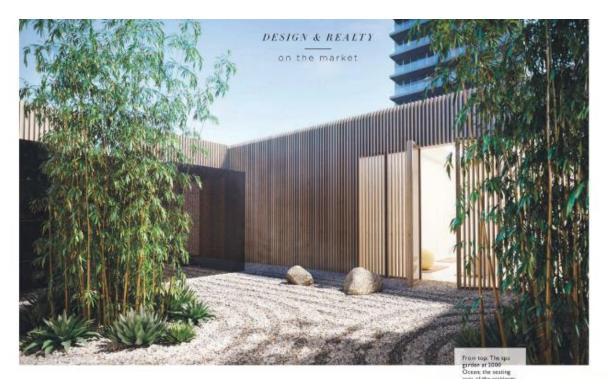
May 2019





MODERN LUXURY



By Riki Altman-Yee

Roman soldiers might have been the first to of those found at Aman resorts (no appreciate the healthful benefits of soaking in hot spring waters, often traveling miles to indulge, but today's urban warriors need not travel far for an equally indulgent reset. Many of Miami's most exclusive high-rises (both standing and in development) are offering residents amenities and services that rival the world's top spas.

Take, for example, Park Grove (parkgrove.com), where guests are invited to enjoy 50,000 square feet of amenities, including their own private, 5-acre refresh owners post-workout. garden designed for outdoor meditation, Pilates and yoga, plus a full-service spawith aromatherapy steam rooms, saunas and a whole-body fitness center. Una Residences (unaresidences.com) in South Brickell will offer a spa reminiscent

coincidence since developer Vladislav Doronin is Aman's chairman and CEO), and its location provides condo owners quick access to nearly a dozen parks for quiet communes with nature. At The Ritz-Carlton Residences, Sunny Isles Beach (theresidencessunnyislesbeach.co m), the experiences are not as farreaching, but nonetheless impressive with hydrothermal experience rooms and an ice fountain churning out fresh flakes to

Some properties have tucked away little gems, like Jade Signature (jadesignature.com) with its exclusive (for residents only) Tata Harper Spa, while others, such as One Thousand Museum Residences by Zaha Hadid Architects



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(1000museum.com), have an entire floor dedicated to wellness. Reps say condo owners will be slathered in products by Biologique Recherche, one of the tower's official beauty brands, at the indoor/outdoor spa. Turnberry Ocean Club's (turnberryoceanclub.com) entire 31st floor is also designed for revitalization and relaxation, plus residents are granted membership

privileges at the nearby sime Spa and Wellness Collective, where an indoor cycling studio, personal training, massage club and Himalayan salt suites are common. Those who wish to reach even higher can live at Brickell Flatiron, where residents can do "cardio in the clouds," take a therapeutic steam shower, meet with an on-site outrition consultant and personal trainer, and then go for a dip

in the rooftop Sky Pool, all on the tower's 64th floor.

Then there is Gran Paraiso (granparaisoresidences.com), which spread its embarrassment of riches over many levels, incorporating a hammam and hammam shower, garden landscape retreats and a watar pool for aquatic massage therapy, along with multiple tennis courts and purting greens, a golf simulator

room, a bowling alley and a state-ofthe-art fitness studio.

As self-care includes taking in the good things as well as sweating the bad stuff out, 2000 Ocean (2000ocean.com) and One River Point (oneriverpoint.com) have committed to giving their residents access to allorganic, locally sourced, quality ingredients in their restaurants. along with signature health drinks and specifically designed healthy snack menus. One River Point also boasts a high-tech fitness center and provides select spa services and treatments in private poolside cabanas, while 2000 Ocean features a bamboo garden, hammam, ice room and more.

And for those who are equally concerned about the well-being of their favorite furry friends, Oceana Bal Harbour (oceanabalharbour.com) invites pampered pups to its VIP(ooch) pet grooming spa for shampoos and deep-conditioning treatments, haircuts, blowouts, dental cleanings and "pawdicures." After all, life on the beach can sometimes get rough, even for man's best friend.



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