CARILLON MIAMI WELLNESS RESORT

SPA • BEAUTY • FITNESS • HEALTH

A NEW GENERATION OF WELL-BEING
Come as you are. Leave as you’ve never been.

Set in a luxurious 70,000 square foot integrated wellness space surrounded by breathtaking views of the Atlantic Ocean, Carillon Miami offers the most empowering approach to treating the mind, body and soul.

Personalized attention. Innovative treatments. Immersive experiences. Medically focused therapies. All working in perfect harmony to renew you like never before.
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ETIQUETTE

HOURS
FITNESS | 7 AM - 8 PM
THERMAL HYDROTHERAPY CIRCUIT | 8 AM - 9 PM DEC - MAY | 8 AM - 8 PM JUNE - NOV
SPA SERVICES | 8 AM - 9 PM DEC - MAY | 8 AM - 7 PM JUNE - NOV
ROCCO DONNA HAIR & BEAUTY | 10 AM - 7 PM

*All hours and pricing are subject to change without notice.

SPA & WELLNESS SCHEDULING
To schedule an appointment please speak to our wellness concierge who will arrange your perfect experience. If you are a hotel guest, you may dial extension 47310 from your room. Non-hotel guests may call 866 276 2226 for appointments and information. We recommend advance booking to ensure availability of your preferred time and service.

SALON SCHEDULING
To schedule an appointment if you are a hotel guest, you may dial extension 47326 from your room. Non-hotel guests may call 305 514 7326 for appointments and information. We recommend advance booking to ensure availability of your preferred time and service.

CHECK-IN
You are requested to arrive at least 60 minutes prior to your appointment time. This will allow you time to sign in, change clothes and partake in our world class Thermal Experience prior to your service.

SPECIAL HEALTH CONSIDERATIONS
At the time of reservation please notify our Wellness Concierge if you have high blood pressure, allergies, any physical ailments, special needs or if you are pregnant.

LATE ARRIVAL
Please be aware that your late arrival may determine the length of your treatment. Your service will end on time so the next guest is not delayed. We appreciate your understanding and cooperation.

CANCELLATION
Please allow 24 hours notice for cancellation or rescheduling of spa services to avoid a 100% charge.

SPA ATTIRE
For your comfort a robe and slippers will be provided at the Spa. Please disrobe to your level of choice. Undergarments are not necessary but may be worn during the treatment. All staff are professionally trained and licensed to ensure the highest quality of service and integrity. Proper draping techniques are always used to protect your privacy at all times. Services on Aemota Spa bed, Dry Float Bed, Salt Float Tank, and Full Body Cryotherapy do require undergarments, disposable ones can be provided.

SHAVING
Shaving is not recommended prior to any body exfoliation treatments. We suggest that men shave three or more hours before a facial treatment.

QUIET & HEALTHY ENVIRONMENT
The Spa is one of relaxation and privacy. We respectfully ask that you leave cellular phones silenced. Please refrain from speaking on the phone in the spa lobby, relaxation lounges and Atlantic Pool. Cell phones are not allowed to be utilized in the locker rooms or Thermal Hydrotherapy Circuit so that the tranquility of the Spa experience may be preserved.

AGE REQUIREMENT
The minimum age of 14 is required for access to the Thermal Experience, treatment areas and fitness area. Kids programming is available on select days for those under 14 years of age, as well as private fitness classes.

GRATUITIES
All Spa, Salon and Fitness services are subject to an additional 20% service charge and sales tax. Therefore, no additional tipping is necessary or anticipated. Rates are subject to change without notice.
Our exclusive Thermal Hydrotherapy Circuit mirrors European wellness traditions to enhance the outcome of your stay with us. This nine-suite hot and cold circuit provides private men’s and women’s areas help to warm, cleanse and aid in relaxation prior to spa treatments and following physical fitness. Plan ample time to enjoy one of the country’s most expansive hydrotherapy circuit, at your leisure.
HERBAL LACONIUM
Relax and revitalize in this warm ceramic room with heated seats and a starlit ceiling—the perfect way to begin the purification process.

CRYSTAL STEAM ROOM
Release tension and tight muscles in a scented room where the soothing power of steam is enhanced by aromatic essential oils, refracted colored light, and a large clear quartz crystal.

EXPERIENTIAL RAINS
Enjoy multi-sensory cooling after exposure to heat to improve circulation and slow the aging process. Select from three storm shower experiences: Atlantic Storm, Caribbean Monsoon, and Polar Mist.

FINNISH SAUNA
A classic Finnish sauna lined with fragrant wood emits dry heat from a traditional stove with hot stones to purify the body and calm the mind.

FOOT SPA
Soothe tired feet while equalizing your body’s temperature. Select warm water for aches and pains or opt for cool water following heat experiences. Cool baths also refresh, revitalize and reduce swelling in the feet.

VITALITY POOL
A variety of massage fountains and body jets provide gentle water massage at an optimal temperature to release tension and rebalance the body.

THERMAL HEATED LOUNGERS
Radiant-heated loungers designed to relax muscles between thermal experiences surround the HydroSpa.

ATLANTIC POOL SPA
An open-air rooftop HydroSpa with breathtaking views of the Atlantic Ocean. Enhanced with bubbling jets, contoured seats and small pressure-point river pebbles to relax the body.

IGLOO
Experience Miami’s only igloo! Three Arctic mist experiences—menthol, mint, and eucalyptus—help to cool the body, improve circulation and re-energize the soul. The perfect way to end your Thermal Experience.
SIGNATURE EXPERIENCES

Lavishly designed. Inspired by the sea. Our signature spa services will transport you to an elevated state of being for the ultimate escape.
SIGNATURE SPA EXPERIENCES

CARILLON SEASIDE FACIAL
50 MINUTES $179
Filled with unique touches expressing the revitalizing and restoring aspects of the sea along with the rhythmic flow of the waves against your skin, this custom facial features alpha-hydroxy renewal, a cooling and lifting eye mask, and deeply soothing massage throughout, with delicate brushes as well as healing human touch. Finished with a nourishing multi-vitamin antioxidant mask rich in goji berry oil and soothing botanicals. This facial is ideal for depleted, dry, stressed and tired skin.

