



THE
BETSY
SOUTH BEACH

**WELLNESS
GARDEN
& SPA**

GLOBAL SPA RITUALS

Miami's only fully outdoor spa

WELCOME

The Betsy Wellness Garden & Spa embraces the idea that a spa visit goes beyond luxury or indulgence to a healing experience. Drawing from the best health, beauty and relaxation regimes from around the globe, each of our treatments are designed to balance the body's many energy centers so that you can embrace life's many moments with a clear focus and positive mind.

Through our spa rituals, we celebrate our guests' uniqueness and encourage you to leave behind everyday distractions. As such, we kindly request you turn off your cellphones and similar devices to remain in the moment.

Signature Welcome

*"Heaven is under our feet as well as over our heads."
(Thoreau)*

Our signature welcome incorporates an ancient tradition shared by many cultures and traditions to welcome and honor guests. Begin your journey with a raw earth foot-bath, where minerals of malachite, sandalwood and calendula oils will soften soles and soothe aches with natural antiseptics. An infusion of lavender, grapefruit and peppermint oils will whisk your senses to far off lands, and usher you into a deeper spa experience.



MASSAGE

The Betsy Moment (Miami Beach) \$150

"There is more to life than increasing its speed." (Gandhi)

Renew, relax, and find your balance with a deep tissue massage that incorporates much needed TLC and a choice selection of aromatic oils. Intense moisture is delivered to the skin as massage techniques release myofascial restrictions and break up scar tissue, relieving chronic tension while increasing range of motion and improving posture.



Massage Under the Stars (Greece) \$460

"As above, so below." (Hermes Trismegistus)

Treatment for Two: The world is tranquil and all is well on The Betsy Roof Deck under a luminous starry sky as you and your special someone enjoy a serene evening treatment in the outdoor garden illuminated by moonlight. Your choice of massage is enhanced with Mimosa champagne oils as music, candlelight and rose petals further heighten the mood. The experience concludes at midnight, revealing a new day and a new you.

The Inner-Wellbeing (India) \$180

"The energy of the mind is the essence of life." (Aristotle)

A 70 minute experience that promotes the intake of healing energies. A massage with crystals to open the seven major energy centers of the body, the chakras, for total balance. Botanical-rich oils deliver health and beauty benefits while negative energy is released, creating more room within for the positive.

The Stone Age-Less (Rome, Italy) \$170

"Perfect morning rise, born in cloudless skies." (Dan Boyd)

A complete, full body experience focusing on the benefits of hot and cold therapies. The body is relaxed with a hot stone massage designed to increase circulation and reduce inflammation, thus helping with pain associated with arthritis, muscle spasms and other muscle and tissue strains. Gentle strokes with cool stones are applied to the face to stimulate the removal of toxins, leading to a more youthful appearance.

**TO RESERVE, CALL 305-531-6100.
FROM YOUR GUEST ROOM, DIAL EXT. 6910.**

MASSAGE

Mama Mia Pre-Natal (Universal) \$160

"Since love grows within you, so beauty grows." (St. Augustine)

Honor life with a gentle omega body buff therapy. Renews moms-to-be, while protecting the child you carry. Organic certified shea butter is soothed over the skin to provide deep moisture and repair deep-tissue damage appearing as stretch marks. Blissful mothers make for happy babies!

Add-on: The Mama Mia Omega or Belli Pregnancy Anti-Chloasma Facial Sunscreen

Sweet Dreams (India) \$120

"The silence between speaking... is the calm of heart."

(Swami Vivekananda)

The Padabhyanga foot massage has been practiced in India for thousands of years to alleviate fatigue and encourage sleep, while softening rough, dry skin. Focus is on the Ayurvedic marma points in the soles that connect to vital organs and senses, which deepens relaxation and promotes overall wellness. Let us lull you to sleep; by special arrangement, the treatment is performed in the comfort of your guest room.

Mindful Add-Ons \$30

To enhance your experience, we're introducing a series of 10-minute add-on therapies for the head, scalp and hair.

Balance: Facial and massage treatments can be followed up with a professional scalp treatment using Moroccan Oil. An infusion of essential oils including organic ginger, lavender and geranium improves the quality of scalp and hair via an invigorating massage to increase circulation and restore balance.

Relaxation: A soothing scalp massage incorporating a combination of the signature Moroccan Oil Treatment and Moroccan oil's Intense Hydrating Mask. Infused with Argan oil, this aromatic service promotes relaxation while restoring hair's hydration and natural elasticity.

Protection: Shield hair from the sunrays with an Argan oil-infused Moroccan Oil Glimmer Spray, which can be applied as you lounge by the pool. This invisible veil of shine provides long-lasting protection from the heat, pool and salt water, and other environmental elements.

BODY TREATMENTS

The Inca Treatment (Peru) \$225

"The best thing about ocean scenery -- breaking waves and the silence in your mind." (Mirko Lauer)

Essential oils and intensely moisturizing rainforest botanicals renew both skin and soul. Skin restoration begins with a Peruvian coco scrub and aromatherapy facial, followed by a massage with Peruvian Inchi Oil, one of the world's richest plant sources of Omega 3. Cell-stimulating rose, patchouli and frankincense encourage natural cell renewal, with final nourishment from a restorative Peruvian coco bean oil.

