

THE
BETSY
SOUTHBEACH

**ROOFTOP
WELLNESS
GARDEN
& SPA**

Curated Journeys
in Culture



The Betsy Wellness Garden integrates wellness and the arts in a powerful curation of inspired therapies. Each therapy begins with a trip to our Aromatherapy Bar, where we guide you through a selection of natural elements, based upon your own unique sensibilities and state of being

Once our Alchemist blends these essences together in a custom therapy oil, your journey can begin.

Book a reservation:
Call 305-531-6100 or dial 6910 from your guest room



PACKAGES

THE ALCHEMIST \$350 / 120 mins.

"When you want something, all the universe conspires in helping you to achieve it." - Paulo Coelho

A melding of the spa's two top signature treatments that unveils transformative effects. The Blue Eucalyptus Sonata Massage with Tibetan singing bowls reaches within, followed by the Canvas & Custom Mini Facial that works from the inside out.

A LOVE STORY \$399 / 75 mins.

"There is no charm equal to tenderness of heart." - Jane Austen

A spa experience as sweet as loving sentiments. A wildberry body polish buffs skin amidst a subtle scent paired with a chocolate and strawberry wrap. Renewed skin is then treated to a massage that infuses an antioxidant blend of French cocoa, dark chocolate, and blueberry extracts. The final course: a facial masque of strawberries, Argiletz rose clay, and powdered buttermilk to strengthen tissues while encouraging cell renewal.

THE INNER VOICE \$399 / 75 mins.

"The high note is not the only thing." - Placido Domingo

Establish a connection without even a single word. Couples select from a choice of herbal pouches from the Aromatherapy Bar for a massage fusing gentle compression therapy. The focus then turns to a facial that harnesses the gentle anti-inflammatory, moisturizing, and pore-tightening powers of rose amidst a soft Eucalyptus steam.

THE SISTERHOOD SPA DAY \$350 per person / 2.5 hrs.

"She existed in her friends; there she was. All the parts of herself she'd forgotten. She knew herself best when she was with them." - Ann Brashares, Sisterhood Everlasting

A getaway package to be enjoyed with your closest friends, or to bond with new acquaintances. The pampering commences with a full body treatment and massage with customized oil from the Aromatherapy Bar. Next, a manicure-pedicure combo soothes hands and feet over a glass of bubbly...because girls just wanna have fun.

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BODY

CANVAS \$180 / 75mins.

*"The world is but a canvas of our imagination."
- Henry David Thoreau*

A total body therapy of renewal. A creamy scrub of Norwegian and Pacific Sea salts with nori seaweed shed dull cells to reclaim a clean and glowing slate. A drizzle of exotic oils from the Aromatherapy Bar is accompanied by a customized massage amidst soothing aromas.

THE SYMPOSIUM \$180 / 75 mins.

"Thinking: the talking of the soul with itself." - Plato

A moment designed to encourage the mind to wander and spark reconnection. The vino therapy process starts with a Chianti grape seed scrub. Polished skin is doused in youth-active agents via a Mediterranean wine & honey masque, where toxins are drawn out and replaced with moisture and a healthy dose of polyphenols, resveratrol, and natural vitamins.

THE RENAISSANCE \$225 / 90 mins.

*"It is not in the stars to hold our destiny but in ourselves."
- William Shakespeare*

An all-encompassing treatment designed to unleash the full potential of body and mind. Pure cane sugar blended with South African avocado oil and ootanga (watermelon seed oil) brushes away expired skin cells and distractions. The newly radiant surface is then enriched with an argon & acacia body crème derived from the bloom of Africa's most renowned "beauty" tree. For the face, a sandalwood-infused Dead Sea Mud masque deep cleans amidst warm, earthy scents. The concluding rejuvenation comes in the form of a coconut collagen mask that protects against free-radical damage and premature aging.



MANICURES & PEDICURES

THE MINUET \$120

"The moon looks upon many night flowers; the night flowers see but one moon." - Jean Baptiste Lully

A moment is all it takes. A French lavender soak and light massage with Aromatherapy oils releases tension in preparation for the spa's signature grooming and polish ritual for hands and feet.

THE POP ART MANI AND PEDI \$130

"It would be very glamorous to be reincarnated as a great big ring on Liz Taylor's finger" - Andy Warhol

Features a vibrant foot masque of papaya, lemon, apple, and orange extracts that remove calluses, while chamomile calms freshly exfoliated skin. Feet and hands are treated to make way for a custom paint job with nail design of choice.



MASSAGES

THE BLUE EUCALYPTUS SONATA \$160 / 60 mins

"Music is the mediator between the spiritual and the sensual..."
- Ludwig van Beethoven

A powerful experience anchored in nature's vibrational song. Tibetan singing bowls filled with water are gently gonged atop of the spine, core, hands, feet and any other out-of-tune areas. The sound and movement ripple through the body's own water supply to deliver healing on a cellular level and induce relaxation. A light massage with a customized aromatherapy blend derived from blue eucalyptus imparts a final lullaby for body and mind.

