

OCEAN DRIVE

Wellness Guide: Where to Detoxify and Decompress The must-do detox treatments and cleansing therapies in Miami.

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Agua Spa at the Mondrian South Beach

The Sports Club/LA ***Body Detoxification***

The gym handles muscle fitness, but for something more holistic, try this treatment commencing with a foot rub that segues into a deep-cleansing, full-body exfoliation. Seaweed/algae are applied to remove all the toxins and boost energy. A forehead and scalp massage serves as the blissful finale. *\$269 for 110 minutes; The Four Seasons, 1441 Brickell Ave., Miami, 305-533-1199; thesportsclubla.com*