

The Standard

SPA + LIFESTYLE RETREATS

40 ISLAND AVENUE MIAMI BEACH FLORIDA 33139 TEL: 305.673.1717 [STANDARDHOTELS.COM](https://www.standardhotels.com) ANDRÉ BALAZS HOTELS



“WATER
SANCTUM FOR
SOPHISTICATES”

—Conde Nast Traveler

THE STANDARD SPA, MIAMI BEACH

welcomes you to experience a blissful and playful retreat, just the way you imagined it and more. Immerse yourself in our bayside oasis just moments from South Beach. Escape into our world class holistic and hydrotherapy-centered spa inspired by global bathing cultures, self teaching and integral living. Enjoy our locally sourced, fresh and delicious Mediterranean cuisine. Bask in the warmth of the Miami sun and dive into bayside infinity pool. Unwind, tune out, and remind yourself what it feels like to take a deep breath.

Let new levels of awakening, consciousness and mindful learning soak in.... Allow our lush grounds and restorative amenities to inspire you and your community.

PARTICIPANT PACKAGES INCLUDE:

- + Hotel accommodations
- + 10% off spa treatment and therapies
- + Unlimited access to our hydrotherapy playground

View our spa menu online at StandardHotels.com/Miami





SPA FEATURES

- + Full hydrotherapy spa offering over 40 different massage, bath and skin therapies
- + Hamam with heated marble and belly stone
- + Aroma steam room, cedar sauna and scrub room
- + Cold rain shower
- + Roman waterfall hot tub
- + Arctic plunge pool
- + Large ozonated infinity pool
- + Mud lounge and soaking tubs



HOTEL FEATURES

- + 105 guests rooms
- + Complimentary wireless internet
- + Valet parking
- + The Lido restaurant and Bayside Grill and lounge
- + Outdoor and indoor bars
- + Fitness center & Pilates studio
- + Yoga, Movement & Meditation Studios
- + Guestrooms with outdoor soaking tubs
- + Custom blended Kiss My Face amenities



A photograph of a garden path lined with palm trees and greenery. The path is paved and reflects the surrounding foliage. The scene is bright and sunny, with a clear sky visible in the background. The text is overlaid in the bottom left corner.

“A HOLISTIC
PARADISE”

—Miami Herald



“A MODERN TASTE
OF ANCIENT
BATHING TRADITIONS”

—American Spa Magazine



YOGA, MOVEMENT & MEDITATION

- + Comprehensive and dynamic Yoga, Movement & Meditation Programming
- + Movement center with panoramic bay views, accommodates up to 50 students
- + Bayside dock for sunrise/sunset yoga and movement sessions of up to 50 students
- + Tropical meditation garden that serves 20 mats or 40 cushions
- + Private practice rooms for up to 17 students
- + Pilates and Gyrotonics



LIFESTYLE AND INTEGRAL LIVING SERVICES

- + Acupuncture
- + Homeopathic Physician
- + Personal Life Coaching
- + Fitness Training
- + Nutritional Cooking
- + Naturopathic Services



CUSTOMIZE YOUR RETREAT

Allow us to organize a customized retreat which you curate. Utilize our expansive network of acclaimed spiritual growth teachers, yoga instructors and curriculum facilitators to create the ideal private experience for your group.

- + Seminars, lectures and workshops
- + Spa services and packages
- + Yoga, integral living and lifestyle programming
- + Food and beverage menu
- + Welcome and Farewell Receptions
- + Miscellaneous Options, like cooking lessons, water activities, games and more!

“THE STANDARD
BLAZES A NEW SPA TRAIL”

—Luxury Spa Finder

GET INSPIRED

YOGI HOLIDAY

Invite your yogi crew to experience a memorable retreat filled with private **Anusara** or **Kundalini Yoga** classes, plus **Feng Shui Workshops** to help you find your balance at home and in the office. Nosh on a customized **Health-tox** menu, and when you are done with downward dog let us orchestrate a healthy game of **Bingo!**

ROCKSTAR DETOX

Dive into our **Sound Pool** and give your dancing shoes a break with a **Fetish Pedicure**; revive your skin with an **Anti-Oxidant Facial** but feel free to get dirty in the **Mud Lounge**, plus learn how to create your next after-hours meal with a **Raw Food Cooking Lesson**.



BLACKBERRY CLEANSE

Give your thumbs and your mind a break with **Meditation** and **Acupuncture**, indulge in a **Turkish Hamam Rub and Scrub**, sip on some **Green Health Smoothies** all while separating yourself from your inbox and reconnecting with yourself in the **Soul Temple**.

BE KIND, UNWIND

Embrace the day with a **Sun Salute**, followed by a **Nurturing Holistic Bath** and remind your body what it feels like to breath again with **One on One Yoga**; and end the day with luscious **Cardamom Amber Oil Massage** right before admiring a stunning sunset.

“THE CROWN JEWEL OF THE SPA EMPIRE”

—Florida Travel + Life

CONTACT:

TAMARA ARUJ, Director of Yoga,
Movement & Meditation

TAMARA@STANDARDHOTEL.COM

MINA GOUGH, Spa Director

MGOUGH@STANDARDHOTEL.COM

TEL: 305.673.1717

The Standard