



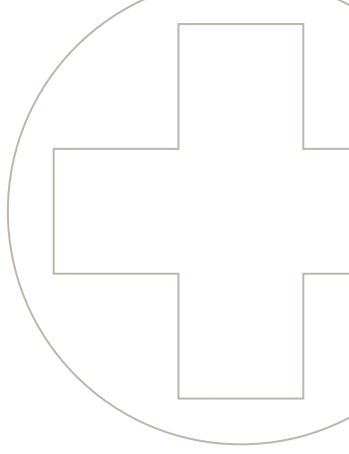
The Standard Miami is a holistic and hydrotherapy oriented spa hotel inspired by global bathing cultures, self-teaching and healing.

SPA MENU

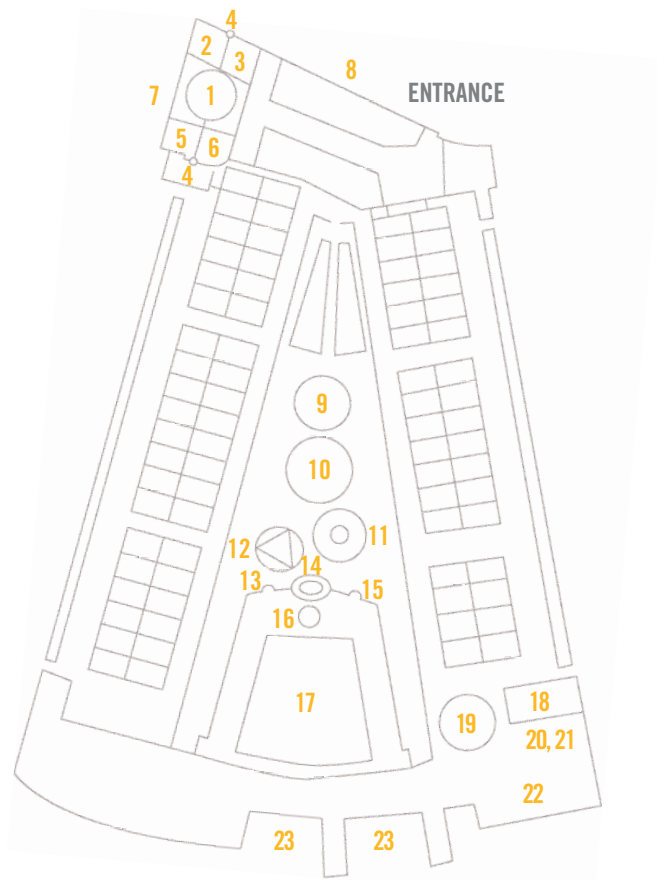
The ancient Romans, Russians and Turks viewed baths as a gathering place for social activity, health, play, mental and physical exercise and dining. Bathing, in its many forms throughout history, has been shown to enliven both mind and spirit. Today's typical spa experience focuses on solitary one-on-one treatments. At the Standard, Miami 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, Sound 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.

DIY: DO IT YOURSELF



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 Sound Pool
- 18 Mud Lounge
- 19 Sun Salute Circle
- 20 Scotch Hose
- 21 Soaking Tubs
- 22 Sunset Yoga Dock
- 23 Kayaks

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 in the spa shop) to your liking.

Turkish Hamam Self-Scrub This rejuvenating treatment includes marine sea salts or sugars (available in the spa shop) and exfoliating hand mitts which you can 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 the full treatment from one of our therapists, try the **Turkish Hamam Rub and 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 mint, eucalyptus, chamomile 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 order 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 DJ’s will change the way you think about singing in the shower forever.

7 Gym Our extensively equipped personal conditioning center on the second floor includes resistance, flexibility, and cardiovascular training equipment and features Pilates, GYROTONIC™, freeweights, kettlebells, and personal training with SOMA Fitness.

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 wax poetic.

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 your 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. Just two to twenty minutes under the hot soothing water alleviates pain and induces detoxification. 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 degrees of chillification! These icy waters will increase your heart rate and kick start your circulation. Full body muscle contractions gets toxins and lymphatic fluid pumping to clean out bodily impurities. For an optimal effect, 30 seconds to one minute is sufficient.

17 Sound Pool Our huge Sound Pool with an underwater sound system overlooks the bay and immerses you in revolving music while you float and relax or swim.

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 the lounge chairs. These algae infused masks tighten up the pores, banish blotchiness, clear toxins and even out your skin tone. \$10 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 lymph, stimulate the blood and ease tension. Ask a bath attendant or your bath buddy to rinse you off after you’ve allowed the mud to cure.

21 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 sunset yoga or mid-day classes, weather permitting. Try receiving any of our massages bayside as well. Consult the yoga schedule, or ask the Spa Concierge for class times and appointments.

