





“AN OASIS OF HOLISTIC THERAPIES
FOR THE SPIRIT, MIND, AND BODY,
FAENA SPA BLENDS ANCIENT HEALING
RITUALS FROM AROUND THE WORLD
TO AWAKEN CONSCIOUSNESS
AND RESTORE WELLBEING.”

– ALAN FAENA

Tierra Santa at Faena Hotel Miami Beach is a healing art house dedicated to the joy of living well. Inspired by the idyllic estate of the same name in Punta del Este, it combines age-old South American healing techniques and treatments with state-of-the-art technology thoughtfully curated over an entire floor. An oceanfront oasis where our community of health-conscious enthusiasts and hedonists alike restore balance, elevate their spirit, energize themselves or simply wind down with a sumptuous massage. Our spa menu offers advanced healing and the ultimate in wellbeing treatments performed with our very own hand-blended plant-product range.

1

A JOURNEY THROUGH OUR HOUSE

Step into a space where color surrounds you, time stands still and a sense of deep meditation envelopes you. Attentive, sincere and individualized service creates a feeling of your being the only person there. The experience commences with a freshly pressed juice, a cold compress of palo santo, the scent of copal and the sweeping views of the ocean.

THE JOURNEY CONTINUES TO OUR SANCTUARY
OF HEAT AND WATER AT **THE WET SPA.**



THE WET SPA

BEFORE YOUR TREATMENT
ENJOY THE WET SPA.

Our approach to healing is very simple: we use only our hand-blended, plant-based Tierra Santa range of muds, scrubs and oils inspired by shamanic wisdom. The ingredients are activated by heat and steam resulting in the ultimate cleansing and restoration of mind, body and spirit.

1. STAGING AREA

The first point of acclimation to prepare you for your spa journey. Hang your robe, collect a *peshtamal* towel and slice your share of soap and you're ready to go.

2. WATERFALL

Every guest's journey starts and ends here, with a range of powerful showers that prepare you for heat therapy and provide final cooling and cleansing before departure.

3. HAMAM

An authentic, social space for classic cleansing with a heated *gobek tasi* stone for scrub treatments performed by our intuitive therapists. De-stress while inhaling the aroma of jasmine; relax as warmth sinks deep into your bones, soothing sore muscles, joints and easing overall tension.

4. HERBAL STEAM ROOM

The hottest room in the facility supports advanced cleansing and detox. Soothing aromas of peppermint and eucalyptus are emitted to support the respiratory organs, deeply cleansing the nasal passages and lungs to promote deep relaxation.

5. WET SCRUB

This space offers specialized hydrotherapy treatment rooms where guests can have a traditional body scrub with added body sculpting by a powerful scotch hose (*additional charges apply*).

6. SAUNA

An old fashioned therapy with stylishly curved, multi-tier seating and two infrared seats for a powerful detox. The space is infused with revitalizing orange oils.

7. ICE PARLOR

Our gorgeous little two-seater ice parlor cools the body with a combination of ice and air. The interplay of hot and cold on the skin widens the arteries, stimulates blood flow and the metabolic system and strengthens the immune system.

8. TEPIDARIUM

Recline on heated stone beds. Lie back, sip on our refreshing Tierra Santa rose bud tea.





THE BODY RITUALS

BODY RITUALS THAT PURIFY MIND AND BODY AT THE WET SPA

BATHING RITUAL

We invite you to create your own “do it yourself” ritual. Lather up with a choice of muds, scrubs, butters and oils available at reception. Choose one from each category to create your own Tierra Santa experience with these unique South American healing ingredients:

- **PURIFYING SCRUBS:**
Choice of maca and guarana or palo santo and buriti
- **HEALING CLAYS:**
Choice of Amazon white clay, Peruvian black or rainforest bio green
- **NOURISHING OILS AND BUTTERS:**
Choice of rose oil, sandalwood oil, murumuru butter or jasmine butter

HAMAM ROSE RITUAL

(110 minutes)

Unique to Tierra Santa is the private Hammam Purification body treatment. Begin your journey with a personalized cleansing ritual on a warm marble slab, where your therapist will purify the body with a scrub of guarana and maca, followed by therapeutic Amazonian white clay or Peruvian black mud to nourish and soothe. Take time to relax while gently inhaling the soothing steam then conclude the ritual with a beautiful full-body massage using precious rose oil from our Sacred collection.

