

9 Spa Treatments for an Amazing Miami Beach Bod

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Miami's best spa treatments this summer seem like decadent desserts. (Photo: Thinkstock)

Not that we need to tell you twice, but beach season is here — and that means it's time to keep your beach bod in tiptop shape. And in spas in South Florida, that means *not* skipping dessert. From orange Creamsicles and marshmallows to walnut shells and lavender, pineapple, rose, lemongrass, and mint, the latest and greatest spa treatments sound like decadent treats.

Here's how to scrub and buff head to toe and hit the sands at your best.



*Mani-pedis in Miami often mean time spent at Gloss Nail Bar.
(Photo: Gloss Miami)*

Gloss Essential Pedicure

Spa: [Gloss Nail Bar](#), Coral Gables

Choose from more than 100 different shades of organic, nontoxic nail lacquers (that come in recyclable bottles), all created by salon owner Sandra Weir. Bright summer nail colors include Barrier Reef (opaque blue-green), American Sweetheart (deep apricot pink), and Avocado (opaque grassy yellow-green). Begin the pedicure with an aromatherapy bath soak, selecting essential oils scents such as eucalyptus, lemongrass, or lavender. From nail shaping, cuticle care, and exfoliating with an organic raw sugar scrub to callus and heel filing, this is the ideal pampering for feet to look tiptoe perfect.
\$35 for 35 minutes