



âme

SPA & WELLNESS COLLECTIVE

âme IS THE NEXT EVOLUTION IN MODERN WELLNESS

A destination spa providing blended experiences of time-tested treatments, the newest technologies, and a world-class collection of traditional, integrative and holistic practitioners within the comfort of Turnberry Isle Miami.

AMPHIBIA BY GHARIENI INDIVIDUALIZE YOUR EXPERIENCE WITH A CHOICE OF COLOR THERAPIES

RED	Revitalizes, activates blood circulation, energizes, promotes vitality, and creativity
ORANGE	Enhances moods, positive thinking, and desire for physical and mental exploration
YELLOW	Liberating and awakening personal power and awareness, extroverted, bright, stimulates healing
GREEN	Harmony and regenerative, hopeful, soothes, creates balance within the rhythm of life
PURPLE	Relaxes and renews, awakens meditative time, place and being, spiritual aspects
BLUE	Celestial and peaceful, cooling, calming, quieting, and cleansing

NATURA BISSÉ

SKINCARE

HYPNOTIC FACIAL BY NATURA BISSÉ

Experience this classic facial on our Spa Wave table, which combines warm, water-filled, pillow-top comfort along with vibrational sound and color therapy. Our aestheticians will analyze your skin and tailor a European facial to meet your skin's needs, leaving it balanced and radiant. Perfect for all skin types. Includes oxygen option.

50 MINUTES \$179

SIGNATURE FACIAL BY NATURA BISSÉ

Our aestheticians will analyze your skin and tailor a classic European facial to meet your skin's needs, leaving it balanced and radiant. Perfect for all skin types.

50 MINUTES \$149

THE CURE BY NATURA BISSÉ

The Cure uses thermoactive enzymes to clean, detoxify, and revitalize the skin. Enzymatic heat opens and softens pores allowing for meticulous extractions, a nano-stimulating, foaming mask moisturizes and revitalizes skin, and refreshing botanical elements close and purify pores. The final touch is a tinted hydration veil which makes your skin luminous.

50 MINUTES \$139

CITRUS-A-PEEL BY NATURA BISSÉ

Let nature's purest vitamins and nutrients renew your skin. Antioxidants refresh and heal sun-damaged skin and help reverse the signs of premature aging. A Vitamin C serum repairs the skin, smoothing texture while stimulating collagen production to renew firmness.

50 MINUTES \$149

AGE DEFYING BY NATURA BISSÉ

Targeted ingredients such as key amino acids, A-E-C Vitamins, and isoflavones work deep within the skin to compensate for the visible effects of hormonal deficiencies. The result is instantly firmer, glowing skin.

50 MINUTES \$159

LA ALTERNATIVA BY NATURA BISSÉ

This wrinkle relaxing solution uses Natura Bissé's Sono Lifting Tuning Fork and targeted ingredients from the Inhibit Collection to dramatically reduce the appearance of expression lines and wrinkles.

80 MINUTES \$199

AGE DEFYING LIP & EYE BY NATURA BISSÉ

This intensive repair treatment restores firmness around the delicate eye and lip areas. The result is a visible reduction of fine lines and wrinkles, as well as restored moisture and elasticity.

ADD-ON \$40

LUMINOUS FACIAL BY SKINCEUTICALS

Incorporating medical grade products, this treatment combines the highest concentration of antioxidants and vitamins to help restore the skin's natural repair functions, while promoting elasticity, and even skin tone. This treatment includes a deep cleanse, skin analysis, facial exfoliation, mask, and scalp massage.

50 MINUTES \$149

RESURFACING FACIAL BY SKINCEUTICALS

Improve the appearance of fine lines, wrinkles, and pigmentation as well as stimulate collagen production. This treatment includes a facial massage, peel, and moisturizer.

50 MINUTES \$149

RECONDITIONING & FIRMING TREATMENT BY SKINCEUTICALS

This treatment is ideal for dehydrated, aging, and environmentally damaged skin. The use of specific cleansing, toning, masque and protective products will leave the skin appearing healthier and firmer.

