

PURIST

AN ADVENTURE IN WELLNESS

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WINTER WELLNESS IN
ASPEN + NY + LA + MIAMI + PALM BEACH

The crystal steam room at Acqualina Resort & Spa

RELAX AND REVIVE

Warming rays, tropical breezes and negative ions from the waves have always made South Florida a prime spa destination. Here are some of our favorites, from Palm Beach to Miami Beach. BY BETH LANDMAN

ACQUALINA RESORT & SPA

A stunning and intimate enclave that sits on 400 feet of beach with three swimming pools, Acqualina is the first spa to offer healing sound-care technology, with sessions meant to ease pain and reduce anxiety. Headphones set to your music preference lull you into a harmonious state and slow down breathing, along with cardiac and brain activity, as you receive a foot massage followed by aromatherapy. 17875 Collins Ave., Sunny Isles Beach, Miami; 305.918.8000

BOCA RATON RESORT & CLUB

Paddle Diva classes (from the Hamptons), pool Pilates with aqua mats, Karma Vibes yoga and rhythm are among the many fitness options along with two

golf courses and 18 tennis courts at this top resort. The Yacht Club has been reinvented with renovated rooms, a concierge Commodore Club and Rolls-Royce house car. The spa has its own pool, ritual bath services including a "bath butler" who will bring you sorbet while you soak, and "Diamond" skincare treatments courtesy of the Natura Bissé line. 501 E. Camino Real, Boca Raton; 561.447.3000

THE BRAZILIAN COURT HOTEL & BEACH CLUB

Built around a spectacular landscaped courtyard, the hotel not only houses an outpost of Café Boulud, but also of Provence-influenced salon Frédéric Fekkai. Pedicures are done with sea salt or paraffin (you can get them with French polish, bien sur). Add a peel or an

eyebrow grooming or tint to your oxygen facial to leave with an extra touch of glamour. For massage, choose from Shiatsu, Swedish, deep tissue or reflexology. When your treatment is over, head to the tranquil and picturesque pool. 301 Australian Ave., Palm Beach; 561.655.7740

THE BREAKERS

The site of last year's Global Wellness Summit, this legendary palatial resort built just before the turn of the 20th century has an elegant, stress-reducing oasis with an ocean and lap pool just outside the door. Facials and body treatments are performed using 100 percent botanical and holistic formulations from Palm Beach-based Tammy Fender, marine-derived OSEA products and Guerlain. Massages include Thai,

prenatal, and Rose Quartz, performed on a therapeutic heated sand quartz bed. Stay on a healthy track and follow your treatment with lunch at the renovated Seafood Bar, which offers super-fresh fish and salads. 1 S. County Rd., Palm Beach; 561.655.6611

CARILLON

The former Canyon Ranch oceanfront property is all suites and offers spa cuisine as well as extensive therapies. A detox program includes electrosound lymphatic drainage, while the hormone-balancing program involves estrogen/progesterone evaluation. Therapeutic rooms range from a warm ceramic enclave to an igloo. Massage modalities include Ayurvedic and Japanese barefoot therapy. 6801 Collins Ave., Miami Beach; 305.514.7000

Courtesy of Acqualina Resort & Spa