23 Kayaks Explore the neighborhood by water in our kayaks for one or two. See your pool spa attendant to sign up to borrow them.

INDOOR BATHS

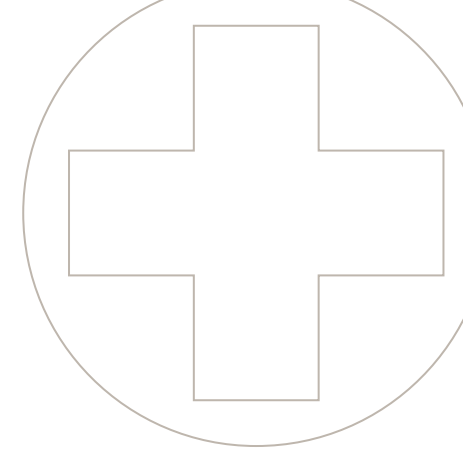
Aroma Steam Room Temp	94°F – 110°F, 34°C – 43°C
Air Humidity	85% – 100%
Hamam Temp	86°F – 94°F, 30°C – 34°C
Air Humidity	65% – 85%
Cedar Sauna	165°F – 185°F, 74°C – 85°C
Wall of Sound Shower	Variable temperature

OUTDOOR BATHS

Sound 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

LET US DO IT TO YOU

MASSAGE & BODYWORK



Your body is unique 24 hours a day. We honor this complexity with treatments that reach 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 our in-room offerings.

The Standard Anything but standard. A combination of multiple bodywork techniques, hot and cold applications, essential oils and a personal consultation provides a highly individualized therapeutic massage experience. This holistic approach to your body and mind is rooted in Swedish massage and integrates techniques such as Shiatsu, Neuromuscular, Thai, Deep Tissue, Breath Work, Yoga and other touch therapies.

60 min. \$120 75 min. \$140 90 min. \$160 120 min. \$195

Hot and Cold Stone Massage Hot basalt stones act as an extension of the therapist's hands to relax tense muscles. 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. \$165 90 min. \$190

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. \$130 75 min. \$150 90 min. \$170

Hurts So Good Let's get down and give some attention to your backside. Most often low back pain and hip misalignment come from tight muscles surrounding the legs, butt and lower back. This 60-minute session focuses on loosening these often overlooked, overused and underappreciated movers.

60 min. \$130

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 is chronic muscular pain, carpal tunnel, or back tension, our therapists will focus their skills on unwinding the area of your choice.

45 min. \$80

Turkish Hamam Rub and Scrub A soothing massage and scrub inspired by the bellystones of Turkish Hamams. First you'll be bathed on the heated marble of the Hamam then gentled exfoliated, stretched and massaged from head-to-toe. Complete when paired with massage or yoga.

25 min. \$65 40 min. \$85

The Standard Scrub Clean up with a classic salt or sugar scrub. Our therapists will vigorously exfoliate the skin, wash you down and send you out cleaner than you came!

20 min. \$50

IN ROOM REFUGE Need some alone time? Let us bring the spa to you. The treatments below are offered in-room only, and will give you the individual attention you need to relax and restore.

Achilles Soothe your aching dogs with a foot and lower leg treatment designed to relieve muscular tension and stiffness. Whether you are a marathon runner or a high-heeled disco dancer, this comprehensive session begins with an Epsom salt foot bath, followed by an intensive series of massage techniques and stretches that will take the edge off your weary toes and leave you ready for your next performance.

45 min. \$110

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. \$110

The Standard In-Room Our classic Standard Massage stripped down and to the point to get you relaxed without the extra fuss. This approach to your body and mind is rooted in Swedish massage and integrates techniques such as Shiatsu, Neuromuscular, Thai, Deep Tissue, Breath Work, Yoga and other touch therapies.

60 min. \$130

ESSENTIAL HEALING

Essential Healing with Melanie Hahn combines hands-on energy healing techniques with Melanie's exquisite, embodied ability to listen. Sessions are tailored to you and what you need in the moment. Great for issues such as 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.

Melanie Hahn serves as the resident Energy Healing Practitioner at The Standard Miami. A graduate of the prestigious, four-year integrative and complementary Barbara Brennan School of Healing, Melanie works with clients toward the healing of addictions, relationship difficulties, stress-related illness, blocked creativity, anxiety/depression, grief, fertility problems, AIDS, gastrointestinal disorders, trauma, abuse, cancer and the dying process.

Initial consultation and hands-on session \$165

60 minute follow up \$125

10 session pack \$1,125

COMBINATION CURES

Enjoy enhanced results by mixing our massage and therapeutic treatments.

