

# The Ultimate Spa Guide to Miami

The 15 best places for R&R in the Magic City.

BY KATIE JAMES WATKINSON ON JUNE 5, 2018



Spend five minutes on the golden shores of Miami and you'll see why this sun-and-sand capital so famously brings the heat. Gorgeous people are all around—frolicking in the surf, sipping rosé by the pool, and sidling up to the bar at a swanky beachfront lounge. But after a few days joining them on the indulgent, party-centric scene, chances are you'll be in need of a relaxing respite. Thankfully, this appearance-minded metropolis is filled with luxury day spas, many of which call the city's top hotels home.

Whether you need a Swedish massage to shake off last night's party, or want to tone, trim, and define your beach bod with a sculpting wrap, Miami's premier spas have a treatment for every wellness-seeker. Many options extend beyond simply promoting relaxation or giving your skin a seriously beautiful boost, offering functional medicine consultations and New Age, mind-body therapies that will keep you looking fit and fabulous long after you leave the Magic City.

Here, we break down 15 of the city's best spas, whether you're looking for a quick refresh or a full-day of detoxing, relaxing, and beautifying. Consider this permission to indulge.

## Tierra Santa Healing House

Though the name translates to “holy ground healing house,” you don't have to be a soul-meets-body yogi to appreciate the experience at [Faena Miami Beach](#)'s 22,000-square-foot [Tierra Santa Healing House](#) spa. In fact, there are just as many beauty and skincare offerings as there are “healing arts.” The spa has partnered with both all-natural cult-favorite Naturopathica (cleansing facials are standouts) and French heritage brand Biologique Recherche (try the micro-needling treatment) to give its treatments a science-backed kick. But if you want to explore the traditional culture of South American healing or holistic therapies led by world-class physicians, this is definitely the place to do it.



Tierra Santa Healing House Photo: Courtesy Faena Miami Beach

**Treatment to book:** For exclusive use of the mesmerizing green marble-covered [hammam](#), book the Hammam Rose Ritual. It starts with a lemongrass-and-mimosa scrub atop the hexagonal platform of heated Amazonite stone, followed by a restorative mask of volcanic clay and calendula, ending with a jasmine-scented steam and calming rose-oil body massage.

## The Spa at Four Seasons Hotel at the Surf Club

The intimate, oasis-like spa at the [Four Seasons Hotel at the Surf Club](#) will lull you into seaside splendor as soon as you enter its bright, calming interior. Self-starting guests can get a jump on their treatment by first scrubbing down in the traditional co-ed hammam or sweating out toxins in the individual steam and sauna facilities. Then, they can shake off dull skin with an invigorating body scrub, target trouble zones in a Biologique Recherche Slim and Sculpt contouring wrap, wind back the clock with an anti-aging facial, or boost energy and *chi* within the body through reflexology —there's no shortage of breadth or depth in options here.



Four Seasons Hotel at the Surf Club Photo: Courtesy Four Seasons