50 MINUTES \$149

HYDRAFACIAL BY PHYSICIAN'S INSTITUTE

An anti-aging treatment designed to reduce the appearance of acne, hyperpigmentation, congested pores, and uneven skin tone. This state-of-the-art technology employs LED light therapy along with the benefits of the HydraFacial machine to deliver beautiful results. This treatment includes a cleanse, gentle hydra-exfoliation, vortex extraction, and hydrating hyaluronic acid infusion.

50 MINUTES \$149

ORGANIC SKINCARE

PURE & NATURAL FACIAL BY EMERGINC

Natural fruit acids derived from bilberry, sugar cane, and sugar maple rapidly exfoliate dead skin cells to improve skin clarity and texture. Organic grape stem cells, kombucha, spirulina, seaweed, and tea extracts nourish, soothe, and improve skin tone. All skin types. Ideal for teens.

50 MINUTES \$139

BLUE POPPY ENZYME BRIGHTENING FACIAL BY EMERGINC

Smooth and brighten your skin with this high-performance treatment. With a combination of 100% natural ingredients, this facial includes an enzymatic face polish with papaya, raspberry, and mushroom enzymes to smooth, as well as blue poppy seeds to brighten. This facial also addresses uneven skin tone, dehydration, and breakouts.

50 MINUTES \$149

WATER LILY RADIANCE FACIAL BY EMERGINC

Transform your skin with a 100% natural scientific organic facial. Fruit acids gently exfoliate dead skin cells, while extracts of water lily, colloidal oatmeal, aloe, and green tea hydrate the skin and soothe redness associated with sensitive skin. This treatment leaves your skin calm, nourished, and glowing. Perfect for sensitive skin.

50 MINUTES \$149

MEN'S SKINCARE

BALANCING TREATMENT BY ORGANIC OM4 MEN

This facial uses eucalyptus, lavender, white willow bark, tea tree, echinacea, and dandelion to reduce oil production, control shine, and decongest skin. Vitamin and antioxidant-rich nutrients provide age-delaying benefits, smooth and healthy looking skin, while defending against urban stress and free radical damage. Perfect for combination skin.

50 MINUTES \$119

CALMING TREATMENT BY ORGANIC OM4 MEN

This calming face treatment features potent marine ingredients which interrupt inflammation and redness. The combination of spirulina, an ocean mineral complex, kelp, chamomile, green tea, and Irish moss soothes, harmonizes, and rejuvenates even the most hypersensitive skin. Ideal for sensitive skin.

50 MINUTES \$119

AGE-INTERCEPTING SUPER ANTIOXIDANT BY ORGANIC OM4 MEN

This face treatment emphasizes advanced green science to provide the ultimate anti-aging experience exclusively for men. Antioxidant-rich berries and amino acid-fortified grains delay aging and combat environmental stress. Açai, alfalfa, Oregon grape, wine polyphenols, pomegranate and blueberry extracts resurface the skin, minimize lines and pores, and stimulate procollagen synthesis.

50 MINUTES \$119

HYDRATING & BRIGHTENING BY ORGANIC OM4 MEN

This hydro-vitalizing face treatment taps into Mother Nature's wisdom creating a cocktail of drought-resistant desert botanicals to moisturize and brighten the skin. Stoneroot and desert licorice brighten, while ginger, cactus, yucca and sage invigorate, enliven, and lock in moisture. Notice an immediate improvement in character lines and the damaging impacts of subtropical sun exposure. Perfect for mature or dry skin.

50 MINUTES \$119

HOW TO BROW

CLASSIC

Enhance your brows by filling them in. Your brow expert chooses the perfect color to fill in and create a natural looking brow using a combination of long lasting products. You will leave with a Chella Brow Pencil or Cream and a more finished brow.

25 MINUTES \$75

DELUXE

Take your brows to WOW as our brow expert teaches you the art of brow creation. This deluxe brow service includes a brow wax shaping, instruction on how to fill in, highlight, and create a natural looking brow, and an anti-aging collagen eye mask to treat the under eye area. You will take home a How To Brow kit which includes the entire collection of products and the know-how to finish your brows!

50 MINUTES \$120

NON-INVASIVE TREATMENTS

Physician’s Institute of Cosmetic & Reconstructive Surgery has an office located on the 3rd floor of âme Spa & Wellness Collective offering:

DERMAL FILLERS

Keep wrinkles at bay with this treatment which includes Radiesse, Restylane, Voluma, Sculptra, and the client’s own fat.