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

100 min. \$190 \$380 for two

The Morning After This rejuvenating cure combines a Chinese Herbal Detox Bath and 60-minute Detox Cleanse Massage with an Antioxidant Boost Facial and finishes with our Green Juice of fresh squeezed celery, cucumber, spinach, parsley and kale with sea minerals. This juice changes the body's pH to an alkaline state aiding your body in its natural cleansing processes. Banish those toxins from your body...until next time!

120 min. \$240

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 wash, followed by a vigorous Lemon Coffee Blossom Olive Stone Scrub. 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 it's a luscious finish in a neroli cypress bath soak.

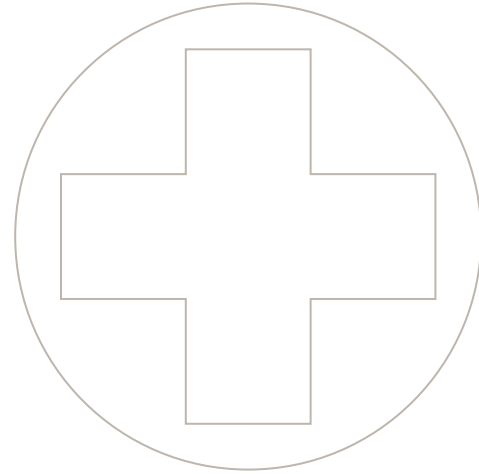
120 min. \$225

Tag Team Instigate a full mind and body revolution toward greater self-awareness and healing. Begin with a 1-hour private yoga session designed to activate and consciously open those hips, tighten that core, and increase your breath. Follow your Savasana (final resting pose) by sharpening your passive focus with a 1-hour therapeutic massage. Our unified approach will leave you balanced, educated, and – most importantly – integrated.

150 min. \$240

Total Healing For you, the true seeker, we've created Total Healing. Transmute your energy, explore your Enteric Brain, (known as the second brain of the body, located in the belly) open and align your meridians or find bliss through the breath all in one session. Different from a traditional bodywork session, you are booking time with the healer of your choice for you to play, connect and heal your body with the space and time to find true balance and embody wellness. Please see our front desk for individual therapist bios, all healings are subject to consultation and practitioner availability.

120 min. \$240 Each additional hour \$110



Supernatural Love The Standard, but forget to make time to visit? Purchase a 30 day series of services that keep you feeling as beautiful as you are.

Locals: Fitness assessment plus two training sessions per week, one massage per week, one life coaching session per week, two facials per month, one mani/pedi per month and your choice of acupuncture or nutritional counseling once per month.

\$2,300

Weekend Warriors: Fitness assessment plus one training session, one massage, one life coaching session, one facial or mani/pedi and your choice of acupuncture or nutritional counseling.

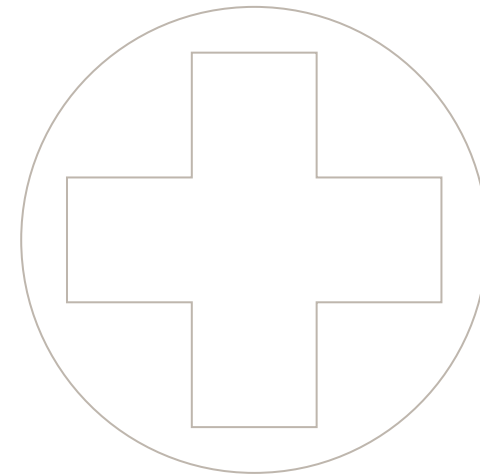
\$750 – \$780

The Standard Special

Combine our Standard treatments with this value package.

The Standard Massage + The Standard Custom Facial + The Standard Mani + Pedi + Living Juice of your choice:

Total Treatment Time: 3 hrs. 15 min. \$275



These healing and medicinal baths are available in the Hamam or in guest-rooms with private outdoor soaking tubs.

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 session for optimal results.

30 min. \$25 (\$20 with a massage or acupuncture)

ENERGIZING Lime Grapefruit Yogurt Bath An invigorating bath of naturally regenerating organic yogurt, grapefruit and lime peel.

SOOTHING Coconut Orange Cream Bath Great for after sunbathing, to cool and soothe. Made with rich cream and coconut oil.

HYDRATING Chocolate Buttermilk Bath Comforting and nurturing. Contains replenishing cocoa butter, hazelnut and buttermilk.

SENSUAL Rose Blossom Milk Bath Romantic and luxurious with dried rose buds, pure essential oils and calming milk.

RELAXING Lavender Blossom Milk Bath Soothing, healing French lavender buds and precious oils combined with naturally renewing whole milk.

SOFTENING Mandarin Almond Honey Bath Delicious. Red mandarin, sweet almonds and organic honey.

CHINESE MEDICINE BATHS

From energizing or sleep enhancing to a good old fashioned aphrodisiac, choose a Chinese medicinal blend from the spa, and we'll add your chosen remedy to a hot bath.

