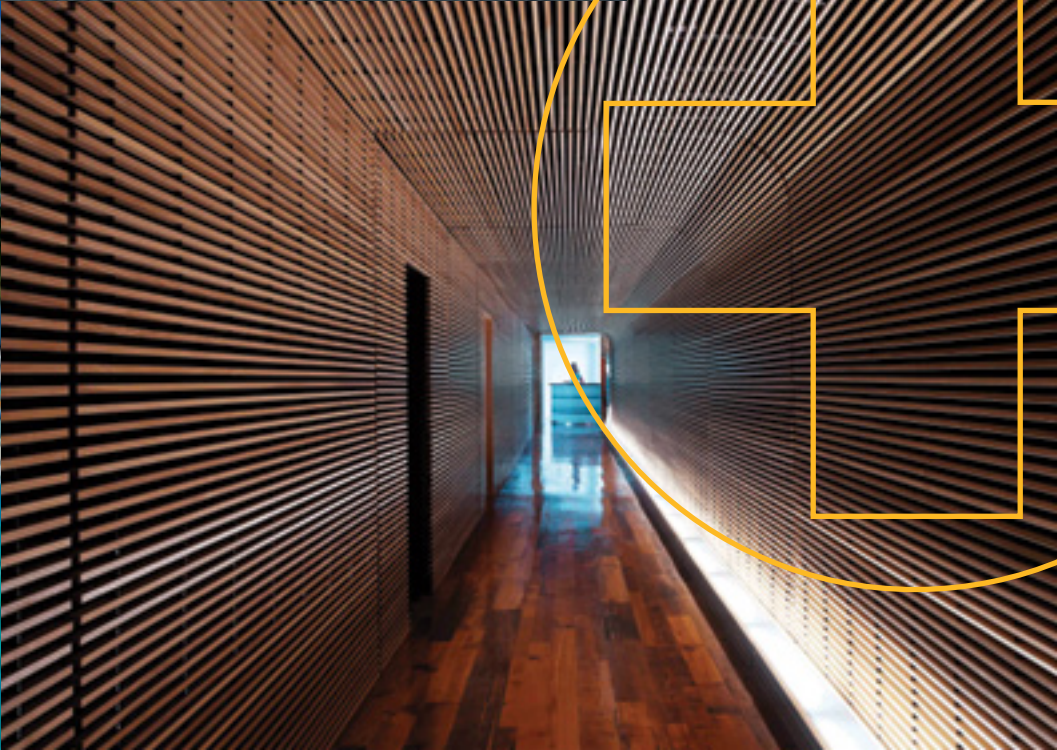
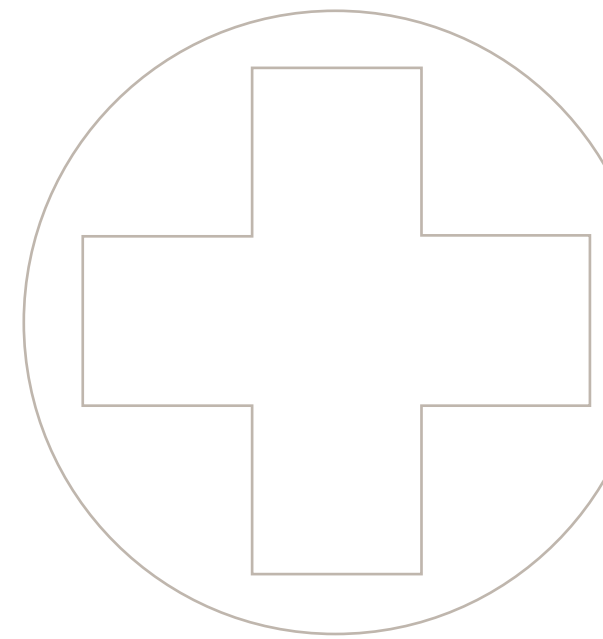


The Standard



THE STANDARD SPA, MIAMI BEACH
SPA MENU

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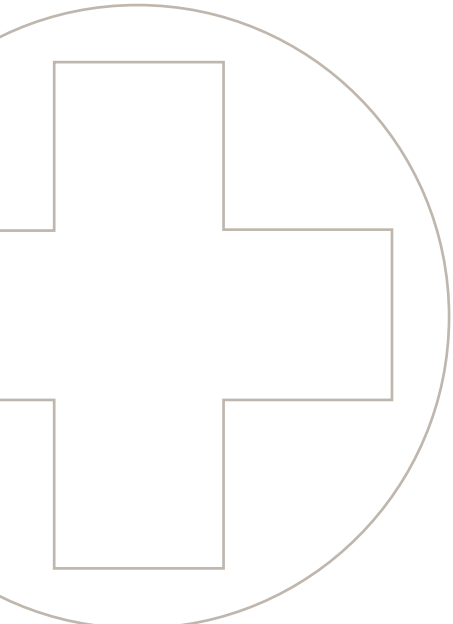
The Standard Spa, Miami Beach is a holistic and hydrotherapy oriented spa hotel inspired by global bathing cultures, self-teaching and healing.

The ancient Romans, Russians and Turks viewed baths as a gathering place for social activity, health, play, mental and physical exercise and dining. Bathing, in its many forms throughout history, has been shown to enliven both mind and spirit. Today's typical spa experience focuses on solitary one-on-one treatments. At the Standard Spa, Miami Beach, we encourage the communal, shared rituals of traditional bathhouses with our "Do-It-Yourself" menu of hydrotherapy. Explore the curative effects of water, steam or mud in our Hamam, Aroma Steam Room, Cedar Sauna, Infinity Pool, Roman Waterfall, Hot Tub and Mud Lounge. If you are in the mood for a more private experience, unwind in the spa or choose from an array of in-room treatments including therapeutic massage, acupuncture, Chinese herbal baths and restorative mind-body therapies. Here you can indulge in a steamy mix of health and hedonism and learn the ageless art of bathing - indoors and out.

Welcome, relax, participate....retreat and enjoy yourself.

