

THE
BETSY
SOUTHBEACH



WELLNESS GARDEN & SPA

**MIAMI
SPA
MONTH**
july+august

EASTERN PHILOSOPHY INSPIRES US TO LOOK DEEPER WITHIN.

Indeed, this summer at The Betsy's outdoor spa, we're inspired by ancient Buddhist teachings that lead us on a various intertwining 'paths' to deeper enlightenment.

During Miami Spa Month, all of our treatments commence with a cooling foot soak ritual that explore the essence of Ling Zhi mushroom, a plant that is prized for its depth and breath of "supernatural" power.

Treatments drawn from Chinese medicine are enhanced via ritual applications that serve to cultivate inner wisdom, calmness and loving-kindness. Green tea and rose hip oils are also used alongside elements of traditional Chinese massage to infuse you with a sense of calm.

MASSAGE

ORIENTAL QI

Air and breath are re-mastered with a healing scent. Selections from the spa's essential oils library are blended to create customized aromatherapy moments. The blend is applied via Meridian Massage that moves around the twelve main meridians of the body to release energy blockages, promote blood and qi circulation, and restore elemental balance. The treatment includes a foot and hand scrub.

60 minutes \$109

SHÍ & BÀNGBĪNG

Complete relaxation comes when an 'opening foot stream' melts outside stress: shungite stones absorb negative energy and leave you feeling refreshed. What follows is a massage emphasizing the head, neck, shoulders and back to further alleviate tension while helping to restore posture. A parting gift of a homemade popsicle provides an additional boost of delight.

60 minutes \$109

THE HARMONY OF TADSI

We invite you on a Yin Yang balancing journey that explores the power of Thai massage through the use of gentle pressure on energy lines and a yoga stretching that will make your whole body relax. Herbal compresses, awaken and align the seven Chakras.

75 minutes \$139

FACIAL

FLOWER POWER

Chinese facial techniques soothe mind and body. Pressure points stimulate the lymph drainage system, removing excessive fluids and releasing waste products. An infusion of chamomile oil, known for properties that remove toxins, will improve your mood, heal blemishes and tone your skin.

50 minutes \$109

BODY

TAO TEA BODY TREATMENT & MASSAGE

Vitality is a measure of the life force within you. Find the way to vitality with an invigorating scrub of green tea and rice that serves as a prelude to a curated massage. The experience explores the power of white tea massage oil that imparts a dousing of polyphenols to protect against the sun's UV rays while tightening and firming skin.

90 minutes \$139

THE HERBALIST BODY THERAPY

Herbal therapy relieves pain and inflammation. The body is brushed in ginseng and gently wrapped in cooling towels. While skin soaks in this time-age Asian remedy known for its anti-aging and energizing results, herbal compresses are placed on your eyes and feet to absorb stress and infuse a health boost of vitamins and other soothing agents.

90 minutes \$139

ENHANCEMENTS

THE BODHI ALOE & CACTUS HAIR TREATMENT

A green therapy made in-house removes dead skin cells on the scalp, restores moisture balance, and protects you against sun damage, leaving your hair silky and smooth. A perfect post pool or beach treatment before you leave for home!

\$40

Be our guest for a glass of bubbly Prosecco as part of your treatment. Let our therapist know if you'd like it before or after.



RESERVATIONS

Please call (305) 531-6100

The Betsy's Zen-inspired Wellness Garden was designed to soothe the senses by using earth-born elements, including liberal use of wood, stone, bamboo and natural fibers.

Shielded by retractable sails set horizontally in the sky, Miami's favorite private cabanas capture a light ocean breeze and allow guests to become one with nature.

Sweeping, unobstructed views of the Atlantic Ocean peek out just above the palm trees and the surrounding garden, instilling a nurturing sense of calm in the heart of South Beach.

MAKE THE MOST OF YOUR SPA DAY

Take advantage of our Ocean Front Deck and Rooftop Pool.

Ask for details.

For your convenience a gratuity of 20% is added to your bill.
This promotion cannot be combined with any other offers or discounts.

THE WELLNESS GARDEN & SPA @ THE BETSY SOUTH BEACH
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