30 min. \$25 (\$20 with a massage, scrub or acupuncture)

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.

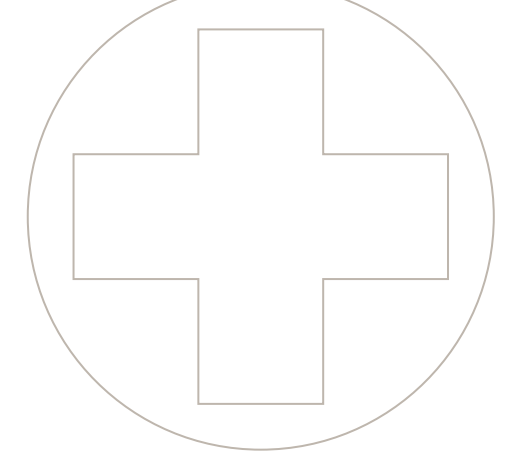
More Qi Please Ren Shen (ginseng), Huang Qi (astragalus) and Bai Gou (ginkgo nut) energize the body and mind.

Detox A mix of Saigon cinnamon, mint, honeysuckle flower and other Chinese herbs help balance the Ying (nutritive) and 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.

TREATMENT BATHS

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.



NATURAL BEAUTY AND SKINCARE

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. \$120
Add-ons: 15 min. or 30 min. microcurrent focus **\$40/\$75**

Essential Nutrient Upper Body Treatment 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 to 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, sun damaged or mature skin. Not recommended for sun-burned or sensitive skin types.

90 min. \$175
Add-ons: 15 min or 30 min micro-current focus to plump and firm the skin. **\$40 / \$75**

Anti-Oxidant Boost This detoxifying and regenerating facial uses powerful bio-active organic botanicals to heal skin cells and stimulate new growth. This quick 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. \$75 Series of 4 or more \$65 each

Resurface This facial is designed to gently exfoliate, cleanse the pores and smooth out fine lines and wrinkles as well as combat photo-damage by utilizing a Gentle Marine Peel. A combination of low intensity lactic and glycolic acids, this gentle resurfacing is followed by a soothing Kaolin Clay based mask and exfoliation with a sea mineral mask that is removed in a “gommage” fashion. Not recommended for sunburned or sensitive skintypes!

60 min. \$125.00
Purchase this facial in a series of 4 or more for best results. **\$115 ea.**
Add-ons: 15 min or 30 min microcurrent focus to combat fine lines and wrinkles **\$40 / \$75**

Acne Therapy Utilizing the Astara Blue Flame Acne Line, the products are charged with essential oils of Tea Tree and infusions of Lemongrass, Rosemary and Echinacea. This facial provides excellent anti-bacterial protection and powerful purification to reveal balanced and purified skin.

60 min. \$120.00
Purchase this facial in a series of 4 or more for best results. **\$110 ea.**
Add-ons: 15 min or 30 min ACNE microcurrent focus. **\$40 / \$75**

Revital-Eyes (For Eyes and Lips) 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 vera and cucumber mask leaves eyes energized and with immediately visible results. Lips emerge fuller, smooth and kissably hydrated.

\$45 with any facial

MICRO-CURRENT COMBOS

Hydration Please Begin with a 60 minute Just pure facial, mix with a sweet buttermilk body treatment and get serious with a 30 minute micro-current focus to plump and firm the skin.

2.5 hrs: \$300

After Sun Soother Cool off with a 60 minute Aloe Vera Frangipani Facial and Aloe Vera Frangipani Body Treatment, bring the redness down with a 30 minute micro-current Sunburn Treatment.

2.5 hrs: \$300

Clean Out Start from the outside and work in with a 60 min. Just Pure waning moon facial and Black Mud Detoxifying Body Treatment, finishing with some attention to inside with a 30 minute micro-current Organ Detox Treatment.

2.5 hrs: \$300

MICRO-CURRENT TREATMENTS

Reparer 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 electrical 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.

Face and neck 90 min. \$190
Face, neck and décolleté 100 min. \$235
Series of 4: Face and neck 90 min. \$684
Series of 4: Face, neck and décolleté 100 min. \$846

For an additional special focus area allow an extra 15 minutes to the service [choose one]: Upper Lip Lines, Eye Lines, Dark Circles, Puffiness, Scarring, Eye Brow Lift, and Breakouts.

15 min. \$40

The Standard Spanking Slim and tone those hard to reach, yet so often scrutinized parts of your derriere and thighs. Micro-current technology lifts the buttocks and kick starts the circulation around sluggish fatty deposits, firms up skin tone and immediately eliminates excess water and toxins. Great for a one off, best as a series.