THE RELAXATION ROOM

LOSE YOURSELF IN OUR FOREST...

Each treatment starts and finishes in our unique Relaxation Room created to unwind, escape and rejuvenate. This magical space is filled with overstuffed sofas that cocoon the body, soft lighting, curative music, bespoke herbal teas and a selection of vegan nibbles.

2

UNIQUE HEALING ARTS

Our immersive experience offers an introduction to South American healing culture and massage art. All of our advanced healing treatments are performed with our own organic hand-crafted range of blended oils, butters, resins, healing stones and flower poultices. Time-honored healing rituals are combined with magical ingredients ethically sourced from the South. Each treatment is an opportunity to transform your life and improve your health through the therapeutic power of touch, sound, color, taste and scent.



HEALING ARTS

TREE OF LIFE VIBRATIONS

(110 minutes)

This nature-inspired treatment is performed on a heated sand bed, which has been used by ancient cultures to relieve deep-seated tension. A combination of our Tierra Santa Sacred Oils is poured onto tension points along the spine. Brazilian rose stones enhance this unique massage technique as it is applied over the body's 'tree of life':

- starting at the lower back—the roots
- along either side of the spine—the trunk
- and into the upper shoulder and neck—the branches

Sound enhances the therapeutic effect of this deeply relaxing treatment. A warmed singing bowl is used to gently warm and soothe the lower back, slowly diffusing its vibrations to release tension in every inch of the body.

THE SACRED WARRIOR

(110 minutes)

Tight, aching muscles are relieved with a deep-muscle melting massage to key tension zones inspired by the warriors of yesteryear. Warmed herbal indigo poultices and rare lapis lazuli from Chile target pressure points while therapeutic South American muds ease the ache out of today's modern warrior. The treatment ends with a restorative Tierra Santa rose tea.

PALO SANTO & SOUND BOWLS

(110 minutes)

Palo Santo is an extraordinary tree that grows on the east coast of South America. It is used in purification ceremonies to provide an uplifting aroma that raises your body's vibrations in preparation for meditation. Palo santo body oil is used in conjunction with seven sound bowls that have been selected by our resident shaman. The bowls are made from precious metals and are placed in key tension areas of the body; the vibration, massage and sound brings health and wellbeing by restoring the natural frequencies of our mind and body.

MASSAGE THERAPY AND BODYWORK

TIERRA SANTA DEEP TISSUE

(50/80 minutes)

A deep-tissue, chakra-balancing massage using warm babassu butter from the Brazilian palm tree. This fragrant butter, known for its ability to alleviate aches and pains, is applied by our therapists with deep pressure to specific trigger points. Excellent for clients with deep-seated tension.

TIERRA SANTA MASAJE DE COCO

(50/80 minutes)

A deeply nourishing and muscle-melting massage using virgin coconut oil and a warm coconut herbal compress. Coconut oil is revered as the "Oil of Life" in South America for its curative and regenerating properties. Specific areas of tension are soothed away with the application of the warm shaved-coconut compress.

MASAJE CON FLOR BLANCA

(50/80 minutes)

A soothing massage using long strokes and lymphatic drainage techniques with oil extracted from the orange blossom, which has been used for hundreds of years as a tonic to induce bliss, calm the nerves and increase blood flow. The perfect massage for guests looking for pure relaxation.

TIERRA SANTA ANDEAN LAVA

(50/80 minutes)

Energizing hot oil from the Amazon is applied with volcanic rocks to penetrate deep into the body—a perfect accompaniment to any detox therapy that helps to release muscle tension and stimulate lymphatic drainage.

MELLOW MOTHER MASSAGE

(50/80 minutes)

A completely relaxing full-body massage for expectant mothers, using our safe but effective pre-natal techniques and omega rich oils to help relax, increase circulation, alleviate tired muscles and reduce excess water retention, all the while focusing on the specific muscles that are responsible for supporting that beautiful bump.

