

The Spa Rainforest  
at Eau Spa

# Indulge Yourself

During the month of love, South Florida's finest spas stir the senses  
with treatments that raise the pampering bar

BY ALYSSA FISHER



One of the private  
Garden Villas at Eau Spa



**Drunk in Love  
Champagne and  
Caviar Couple's  
Journey**

**Where:** Eau Spa

**Address:** 100 S. Ocean  
Blvd., Manalapan

**The experience:** The aptly named "Caviar Couple's Journey" is an indulgent, five-hour itinerary designed for couples seeking uninterrupted relaxation. It's a luxury also to be enjoyed by singletons, I can attest. The experience has much to do with its laid-back, glamorous environment, designed with an Ibiza oasis in mind.

I was content lying on the chaise lounge before the hourlong Couple's Signature Massage, sipping on fresh coconut water and looking upon the Self-Center Garden. Women strolled through, reaching for a cupcake or an apple, or pouring themselves tea. In the couple's version, I would be in a private villa, customizing everything from the colors of the room to the style of music. There would be free-flowing Champagne, and I would be dining on caviar on the

lanai in the lush garden.

Nevertheless, I was tranquil in my oversized white robe when Sam, my massage therapist, beckoned. I was in for a standard, full-body massage plus a warm-stone back massage and pampering foot treatment. I swallowed a spoonful of local honey to awaken my senses before opting for firm pressure to soothe the tension in my back, the Pause fragrance (out of Pause, Play and Perfect) for relaxation-focused aromatherapy, and a mixture of soft and upbeat melodies. I was in a trance, feeling light on my feet as Sam escorted me back to the lounge, where I had free run of the facility for the remainder of the afternoon.

The true "Drunk in Love" experience would have been followed by a 60-minute facial and private 60-minute pedicure and 30-minute manicure. Once returning to the villa, couples can enjoy an outdoor or indoor hand-drawn bath. This all-encompassing journey doesn't come cheap at

\$1,350, but sometimes we owe it to ourselves to live a little.

**Contact:** 561.540.4960,  
eauspa.com

**Also at Eau:** Eau Spa's mantra is Pause, Play and Perfect. It's this focus that earned it a Five Star rating by *Forbes* Travel Guide. Right off the lobby is a round, bronze room with a candle-lit wishing well to see before wandering the 42,000-square-foot facility. Along with 19 treatment rooms, there's a bath lounge that features scrub and polish bars, saunas, steam rooms and oversized whirlpools with rainfall showerheads. They are steps away from the Self-Centered Garden, replete with dipping pools, hanging chairs, cabanas and massage benches. The spa menu offers everything from skin care to grooming treatments, as well as luscious massages such as the Royal Recovery: a soothing foot scrub and nourishing treatment followed by a head, neck and shoulders massage—and then the finale, a 30-minute foot massage.



### Healing Massage with Himalayan Salt Stones

**Where:** Acqualina Spa by ESPA

**Address:** 17875 Collins Ave., Sunny Isles Beach

**The experience:** Salt continues to have its moment on the wellness scene, with halotherapy rooms promising inhalation benefits that range from stress and respiratory relief to boosts for the immune and lymphatic systems. Acqualina makes its own detoxifying statement with a backlit Himalayan Salt Wall in its Relaxation Lounges—but that's not the only way that salt enhances a serving at the first ESPA-branded spa in the United States.

The new Healing treatment culminates in a full-body massage that incorporates aromatherapy oils and heated Himalayan salt stones. In addition to their anti-inflammatory benefits, the 84 trace minerals that comprise the salt stones are said to balance the body's electromagnetic field and central nervous systems while tapping into the “ancient wisdom hidden within.” At the very least, especially in the expert hands of spa technicians such as Aruba-born Juraine, you'll feel more educated.

Juraine offered moisturizing, toner and cleansing suggestions based on my skin type—the result of the first half of the Healing journey, which includes skin brushing (to eliminate toxins and improve circulation), a full-body exfoliation, an ESPA facial cleanse and a gentle scalp massage. This is an early candidate for the most soothing 110 minutes of 2017—and worth every penny of its \$295 price tag.

**Contact:** 305.918.8000,  
[acqualinaresort.com/spa](http://acqualinaresort.com/spa)

**Also at Acqualina Spa:** Some spas market their facility as “world class,” but this two-story, 20,000-square-foot sanctuary has the credentials to back it up—as evidenced by the Five Star honor bestowed on it by *Forbes*. Along with 11 treatment rooms, Acqualina recently debuted an 820-square-foot Royal Spa Suite, complete with a private steam room, a rainforest shower for two, a pair of treatment beds and a separate lounge area. Amenities include everything from a Finnish sauna and crystalized steam room to an outdoor spa pool overlooking the Atlantic Ocean. While the array of treatments (massages, facials, body treatments, nails and wax, multi-hour private spa experiences) certainly distinguishes the spa, it's the execution and attention to detail that truly sets Acqualina Spa by ESPA apart.