BOTOX AND DYSPORT

Treat and correct wrinkles, especially around the eyes and forehead with these injections.

CHEMICAL PEELS & LASERS

Improve skin color, texture, and wrinkles with these gentle treatments.

KYBELLA

Erase “double chins” with this treatment. Once a serum is injected into the fat under the chin, fat cells are permanently destroyed.

CUTANEOUS MICRO-NEEDLING

Stimulate new collagen growth, rejuvenate the skin, as well as lighten scars.

PLATELET RICH PLASMA

Restore your hair’s thickness and health.

PERMANENT MAKEUP

Utilizing the latest tattooing techniques.

EYELASH EXTENSIONS

Replace lost eyelashes sand restore eyelash length.

O-SHOT

Enhance the quality and frequency of female orgasms.

INTENSE PULSED LIGHT

Improve skin tone, color, and health.

INVASIVE TREATMENTS

Physician’s Institute of Cosmetic & Reconstructive Surgery has a surgical center located in Hollywood, directly across the street from Memorial Regional Hospital. There they offer an extensive menu with recovery options coordinated through Turnberry Isle and âme Spa. Sample offerings include facial rejuvenation, breast enhancement, body contouring and complicated revisions.

MONALISA LASER

Treat vaginal atrophy, laxity, and mild urinary incontinence.

SCAR CAMOUFLAGE

MEDICAL TATTOOING

Cover sensitive scars using the latest and safest tattooing techniques.

RADIO FREQUENCY SKIN TIGHTENING

Located on the 3rd floor, Elaine Kroytor of the Holistic Rejuvenation Center offers serval non-invasive services through state-of-the-art radio frequency that erases wrinkles, reduces cellulite and tightens the skin without pain or surgery, and no recovery time. Start looking younger after every treatment while producing more collagen.

ZERONA LIPO LASER

Reveal your true shape in two weeks. Remove excess of 3-6 inches of fat from problem areas such as hips, waist, buttocks, thighs and upper arms in just two weeks without pain, diet, or surgery.

6 SESSIONS \$1,500

ULTIMATE REJUVENATING FACE NECK, AND DECOLLATE LIFT

A non-surgical treatment that erases wrinkles, improves and tightens sagging skin, and boosts collagen without pain or surgery and no recovery. The overall result is tighter, brighter, and younger skin with a significant reduction in sags and wrinkles.

90 MINUTES \$550 EA

REJUVENATING FACE LIFT

With this radio frequency, start looking younger and producing more collagen with every treatment. See noticeable results after each treatment.

60 MINUTES \$399

REJUVENATING NECK LIFT

Get rid of double chins and tighten loose, sagging skin “turkey neck” and build more collagen with each treatment.

30 MINUTES \$250

TIGHTEN LOOSE ARMS

4-6 treatments are suggested for optimal toning.

60 MINUTES \$300 EA

ABDOMEN

Optimal results are seen after 2-4 treatments.

40 MINUTES \$250

BUTTOCK

4-6 treatments are suggested for optimal toning.

60 MINUTES \$300 EA

POSTERIOR OR ANTERIOR THIGHS

4-6 treatments are suggested for optimal toning.

60 MINUTES \$300 EA

KNEES

Build collagen and reverse the aging process.

4 treatments suggested.

30 MINUTES \$250

TEETH WHITENING

This is a 15-20 minute cosmetic teeth-whitening procedure that is self-administered with supervision. This procedure is the #1 choice for people with sensitive teeth. Age restrictions apply.

20 MINUTES \$149

SALON

CUT

Women's Cut Only \$50+

Women's Cut+Blow Dry \$90+

Men's Cut \$50+

STYLING

Blow Dry \$50+

Up Do \$100+

NAILS

Classic Manicure \$29

Spa Manicure \$39

Deluxe Manicure \$49

Classic Pedicure \$49

Spa Pedicure \$59

Deluxe Pedicure \$69

Gel Polish \$15

Sculptured Nails \$60+

COLOR

Single Color Touch Up \$90+

Highlights \$110+

Balayage \$180+

12:00 p.m to 4:00 p.m., Sunday to Monday | 10:00 a.m. to 7:00 p.m., Tuesday through Saturday

APPOINTMENTS REQUIRED, ADDITIONAL HOURS AVAILABLE UPON REQUEST 786.279.6400

WELL
BEING
BAR
BY

TRADITIONAL MESSAGES

GHARIENI MLW SOFT EXPERIENCE TABLES

âme is the world's only full showroom of Gharieni ultra-luxe spa beds and equipment. All massages are performed on the Gharieni MLW SOFT. With its pillow-soft upholstery, this luxury treatment table is one of the most comfortable massage tables on the planet.

