

10 Blissful Moments at Acqualina Resort & Spa

When you're in need of a girls' getaway but only have 24 hours to recharge, head to this *Forbes Travel Guide* Five-Star retreat and splurge with your BFFs

By Laura Janelle Downey

Going to Miami with your besties doesn't always require a trip to South Beach. Consider spending time on Sunny Isles Beach where the Mediterranean villa-inspired Acqualina Resort & Spa is located. Situated on 4.5 acres of stunning beachfront property, its 12 acres of sand greet your feet as cabana boys wait on you hand and foot. With a luxurious one-day escape in mind, there's time for some fun in the sun, pool time, and a little R&R at the resort's 20,000-square-foot spa.

HERE ARE 10 REASONS TO FALL IN LOVE WITH THIS SEASIDE SANCTUARY:

WELCOME HOME

Your arrival to the family-owned property (a nod to owners Eddie and Jules Trump), which celebrated its 10-year-anniversary last year, is cause for celebration. Pull up to the grandiose porte cochère with its domed cupola and expect a glass of bubbly or your choice of beverage upon checking in.

SWEET ROOM WITH A VIEW

This 1,430-square-foot one-bedroom Oceanfront Suite offers vistas of the deep blue Atlantic Ocean thanks to floor-to-ceiling windows. Stare at the waves all day from the recently redesigned room's cozy king-size bed with its channel tufted walnut wraparound headboard.



PHOTO COURTESY OF ACQUALINA RESORT & SPA

TEA TIME

Once you give your name to the Acqualina Spa by ESPA receptionist, expect an attendant to bring you a calming cup of tea. Flavors change depending on the day; we loved the Blueberry Merlot blend by Tea Forté. Plus, your tea tray will be decorated with pieces of Himalayan salt stones, which balance the body's electromagnetic field — essentially, improving your state of mind.



PHOTO COURTESY OF ACQUALINA RESORT & SPA



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LOUNGE AROUND

Waiting in the Relaxation Lounge for your therapist to pick you up can be just the right amount of tranquility you need before your 80-minute Calm Massage begins. Read from a selection of magazines, nosh on Serenity Cookies (Lavender Mango, Coconut Orange flavors) or order a bento box lunch from the Spa Menu with a glass of bubbly while loafing on one of the lounge chairs.

ORDER IN

Chef Marcello Carabayal prepares a mouthwatering cheese-topped omelet filled with locally sourced organic veggies such as mushrooms and bell peppers. Order this with a side of bacon and wheat toast from in-room dining. Trust us, you'll need a serious nap afterward before starting your day.



PHOTO BY LAURA J. DOWNEY



PHOTO COURTESY OF ACQUALINA RESORT & SPA

>girlfriend getaway: **miami**

SAVE ROOM FOR DESSERT

The tiramisu at Il Mulino New York is a must-have. The spongy square of decadent goodness tastes like a slice of Nonna's homemade heaven. Pair this with a glass of Moscato d'Asti DOCG "Cascina Fiori" 2016 to completely satisfy your sweet tooth.



PHOTO BY LAURA L. DOWNEY

BEACHSIDE BLISS

It's easy to see why hotel guests spend hours upon hours lounging in the sun. With 400 feet of Atlantic coastline at your disposal, sink your toes into the sand, go for a swim, or work on perfecting your tan.



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MIDDAY MUNCHIES

Satisfy your craving and savor the sea when you order a filling lunch from Costa Grill. Here, you can snag a table with your besties overlooking the water. Gourmet fixings from Chef Sebastian Barrera include everything from a light burrata and prosciutto salad to a fried mahi mahi sandwich on a brioche bun.



PHOTO COURTESY OF ACQUALINA RESORT & SPA

EAT UP

Make a dinner reservation at Il Mulino New York. Here, Executive Chef Hugo Martinez prepares each dish to perfection. One favorite: the Gnocchi al Pesto with its pine nuts and Parmesan basil sauce. And no matter what day of the week you're at the restaurant, consider the Catch of the Day. We had a local red snapper encrusted in sliced almonds with a house made piccata sauce. Organic asparagus and microgreens perfected the palate-pleasing picture.



PHOTO BY LAURA L. DOWNEY



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FROM THE TOP

You'll be head over heels for the resort's signature red color. Pops of this hue are seen throughout the property on umbrellas, couches and chairs.

Rates start at: \$550 per night; suite at \$975 per night.

For more information: www.acqualinaresort.com

