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## **An Oasis in the heart of Miami** *Revive. Rejuvenate. Restore.*

Coral Gables, FL (August 3, 2017) – The Biltmore was designed as a luxurious haven. It has become a historic artifact that has enticed and lured the most discriminating travelers and jetsetters from around the world for over 90 years. If The Biltmore’s walls could talk, the stories they would tell about entertaining and indulging the desires of their most famous and notable guests would always leave visitors coming back for more. Speaking of indulgences, the Biltmore’s SPA also offers a sanctuary away from the hustle and bustle of downtown Miami and the sexy sparkle of South Beach. The SPA is an old-world class experience with a modern-day twist offering guests the finest in spa facilities and amenities in the heart of the Miami. Inspired by the splendor of the traditional Spanish and Mediterranean architecture prevalent in historic Coral Gables, the spa is a comprehensive beauty and wellness urban oasis.

“If you are traveling to Miami this month and you are in need of some much needed rest and relaxation you are in luck,” said Matthias Kammerer, Managing Director at The Biltmore Hotel. “August is Miami Spa Month. It is 31 days dedicated to the well-being of its locals and visitors offering unbeatable spa offerings for the body, mind and soul .”

Guests to the Biltmore SPA will get to indulge in the highest standards of pampering and relaxation during the tenth annual Miami Spa Month throughout August. Rejuvenating special spa treatments start as low as \$109. With the city’s fast-paced lifestyle, it can be difficult finding tranquility and relaxation in Miami said Kammerer. Yet [The Biltmore Hotel](#) in Coral Gables has ensured that personal peace and serenity are at the forefront of its amenities, from its spa and fitness center to its innovative Benessere program, allowing guests to pursue a healthy and peaceful lifestyle.

An elegant sanctuary, [The Biltmore Spa](#) is situated on the seventh floor of the hotel with panoramic views of the Gables. The spa’s cascading water walls and Earth-toned décor define tranquility and relaxation. Hints of Zen traditions transcend through the aroma of Green Tea Citrus, as guests make their way over the bamboo bridge and polished stones leading to an inviting relaxation lounge.

With a tranquil ambiance and state-of-the-art treatments, guests can choose from a variety of services – including massage therapy, facial treatments, body treatments, body wraps, therapeutic spa baths and scrubs, and beauty services such as microblading. Treatments can be scheduled in the 12,000-square-foot spa or poolside in a private cabana. The spa offers manicures, pedicures, make-up application, and hair styling and treatments in its beauty salon.

The Biltmore Hotel also features an award-winning and comprehensive Fitness Center, complete with a sauna, steam room, more than 100 fitness classes per week, as well as an extensive collection of top-of-the-line machines from Technogym. Offering an immersive and completely customizable workout experience, the Technogym EXCITE® collection features the new state-of-the-art UNITY 3.0 console, which engages and motivates users through digital content including live TV, music transmission, Internet access and games, as well as a series of personalized training programs. The Biltmore's Fitness Center carries several machines from the new line, including the Excite® Bike 1000, Excite® Crossover 1000 and Excite® Recline 1000.

The 10,000-square-foot fitness center houses separate areas dedicated to different components of fitness, including cardio, strength training with a comprehensive free-weight room, and three group exercise studios. The center also offers private sessions with certified personal trainers as well as one-on-one or private class settings, focusing on cardiovascular and muscular objectives as well as yoga, meditation, Pilates, stretch, dance and more. From health-conscious cooking classes to therapeutic spa baths, The Biltmore Hotel provides a luxurious wellness experience encompassing all aspects of life.

For those looking to stay active and healthy, [Benessere at The Biltmore](#) offers wellness-oriented treatments at the hotel's spa, more than 100 group exercise classes, healthy cooking classes at The Culinary Academy, as well as healthy menu choices at the hotel's award-winning restaurants, [Palme d'Or](#) and [Fontana](#). Centered on the Mediterranean lifestyle, the program's interactive programming is a full-sensory experience, integrating each of the hotel's amenities – its luxurious spa, renowned fitness center and acclaimed dining destinations.

“We've developed specific wellness treatments and programs as a response to the strong demand from our guests seeking to maintain a healthy lifestyle while traveling,” said Matthias Kammerer, Managing Director at The Biltmore Hotel. “Through our health-conscious offerings, we strive to leave guests feeling better than when they arrived on property.”

To book your stay, please visit [www.biltmorehotel.com](http://www.biltmorehotel.com) or call 855.311.6903.