SWEDISH MASSAGE

This relaxing and toning massage uses time-tested European massage techniques to soothe tight, aching, and stressed-out muscles. Pressure ranges from light to medium.

50/80 MINUTES \$139 / \$209

DUET MASSAGE

This relaxing and toning massage uses time-tested European massage techniques to soothe tight, aching, and stressed-out muscles. Pressure ranges from light to medium.

50/80 MINUTES \$149 / \$220 PER PERSON

PREGNANCY MASSAGE

Using a special massage table designed for pregnancy to protect you and your baby, our therapists perform a gentle massage to relax, destress, and harmonize your body. This is not recommended during the first trimester.

50/80 MINUTES \$139 / \$209

AROMATHERAPY MASSAGE

Aromatherapy taps into the body's limbic system, which is linked to instinct and mood. This massage uses calming aromas to soothe the body and mind. Choose from lavender, rose, frankincense, woody musk, jasmine or ylang-ylang oil – to create your bliss.

50/80 MINUTES \$149 / \$220

DEEP TISSUE/SPORTS MASSAGE

This massage uses firm, deliberate strokes and compressions for those who seek deeper pressure with profound and lasting effects. This massage is especially recommended for active individuals, and those who need to focus on particular muscle groups to aid injury recovery and performance enhancement.

50/80 MINUTES \$149 / \$220

ULTIMATE MASSAGE

Two therapists perform a synchronized full body massage, incorporating Swedish massage techniques of light to medium pressure – doubling the results for relieving stress and tension. Pressure ranges from light to medium.

50/80 MINUTES \$279 / \$399

FIJIAN BODY BUTTER MASSAGE

Transport your body to the South Seas with this tropical massage using your choice of coconut, guava or mango body butter.

50/80 MINUTES \$149 / \$220

IN-ROOM SPA MASSAGE

The massage of your choice will be performed in the privacy of your own suite. This pricing excludes the Ultimate Massage.

50/80 MINUTES \$179 / \$269

NON-TRADITIONAL MESSAGES

REIKI

A Japanese technique to promote healing, administered by light touch, that allows life force energy to flow. Practitioners and clients report that Reiki heals stress, headaches, insomnia, upset stomach, sprains, and other minor conditions. Reiki also promotes psychological healing, including the release of anger, sadness, and other unhealthy feelings.

50/80 MINUTES \$139 / \$209

HIMALAYAN HOT SALT STONE

This full-body massage nourishes the body and relaxes the mind. Hand-carved salt massage stones from the Himalayas are warmed and massaged on the body in specific combinations. The end result is very deep relaxation and a deep sense of peace and well-being.

50/80 MINUTES \$159 / \$239

ALISSELLE AMETHYST QUARTZ

This massage uses a heated quartz-salt mix that creates ionized air, which supports your respiratory system, and produces negative ions, which clear the air of dust, bacteria, and viruses. This is an excellent way to cleanse and detox the lungs as well as support your whole body by increasing lung capacity and oxygen intake. The treatment also boosts the immune system, reduces stress, and aids sleep.

30/50/70 MINUTES \$50 / \$149 / \$199

REFLEXOLOGY

Based on an ancient therapeutic method of relieving pain by stimulating pressure points on the feet and hands, this technique calms the body's nervous system and helps to alleviate discomfort at its source - in the organs, glands, and muscles.

25/50 MINUTES \$65 / \$139

WELLNESS MASSAGE 4D BY GHARIENI

High tech meets high touch with this award-winning new treatment that uses eight table positions, so therapists can effectively and precisely reach every muscle group. With table positions ranging from "RELAX," to float away from tension, to "DEEP" for more direct and intensive work on your back and main muscle groups.

