

Robb Report

The Ultimate Spa Guide to Miami

The 15 best places for R&R in the Magic City.

BY KATIE JAMES WATKINSON ON JUNE 5, 2018



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 New Age, 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, whether you're looking for a quick refresh or a full-day of detoxing, relaxing, and beautifying. Consider this permission to indulge.

Tierra Santa Healing House

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.



Tierra Santa Healing House Photo: Courtesy Faena Miami Beach

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, ending with a jasmine-scented steam and calming rose-oil body massage.