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TOP OF THE WORLD

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CARILLON MIAMI WELLNESS RESORT



ARRIVAL/CHECK-IN: I made my way to Miami from Sarasota, Florida, on a Sunday morning in time to catch the Miami Marlins baseball game at noon. After a Marlins' win against the Mets, I drove to Carillon Miami Wellness Resort on Miami Beach. From the moment my car entered the property, I could tell I was about to enjoy a refined resort experience. Even the outdoor arrival felt like a world away from Miami Beach traffic, with a beautiful sculpture and warm glow on the ceiling above the roundabout. After the valet took my car, check-in was a smooth and easy process, and I headed to my room on the 10th floor.

GUEST QUARTERS: As I opened the door to my one-bedroom luxury apartment, I was pleased to see I would indeed be staying in a luxurious room with significant space. Larger than a typical suite, my room opened to a full kitchen with two barstools against an island, perfect for enjoying a light breakfast. The kitchen gave way to a cozy living area with a sofa bed, side chair and large flatscreen TV.

In a separate bedroom, the king-sized Bryte bed allowed me to customize the perfect temperature and firmness for more restorative sleep. Both the bedroom and living room had sliding door access to a large balcony with a stunning view overlooking the Atlantic Ocean. And while the apartment was indeed luxurious, the oversized bathroom was an exceptional space. The right side featured a large, modern, rectangular soaking tub separate from the floor-to-ceiling glass shower. A water closet and large

vanity area continued on the left. The oval-shaped vessel sink and oversized mirror at the center allowed for more preparation. But the star of the bathroom was the gorgeous mosaic inlay on the marble floor made of metallic tiles, resembling paisley-shaped flowers. Its glimmer and shine could not be captured in photos.

SERVICES/AMENITIES: With "Wellness Resort" in the title, Carillon Miami certainly lives up to its promise, offering two outdoor pools, a large gym overlooking the ocean, rock-climbing wall, salon and easy walking access to Miami Beach. I enjoyed excellent meals of both lunch and dinner at The Strand, the on-site restaurant. Additionally, there's a corner store with healthy grab-and-go options as well as in-suite dining and a café at the pool. The Tambourine Room is not yet open but will feature an exclusive, 18-seat fine-dining experience by Tristan Brant.

And, of course, there's the spa. The Carillon was kind enough to offer a few spa treatments during my stay — and I gladly accepted. I enjoyed three different treatments, including The Prism Light Pod, V.E.M.I. (Vibroacoustic Electro Magnetic and Infrared Therapy) and Ballancer Pro. However, the star of the show is undoubtedly the hydrotherapy circuit. These hot and cold therapies include a crystal steam room, herbal laconium, igloo, foot spa, Finnish sauna and experiential rains. I enjoyed moving from room to room, warming then cooling, cleansing and refreshing my body as the stress melted away.

REVIEWED BY Carrie Cox

TOP TAKE-AWAYS:

Carillon Miami offers innovative wellness (Eastern, Western and alternative options) with a bit of indulgence in a superior location.

The spa offers private wellness circuits for both men and women.

Rather than a traditional hotel room, Luxury Apartments grant both exceptional space and amenities for discerning guests.

CARILLON MIAMI WELLNESS RESORT

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