SPA SUITE

Enjoy the ultimate spa experience in our glorious Spa Suite for two. This indulgent escape allows you to relax and unwind in your own exclusive spa surroundings while you enjoy beautiful Tierra Santa treatments. This amazing suite includes a stunning outdoor balcony, indoor soaking tub, couples rain shower and relaxation areas.

The suite can be booked for a minimum of four hours for tandem treatments of your choice, or you can book our very lavish retreat:

THE ART OF LOVE

(6 hours)

Begin your retreat with our advance Tree of Life ritual that includes a therapeutic palo santo exfoliation, couples rain shower, followed by a muscle-melting quartz stone massage and a soothing Amazonian clay application with scalp massage. Couples are then served an organic spa lunch on the private terrace. The rest of the afternoon is dedicated to our famous two-hour facial, which will leave your skin looking like new. Additional relaxation time is reserved at the end of the treatment experience. Couples can enjoy a bottle of Champagne, a soak in the sumptuous tub and a few special nibbles prepared by our world-renowned chef.

Includes: Exfoliation, couples shower, 90-minute hot-stone massage, body wrap, time to relax and have lunch, facial, Champagne relaxation time.



3

ADVANCED BEAUTY & FACIALS

At Tierra Santa our rigorous approach to beauty spans from head-to-toe. Choose from an array of advanced beauty and skincare treatments from leading and trusted brands, including Biologique Recherche and Rossano Ferretti. We even have your nails covered with our signature Faena Red color formulated by Mine Lacquer Studios.

BIOLOGIQUE RECHERCHE

Biologique Recherche has a reputation for astounding effectiveness based on a clinical approach to beauty care using pure, concentrated raw ingredients, as well as innovative and meticulous protocols and procedures. Each treatment is highly personalized to achieve immediate and long-lasting results. Experience why this French skincare and body care range has achieved a cult following worldwide.

HYPER CUSTOMIZED FACIAL

(50/80 minutes)

Let our highly trained estheticians tailor a facial that is specific to your needs. Select your time and we will take care of the rest.

TRIPLE LIFT ADVANCED FACIAL

(110 minutes)

The ultimate re-sculpting treatment combining two exfoliating, reconditioning and face-lifting boosters with the use of the Remodeling Face® machine. A complete treatment to redefine and plump facial volume.

SOIN LIFT CORPS

(80 minutes)

A hydrating and dermo-protective slimming massage to firm and tone loose tissues, eliminate dead skin cells and sculpt your body. Ideal after a weight management program.

INTEGRAL REMODELING BODY

(110 minutes)

A complete body lift combined with the treatment of two target areas: the bust and arms. It restores the curves of your silhouette and stimulates a strong feeling of wellbeing.

ROSSANO FERRETI SALON

Merging his passions for architecture, art, fashion and design, Rossano Ferretti's salons bring together refined elements to offer guests a highly cultivated experience. Rossano Ferretti's revolutionary signature approach—"The Method," created with the help of his sister, Lorenza Ferretti—focuses on the natural fall of the hair and is considered one of the greatest innovations in haircutting in the past 40 years. "The Method" allows the stylist to enhance the individual beauty of every client by customizing the haircut according to the specific hair type and the characteristics of the individual.

STYLING

Haircut for Women
Haircut for Men
Blow-dry
Up-Do
Color
Highlights
Gloss
Inoa Color

TREATMENTS

Shu Uemura Mask
Shu Uemura Ceremony
Nano Keratina
Hair Botox
Hair Extensions
Make-Up Application

NAIL STUDIO

Offering more than just a regular manicure and pedicure, our nail studio serves up the latest trends in nail art, colors and hand treatments. Book one of our bespoke experiences while you leaf through the latest magazines or art books, and sip a crisp rose wine or a flavorful cappuccino. Me-time never felt better! If you dare, ask for our signature Faena Red nail polish curated by Mine Lacquer Studios in New York.

TIERRA SANTA MANICURE *(35 minutes)*

TIERRA SANTA PEDICURE *(50 minutes)*

GEL MANICURE *(50 minutes)*

GEL PEDICURE *(60 minutes)*

4

PREVENTATIVE MEDICINE AND HOLISTIC THERAPIES

A team of experienced doctors and health practitioners will guide you through life-changing programs geared towards achieving ultimate health. These programs are offered in partnership with Dr. Juan Rivera and Dr. Matthew Cooper.



