

Forbes

How To Survive Art Basel: Miami Beauty And Wellness Guide



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I cover style, beauty and wellness. [FULL BIO](#) ✓

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Miami Beach Coast, Florida (Photo by Hoberman Collection/UIG via Getty Images)

Art Basel Miami Beach draws a stylish, international mix of artists, celebrities and who's who for a week of art, parties and—did I mention the parties? While the artwork is undoubtedly the main attraction, the [art-fueled week](#) has turned into quite the scene.

If you're flocking to Miami for Basel—and all of its not-to-be-missed bashes—it's safe to say that you want to be looking and feeling your best. Lucky for you, the sun-drenched city is not only home to a booming art scene—but a wellness scene too.

And I know this firsthand. From where to grab a green juice or break a sweat, to where to get a manicure or even cure your hangover, I've got you covered. Read on for my go-to beauty and wellness picks that will have you surviving Art Basel Miami Beach like an impeccable pro.

How To Recharge:

Where To Detox Post-Basel:



Faena Hotel

The hammam at Tierra Santa Healing House is one the largest—and might I add majestic—on (+)

Tierra Santa Healing House

For quite possibly the most fitting end to Art Basel, step inside [Tierra Santa Healing House's](#) sprawling 22,000-square-foot spa, located inside the colorful [Faena Hotel](#)—a 2017 recipient of Forbes Travel Guide's highly-coveted Five-Star award. Immerse yourself in South American-inspired healing rituals (shaman-approved) amongst dazzling art installations from [Manuel Ameztoy](#) and ritzy, floral murals by artist Juan Gatti. Their one-of-a-kind, rejuvenating treatments seamlessly harmonize the best of time-honored traditions with the latest technologies in anti-aging. Rest assured that the indigenous, plant-based ingredients are ethically sourced from South America and are hand-blended on-site.

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