

Business Traveler

WELLNESS

By Eden Herbstman



Heal Thyself

The Tierra Santa Healing House at the Faena Miami Beach provides an indulgent escape for the body, mind and soul

► **THE FAENA HOTEL** Miami Beach is known for its visual opulence and excitement, which energizes guests from the moment they enter the lobby and pass by the property's colorful murals detailed in 24-karat gold leaf. On the third floor, however,

the mood is softened by the calming energy of Faena's spa, Tierra Santa Healing House, which caters to the mind and soul as well as the body.

Named after the home of hotelier Alan Faena in Punta del Este, Uruguay, Tierra Santa translates as "holy ground."

This spiritual ethos is seen in the spa's services, which are guided by pranic and energy healing practices infused with South American influences. Director of spa development Agustina Caminos brings 20 years of industry knowledge and a holistic approach to

ALL PHOTOS: COURTESY OF FAENA MIAMI BEACH



each treatment. She worked with Faena—whom she calls a “dreamer”—to fashion a spa experience focused on spiritual wellness over traditional procedures. “Some people come just for deep-tissue massages, but they instantly feel something different,” she says. “When I planned the menu, I wanted to plant a seed in each guest, to raise their consciousness.”

Tierra Santa offers complimentary Twin Hearts meditation, pioneered by Master Choa Kok Sui, with each service. “It is with giving we receive, and the best way to heal others is to heal ourselves,” Caminos says. The spa’s signature Sacred Warrior treatment is an 80-minute blend of pranic healing and massage techniques, which balance the body’s energy and align the soul. Add-on enhancements include healing sound bowl vibrations and chakra harmonization. The spa menu also offers a Sanskrit translation for each chakra.

Almost all spa therapists are pranic healers or yogis,

and Caminos herself comes from a family of healers. “I tell my team we have to live, and lead, by this philosophy. Even our cleaning staff attends meditation and pranic healing workshops. The happier we are, the happier we will make our guests.”

As patrons enter the coed Wet Spa, they are given custom handmade palo santo soaps created by Òlsüss founder Sonia Reisin and derived from the sacred South American tree known for its mystic healing properties. Encircled by Buddhas and candles, the hammam features a hexagonal platform made from amazonite stone; at its center is an elegant budding rose design, continuously watered with timed “rain” falling from the ceiling. (A favorite of Faena’s, the rose symbol is used throughout the spa and hotel.) Caminos personally leads intimate sound healings there. “Our bodies are 60-percent water,” she says, “so inside the hammam we absorb and vibrate as a form of healing. We all sing



the mantras and activate the sacred energy.” A Zen-like herbal steam room is bathed in dim lighting, mimicking an ethereal starry night, while a multitiered sauna carved from African obeche and Canadian hemlock provides warmth and relaxation, with elevated headrests for comfort. Finally, an ice parlor offers a perfect revitalizing space to cool off before enjoying Tierra Santa rosebud tea.

CLOCKWISE FROM ABOVE: sauna at Tierra Santa Healing House at Faena Hotel Miami Beach; treatment room; sound bowl and palo santo sticks; hammam at the spa

