



WHETHER YOU'RE LOOKING TO DECOMPRESS WITH A RELAXING SPA TREATMENT, RESET WITH A NEW NUTRITION PLAN, OR JUMP-START A FITNESS REGEMINE, A STAY AT ONE OF THESE 15 RESORTS IS SURE TO GET THE JOB DONE WITH THE BEST WELLNESS OFFERING IN SOUTH FLORIDA.

BY LYSSA GOLDBERG, ALYSSA MORLACCI AND MELISSA PUPPO

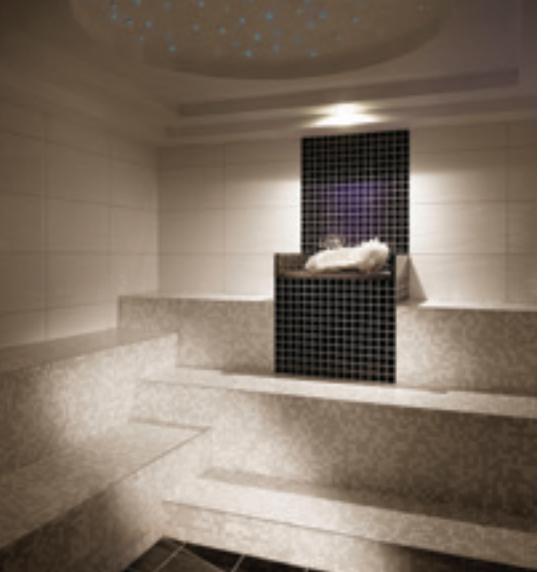
# Healthy Staycations

**CARILLON MIAMI WELLNESS RESORT****Wellness Your Way**

Where else can you expect to find a nutritionist, exercise physiologist and acupuncturist, all on one resort property? Carillon Miami Wellness Resort in Miami Beach offers the total wellness package, from a 70,000-square-foot spa facility—South Florida's largest—to a comprehensive fitness program of more than 40 classes per day. With a personal wellness concierge as your guide, create a custom Carillon experience to fit your needs, whether that's a complete detox or a non-daunting opportunity to jumpstart your health and fitness goals, and take what you've learned home with you. Be sure to visit the spa and take part in Carillon's thermal experience, a circuit of therapeutic water features, including a foot bath, Finnish sauna, experiential rain shower, igloo and

crystal steam room. Guests can also choose from a variety of unique treatments, including the Wellness Compass (\$165), which involves undergoing a health assessment and gaining fitness and nutritional recommendations from the resort's exercise physiologist. Other highlights at Carillon are its on-site Juice Bar, two-story indoor rock-climbing wall and Thyme restaurant, which serves seasonal, mindful cuisine and a new Mind.Body.Spirits wellness cocktail menu of detox drinks like spiked wheatgrass. Ready to book a stay? Go for the new "Wellness Your Way" package, which includes 10-percent off rates, complimentary buffet breakfast for two at Thyme, a \$100 food and beverage credit at any of Carillon's dining outlets, and \$250 spa credit for any spa, salon, health and wellness, or fitness services.

Carillon Miami Wellness Resort, 6801 Collins Ave., Miami Beach / 305.514.7000 / [carillonhotel.com](http://carillonhotel.com)

**EAU PALM BEACH****EAUmm Yoga Retreat**

Those who've visited the Eau Palm Beach's Eau Spa know why the resort is on this list. The 42,000-square-foot sanctuary is an authority on mixing pleasure with pain. The pleasure? A garden with dipping pools and hanging chairs, 19 treatment rooms and a candle-lit wishing well. The pain? Spin to bootcamp classes scheduled daily, or private sessions with certified personal trainers that garner discounted rates toward spa sessions. (Insider's tip: Pick pain before pleasure and follow a workout with the Muscle Melter massage built to address fatigued or aching muscles and joints.) This summer from Aug. 11 to 13, the resort will host a yoga retreat led by celebrity teacher Eric Paskel. Guests can opt to stay with the hotel for two nights (\$799-plus/accommodations, yoga classes and breakfast buffet), or they can purchase all five classes (\$199), or buy each separately (\$60/Friday session, \$45/each Saturday and Sunday session). Classes will range from a high-energy, detoxifying flow on Friday night to a "SoundOff Yoga Experience" on Saturday that uses headphones to pump '80s music through participants' ears.