50/80 MINUTES \$149 / \$220

TIBETAN SINGING BOWLS

This energy-balancing treatment includes a 50-minute massage and is the perfect antidote for our modern, distracted, too-busy lives. This sound therapy promotes total relaxation and unification of the body, mind, and spirit. Tibetan Singing bowls are placed on and around your body, and your energy fields are balanced through their resonating sounds and vibrations. 50-minute service excluding massage available \$149.

100 MINUTES \$279

SPA WAVE

Find balance through sound. Based on Quantum-Harmonic-Sound Therapy, this treatment uses an acoustic stimulation massage table to promote deep relaxation and harmony within the body. Audio frequencies, matched to the body's organs and energy centers (chakras), move through gentle acoustic waves to reduce stress, improve sleep, and balance moods.

25/50 MINUTES \$40 / \$70

AMPHIBIA BY GHARIENI UPGRADE AVAILABLE WITH ANY MASSAGE OR FACIAL ADD-ON \$30

The exclusive spa experience lifts your favorite wellness treatment to a new level. The heated water mattress will make you feel light, allowing for a more intensive relaxation. Individualize this experience with a choice of color therapies built into the Amphibia table. Your therapist will help you select the color to support and intensify the result of your wellness treatment.

HYDROTHERAPY SPA EXPERIENCES

SIGNATURE SWISS SHOWER

The TAG Shower is a full-body experience rooted in hundreds of years of European hydrotherapy. Divided into multiple body zones, different temperature water and pressures are delivered to your body at the same time. Using this contrasting therapy and hydro-massage, your attendant will set your chosen hydrotherapy sequence, including relaxation, muscle relief, body toning, or invigoration.

Part of the Wellness Circuit.

20 MINUTES \$60

SALT BATH FLOAT THERAPY

Immerse your body in a state of deep relaxation as you float in this exceptionally buoyant tub. Eight hundred pounds of salt relaxes muscles and releases muscle tissue pain. As your body recovers from stress, natural endorphins are released and your busy brain calms down, awash in alpha waves associated with relaxation and meditation.

SERIES OF 1/5/10 SESSIONS \$120 / \$480 / \$840

ORGANIC BODY THERAPIES

FRENCH GREEN CLAY, SEAWEED, GRAPE STEM CELL DETOX WRAP

This body wrap begins with a gentle ginger-lime sugar exfoliation to improve skin tone, suppleness, and texture, which is followed by a detox mask to renew and revitalize skin. A final application of hydrating body butter leaves your skin renewed and hydrated.

50 MINUTES \$139

ALMOND-ORANGE FRUIT & NUT BODY POLISH

This polish begins with an application of a Citrus Kombucha BodyWash combined with a fragrant Almond-Orange Fruit & Nut Scrub.

Warm, scented towels lightly buff your skin and remove the scrub. After a complete exfoliation, a nourishing body butter is applied to hydrate and tone your skin.

50 MINUTES \$139

SPA RITUALS

âme's signature Ritual Suite features private duet comfort offering two luxurious Gharieni massage tables, lounging area, changing area with a vanity; spacious two-person shower, and separate two-person tub with vibrational, Chroma-therapy; and Bluetooth music capabilities. All rituals can be done as an individual service.

FIJIAN RITUAL

This journey to Fiji rejuvenates both mind and body. It begins with a luxurious milk soak bath followed by a sugar scrub exfoliation, and a nourishing massage using natural drift nut oils. This healing ritual is topped off with a scalp treatment or a foot treatment. Body butter for the Fijian Ritual is available in these island flavors: coconut, mango, or guava.

100 MINUTES \$299 PER PERSON

THEMAE RESTORIVE RITUAL

Emerge radiant and renewed. This intimate treatment for two begins with a jasmine and mandarin-infused bath soak, which uses green tea to detoxify and sweet almond oil to hydrate. After, an apricot oil and bamboo scrub is applied to exfoliate and hydrate the skin followed by a restorative massage with a hypnotic ylang-ylang, jasmine-scented, and black tea-infused balm.

100 MINUTES \$299 PER PERSON

DIAMOND ROSE RITUAL

Sparkle, shine, and indulge. This sensory treatment is based on the exquisite Damask rose and exclusive diamond dust. Begin your treatment with a luxurious rose oil bath while sipping on a glass of champagne. For sparkling skin, enjoy a tailor-made exfoliating massage using our Diamond Experience Rose Scrub enriched with diamond dust. This beautiful emulsion melts into the skin along with Diamond Experience Rose Mist for a perfectly indulgent anti-aging body polish.

