

"AN OASIS OF HOLISTIC  
THERAPIES FOR THE SPIRIT,  
MIND, AND BODY, TIERRA  
SANTA HEALING HOUSE BLENDS  
ANCIENT HEALING RITUALS  
FROM AROUND THE WORLD  
TO AWAKEN CONSCIOUSNESS  
AND RESTORE WELLBEING."

– ALAN FAENA

Regarded as the spiritual heart of Faena Miami Beach, Tierra Santa Healing House is a holistic sanctuary dedicated to the art of living well.

Taking its name from Alan Faena's idyllic Punta del Este estate, meaning "holy ground," every detail of the oceanfront spa is crafted for rejuvenation, meditation, and contemplation.

The Tierra Santa journey cultivates transformative healing by combining indigenous ingredients, energetic practices, and state-of-the-art technology with a jasmine-infused hammam, marble Wet Spa, and a menu of South American body therapies inspired by shamanic wisdom. Our team of experts, well-versed in modern and alternative medicine, delivers unparalleled healing treatments that restore vitality and elevate the spirit.



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## A JOURNEY THROUGH OUR HEALING HOUSE

Step into a space filled with vibrant color, soothing scents, and a stillness that penetrates the depths of your being. Soft-spoken guides usher you through each phase of your healing journey, commencing with sweeping ocean vistas, freshly-brewed Tierra Santa tea, and the cleansing aroma of Palo Santo. Our purifying Wet Spa is a temple of water and heat that detoxifies the spirit, mind and body, preparing each guest for a range of health-giving rituals and therapies.









# THE WET SPA

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## BEFORE YOUR TREATMENT, ENJOY THE WET SPA

Our approach to healing is very simple. We use an exclusive hand-blended, plant-based range of Tierra Santa muds, scrubs, and essential oils inspired by generations of shamanic wisdom in South America. These homeopathic ingredients are activated by heat and steam, resulting in profound physical, mental, and spiritual purification and restoration.

### 1. STAGING AREA

After a warm welcome, we will prepare you for the spa journey. Hang your robe, collect your towel, and slice slivers of handmade soap into a copper bowl. Settle your mind with deep cleansing breaths and you're ready to begin. We encourage you to use sandals during the wet spa experience.

### 2. WATERFALL

Every guest's journey starts and ends in the Waterfall, a shower that prepares the body for heat therapy, and provides final cooling and cleansing before departure.

### 3. HAMMAM

A time-honored cleansing ritual featuring a heated hexagonal *gobek tasi* made of Amazonite stone, where scrub treatments are performed by intuitive therapists. Destress while inhaling jasmine-infused steam and relax as the stone's warmth soothes sore muscles and joints, easing all tension.

### 4. HERBAL STEAM ROOM

The hottest room in the facility supports advanced detoxification and cleansing. The calming aroma of eucalyptus is released to purify the respiratory system, deeply cleansing the nasal passages and lungs to promote ultimate relaxation.

### 5. WET SCRUB

This space offers specialized hydrotherapy treatments and traditional body scrubs featuring state-of-the-art technology. *(additional charges apply).*

### 6. SAUNA

An age-old Scandinavian heat therapy with revitalizing wild orange essential oil. Multi-tiered, beautifully-curved seating is handcrafted from African Obeche, and walls made from Canadian Hemlock, envelop you in comforting warmth.

### 7. ICE CHAMBER

The marble two-seat Ice Chamber cools the body using a combination of ice and air. The interplay of hot and cold on the skin widens the arteries and stimulates blood flow and the metabolic system, which helps strengthen the immune system.

### 8. TEPIDARIUM

Recline on heated stone beds warmed to body temperature, which comfort and relax you as you lie back and sip on our refreshing Tierra Santa tea.





HERBAL STEAM ROOM







WET SCRUB





# THE BODY RITUALS

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## PURIFYING BODY RITUALS AT THE WET SPA

### BATHING RITUAL

We invite you to experience our decadent “do it yourself ritual” beginning with our luxurious body scrub using the gentle exfoliating action of Black Rice Powder and Sea Salt to remove dead skin cells, followed by a choice of healing clays. Based in Kaolin and Bentonite Clay to deeply cleanse and remove impurities, choose a purifying blend to energize and firm the skin or a restorative blend to soothe and hydrate. Conclude with a nourishing body butter rich in probiotics and essential oils to soften and protect the skin.

