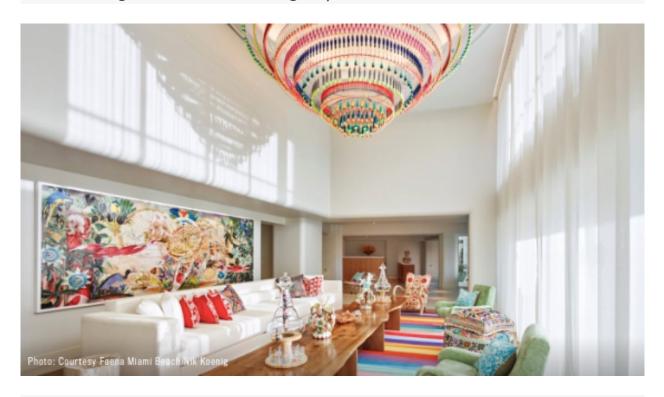
Robb Report

The Ultimate Miami Spa Guide: 15 Luxurious Places to Treat Yourself

Here's where to get the best selfcare in the Magic City.



Spend five minutes on the golden shores of Miami and you'll see why this sun-and-sand capital so famously brings the heat. Gorgeous people are all around—frolicking in the surf, sipping rosé by the pool, and sidling up to the bar at a swanky beachfront lounge. But after a few days joining them on the indulgent, party-centric scene, chances are you'll be in need of a relaxing respite. Thankfully, this appearance-minded metropolis is filled with luxury day spas, many of which call the city's top hotels home.

Whether you need a Swedish massage to shake off last night's party, or want to tone, trim, and define your beach bod with a sculpting wrap, Miami's premier spas have a treatment for every wellness-seeker. Many options extend beyond simply promoting relaxation or giving your skin a seriously beautiful boost, offering functional medicine consultations and mind-body therapies that will keep you looking fit and fabulous long after you leave the Magic City.

Here, we break down 15 of the city's best spas, from spots ideal for a quick refresh to places you'd want to spend a full-day detoxing, relaxing, and beautifying. Consider this permission to indulge.

Tierra Santa Healing House



Tierra Santa Healing House

Photo: Courtesy Faena Miami Beach

Though the name translates to "holy ground healing house," you don't have to be a soul-meets-body yogi to appreciate the experience at Faena Miami Beach's 22,000-square-foot Tierra Santa Healing House spa. In fact, there are just as many beauty and skincare offerings as there are "healing arts." The spa has partnered with both all-natural cult-favorite Naturopathica (cleansing facials are standouts) and French heritage brand Biologique Recherche (try the micro-needling treatment) to give its treatments a science-backed kick. But if you want to explore the traditional culture of South American healing or holistic therapies led by world-class physicians, this is definitely the place to do it.

Treatment to book: For exclusive use of the mesmerizing green marble-covered hammam, book the Hammam Rose Ritual. It starts with a lemongrass-and-mimosa scrub atop the hexagonal platform of heated Amazonite stone, followed by a restorative mask of volcanic clay and calendula, then ending with a jasmine-scented steam and calming rose-oil body massage.

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