100 MINUTES \$299 PER PERSON

CITRUS DRENCH RITUAL

A Vitamin C soak in a Chroma-therapy tub revitalizes your skin, while a Vitamin C body scrub enlivens and restores. This dynamic antioxidant is a triple-threat: Vitamin C firms, restores, and rejuvenates the skin. The end result of this delicious journey is luminous, well-nourished, spectacular skin.

100 MINUTES \$299 PER PERSON

LIBRA™ BODY SCRUBS BY GHARIENI

The new Libra table invites you to lie on a heated water mattress while a choreographic variety of aqua showers grace your body, mind, and soul. The built-in music system surrounds you with soothing sounds while the Chroma-therapy on the shower arm and the mattress tailor the experience to your specific wellness needs.

BAMBOO SCRUB

The Bamboo Scrub eliminates toxins and dead cells, prevents dryness, and combats the signs of aging. Bamboo microparticles massage and exfoliate skin, as well as purify and remove impurities from the skin's surface. Thanks to its extraordinary properties - anti-inflammatory, healing, soothing, protecting, and hydrating - your skin will look soft, luminous, and completely renewed.

50 MINUTES \$139

CITRUS DRENCH SCRUB

Drench your skin with energizing nutrients with this body treatment. Ideal for skin that has suffered sun damage or environmental damage from free radicals, this body wrap restores elasticity to the skin and provides an intense hydration. Natural ingredients, such as crystallized honey, shea butter, ascorbic acid, and orange juice, protect the skin from dryness and premature aging, while rejuvenating and firming the skin.

50 MINUTES \$139

O2 BODY PERFECTION PEEL

The O2 Body Perfection Peel heals skin that has been damaged by the sun or by free radicals in our environment. This body wrap restores elasticity to the skin and provides an intense, deep hydration.

50 MINUTES \$139

ADD ON STEAM COCOONING TO ANY BODY CARE TREATMENT

A private cocoon that offers an intense steam treatment experience. An established treatment against cellulite, the steam cocoon also increases your metabolism, supports detox, and assists with weight loss.

20 MINUTES \$25

AYURVEDA SUITE BY GHARIENI

Ayurvedic medicine is a 5,000-year-old healing system that originated in India. The name in Sanskrit refers to the “science of life” and it’s based on three basic body types called Doshas: Vata for air; Pitta for fire; Kapha for water and earth. These treatments are designed to promote health and harmony in the body; assist in skin cell rejuvenation, improve circulation, release energy blockages, and dissolve stress.

SHIRODHARA

Shirodhara begins with a thin, gentle stream of warm herbal oil to the third eye to quiet the mind and soothe the senses. A nourishing and conditioning oil, enhanced with Ayurvedic herbs matched to your Dosha, is massaged into the hair and scalp. This treatment includes a vital energy point aromatic face treatment and a full-body massage. 50-minute service excluding massage available \$149.

80 MINUTES \$279

ABHYANGA MASSAGE

This classic massage from India is an Ayurvedic-based oil massage that calms the nervous system and balances the mind, while stimulating the circulation and lymphatic systems. This massage is performed using traditional Ayurvedic sequences and techniques.

50 MINUTES \$149

DOSHA BALANCING

Our Dosha Balancing massage is performed with warm herbal-infused Ayurvedic body oils. The Dosha-specific oils are chosen for your body type and prepared in traditional Ayurvedic methods through warming without losing the potent healing properties of the herbs. A warm herbal massage helps to detoxify and nourish the nervous system. The massage oil used in each treatment is carefully selected based on your constitutional needs and elemental make-up.

50 MINUTES \$149

AYURVEDIC HERBAL REJUVENATION

This treatment is the heart of our Ayurvedic Rituals program. Adapted from traditional PurvaKarma detoxification and rejuvenation therapies, the treatment includes a botanical mask, exfoliation, dry brush massage, aromatherapy, marma face points, and a hot towel body wrap or Ayurvedic herbal wrap. It combines the most popular spa treatments into one divine experience that leaves the skin soft, smooth, and nourished by warm herbal-infused Ayurvedic body oils. The treatment strengthens the immune system and helps eliminate stress and anxiety.