120 min. \$240 Series of 4 or more \$200 each

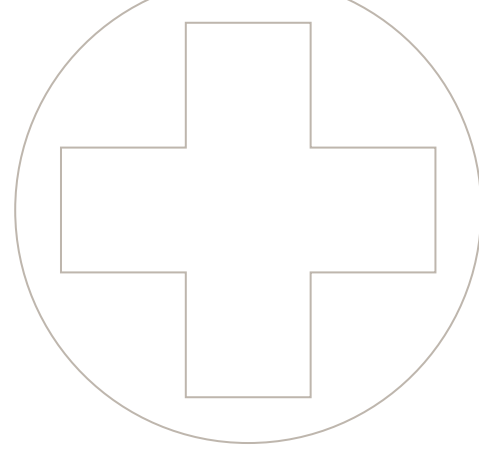
Single Special Focus Treatment Includes a facial cleansing, micro-current focus treatment and a moisturizing special serum.

30 min. \$75

Organ System Detox Treatment Uses the micro-current body roller to eliminate bloating and flush toxins from the abdomen all the way up to the colon.

45 min. \$90 Series of 4: \$324

MOON PHASE TREATMENTS



Using JUST PURE, a 100% natural, organic and biodynamic skin care line from Germany, we help to align your skin care with a timeless understanding of the moon and its phases — a natural cycle that influences detoxification, purification, absorption and regeneration. Designed by Gabriela Just, founder of JUST PURE.

RISING MOON TO FULL MOON

Regeneration, Absorption and Repairing

Rising Moon to Full Moon Just Pure Lunar Facial A healing facial for a time when your skin is most receptive to accepting vital nutrients. Dry skin is quenched, suppleness and radiance is restored. Enjoy a gentle herbal cleansing, mandarin-lavender aroma oil steam, face, neck, shoulder and decollete massage and an organic mask customized for your skin's specific needs. For all skin types.

60 min. \$130

Chi Yang Facial A restorative treatment that takes optimum advantage of the moon's influences favoring regeneration, absorption and repair. Contour fine lines and boost moisture levels with cell-renewing plants and herbs combined with the ancient technique of Shiatsu pressure point massage.

90 min. \$175

Sweet Buttermilk Body Treatment This decadent body treatment helps to nourish and replenish skin that is often neglected. During rising and full moon your skin is most receptive to absorbing softening and restoring nutrients. A warm milk & honey body wash is followed by an application of an apricot kernel oil and finished with a rich Chocolate Hazelnut and Vanilla Creme Body Pack. Your treatment is complete with a gentle facial cleansing and scalp massage.

75 min. \$150

WANING MOON TO NEW MOON

Detoxification, Cleansing & Purifying

Waning Moon to New Moon Just Pure Lunar Facial

A cleansing facial for a time when the skin is the most receptive to purification, deep cleansing and detoxification. Refines your skin's texture and clarity, leaving it balanced and feeling fresh. A tea tree-sage aroma oil steam, rejuvenating exfoliation and deep pore cleansing leads into a detoxifying neck, decollete and shoulders massage and finishes with a refining mask. For all skin types.

60 min. \$130

Black Mud Detoxifying Body Treatment Utilizing the purifying and detoxifying power of the waning and new moon, this treatment helps rid the body of stored toxins resulting in smooth, sleek contours. A luxurious jojoba pearl body peeling removes rough, dead cells, followed by a cleansing sea salt wash. An aroma oil body balm containing mistletoe, horsetail extract and nettle is applied, then a warm mineral-rich black mud is painted on the body. This is immediately followed by an elastic bandage wrap to target excess fluid retention.

75 min. \$150

ALL MOON CYCLES

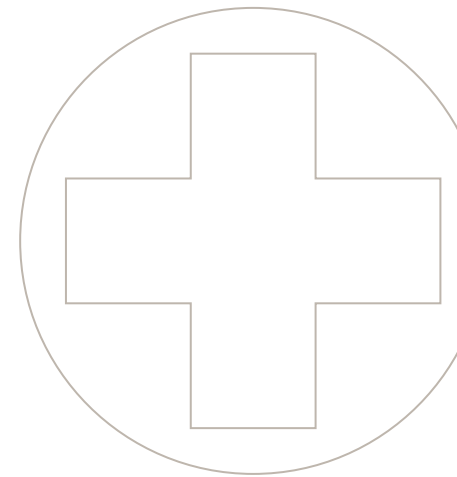
Aloe Vera Frangipani Repair Facial An intensely hydrating and soothing facial that infuses the skin with vital moisture and reparative nutrients necessary for healthy skin function. Enjoy layer upon layer of vitamin rich aloe vera, drenching the skin with nourishment and hydration. A bergamot grapefruit aroma oil steam and pure aloe vera vitamin oil massage and mask repairs and relaxes. For all skin types.

