

AVENTURA™

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THE FABULOUS
**Penelope
Cruz**

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the World
(AT MIAMI INTERNATIONAL AIRPORT)

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THE
International
Amazing people, places & things right here in Miami **ISSUE**



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Love Floats

Amazing Births and Beyond has just launched the Amazing Baby Spa, Florida's first destination baby spa, which allows little ones to enjoy the pampering, relaxation and health benefits of infant massage and hydrotherapy through custom float tubs while Mom gets to do acupuncture, yoga and specialty classes such as HypnoBirthing, a method of meditation and visualization used by Kate Middleton, Jessica Alba, Miranda Kerr and Gisele Bündchen.

Catering to infants from two weeks to eight months old, the spa features soft lighting, relaxing music and float tubs, which are special baths where babies float in doughnut-shaped flotation



BECAUSE YOUR BABY NEEDS TO DE-STRESS, TOO, NOW THERE'S THE AMAZING BABY SPA.

devices. Following the floating treatment, which lasts between 20 to 30 minutes, babies are wrapped in a warm, hooded organic towel and gently dried, followed by a full-body massage with organic grapeseed oil. Parents who take their babies to the spa are trained in the art of "infant massage" by a certified instructor, allowing them to continue the infant massage at home. In addition to familiarizing babies with water in preparation for swimming lessons, the float tubs provide infants with numerous health benefits including improved sleep patterns, regulated digestive systems, enhanced immune system functions, reduced stress hormones, increased circulation and refined muscular coordination.

The initial visit to the spa is \$125, which covers the training for parents and a waterproof travel



bag that includes a reusable swim diaper and Jones' instructional DVD *The Trifecta of Infant Massage*, which is also available on Amazon. After the initial visit, the price is \$85 for subsequent sessions. The spa also offers packages of three, six or 10 visits for a discounted price as well as gift cards. Amazing Births and Beyond and the Amazing Baby Spa are located at 17184 W. Dixie Hwy., North Miami Beach; visit amazingbirthsandbeyond.com or amazingbabyspa.com.

AND FOR THE GROWN-UPS...

The crème de la crème of spas, Aqualina Spa by ESPA, will soothe your skin and your soul with its new Sound Care Ritual.

Luxury just keeps getting more luxurious, and we're not complaining. To wit: Acqualina Spa by ESPA's newest offering, the Sound Care Ritual, is a music-intensified therapeutic treatment that uses Sound Care, a French-based music application that's been clinically proven by neuroscience researchers to calm naturally and aid with sleep disorders along with pain management, stress and anxiety. Right here in our own backyard—Sunny Isles Beach—Acqualina Spa is the first in the country to adopt this Sound Care technology as part of a bespoke spa experience, an 80-minute treatment during which guests receive a foot massage to start followed by an aromatherapy massage, all while wearing custom headphones through which to listen to their preferred music in order to invoke relaxation. The price of the treatment is \$250; book it now by calling 855.511.4774 or visit aqualinaresort.com.