50 MINUTES \$149

WELLNESS CIRCUIT

Prepare your body to receive the maximum benefits of any spa treatment by arriving an hour early to journey through âme’s signature Wellness Circuit. Located in both the men’s and women’s locker rooms, our Wellness Circuit enables enabling you to make the most of the earth’s natural healing resources, and is our gift to you:

FIRST STOP: AROMA, CHROMA & MUSIC THERAPY STEAM ROOM

A holistic practice of caring for the body through the use of natural scents and essential oils, with the power to awaken and stimulate or relax and promote sleep. Like water and heat, light is a fundamental life force. The integration of colored lights – ranging from airy blue to sensual red – plus steam, creates a therapy environment rich with warmth and mood. Steam cleanses and nourishes the skin. It also softens the muscles in preparation for body and beauty treatments.

SECOND STOP: HIMALAYAN SALT & INFRARED THERAPY SUITE

Our Himalayan salt walls are custom designed, natural, safe, and have no side effects. A majority of people who visit salt rooms on a regular basis find relief from a variety of respiratory and skin conditions, as well as aiding in recovering from surgery. More chronic and acute respiratory conditions require increased frequency and consistency of the sessions. 3-7 times a week for a period of 14-21 days may help to manage the symptoms and provide relief over time.

THIRD STOP: SIGNATURE SWISS SHOWER

TAG Shower is a 5 minute full-body experience rooted in hundreds of years of European hydrotherapy. Divided into multiple body zones, different temperature water and pressures are delivered to your body at the same time. Using this contrasting therapy and hydro-massage, your attendant will set your chosen hydrotherapy sequence, including relaxation, muscle relief, body toning, or invigoration. Available as a full-service.

S
S
E
N
T
E

FITNESS

STATE-OF-THE-ART FITNESS CENTER

âme Spa & Wellness features a 3,600 square-foot, state-of-the-art gym offering Life Fitness signature series strength and conditioning equipment. All Life Fitness cardio equipment includes WiFi, allowing you to access the internet, check email, and update social media during a workout. Private sessions and group classes are available. Guests and Members have 24-hour fitness center access through the side door.

GROUP CLASSES

The Fitness Center offers weekly fitness classes, including H.I.I.T*, Indoor Cycling*, Total Body Workout, Zumba, Yoga, Circuit Training, Core Fit, Strength Upper & Lower Body, Pilates (requires membership), as well as Water Aerobics. All classes require advanced reservations. Check monthly fitness schedule at amewellness.com.

COMPLIMENTARY FOR HOTEL GUESTS *Requires \$25 fee

INCLUDED IN MEMBERSHIP FEE

\$25 PER CLASS / Special pricing available for 12+ classes

PERSONAL TRAINING

Maybe you're looking to trim down. Maybe you've hit a fitness plateau. Or maybe you're injured and need to get safely back on track. Whatever the case may be, if you're ready to get fit, you're ready for a personal trainer.

Special pricing is available for 10+ sessions.

60 MINUTES \$120

CENTER OF INTERACTIVE MEDICINE & HOLISTIC REJUVENATION

Vladimir Turovskiy, DOM and Holistic Therapist Elaine Kroytor CLT provide the âme Spa & Wellness Collective with an extensive program of health through Oriental techniques and European traditions. From nutritional consultation and diagnosis with dietary recommendations, herbal, homeopathic, and supplement prescription. Treatment sessions may include a combination of several offered procedures.

CLINICAL HYPNOTHERAPY

This is the ultimate body-mind therapy. It works directly with the healing powers of your mind to relieve anxiety, control appetite and reduce cravings, quit smoking, and eliminate pain.

\$125

BIO PUNCTURE PLUS MEDICATION COST

Micro-injection therapy includes various homeopathic, vitamin, nutritional, and herbal preparations for cosmetic enhancements, pain relief, or internal problems.

\$80

ACUPUNCTURE PAIN MANAGEMENT

With no side effects, very thin disposable needles are placed in specific points based on the pain location to achieve strong and lasting pain relief.

\$80 / \$125

ELECTRICAL ACUPUNCTURE

Receive the benefits of acupuncture without needles. Ideal for patients with weak constitutions, children, and seniors.