PREVENTIVE MEDICINE

EXECUTIVE PREVENTIVE MEDICAL PROGRAM

Guests looking to enhance their life will have access to a comprehensive program that includes:

- Advanced blood work (internal medicine, cancer and cardiovascular)
- Stress test
- Echocardiogram
- Screening for carotid plaque (determine risk of stroke)
- Heart scan (determine risk of heart attack)
- Abdominal aorta aneurysm screening
- Endothelial function testing
- EKG
- Fatty liver screening
- Same day results for studies
- Follow up phone consultation for lab results
- Comprehensive physical examination
- Massage therapy program
- VIP Transportation

FULL CONCIERGE SERVICE

For Miami Residents this comprehensive program is based on a yearly membership that gives you complete access to Dr. Juan Rivera.

- Internal Medicine and Cardiology Services (emphasis on prevention).
- 24/7 access to physician by phone, text or email.
- Zero office waiting time.
- Unlimited yearly visits.
- Yearly comprehensive physical examination (advanced labs, echocardiogram, stress testing, studies to look at occult arterial plaque, circulation studies, screening for arterial aneurysm, EKG, endothelial function testing, fatty liver screening, complete physical examination).
- Coordination of visits with top Miami specialists.
- VIP transportation.
- Massage Therapy Program

DR. ENZYME PROGRAM

This program targets the health of our digestive system, which has a direct effect on energy levels, sleep patterns, weight management and overall wellbeing.

- Advanced blood work
- 24-hour urine analysis
- Personalized supplement plan
- Personalized fitness program
- Nutritional consultations
- Massage therapy program

COMPLETE DETOX

Experience an intense detoxification program led by Dr. Enzyme and our team of nutritionists.

- Personalized detox menu
- Personalized supplement plan
- Gentle movement program
- Lymphatic drainage
- Craniosacral therapy
- Chiropractor therapy
- Physical therapy
- Rehabilitation and sports injury
- Nutrition and diet consultation
- Acupuncture
- Cupping and moxa therapy
- Reiki

WELLNESS AND MOVEMENT

The Tierra Santa fitness facility blends sophisticated training and smart technology in the purest and simplest of settings. Each day our team of experts will be waiting to offer a new beginning, challenge or opportunity to change your life, improve your health or enhance your body. The movement rooms are dedicated to yoga and Pilates. Choose from a range of yoga styles taught by the very best instructors.

PERSONAL TRAINING

Our personal trainers are experts in strength and conditioning, life coaching and nutrition, which are all combined into a complete training system. Instructors will motivate you to reach your goals and inspire your lifestyle choices through bespoke exercise programs. Training can take place in our fitness facility, on the deck, or on Miami Beach. *Choose to focus your training on the categories listed below:*

- Fat loss
- Weight loss/gain
- Strength and conditioning
- Sports specific training
- Injury rehabilitation
- Toning

PRIVATE YOGA OR PILATES SESSION

Choose from our range of one-on-one yoga and Pilates classes or opt for an intense class. *Please contact the spa reception for class timetables and personal training availability*

THE WELLNESS COLLABORATORS



VIVIANNE GARCIA-TUNON

Vivianne is a seasoned executive with 20 years experience in the luxury spa and fitness arena with a reputation for delivering ground-breaking spa experiences for discerning guests. Prior to her appointment as spa director of Tierra Santa, Vivianne worked as senior vice president of ESPA International. She holds a Nutrition degree from Florida International University, a Massage License from the State of Florida and an Esthetics License from Florida College of Natural Health.



BONNIE BAKER

With over 25 years in the spa industry, Bonnie is co-founder and managing partner at Satteva Spa and Wellness Concepts, a leading wellness consulting and management company based in Mexico. Bonnie has a lifelong passion for wellbeing and has worked with award-winning spa companies around the world such as the Four Seasons and Mandarin Oriental Hotel Group. She is a board member of the Green Spa Network and co-chairwoman of the sustainability initiative for the Global Wellness Institute.



