



spatravel NEWS



The Palms' tropical gardens give way to the beach, where hammocks await.

south beach HOSPITALITY

Stylish resorts are a dime a dozen on Miami Beach, but it's the rare hotel that offers chic decor with genuine warmth. **The Palms Hotel & Spa** is one of those exceptions, delivering stylish antebellum era-inspired furnishings and the sort of thoughtful considerations you'd expect from a family-run establishment.

Last summer the property debuted **The Palms Spa**—Aveda's only oceanfront resort spa in Florida—which brings the outdoors in with floor-to-ceiling windows overlooking lush gardens. Opt for the Caribbean **MIAMI** Nourishing Body Treatment (\$160, 50 minutes) and enjoy a scrub and detoxifying body masque while you recline in a Jetsons-esque pod called a HydroCapsule—one of only two in the Miami area. Afterward, flaunt your newly acquired glow at the hip restaurants, boutiques, and art galleries just a few minutes away in South Beach. SARAH GREAVES-GABBADON
The Palms Hotel & Spa, The Palms Spa, Miami Beach, Florida, (800) 550-0505, thepalmshotel.com; doubles from \$135