### HAMMAM LOVE RITUAL

*(90 / 120 minutes – longer service includes a foot massage)* Unique to Tierra Santa, the private Hammam Love Ritual is a purifying and strengthening mind and body treatment. Begin your journey with a personalized cleansing ritual on a rose quartz-infused marble slab, where your therapist will prepare the body with a full body dry brush followed by a blend of exfoliants to remove dead skin cells and prepare the skin for treatment. A restorative mask of mineral rich clays and Snow Algae extract will nourish your skin while you relax in the Hammam with the aromatherapeutic benefits of jasmine-scented steam. Remove the

body mask on the tepid waterfalls, and finish removing all the toxins in our dry Sauna. The ritual concludes with a luxurious shea body butter and essential oil blend to adorn the body and deepen your connection with yourself, your loved ones, and gain clarity with a deep sense of happiness.

### HEALING PURIFICATION RITUAL

*(90 / 120 minutes – longer service includes foot massage)* Begin your journey in our Private Scrub Room with a personalized cleansing ritual on a rose quartz-infused marble slab. Start with a full body dry brush followed by a sea salt blend to remove all the impurities and to oxygenate the skin. Continue with an energizing body mask with green coffee arabica extract stimulates circulation and deeply cleanses whilst you relax in the the eucalyptus infused steam room. Enhance mind and body cleansing with a cold waterfall shower and ice chamber inhalation to bring focus, awareness, reduce inflammation and strengthen the immune system before entering the dry sauna for the final purification. The Ritual concludes with a moisturizing shea butter to strengthen and support the skin's microbiome and leave the mind still and restored.

# THE RELAXATION ROOM

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## TAP INTO SACRED STILLNESS

Each treatment commences and concludes in our serene Relaxation Room, designed as an escape to unwind and rejuvenate. This soothing space features overstuffed sofas that cocoon the body, soft lighting, curative music, bespoke herbal teas, and a selection of vegan nibbles.







## 2

# UNIQUE HEALING ARTS

Our Unique Healing Arts body rituals offer an immersive introduction to shaman-inspired therapies, Pranic Healing and massage arts. Each Healing Art treatment is performed with our own organic hand-blended range of Sacred Oils, butters, resins, healing stones and poultices. Traditional curative practices are combined with indigenous ingredients ethically sourced from South America. Every treatment is an opportunity to improve your health and transform your life through the therapeutic power of touch, sound, color, taste and scent.





## ESPÍRITU SANADOR PRANIC HEALING, PALO SANTO & SOUND BOWLS

(60 minutes) Pranic Healing\* is a system of energy medicine used to harmonize, balance, and transform the body's energy processes to restore physical, mental, and emotional health performed by certified practitioners. This three-part energetic purification ritual begins with a thorough cleansing and balancing of the chakras. The body is further purified with the gentle uplifting aroma of Palo Santo smoke, a sacred tree from the east coast of South America known for its mystical healing properties. To finish the treatment, sound bowls are used to quiet the mind through vibrational sound harmonics that synchronize brainwave frequencies.

*\*Created by scientist, Master Choa Kok Sui*

## EL ÁRBOL DE LA VIDA TREE OF LIFE VIBRATIONS

(90 / 120 minutes) A Tierra Santa signature treatment, this nature inspired therapy draws on ancient healing traditions practiced for generations. The treatment commences by selecting a fragrant essential oil used for aromatherapy. As the body rests on a heated bed, a combination of Sacred Oils are poured on tension points along the spine. A hot stone massage is then applied to the body's symbolic "Tree of Life:" starting at the lower back—the roots, along either side of the spine—the trunk, and into the upper shoulders and neck—the branches. Sound enhances the therapeutic effect of this transformative treatment. Nepalese singing bowls handmade from seven different metals are used to gently warm and soothe the lower back, slowly diffusing its vibrations to release deep-seated tension in the body. There is an option of extending the sound therapy to each of the main chakras. Please consult your therapist for details.

