



# âme

SPA & WELLNESS COLLECTIVE

# âme 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.

---

## WELLNESS CIRCUIT

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

### FIRST STOP: AROMA, CHROMA & MUSIC THERAPY STEAM ROOM

---

This is the holistic practice of caring for the body through the use of natural scents and essential oils. Like water and heat, light is a fundamental life force, and the integration of colored lights — ranging from airy blue to sensual red — plus steam, creates a therapeutic environment rich in remedial elements. Steam also cleanses and nourishes the skin, while softening the muscles in preparation for body and beauty treatments.

### SECOND STOP: HIMALAYAN SALT SUITE

---

Salt therapy offers a variety of benefits including relief from respiratory health concerns, skin conditions, and also aids in recovery from surgery and other complicated procedures. Our Himalayan salt walls are custom designed, naturally organic, and without the risk of side effects.

### 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 water temperatures and pressures are delivered to your body simultaneously. Using this contrasting therapy and hydro-massage, your attendant will set your chosen hydrotherapy sequence.

## GHARIENI

âme is the world's only complete showroom of Gharieni ultra-luxe spa beds and equipment.

### MLW SOFT EXPERIENCE TABLES

---

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 in the world.

### AMETHYST QUARTZ TABLE

---

Warm sand quartz cocoons the body and replicates the benefits of a day spent at the beach. Quartz minerals impart wellness benefits and healing energy, creating ionized air, which supports your respiratory system and produces negative ions to clear the air.

### LIBRA™ TABLE

---

Reimagine a hydrotherapy treatment turned into a luxurious experience featuring unparalleled high tech design that incorporates chromatherapy and sound therapy with its choreographed water pulsations and strengths. Elevate the body to a transcendental state while lying on an air-filled mattress and being surrounded by soothing sounds and warm cascading water.

### WELLNESS 4D

Add-on \$30

---

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. It features 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.

### SPA.WAVE

Add-on \$30

---

The exclusive spa experience elevates your favorite wellness treatment to a new level. The heated water mattress will make you feel light, allowing for a more intensive relaxation. Audio frequencies, matched to the body's energy chakras, move through gentle acoustic waves to reduce stress, improve sleep, and balance moods. Individualize this experience with a choice of color therapies built into the Amphibia table. Your therapist will guide you in the color selection to support and intensify the result of your wellness treatment.

### CUSTOMIZE 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

Y  
A  
P  
A  
R  
A  
P  
H  
Y  
S  
I  
C  
I  
A  
N  
M  
A  
S  
S  
A  
G  
E  
S

---

## MASSAGES

### SWEDISH MASSAGE

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

50 / 80 MINUTES | \$139 / \$209

### DEEP TISSUE SPORTS MASSAGE

This massage uses firm, deliberate strokes and compressions for those who seek deeper pressure with profound and lasting effects.

50 / 80 MINUTES | \$149 / \$220

### 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. This unique massage hydrates the body and calms the mind.

50 / 80 MINUTES | \$149 / \$220

### AMETHYST QUARTZ MASSAGE

Soothe tight, aching, and stressed-out muscles as warm sand quartz cocoons the body and replicates the benefits of a day spent at the beach. Quartz minerals impart wellness benefits and healing energy, creating ionized air, which supports your respiratory system and produces negative ions to clear the air.

50 / 80 MINUTES | \$149 / \$220

### HIMALAYAN HOT SALTSTONE MASSAGE

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 sense of peace and well-being.

50 / 80 MINUTES | \$159 / \$239

### AROMATHERAPY MASSAGE

This massage uses calming aromas to soothe the body and mind. Choose from Soothing (Relaxing), Calming (De-stressing), or Energizing (Reviving).

50 / 80 MINUTES | \$149 / \$220

### REFLEXOLOGY MASSAGE

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.

25 / 50 MINUTES | \$65 / \$139

### 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.

50 / 80 MINUTES | \$279 / \$399

### DUET COUPLES MASSAGE

Share your relaxation bliss with this side-by-side massage — ideal for couples, girlfriends, mother/daughter visits, and more.

