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Located just outside of [Miami](#) in sunny Aventura, Forbes Travel Guide Recommended [Turnberry Isle Miami's new Âme Spa & Wellness Collective](#) transcends the traditional spa experience.

The sanctuary's January opening follows a \$2.5 million remodel that introduced brand-new design elements, spa technology and services, a fitness studio and amenities.

At its core, Âme's philosophy espouses "Wellness is the ultimate luxury," and the spa delivers that with amethyst crystal beds and white marble walls just on the other side of the resort's 300 acres of beachfront tropical paradise.

We recently visited the posh spa for a behind-the-scenes tour and sampling of offerings. It was hard to choose what we loved most about Âme, but here are a few standouts.

The atrium and artwork

As you enter the spa, you'll step into an atrium aglow with sunlight thanks to massive 40-foot curved, floor-to-ceiling windows. Here, a grand staircase spirals up to connect the spa's three floors.

Do yourself a favor and take the stairs in lieu of the elevator to bask in the natural light and soak up the view of the lush outdoor gardens. Make special note of the museum-quality art installations by Swiss-born Ugo Rondinone and Haiti's Tomm El-Saieh.



The Himalayan Pink Salt Room, Photo Credit: Âme Spa & Wellness Collective at Turnberry Isle Miami

The Himalayan pink salt room

Salt spas are all the rage among the health conscious. Breathing in the misty salt is said to help clear the lungs and purify the skin. So at *Âme*, all services begin with a trip to the Himalayan salt room, which is part of the three-stage Wellness Circuit, meant to prep your mind and body.

You'll want to arrive an hour before your appointment to go through the full circuit — 20 minutes in a eucalyptus steam room, 20 minutes in the Himalayan salt room, followed by five minutes in a Swiss warm/cold water shower. If you like, come back post-treatment and do it all over again.

The amethyst massage

The luxury spa's 22 treatment rooms and menu of offerings also received a revamp. The fresh roster consists of 70-plus body and beauty treatments that range from the traditional to the unconventional, making a service choice pretty difficult.

Still, the Alisselle Amethyst Himalayan massage is a guest favorite and one of ours, too. Imagine lying upon a heated bed of finely crushed quartz crystals while a skilled technician kneads your body from head-to-toe with small, warm crystal-filled bags.

The bed also tilts, which helps release the lymphatic system and boost immunity. Basically, it's a two-in-one full-body therapy where you'll walk away with soothed muscles and added pep in your step.

The wellness team

Âme is one of the only luxury resort spas with a full-service medical office. Multi-disciplinary, board-certified clinicians are onsite (as well as on call) from Rezilir Health. Using a blend of Eastern and Western medicine, this team can help you create a personalized wellness strategy.

For more intensive work, check out the three-day packages, which include weight loss and executive performance. They're worth the price tag (approximately \$4,000) and include wellness coaching and product delivery once you've returned home.

The retreats

If you're a spa aficionado, ask about the weekend-long Camp *Âme* retreats that are led by a rotating roster of wellness gurus (plant-based chef Matthew Kenney, July 7 to 9).

You'll also receive dining credit for meals at Corsair Kitchen + Bar and Forbes Travel Guide Recommended [Bourbon Steak by Michael Mina](#), access to the fitness center and two 50-minute spa services.

Every week, the spa also hosts day-long *Âme*-zing Saturday programs, where you can check out Vixen Workouts, boot camps, FitBox and more.