



mySpa at InterContinental® Miami

100 Chopin Plaza, Miami, Florida, 33131, Plaza Level (5th Floor)

Appointments and Information: 305.372.4444 | mySpa.miami.ihg.com

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www.mySpaMiami.com

SPA DIRECTOR Caroline Wilmot / Caroline.wilmot@ihg.com

MEDIA CONTACTS Carma Connected / Jami Baker /
Jami@CarmaConnected.com

PARKING Complimentary valet parking up to 4 hours with validation. Street parking is available.

HOURS OF OPERATION **Spa:** Monday – Sunday | 9 am – 8 pm
Fitness Center: Open 24 hours daily

SERVICES Massage, advanced skincare treatments, globally inspired body treatments, waxing services, hair and nail care. Full Menu and Current Promotions:
www.myspamiami.com/my_services

TREATMENT FACILITIES mySpa is a 15,000 square foot, full-service spa, catering to both women and men.

- 10 treatment rooms including a couples suite and a hydrotherapy suite
- Separate couples manicure and pedicure areas
- Women's and men's area feature spacious locker rooms with heated floors and complimentary personal toiletries, relaxation rooms, refreshments and a unique steam, sauna and drench shower experience

FITNESS CENTER mySpa also features a fully equipped fitness studio including cardio theater, strength and conditioning equipment, circuit training, outdoor spinning and free weights. Daily group exercise classes available.

FITNESS MEMBERSHIPS & DAY RATES Information about monthly memberships is available upon request
\$35 day rate for non-hotel guests includes steam, sauna and drench showers

BOUTIQUE Guests are encouraged to continue their spa experience with an expansive retail selection providing at-home spa care and exclusive gift items to choose from.

GUEST SERVICES For guests of the InterContinental® Miami, several mySpa treatments may be enjoyed in-room. Guests may dial extension 4444 for full information.

OPENING DATE Spring 2008
MANAGEMENT WTS International
INTERIOR DESIGN United Designers, England
mySpa Miami is a study in contrast. Luxurious hard surfaces are softened by water, light and rich fabrics. These unique design elements complement one another to create an inviting, cavernous retreat where guests find balance and harmony in the heart of Miami's bustling downtown business district.