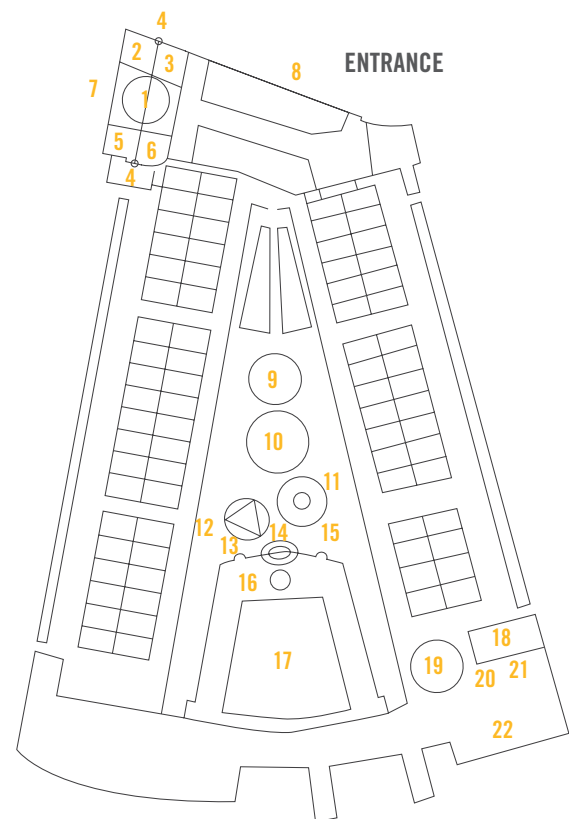
THE STANDARD

SPA MENU



THE STANDARD SPA

Hydrotherapy is an age-old preventative health system for cleansing the body and refreshing the mind. Explore and indulge in our indoor and outdoor hydrotherapy playground. Complimentary for hotel guests.



- 1 Hamam
- 2 Aroma Steam Room
- 3 Scrub Room
- 4 Cold Rain Shower
- 5 Cedar Sauna
- 6 Sound Shower
- 7 Gym
- 8 Bicycles
- 9 Play Space
- 10 Solar Circle
- 11 Garden Fire Lounge
- 12 Shady Swing Lounge
- 13 Outdoor Shower
- 14 Roman Waterfall Hot Tub
- 15 Falling Water Column
- 16 Arctic Plunge
- 17 Infinity Pool
- 18 Mud Lounge
- 19 Sun Salute Circle
- 20 Scotch Hose
- 21 Soaking Tubs
- 22 Sunset Yoga Dock

1 HAMAM Literally meaning “spreader of warmth,” the Hamam raises your body temperature very slowly while you stretch and lounge on heated marble and bellstone. De-stress while the warmth sinks deep into your bones, relaxing sore muscles and joints and easing overall tension. Take the Hamam experience one step further by trying one of the following:

Hamam Baths Submerge in one of the Hamam’s four soaking tubs which can be filled and customized with your own salts and oils (available for sale in the spa shop) to your liking.

DIY Scrub Detox and rejuvenate with marine sea salt scrubs or tropical-infused sugar scrubs (available in the spa shop). Use on yourself or a friend in the Hamam or Scrub Room. The scrubbing removes the skin’s dead surface layer, causing blood vessels to dilate, increasing circulation and improving the function of the sebaceous glands that lubricate the skin and hair. For a full treatment from one of our therapists, try the Turkish Hamam Rub and Scrub or The Standard Scrub.

2 AROMA STEAM ROOM Steam, the original foundation of hydrotherapy, is excellent for your lungs and even better for your skin. Sweat it out, clear your pores and eliminate toxins, while enjoying the soothing aromas of peppermint, eucalyptus or lavender.

3 SCRUB ROOM Our decadent Scrub Room features limestone slabs and high pressure hoses. You and your bath buddy can scrub each other down or schedule one of the special rub and scrub treatments - administered by our professional scrubbers.

4 COLD RAIN SHOWER Cold water showers are an integral part of our cyclic hydrotherapy treatments. These invigorating showers increase circulation, help the body flush wastes and deliver nutrients to your cells. An optimal hydrotherapy cycle consists of alternating between the Cedar Sauna, the Aroma Steam Room and the Cold Rain Shower.

5 CEDAR SAUNA The dry heat of the sauna relaxes, calms, cleanses and refreshes. As the core temperature of your body rises, it increases the production and activity of white blood cells, enhancing your body’s natural defense against disease.

6 SOUND SHOWER Enjoy the lush sensation of free falling water in this circular shower room. A rotating selection of healing sounds from global DJs will change the way you think about singing in the shower forever.

7 GYM FITNESS Our extensively equipped personal conditioning center on the second floor includes resistance, flexibility, and cardiovascular training equipment and features Pilates, GYROTONIC™, free weights, kettlebells and personal training.

8 BICYCLES Explore the neighborhood by land on our beach cruisers. See the Front Desk in the lobby to sign up to borrow them.

9 PLAY SPACE Our central sculpture, The Warrior, is a fitting metaphor for the adventures you can find here if you are willing and fearless enough to let go, participate and explore.

10 SOLAR CIRCLE This grassy open space is for you to read, sunbathe, exercise, picnic or just relax.

11 GARDEN FIRE LOUNGE Snack, sip, relax, nap or sneak a kiss in our shady wicker loungers.

12 SHADY SWING LOUNGE Suspend yourself in time and while away the day under this shadowy trellis.

13 OUTDOOR SHOWER For a basic wet down.

14 ROMAN WATERFALL HOT TUB An 8-foot cascade of 103° water charges the air with calming negative ions. In minutes, under the hot soothing water, pain is alleviated, detoxification is induced – a perfect way to loosen muscles before a massage or after yoga.

15 FALLING WATER COLUMN Three inches wide and twelve feet high, an invigorating stream of water designed to relieve your tight neck, shoulders and back.

16 ARCTIC PLUNGE 50° of chillification! These icy waters will increase your heart rate and kick start your circulation. Muscle contractions get circulation and lymphatic fluid pumping to clean out bodily impurities. For an optimal effect, 30 seconds to one minute is sufficient.

17 INFINITY POOL Float, relax, swim...in our huge Infinity Pool with underwater jet therapy system and ozonated water, overlooking the bay.

18 MUD LOUNGE Get dirty with your choice of Red Earth Detoxifying Mud, Purifying Golden Body Mud or Spirulina Smoothing Mud. Simply ask one of our attendants to serve up the mud of your choice and apply liberally all over your body and face before relaxing in one of our bayside lounge chairs. These algae infused masks tighten up the pores, banish blotchiness, clear toxins and even out your skin tone. \$20 per serving.

19 SUN SALUTE CIRCLE Perfect for lounging covered in mud, picnicking near the bay, stretching and sun worshipping.

20 SCOTCH HOSE These high-pressure hoses with various spray options are designed to move lymphatic fluid, stimulate the blood and ease tension. Great for a post-mud wet down!

21 BAYSIDE SOAKING TUBS After you’ve finished baking in the sun you can soak the mud away. As the mud softens and dissolves in the water it continues to activate and detoxify the skin as a mineral bath.

22 SUNSET YOGA DOCK Deepen your practice bayside with yoga or a delicious bayside massage. Consult our yoga schedule, or see the spa desk for class times and appointments. All outdoor classes and services are weather dependent!

