

AN ADVENTURE IN WELLNESS

PURIST

WINTER IN
ASPEN
LA, NYC,
MIAMI +
PALM BEACH

OPRAH

MIAMI + PALM BEACH

Eau Palm Beach Resort & Spa features high-tech facials.



NEXT-LEVEL SPAS

South Florida hotels have been upping the ante on wellness therapies. BY BETH LANDMAN

ACQUALINA RESORT AND SPA

The jewel box of a spa at this luxurious waterfront property is introducing cryotherapy this January. Included on the menu is a "Cryo T Shock" treatment for the face (\$375 for 60 minutes), which alternates hot and cold and uses an active advanced probiome serum to reduce fine lines and brighten the complexion; there's a version for the

body meant to tone and tighten as well as relieve injuries (\$375 for 60 minutes). Don't worry, you'll still get your pampering; the facial comes with some traditional indulgences, including a scalp massage. acqualinaresort.com

THE BOCA RATON RESORT AND SPA

There's an outpost of the biostation installed right off the lobby. A comfy

lounge welcomes visitors; if they've just flown in, guests can combat ill effects of air travel with an IV drip (starting at \$99) or B12 injection (\$30). Cutting-edge peptide therapy (starting at \$495 for a 30-day supply) is available to support fitness and muscle repair. For aesthetic improvement, microneedling with PRP (\$675) is offered for the face and hair. Over at the main spa, modeled after the

Alhambra palace, ritual baths detoxify, hydrate, boost the immune system and enhance respiratory function. Massages with CBD oil and Korean herbs (\$190 for 50 minutes) reduce inflammation. The spa also has its own pool, an oasis of tranquility. bocaresort.com

THE BREAKERS

A heated bed of rose quartz sand begins the de-stressing process that is induced



Relax after treatments at the Ritz-Carlton Key Biscayne.



Splashing out at the Boca Raton Resort

Courtesy of Eau Palm Beach Resort & Spa; Ritz-Carlton Key Biscayne; Waldorf Astoria