## SOL EN ESPIRAL ULTIMATE HEALING RITUAL

(100 minutes) This treatment combines the ancient technique of Pranic Healing, deep massage, and shamanic ritual in order to remove impurities from the physical, emotional, and mental bodies. Performed by Healer Agustina Caminos, this 100-minute treatment is a unique experience that will make you feel renewed, full of strength, and inspired to become the best version of yourself.

## MASSAGE THERAPY AND BODYWORK

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### ÁGUILA TIERRA SANTA DEEP TISSUE

(60 / 90 minutes) Highly recommended for men and athletes. A deep tissue, energy-balancing massage with targeted application of menthol and lidocaine to ease aches and pains. Applied by our therapists with deep pressure to specific trigger points, unblocking stagnant energy. We highly suggest to enhance this treatment with an add-on of CBD balm to improve inflammation and soreness.

### ÁBRETE CORAZÓN CACAO RELAXING MASSAGE

(90 / 120 minutes) This deeply relaxing massage ritual commences with a traditional Cacao Ceremony offering. Sip and savor natural cacao regarded for its heart opening properties to set the tone for a restorative experience. Authentic sound therapy envelopes the body with healing and vibrational energy using cacao oil with high anti-inflammation and antioxidant properties before beginning the full body relaxing massage. Specific areas of tension are soothed away with the application of hot stones.

### MADRE TIERRA (PRE-NATAL) MASAJE DE COCO (PRE-NATAL)

(60 minutes) Ideal for expecting mothers. This deeply nourishing and relaxing massage uses virgin coconut oil, revered as the 'Oil of Life' in South America for its curative and regenerating properties.

### SALVIA PURA SAGE HEALING & DETOX

(90 / 120 minutes) A customized healing ritual that includes a dry brush exfoliation, followed by a therapeutic soak in northern sage to detoxify physically and energetically due to the superior high mineral content of the plant. It is followed by an uplifting therapeutic massage designed to purify the body throughout supporting detoxification and healthy circulation. A powerful blend of fennel, grapefruit and juniper reenergize the mind and body.



### LYMPHATIC MASSAGE

Experience the gentle power of detoxification with this light-touch therapy. Targeted stroke stimulate the body's lymphatic system to encourage the natural elimination of toxins, reduce fluid retention, and boost overall circulation and wellbeing. The mind and body will feel light, energized and refreshed.

### ORO PURO

#### FIRMING QUINOA BLISS

*(90 minutes)* This luxurious massage combines, dry brush, lymphatic drainage and remodeling techniques using purified quinoa oil drops to boost hydration, increase collagen production, and prevent loss of skin elasticity. It is a perfect combination that ensures hydration and nutrition, leaving the skin softer and healthier.

### GUERRERO SAGRADO

#### SACRED WARRIOR

*(90 minutes)* This nature inspired therapy treatment draws upon ancient healing traditions combining Pranic Healing to harmonize, balance, and transform the body's energy processes to help restore physical, mental, and emotional health, followed by a deeply relaxing massage using a meditative blend of essential oils of cedarwood, roman chamomile and lavender to still the body and mind, allowing for a deep state of consciousness.

### BODY REMODELING

*(90 minutes)* A hydrating and dermo-protective slimming massage to firm and tone loose tissues, eliminate dead skin cells, and sculpt the body. Ideal after a weight management program.

### BAILA CON EL RITMO CIRCADIANO

#### THERAPEUTIC MASSAGE

#### DANCE WITH THE CIRCADIAN RHYTHM

*(60 / 90 minutes)* A bespoke therapeutic massage using tailored essential oil blends aligned to specific times of day to support one's own circadian rhythm. This internal body clock that regulates natural body functions like the wake-sleep cycle can be disrupted with daily life factors. Using swedish techniques combined with time focused healing blends, this overall wellbeing treatment will restore balance to mind, body and spirit and leave you restored and rejuvenated

### THAI MASSAGE

A timeless practice steeped in a rich history of ancient healing. While clothed, your therapist guides your body through graceful movements that release tension, enhance flexibility, and awaken energy pathways. This oil-free treatment blends rhythmic acupressure assisted yoga-inspired stretches, and mindful breathwork to restore balance, vitality, and inner harmony. Performed on a plush floor mat.

