

# MIAMI

MODERN LUXURY™

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## Keeping Promises

Planning on some pampering this year? Follow our cheat sheet to Miami's best new spa treatments | *By Ginger Harris* |

Instead of vowing to swap sweets for sit-ups or trade TV marathons for 12ks, this year resolve to do something you'll enjoy. One resolution you'll definitely want to keep? Adding good-for-you grandeur to your routine via the city's top spas.



Journey to the Islands

Looking for the perfect getaway? Set sail for **The Palms Aveda Spa** for Journey to the Islands (\$275 for 3.5 hours). The Caribbean Nourishing Body Treatment and accompanying Hand and Foot Retreat sloughs off lackluster skin on hands, feet and everything in between with an island-inspired exfoliant. Next, rejuvenate with a detoxing body masque. Then, let it all soak in with a trip to the HydroCapsule, a personal steam shower featuring light and aromatherapies. After a soothing scalp massage, revel in a forearm and lower leg kneading, complete with nail polish (or buff). Round out your treatment with makeup application or shampoo and blowout. Island life, here you come. *The Palms Aveda Spa, 3025 Collins Ave., Miami Beach, 305.534.0505, [thepalmshotel.com](http://thepalmshotel.com).*

### PALM FOND

The salon area (top) and HydroCapsule personal steam shower with light and aromatherapy (right) at The Palms Aveda Spa.