15 MINUTES \$65

GUA SHA

An ancient massage using a gentle scraping-technique. Effective for painful muscles, breaking up spasms, adhesions, and loosening, up scar tissue in injured muscles.

\$50

CUPPING

Traditional Chinese therapy to relieve congestion, both muscular and internal. It can be used locally or in a form of a massage.

\$50

AURICULOTHERAPY

This modern acupuncture technique was pioneered by French doctors and is performed by electrically stimulating reflexes on the ear to affect specific changes within the body.

\$65

TUINA, ORIENTAL MEDICAL MASSAGE / MANUAL THERAPY

Traditional massage manipulation techniques to treat variety of musculoskeletal problems.

\$75

LYMPHATIC DRAINAGE

This therapy uses a gentle, high-frequency sound pulse, to loosen stagnation and assist your body in decongesting your entire lymphatic system. Getting the lymphatic system running smoothly is the key to boosting your immune system, easy weight loss, reducing cellulite, and detoxification.

60 MINUTES \$150

IONIC FOOT DETOX THERAPY

The ionic therapeutic footbath of mineral sea salt water flushes out toxins while energizing the blood.

30 MINUTES \$75

PALEO 14 DAY CLEANSE PROGRAM

A low allergen detox program, designed to reduce inflammation and give the digestive system a break from the toxins and chemicals, found in heavily processed foods. Detox Paleo Cleanse Kit includes pure Pea protein powder, Paleo cleanse powder, amino-detox capsules, plant enzymes digestive formula capsules, convenient blender bottle and a comprehensive patient guide.

\$150

CRYOTHERAPY

Nordic dwellers have long known the benefits of a cold dip after a steam. Our three-minute icy cold treatment combines old wisdom with modern science. The benefits of cryotherapy include athletic recovery, the reduction of fatigue, soreness, chronic pain, and inflammation. It also boosts the immune system, accelerates metabolism for weight loss, and increases collagen production for healthier skin.

3 MINUTES \$89

INFRARED SAUNA THERAPY

The benefits of this unique service include an intensive detoxification through the body's natural process of sweating which also aids in weight loss and skin purification. Relaxation and pain relief are also achieved through heat which relieves muscle tension, joint pain, improves circulation and balances your body's level of cortisol (stress hormone).

A LA CARTE 20 MINUTES \$65

ADD-ON TO ANY SERVICE 20 MINUTES \$25

POLICIES

HOURS OF OPERATION

6:00 a.m. to 7:00 p.m., Monday to Friday

7:00 a.m. to 7:00 p.m., Saturday

7:00 a.m. to 6:00 p.m., Sunday

Spa appointments start at 9:00 a.m. daily.

Resort Guests and Members have 24-hour fitness center access through the side door.

RESERVATIONS

Advance reservations are recommended to accommodate your preferences. Our knowledgeable Spa Coordinators are delighted to guide you to the spa experiences that best suit your needs.

For assistance call 305.933.6930

SPA ARRIVAL AND ETIQUETTE

We recommend that you arrive 60 minutes prior to your first appointment. This will give you time to familiarize yourself with the facilities and to experience our Wellness Circuit. Please note: all treatments end on time regardless of the start time. Also, for the comfort and relaxation of our guests, cell phones are not permitted in the Spa.

AGE REQUIREMENTS

You must be at least 18 years of age to use the spa facilities and fitness center, and to book spa services.

CANCELLATION POLICY

Should you need to cancel or reschedule an appointment, we require a minimum of 24 hours' notice or you will be charged 100% for your total service(s). All packages not cancelled within 24 hours will be charged 100%. Guests who cancel their room reservations also need to cancel their spa services, or they will be considered a no-show. For group cancellations, a 7-day notice is required or scheduled services will be charged in full.

SERVICE CHARGE/GRATUITY

For your convenience, an automatic 20% gratuity is added to all spa treatments.

âme

SPA & WELLNESS COLLECTIVE

âme SPA & WELLNESS COLLECTIVE AT TURNBERRY ISLE MIAMI
19999 WEST COUNTRY CLUB DRIVE AVENTURA, FLORIDA 33180
305.933.6930 • AMEWELLNESS.COM