

Fort Lauderdale Daily

[Relax and Feel Refreshed, All Without Leaving South Florida's Shores](#)

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Gold Coast's

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## Relax and Feel Refreshed, All Without Leaving South Florida's Shores

by Melissa Puppo by Lyssa Goldberg by Alyssa Moracci May/June 2017

Whether you're looking to decompress with a relaxing spa treatment, reset with a new nutrition plan, or jump-start a fitness regimen, a stay at one of these 15 resorts is sure to get the job done with the best wellness offerings in South Florida.



### Turnberry Isle Miami

#### *ÂME-zing Retreat*

Imagine being in a bath with jets buzzing over calming music as you sip a glass of Champagne before a 50-minute massage. Now stop imagining and book a weekend at Turnberry Isle Miami. The property's newly renovated ÂME Spa & Wellness Collective offers 70 treatments including standouts like the Fijian Ritual (which starts with a 15-minute milk soak bath), and the Spa Wave Hypnotic Facial (paired with vibrational sounds and color therapy). Experience both (or others) during Camp ÂME, a three-day or two-day retreat hosted once a month by a guest practitioner. On July 7 to 9, plant-based chef and entrepreneur Matthew Kenney presents Plant Food & Wine Retreat, and on Sept. 8 to 10, master yoga teacher Nikki Costello will lead a Wellness weekend (\$1,365/person). Vacation often means more planning than relaxing—where to stay, what activities to schedule, how to maintain a diet or fitness regime. But Camp ÂME takes the brainwork out of it, giving guests tailored itineraries that include nutrition classes, group fitness, spa services, social events, healthy meals and enough free time to tour the property's tropical gardens, sit poolside or go for a round of golf at one of two on-site championship courses. The only task for guests? Simply showing up.

Turnberry Isle Miami, 19999 W. Country Club Drive, Aventura / 305.933.6930 / [amewellness.com/retreats](http://amewellness.com/retreats)