Eau Palm Beach Resort & Spa, 100 S. Ocean Blvd., Manalapan / 800.328.0170 / [eaupalmbeach.com](http://eaupalmbeach.com)

**HILTON WPB****Early-bird fitness**

Partaking in a bootcamp class is a lot more enjoyable when it's set on the Hilton West Palm Beach's outdoor green lawn. Guests and locals can take part in the class every Saturday morning at 9 a.m. as part of the hotel's health and wellness offerings. The one-hour program (free for hotel guests, \$10 for locals) includes a kick-butt workout taught by local TotalMovement team members. After, attendees can join Jennifer Martin, a regionally known yoga instructor and motivational leader, for a spiritual poolside Vinyasa yoga class also complimentary for guests (\$10 for locals). Next, the Manor is the perfect place to dig in for a recovery meal. Pick from a menu that caters to those looking for a lean meal during their stay. (Pro tip: The TM logo next to certain menu items signifies the dish is under 400 calories—a collaboration between the Hilton and TotalMovement founder Erika Strimer.) A DJ is on hand all afternoon for entertainment as guests enjoy a poolside party. Hit the lawn for games like corn hole, life-size chess and ladder golf. Or, simply relax while soaking in the sun. Recharge with a trip to Provisions—a grab-and-go food option featuring fresh, cold-pressed juices, fruits, sandwiches and seasonally-inspired foods. Hilton West Palm Beach also offers guests a three-day LA Fitness pass, a 24/7 gym and will soon offer Sky Bikes to rent for a day to tour the city. A trip to the beach is an easy two-mile ride away!

Hilton West Palm Beach, 600 Okeechobee Blvd., West Palm Beach / 561.231.6000 / [hiltonwestpalmbeach.com](http://hiltonwestpalmbeach.com)

**HIPPOCRATES****Like the Greeks**

arning: this retreat isn't for those who just want a low-calorie meal and deep tissue massage out of their healthy staycation experiences. At Hippocrates Health Institute, guests are fully immersed in organic, plant-based diets, and exposed to non-invasive and youth-enhancing therapies. The program is for those who want to make a change—a big change. To their diet, way of thinking, lifestyle and overall health. The campus is set on 50 acres of tropical land in West Palm Beach and offers packages like a three-week life transformation program called "Learn, Nourish & Heal," and the weight loss transformation program called "Discover, Transform & Renew." Not ready to commit? The institute hosts an open house during the last Wednesday of every month to offer insight into the programs, and it also presents one-day events like "Yes, You Can Meditate!" (May 6, \$139) and "A Taste Of Happiness" (May 13, \$189). And then there's the vegan lunch and dinner buffet open to the public for \$25 on Thursday and Saturday starting at noon.

Hippocrates Health Institute, 1466 Hippocrates Way, West Palm Beach / 561.471.8876 / [hippocratesinst.org](http://hippocratesinst.org)

**HYDE RESORT AND RESIDENCES****All About You**

**P**lan a trip to Hollywood's hottest new hotel featuring a 40-story tower with 367 shared condo hotel units and 40 purely residential units. Hyde Resort & Residences features a ninth-floor pool with a beautiful oceanfront amenities deck, but that's not all. For guests looking for relaxation, take part in one of two lovely options suitable for a mindful stay. During the Divine Me Experience, soak up the morning sunshine during a one-of-a-kind yoga session on the pool deck led by CFT personal trainers. After, guests can stop by Terrazas, the oceanfront pool bar, and feast on a delicious quinoa salad, vegetable wrap and other foods created with fresh ingredients. Then, it's off to eména spa, just steps

Hyde Resort and Residences, 4111 S Ocean Dr, Hollywood / 754.212.3083 / [hydehollywoodbeach.com](http://hydehollywoodbeach.com)