Dead Sea Salts Body Treatment (Israel) \$200

"I must go down - to the lonely sea and the sky."

(John Masefield)

Located at the earth's lowest point of elevation, the Dead Sea's salts and muds are abundantly rich in sodium, magnesium, potassium, calcium and bromine to help stimulate blood circulation, accelerate the natural exfoliation process, restore skin to its natural pH balance and draw toxins from the body. This revitalizing treatment delivers a fusion of seven oils via traditional massage strokes, working through every ache and enabling muscle recovery. *The Dead Sea Salts Body Treatment is good for both body and soul with product proceeds earmarked for Dead Sea preservation efforts that promote drinking water accessibility in the region.*

MANICURES & PEDICURES

Mojito Mint (Cuba) \$100

"My daiquiri in El Floridita, my mojito in La Bodeguita."

(Ernest Hemingway)

Inspired by Cuba's Mojito, this hand and foot treatment is a tropical treat. Tired feet get revived with an invigorating fresh mojito mint leaf soak and a sugar cane exfoliate smooths palms and soles. Lime oil is then prepared with an authentic Cuban muddler and massaged into limbs. A festive polish color is recommended as the final garnish.

Bubbles & Berries Delight (Nova Scotia) \$110

"A bubble is a dream that captivates a sense of wonder."

(Paul Holmes)

A luxurious manicure-pedicure combination harnessing the powers of the blueberry. Hands and feet are immersed in blueberry juice and soy yogurt, followed by a nutritional blueberry sugar scrub with a dash of champagne. The aromatic scent wakes up the senses while powerful antioxidants and anti-inflammatory properties increase circulation, protect skin from sun and help prevent wrinkles.

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FACIALS

Wei's Facial (China) \$160

"A bird does not sing because it has an answer. It sings because it has a song." (Chinese Proverb)

Ginkgo Leaf is a living fossil and rare gem in the 5,000-year history of Chinese Traditional Medicine, long used for its age-repairing ability. The core ingredient in this reparative facial, the Ginkgo's amino acids help brighten the skin. Furthermore, natural plant fibers provide an instant tightening effect, hyaluronic acids bring back moisture and elasticity to the skin, flavonoids protect against free radicals, and Bamboo Leaf and Motherwort help reduce redness.

Organic Vineyard Facial Treatment (Italy) \$150

"Nothing more excellent than wine was ever granted by the Gods to mankind." (Plato)

This vino therapy facial begins with a decadent grape seed scrub that prepares skin for the benefits of a massage with essential oils. A warm thermal mask creates a lifting effect, followed by the application of an antioxidant-rich, wine-inspired moisturizer. Wrinkles and fine lines are visibly smoothed, and the face is left radiant with youth and vitality.

24K Collagen Mask Facial (Egypt) \$200

"If speech is silver, silence is gold." (Egyptian Proverb)

The anti-aging benefits of gold can be traced back to Cleopatra, who was said to have slept in a gold face mask every night to enhance the suppleness of her complexion and preserve a natural luminosity.

Comprised of 99% pure nano gold, this powerful mask rebuilds collagen to give skin a more firm and taut feeling. Fine lines and wrinkles are reduced with every use and its luxurious relaxation effects provide a youthful and glowing appearance.



SPA PACKAGES

Romance (Spain) \$325

"The biggest stars look at me with your eyes. And as I love you, the pines in the wind want to sing your name..." (Pablo Neruda)

The spa creates a sultry scene with a massage and body treatment to be enjoyed as a couple. Flickering candles and soft sounds of flamenco guitar music evoke serenity and rekindle sentiments of love.

Sex And The City (New York) \$299

"I want to wake up in the City that never sleeps." (Leonard Bernstein)

The pampering begins with green apple martinis followed by a full body treatment and massage. Next, a manicure-pedicure combo soothes hands and feet fatigued by heavy shopping bags and demanding stilettos. A professional make-up application gives the finishing touch before heading back out for a girls' night out on the town.

The Hemingway (United States) \$300

"Some of us think holding on makes us strong; but sometimes it is letting go." (Hermann Hesse)

For the active man seeking a little respite with physical relaxation and mental reflection. The journey begins at your feet, with a pedicure to heal sore, cracked skin and calluses on active feet. Next, a deep tissue massage focuses on the lower back and other key areas to realign the body and maximize movement. The treatment concludes with a hot towel facial. All therapies include Stone Crop products to bring back vitality and hydration to the skin.

Find us online!



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The Betsy Wellness Spa



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Wellness Garden
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Suggestions

- Please be sure to note if you have any allergies.
- Spa Services may be billed to your account.
- All major credit cards and cash accepted.
- Gift certificates are available.
- Enhance your experience with a spa amenity kit - customized based on a consultation prior to your treatment.
- Attractive gift baskets and spa travel kits are also available for purchase.

Cancellation Policy and Gratuity

Due to the popularity and exclusivity of our spa, appointment changes and cancellations will only be accepted up to four (4) hours before the originally scheduled appointment.

Cancellations or changes made without a 4-hour advance notice will be charged the full cost of the treatment.

A 20% gratuity will be added to all spa treatments.

Hours of Operation

The Wellness Garden and Spa is open daily from 9:00AM to 11:00PM. Hours are based on availability.

Spa Services provided in association with



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Expect no more. This is happiness. TM

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