60 min. \$130

Aloe Vera Frangipani Repair Body Treatment When you need extreme hydration for dry, stressed skin, wrap yourself in all-over moisture with this reparative body treatment. First, your body is exfoliated from head to toe with a gentle Grapefruit Lemon Peeling, then a luscious Aloe Vera Balm mixed with a rich Vitamin Oil is applied to the skin. This is followed by a healing and soothing aloe vera pack which is loaded with vitamins and essential moisture to repair and soothe your skin leaving you feeling refreshed and revitalized. Finish with some extra nourishment to your face and scalp. Have a sunburn? Lessen the pain with this cooling treatment (exfoliation excluded).

75 mins. \$150

YOGA PERSONAL TRAINING & GROUP FITNESS



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

Please see the Spa Concierge or Guest Directory for the current list of classes and events.

YOGA

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

CHAKRA FLOW The creation of Miami local, Terri Cooper, this is a flow yoga class that creatively incorporates longer explorative holds. It is deep intentional work, yet accessible to all levels, as each student is encouraged to challenge his/her own boundaries and move through personal resistance via breath that will progressively stimulate and balance the seven Chakras.

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 in order to stoke the agni-digestive fire not only used to digest physical food but also ones life experience and sensations. When our fire is strong we can better adapt to diverse challenges.

JIVAMUKTI "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."

MARTIAL ARTS

KICKBOXING Developed in the 1970s by American students of traditional Eastern Martial Arts, this modified version of full contact sparring is intended to give you increased flexibility, endurance and confidence.

TAI CHI This Chinese martial art developed around the 2nd millennium B.C. is intended primarily for health benefits increasing 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.

GROUP FITNESS

KETTLEBELL KREATIVE SOMA Fitness kicks your butt with their kettlebell strength training program. This fusion of movement and inertial force training uses your own body to strengthen the primal movement patterns and resurrects the ancient modality of the kettlebell, used throughout history to achieve elite levels of strength and heightened cardiovascular capacity.

GYROKENESIS™ This system works the entire body through the seven natural elements of spinal movement as well as joint articulation. Postures are fluidly connected through the use of the breath, creating rhythmic movements and building full body awareness.

1 class **\$17***
1 class including indoor spa **\$25**
10 class pass **\$140**
Monthly Unlimited Pass (*includes indoor spa) **\$275**

DROP-IN SELF-PRACTICED MEDITATION

Always Free

*note specialized classes may cost more than \$17, please check with the spa for up-to-date details.

YOGA & MEDITATION ORIENTATION AND CONSULTATION

One of the best ways to experience yoga and meditation is by connecting one-on-one with a teacher who explains the general essentials of the yoga paths, points out how this relates to you personally and then gives practical guidance on how to maintain a simple, consistent practice in your everyday life, both on your own and here at The Standard. Choose from a personalized introduction to yoga and meditation or an assisted assessment on how to take your current practice to another level. Session times and subject matter will vary based on your goals and experience.

Yoga & Meditation Orientation and Consultation \$175
Follow up session or private yoga & meditation \$120

ONE-ON-ONE YOGA A one-on-one practice between master and student, 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 front desk for yoga styles and instructors.

60 min. \$120

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. Our experienced professional staff use this traditional method with a modern science approach that encourages comprehensive problem solving skills, adaptation, creativity and results. All sessions are conducted with a trainer.

60 min. \$90

SOMA- FITNESS & PERFORMANCE

Take your mind-body connection to the next level with SOMA Fitness & Performance. This dynamic team of industry leading trainers and teachers work together to create personalized exercise solutions that help you reach your potential. Utilizing the science and art of mind/movement enhancement, SOMA trains the body as a system, focusing on the development of the whole person, rather than treating muscles as if they are separate, isolated entities. Step into a body that not only looks balanced and strong, but moves gracefully, powerfully and skillfully.

90-minute Comprehensive Fitness Evaluations
60-minute Personalized Exercise Solutions
Couple's Training Sessions
30-minute performance enhancement & jet lag conditioning.

Whether you are here for the weekend or for the month, contact the spa for comprehensive information on an array of personal conditioning possibilities and prices.

STRETCH ZONE FLEXIBILITY THERAPY

Experience the joy and pleasure of moving efficiently and effortlessly in a more comfortable body. The Stretch Zone's Functional Active Stretch Therapy (FAST) is a synthesis of controlled stretching techniques that work with your autonomic nervous system to quickly and effortlessly improve muscle symmetry, enhance physical performance and mitigate rheumatic pain. Flexibility therapy awakens inherent and instinctual movements and aids in developing a greater sense of control and confidence, ultimately determining peak performance. Discounts for a series of 6 or more.