50 / 80 MINUTES  
\$299 / \$440 PER COUPLE

### 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. Not recommended during the first trimester.

50 MINUTES | \$139

### 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

---

# LIBRA™ BODY SCRUBS BY GHARIENI

Reimagine a hydrotherapy treatment turned into a luxurious experience featuring unparalleled high tech design that incorporates chromatherapy and sound therapy with its choreographed water pulsations and strengths. Elevate the body to a transcendental state while lying on an air-filled mattress and being surrounded by soothing sounds and warm cascading water.

## BAMBOO SCRUB BY NATURA BISSÉ

Micro-particles massage and exfoliate skin, purifying and removing impurities from the surface of your skin. Healing, soothing, protecting, and hydrating your skin.

**50 MINUTES | \$159**

## FIJI SUGAR SCRUB

Restore your skin to a healthy glow with this unique exfoliating and hydrating treatment using coconut and natural cane sugar.

**50 MINUTES | \$149**

## CITRUS DRENCH TREATMENT BY NATURA BISSÉ

Rich in vitamins and antioxidants, this scrub and wrap combination restore elasticity and rejuvenates the skin. Ideal body treatment for skin that has been damaged by the sun or by free radicals in our environment.

**50 MINUTES | \$159**

## BODY PERFECTION PEEL BY NATURA BISSÉ

All of the benefits of a chemical peel without the harsh abrasion. Using a gentle salt solution, this peel and wrap combination provides an intense deep hydration.

**50 MINUTES | \$159**

## CITRUS DRENCH RITUAL

A vitamin C soak in a chromatherapy tub revitalizes your skin, while a vitamin C body scrub enlivens and restores. This dynamic antioxidant is a triple-threat: firms, restores, and rejuvenates the skin.

**100 MINUTES | \$299 PER PERSON**

---

# SPA RITUALS

Our 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, chromatherapy, and Bluetooth music capabilities. All rituals can be done as an individual service.

## FIJIAN RITUAL

Begins with a luxurious milk soak bath followed by a sugar scrub exfoliation, and a nourishing massage, topped off with a scalp treatment or a foot treatment. Choose from coconut, mango, or guava.

**100 MINUTES | \$299 PER PERSON**

## DIAMOND ROSE RITUAL

Begins with a luxurious rose oil bath for sparkling skin followed by an exfoliating massage using our diamond experience rose scrub enriched with diamond dust.

**100 MINUTES | \$299 PER PERSON**

---

# BODY TREATMENTS

## REIKI

A Japanese technique to promote healing, administered by light touch that allows life force energy to flow. Aids with stress, headaches, insomnia, upset stomach, sprains, and other minor conditions.

**50 MINUTES | \$139**

## SPA.WAVE

This treatment uses an acoustic stimulation massage table to promote deep relaxation and harmony within the body. Audio frequencies, matched to the body's energy chakras, move through gentle acoustic waves to reduce stress, improve sleep, and balance moods. 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 guide you in the color selection to support and intensify the result of your wellness treatment.

**30 / 60 MINUTES | \$40 / \$70**

## TIBETAN SINGING BOWLS

Singing bowls are placed on and around your body, and your energy fields are balanced through their resonating sounds and vibrations.

**50 MINUTES | \$149**  
**100 MINUTES | \$279 includes Massage**

## CRYOTHERAPY

Trigger the power of ice-cold dry air to boost energy and metabolism, improve circulation, relieve pain, and promote collagen production.

**3 MINUTES | \$89**

## LOCAL CRYOTHERAPY

Treats targeted areas, to eliminate joint pain, erase wrinkles, stimulate collagen, and improve circulation.

**6 MINUTES | \$50**

## INFRARED SAUNA THERAPY

Intensive detoxification through the body's natural process of sweating. Aids in weight loss, skin purification, relaxation, and pain relief, while improving circulation.