INDOOR BATHS	
Aroma Steam Room Temp	94°F – 110°F, 34°C – 43°C
Air Humidity	85% – 100%
Hamam Temp	86°F – 94°F, 30°C – 34°C
Air Humidity	65% – 85%
Cedar Sauna	165°F – 185°F, 74°C – 85°C
Wall of Sound Shower	Variable temperature
OUTDOOR BATHS	
Infinity Pool	80°F – 86°F, 27°C – 30°C
Roman Waterfall Hot Tub	100°F – 103°F, 38°C – 40°C
Arctic Plunge	50°F – 60°F, 10°C – 15°C
Falling Water Column	Variable temperature

MASSAGE + BODYWORK

Your body is unique 24-hours a day. We honor this complexity with treatments that reach far beyond a classic Swedish or deep-tissue massage. All of our treatments can be customized, using multiple bodywork techniques that support your whole system. Choose from our in-spa or in-room offerings.

THE STANDARD Anything but standard. Our holistically focused practitioners combine multiple bodywork techniques, hydrotherapy, essential oils and awareness to create a highly individualized therapeutic massage experience. Each session includes time for a personal consultation and post massage recommendations.

60 Min. \$145 75 Min. \$175 90 Min. \$205 120 Min. \$255

DETOX CLEANSE We all know the signs – extreme fatigue, dehydration and indigestion – now we know the cure. This dynamic therapeutic massage will increase circulation, expel toxins, restore balance and reduce muscle aches and pains. Complete with custom aromatherapy oils, body brushing and belly massage. The sisal body brush is yours to keep.

60 min. \$155 75 min. \$185 90 min. \$215

THAI ON A TABLE You like the idea of yoga, but you never get around to it... let us do the work for you. This combination of Thai yoga stretches and firm compressions loosens and lengthens sore, tight muscles. This treatment is a great way to help restore balance to your active body and to combat chronic areas of tightness. Done on our plush tables, rather than a traditional Thai mat.

60 min. \$155 75 min. \$185 90 min. \$215

WATER MASSAGE Weightlessness in water facilitates your body to let go of physical discomforts, evoking deep relaxation and profound stillness. Muscle work, stretching and breathing blend the gentle waves and floating movements to a timeless dance.

60 min. \$155

PRENATAL MASSAGE A massage that focuses on the special needs of the mother-to-be as her body shifts to support new life. Relieve swelling, back and neck pain, improve muscle tone and stimulate the circulatory system. Using the mild essential oil blend of orange blossom and extracts of blood orange rind and tomato leaf, this massage will hydrate and nourish.

60 min. \$155

HOT STONE A good stone massage is a treat for the mind, body and spirit. This treatment takes our Standard massage and kicks it up a notch by incorporating hot stones into the blend of techniques your therapist uses to help you reach a state of bliss. Muscles relax, aches are forgotten and you'll leave ready to take on the world...or maybe take a nap.

75 min. \$185 90 min. \$215

HOT + COLD STONE Hot and cold stones are used to provide a healing and cleansing of the body. When placed on specific areas such as meridian points, chakras and areas of chronic stress, hot stones directly relax muscles, allowing manipulation of a greater intensity than massage alone. Cold stones cause the blood vessels to constrict, stimulating the nervous system and 'wringing' out the muscles of old blood and waste products.

75 min. \$185 90 min. \$215

FOUR-HANDED MASSAGE In need of the most relaxation in least amount of time? Our synchronized therapists simultaneously massage you in harmony and unison. The rhythm of four hands brings about a deep state of relaxation, allowing the mind to ease into a state of pure bliss, while giving a heightened feeling of vigor and lightness to tone muscles effectively, enhance blood flow and promote balance.

60 min. \$280

IT'S ALL IN YOUR MIND Free up some space in your mind and cervical spine with an upper body treatment focused on stimulating energy and blood flow to the brain. Our therapists will work to release tension and restriction in the neck, scalp and jaw while you listen to holosync, a revolutionary audio CD that induces brain wave patterns of deep meditation. The end result is increased concentration, tension reduction and an improved sense of wellbeing.

45 min. \$105

ACHILLES Who doesn't like a great foot massage? We begin this specialized treatment with a relaxing and refreshing foot scrub. Then it's time to give those feet a good workover. Using a variety of techniques, your therapist will take away the aches and pains accumulated from too much time on your feet, leaving you ready for your next performance.

45 min. \$105

A QUICKIE For those of you who don't have the time for a full body massage, this 45-minute treatment is tailored to address specific areas that need attention. Whether it's chronic muscular pain, carpal tunnel or back tension, our therapists will focus their skills on unwinding the area of your choice.

45 min. \$105

TURKISH HAMAM RUB AND SCRUB The Standard's signature soothing scrub is inspired by the bellystones of Turkish Hamams. You'll be bathed with hydrating coconut milk and gently exfoliated on the delicious heated marble of the Hamam. Complete when paired with massage or yoga.

30 min. \$95

THE STANDARD SCRUB Inspire your skin with a vigorous full body scrub-down, sure to leave you silky smooth and get your blood flowing. Begin in our Aroma Steam Room or full-length soaking tubs to soften skin and open pores. Follow with a stimulating gingergrass and bamboo exfoliation. Then finish with a luscious blood orange head-to-toe rock-your-body cleansing. (Not recommended for sunburned or sensitive skin.)

30 Min. \$95

SOUL TEMPLE A definitive bathhouse experience. Find refuge in steam, heat, scent and touch with this restorative five-step hamam ritual. Melt as your therapist washes down your every curve in the Scrub Room with a purifying mint salt wash and lemon-coffee-blossom-olivestonescrub. Then completely relax during a 60-minute cardamom amber oil massage. Afterwards, back in the Hamam, you'll detoxify with a clay polish, and then finish in a luscious neroli cypress bath soak.

120 min. \$240

ESSENTIAL HEALING Looking for something else? Get paired with one of our holistic healers for a custom designed journey through your body and beyond with hands on energy healing tailored to you and what you need in the moment. Great for issues ranging from back pain, to feeling stressed out and exhausted, to reclaiming your creativity and passion for life. Essential Healing integrates the physical, emotional, mental and spiritual so you can live life in peak condition.

60 min. \$155 75 min. \$185

BATHS, BODY

These holistic and healing baths are available in the Hamam or in guestrooms with private outdoor soaking tubs. Relax, float away; remember... take your time.

HOLISTIC BATHS Using organic and bio-dynamic bath care, these unique holistic baths aid detoxification, purification, absorption and regeneration. We recommend pairing with a massage, scrub or acupuncture for optimal results.

30 min. \$30

Hydrating Milk + Honey Renew your skin. Slip into a bath with the combination of two rich and silky ingredients.

Nurturing Vanilla Soy + Lavender Submerge yourself in soothing, healing, organic essential oil blended with rich soy milk to calm and nourish every inch of your skin.

Purifying French Marine Clay Minerals Soak away your worries and toxins at the same time.

