



Shopping:

Miami Spa Week Guide

4/5/2010

Maria Tettamanti

www.spaweek.com

May we have your a-tension, please! **April 12 — 18 is Miami Spa Week.** What's that mean for you? Discounted treatments at a bundle of South Florida's finest stress-busting and beautifying facilities. Pamper yourself — from head to toe — without worrying your wallet as each treatment costs \$50. Since 2004, the bi-annual event takes place simultaneously in 29 cities across the U.S. with over 700 participating spas. Their goal? To bring the spa experience to the masses. Here's our guide on the prime places to decompress at a delectable deal.

Seven Seas Spa: Traveling the Seven Seas could be grueling. But visiting the aptly named spa inside Sunny Isles Beach's Newport Beachside Hotel & Resort? Delightful! Unwind with 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. *Seven Seas Spa, 16701 Collins Avenue, Sunny Isles Beach; (305) 749-2100.*