30 min. \$80.00 60 min. \$ 150.00

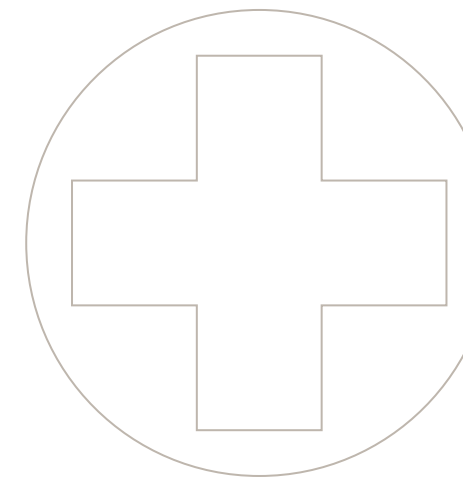
GYROTONIC™ Unlike most conventional exercise machines where linear movement patterns are performed creating uncoordinated strength, our GYROTONIC™ Expansion System emphasizes multiple joint movement without compression. All sessions are conducted with a trainer.

60 min. \$90

Team SOMA

A hand-picked collective of the industry's most highly qualified professionals that draw on their collective knowledge and skill, the sum of which makes a more powerful solution than could be reached by any one individual. This collaborative model, developed and operated by internationally recognized industry presenters and SOMA's Performance Coach Leaders Adam and Michelle Khai-Cronin, is designed to empower the individual to raise their fitness level to meet the quality of life that they desire. Team credentials include: USA Weightlifting Senior Olympic Lifting Coaches (coached by USA Olympic Team Leader Leo Totten), KMX-Lab Golf Fitness Coaches (trained at the PGA Kinematics Lab), KettleBell Concepts Founders, Medical Exercise Specialists, USA Track and Field Coaches, FAST Flexibility Therapists, and many more. For individual bios on the SOMA team, please see our spa front desk.

COMPLEMENTARY HEALTH & WORKSHOPS



The Standard Center for Integral Living is a comprehensive series of retreats, lectures, classes, seminars and events led by local, national and international luminaries in health, spirituality, sexuality, art, science, business and ecology. This is your in-point to the people, practices and ideas that can help you achieve balance and perspective in your daily life.

Please see the Spa Concierge or Guest Directory for the current schedule for The Standard Center for Integral Living.

ACUPUNCTURE

LORI ALEXANDRA BELL

Acupuncturist Lori Alexandra Bell has been practicing Chinese medicine for more than 14 years. Her interest in Eastern healing practices emerged from early training in martial arts; studying religion and philosophy at the University of Florida and receiving professional supervision in China. Lori takes a holistic approach to encourage overall wellness, stress reduction, pain management and improved nutrition. She also applies her training in a number of specialized areas including strengthening the immune system of HIV positive patients, treating infertility, facial rejuvenation and other issues specific to womens' health.

Five Element Acupuncture and Chinese Herbs

90 min. First Time Local Client \$165
60 min. One Time Nomad \$130
60 min. Follow Up \$85

NATURAL HEALTH CONSULTATION

DR. PAUL GANNON

Natural Health Consultants are medically trained to emphasize all natural therapy treatments such as homeopathy, herbal medicine, diet, nutrition and physical therapies. Dr. Paul Gannon earned his doctorate of Naturopathic Medicine from Bastyr University in Seattle, recognized around the world as the leader in the education and scientific study of natural medicine. He specializes in gastro-intestinal problems, women's health, allergies, chronic disease and liver detoxification programs. Dr. Gannon is an expert at tailoring natural therapies to the uniqueness of the individual, emphasizing prevention, self-care and motivation that honors the wisdom of nature while effectively and efficiently creating a healthier mind and body.

Initial Natural Health Consultation 60 min. \$180
Initial Visit plus follow up \$280
Acute Quickie 20 min. \$80

PERSONAL LIFE COACHING

DR. CINDY LOU GOLIN

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 or for 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. In a one-on-one confidential session, Dr. Golin 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.

Dr. Cindy Lou Golin, The Standard's resident Life Coach, has over 15 years of experience in the field of personal growth. Her graduate degrees and certificates include Spiritual Psychology, Transpersonal Psychology, Counseling Psychology, Clinical Psychology, Creative Expression, Soul-Centered Leadership and Spiritual Guidance.

\$160/hour
Life Coaching group (get on the wait list!) (10 weeks) \$850

DREAM INTERPRETATION

A relaxing spa visit and the mystical quality of The Standard property can often trigger vivid and 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.

Individual session \$150/hour

REEL DISCOVERY

Experience movie-going as a personal growth practice! Through the powerful and thought-provoking medium of film, learn more about your inner reality and how to leverage those experiences to open a backdoor to your own consciousness. Experience how your film interpretation can lead to a greater awareness of your own thoughts, feelings, patterns and behaviors—a tangible and creative way to create greater daily awareness.

Book a one-on-one session or better yet, organize a group.

