


# OCEAN DRIVE

## The 7 Best Massages In Miami

By: [Sarah Finkel](#) | September 2, 2022 | [Lifestyle](#) [Style & Beauty](#)


The Miami lifestyle is nonstop—beach, pool, boat, sun. It's a tough existence. To keep up with the luxurious and glamorous who frolic our shorelines, it's only a given that we check in for some R&R time to beautify and refresh. Luckily, this is a task made easy, considering the plethora of luxury oceanfront hotels that line Miami Beach with first-class spas nestled inside. These seven spas offer the best massages in Miami, relaxing and soothing your body in ways that a poolside lounge session could never.

### Tierra Santa Healing House—Sacred Warrior



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**Treatment:** 90 min, \$350

Featuring one of the largest hammams on the East Coast, Tierra Santa Healing House at the Faena Hotel lives and breathes rejuvenation, inspired by shaman-developed healing processes and South American massage art. The Sacred Warrior massage draws on the powers of Pranic Healing, which centers around the body's innate ability to feel energy as an "unseen" force. While spiritual healing is in motion, you will experience a deeply nourishing Masaje de Coco, considered the "Oil of Life" in South America.