Balancing Mineral Salts Float and enjoy the sensation of weightlessness in water as salty as the Dead Sea.

Lathering Herbal Bubbles Sink into foam infused suds adding just the right amount of liveliness to your bath experience.

HERBAL REMEDY BATHS Prep your skin, head-to-toe, with an herbal clay mask. Then step into your remedy bath, steeped with your choice of Chinese medicinal blend, from energizing or sleep enhancing, to a good old fashioned aphrodisiac.

30 min. \$30

Restful Sleep He Huan Hua (mimosa flower) and Mei Gua Hua (rosehips) relax and calm your mind, as well as working to release constrained energy.

More Qi Please Ren Shen (ginseng), Huang Qi (astragalus) and Bai Gou (ginkgo nut) energize the body and mind.

Too Much Sun Soothing herbs of He Ye (lotus leaf), Bai Bain Dou (hyacinth bean) and Hua Shi (talcum) combine to help relieve the summer heat, leaving you and your skin refreshed.

Detox A mix of Saigon cinnamon, mint, honeysuckle flower and other Chinese herbs help balance the Ying (nutritive), Wei (protective), Qi (life energy) and clear toxins from the body.

Too Much Sun Soothing herbs of He Ye (lotus leaf), Bai Bain Dou (hyacinth bean) and Hua Shi (talcum) combine to help relieve the summer heat, leaving you and your skin refreshed.

ADD-ONS:

Hair Mud Mask Cream mud with detoxifying and purifying properties distresses hair from polluting substances and impurities. This environmental hair mask recovers your hair to its healthy and glossy state.

15 min. \$30

Hair Scalp Treatment A re-mineralizing vitamin complex for the scalp and hair made up of royal jelly and natural product rich in amino acids, mineral salts and vitamins, strengthens the hair while leaving it more resistant.

15 min. \$30

+ COMBINATION CURES

Enjoy enhanced results by mixing our massage and therapeutic treatments.

BODY

THE BLUE DETOX Clarifying and purifying, this Blue Citrus Detox Treatment uses the ageless rituals of cleansing and exfoliating, breathing new life into the skin. An oxygenating body mask rids the skin of surface impurities and normalizes skin function. A soothing blend of essential oils and marine extracts reduces inflammation, leaving the skin properly nourished, hydrated and balanced.

75 min. \$180

VITAMIN WRAP Bring lusciousness back to your skin. This nurturing body treatment begins by softening the skin with warm compressions of sweet orange and coconut milk. Hydrate further with a botanical and vitamin infused mask of aloe, chamomile, and grape seed extracts. Finish by sealing and protecting the skin with a soothing anti-oxidant rich moisturizer.

60 min. \$160

DOUBLE DIP First, a smoothing exfoliation to boost circulation. Then, covered head-to-toe in a soothing white mineral mask, before dipping into a bath poured rich with benefits to further hydrate and nourish your skin.

60 min. \$160

ANTI-CELLULITE Do you have dimples in places you wish you didn't? Micro-current technology kick starts the circulation around sluggish fatty deposits, firms up skin tone and immediately eliminates excess water and toxins. Great for a one-time treatment, best as a series.

75 min. \$190 Series of 4 \$685

BACK FACIAL A therapeutic, deep cleansing and oxygenating treatment for the back. Papaya enzymes, menthol and hops soften and brighten, while detoxifying clays and sea minerals help to clear impurities. Soothing red and brown seaweeds are combined with aloe and cucumber to bathe your skin in cool hydration. This treatment is perfect for clearing congestion, revealing bright soft skin with a radiantly healthy glow.

45 min. \$105

K.I.S.S. Keep It Sensual and Satisfying. Begin in the Hamam for some warm-up time. Then receive a 60-minute Standard Massage followed by a complete lathering with a Turkish Hamam Rub and Scrub. Top it all off with The Essential Sex Tonic, a traditional Chinese herbal elixir that will get your blood flowing!

100 min. \$195 / \$390 for two

THE STANDARD SPECIAL Combine our Standard treatments with this value package. The Standard Massage + The Standard Custom Facial + The Standard Manicure + Pedicure.

3 hrs. 15 min. \$290

TAG TEAM Instigate a full mind and body revolution toward greater self-awareness and healing. Begin with a one-on-one yoga session designed to activate and consciously open those hips, tighten that core and increase your breathing. Follow your Savasana (final resting pose) by sharpening your focus with a 60 minute therapeutic massage. Our unified approach will leave you balanced, educated and most importantly...integrated.

120 min. \$255

TRIPLE DETOX Banish those toxins from your body...until next time! Prepare yourself for this rejuvenating cure-all by spending some time in the Hamam for hot and cold therapy. Then we take over with a 60 minute Detox Cleanse massage partnered with our Blue Detox body treatment and followed with a detoxifying sea clay mineral soak.

150 min. \$295

OXYGENATING + SLIMMING Start this body ritual in the hamam with a detoxifying bath. Pure botanical oils with oxygenating and slimming properties are massaged into the skin with "le gant" massage gloves for optimal circulatory and exfoliating results. Followed by a cooling firming cream concentrate to tone the skin and then activate on the warm marble bed of the hamam. Complete with a hydrotherapy session, sauna, steam and relaxation time...

60 min. \$160

DIY BATH RITUAL Check in for the day and spend some much needed time sweating, steaming, soaking and working it out in our Indoor and Outdoor Baths. This personal unguided detox package grants you access to all spa facilities and a deluxe detox bathing kit which includes exfoliating body gloves, mud lounge pass, facial mask and bath soak.

\$85

CUSTOM CURES Relax and restore your wellbeing through immersion in our world-class holistic and hydrotherapy centered spa. Be inspired and learn the ageless art of bathing indoors and out. Customize your spa cures designed with your lifestyle goals in mind. Select from our wide range of programming; spa treatments, yoga, integral living, one-on-one training, workshops and more. Let us organize your spa day or retreat. **See spa desk for details.**

NATURAL BEAUTY



+ SKINCARE

Our facialists use primarily bio-dynamically grown, organic, raw, botanical and marine ingredients. All treatments have been created to address specific skin conditions and personal beauty needs. Our holistic health counselors are also on hand to help suggest diets and cleansing regimes to address skin and health issues.

FACE

THE STANDARD CUSTOM Customized to repair and nourish your face and neck, this intensive and holistic facial reinforces and rebuilds at the cellular level. White and green tea extracts, vitamins A and E, and bio-active, organic and raw ingredients penetrate and work below the surface where it really counts. Personalized for all skin types.

60 min. \$145

REPAIRER ENERGY This healthy aging facial repairs the skin on a cellular level using the most advanced tissue-regulated technology available. Micro-current is a non-invasive tissue controlled system that uses gentle currents to duplicate your own body's energy to assist and repair cellular imbalances. It improves the skin's texture and tone by scanning for cells that are not functioning at their peak and stimulates them toward optimal function. Skin re-hydrates, fine lines soften, muscles firm and lift, dark circles lighten and puffiness is reduced almost instantly. A special focus on a specific area is part of every facial.