DETOX MUD-SSAGE
50 MINUTES $189
A body treatment unlike any other. Encourage profound purification throughout your massage using an innovative massage-mud from the Bagni Di Pisa (hot springs) in Tuscany. Abundant in thermal minerals, stimulating essential oils, and green tea extract. You'll experience an unsurpassed recovery from stress while stimulating cellular vitality, resulting in an energizing slimming and toning effect as well. Maximize all the benefits with the ‘cloud cradle,’ an immersion in a zero-gravity dry float bed. This treatment is featured on our Dry Float Bed.

DETOX & RENEW WRAP
80 MINUTES $279
Enhanced with the remarkable soothing therapeutic results of the Vichy shower, boosting the actions of the mineral-rich clay mud in relieving muscle ache, easing physical fatigue, reducing joint discomfort, increasing circulation and while firming the skin. Stress and tension evaporates, leaving a lasting sense of peace and groundedness. This treatment is featured on our Aemotio Spa.

WHAT IS AN AEMOTIO SPA?
The Aemotio Spa by Lemi is an advanced multifunction cabin of original design that offers the most modern treatment techniques: height adjustable water bed, heated water mattress, color therapy, infrared steam bath with aromatherapy, vichy shower with 6 jets and water-enhanced vibromassage. Providing a complete spa experience: relaxation, anti-cellulite, draining, slimming and toning treatments, body wraps, scrubs, massages and facial treatments.
For centuries massage strengthened the body, calmed the mind and soothed the soul. Each of our massage therapies harnesses the power of aromatherapy to help you achieve a deep sense of relaxation. Select the modality and duration that best suits your needs.
NECK, BACK & SHOULDERS MASSAGE
25 MINUTES $89
Relax with a mini express neck, back and shoulder massage. This massage brings relief to stressed out muscles and has you in and out in no time.

REFLEXOLOGY
25 MINUTES $89 | 50 MINUTES $179
Beneficial in boosting the immune system, increasing circulation and encourages toxin elimination in the body by using specific reflex points on the feet leaving you feeling better than how you arrived.

WELL-BEING SWEDISH MASSAGE
50 MINUTES $179 | 80 MINUTES $269
This traditional massage incorporates relaxing, long movements to increase circulation, improve skin and muscle tone and effectively ease tired muscles.

SPORTS DEEP TISSUE MASSAGE
50 MINUTES $189 | 80 MINUTES $279
Whether you like to hit the courts or the greens, this is the massage for you. Using vigorous deep strokes, stretching, and friction, this treatment is especially designed to prepare the muscles for exercise and to help them recover quickly afterwards.

MATERNITY MASSAGE
50 MINUTES $189 | 80 MINUTES $279
Designed for the mother-to-be (13 weeks and beyond). Stimulates blood circulation, reduces stress on tired legs and lower back tension.

COUPLES MASSAGE
50 MINUTES $189 PER PERSON | 80 MINUTES $279 PER PERSON
The perfect way to escape and enjoy quiet moments together. Your therapist will customize the massage using a variety of relaxing techniques. A completely customized treatment to suit your desires for technique and pressure.

REJUVENATING MASSAGE
50 MINUTES $189 | 80 MINUTES $279
This treatment starts with an almond orange foot exfoliation to alleviate dryness and fatigued feet. Warm nourishing coconut and argan oil infused with avocado oil is drizzled on to the body for superior hydration and relaxation. Pressure is customized by your therapist to suit your needs.

ASHIATSU MASSAGE
50 MINUTES $189 | 80 MINUTES $279
A barefoot massage technique using deep strokes from the therapists’ feet. A western version of an ancient form of bodywork with roots dating back thousands of years from cultures across Asia, India, Africa and the Pacific Rim.

SOUND THERAPY MASSAGE
50 MINUTES $189 | 80 MINUTES $279
Experience this profoundly unique therapy that results in reduced stress, improved sleep, pain relief and a unifying of the physical, mental and emotional self. Music, healing vibrations, aromatherapy and expert massage techniques come together to create a soothing symphony of relaxation that will abolish even the toughest of tension and stress.

MASSAGE THERAPIES
WHAT IS A CRYSTAL QUARTZ MASSAGE BED?

The Spa Dream Crystal Quartz Massage Bed by Lemi features spherical quartz that envelops the body when heated for inner relaxation and color therapy with seven alternating colors to support in energizing and promoting balance throughout the body for a deeper therapeutic experience.

CRYSTAL QUARTZ MASSAGE BED BY LEMI

HIMALAYAN SALT STONE MASSAGE

50 MINUTES $189 | 80 MINUTES $279

Combined with light or medium tissue technique, himalayan salt stones are used to revive fatigued muscles, rebalance the body and melt away stress, providing a healing, calming and relaxing experience. The heated stones help release tension in the muscle and expand blood vessels to encourage circulation throughout the body. Their sedative effect can relieve chronic pain, reduce stress and promote deep relaxation. There are 84 minerals from the salt that provide benefits to the entire body.

AROMATHERAPY MASSAGE

50 MINUTES $189

The use of essential oils along with 100% organic coconut oil is a holistic treatment to help improve health, emotional well-being and restore balance to the body. With the pressure of today’s modern society, aromatherapy in its holistic approach to health and well-being, can be used to intervene and prevent long term problems occurring. Aromatherapy choices include:

ROSE is an antidepressant
LAVENDER helps to relieve stress and anxiety
FRANKINCENSE is calming to the respiratory, digestive & nervous systems
YLANG-YLANG calms nervous afflictions, stress, anger, and anxiety while inducing a relaxing feeling

QUARTZ MASSAGE

50 MINUTES $189 | 80 MINUTES $279

Soothe the tight aching stressed muscles as warm quartz cocoons the body and bestows the benefits of clarity, cleansing and purification. Quartz minerals impart wellness benefits and provide healing strengthening energy. Quartz channels universal energy and transmits balance to the body.