**20 MINUTES | \$65**  
**add-on to any service \$25**

## FLOATATION THERAPY

Immerse your body in a state of deep relaxation as you float in this exceptionally buoyant tub. Eight hundred pounds of salt relax muscles and release muscle tissue pain.

**30 / 60 MINUTES | \$85 / \$120**

Y  
T  
U  
A  
T  
B

## SKINCARE

### 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**

### HYPNOTIC FACIAL BY NATURA BISSÉ

Experience our Signature Facial on our Spa.Wave table, which combines warm, water-filled, pillow-top comfort along with vibrational sound and color therapy.

**80 MINUTES | \$179**

### THE CURE BY NATURA BISSÉ

Thermo-active enzymes clean, detoxify, exfoliate, and revitalize your skin. Enzymatic heat opens and softens pores; a nano-stimulation foaming mask moisturizes and revitalizes skin; refreshing botanical elements close and purify pores.

**50 MINUTES | \$149**

### CITRUS-A-PEEL BY NATURA BISSÉ

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**

### LA ALTERNATIVA BY NATURA BISSÉ

This wrinkle relaxing solution uses Natura Bissé's Sono Lifting Tuning Fork and deep cleansing physical and chemical peel combination mask to dramatically reduce the appearance of expression lines and wrinkles.

**80 MINUTES | \$209**

### AGE DEFYING FACIAL 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 aging. The result is instantly firmer, glowing skin.

**50 MINUTES | \$159**

### 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

Combining the highest concentration of antioxidants and vitamins to help restore the skin's natural repair functions, while promoting elasticity and even skin tone.

**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, and moisturizer.

**50 MINUTES | \$149**

### RECONDITIONING & FIRMING TREATMENT BY SKINCEUTICALS

Ideal for dehydrated, aging, and sun damaged skin. The use of specific cleansing, toning, masque, and protective products will help to leave the skin appearing healthier and firmer.

**50 MINUTES | \$149**

### AGE-INTERCEPTING FACIAL BY ORGANIC OM4 MEN

This face treatment emphasizes advanced green science to provide the ultimate anti-aging experience exclusively for men.

**50 MINUTES | \$139**

### HYDRATING & BRIGHTENING FACIAL BY ORGANIC OM4 MEN

Notice an immediate improvement in character lines and the damaging impact of sun exposure in this treatment for mature skin.

**50 MINUTES | \$139**

# NON-INVASIVE TREATMENTS

Located on the 3rd floor, Elaine Kroytor of the Center for Integrative Medicine & Holistic Rejuvenation offers several non-invasive services through state-of-the-art technologies, such as radio frequency techniques, cryotherapy and microcurrent stimulation.

## RADIO FREQUENCY SKIN TIGHTENING

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.

Rejuvenating Facelift  
60 Minutes | \$399

Rejuvenating Lower Facelift  
30 Minutes | \$145

Rejuvenating Eye Lift  
30 Minutes | \$145

Rejuvenating Neck Lift  
45 Minutes | \$250

Rejuvenating Face, Neck & Décolletage Lift  
90 Minutes | \$550

Tighten Loose Arms  
*4 – 6 treatments are suggested*  
60 Minutes | \$300 each

Tighten & Contour Abdomen  
*2 – 4 treatments are suggested*  
40 Minutes | \$250

Lift & Tighten Buttocks  
*4 – 6 treatments are suggested*  
60 Minutes | \$300 each

Lift & Tighten Posterior or Anterior Thighs  
*4 – 6 treatments are suggested*

60 Minutes | \$300 each

Tighten & Build Collagen of Knees  
*4 treatments are suggested*

30 Minutes | \$250

## INSTANT CRYO FACELIFT

A blast of cryogenically cooled air that increases collagen production, erases wrinkles, gets rid of puffy eyes and dark circles, for glowing results. **\$50**

## 24K GOLD FACE REJUVENATION

This luxurious treatment, infused with 24K gold, improves skin texture, tone, elasticity, dark spots, and overall glow. **\$149**

## HYDRO FACELIFT – HYDRODERMABRASION

Utilizing water jets, the process breaks up the outer layer of the skin to reveal a smoother, even texture. Repairs aging, congested, blemished, dull, or discolored skin, acne scars, and fine lines. **\$150**

## MICROCURRENT FACELIFT WITH OXYGEN INFUSION

Sculpt and contour the face without surgery using microcurrent. **\$150**

## ZERONA LIPO LASER

Reveal your true shape in two weeks. Remove in excess of 3-9 inches of fat from problem areas such as hips, waist, buttocks, thighs, and upper arms without pain, diet, or surgery.