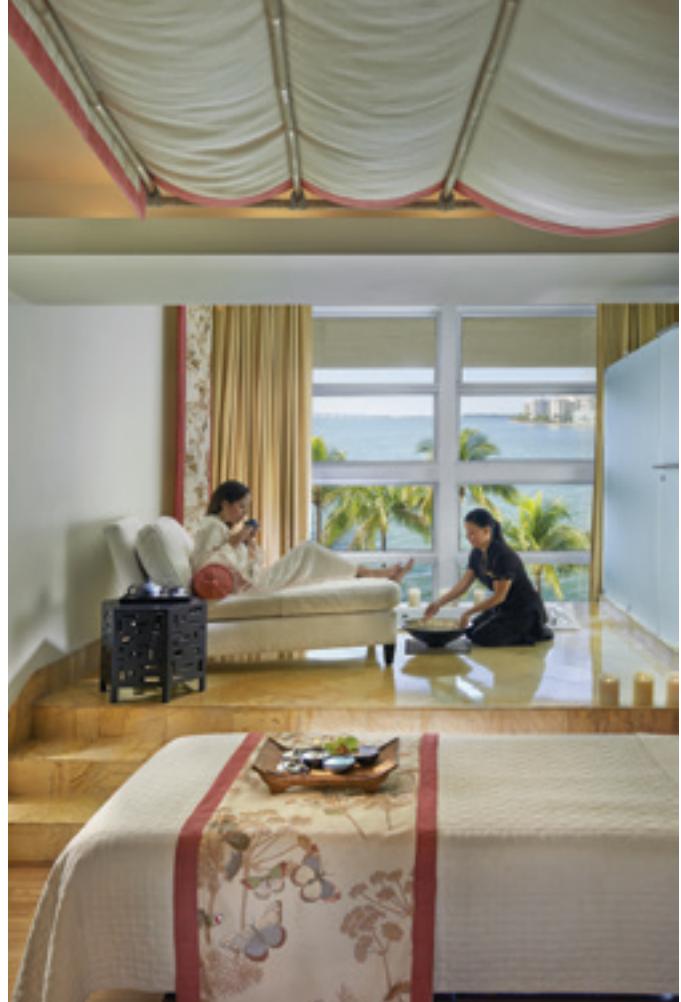
**JUPITER BEACH RESORT****Oceanfront Oasis**

**H**ang out in a hammock, and soak up the sun rays before embarking on a health and fitness adventure at Jupiter Beach Resort. Jupiter's only beachfront resort property, the hotel offers plenty of complimentary fitness programs and outdoor activities, ranging from beachfront yoga to beach cruisers, kayaking and paddle boarding. Guests can fit in a traditional workout at any hour using the 24-hour fitness center, but the resort also offers a lighted tennis court and heated swimming pool. For a fresh seafood meal that you don't have to feel guilty about, dine at the resort's on-property oceanfront restaurant, Sinclair's Ocean Grill. From seared black grouper to cedar plank salmon and lemon pepper mahi mahi, Sinclair's serves up fresh filets without the heaping side of guilt. To rejuvenate mind and body, Jupiter Beach Resort's Opal Spa offers ocean-inspired treatments, like the Quench, "a skin-softening ocean odyssey" that includes the application of exfoliating polish, a toning body mask, and hydrating oils. Another unique offering is Opal Spa's "tapas-style" Sampler experience, which gives guests the chance to select any combination of three 25-minute services. We recommend wrapping up the day with a salad or fresh-pressed juice cocktail at The Sandbar as the sun's about to go down—enjoy ocean views, the waterfall spa, outdoor fire pits, and live music on weekends.

Jupiter Beach Resort, 5 North A1A, Jupiter / 561.746.2511 / [jupiterbeachresort.com](http://jupiterbeachresort.com)



[gulfstreammediagroup.com](http://gulfstreammediagroup.com)