WHAT IS A CRYSTAL QUARTZ MASSAGE BED?

The Spa Dream Crystal Quartz Massage Bed by Lemi features spherical quartz that envelops the body when heated for inner relaxation and color therapy with seven alternating colors to support in energizing and promoting balance throughout the body for a deeper therapeutic experience.
WELLNESS DETOX & BODY RENEWAL THERAPIES
FITNESS BODY ACTIVE TREATMENT
50 MINUTES $189
An energizing and remodeling treatment post work-out. Using a body mask made with yellow clay from Brazil, enriched with plankton extract to stimulate your metabolism. Its efficacy is boosted by using a Tui-Na technique. Ideal for combining with a fitness program or to be included in an anti-cellulite and firming program. This treatment is featured on our Dry Float Bed.

REPLENISHING WRAP
50 MINUTES $189
An excellent remedy to replenish elasticity, regenerate tissues and restore moisture balance to the skin. A sensorial cocooning experience that reduces swelling, improves circulation and bestows soft silky skin. The perfect body treatment for skin which is dry and depleted, as a post-sun treatment or before, during and after pregnancy. This treatment is featured on our Dry Float Bed.

WHAT IS A DRY FLOAT BED?
A unique therapy allowing you to lie supported in the soft and warm embrace of a dry floatation bed letting your whole body go weightless. Floatation technology is designed to alleviate stress, increase energy, and even improve sleep, while still keeping you entirely dry. This experience will allow you to feel total relaxation and tranquility, taking you away to a transcendent state.
ORGANIC REJUVENATION
BODY TREATMENTS
GINGER-COCONUT-ARGAN SUGAR GLOW
50 MINUTES $179
This dazzling natural treatment begins with a lively citrus-kombucha body wash followed by the vibrant aromas of our ginger-lime sugar scrub. Warm, nourishing coconut and argan oil infused with avocado oil, apricot oil, rose hip, and vitamin E is slowly drizzled on to the body for superior hydration, nourishment, and total body relaxation. This treatment is featured in our Aemoto Spa.

REJUVENATING SEA WRAP AND MASSAGE
80 MINUTES $279
This treatment begins with lymphatic flow stimulation followed by our stimulating French green clay body mask to detoxify and nourish the skin. Drift off with the ultimate Swedish massage relaxation while our vibrant argan and avocado oils renew your skin. Wake up feeling re-energized and refreshed. This treatment is featured in our Aemoto Spa.

WHAT IS AN AEMOTIO SPA?
The Aemoto Spa by Lemi is an advanced multifunction cabin of original design that offers the most modern treatment techniques: height adjustable water bed, heated water mattress, color therapy, steam bath with aromatherapy, vichy shower with 6 jets and water-enhanced vibromassage. Providing a complete spa experience: relaxation, anti-cellulite, draining, slimming and toning treatments, body wraps, scrubs, massages and facial treatments.
AYURVEDIC WELLNESS

Based on ancient Indian principles of Ayurveda and pressure points, Ayurvedic massage is designed to heal the body and create balance between mind, body and spirit. The word stems from Sanskrit: ayu, meaning “life,” veda, meaning “knowledge and often translated as “science of life.”

These customized treatments will incorporate natural oils, aromatherapy and non-traditional techniques for the individual’s needs while introducing the three Doshas: Vata (air + ether), Pitta (fire + water), Kapha (earth + water) these combinations of the elements combine into three body-mind archetypes and dominate our physiological activities but also our skin type. While one may dominate, the goal is for the three to exist in harmony.
SHANKARA AYURVEDIC MUSCLE RELEASE TREATMENT
50 MINUTES $189
A moderate pressure treatment that is both nurturing and yet very efficient in calming muscle soreness and tightness. Flowing Abhyanga and more targeted Vishesh moves are inserted within a relaxing Swedish massage.
Available with or without a scalp massage

SHANKARA SERENITY SALT STONE TREATMENT
50 MINUTES $189
A relaxing Swedish massage using Shankara’s Soothing Body Oil along with salt stones to provide comfort and relieve agitation from body and mind.
Available with or without a scalp massage

SHANKARA TRANQUILITY TREATMENT
50 MINUTES $189
Deeply restful, silent and restorative treatment that starts with a head/scalp and shoulders massage. Flowing Abhyanga moves are inserted within a relaxing Swedish massage using Shankara’s Calming Body Oil. Available with or without scalp massage

SHANKARA’S ABHYANGA MASSAGE
50 MINUTES $189
Sanskrit for “continuous flow,” signifies the flow of consciousness and life. Like the movements of the Abhyanga, a continuous flow of medicated oil, massaged in a rhythmic motion, works to affect the 7 Dhātus or layers of the physical and subtle bodies, bringing balance and harmony to the Dosha, revitalizing and refreshing the mind, body and spirit.

ZEKHARA SHANKARA AYURVEDIC SHIRODARA TREATMENT
80 MINUTES $279
Zekhara, Sanskrit for "crown of the head" is an invigorating treatment with deep significance in Ayurveda. This is the location of the Crown Chakra and is symbolized by a lotus with 1,000 petals. It is considered the gateway of enlightenment and full awareness. This encompassing treatment focuses on the release of tension around the head and neck, stimulation of the scalp, nourishment of the hair and balancing Marma energy points to soothe the mind and awaken the senses. The movements of the Abhyanga, a continuous flow of medicated oil, massaged in a rhythmic motion, works to affect the 7 Dhātus or layers of the physical and subtle bodies, bringing balance and harmony to the Dosha, revitalizing and refreshing the mind, body and spirit. The flowing oil of the Shirodhara quiets the mind caressing the scalp in a blanket of warmth.
THE ORIENTAL
50 MINUTES $179 | 80 MINUTES $269
This ritual is rooted in Tuina, the ancient massage therapy of China. In traditional Chinese medicine, the principles of YIN and YANG are followed: yin refers to ‘the shady side of the valley,’ and yang to ‘the sunny side of the valley,’ and so yin relates to darkness, coldness, resting and quiet, while yang relates to heat, light, activity and movement. This treatment helps to stimulate the immune system, reduces stress and improves calmness and sleep.

