

SPRING 2021
10-YEAR ANNIVERSARY ISSUE

LUXURY[®]

GUIDE
MIAMI

HOME & DESIGN INSPIRATIONS

Ideas to Make Your House a Home

+ Mother's Day Gift Guide

Charles R. Stinson Architecture + Design
Photo by Paul Crosby

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 **deepsleep**
STUDIO

HAPPENINGS

BY LIANA LOZADA

Unwind

SHOP & SPA

Gather up the girlfriends and head to the spa at **The Ritz-Carlton, South Beach** for its newly launched Shop and Spa Day. Once booked, you can schedule a pre-spa consultation with an Intermix stylist. Upon arrival, enter your private Intermix boutique to shop and sip while enjoying tea sandwiches and nibbles. It's spa time after lunch: Each guest chooses between a 50-minute stress-relief massage or a 50-minute custom facial. The Shop and Spa experience is limited to eight guests. ritzcarlton.com/southbeach

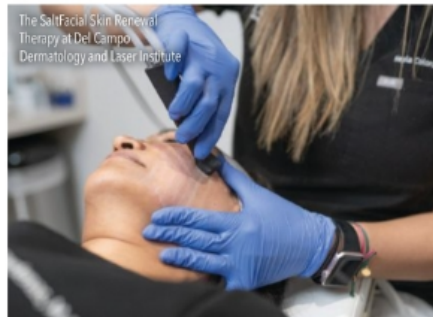


GLAM SQUAD

After taking over Doral with its fluff-free, fun and functional approach to beauty, **Blos-Roses** welcomes its second location in Brickell this spring. The Hour Glam experience ups the ante from the popular Duel Gal service (a gel manicure and regular pedicure) with a simultaneous blow-dry, mani and pedi in 60 minutes or less. The experience is ideal for time-strapped locals who need a last-minute revamp for an event, meeting or photo opp. Blos-Roses also shares a wall with brother company The Spot Barbershop, so feel free to bring your beau along with you. blosroses.com

THE MIND-BODY CONNECTION

Find free movement at **The Gardens at The Standard Spa, Miami Beach**. The hotel tapped progressive 6th Street Dance Studio director Brigid Baker to lead Lightbody, a 60-minute multifaceted approach to mind-body release and sensory connection. Baker utilizes breathwork, mirroring, tracings, sound practices and fluid sequences to help participants connect with their inner artistic capabilities while also restoring pitch and aiding in outward expansion. Lightbody booking dates are available online. standardspa.com



WORTH ONE'S SALT

Dr. Roberta Campo of the **Del Campo Dermatology and Laser Institute** believes that "prejuvenation and rejuvenation go hand in hand." The facility's SaltFacial Skin Renewal Therapy is her philosophy's prime example. The SaltFacial's three-step process includes sea salt for exfoliation, ultrasound for moisture diffusion, and LED light phototherapy, resulting in reduced redness, stimulated collagen production and bacterial cleansing. delcampoderm.com

MIDTOWN MESSAGE

Ryan Erickson, the hands behind the Body Project Movement, has taken up residence inside **The BioStation** in Midtown. Erickson specializes in a lymphatic draining massage and was taught by the renowned Renata Franca in Brazil. The rigorous 45-minute technique is designed to eliminate toxins, improve skin elasticity and redefine muscles and problem areas. The BioStation offers Erickson's services in tandem with CoolSculpting or as a separate booking. thebiostation.com



1 Hotel South Beach

KEEP CALM AND FOCUS

A little work and a little play go a long way, especially at the 1 Hotel South Beach. The eco-conscious and effortlessly stylish hotel extended its Keep Calm and Focus at 1 package into June. The weekday retreat includes a \$35 in-room dining or Watr lunch credit, access to the on-site gym, complimentary valet, a reduced \$25 resort fee, refillable water bottle, unlimited in-room Nespresso and an early 8 a.m. check-in with 5 p.m. checkout. Once the laptop shuts, guests can bury their toes in the sand at the new Tulum-esque 1 Beach Club. And don't hesitate to bring your four-legged friend; 1 Hotel South Beach is pet-friendly. 1hotels.com/south-beach



Dr. Heather Woolery-Lloyd

MASTERCLASS ON WELLNESS

If you're lagging on your 2021 wellness resolutions, Dr. Heather Woolery-Lloyd's **The Wellness Master Course** might be the spark you're seeking. Her self-paced course explores Lifestyle Medicine, a holistic approach to health, examining how small lifestyle changes help alleviate ailments and achieve "successful aging"—attaining longevity with a high quality of life. Woolery-Lloyd is best known for her skin care expertise, but she delved into lifestyle medicine after losing both parents within the same year. The Wellness Master Course features seven self-study modules available in video or audio format. wellnessmastercourse.com



Pygmy Date Palms on Lincoln Road

CONNECT WITH NATURE

Headed to **Lincoln Road**? Be sure to look up and around. The pedestrian thoroughfare has been transformed into an urban garden thanks to **Fairchild Tropical Botanic Garden**, which installed over 120 QR-code signs on trees, orchids and plants, making the lush landscaping a bilingual, self-guided virtual tour. The promenade features red mangroves and diverse palm species. It also flaunts the coontie cycad, making it home to one the largest colonies of the endangered Atala butterfly. lincolnrd.com



SCAN ME

For more South Florida happenings or to submit your event to our calendar, visit LuxuryGuideUSA.com/happenings.

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