**1 HOTEL****Mind and Movement**

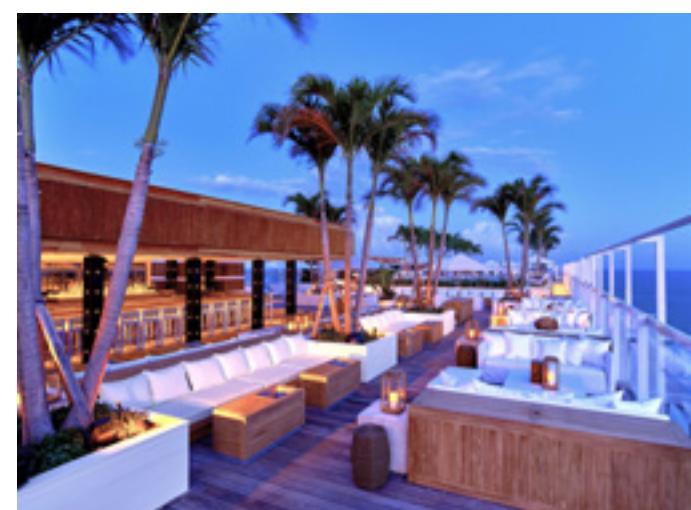
**W**hat was already a leading eco-friendly resort focused on health and sustainability has now launched a brand new wellness trifecta. Since its debut two years ago, 1 Hotel has led the pack of South Beach hotels with features like its complimentary Farmstand, offering seasonal produce in the lobby and Nativ Made, which sells organic grab-and-go eats. The resort has since added other wellness favorites like an on-site SoulCycle studio and Watr at the 1 Rooftop, known not only for white cabanas and sweeping ocean views but also for fresh, clean Hawaiian and Japanese eats like poké and sushi rolls. But that trifecta of additions we referred to? It's comprised of a first-of-its-kind fitness center, an English countryside-inspired spa and a vegan eatery from the chef behind Wynwood's vegan fine dining concept Plant Food & Wine. At Spartan Gym—which was modeled after Spartan obstacle course racing—guests can use equipment like ropes and monkey bars, partake in workout classes that help condition their bodies, or book private sessions with Spartan-certified trainers. Meanwhile at Bamford Haybarn Spa, the first U.S. location from

1 Hotel South Beach, 2341 Collins Ave., Miami Beach / 305.604.1000 / [1hotels.com/south-beach](http://1hotels.com/south-beach)

**MANDARIN ORIENTAL****Digital Detox**

**T**ake yourself an excuse to put down your cell phone—at least for a few hours. If you're looking for a total digital detox, the Digital Wellness experience at the five-star Spa at Mandarin Oriental (one of only five Forbes Five Star Award winners in the state of Florida) will help you disconnect from technology and reconnect with yourself. The spa launched monthly wellness retreats earlier this year, which let guests enjoy restorative treatments, activities like group yoga classes, and mindfulness exercises such as coloring, journaling or meditation. Begin by posting a selfie to social media to announce that you'll be disconnecting, and then relinquish your phone for the daylong retreat. (Don't worry, your most prized possession will be kept safe in its very own cell phone sleeping bag.) We suggest trying the property's new Healing Wave treatment, which was designed exclusively for Mandarin Oriental, Miami and uses singing bowls to send healing sound vibrations through your body. Plus, an added benefit: throughout the massage, the reverberating clangs of the harmonic bowls will call your attention back to the present moment—just as you might be getting a little too lost in the relaxation (we're talking to you, spa-going sleepy heads). Upcoming Digital Wellness retreats at the Spa at Mandarin Oriental are scheduled for May 20 and June 17, and the package includes a healthy bento box lunch with detox juices.

Mandarin Oriental, 500 Brickell Key Drive, Miami / 305.913.8288 / [mandarinoriental.com/miami](http://mandarinoriental.com/miami)



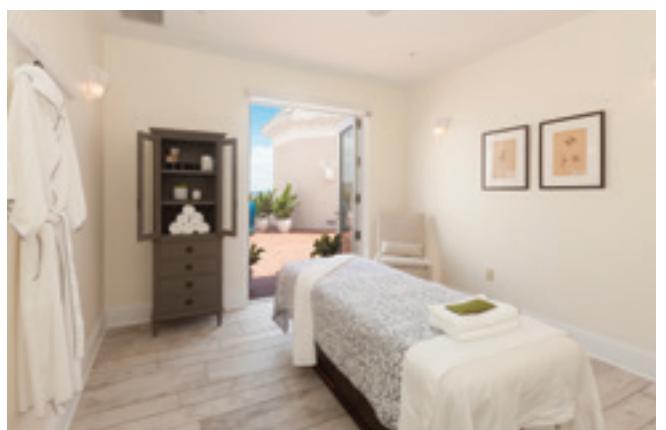
the British lifestyle and wellness brand, unwind in The Woodland Room as a peaceful retreat and enjoy massage treatments or facials with a hands-on, holistic approach. Finally, 1 Hotel's latest offering, Plinthouse, which opened in March, serves plant-based items for breakfast and lunch, such as avocado toast, cauliflower falafel bowls and carrot ginger kelp noodles. Look out for the launch of 1 Hotel's Mind and Movement package, offering vacationers a combined wellness experience at all three destinations. And, of course, if you're looking to reward yourself on cheat day, check out Beachcraft, a farm-to-table restaurant from "Top Chef" judge Tom Colicchio, or the ultra-chic STK steakhouse.

