

# mosaic

MORGAN STANLEY

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## RISE & SHINE

SPECIAL SPOTS  
FOR CALM & COOL

WHAT IT MEANS  
TO BELONG

AN ALL-IN-ONE SPA

OFFBEAT, ON-THE-  
MONEY VACATIONS

MODERN MANNERS

SLEDDING FOR KIDS,  
TOURISTS, DOGS

PARTY FOOD FOR  
THE BIG GAME

# HEAD TO TOES



If you're craving a total-body renewal, this Florida resort offers some of the most cutting-edge, high-tech treatments in the country.

BY JANCEE DUNN

**IN THE QUIET MIAMI NEIGHBORHOOD** of North Beach, the Carillon Miami Wellness Resort is perched on a dreamy white-sand beach where sea turtles nest in season. It also boasts the largest wellness center on the Eastern Seaboard—a whopping 70,000 square feet, with 24 treatment rooms. The motto: “Come as you are, leave as you’ve never been.”

Vibro-acoustic electromagnetic and infrared therapy at the Carillon

While treatments cost extra, the Carillon’s vast European-style Thermal Hydrotherapy Circuit, which taps into the healing properties of water, is free for hotel guests. I spent a long, happy afternoon trying the Finnish sauna, crystal steam room, a foot bath, “experiential rain” showers that deliver a monsoon-like cascade of water, and something described as Miami’s only igloo experience, a deliciously freezing dome that delivers cooling blasts of eucalyptus and menthol-infused mist.

Opportunities for fitness abound. The Carillon has four pools (including a rooftop pool with a hot tub) and offers over 65 complimentary weekly fitness classes, from boxing circuits to aqua cycling to beach yoga. The state-of-the-art fitness center, complete with Technogym machines, Kinesis weight training, and a two-story rock-climbing wall, boasts floor-to-ceiling windows that overlook the palm-fringed beach and lapping waves. My daughter and I hopped on the Carillon’s complimentary bikes and cycled along miles of immaculate beachfront trails. And of course, the

bathwater-warm waves of the Atlantic are right outside your door.

It’s worth the splurge to try at least one of the center’s unique “touchless” wellness experiences (which you can do individually), such as the Prism Light pod’s healing whole-body red-light therapy system (\$49 for 15 minutes), which claims to speed recovery four to 10 times the normal rate, or the Salt Bath Floatation Therapy (\$99 for 30 minutes), which reduces stress courtesy of a weightless bath that incorporates 800 pounds of Epsom salt. The center’s cryotherapy chamber, which uses freezing temperatures to reduce inflammation, ranks as one of the coldest in the country (\$99 for three minutes, whole body).

The 150 rooms, done in crisp white and sea colors, are all suites, each with a separate living space, including a full kitchen with a dishwasher and a Nespresso machine. The huge marble bathrooms have deep soaking tubs and walk-in rainfall showers; I felt as if I were staying in a luxury oceanfront condo rather than a hotel. Rooms are also equipped with the latest wellness tech, such as an Infinity Salt Air machine, a “dry salt aerosol generator” that purports to clear sinuses and lungs. Our room had an AI-powered Bryte Restorative Bed, embedded with sensors that monitor heart rate and breathing patterns so it can trigger temperature features and alleviate pressure points for a deeper sleep.

The food at the two restaurants is health-focused yet indulgent (there’s a juice bar, too, in the lobby). The Strand, an airy indoor-outdoor oceanfront café, offers Mediterranean-inspired dishes and organic cocktails. We loved the cabana-covered Seaglass Café at Cabana Pool, where we had a delicious lunch of fish tacos and watermelon-and-feta salad.

During our stay, we happily raced from one activity to the next. One of the best things about the Carillon is that although we left feeling restored, wellness doesn’t feel dutiful or prescriptive here—it feels more like playing. [carillonhotel.com, rooms from \\$519](https://www.carillonhotel.com/rooms)