### REFLEXOLOGY

Harmonize the mind and body by stimulating precise pressure points on the feet, hands, and ears. Rooted in centuries-old Eastern wisdom, this treatment channels energy flow to vital organs, promoting detoxification, improved circulation, and profound relaxation.

## SPA SUITE

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Enjoy the ultimate spa experience with exclusive Tierra Santa private oceanfront Spa Suites. This indulgent escape allows you to relax and unwind in private spa surroundings with an indoor soaking tub and a secluded balcony overlooking the ocean. Guests have the option to choose their treatments from any of our Unique Healing Arts, Massage Therapies, Body Work or Hammam Rituals or the following specialty couples treatments. Spa Suite reservations are custom priced according to time and experience. Please consult your Spa Concierge for more information.

### COUPLES BATH RITUAL

*(3 ½ hours)* The ritual starts with a dry body brush to prepare the skin for a majestic bath soak in finely milled bulgarian rose and butterfly pea flower. Essential oils of jasmine, neroli, rose and lavender provide an intoxicating bouquet of aromas to delight the olfactory senses during the relaxing soak. The journey continues with energetic cleansing using palo santo, burned to help remove any purities for the mind and body. Singing bowls are placed along the main chakras allowing the healing vibrations to restore the body down to the cellular level. This luxurious ritual concludes with a deeply relaxing massage using precious rose geranium to deepen your connection with yourself, loved one, and to gain clarity with a deep sense of happiness. Couples also enjoy a bottle of Champagne and spa vegan nibbles.

### THE ART OF LOVE

*(4 ½ hours)* Enhance our couples bath ritual with addition of a 60 minute hypercustomized facial. Enjoy healthy delectable refreshments and Champagne in our beautiful oceanfront suite.

## IN-ROOM SPA EXPERIENCES

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Available exclusively to guests of Faena Miami Beach.

### TIERRA SANTA IN-ROOM WELCOME RITUAL

*(45 minutes)* Begin your stay with a Tierra Santa healing ritual that includes a singing bowl and Palo Santo smoke to cleanse and elevate the vibration of the room. Relax and soak your feet in warm water before enjoying a refreshing sea salt and black rice powder exfoliating foot scrub followed by a soothing foot massage to nurture tired feet and lift the spirit.

### IN-ROOM MASSAGE & BODY WORK

*(60/90 minutes)* Our therapists can offer one of our massages or bodywork rituals in the comfort of your guest room or on your oceanview balcony. Please contact the Spa Concierge for more information and pricing.



## UPGRADE YOUR EXPERIENCE

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Add on extra time to enhance any body treatment.

### RITUAL CHAMÁNICO HEALING SOUND BOWL VIBRATION

*(15 minutes)* Sound healing with different shamanic instruments and Tibetan singing bowls enhance the treatment's therapeutic effects through specific rhythmic vibrations that relieve stress and improve clarity, vitality, and intuition.

### CHAKRAS HARMONIZATION

*(15 minutes)* Balance and transform the body's energy processes to restore physical, mental, and emotional health.

### DRY BRUSH EXFOLIATION

*(15 minutes)* Enjoy a vigorous full body exfoliation prior to any massage to instantly soften, smooth, and revitalize your skin.

### HAIR TREATMENT AND SCALP MASSAGE

*(15 minutes)*  
A powerful reconstructing treatment for the hair cuticles that leaves the hair shiny and healthy.

### ARGAN OIL AND SEA SALT SCRUB

*(20 minutes)* Before your massage enjoy a natural blend of exfoliants to remove dead skin cells and reveal radiant skin. Skin is oxygenated and left radiant and luminous.

### CACAO AND VAINILLA SUGAR SCRUB

*(20 minutes)* Before your massage, prepare your skin with decadent scrub with antioxidant rich cacao and fragrant vainilla. Skin is nourished and softened.

