poured onto a point on the forehead in a continuous stream to promote optimal relaxation. \$290 for 160 minutes. 3025 Collins Avenue, Miami Beach,