

clean house

THE MUST-DO DETOX TREATMENTS AND CLEANSING THERAPIES IN MIAMI

BY MARIA TETTAMANTI



Agua Spa at the Mondrian South Beach

Agua Spa at the Mondrian South Beach *Seaweed Mask*

The ocean is known for its healing properties, so it's no surprise that seaweed helps detoxify. The Mondrian takes full advantage by combining seaweed and French green clay into a concoction that infuses the epidermis with amino acids, vitamin E, and green tea extract for luxuriously supple, smooth skin.

\$150 for 60 minutes;
1100 West Ave., Miami Beach,
305-514-1950;
mondrian-miami.com

Dr. Etti *Juice Cleanse*

Detox doc extraordinaire Dr. Etti offers a seven-day program cheekily called Sexi Juicing. Each group-guided juice-cleansing program costs \$625 and features organic juices, smoothies, and a final day of kosher meals and festivities including organic vegetarian plates and a closing breakfast ceremony at Dr. Etti's home.

For clients desiring more privacy, she offers one-on-one programs starting at \$975.
5700 Collins Ave., Miami Beach,
305-861-9383; dretti.com

Elle Spa *Red Flower Detoxifying Hammam Ritual*

Hit the women's magazine's first-ever spa for a six-step healing massage that uses aromatic mint tea, coffee, lemon,

quince, orange, and tangerine essences, as well as cleanses, scrubs, soaks, and wraps that are meant to recharge and hydrate.
\$300 for 100 minutes; Eden Roc,
4525 Collins Ave., Miami Beach,
305-531-0000; edenrocmiami.com

Lapis Spa at the Fontainebleau Miami Beach *Bleau Detox*

Reverse your nocturnal overindulging with the Bleau Detox, a three-step treatment consisting of a hydrobath, red seaweed wrap, and energy-boosting drainage massage. The end result is so stabilizing and refreshing, you'll be ready for round two in no time.

\$220 for 80 minutes;
4441 Collins Ave.,
Miami Beach, 305-674-4772;
fontainebleau.com

The Spa at Mandarin Oriental, Miami *Detoxifying Program*

We've got three words for you: almost four hours. The Mandarin's Detoxifying Program uses all that time to rid the body of toxins with a trifecta of algae wrap, aromatherapy massage, and facial assessment that will leave you feeling Zen-sational.

Starts at \$525; 500 Brickell Key Dr.,
Miami, 305-913-8383;
mandarinoriental.com

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

The Standard Spa, Miami Beach *Detox Cleanse*

If you're fatigued from a tough week or sore from a strenuous workout, this therapeutic massage is designed to increase circulation, expel toxins, restore balance, and reduce muscle aches and pains. The added bonus? Each rubdown is performed with aromatherapy oils, body brushing, and a belly massage, and the sisal body brush is yours for the taking.

Starts at \$145 for 60 minutes;
40 Island Ave., Miami Beach,
305-673-1717; standardhotels.com

HOT PRESS

Sexi Juicing's Dr. Etti demystifies the ubiquitous yet often misunderstood trend.



What is the basic idea behind detoxing through weeklong cleanses? You drink your food for six days, giving your digestive system and mind a clean break.

What transpires after a juice cleanse? There is a correlation between juicing and weight loss, reduced inflammation, detoxification, antiaging properties, increased libido, balanced moods, and better homeostasis (metabolic balance).

Share with us an easy-to-make-at-home green juice recipe: Two cucumbers, four celery stalks, one handful of spinach, one peeled lemon, and one apple. dretti.com



A bayfront mudbath at The Standard Spa, Miami Beach

PHOTOGRAPHS BY NIKOLAS KOENIG (STANDARD SPA); PAMELA JONES (DR. ETTI)