

body

Time to Rejuvenate

Looking to pamper a loved one for Valentine's Day? You're in luck; South Florida is Spa Central when it comes to world-class treatments. Turn the page for a sneak peek at some of the signature spa offerings in and around Boca.



A massage on the beach at The Spa at the Mandarin Oriental in Miami

spa search

Not all South Florida spas are created equal. We've spotlighted some of the area's premier pampering rooms based on your rejuvenation needs—including a signature superstar treatment.

BEST SPA FOR: A FULL DAY OF RELAXATION

WHERE: Eau Spa at The Ritz Carlton, Palm Beach
WHY: With 42,000 square feet (just short of a football field) of pampering space, Eau Spa is the perfect place to spend an entire day. We love the Self-Centered Garden, which is a relaxing oasis filled with waterfalls and hanging chairs; and the "spice market," where mixologists concoct personalized body scrubs. Check out the "Delight" package (180 minutes; \$425), which includes a soaking bath, "self-centered" massage, signature facial and relaxation time in a private villa. Champagne and light bites are on the house.
CONTACT: 100 S. Ocean Blvd., Manalapan; 561/540-4960; eauspa.com

BEST SPA FOR: LETTING YOUR HAIR DOWN

WHERE: Bliss Spa at the W Fort Lauderdale
WHY: Bliss, like the hotel that houses it, is a favorite of hip, jet-setting professionals who don't have time to waste. The signature style of the original New York City spa—white and blue palette, and fast, discreet service—also defines the South Florida version. Try the "Hangover Herbie," perfect after a late night at one of the hotel's trendy bars. The treatment includes Bliss's famous Triple Oxygen Facial, body wrap, foot massage and anti-migraine massage.
CONTACT: 701 N. Fort Lauderdale Beach Blvd.; 877/862-5477; blissworld.com



Eau Spa at The Ritz-Carlton, Palm Beach

BEST SPA FOR: COUPLES

WHERE: The Spa at Four Seasons Resort Palm Beach
WHY: The oceanfront Spa is tranquil and clean, and exudes elegance without trying too hard. The waiting rooms, steam/sauna/whirlpool areas and the showers (a massage in itself with more than seven jets) are reason enough to visit. But The Spa also caters to romantic types with its "Couples Experience" (starts at \$50 for 25 minutes), which can be added to the couple's massage (prices vary). Enjoy a beautifully tiled, private relaxation room with a private steam room and rain shower for two, along with complementary healthy snacks and fruit-infused juice.
CONTACT: 2800 S. Ocean Blvd., Palm Beach; 561/533-3715; fourseasons.com/palmbeach/spa

BEST SPA FOR: GIVING BACK TO NATURE

WHERE: The Spa at the Mandarin Oriental, Miami
WHY: Get away without going too far by taking a short car ride to Brickell Key, home to the exquisite Mandarin Oriental, Miami. Inside, bask in the services offered at the only spa in Florida to be honored with the *Forbes Travel Guide* Five-Star Award. Among the full array of full- and half-day packages is the Thai Herbal Compress Ritual (90 minutes; \$275 weekends, \$250 weekdays). Warm herb and essential oil compresses are applied to the body's muscles, and the massage focuses on areas of concern. It's OK to feel good about indulging; for every Thai Herbal booked, a tree is planted in Everglades National Park.
CONTACT: 500 Brickell Key Drive, Miami; 305/913-8332; mandarinoriental.com/Miami/spa

BEST SPA FOR: STAYING LOCAL

WHERE: The Maui Spa & Wellness Center
WHY: So you can't make a day trip to Hawaii—but you can make a short trip to the Maui Spa, tucked away in Boca's business district. We suggest popping in for a Lomi Lomi massage (starts at \$60 for 25 minutes) on your lunch break. The continuously flowing massage feels like waves running over your body. If you have extra time, check out the tranquil relaxation room with a starry sky—it's not quite Hawaii, but it's a much-needed escape all the same.
CONTACT: 2100 N.W. Boca Raton Blvd.; 800/768-6259; themauispa.com



The Spa at Four Seasons Resort Palm Beach

DOCTOR IN THE HOUSE

Health care, for a change, comes to you—right here in Boca.

Remember the days when doctors were never too busy to make house calls? Neither do we.

For the past three decades, the only doctors making house calls were on television. But, believe it or not, physicians in Boca are at the forefront of a movement to return to your doorstep.



MICHAEL B. LLOYD

In a nod to the “good old days,” **Dr. Donald Snyder** created MD Housecalls, a medical practice where 100 percent of his appointments are at patients’ homes. Snyder says he created the service out of sheer demand. “As my patients were aging, I kept receiving requests to make house calls,” he says. “Since Medicare covers home visits, it makes it even easier.”

The benefits of at-home appointments are more than just convenience. Snyder is fully mobile, so X-rays, ultrasounds, blood tests and EKGs all come to you. “People are clearly more comfortable in their homes,” he says. “We spend at least 45 minutes with each patient to get a better assessment of their health.”

In true South Florida fashion, Botox and other cosmetic injectables are available too.

“Many men and women prefer the discretion afforded by coming to a patient’s home for these procedures,” Snyder says.

Dr. Steven Schwartz, who makes house calls for Alliance Care, appreciates the extra time that he’s able to spend with his patients. “As a geriatrician, I have always been meticulous about medication review,” he says. “Being able to go through every pill bottle with a patient can be invaluable.”



Although Schwartz sometimes feels like a famous television doctor, he is a big fan of making house calls. “I feel like the old Dr. Marcus Welby character because I get to know the whole family, spend more time with each patient and treat a variety of medical problems,” he says. “But in this day and age, I have much more available than Dr. Welby ever did.”

FOR MORE INFO
MD HOUSECALLS: 561/368-7878,
mdhousecalls.org
ALLIANCE CARE: 561/471-1205,
alliancecare.com



FEBRUARY RACES

12th: Miles for Meso 8K (Spanish River Park; 7:30 a.m.; 954/303-5960; milesformesothelioma.org)

12th: Gift of Life 5K Walk for Life (Palm Beach Plaza, FAU; 9:00 a.m.; 800/962-7769; giftoflife.org)

18th: Together We See Eye Run (YMCA Boca Raton; 5:30 p.m.; 800/978-4531; ymcapbc.org)

19th: Publix Fort Lauderdale A1A Marathon and Half Marathon (Museum of Discovery and Science, 6 a.m.; 561/241-3801; a1amarathon.com)



CHECK LIST: HOME HEALTH CARE

Hugo MacDonald, physical therapist for Alliance Care, makes house calls in Palm Beach County. Here is his advice for what to look for when choosing home health care.

1. ASK IF THEY USE IN-HOUSE STAFF: “This way the level of communication only goes through them and not through multiple contractors.”

2. DO YOUR HOMEWORK: “When discharged from a hospital and given a list of names to choose from, make sure you look up each person and pick the best for you.”

3. DO THEY SPEAK YOUR LANGUAGE? “Make sure the agency has staff that can accommodate your cultural and language needs.”

4. DO THEY ACCEPT YOUR INSURANCE? “Seems so simple, but you’d be surprised how many people don’t follow up on this.”

5. MAKE SURE THE AGENCY SPECIALIZES IN YOUR NEEDS: “Sometimes the person you speak to is a marketing person and not a medical specialist. Ask for the nursing director and speak with him/her directly.”