



The first-class Carillon Miami Wellness Resort is part of a large complex with two condo towers, three pools and superlative spa facilities.

# Carillon Miami offers perfect spa treatment



ROCHELLE LASH

Slimmer, stronger, sunnier.  
A visit to Carillon Miami Wellness Resort in Miami Beach virtually guarantees that you will lose weight and water, boost your cardio factor and reduce your stress level.  
It sounds like a miracle cure, but it can be done quite easily, with a little participation and a dash of motivation. The Carillon Miami is an exceptional wellness getaway with nutritious-delicious cuisine, superlative spa offerings and fabulous fitness options, all a convenient elevator ride away from your deluxe hotel suite. There are no excuses.  
It is almost impossible to compare Carillon Miami's prices to those of other South Florida resorts, because if you are interested in wellness, this is a million-dollar experience that includes as many as 40 fitness classes a day and access to therapeutic spa baths.  
Located on famed Collins Ave. at 68th St., Carillon Miami is a striking 15-storey glass tower that is home to 150 luxurious one- or two-bedroom suites, plus

the casual-chic bistro Thyme, three heated swimming pools (one is for adults only) and some of the most impressive spa installations in Florida.  
It's a first-class destination with a beautiful, pristine beachfront, excellent concierges, several spa-wellness concierges and a boutique of active clothes and beachwear. I loved the convenience of this resort — everything is only an elevator ride away and the pool and beach are right outside the doors.  
Choose your own path. You can go blissfully indulgent with an easygoing rhythmic stretch class and deep-tissue massage therapy, followed by a club sandwich and ice cream for lunch on the patio; or you can work out at H2O Cardio and Power Strength, then think lean with gazpacho and a Thai lettuce wrap, before you head off to Killer Core.  
**Spa:** Canadians who love Nordic spas will feel at home here. Carillon Miami's Thermal Experience hydrotherapy circuit is an inner spa sanctum that features an "igloo shower," whirlpools, a foot spa, an aromatic steam room and a sauna. Repeat the cycle of hot and cold and you boost circulation and reduce muscle tension. There are dual circuits, one in each of the men's and women's locker-rooms.  
Once suitably mellow, you can wind up on a heated relaxation



Carillon Miami offers more than 40 fitness classes and workshops every day at no extra charge. PHOTOS: CARILLON MIAMI WELLNESS RESORT

bed to await one of Carillon Miami's exceptional spa treatments.  
Men can choose from a customized menu that includes the Muscle Melt Massage, the Power Pedicure and the Refining Face Treatment. Juniors like the Teen Clean; and women go for the Couture Facial or the non-surgical "lift," as well as such prettifying bodywork as Seaside Detox or the North Breach Drift, which includes exfoliation.  
You can take the wellness factor up a notch and book personal consultations for nutrition, workouts, therapeutic acupuncture or IV therapy, which gives an intense vitamin boost.  
**Fitness:** The dynamic calendar of fitness classes — also in your visit

— includes off-Broadway dance, water fitness, boxing, stretching, spin cycling, Pilates, as well as progressive paradigms such as Gyrotonics that use apparatus to expand the body's performance.  
Kids (ages five to 13) can join parents in family dance, yoga or rock-climbing on the two-storey indoor wall.  
For corporate groups, Carillon Miami sets up team-building exercises, sunrise yoga or boot camp, with laid-back evenings of movies or cooking demos.  
**Food & drink:** Thyme is the place for all-day dining with ocean views and choices that are either health-conscious or indulgent, or both.  
Thyme's dinner menu features a bounty of Florida seafood,

grass-fed beef and heaps of fresh veggies, with Asian and Mediterranean accents. Starters include scallops with Thai pesto, Asian duck soup, tuna with wasabi or grilled octopus with citrus. Main courses might be lobster risotto, duck confit, beef curry with lemon grass, rack of lamb or a stir-fry.  
You can customize spa-inspired meals with gluten-free and organic dishes like red snapper steamed in ginger broth, prawns with pomelo and lime, or a vegetarian chickpea tagine.  
You'll never be hungry — or thirsty — and everything is so light and fresh. The poolside Cabana serves iced drinks, salads and sandwiches. The Juice Bar at the Spa prepares smoothies, muesli and energy snacks. The Carillon Lounge has happy hour daily and live music on Fridays and Saturdays. The lounge's wellness cocktails are blended with organic spirits and super-juices.  
**Purchase power:** Carillon Miami is part of a residential-hospitality complex that includes two condo buildings. It's a captivating lifestyle that starts with a luxurious oceanview apartment and adds all the wellness, water sports, sun, sand and sea that you might care to enjoy.

## IF YOU GO

**Carillon Miami Wellness Resort:** 866-800-3858, carillonhotel.com; 6801 Collins Ave., Miami Beach, Florida. Pet-friendly. Carillon Spa: 866-276-2226.  
**Price:** Rates fluctuate. In low season, May to Nov., one-bedroom suites start at approximately \$495 US, for two; in high season, Dec.-April, starting rate is \$695 US. Resort fee of \$35 covers the Thermal Experiences hydrotherapy circuit (ages 14 and over), more than 200 fitness classes weekly, swimming pools/hot tubs, Wi-Fi, nightly turndown, daily newspaper, beach setups.  
**Extra:** Spa treatments; in-suite dining; valet parking: \$40 overnight, \$20 for day visits or \$10 with spa treatment or meal.  
**Thyme Restaurant:** 305-514-7474, breakfast, lunch, dinner daily and Sunday brunch.  
**Tourism info:** Greater Miami: 800-933-8448, miamiland-beaches.com. Visit Florida: 888-735-2872, www.visit-florida.com.

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