THE MEDITERRANEAN
50 MINUTES $179 | 80 MINUTES $269
This ritual is an interpretation of the spirit of the Mediterranean – the sun and warmth, the sea and fluid movement. The nurturing aspects of water inspire this treatment, which encourages both gentle and powerful movements, release, purification and renewal. Also relieving general tension and stress. Provides gentle realignment of the body.

TRANQUILITY PRO SLEEP RITUAL
50 MINUTES $189 | 80 MINUTES $279
This exceptional treatment acts on three different sensorial pathways for profound relaxation, favoring sleep, aiding in recovery from chronic stress. Through a unique combination of calming aromatic textures including an exclusive music composition, Ayurvedic and Indonesian Sea Malay Rituals, we gently guide the way to achieve a quiet, peaceful deep rest.

TURKISH RHASSOUL FOR TWO
45 MINUTES $99 PER PERSON | $198 PER COUPLE
This exotic and totally private treatment will be performed by just you and your partner in our private Rhassoul Chamber. This steamy, time-choreographed, thermal experience begins with a couple’s shower and is followed by a delicious, aromatic, salt scrub exfoliation. Then you will apply a sultry, skin softening and detoxifying mud treatment to one another while acting as skilled therapists. Next you will step into a gentle steam, which is followed by a warm shower finale. This is hedonism at its finest.

GLOBAL RITUALS

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ESSENTIAL SKIN CARE

NON-SURGICAL FACE LIFT
REPAIR & RECOVER
50 MINUTES $179
Nurture your skin and recover from the damage caused by sun, pollution, and aging. The antioxidant replenishing combination of organic Goji Berry and Macadamia Oil leaves the skin soft and replenished.

TEEN CLEANSE
50 MINUTES $179
Specially designed for the unique needs of hormonal skin, this facial helps to clean, purify and hydrate the complexion restoring skin vitality and teen confidence. *For those requiring extensive extractions, we recommend the Deep Cleansing Clear Complexion.

THE NON-SURGICAL FACE LIFT
50 MINUTES $200 | 80 MINUTES $275
This noninvasive treatment is designed to lift while firming sagging skin and to immediately restore radiance. Backed by over 20 years of research this award-winning system utilizes a computer-aided cosmetology instrument to turn back the clock. An alternative to microdermabrasion this treatment utilizes a crystal-free ultrasound technology to power-cleanse the skin: firming micro-current, lymphatic drainage, LED light therapy, skin-relaxing peptides and an advanced, collagen-based hydro mask. Instantly skin is visibly firmer and more toned, fine lines and wrinkles appear smoothed, and tired skin looks rejuvenated. Visible results are seen in just one treatment. Longer-term results require a course of twice-weekly 50-minute treatments for five weeks, followed by a monthly 80-minute maintenance session.

SKIN REGIMEN/ LONGEVITY DETOX FACIAL
50 MINUTES $189
The perfect antidote to modern fatigue and urban lifestyle. This facial is ideal for when you feel your skin is stressed and showing the first signs of aging. Customizable to correct dullness, dehydration, depletion and wrinkles, it deeply rejuvenates the skin and leaves it exceptionally radiant and protected. The combination of the iconic /skin regimen/ Aroma, Macro Waves Sound™ and unique Gigeng and Rolling Roulage massage techniques will leave you feeling recharged and ready to face your busy days.

THE CORRECTIVE SOLUTION
50 MINUTES $189 | 80 MINUTES $259
Addresses loss of elasticity, fine lines, wrinkles, sun spots, dehydration and dullness. Effectively stimulates cellular regeneration, restores fullness and redefines the volume of the face. Featuring the exclusive Active Lift massage (Kabido inspired) and a Hexa-peptide plumping mask. Immediately bestows a visibly firm, plumped and even-toned face, neck and décolleté.

SENSITIVITY
50 MINUTES $179
For skin that is sensitive, fragile and prone to redness. Soothe, renew and restore the protective skin barrier. Featuring fragrance-free products leveraging the power of a probiotic to provide extra defense, and an innovative botanical mask to curb inflammation combined with a unique calming massage, offering profound relaxation.

PURIFICATION
50 MINUTES $179 | 80 MINUTES $259
If your skin is oily, scarred or acne-prone, this is the perfect choice. Characterized by a mattifying peel-off Spirulina Algae mask, this deep purifying facial with Mandelic Acid, Green and White Clays rebalances and reduces pores and blackheads.

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ORGANIC & RAW BEAUTY
SKIN CARE
KOMBUCHA RADIANCE FACIAL
50 MINUTES $170 | 80 MINUTES $249
This facial incorporates the latest advances in natural and organic skin care. Natural fruit acids derived from bilberry, sugar cane and sugar maple help rapidly exfoliate dead skin cells for immediate clarity and texture. Organic grape stem cells, kombucha, spirulina, seaweed and tea extracts nourish, tone, soothe and improves skin.