—Kevin Kaminski



The Himalayan Salt Wall  
at Acqualina Spa by ESPA



Post-massage bliss at Acqualina





A petal-filled Jacuzzi  
at Spa Atlantic

### **Red Hot Couples Therapy Package**

**Where:** Spa Atlantic at the  
Atlantic Hotel

**Address:** 601 N. Fort  
Lauderdale Beach Blvd.,  
Fort Lauderdale

**The experience:** The  
oceanfront spa integrates  
natural products with modern  
luxury—and, on occasion,  
chocolate-covered fruit.  
Like this month. Following a  
50-minute hot-stone massage,  
featuring rose oil infused  
with Champagne, couples  
can enjoy a side-by-side  
hot-stone pedicure while  
sipping a complimentary  
glass of Champagne ... paired  
with chocolate-covered  
strawberries.

**Cost:** \$319

**Contact:** 954.567.8020,  
atlantichotelfl.com/spa-  
atlantic

### **Champagne and Truffles**

**Where:** SiSpa at the Fort  
Lauderdale Marriott Pompano  
Beach Resort & Spa

**Address:** 1200 N. Ocean  
Blvd., Pompano Beach

**The experience:** Senses will  
be piqued in the quiet Spa  
Sanctuary with products  
featuring decadent chocolate  
and other winter aromas  
(such as the detoxifying  
and hydrating chocolate  
mud masque). The package  
includes a 50-minute  
body treatment (\$99), an  
80-minute deluxe body

treatment with an additional  
25-minute massage (\$150) or  
an 80-minute manicure and  
pedicure (\$89). Throughout  
the month, when guests book  
a couple's massage, they  
can enjoy complimentary  
aromatherapy and a bottle of  
Prosecco.

**Contact:** 954.944.9528,  
marriott.com

### **Ultimate Package**

**Where:** Heavenly Spa by  
Westin at The Westin Fort  
Lauderdale Beach Resort

**Address:** 321 N. Fort  
Lauderdale Beach Blvd.,  
Fort Lauderdale

**The experience:** If you  
can't decide on a treatment,  
consider trying them all.  
The Ultimate Package is  
230 minutes of bliss, from  
the Heavenly Spa Signature  
Massage—a Swedish  
massage following a heated  
compress—to the Heavenly  
Body Scrub with blended  
sea salts and essential oils. A  
facial, manicure and pedicure  
round out the luxurious  
experience.

**Cost:** \$485

**Contact:** 954.245.3040,  
westinfortlauderdalebeachspa.  
com

### **aLaya Ritual**

**Where:** aLaya Spa at  
Bonaventure Resort & Spa  
**Address:** 250 Racquet Club  
Road, Weston

**The experience:** This  
105-minute signature service  
incorporates three luxurious  
treatments. It begins with

a full-body exfoliation  
scrub, followed by a soufflé  
mask infused with natural  
grape seed oil, which is  
rich in Vitamin A and E to  
rebuild collagen and repair  
dehydrated skin. The Ritual  
concludes with a one-hour  
full-body massage with the  
spa's essential oil blend to  
stimulate circulation and  
relieve muscle tension.

Many of aLaya's services  
use ingredients found in the  
Florida Everglades, such as  
tea tree and bamboo.

**Cost:** \$220

**Contact:** 954.349.5500,  
bonaventureresortandspa.  
com/spa

### **The Ginger Rub Massage**

**Where:** Bliss Spa at W Fort  
Lauderdale

**Address:** 401 N. Fort  
Lauderdale Beach Blvd.,  
Fort Lauderdale

**The experience:** The trendy,  
1950s-inspired spa boasts a  
menu of massages targeting  
specific areas of the body.  
The Ginger Rub is perhaps its  
most popular: freshly grated,  
circulation-stimulating ginger  
root is briskly massaged  
onto the skin with warm  
detoxifying essential oils,  
followed by a warming foil  
wrap. A full-body massage  
ends the 105-minute  
treatment, relieving any  
lasting tension.

**Cost:** \$225

**Contact:** 954.414.8230,  
wfortlauderdalehotel.com/  
fort-lauderdale-spa ■



SiSpa treatment