

MIAMI

Spa Superlatives

by Riki Altman | Miami magazine | January 27, 2012

Fatigue's call is never pretty: those dark circles under the eyes... the knot in your neck that doesn't go away... that lower back pain that just won't quit. Zap stress where it hurts and luxuriate to your heart's content with the newest treatments at the city's top soul asylums.

They've Got Male

Zen for Men Package at The Sports Club/LA-Miami

You don't have to be a practicing Zen Buddhist to appreciate this customized retreat "specifically geared for masculine balance." The Zen Body Massage and Gentlemen's Facial is performed with skin type-specific, organic products designed for men. The cost of treatment (\$320 for 130 minutes) also includes access to the gym. *The Four Seasons Hotel, 1441 Brickell Ave., Miami, 305.533.1199, mportsclub.com/clubs/miami*