

A woman is relaxing in a swimming pool, with her head and shoulders above water. In the background, there is a white cabana with red trim and curtains, situated on a sandy area. Several lounge chairs with red cushions are visible around the pool. The scene is set outdoors with palm trees and a clear blue sky.

summer spas to soothe your soul

Ah, summer. It's the season for slowing down, enjoying the outdoors and perhaps a spa getaway. Spa is all encompassing and reflects the time you give yourself to relax, unwind and rejuvenate all of your senses. If you're considering a getaway closer to home this summer, consider these stunning resorts and feel your stress melt away.



Hyatt Regency Bonaventure & Red Door Lifestyle Spa

WESTON, FL

Spa is a lifestyle full of activity, healthy eating and services to help reduce stress, soothe your senses and relax your body. The Red Door Lifestyle Spa is a one-of-a-kind option in a resort setting and this is the first and only Red Door Lifestyle Spa in the country.

The 48,000-square-foot spa offers a full spa and salon, however what makes it even more unique for a resort is the inclusion of the Zen Garden, hot yoga room, Pilates studio, fitness center and the saunas, hot tubs and steam rooms. Another attribute of the Lifestyle Spa is that they have lifestyle coaches offering personal training and nutrition counseling. The group fitness classes also include Feldenkrais and Callanetics (a unique exercise designed to tighten and reshape your body while increasing strength, flexibility and body alignment).

Another unique opportunity at Red Door Lifestyle Spa is their post-breast-surgery massage therapy. And, two other popular spa services, Abhyanga and Thai Yoga Body Work, can also be scheduled.

The Hyatt is also offering Spa Retreats and one is called *Balance*, which includes deluxe accommodations as well as a full breakfast and a \$50 spa credit. With so much going on in our lives today, going to the spa has become more of a necessity to reduce stress and increase our well-being. Take the time to nurture your soul, relax your body and calm your mind.

One of my picks for a spa service includes the Tropical Essence Infused Body Massage. It is a Lifestyle Signature Massage offering a hydrating massage of warmed tropical body and massage oils with a hint of tangerine, lime and sweet orange. Warm towels (with an infusion of tropical oil) are then applied and topped off with natural, relaxing, and purifying acupressure and massage to vital points of the hands and feet to release blocked energy and encourage deep relaxation.

ESPA at Acqualina Resort & Spa

SUNNY ISLES BEACH, FL

Reminiscent of a Mediterranean villa, this is one of the most enchanting resorts on the Florida coast. Acqualina is set on 4.5 beachfront acres with 188 residences and 97 spectacular guest rooms. It is the epitome of luxury and relaxation. The views are stunning and the setting offers the perfect summer escape from the ordinary. Upon entering this stylish resort you can feel your body begin to relax and your mind begin to wander to a more peaceful state. There are three oceanfront pools, cabanas, a marine biology-based AcquaMarine children's program, two oceanfront restaurants and their unique 20,000-square-foot two-story oceanfront spa, called ESPA.

Based on Ayurvedic principles, ESPA offers an amazing holistic spa experience with 16 treatment rooms, a private spa pool and heated jet pool featuring a Roman waterfall, Finnish Saunas, Crystal Steam Rooms, Ice Fountains, Experience Shower with cool arctic and warm Caribbean mists and Relaxation Rooms. A sanctuary like no other, an ESPA full-day spa journey is optimum such as the Detox and Renew or the Ayurvedic Experience. One of the Holistic Body Massages to consider is the Balinese Massage, which can also be personalized. With this service, warm aromatherapy oils are poured onto the center of the body and massaged into the skin using long, stretching, sweeping movements for deep relaxation.

There is also a lot to explore in the area including a stroll at Bal Harbour Shops, South Beach, Museum of Contemporary Art, Broward Center for the Performing Arts and Coconut Grove's Cocowalk.

To complete the Mediterranean experience, consider dining at Il Mulino New York, which features authentic cuisine from the Abruzzi region of Italy. And to add a little romance, guests can enjoy an Il Mulino New York designed menu beachfront surrounded by candles. Bellissimo!



For more information, please visit:

www.bonaventure.hyatt.com

www.acqualinaresort.com

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