VITAMIN C BRIGHTENING FACIAL
50 MINUTES $179 | 80 MINUTES $249
This brightening facial treatment combines active vitamin C, natural fruit acids and a wide variety of potent botanical extracts and coenzymes to brighten skin, noticeably improve tone and texture and minimize the appearance of fine lines and wrinkles, leaving skin noticeably radiant, hydrated and glowing. The 80-minute service includes an apple stem cell mask that helps tone and tighten, delivering an immediate “lifting effect” to improve the appearance of fine lines, wrinkles, uneven skin tone and texture.
EXPRESS BOOSTER
25 MINUTES $85
The express treatment for people with little time on their hands to complement a refreshing make up routine before an event or for anyone who needs a boost between the regular treatment routine. The deep but gentle cleansing and exfoliating with active ingredients, such as organic edelweiss, vitamin B3, Allantoin polysaccharides and Swiss spring water, work together with the innovative mask giving the skin a refreshing kick. For tired, nervous and stressed skin.

TIMELESS TAILOR MADE FACIAL FOR MEN
50 MINUTES $160
With the latest technology this skin treatment takes special care for men’s stressed, tired and irritated skin, as supporting the regenerating process after shaving and environment stress. The Cellular Detox Cleansing Foam can also be used as shaving cream. The enzymatic, non-abrasive Triple Action Peeling, with its special massage, softens the skin and leads to less ingrown hair. The anti-stress massage helps to relax and restore the skin barrier and reduces wrinkles. Resulting in skin radiance and rejuvenation.

POLLUTION DEFENSE AND ANTI-STRESS FACIAL
50 MINUTES $179
With the exclusive Pollution Defense skin care line you detoxify, hydrate and protect your skin from harmful toxins. The revolutionary Triple Action Peeling works in three different ways and layers. It is supported from a special massage technique to eliminate skin toxins and impurities for a radiant, renewed skin. The special Anti-Stress and Detox Massage and Refining Mask complement each other to treat an environmental damaged and stressed skin.

TIMELESS RADIANCE FACIAL
80 MINUTES $259
With this treatment you will receive the latest advanced Swiss bio high technology which will help to create a potent effect on cell protection, cell renewal, and cell production. Each product contains the revolutionary combination of three plant stem cells of apple, grape and Alpine rose. For maximum efficacy, each formula has been supplemented with additional active complexes and further high concentrations of ingredients. The enzymatic, non-abrasive Triple Action Peeling efficiently exfoliates on three different levels: AHA (fruit acid), Glycolic and Enzyme and prepares the skin for a deeper penetration of the ingredients. With our signature Lifting Massage the tone and texture of the skin will look improved, plumped and firmed. At the same time expression lines and wrinkles will appear to be less severe and the facial features look relaxed. Ideal for stressed, tired and mature skin, as well as skin that has lost its radiance.

ADVANCED REPAIR & LIFTING FACIAL
80 MINUTES $289
The pioneering anti-aging products supply a high-performance and immediately visible care results for non-invasive lifting, firming and rejuvenation of the demanding skin. The enzymatic non-abrasive Triple Action Peeling activates the skin all the way to the dermis. The ultrasonic helps to penetrate the advanced anti-aging ingredients in high concentration with a multi-dimensional effect. The signature Lifting Massage helps to infuse second-generation antioxidants and restores the skin barrier, reduces wrinkles and lift the skin from within. The Mask & Luxury Night Cream used with the massage harnessed the strengths of five different stem cells: Uttwiler Spätlauber, Gamay Grape, Alpine Rose, Argan and Edelweiss, resulting in overall skin rejuvenation.

THE NON-SURGICAL FACE LIFT
50 MINUTES $200 | 80 MINUTES $275
This noninvasive treatment is designed to lift and firm sagging skin, and to immediately restore radiance. Backed by over 20 years of research, this award-winning system utilizes a computer-aided cosmetology instrument to turn back the clock. An alternative to microdermabrasion, this treatment utilizes a crystal-free ultrasound technology to power-cleanse the skin, firming moro-current; lymphatic drainage; LED light therapy; skin-relaxing peptides; and an advanced, collagen-based hydra mask. Instantly, skin is visibly firmer and more toned, fine lines and wrinkles appear smoothed, and tired skin looks rejuvenated. Visible results are seen in just one treatment. Longer-term results require a course of twice-weekly 50-minute treatments for five weeks, followed by a monthly 80-minute maintenance session.
FACIAL ENHANCEMENTS

CREATE YOUR ULTIMATE FACIAL ENCOUNTER WITH A SELECTION OF TEMPTING TREATMENT UPGRADES

ULTRASONIC MICRODERMABRASION
+$89
Gentle exfoliation through vibration and ultrasound to help promote cell renewal.

PURE OXYGEN INFUSION
+$89
Medical grade oxygen used to build collagen and elastin increases cell turnover and hydrates restoring the skin’s healthy glow.
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CRYOTHERAPY FACIAL

NON-TRADITIONAL SPA EXPERIENCES
Kroytor is a Holistic Therapist, Lifestyle Coach, Registered Diagnostic Medical Sonographer, and highly trained aesthetic therapist with advanced certification in electro-sound lymphatic drainage therapy. She is the medical partner of Dr. Vladimir Turovsky, Physician of Oriental Medicine, who oversees Carillon Miami’s medical wellness program. Elaine’s journey started over 25 years ago when she was told she would not be able to have children and started looking for alternative methods to make her dream of having children a reality. She studied and learned transcendental meditation and the ancient Vedic science of Ayurveda which brought balance and reduced stress to her life. Soon after Elaine had two beautiful children and focused her career and lifestyle towards more holistic living. Elaine’s mission is to empower individuals to be more active in preventing illness through a holistic lifestyle. Her extensive experience includes facial rejuvenation, body contouring, and skin tightening treatments. Her unyielding passion, knowledge, and expertise offer the highest standards of care and optimal results for all her clients.
WHOLE BODY CRYOTHERAPY
3 MINUTES $99
Step inside one of the coldest machines in the country, reaching -275°, to invigorate your entire body, balance your nervous system, improve immunity, stimulate your metabolism and burn up to 800 calories.

