



## DISCONNECT & RECHARGE

WHEN YOU CAN'T  
ACTUALLY TRAVEL  
TO GET AWAY,  
ESCAPE TO A  
FABULOUS SPA. IN  
SOUTH FLORIDA,  
YOU'VE GOT  
YOUR PICK.

BY MICHELLE PAYER

### THE BETSY SPA AND WELLNESS GARDEN

Perched three stories above the ocean on the quiet end (yes, there is one) of Ocean Drive is Miami's only open-air rooftop spa, a well-kept little secret in the Art Deco district. A sanctuary in the midst of the South Beach bustle, this retreat was designed as a Zen garden, with three open-air cabanas and carefully curated treatments inspired by global locales. Each is accompanied by a line of poetry, which is fitting for the hotel named by the *New York Times* as "one of the world's great literary arts hotels." Upon arrival, spa guests receive a Welcome Foot Ritual emulating those performed in eastern cultures as a symbol of respect when entering one's home. Every treatment is intended to harness the earth's energy and encourage well-being. Nothing expresses that philosophy more directly than the "Inner Wellbeing" treatment ("the energy of the mind is the essence of life" –Aristotle), a massage with crystals to open the body's seven major energy centers—its chakras—for total balance. The therapist then finds and breaks up the tension spots, and stretches the limbs (if the client likes) to encourage detoxification and blood flow. A brief but lovely ceremony includes ringing of chimes and gesture to the universe to harness its positive energy. Visit [thebetsyhotel.com](http://thebetsyhotel.com) or call 305.531.6100.