60 min. \$165 75 min, \$200 90 min. \$235

ESSENTIAL NUTRIENT A luxurious treatment designed to pamper, hydrate and nourish. The face is drenched with a blend of active botanical ingredients including soy phospholipids and vitamins A, C and E that penetrate and hydrate deep levels of the epidermis. Next, the face, neck and décolleté are gently massaged with hot and cold dermal globes and the décolleté, chest and arms are gently exfoliated with citrus lavender sea salts. The treatment continues with a nourishing mask containing grape seed extract, beta glucan and wheat amino acids. A warm mask of fragrant essential oils and sea algae is then applied to the chest, neck and arms. Recommended for those whose skin demands super hydration, after microdermabrasion, chemical peels and for mature skin.

75 min. \$180

ANTI-OXIDANT This detoxifying and regenerating treatment uses powerful bio-active organic botanicals to heal skin cells and stimulate new growth. This facial boost will purify, oxygenate and hydrate your skin into a perfectly renewed state of health. Gentle enough to receive on a weekly basis.

30 min. \$105

ADD – ONS

STANDARD - LIFT Uniquely targeted regenerative treatment that includes gentle non invasive current and custom blended serums - enhancing skin by firming, nourishing, energizing and re-sculpting, that simply puts your

CRYSTAL - BOOST Magic hands manually sculpt crystals and customized serums into your skin - to smooth lines, polish skin's surface and to stimulate cell renewal and regeneration. The results are glowing - restored luster and clarified skin.

20 min. \$90 with any facial

REVITAL - EYES A special treatment that gently exfoliates and hydrates the delicate eye and lip areas. Gentle massage improves skin tone and minimizes fine lines while increasing circulation to eliminate dark circles and puffy eyes. A cooling and hydrating organic aloe and cucumber mask leaves eyes energized and with immediately visible results. Lips emerge fuller, smooth and kissably hydrated.

15 min. \$40 with any facial

RE - SURFACE Get results quickly and safely with this Gentle Marine Peel Add-On that provides a powerful exfoliation without compromising hydration. Smooth out fine lines and wrinkles as well as combat photo-

HANDS + FEET

THE STANDARD MANICURE Our Standard manicures are all about healthy natural nails and hands-on attention using environmentally friendly products.

30 min. \$30

THE STANDARD PEDICURE A classic touch for healthier and softer feet and toes.

45 min. \$50

WORSHIPPED HAND + FOOT Bathe and massage your hands + feet in warm coconut milk, fresh seasonal fruits and floral essences in tubs filled with polished basalt river stones. Your hand + foot mistress will exfoliate you with a tropical sugar scrub, followed by a sea mineral mask to detoxify and smooth weary extremities before the actual manicure or pedicure even begins. Then it's on to a deep hydrating massage with hot stones and a soothing paraffin bath for a smooth finish.

Manicure \$45 Pedicure \$70

THE FETISH PEDICURE You know who you are...you always ask them to "just rub my feet a little longer." This is the pedicure for you. You get the same quality pedicure you expect from the Standard with that extra attention you crave.

75 min. \$70

COCONUT LIME PEDICURE Inspire those city feet with a sensory overload. Your underappreciated feet will walk out utterly hydrated and uplifted with the powerful reparative properties of coconut and the tonifying properties of lime. This restorative pedicure lifts away dull skin with an organic lime salt scrub, hydrates with a coconut milk bath soak and finishes with a juicy coconut body butter that heals and repairs.

60 Min. \$60

WAX OFF

Relax with nothing to hide when you're poolside! Our therapists use a natural wax method to remove, tame and reshape those visible or hard to reach places.

Brows **from \$30**
Lips **from \$20**
Full Leg **from \$80**
Half Leg **from \$50**
Underarms **from \$30**
Back **from \$75**
Bikini **from \$45**
Brazilian **from \$70**
Full Arm **from \$45**
Half Arm **from \$35**

*We regret that we cannot perform waxing services on clients who are taking Acutane, Retin-A or anti-biotics, due to the sensitivity these products can cause to the skin. Hair growth must be approximately 1/8" in length or 3 to 4 weeks of growth to receive waxing services.

INTEGRAL LIVING,

The Standard Spa, Miami Beach has a comprehensive programming series of retreats, lectures, classes, seminars and events led by local, national and international luminaries in health, fitness, spirituality, sexuality, art, science, business and more... This is your “in” to the people, practices and ideas that can inspire you to achieve balance and perspective in your daily life.

ACUPUNCTURE Stressed out? Feeling down or just plain sick? Needles may be the key to your cure. Acupuncture has been bringing balance and bliss to locals and visitors alike, with our experts in Chinese medicine and five-phase acupuncture. The Chinese medicinal belief is that a person’s physical, emotional, psychological, mental and spiritual symptoms are all interrelated, therefore it is impossible not to address one’s entire being. This integrated approach addresses a wide range of conditions, including anxiety, depression, pain, headaches, stress syndromes, and immune disorders.

Initial Consultation 75 min. \$165 Nomad Session 60 min. \$135
Follow up sessions 45 min. \$105

BOOSTER SHOT A quick motivational boost. This session offers the motivation you need to reinvigorate your heart’s desire and move through apparent obstacles and resistance.
30 min. \$105

DREAM INTERPRETATION A relaxing spa visit and the magical qualities of The Standard Spa property can trigger vivid intriguing night dreams. Take time while you are here to explore the deeper meaning and hidden insights that sleep under the surface of your subconscious.

60 min. \$160

EDUCATION TALKS Informative talks on a variety of health issues and preventative health topics. Do you have a group or special interest that may benefit from an informative discussion on health?
See program for price.

HEALTH-TOX DETOX Need a healthy regimen? Ready to revamp or rejigger your diet? Customized health and detoxification protocols and programs is a great way.
See program for price.

HYPNO-COACHING A relaxing spa visit and the magical qualities of The Standard Spa property can trigger vivid intriguing night dreams. Take time while you are here to explore the deeper meaning and hidden insights that sleep under the surface of your subconscious.

60 min. \$160

INTEGRATED HEALING Embark on the ever-unfolding process of self healing and spiritual awakening. Integrative Healing assist an individual in gaining deeper insights and connection to their multi-dimensional self. Each session is self inspired, bringing a more concentrated, embodied awareness to the deep wide now. We drop below the content and explore the body centered sensations that present themselves, providing us the access to a fountain of underlying information that is vital for healing to occur. Each session is spontaneous and intended for individuals longing to journey inward and love themselves free. Integrated Healing is a transmission of eclectic healing art modalities rooted in intuitive, experiential and academic grounds. The modalities utilized include a combination of Healing Science, psych-spiritual work, body centered awareness exercises, breathing techniques and meditation.