### FOOT MASSAGE

*(15 minutes)* A Tierra Santa Foot Massage helps relieve stress while stimulating the body's natural reflexes and improving organ and glandular function. Powerful essential oils aid circulation and refresh the feet. Our Foot Massage is an ideal add-on to any of our massage or body treatments.

### LED LIGHT

*(30/ 60 minutes)* During any treatment, from a facial, to a massage to a manicure or pedicure, you can stimulate the production of collagen of your skin, treat acne, or alleviate pain by using the powerful effects of LED lights.

### MINI FACIAL

Enjoy a 20-minute express facial with your treatments using swiss apline glacier ingredients to nourish, energize and plump the skin.

### CBD

Our CBD oil can be applied to any treatment to alleviate pain, inflammation, reduce stress, anxiety, and enhance the powerful healing techniques used by our therapists.

### HOT STONES

Upgrade your favourite massage with heated basalt stones to release muscle tension and soothe the body.

### IV THERAPY

IV Vitamin Infusion Therapy delivers vitamins, minerals, and amino acids directly into your system and nourishes your body from a cellular level. Since it bypasses the digestive system, the IV method allows larger doses of these supplements to be safely administered that could not be tolerated orally. It fights exhaustion, slows the aging process, and delivers an energy boost. It also can help regulate sleep, mood, appetite, and improves the appearance of skin, hair, and nails. Intravenous vitamin therapy is the quickest way to restore optimum hydration, stimulate and support the immune system.









# 3

## ADVANCED BEAUTY & FACIALS

At Tierra Santa Healing House, our rigorous approach to beauty spans from head-to-toe.

Choose from an array of advanced beauty, skincare, and facial treatments from highly-trained estheticians and leading industry experts.

The spa is outfitted with state-of-the-art technology and usestrusted brands such as Biologique Recherche and Valmont.

## BIOLOGIQUE RECHERCHE

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Biologique Recherche has a reputation for astounding effectiveness based on a clinical approach to beauty care using pure, concentrated raw ingredients, as well as innovative and meticulous protocols and procedures. Each treatment is highly personalized to achieve immediate and long-lasting results. Experience why this French skincare and body care range has achieved a cult following worldwide.

**VALMONT** Created in 1985, Valmont is a prestigious anti-aging Swiss Cellular cosmetics expert with high quality standards. Using cutting edge technology and a unique selection of the finest ingredients, Valmont embodies cellular cosmetics excellence by delivering powerful and visible anti-aging results in the most refined textures.

**TRIPLE-LIFT ADVANCED FACIAL**  
(90 / 120 minutes) The ultimate sculpting treatment that combines two exfoliating, reconditioning and face-lifting boosters with the use of the Remodeling Face® machine. A complete treatment to redefine and plump facial volume.

**MASTERPIECE TREATMENT**  
(90 min)  
Born from the most coveted L'Elixir des Glaciers, Essences of Bees collection, this divine treatment is infused with extraordinary compounds of moisturizing honey, purifying propolis and regenerating royal jelly. Coupled with our bespoke massage technique, it is a treat for the décolleté, neck and hands, empowering moisture, and radiance to reveal a lustrous clear complexion, that eclipses the signs of age.

**SOIN MICRO-STIMULATION**  
(60 / 90 minutes) An intensive treatment that helps fight against signs of premature skin aging. A blend of active serums with the MicroPuncture Lab® combine to stimulate collagen production for immediately visible results. The epidermis is plumped and revitalized.

**VITALITY OF THE GLACIERS**  
(60 / 90 minutes) This treatment revitalizes the skin by stimulating the cell oxygenation and dissolving any signs of fatigue. The skin revels in newfound energy and vigor with improved collagen synthesis, for a healthier, refreshed appearance.

**BUCCAL SCULPTING FACIAL**  
(90 minutes) A deeply restorative sculpting facial that works from the inside out. This advanced technique releases jaw tension, lifts facial contours, stimulates collagen and redefines the natural beauty of your face – promoting emotional release, radiant skin, and a more youthful, harmonious glow.

**HYPER-CUSTOMIZED FACIAL**  
Using products that advance the science of skincare to combine the highest quality ingredients with scientific formulations, which improve the skin's structure and quality.