CRYO ONE PAIN MANAGEMENT
$250 SINGLE SESSION
The warming and cooling effect treats the areas with therapeutic and relaxing massage movements to relieve the aches and pains. Cryo-therapeutic massages are known for its healing properties which promote a faster recovery from muscle inflammation to tension relief.

CRYO ONE SLIMMING
$350 THERMAL TREATMENT | 5 TREATMENTS $1,600
Say goodbye to cellulite! Selene by CRYO ONE helps to slim you down in record time. Get rid of unwanted fat and cellulite with this favored European treatment. Using state-of-the-art thermography and cryotherapy this slimming therapy shocks the body to reshape and destroys fat cells making you look and feel younger and slimmer.

CRYO ONE SKIN TONING
20 MINUTES $165 | 5 TREATMENTS $1,600
A non-invasive skin tightening treatment to boost your collagen levels and microcirculation. Targeting the problem areas with a focus to improve elasticity plus tightening any loose skin. Look and feel younger almost instantly as you will walk away seeing results even after your first treatment.

CRYO ONE FACE LIFT
20 MINUTES $299 | 5 TREATMENTS $1,375
A non-invasive and quick facial to reduce fine lines and wrinkles. Cold temperatures allow for extra blood flow which helps with collagen production reducing the appearance of wrinkles, and restores elasticity. A favorite for those looking for healthy, tight and super refreshed skin.

INFRARED SAUNA
25 MINUTES $165 | COUPLES 25 MINUTES $110 | ADD ON HALO SALT THERAPY $25
An infrared sauna eliminates seven times more toxins than a traditional sauna while helping to relax your muscles, burn calories, promote relaxation and relieve inflammation by increasing circulation. It also helps balance cortisol levels, the body’s primary stress hormone.

QUANTUM ENERGY EVALUATION
45 MINUTES $99
A quick comprehensive health assessment based on an electromagnetic scan to determine the functional health of body systems and nutritional requirements.

SALT BATH FLOATATION THERAPY
30 MINUTES $99 | 60 MINUTES $145 | COUPLES 60 MINUTES $275
Float your stress away in a weightless salt water bath environment with over 800 pounds of Epsom salt. Relieve muscle pain, anxiety and achieve a deep state of relaxation to calm even the busiest brain.

OASIS FLOAT / SENSORY DEPRIVATION EXPERIENCE
60 MINUTES $90 | 120 MINUTES $145
A next-level floatation with a special Sensory Deprivation treatment that can be experienced in our “Dreampod” tank or the more advanced Oasis system. The weightless relaxation of a typical flotation tank is enhanced by removing any sensory stimulation such as sound and light. Benefits include a mind reset, enhanced creativity and intuition, and stress relief. Many users have also reported relief from depression, PTSD and other anxiety disorders. Available to all guests, this treatment will be especially enjoyed by experienced floaters and regular practitioners of yoga and other spiritual practices who are well-prepared for this unique sensory deprivation environment. This next-level float experience can be combined with the Onyx meditation for an ultimate spiritual uplifting.

ONYX MEDIATION SOAK
COMPLIMENTARY ADD-ON TO SENSORY DEPRIVATION EXPERIENCE
Our signature meditation treatment combines two powerful energy medicine systems – Ayurveda and Oriental (Traditional Chinese) Medicine. First the guest immerses in warm water infused with soothing Epsom salts and pure aromatherapy oils. The soak is done in a special tub crafted from hundreds of pounds of onyx rock which helps to center, ground and calm the psyche. Additionally, a warm water stream provides gentle stimulation to the 6th and 7th Chakra points, creating a calm focused openness to spiritual insights, with the goal of encouraging a sense of peace, tranquility and love. This meditation can be done on its own or in combination with the sensory deprivation tank for an even deeper meditative experience.

TIBETAN BOWL RITUAL
50 MINUTES $179 | 80 MINUTES $269
The precious combination of Tibetan singing bowls, a body butter and aromatherapy oils blend, along with the power of human touch, renders this a unique experience to completely revitalize the body, mind and soul as well as encouraging a full systemic purification and rebalancing.
ELECTRO-SOUND LYMPHATIC DRAINAGE THERAPY
50 MIN $175 | 80 MIN $275
With the use of gentle high-frequency sound this therapy detoxifies the lymphatic system, reduces cellulite, slims the waist and enhances cell nourishment and immunity. The Ultimate Detox also includes body brushing and a dry brush to take home.

IONIC FOOT DETOX
30 MIN $89 | COUPLES 30 MIN $175
This warm mineral sea salt water bath focuses on the feet to recharge the body and increase well-being, overall health and balance by flushing out toxins in your lymphatic system and energizing the blood through ionization. If you are feeling sluggishness, fatigue, tired or have a lack of energy; suffer from neuropathy, arthritis, fibromyalgia, gout, migraines, heavy metal accumulation or eczema, this can help you detoxify, eliminate waste and heal. *Multiple treatments recommended.

TEETH WHITENING
20 MIN $175
Have a whiter and brighter smile in just 20 minutes. This treatment utilizes a patented cool blue LED light technology that whitens your teeth faster, up to four shades, and keeps them white longer. Safe for sensitive skin and gums.

MESOTHERAPY
30 MIN $250+
A relatively painless technique using superficial injections of vitamins, enzymes and plant extracts to tighten the skin and improve tone, texture and glow. This treatment can be applied to the face, neck and body for various skin conditions such as aging, wrinkles, sagging skin, scarring, acne, stretch marks and cellulite.