60 min. \$175 series of 6 \$870

LIFE COACHING Imagine someone totally on your side. Someone who sees your potential and holds a vision for who you want to be, while completely accepting and seeing you for how amazing you already are. With a combination of gentle support, honest feedback, intuitive insight and useful tools, your personal life coach brings out the best in you. Whether it’s for a motivational boost during your spa getaway, transforming your relationship to your work or home life, or simply having an increased quality of life, personal life coaching can be an empowering avenue to greater fulfillment. A one-on-one confidential session provides the opportunity for you to experience more of what you want in life, and in the process, gain self-awareness, insight, and personal and spiritual growth. Visiting guests may continue their coaching relationship through phone sessions from any distant location.

60 min. \$175 series of 6 \$870

NATURAL HEALTH Achieve optimal health, naturally. This program utilizes homeopathy, herbal medicine, diet and nutrition, detoxification protocols, Bach flower and Unda drainage remedies to facilitate healing by honoring your intuition. Counseling, that tailors natural therapies to the uniqueness of the individual, emphasizing prevention, self-care and motivation, honors the wisdom of nature while effectively and efficiently creating a healthier mind and body.

Initial Consultation 60 min. \$220 Follow up Session 30 min. \$130
Acute Quickie 15 min. \$90

HEALTH + WORKSHOPS



You take care of the outside...but make sure you nurture the inside! We know how essential physical care is, working out, massage, acupuncture and eating right. It is vital to give your heart, mind, and spirit the same loving treatment.

MOVING PICTURES Experience growth and insight through the powerful and thought-provoking medium of film. Use your favorite movie to peek into your own subconscious, experiencing greater awareness of your own thoughts, feelings, patterns and behaviors—a fun and creative way to experience greater self-awareness.

60 min. \$160 90 min. two people \$120 each

MY MEDITATION Beware, stress also may become an addiction! Are you aware that for anything that you do in your daily life, stress is optional? Meditation is an available path to gain clarity by allowing you access to a source of wisdom that goes beyond your intelligence, and intellect – even habits and routine. As clarity grows within you, you become able to handle all your daily tasks and events, while remaining free from stress. The silence experienced in the meditative state is natural and comforting to us, it is like what we experience during the state of deep sleep. There is no one technique to suit everyone. But certainly everyone can find a technique that suits him or her. Join us to learn about and explore different meditation techniques and get recommendations on how to find your own technique, one which you will call “my meditation”.

60 min. from \$120

NUTRITION COACHING Explore new ways to think about food, nutrition concepts and cooking styles. Mediterranean Cuisine, Organic, Vegan, Raw – you are what you eat! Our health and culinary expertise will inspire the way you think of food, revamp every aspect of your kitchen and food choices and help you find a style of cooking that is right for you. **See program for price.**

NUTRITION + COOKING Explore new ways to think about food, nutrition concepts and cooking styles. Mediterranean Cuisine, Organic, Vegan, Raw – you are what you eat! Our health and culinary expertise will inspire the way you think of food, revamp every aspect of your kitchen and food choices and help you find a style of cooking that is right for you. **See program for price.**

SOUND THERAPY Sound connects with the ancient knowledge about the healing properties of sound itself and the healing effects of sounds and vibrations. This is a relaxing, soothing and harmonizing session that includes techniques such as chanting, mantras, primordial sound, or singing bowls.

60 min. \$160

CUSTOM RETREATS + WORKSHOPS The Standard Spa, Miami Beach welcomes you to experience a blissful and playful retreat, just the way you imagined and more. Immerse yourself in our bayside oasis just moments from South Beach. Create a workshop, retreat or seminar just for you. Our in-house curriculum design experts and our eclectic team of teachers can create an amazing retreat or workshop designed especially for you and your party. Whether you are a family who wants to relax, a group of friends that want to have fun, a couple who wants to bond, or an office crew that needs soft-skills training, we create the method, the means, the atmosphere and structure and provide qualified facilitators. Let the learning soak in... allow our lush grounds and restorative amenities to inspire you: full hydrotherapy spa offering over 40 different massages, bath and skin therapies, comprehensive and dynamic yoga, movement and meditation programming and one on-one-training. This unique offering can be customized for an individual or a group (up to 60 people) – with durations anywhere from one day to six weeks.

CUSTOMIZED CORPORATE TRAININGS Consider The Standard Spa, Miami Beach’s Center for Integral Living your one-stop for an ideal corporate training/retreat package. Corporate trainings are custom created by our curriculum design experts to meet the specific needs of your team, both in content and format. We also cater to fit your budget. Packages may include hotel, food and beverage, training design, spa services, cure treatments, one-on-one training, facilitation, team building adventures (i.e. kayaking, paddle boarding, fire walking, etc.), executive coaching, corporate trainers, follow-up programs and other unique offerings. At The Standard Spa, Miami Beach’s Center for Integral Living, we do more than impactful trainings, we create learning atmospheres, unforgettable experiences, and introduce tools that will benefit performance for time to come.

HEALTH, YOGA

The Standard's Health, Yoga + Fitness program offers rich programming that invites exploration to personal wellbeing through many paths. Integrating the ancient and the modern, our daily schedule workshop series, along with our dedicated in-house staff, international teachers and guides create an inspired, connected community exploring the full spectrum of human potential. Beginners and long-time practitioners are welcome.

AERO YOGA This practice blends the spiritual wisdom of yoga, the loving kindness of Thai massage, and the dynamic power of acrobatics. These three ancient lineages form the foundation of a unique new practice that cultivates trust, connection and playfulness. Our highest aim is to bring individuals into a state of union with themselves, with each other, and with the divine. From this place of mutual support the true self can be realized, honored and shared for the benefit of all.

ANUSARA Created by John Friend, this hatha yoga system unifies tantric philosophy of intrinsic goodness with universal principles of alignment. With an emphasis on opening the heart, this practice aims to celebrate the beauty of diversity, honoring the creative freedom of the divine in all beings.

ASHTANGA INSPIRED "Eight Limb Path" inspired by Sri K Pattabhi Jois in Mysore, India. This intense method involves synchronizing the breath with a progressive sequence of precise postures, producing intense internal heat and a profuse, purifying sweat that detoxifies muscles and organs. The result is improved circulation, a light-strong body and a calm mind.

EMPOWER Based on Power Yoga, this holistic approach allows you to experience a dynamic class integrating physical as well as conscious benefits to your being. Come ready for a good sweat, as you will tone muscles, articulate joints, stimulate organs and systems. At the same time you will work on developing and strengthening non-physical attributes such as coordination, awareness, concentration, conviction, determination and consistency.