(60 / 90 minutes) Designed to strengthen and regenerate the skin with a focus on the areas that are prone to loss of elasticity as skin ages. Delivering a lifting and tightening massage technique to help improve the tonicity of the jaw lines, cheeks, and eyebrows. Skin is left firmer and with more volume, fine lines are reduced, and texture is improved.

## BRIDAL SKINCARE RITUAL

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Great skin doesn't happen overnight, you will want to start working on a skincare routine at least 1 year before your wedding. Our professionals will design the best game plan leading up to your big day and have your skin healthy and glowing. Consult our Front Desk for a Wellness Consultation appointment to tailor the best program to your needs.



## FAENA GLAM

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Daniela Gozlan is our exclusive Miami-based makeup artist and groomer. Her understanding of bone structure, shadow, and light allows her to draw out beauty effortlessly - from fresh, natural, and glowy to glamorous and dramatic. Daniela runs a team of experts that will enhance your natural beauty for each occasion. (Reservations with 24 hours in advance at the Spa Front Desk).

### SOCIAL MAKE-UP

Whether you want a minimalist look or more glam.

### SIGNATURE / FAENA GLAM

For that extra Glam you need for a Gala, Red Carpet or any special occasion.

### BRIDAL MAKEUP & HAIR STYLING

Professional hair and makeup for a day you will always remember.

### BRIDAL MAKEUP & HAIR TRIAL

You want to have everything set for that special day, so choose the best style and look the way you always dreamed of.

### ADDITIONAL GUEST BRIDAL MAKEUP & HAIR

Although the bride is the queen of the party, you have to enhance her light with your own.

## NAIL STUDIO

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Offering more than just a regular manicure and pedicure, our nail studio serves up the latest trends in nail and hand treatments, and waxing services. Book one of our bespoke experiences while you leaf through the latest magazines or art books.

TIERRA SANTA MANICURE (60 minutes)

TIERRA SANTA PEDICURE (75 minutes)

MANICURE (30 minutes)

PEDICURE (45 minutes)

GEL MANICURE (50 minutes)

GEL PEDICURE (60 minutes)

ULTIMATE MANI/PEDI

with LED Light and IV Treatment

## ROSSANO FERRETTI HAIR SPA

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Merging his passions for art, architecture, fashion and design, Rossano Ferretti and his salons blend refined elements to offer guests a highly cultivated experience. Rossano Ferretti's revolutionary signature approach—"The Method," created with the help of his sister, Lorenza Ferretti—focuses on the natural fall of the hair and is considered one of most significant innovations in hairstyling over the past 40 years. The Method allows the stylist to enhance individual beauty by customizing the haircut according to the specific hair type and characteristics of each client.

### STYLING

Haircut for Women

Haircut for Men

Blow-Dry

Up-Do

Color

Highlights

Gloss

Olaplex

### ROSSANO FERRETTI TREATMENTS

Nano Keratina

Hair Botox

Hair Extensions by Consultation

Makeup with Daniela Gozlan

# 5

## WELLNESS & MOVEMENT

The Tierra Santa fitness facility blends sophisticated training and smart technology in the purest and simplest of settings. Each day, our team of experts opens the door to a new beginning, an opportunity to change your life, improve your health, and enhance your body.

*Certain services are performed by third party providers.*

*These service providers and all of their employees are independent contractors, not employed by, or in any joint venture with, Faena Hotels & Residences, LLC, Faena Hotel Miami Beach or the Tierra Santa Healing House Spa. The availability of the Services does not constitute an endorsement or recommendation of the Provider and/or Services, nor is it a warranty or guarantee as to any Service to be provided by the Provider or its employees.*



## TIERRA SANTA FITNESS STUDIO

Our oceanfront fitness facility offers state-of-the-art Technogym equipment for a range of cardiovascular and weight training options. The Fitness Studio is open to hotel guests of Faena and Casa Faena, as well as Tierra Santa Day Spa.