**60 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.

**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+

## COLOR

Single Color Touch Up \$90+

Highlights \$110+

Balayage \$180+

## 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+

# SALON HOURS

12.00 pm – 4.00 pm, Sunday – Monday  
10.00 am – 7.00 pm, Tuesday – Saturday

**APPOINTMENTS REQUIRED  
ADDITIONAL HOURS AVAILABLE UPON REQUEST  
CALL 786.279.6400**

# CENTER FOR INTEGRATIVE MEDICINE & HOLISTIC REJUVENATION

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

## ACUPUNCTURE PAIN MANAGEMENT

Very thin disposable needles are placed in specific points based on the pain location to achieve strong and lasting pain relief with no side effects. **\$80**

## ADVANCED ACUPUNCTURE

Based on Oriental diagnosis, effective treatment for hormonal imbalance, emotional problems, allergies, insomnia, hypertension, and other complex issues. **\$125**

## SMOKING SECESSION 3-DAY PROGRAM

Four powerful treatments — auricular acupuncture, cognitive therapy, clinical hypnosis, and herbs — combine to achieve a 90% success rate. **\$550**

## CLINICAL HYPNOTHERAPY

The ultimate body-mind therapy. It works directly with the healing powers of your mind to relieve anxiety, control appetite, reduce cravings, quit smoking, and eliminate pain. **\$125**

## BIO-PUNCTURE

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

**\$80 + MEDICATION COST**

## LASER 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 the form of a massage. **\$60**

## 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.

**20 MINUTES | \$65**

## TUINA, ORIENTAL MEDICAL MASSAGE | MANUAL THERAPY

Traditional massage manipulation techniques to treat a variety of musculoskeletal problems.

**15 MINUTES | \$75**

## LYMPHATIC DRAINAGE

Gentle, high-frequency sound pulses used to loosen stagnation and decongest lymphatic system. Boosts immune system and, weight loss, reduces cellulite, and detoxifies the body.

**60 MINUTES | \$150**

## IONIC FOOT DETOX THERAPY

This ionic therapeutic foot bath of mineral sea salt water flushes out toxins while energizing the blood.

**30 MINUTES | \$75**

## PALEO 14-DAY CLEANSE PROGRAM

This low-allergen program is designed to reduce inflammation and give the digestive system a break from the toxins and chemicals found in heavily processed foods. **\$185**



SPAS  
FITNESS  
CENTERS

---

## STATE-OF-THE-ART FITNESS CENTER

âme Spa & Wellness Collective 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 Wi-Fi, 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 Indoor Cycling, Total Body Workout, Zumba®, Yoga\*, Circuit Training\*, Strength Upper & Lower Body, Pilates (requires Club Membership), as well as Water Aerobics\*. All classes require advanced reservations. Check monthly fitness schedule at [amewellness.com](http://amewellness.com).

**\*COMPLIMENTARY FOR HOTEL GUESTS**

**\$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.

**60 MINUTES | \$120**

Special pricing is available for 10+ sessions

---

# âme SPA & WELLNESS POLICIES

## HOURS OF OPERATION

6.00 am – 7.00 pm, Monday – Friday

7.00 am – 7.00 pm, Saturday

7.00 am – 6.00 pm, Sunday

Spa appointments start at 9.00 am 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 complimentary 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. We ask that you refrain from using cellphones to not disrupt the guest experience.

## AGE REQUIREMENTS

You must be at least 18 years of age to book and 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 the full amount for your total service(s). All packages not canceled 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

For your convenience, an automatic 20% service charge 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