ESSENTIAL YOGA Essential (es-sen-tial) - something that is necessary or fundamental; being the pure or perfect form or embodiment of something. Combining movement and conscious breathing, Essential Yoga explores proper alignment and technique in a relaxed and fun way. Learn, laugh and love yourself while you develop strength, flexibility and balance, cultivate awareness and challenge yourself at your own level. Each unique class includes elements of Anusara, Iyengar and Hatha-Vinyasa yoga with Tantric philosophy, to inspire students to live richly, infusing every moment with consciousness and light.

JIVAMUKTA "Liberated Being." Created by David Life and Sharron Gannon, this practice is specifically designed for the modern spiritual seeker. Through a combination of ancient vedic rituals, intense physical asanas, music, intellectual inquiry and meditation, the practitioner is encouraged to focus on the concept of Bhakti: that self realization is the goal of the yoga practice.

KUNDALINI "Serpent Power or Shakti." Commonly referred to as the "householders' yoga," this kriya yoga practice is designed by Yogi Bhajan to awaken the latent sexual energy at the base of the spine and channel this energy up through the chakras, awakening higher consciousness. Through a series of targeted fire breathing and physical postures the practitioner aims to experience this special Samadhi: a bliss state of "Kundalini Rising" or "heightened awareness."

SKANDA YOGA Skanda Yoga is a breath-inspired, alignment-based power vinyasa style. The warrior spirit is invoked to initiate a transformation, and the energy of the Mayan calendar is embodied to align with nature's cyclical patterns. The class is fun, challenging, inspiring, and self-empowering.

SUNRISE YOGA Sun salute... Wake up your energy and experience the many benefits of daily yoga practice. Start your day by the side of the Yoga Dock. Enjoy a creative, fluid practice of an open level Vinyasa with sequences linking breath and movement.

VINYASA "To place in a special way." Derived from the Ashtanga system, this creative, fluid and physically challenging practice aims to link breath and movement, as well as one's life experience and sensation to better adapt to diverse challenges.

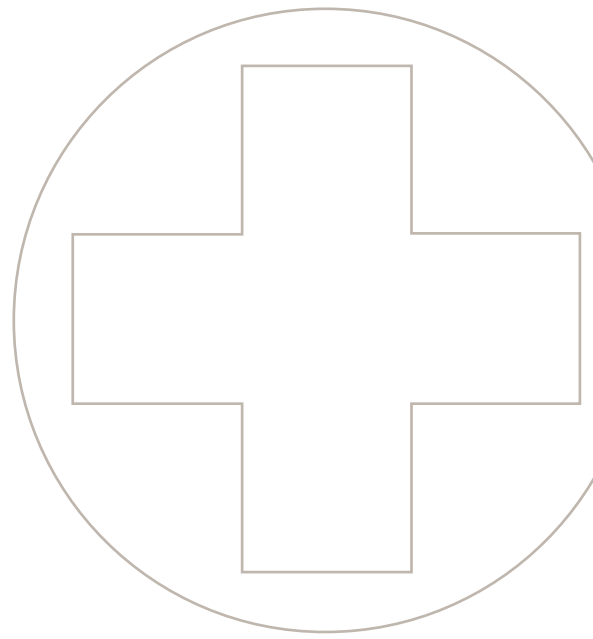
WARM YOGA Warm yoga works toward wellness, restoration and rejuvenation. Heat keeps the body very warm, facilitates deeper stretches and flexibility, relieve stress and tension. Increased circulation restores health to muscles and delivers fresh oxygen to the body. Warm Yoga inspired by Bikram, Hot Slow Vinyasa and Yum Yum are practiced in the heart of the Hamam.

YOGA BASICS

*Please see the spa desk or www.standardhotels/miami for the current calendar of retreats, workshops and event programming.



FITNESS



HEALTH + FITNESS

BRAZILIAN JUI JIUJITSU Are you aware that stress is optional? Meditation is an available path to quiet the mind. Just Be. Get more present with meditation in your life. Explore different techniques; affirmations, breathing, visualizations and energy work.

BUDOKON "The Way of the Warrior" spirit, is an integral system of mind and body organization which combines yoga, martial arts and meditation. Its main focus is to explore the full range of motion of the body, creating flexibility, strength, agility and balance, changing the way we move and the way we think. Budokon aims for the highest potential of human development, welcoming students of all movement arts and challenging them to take their practices to the next level.

DANCE = LOVE LIVE LIFE Get out of your head and into your feet and body... experience freedom of expression through physical, creative movement and the joy of dance.

GUIDED MEDITATION Are you aware that stress is optional? Meditation is an available path to quiet the mind. Just Be. Get more present with meditation in your life. Explore different techniques; affirmations, breathing, visualizations and energy work.

MARTIAL ARTS A fusion of Eastern warrior training techniques, Karate, Akido and Judo combined with cardio conditioning and yoga breathing exercises. An outward expression of inner strength.

PILATES MAT Contrology lengthens, strengthens, and aligns the entire body while focusing on a deep engagement of the core muscles. Focus is on correct body mechanics, coordinated breathing, a centered mind-body connection, amp-up with props, bands, balls, and the magic circle.

QIGONG "To develop life's energy". Moves are simple and are done slowly and softly, increasing energy flow, improving circulation and providing a quick and deep relaxation. Outer and inner relaxation leads to a greater concentration capacity and wellbeing.

TAI CHI This Chinese martial art developed around the 2nd millennium B.C. is intended primarily for health benefits, including a means for dealing with tension and stress. This soft, slow and flowing practice aims to balance the principles of yin and yang, restoring oneself back to a state of natural harmony.

SACRED DANCE Get into great shape by awaking chakras through universal dance - you can achieve intensified awareness, inner strength, vitality and excellent health. Liberate the blessing of your higher being and cut through negative action. This generates peace and healing prana through out the whole body on a deep emotional level. Spiral your energy up to harmony; this is the secret to achieve happiness. Dance to the beat of the rhythm; have the power to free the mind and align with the Divine in the garden sacred circle.

SILENT MEDITATION Silent meditation involves simply breathing and stillness, and this is more difficult than you might think. You will learn how to let go of your thoughts and feel at rest. You learn to focus on your breathing and your posture.

PRICES
1 class \$18*
10 class pass \$150

*note specialized classes, workshops and teacher series may cost more than \$18, please check with the spa desk for up-to-date details.

FITNESS + ONE-ON-ONE

The Standard's fitness + one-on-one program is created to integrate health and fitness as a way of living, by providing customized comprehensive exercise prescriptions and motivation to strengthen your routine. For the athlete, weekend warrior and lifestyle connoisseur alike, let our select team of trainers and instructors motivate you to reach your goals and inspire your lifestyle by combination of exercise, education, and community.

