

The Miami Herald

Living

Smooth moves at Seven Seas

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Seven Seas at Newport Beachside Hotel & Resort,

16701 Collins Ave., Sunny Isles Beach; (305) 749-2100.

The lowdown: Yes, you can sail the seven seas but now you can "nail" them, thanks to Seven Seas salon and manicure bar. Salon director Kimberly Acker says, "We're a full-service Aveda Concept Salon with the first and only Dashing Divas nail bar in Florida. Time-strapped clients will appreciate convenient appointment hours from 9 a.m. to 9 p.m. Monday through Saturday and 10 a.m. to 6 p.m. Sundays. Seven Seas will also accommodate appointments before and after regular business hours if scheduled in advance."

The 'hood: Nestled inside the Newport Beachside Hotel & Resort in Sunny Isles Beach, Seven Seas is near airports, SoBe's night life, Bal Harbour's snazzy shops and Aventura Mall. "We also provide access to our private beach for local guests," Acker says.

The vibe: Seven Seas is sleek in every sense of the word. White, lavender and lime hues with modern treatments and fixtures create a contemporary ambience. Sparkling crystal walls and white leather upholstery ooze a hip feel.

The highlights: Indulge in manicure (\$15), pedicure (\$20), chakra balancing foot treatment (\$15), 25-minute reflexology session (\$35), 25-minute signature skin elemental nature facial (\$40) or 25-minute perfecting plant peel (\$40). "We also offer healthy nail extensions and all hair services include an aromatherapy scalp message," Acker says.

The sweet deal: First-time visitors receive 50 percent off services and complimentary cocktail and valet.