CARLOS GOMEZ

Carlos has been studying holistic medicine, as well as preserving and teaching the indigenous curative methods of Latin America, for over 30 years. In addition to providing guidance on the stones and products used in Tierra Santa, Carlos has created our Unique Healing Therapies, for which he has devised a “copaleada” pre-treatment cleansing ritual that uses sound, vibration and copal incense to purify the mind, body and soul.



DR. JUAN RIVERA

Guests looking to enhance their life will have access to a preventive medicine program led by Dr. Rivera, a Johns Hopkins-trained Internist and Cardiologist who has the prestigious Concierge Medical Practice in Miami Beach, in addition to being the Director of Cardiovascular Prevention at Mount Sinai Hospital and an Assistant Professor of Medicine at Columbia University in New York. Dr. Rivera is also a recognized author and speaker on the prevention of cardiovascular diseases.



DR. MATHEW COOPER

A licensed digestive health specialist and an enzyme therapist from the Loomis Institute, Dr. Cooper—better known as Dr. Enzyme—has helped countless people to turn back the hands of time on their bodies. By optimizing digestion through extensive diagnostic studies, he is able to help patients lose weight and eliminate or prevent symptoms like stomach pain, reflux, heartburn, bloating, fatigue, fibromyalgia and more. Also on offer: lymphatic drainage, chiropractor therapy and an intense detoxification program.



TRACIE AND CHRIS VLAUN

As two of the most in-demand trainers in the country, Christopher & Tracie of V Art of Wellnes are spearheading all fitness activities at Tierra Santa, including wellness retreats, personal training and movement classes. While the pair will be reprising their perennially popular outdoor classes, including Tracie’s Aeroga® lessons and Chris’ Beach Cross Bootcamp, Faena marks their first indoor foray and they are excited to have 1,000 sq. ft. of space to devote to new fitness concepts.



AGUSTINA CAMINOS

Currently the director of the spa of the Faena Hotel Buenos Aires and founder of Atman Studio, our spiritual guide Agustina is a pranic healing instructor and therapist, as well as a professor of yoga and other alternative medicines. A graduate of the Institute of Inner Studies of the Philippines, she is from a family of yogis and has absorbed knowledge of different modalities and healing approaches since childhood.

HOW TO SPA AT TIERRA SANTA

OPENING HOURS

Spa Opening Times 9am-9pm

ARRIVAL TIME

You are encouraged to arrive 60 minutes prior to your appointment in order to change, relax and enjoy the spa facilities. Please be advised that late arrivals will result in a reduction of treatment time. We invite hotel guests to arrive wearing the robe and slippers provided in their hotel room, and advise that valuables be left in the room safe.

WET SPA

Hotel guests are welcome to use the Thermal Suite without a spa reservation for a charge of \$45. This fee will be waived when booking a spa appointment of 50 minutes or more. Bathing suits are required as this area is co-ed.

SCHEDULING AN APPOINTMENT

To schedule an appointment for the perfect treatment, please speak with our Spa Reception Team who will guide you to the right choice. Hotel guests can dial from their hotel room by scrolling to the Spa button on the phone. From outside the hotel, please call 786 655 5570. To ensure that your preferred time and service is available, we recommend booking in advance.

SPA ETIQUETTE

Our spa environment is one of relaxation and tranquility. Please respect all spa guests' right to privacy and serenity. In light of this, Tierra Santa is a mobile phone- and smoke-free zone. The spa will provide towels, slippers, shower caps and all amenities required for use during your visit. The minimum age of 18 is required for access to the spa.

HEALTH CONDITIONS

When making your spa reservation kindly advise us of any health conditions, allergies or injuries, which could affect your service.

PREGNANCY

We have specially designed treatments for expectant and nursing mothers. Please allow our spa team to guide you in selecting which treatments are most suitable for you during this special time.

CANCELLATION POLICY

A 100 percent cancellation charge will be incurred for any treatment not cancelled at least 24 hours prior to appointment.

PRICES

All prices are quoted in American dollars and are subject to government sales tax and an automatic 20% gratuity. Prices are subject to change without prior notice.