Individual session \$160/hour
Two people \$120 each (90 minutes)
Three people or more \$90 each (90 minutes or more)

BREAK THROUGH

Are you ready for change? Hang on tight, it's time to pull out all the stops and change your life in 35 days! Collaborate with Dr. Golin on the design of a 35-day regiment that begins with leveraging the passion of your heart's desires and gaining clarity on your vision, intentions and goals. Dr. Golin supports you (through daily accountability) every step of the way—navigating challenges and learning new ways to relate to personal resistance, as you ride the wave of inspiration. In only minutes a day you can permanently shift old patterns and become more of who you are truly meant to be.

This 35-day commitment creates a rare energetic experience of unconditional support that can be life changing. Dr. Golin offers this coaching retainer to give you the focused daily support you need to break through and live your dreams!

\$1600 for 35 days
Includes initial assessment, 2 one-hour coaching sessions per week, and daily email and/or phone access.
Visiting guests may continue this package after leaving the hotel.

CUSTOM RETREATS & WORKSHOPS

Experience a workshop, retreat or seminar created 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 bridal party who wants to be pampered, a group of friends that wants to grow and 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.

This unique offering can be customized for an individual, a couple, a family or a group (up to 60 people), from one day to six weeks. Our retreats integrate physical, mental, emotional and spiritual components, consider specific learning modalities (visual, auditory, kinetic) and take multiple aspects of your retreat/workshop environment into account to create an atmosphere for personal growth, upliftment, and inspiration. Prices vary, please contact the spa to arrange for a free consultation.

CUT AND COLOR

Hair Cut, Women **from \$70**
Hair Cut, Men **from \$50**
Finishing (Blow Dry) **from \$40**
Single Process Color **from \$70**
Double Process Color **from \$150**
Partial Highlights **from \$150**
Full Highlights **from \$220**

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 \$20**
Lips **from \$14**
Full Leg **from \$75**
Half Leg **from \$50**
Underarms **from \$30**
Back **from \$75**
Bikini or Brazilian **from \$40**
Full Arm **from \$45**
Half Arm **from \$35**

HANDS AND FEET

The Standard Manicure

Our Standard manicure is all about healthy natural nails and hands-on attention using environmentally friendly products.

\$25

The Standard Pedicure

A classic touch for healthier and softer feet and toes.

\$40

Santa Maria Novella Manicure & Pedicure

Santa Maria Novella originated in Florence, Italy and is the oldest pharmacy in western civilization. For over 400 years, they have been world renowned for their fragrances and uncompromising quality of products. For just under two hours your hands and feet will be bathed in medicinal and luxurious salts, petals, creams, balms and powders leaving them trimmed, massaged and deliciously fragranced. Exclusive to The Standard.

110 min. \$150

Worshipped Hand and 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 \$55 Pedicure \$70

THE RULES OF THE GAME

Our first spa appointment can be scheduled at 8am. Our final spa appointment can be scheduled at 8pm from Sunday to Thursday, and 9pm Fridays and Saturdays. Spa services outside of these hours may be scheduled in-room and incur a 25% surcharge.

To schedule an appointment press the "Spa" button on your guest room phone, or stop by the lobby or 3rd floor Spa Concierge. 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.

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

Please check in at the third floor spa reception 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 & Holistic Consultant 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. Appropriate closed-toe exercise footwear is required in the gym at all times.

Children aged 14 and under are prohibited from using the baths, gym, pool and spa.

Non-hotel guests over the age of 14 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 has a \$10 per use fee.

Service cancellations or re-scheduling within 4 hours of your appointment time will be billed at 50% of the treatment price. All prices and services are subject to change without notice.

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

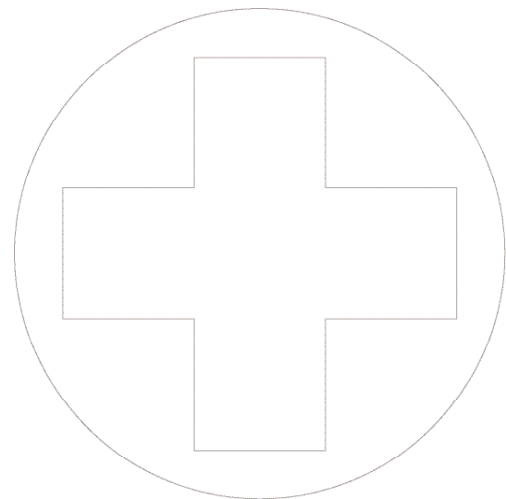
MEMBERSHIPS

Feel like taking your health to the next level? Please contact the spa for information on the various levels of membership available.

GRATUITIES

Gratuities are not included in the cost of your service. 20% gratuity for in-spa treatments is recommended, 25% for in-room and poolside treatments.

SALON



HAIR AND NAILS