

Fashion & Beauty

Friday, 04.09.10 Welcome Guest • Login • Register

SPA WEEK

Doctor's orders: Open up and say 'spa-ah'



The Seven Seas Spa in Sunny Isles Beach is participating in Spa Week. SEVEN SEA SPA

BY MARIA TETTAMANTI
MIAMI.COM

May we have your a-tension, please! Miami's Spa Week begins Monday and runs through April 18. What does that mean for you? Discounted treatments — \$50 a pop! — at a bundle of South Florida's finest stress-busting and beautifying facilities. Since 2004, the biannual event has taken place in 29 U.S. cities with more than 700 participating outfits bringing the spa experience to the masses. Here's [Miami.com's](#) guide to the prime places to decompress.

Dr. Jhonny Salomon Plastic Surgery & Med Spa: Botox, acupuncture, cellulite removal, hair removal, vein elimination, fine wrinkle removal,

massages and nutritional services — you name it, Salomon has the fix for your pesky problem areas. Spa Week specials include 45-minute microdermabrasion, facial vein removal and laser facial.

6705 Red Rd., Suite 708, Coral Gables; 305-270-1361.

The Palms Spa by Aveda: Tucked inside The Palms Hotel's private lower lobby, the spa is surrounded by green gardens and calming views of the Atlantic, making it Aveda's only beachfront luxury spa. Spa Week specials are the Caribbean Hand & Foot Retreat to improve circulation in extremities (100 minutes), Elemental Nature Facial for restoring skin (50 minutes) and Elemental Nature Massage (50 minutes).

3025 Collins Ave., Miami Beach; 305-534-0505.

Seven Seas Spa: Traveling the Seven Seas could be grueling. But visiting this spa at Sunny Isles Beach's Newport Beachside Hotel & Resort? Delightful! Unwind with a 50-minute Fusion Hot Shell Massage to melt stress, Signature Skin Elemental Facial for brightening skin or full highlights to revamp your mane with Aveda products.

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

ESPA at Acqualina: Beauty junkies love ESPA goodies. The hedonistic haven at Acqualina is offering a 45-minute facial and 45-minute Swedish massage with its spa-velvet touch.

17875 Collins Ave., Sunny Isles Beach; 305-918-6844.

Clarins Skin Spa: Clarins cognoscenti can relish the European luxury skin care spa experience while at Bloomingdale's Aventura. The treatment room provides a soothing spa with a minimalist vibe. For Spa Week, guests can savor a 60-minute signature facial treatment.

19501 Biscayne Blvd., Aventura; 305-792-1055.

Seven Seas Spa: Traveling the Seven Seas could be grueling. But visiting this spa at Sunny Isles Beach's Newport Beachside Hotel & Resort? Delightful! Unwind with a 50-minute Fusion Hot Shell Massage to melt stress, Signature Skin Elemental Facial for brightening skin or full highlights to revamp your mane with Aveda products.

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

Exhale at EPIC Hotel:

Indulge in a Fusion Massage or True Facial at this Zen-tastic spot. And if you're up for the fitness challenge, try a Core Fusion class (\$24) with Kimberly Welby aka The Energizer Bunny.

270 Biscayne Blvd. Way, Miami; 305-423-3900.

Other participating spas include Casbah Spa & Salon, Contour Spa, Eden Day Spa, Me Day Spa, The Spa at Doral and Uhma Spa. For a complete directory, go to [spaweek.com](#).

<http://www.miamiherald.com/2010/04/09/1570741/doctors-orders-open-up-and-say.html>