DETOX AND PURIFICATION PROGRAMS
6 - 21 DAY DETOX PROGRAMS STARTING AT $65+
A comprehensive, science-based nutritional program designed to support safe and effective detoxification. This 14-day detox program is designed to reduce inflammation and give the digestive system a break from toxins and chemicals. Each kit contains: 28 single-serving VegeCleanse Plus™ functional food drink mix packets + 28 capsule packets + a program guidebook, detailed patient guide and blender bottle. *Made with non-GMO ingredients.
Designed to rejuvenate, repair and energize every cell in the body for total body wellness. LightStim Professional LED Bed treatment is non-invasive, holistic and supported by over 200 medical and university studies showing LED light therapy protects against UV damage, free radicals, cardiovascular disease, heart attacks and strokes. Additionally, it can provide temporary relief of minor muscle and joint pain and stiffness, minor arthritic pain or muscle spasms, relaxation of muscles, and a temporary increase in local blood circulation.

Composed of 18,240 LEDs, this full body-sized bed, measuring 86" long (including headrest), 40" wide and 18" high, is powered by LightStim MultiWave® Patented Technology, which simultaneously emits multiple wavelengths (colors) of light, working together to increase blood circulation and deliver a soothing, gentle treatment that sets in motion the body’s inherent recovery process. The LightStim bed can improve post-exercise recovery, promote muscle regeneration and increase circulation.

When this beneficial light is applied directly to the skin it can also reduce fine lines and wrinkles, temporarily increase blood circulation, and treat mild to moderate Acne.

LIGHTSTIM FULL BODY
40 MINUTES A LA CARTE SESSION | $139 PER SESSION
10 SESSION PACKAGE | $99 PER SESSION

Specially designed for muscle recovery and anti-aging you will experience a 40 minute total body treatment along with the LightStim anti-aging facial.

MUSCLE RECOVERY CIRCUIT
180 MINUTES $370

An ideal treatment for athletes or as a post exercise or training treatment. This unique circuit includes the following therapies: 3-minute Full Body Cryotherapy, 30-minute Infrared Sauna, 40-minute LightStim Bed and finishes with a 30-minute Salt Float (Wax Therapy) all to leave your body feeling reenergized and revitalized.
NAD+ IV THERAPIES

A revolutionary approach to anti-aging.

NAD+ is the acronym for Nicotinamide Adenine Dinucleotide which is found in virtually all living cells, making it essential to sustaining life. As a co-factor in cell energy transfer, NAD+ plays a critical role in regulating the aging process. It works on the cellular level to repair DNA and correct deficiencies within the body. These therapies will aid in age reversal, effectively boost your stamina and extend lifespan.
Born in Minsk, Belarus, Andrey Rossin immigrated to the US in 1995 where he managed IntoAction Treatment Center from 2012 to 2016 and eventually went onto create NAD Florida Concierge. Established to create a comfortable and painless detox experience by providing clients with the VIP treatment they deserve. In treating each and every patient with compassion and respect, NAD Florida Concierge has a proven track record for helping patients recover from a wide variety of addictive substances and mental health issues.

While merging holistic remedies with proven science, NAD Florida Concierge has devised a customized treatment plan designed to address the needs of each patient. Using intravenous (IV) drip to replenish the body with a pure, powerful NAD+ formula developed specifically for therapeutic use. Rossin is 100% committed to creating a path and solutions for individuals create lasting breakthroughs in their lives.
NAD+ IV THERAPIES

JETLAG
NAD+ 500ML + MINI-MYERS IV PUSH | $895
Don’t waste a minute recovering from travel time; bounce back and enjoy your vacation. This package is designed to hydrate, clear and refuel the body.

BOOST
500ML IV INFUSION | $435
Low energy? The boost package can help put you back on your feet. This is the only cocktail created to increase your energy and replenish necessary vitamins we deplete on a daily basis.

ZEN
500ML IV INFUSION | $334
If you’ve had a long day or are simply looking to relax, the zen package is a great remedy for stress relief.

GLOW
MEGADOSE IV BAG | $378
This powerful cocktail kick starts the body to leave you glowing and feeling rejuvenated.

SLIM
500ML IV INFUSION | $338
This package is designed to boost metabolism and curb those difficult cravings for anyone looking to maintain or lose weight.

REVIVE
500ML IV INFUSION | $338
Feeling under the weather? The revive package is perfect for anyone who needs an immune system boost. The highly potent vitamins in this cocktail will leave you feeling renewed.

NAD+ IV THERAPY FEATURED PACKAGES

Jumpstart your body with our one-, three-, five- or 10-day IV therapy treatments. You’ll notice improvements in the look of hair, skin and nails, and experience a boost in energy, mental clarity, reduced chronic pain, improved sleep patterns and overall revitalization.

1-DAY TREATMENT
500ML (3-4 HRS) $795 | 1000ML (5-7 HRS) $1,350 | 1500ML (10-12 HRS) $1,550

3-DAY TREATMENT
500ML (3-4 HRS) $2,310 | 1000ML (5-7 HRS) $3,900 | 1500ML (10-12 HRS) $4,620

5-DAY TREATMENT
500ML $3,906 (3-4 HRS) | 1000ML (5-7 HRS) $6,708 | 1500ML (10-12 HRS) $7,650

ADDITIONAL DAYS/DRIPS AVAILABLE BASED ON INDIVIDUAL NEEDS.

10-DAY TREATMENT
Contact for special NAD promotion

SUPPLEMENTS, SHOTS & MORE

There are numerous methods of ingesting NAD+ for a sudden boost in wellness:

NAD+ SUBLINGUAL MELTS $130
NAD+ NASAL SPRAY $155
NAD+ VAPE LIQUID $168
NAD+ SUBCUTANEOUS VIALL $295 EACH
NAD+ SUBCUTANEOUS INJECTION $110 EACH
NAD+ PATCHES $295 PER BOX (LASTS UP TO 8 HRS)
NAD+ CREAM 1 OZ. $206
NAD+ CHOCOLATE TROCHE $50
LIQUID NAD+ SOLUTION (BLUEBERRY + POMEGRANATE FLAVORS) $127

SLIM SHOTS:
HGC 1000U/ML $107
10ML MIC + B12 IM INJECTION $168
10ML MIC IM INJECTION $228
10ML LIPOCOMPLEX PLUS IM INJECTION $426
ROCCO DONNA HAIR & BEAUTY

The energy of beauty
Rocco Donna was founded by the celebrity stylist Leonardo Rocco more than 12 years ago right here in South Florida. Leonardo Rocco has crafted the art of hair and beauty and has passed this along to his team of hair artists. His passion for hair and beauty has taken him to create his own hair care line, Rocco Donna Professional, infused with Roccoil Xotic Oil Complex. The popularity of Leonardo Rocco transcends languages and borders, fusing cultures and styles in a way uniquely his.

