

MIAMI SPA MONTHS

Miami is way too stressed, but these deals on luxury spa treatments might make life better

BY CONNIE OGLE
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Miami summers are not for the weak, what with the searing heat, crushing humidity, thunderous rain and mosquitoes the size of your fist bearing down on exposed skin at all times.

But there is one benefit that may soothe your frazzled soul: Miami Spa Months.

The annual promotion from the Greater Miami Convention & Visitors Bureau, now in its 15th year, offers two months of discounts on some of the best hotel and day spas and wellness facilities throughout Miami and Miami Beach (and a few other spots as well).

Miami Spa Months runs throughout July and August and offers certain spa treatments at three price options: \$109, \$139 and \$199.

Thirty-five different venues from Aventura to Kendall (yes!) are participating, including Forbes Four-Star Spas such as Aquanox; Lapis, Spa at the Fontainebleau; The Spa at Carillon Miami Wellness Resort; The Spa at Miami Beach Edition; Tierra Santa Healing House at Faena Hotel Miami Beach; and Valmont for the Spa at the Setai. (The participating Kendall venue is The Spa Suites at Saks Fifth Avenue in Dadeland.)

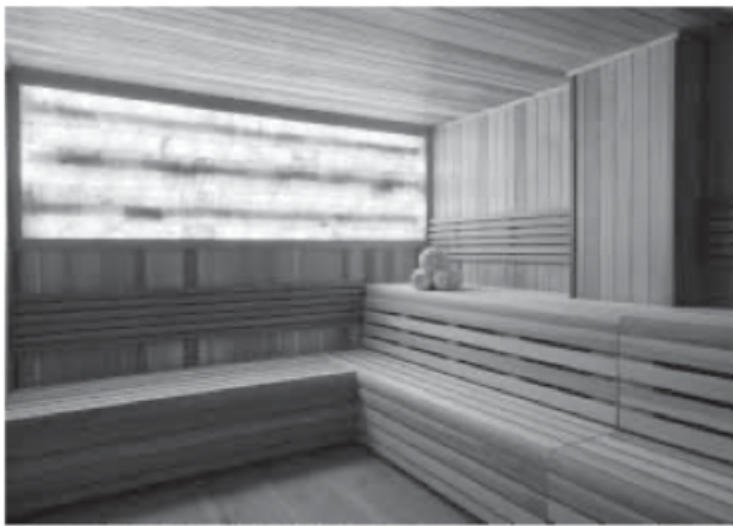
The promotion is popular with visitors as well as locals, said David Whitaker, president and CEO of the bureau.

"Miami Spa Months has become a tradition that many visitors plan their vacation around in order to capitalize on both value and experience," he said.

Here are just a few examples of treatments you can try for a reduced rate: **âme Spa & Wellness Collective at JW Marriott Miami Turnberry Resort, Aventura:** Can't



A client gets a Thai Muscle Recovery massage at âme Spa & Wellness Collective at JW Marriott Miami Turnberry Resort in Aventura, which is participating in Miami Spa Months.



The co-ed sauna with a salt wall at The Spa at Baia Beach Club at the Mondrian in Miami Beach.

decide between a massage and a facial? "Perfect Day" (80 minutes; \$199) offers a full-body massage, plus an express facial with antioxidants and vitamins.

Bamford Wellness Spa at 1 Hotel South Beach: You can get a relaxing massage and aromatherapy treatment (50 or 80 minutes; \$139-\$199) or facials (50 or 80

minutes; \$139-\$199), but the treatments come with a bonus: you can make a day of it with access to the hotel's full-service beach and free valet parking.

Carillon Miami Wellness Resort, Miami Beach: You can book a massage, of course, but if you prefer a non-hands-on approach, explore the Carillon's new Custom Touchless Wellness Cir-

cuit (\$199; time varies depending on the treatments you choose), where you can pick four of eight touchless treatments, including salt float bath therapy; **V.E.M.I. (vibroacoustic electro magnetic and infrared therapy)**; or full body cryotherapy. The price also includes access to the Thermal Hydrotherapy Experience and valet parking. As a companion to Miami Spa Month, The Carillon is also hosting an Integrative Emotional Wellness holistic retreat for women starting July 8.

Leaf Spa at AKA Brickell: Lemon is the theme of the 12 Miami Spa Months treatments at this downtown spa, which include a coco lemon massage (50 minutes, \$139); a lemon lush facial (\$139; 50 minutes); a lemonade body polish treatment (\$139; 45 minutes) and lavender lemon aromatherapy (80 minutes, \$199).

The Spa at Baia Beach Club at the Mondrian South Beach Hotel: If you've spent too much time at the beach or the pool, soothe your skin with the After Sun CBD Hydrating Treatment (60 minutes; \$109), in which CBD balm is massaged into your skin. Price includes use of co-ed sauna.

The Greater Miami Convention & Visitors Bureau promotions also include Miami Hotels Month, which runs June through September and the popular Miami Spice, which offers discounts on top restaurants and runs August and September.

MIAMI SPA MONTHS
When: July-August 2022

Cost: \$109, \$139 and \$199

List of participating spas:
MiamiTemptations.com

Connie Ogle: 305-376-3649,
@OgleConnie

BIRTHDAYS

Playwright **Tom Stoppard** is 85. Actor **Michael Cole** ("The Mod Squad") is 82. Attorney **Gloria Allred** is 81. Actor **Kurtwood Smith** is 79. Talk show host **Montel Williams** is 66. Actor **Tom Cruise** is 60. Actor **Thomas Gibson** is 60. Actor **Hunter Tylo** is 60. Actor **Connie Nielsen** is 58. Actor **Yardley Smith** is 58. WikiLeaks founder **Julian Assange** is 51. Actor **Andrea Barber** is 46. Singer **Shane Lynch** (Boyzone) is 46. Actor **Ian Anthony Dale** is 44. Actor/comedian **Julie Klausner** is 44. Actor **Elizabeth Hendrickson** is 43. Singer-songwriter **Sarah Buxton** is 42. Actor **Olivia Munn** is 42. Actor **Shoshannah Stern** is 42. Singer-songwriter **Elle King** is 33. Actor **Grant Rosenmeyer** is 31.

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ON THIS DATE

In 1775, Gen. George Washington took command of the Continental Army at Cambridge, Massachusetts.

In 1863, the three-day Civil War Battle of Gettysburg in Pennsylvania ended in a major victory for the North as Confederate troops failed to breach Union positions during an assault known as Pickett's Charge.

In 1950, the first carrier strikes of the Korean War took place as the USS Valley Forge and the HMS Triumph sent fighter planes against North Korean targets.

In 1971, singer Jim Morrison of The Doors died in Paris at age 27.

In 1976, Israel launched its daring mission to rescue 106 passengers and Air France crew members being held at Entebbe Airport in Uganda by pro-Palestinian hijackers; the commandos succeeded in rescuing all but four of the hostages.

In 1979, Dan White, convicted of voluntary manslaughter in the shooting deaths of San Francisco Mayor George Moscone and Supervisor Harvey Milk, was sentenced to seven years and eight months in prison. (He ended up serving five years.)

In 1986, President Ronald Reagan presided over a gala ceremony in New York Harbor that saw the relighting of the renovated Statue of Liberty.

In 1988, the USS Vincennes shot down an Iran Air jetliner over the Persian Gulf, killing all 290 people aboard.

In 1996, Russians went to the polls to re-elect Boris Yeltsin president over his Communist challenger, Gennady Zyuganov, in a runoff.

In 2011, Novak Djokovic won his first Wimbledon, beating defending champion Rafael Nadal 6-4, 6-1, 1-6, 6-3.

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