A MOONLIGHT SONATA \$230 / 60 mins

"The moon is the reflection of your heart."
- Debasish Mridha

Evening massage under the stars from 8pm - 11pm.

AFTER-SUN TROPICAL RETREAT \$150 / 50 mins

"The sun is gone, but I have a light." - Kurt Cobain

Restores beauty from the inside out. The body is doused in a coconut milk cleanser that gently soothes dry, irritated, or sunburned skin. A massage with a firming lotion of coconut, shea butter and grape seed oils from the Aromatherapy Bar imparts lasting effects of hydration and a supple, taut appearance. Renewed skin is then soothed and protected with a dose of aloe and sunscreen to safely continue enjoying the blue skies.

THE SOLOIST'S STRETCH

\$199 / 75 mins or \$230 / 90 mins

"Dance is a poem for which each movement is a word."
- Mata Hari

Light music imparts the initial inspiration as limbs are guided through gentle stretching to release muscle tension, increase range of motion, and inspire energy. A concluding massage with a selection from the Aromatherapy Bar gives special attention to areas that support healthy posture.



MASSAGES CONT.

THE CHISELED HEALING DAY \$325 / 110 mins.

"Never mistake motion for action." - Ernest Hemingway

For the physical and athletic body seeking a little respite. The journey begins from the bottom up with a pedicure to heal sore, cracked skin and calluses indicative of active feet. Next, a deep tissue massage focuses on the lower back and other key areas to realign the body and maximize its movement. The package then concludes with a hot towel facial. All therapies include Stone Crop and aromatic elements to bring back vitality to the senses and skin.

SPA DE DEUX COUPLES MASSAGE \$350 / 75 mins.

"A pas de deux is a dialogue of love." - Rudolf Nureyev

Duos are moved through a simultaneous massage of coconut oil and lavender freshly blended at the Aromatherapy Bar. Soft scents ease both minds into relaxation and romance while bodies are treated to detoxifying antioxidants.

PAMPERING WITH POOCH

\$160 / 50 mins. (10 mins for furry companion)

*"Dogs are not our whole life, but they make our lives whole."
- Roger Caras*

With your pup at your side, soak in the gentle ocean-side breezes of our rooftop setting, where dual plush beds and relaxation await. While you enjoy a massage delivering the relaxing benefits of oils hand-selected from the Aromatherapy Bar, your canine is treated to a personalized experience of gentle massage, cool, refreshing water and healthy nibbles.

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FACIALS

THE ENLIGHTENMENT \$160 / 60 mins.

"Do not dwell in the past, do not dream of the future, concentrate on the present." - Buddha

A ritual for problematic skin to restore a bright complexion with a probiotic trifecta. A clarifying cream-gel washes away excess oils with the aid of cucumber and tea tree oil, while sweet almond milk and yogurt retain healthy moisture. A masque variant combining these cooling elements with kaolin clay, Stone Crop and a booster of antioxidants exfoliates to soothe lines and reduce the appearance of pore size. A final sweep with an ultra-light moisturizer seals in these healing ingredients, while leaving skin smooth in appearance and soft to the touch.

THE MUSE \$170 / 60 mins.

*"To be a muse is to be a wonder in someone else's eyes."
- L.H. Cosway*

A facial worth a double take. A cleanser of key antioxidants infused in rich coconut milk imparts a dewy finish. Freshly hydrated skin is enhanced with a gentle cucumber toner that tightens pores and removes any residues in preparation for the next decadent layer: a chocolate masque. Organic cocoa powder combines with real blueberries for a detoxifying treat

PRECIOUS FACIAL SERIES \$199 / Each 60 mins.

Choose between the world's most coveted metal or gem...

"Gold like the sun, which melts wax but hardens clay, expands great souls." - Antoine Rivarol

A 24k gold collagen mask instantly flows within the skin's contours, allowing it to penetrate wholly and deeply as it works to boost rejuvenation at the cellular level. Nutrients seep deep below the skin's surface also target the underlying causes of aging for a facial that not only treats existing lines, but helps prevent future ones.

*"Diamonds are a girl's best friend."
- Marilyn Monroe, Gentlemen Prefer Blondes*

A diamond collagen mask facilitates nourishment and regeneration of skin cells. A fusion of micronized diamonds, whitening agents, peptides blend, and vitamins penetrate the skin to improve blotchiness, elasticity, and facial contour modeling. Any signs of tiredness or stress are replaced with an appearance of luminosity.

ENCORE ADD ONS \$30

- Sole to Soul Foot Massage
 - Hands Off Tension Release
 - Scalp Massage
 - Water Color Salt Baths for Hands or Feet
 - Herbal Pouch for Body or Face
 - Hot Stone Rub
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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.
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CANCELLATION POLICY & 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.

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Expect no more. This is happiness.™

THE BETSY-SOUTH BEACH
1440 Ocean Drive, Miami Beach, FL 33139
305-531-6100 | www.thebetsyhotel.com
info@thebetsyhotel.com