## PERSONAL TRAINING

Our team of personal trainers are experts in strength and conditioning, life coaching and nutrition, offering a complete and effective training system. Instructors motivate guests to reach their goals and inspire lifestyle choices through bespoke exercise programs. Training can take place in our Fitness studio, on the deck, or on Miami Beach. Customize your training program to the categories listed below:

- Fat loss
- Weight loss/gain
- Strength and conditioning
- Sports-specific training
- Injury rehabilitation
- Toning

## TIERRA SANTA MOVEMENT STUDIO

The Tierra Santa Movement Studio is dedicated to yoga, pilates, tai-chi, meditation and wellness workshops. The south-facing rooms are filled with warm golden light from sunrise to sunset, offering a sacred space for spiritual connection.

## GROUP YOGA

The highly trained instructors practice the ancient traditions of Ashtanga Yoga, Hatha, and Kundalini. The purpose of yoga is to challenge the mind and body to achieve a higher state of consciousness. Through work and commitment, yoga will help you cultivate mindfulness, peace, and happiness, and enjoy a greater sense of connection with yourself and others.

## PRIVATE YOGA

Our team of expert yoga practitioners offers a range of one-on-one yoga classes from beginners to intense power flows.

## TWIN HEARTS MEDITATION

*(60 minutes)* The guided Twin Hearts Meditation introduces meditators to the work of Master Choa Kok Sui, the founder of Pranic Healing and Arhat Yoga. It is an ancient meditation that focuses on activating the heart and crown chakras as a bridge to illumination. This meditation helps foster a greater sense of calm, stillness, intuition, and wellbeing.

TO KNOW MORE ABOUT OUR EVENTS AND WORKSHOPS FOLLOW US ON IG AND REGISTER IN OUR LINKTREE. @TIERRASANTAFaENA



## TIERRA SANTA WELLNESS COLLABORATORS



### AGUSTINA CAMINOS

Agustina is a Pranic Healing instructor, therapist and spiritual guide, as well as a professor of yoga and alternative medicine practitioner. A graduate of the Institute of Inner Studies in the Philippines, she comes from a family of yogis and has absorbed knowledge of different modalities and healing approaches since childhood.



### CARLOS GOMEZ

Carlos has been studying holistic medicine, as well as preserving and teaching the indigenous curative methods of Latin America, for over 30 years. In addition to providing guidance on products and ingredients used in Tierra Santa, Carlos helped create the spa's unique healing therapies and pre-treatment cleansing rituals that use sound, vibration and palo santo incense to purify the mind, body and soul.



### JARED BISTRONG

A pioneer in the field of Sound Healing, is the founder and director of the Miami Sound Institute & The South Beach Sound Healing Orchestra. He facilitates small and large scale Sound Experiences as part of the Spa and Hotel programming. Jared regularly provides staff and guest trainings and special event sound curation. His Sound Orchestra's signature Full Moon Beach Sound Healing event can be experienced monthly.



### MIAMI LIFE CENTER

The prestigious Miami Life Center practices the ancient tradition of Ashtanga Yoga as it has been taught in India for centuries. Tim Feldmann and Kino MacGregor's humorous, straightforward yet profound teaching style makes them cherished professors whose global following has led them to travel extensively throughout Asia, Australia, Europe and the Americas sharing their practice.



#### DANIELA GOZLAN

Is an exclusive Miami-based makeup artist and groomer. Her understanding of bone structure, shadow, and light allows her to draw out beauty effortlessly - from fresh, natural, and glowy to glamorous and dramatic. Daniela runs a team of experts that enhances your natural beauty for each occasion.



#### MYK LIKHOV

Is the founder of Modern OM, Miami's foremost resource for Spiritual Wellness. He has been a wellness advocate, entrepreneur, and investor since 2007, when he created Green Monkey yoga directly out of Wharton's MBA program. He has since been recognized as a key leader in Miami's spiritual community by numerous media outlets, such as the Miami Herald, LA Yoga Magazine, MindBodyGreen, Well & Good, and more.