**PALM BEACH MARRIOTT SINGER ISLAND****Spa-Centric Staycation**

**L**ooking for the ultimate spa getaway? One of the best spas in the nation is located right in our own backyard. Named one of Conde Nast Traveler's top 20 resort spas in the U.S. in 2015, SiSpa at Palm Beach Marriott Singer Island Beach Resort is a sea-inspired sanctuary offering treatments that take advantage of the therapeutic qualities of seawater. Make it the focal point of your stay when you book the Journey to SiSpa package, which lets guests enjoy not one, but two 50-minute spa treatments during their stay, plus unlimited use of spa facilities for two. The award-winning spa offers heated marble beds, waterfall showers, a private outdoor Jacuzzi, a relaxation room with its own hot tea bar and antioxidant water, and treatments like the Atlantic Detox Body Envelopment or the replenishing Sargasso Seaweed Experience. For further wellness-oriented recreation beyond the bounds of the beachfront spa, Palm Beach Marriott Singer Island also offers morning yoga and meditation classes; surfing lessons, pedal boat tours, and other water sports; plus a grotto-style pool with a two-story waterfall and water slide, and a separate heated infinity pool.

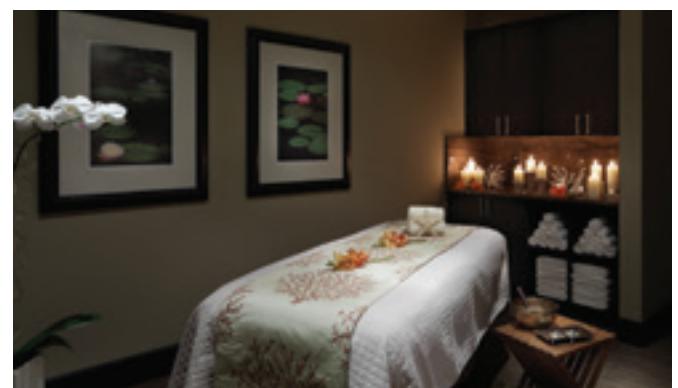
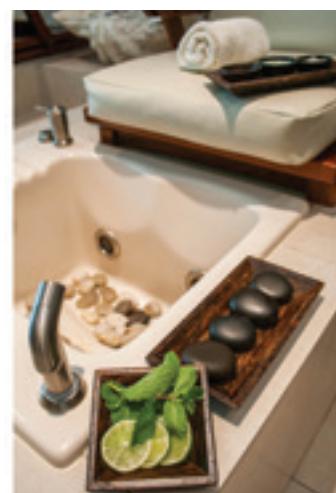


Palm Beach Marriott Singer Island Beach Resort & Spa, 3800 N. Ocean Drive, Singer Island, Riviera Beach / 561.340.1700 / [palmbeachmarriottresort.com](http://palmbeachmarriottresort.com)

**PELICAN GRAND****Paddleboarding at the Pelican**

**A** Key West weekend without the drive? Yes, please. The Pelican Grand brings a laidback, island vibe to downtown Fort Lauderdale with one of the tallest ocean views in the city. Grab a gander from the top during a visit to Pure Spa. Windows on the 11th floor frame an endless blue ocean, a view enjoyed from hanging chairs in the relaxation room while waiting for a treatment. Take healthy skin with you by scheduling the PURE You Facial, 50 minutes of cleansing, extractions, toning and a mask. Next, stop for a bite at the O2K Lounge by the pool and take a leisurely ride down the lazy river before a paddleboard excursion. The "Paddle Away" package (Best available rate plus \$95; through Dec. 31) not only includes a one-hour fitness lesson for two from Fort Lauderdale's Standup Paddle Surf School, but guests also receive their choice of accommodations and breakfast for two each day. Cap off the night with a bit of indulgence at OCEAN2000—you deserve it. Reserve a table outside, just steps from the ocean, or grab brunch before Sunday checkout—the restaurant got a recent mention in *Travel + Leisure* when the magazine announced Fort Lauderdale as the No. 1 brunch spot voted by readers.