FITNESS

THE STANDARD FITNESS EVALUATION Postural analysis, spine function assessment, cardiovascular assessment, key strength and stability measures, key joint range of motion, injury resistance measures, body composition measurements – all of which will set a foundation for your fitness training.

60 min. \$120

MY ATHLETIC PERFORMANCE Get on track...with one-on-one training focusing on precision to your sport, movement practice, athletic performance and/or mental results. Explore taking your fitness to new levels with a healthy challenge to feel and be your best.

60 min. \$150 10 sessions \$1350 25 sessions \$3188

MY TRAINING Get inspired, motivated and make fitness and wellbeing part of your lifestyle. Goal setting, customized training programs, large range and a variety of training techniques, lifestyle coaching, nutrition, weight management and more to create and incorporate into everyday life.

60 min. \$120 10 sessions \$1080 25 sessions \$2550

MY STRETCHING Increasing flexibility is essential for training to enhance performance, improve range of motion, align posture, reduce symptoms of stress, feel good and relax both body and mind.

60 min. \$100 10 sessions \$900 25 sessions \$2000

ONE-ON-ONE

ONE-ON-ONE YOGA Enjoy the opportunity to begin a practice with personal guidance or deepen your existing practice with a private yoga session of your preferred path and with your preferred instructor. See the spa desk for yoga styles and to schedule your sessions.

60 min. from \$120 10 sessions from \$1080

ONE-ON-ONE MEDITATION Quiet the mind. Get started with your regular meditation practice. Be guided using simple impactful tools and techniques, affirmations, breathing, silence, stillness, visualizations and energy work to connect with oneness and the power of the mind.

60 min. \$120

ONE-ON-ONE YOGA + MEDITATION

75 min \$140 60 min \$120

CONTACT YOGA Physical and mental contact yoga expands your practice, not only balancing and challenging your poses, but centering your intentions. Breathe and take your practice further. It is also a great way to learn how to make many poses work for two people – twice as fun and enriching.

60 min. \$120 90 min. \$180

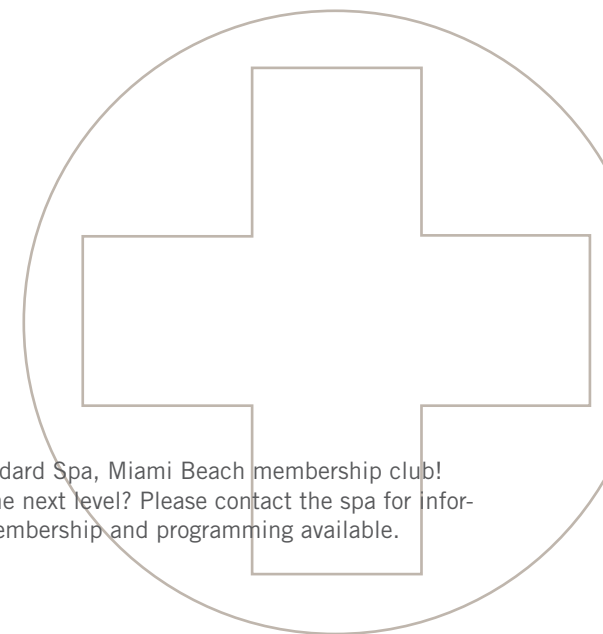
ONE-ON-ONE PILATES More than eight decades ago Joseph Pilates launched a conditioning revolution that held the promise of wellbeing from the inside out. Combining strength, spinal stability, flexibility, balance, coordination and posture, this customized traditional method uses the classic Pilates apparatus and the alignment of gravity that will give complete control of mind, body and spirit.

60 min. \$120 10 session \$1080

SEMI-PRIVATE EXERCISE SOLUTIONS

See spa desk for semi-private one-on-one sessions.

RULES OF THE GAME



BE A MEMBER

Love – Live – Life...Join The Standard Spa, Miami Beach membership club! Feel like taking your lifestyle to the next level? Please contact the spa for information on the various levels of membership and programming available.

THE RULES

Spa appointments can be scheduled starting at 8am with final appointments at 8pm, Sunday through Thursday and 8am to 9pm Fridays and Saturdays. Spa services outside of these hours may be scheduled in-room and incur in-room cost plus 25% surcharge (Please see spa desk for more details).

To schedule an appointment press the "Spa" button on your guest room phone, or stop by the lobby or 3rd floor spa desk. Major credit cards, cash and room charges for hotel guests are accepted. Please inform us of any special needs or requests when making your reservation. We look forward to designing your spa cures and personal retreat experiences.

Indoor baths are open to the public from 8am to 10pm Sunday through Thursday and 8am to midnight Friday and Saturday. For hotel guests and spa members the gym opens at 6am Monday through Friday, and 8am Saturday and Sunday. Please consult the spa for a current list of class times and offerings.

Please check in at the 3rd floor spa desk for all scheduled spa appointments at least 15-30 minutes early to give yourself time to prepare for your treatment.

Access to the 2nd floor gym, locker rooms (and holistic offices) is through the 3rd floor spa. Please contact the front desk or the spa in advance for special access needs.

Sandals and bathing suits must be worn at all times in the baths and spa hallways. Be mindful of your footing around pools and in bathing and wet areas. Appropriate closed-toe exercise footwear is required in the gym at all times.

We are an adult playground. Children aged 17 and under are prohibited from the hotel, using the baths, gym, pool and spa. Non-hotel guests over the age of 17 must purchase a day pass for use of the indoor spa facilities and outdoor pool areas. Passes are available poolside and at the spa.

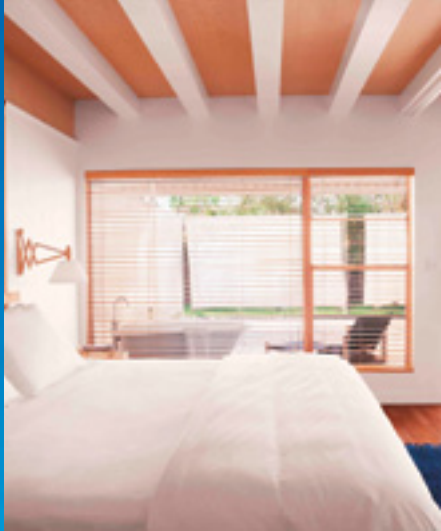
Hotel guests may use the indoor baths and outdoor pool areas free of charge with the exception of the mud lounge which is \$20 per serving.

Please be advised that the muds and scrubs used in the Mud Lounge and available in the spa shop can potentially stain bathing suits.

Service cancellations or re-scheduling within four hours of your appointment time will be billed at 100% of the treatment price. All prices and services are subject to change without notice.

GRATUITIES

Gratuities are added in addition to the cost of your services and treatments. 20% gratuity for in-spa treatments will be included and 25% for in-room and poolside treatments.



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