#### KEVIN MILLS

A board-certified specialist in orthopedics (OCS), Dr. Mills graduated with honors from University of Miami's Doctor of Physical Therapy Program. He serves as a faculty member at UM's Orthopedic Physical Therapy Residency Program that specializes in primary care, manual therapy, advanced sport rehabilitation, and the treatment of chronic pain. Dr. Mills is a partner at USA Sports Therapy, practicing at Faena and Fisher Island. He is certified in many advanced physical therapy and manual therapy techniques, and is a certified strength and conditioning specialist.



#### DR SWIFT

Dr. Swift is a board-certified plastic surgeon renowned for his contributions to the field of aesthetic medicine. With over three decades of experience, he has trained more than 30,000 aesthetic providers in 58 countries, earning a reputation as a pioneer and leading educator in the field. A frequent author and reviewer of articles in aesthetic journals, Dr. Swift has published on facial anatomy, facial beauty, non-surgical techniques, and complication avoidance & management. Dr. Swift is presently in private practice in Montreal and maintains an active academic position with the Plastic Surgery Divisions of both McGill University and the University of Montreal. He also serves on the global advisory board for many of the world's top cosmetic pharmaceutical companies.



#### JARRED MAIT

Dr. Jarred Mait is a holistic physician licensed in general medicine with degrees from the University of Miami and Washington University in St. Louis. He's dedicated his life to serving others as a Medical Doctor and transformed the way in which people view their health and wellness. In 2015, Dr. Mait blended his nine years of medical training, yoga, nutrition, functional medicine, and life experiences to create a new blend of medicine available through his private practice, Pulse & Remedy, which provides patients with general medical services in addition to holistic and alternative treatments.





# HOW TO SPA AT TIERRA SANTA

## OPENING HOURS

Spa Hours: 9:00am-9:00pm  
Fitness Studio Hours: 6:00am-9:00pm

## ARRIVAL TIME

You are encouraged to arrive 60 minutes prior to your appointment in order to change, relax and enjoy the spa facilities. Please be advised that late arrivals will result in the reduction of treatment time. We invite hotel guests to arrive wearing the robe and slippers provided in their hotel rooms. Valuables should be left in the in-room safe.

## WET SPA

Faena Miami Beach guests are welcome to use the Wet Spa complimentary with a prior reservation. Use of the Wet Spa is subject to availability. We encourage you to come ready to relax leaving your technology behind and in your bathing suit, slippers, and robe. Bathing suits are required as this area is co-ed.

## SCHEDULING AN APPOINTMENT

To schedule a spa treatment, please contact our specialists at Spa Reception who will assist you in choosing a therapy suitable to your needs. Hotel guests can dial 4370 on the in-room telephone or scroll to the Spa button on the in-room iPad. For external guests, bookings can be made online or call + 1 786 655 5570. For Rossano Ferretti please dial 4385 on the in-room telephone, from outside the hotel +1 786-655-5585. We recommend advanced booking.

## SPA ETIQUETTE

Our spa environment is one of relaxation and tranquility. Please respect a guest's right to privacy and serenity. In light of this, Tierra Santa is a mobile phone- and smoke-free zone. The spa provides towels, slippers, shower caps and other amenities for use during your visit. Guests at the age of 16-18 can enjoy select spa services accompanied by an adult. Inquire for more information at the Spa Reception.

## HEALTH CONDITIONS

When making your spa reservation, kindly advise us of any health conditions, allergies or injuries that could affect your service.

## CANCELLATION POLICY

A 100% cancellation fee will be incurred for any no-show treatment, and not cancelled at least 24 hours prior to the appointment.

## PRICES

All prices are subject to an automatic 22% service charge. Prices are subject to change without prior notice. Weekend pricing varies on Fridays, Saturdays and Sundays

## THIRD PARTY SERVICE PROVIDERS

Certain services within this spa brochure are performed and provided by third parties. These service providers and all of their employees are considered independent contractors, not employed by, or in any joint venture with, Faena Hotels & Residences, LLC, Faena Hotel Miami Beach or the Tierra Santa Healing House Spa. The availability of the Services does not constitute an endorsement or recommendation of the Provider and/or Services, nor is it a warranty or guarantee as to any Service to be provided by the Provider or its employees.

**TIERRA SANTA**

**MIAMI BEACH**