Pelican Grand Beach Resort, 2000 N. Ocean Blvd., Fort Lauderdale / 954.568.9431 / [pelicanbeach.com](http://pelicanbeach.com)

**PGA NATIONAL****Waters of the World at PGA National Resort & Spa**

**B**oasting a 33,000-square foot sports and racquet club, multiple golf schools and tennis academies, plus a 40,000 newly revitalized spa, the sky is the limit to how many active and enjoyable experiences you'd want at PGA National Resort & Spa. The fitness facility features state-of-the-art exercise equipment, an indoor racquetball court, a five-lane saltwater lap pool, a spin room with video road mapping, plus more than 70 classes a week like yoga Barre, belly dancing and more. Enter a new realm of relaxation with the resort's Waters of the World Spa Package (\$239 May 1 to 24, \$169 May 25 to Sept. 30) featuring luxury accommodations with private balcony or terrace and full breakfast at the Palm Terrace restaurant. Guests can enjoy a 50-minute spa treatment per day (Swedish Massage, Pure Body Glow Body Exfoliation among others) and access to the Waters of the World mineral pools. The pools feature European healing minerals from the French Pyrenees and wondrous salts from the Dead Sea in Israel. Relax in the sauna or steam room before or after taking part in a fitness class or tennis lesson with the Sports and Racquet Club. Additional wellness packages are offered like the David Leadbetter Gold Academy Package or the Stay & Play Tennis Package.

PGA National Resort & Spa, 400 Ave. of the Champions, West Palm Beach / 800.633.9150 / [pgaresort.com](http://pgaresort.com)

**SEAGATE****Sea Results**

**W**hat's better than a Mediterranean hummus plate with flatbread, Kalamata olives, feta cheese and roasted peppers? A Mediterranean hummus plate with all of the above enjoyed poolside while awaiting a spa treatment at The Seagate Hotel & Spa in Delray Beach. The property presents monthly spa packages—Spring Flowers in May (\$296) and Get Ready For The Beach in June (\$344)—that typically include a massage, facial, manicure and pedicure, and a complimentary cocktail. But wellness doesn't end with the spa. Hotel guests can attend daily yoga, ZUMBA, aerobics and water aerobics classes for \$15 at the fitness center, or they can take up golf or tennis at The Seagate Country Club (\$175/18 holes and cart; \$40/tennis court per hour).

The Seagate Hotel & Spa, 1000 E. Atlantic Ave., Delray Beach / 561.665.4800 / [theseagatehotel.com](http://theseagatehotel.com)

**THE BREAKERS*****Relieve and relax at The Breakers***

**W**atch the sun rise over the ocean while taking a spinning class on the Ocean Fitness Terrace. If that sounds enjoyable, the day's excitement will only continue while staying at The Breakers this spring and summer. Immunity or Recovery juice, anyone? The Beach Club Restaurant will help you reenergize post-spin class. Enjoy offerings with mindful ingredients like kale, ginger, cayenne and grapefruit, and feel free to even add bee pollen, echinacea and spirulina. Next up, lounge by one of the resort's four pools, or take advantage of the luxurious poolside bungalows complete with a personal concierge and head to Ocean House for lunch and to try the Nitro coffee infused with nitrogen for a smooth, creamy pick-me-up. Time for a visit to the spa for a personalized service using either Tammy Fender, OSEA or Erbe products. The Quartz massage is also a fine experience to indulge in where guests actually rest on a bed of warm, flowing alpha-quartz sand, releasing tension and providing hypnotic relaxation. After a quick blowout at the new salon, enjoy some chill time before a relaxing dinner and drinks at Seafood Bar for a well-balanced meal. Retire to your oceanfront room and watch the sunset. Tomorrow is a whole new day of adventure. (From \$369/day)

*The Breakers, 1 S. County Road, Palm Beach/ 561.655.6611  
thebreakers.com*

**TURNBERRY ISLE MIAMI*****ÂME-zing Retreat***

**I**magine 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 May 12 to 14, master yoga teacher Nikki Costello will lead The Vital Body weekend, and on June 16 to 18, premier fitness expert Marco Borges presents a Signature Retreat (\$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 pool-side or go for a round of golf at one of two onsite championship courses. The only task for guests? Simply showing up.

*19999 W. Country Club Drive, Aventura / 305.932.6200  
/ amewellness.com/retreats*