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TROPICAL LIFE

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SPA SCENE

Aveda spa opens at Palms Hotel

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The lowdown: The Palms Spa — Aveda's only beachfront luxury spa — is the latest addition to Miami Beach's sizzling spa scene.

The hood: Tucked inside The Palms Hotel & Spa's private lower lobby, the spa is surrounded by green gardens and calming views of the Atlantic Ocean. Valet parking is \$9 with validation, or you can try to sneak into a metered space along Collins Avenue.

The vibe: Wooden carvings, plush pillows, modern lighting and candles evoke a Zen-like feel. The 5,000 square-foot spa houses four botanical-named treatment rooms, one couples suite (with a snazzy snail shower), and four outdoor tiki cabanas. The spa also has a Hydro-Capsule, a pod-like chamber in which you can receive more private treatments: The rooms have iPod docking sta-

tions in case New Age music isn't your cup of tea. There's also a cooling shower inside the steam room in the co-ed relaxation room.

The highlights: Spa guests are granted full access to the resort's pool, beach, restaurant and bar facilities. Relish in a Fusion Stone Massage (50 minutes, \$140), Chakra-

flexology (50 minutes, \$110), Warm Oil Infusion Scalp Massage (15 minutes, \$45) or Elemental Nature Facial (30 minutes, \$75). Manicures (\$25), pedicures (\$35), hair care and make-up are also available to cover your needs from head to toe.

The sweet deal: Mention this article while booking a spa service of

50 minutes or longer and receive a free lunch (two courses, no alcoholic beverages) at The Palms' new restaurant & lounge, Essensia. Offer valid through July 29.

The Palms Spa at The Palms Hotel & Spa, 3025 Collins Ave., Miami Beach; 305-534-0505. Hours: 9 a.m. to 9 p.m. 7 days a week.