**LEONARDO ROCCO**

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<td>UP-DO</td>
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<td>BRIDAL HAIR</td>
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<td>COLOR</td>
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**HAIR ARTIST**

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**COLOR SERVICES**

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**TREATMENTS**

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<td>HAIR BEAUTIFIER</td>
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**OTHER SERVICES**

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Exercise and movement are proven ways of increasing longevity and quality of life, restoring energy levels, managing stress, clearing the mind, and challenging the body. Our expansive fitness area with a breathtaking ocean view features state-of-the-art Technogym cardio and strength training equipment. Our group fitness program is designed for individuals of all ages and fitness levels.

*Available for Carillon Residents, Hotel Guests and Spa & Beach Club Members.
GROUP FITNESS

We feature more than 20 fitness classes per day, allowing you to explore the endless opportunities for physical activity in fun, dynamic group settings. Check the light boards located in the lobby near the elevators and at the fitness reception on the 4th floor for the most up-to-date class schedules. Popular group classes include, but are not limited to:

**AQUATICS**
From H2O Cardio, Dance and Strength — our fitness and H2O immersion offerings will please your inner water baby.

**BARRE**
Ballet-inspired workouts to sculpt and tone the whole body.

**BOOT CAMPS**
Based on military techniques, these intense classes will make you physically stronger with increased endurance.

**BOXING**
Our boxing classes cover the fundamentals of footwork, punches and kicks for beginners— to complex strikes and combinations for more advanced levels.

**CYCLING**
Pedal through hill climbs, sprints and many other challenging drills and exercises for a great cardiovascular workout.

**DANCE**
From popular Latin Cardio Dance to Ballroom and Bollywood Dance Classes, we'll get your toes tapping and heart pumping in these fun and effective workouts.

**GYROKINESIS**
The Gyrokinesis Method, originally called 'Yoga for Dancers', utilizes flowing movements with corresponding breath patterns to increase the functional capacity of the entire organism.

**MYOFASCIAL RELEASE**
Gain flexibility and soft tissue balance while restoring healthy range of motion. Relax overly tense muscle and connective tissue.

**MEDITATION**
Learn various techniques to assist you in formulating your own meditation practice.

**PILATES**
Reshapes and aligns, builds core strength, increases flexibility, improves posture and coordination while promoting a healthy, focused mind. Pilates Mat & Pilates Reformer are both offered.

**ROCK WALL**
Two-story indoor rock wall. A fun, cardio and strength training challenge for all ages.

**STRENGTH & HIIT**
An assortment of classes that focus on improving strength while sculpting the body and maximizing mobility, intensity, coordination and balance.

**TRX**
Born in the Navy SEALs, the TRX method leverages gravity and the user’s body weight to develop strength, balance, flexibility and core stability.

**YOGA**
Whether you are a beginner or an experienced Yogi our assortment of styles and levels offers something for everyone from Iyengar, Restorative, Vinyasa, Power and more.
PRIVATE FITNESS

Take your practice to the next level with one-on-one instruction with our world class fitness trainers. Select from any one of the following:

PERSONAL TRAINING
50 MINUTES
Let our expert staff guide you as you start or rekindle a personal exercise program through a customized strength, weight training or flexibility program.

SINGLE SESSION $110  10 SESSION PACK $1,045

SPECIALIZED PRIVATE CLASS INSTRUCTION  50 MINUTES
Whether you are new to the method or desire to take your practice to the next level, one-on-one instruction will deliver fast and effective results. Choose any style. Choose any instructor. Popular selections include:

- GYROTONICS
- KINESIS
- REFORMER PILATES
- BALLROOM DANCE
- YOGA
- MEDITATION
- BOXING
- SWIM INSTRUCTION
- ROCK WALL

SINGLE SESSION $130  COUPLE’S SESSION $175

PRIVATE GROUP INSTRUCTION
50 MINUTES | UP TO 8 PEOPLE $250
Want to learn to meditate with your bestie, spice up your bachelorette party with an intimacy lecture or bring a group of mummies-to-be for prenatal yoga? Tell our Wellness Concierge what you’re looking for and they will guide you to the perfect pick.

SINGLE SESSION $200
10 SESSION PACK $1,000
COUPLE’S SESSION $275
NUTRITION

The quality of your nutrition determines the outcome of how you think, look and feel. Food is not only the fuel that energizes your physical body, it has a significant impact on your mental and emotional health. Empower yourself with a better understanding of the importance of a nutrient-rich diet. Discover that nothing tastes better than amazing feels!
Staci graduated with her bachelors in Business Management from the University of Florida and her masters in Nutrition from Florida International University. She is among the few Registered Dietitians who are both clinically and holistically trained in integrative nutrition and wellness counseling. She provides nutrition consultations and group lectures in medical offices and various venues. She specializes in conditions commonly linked to inflammation such as autoimmune conditions, chronic fatigue, brain fog, digestive issues, allergies, food sensitivities, asthma, sinus issues, cardiovascular disease, diabetes, thyroid issues, osteoporosis, arthritis, and multiple neurological conditions. She is also the nutrition advisor to Kosher Organics, an organization providing kosher certification for natural and organic products. Staci acknowledges that making healthy lifestyle changes is not always easy. Her mission is to give people the tools they need to be successful in transitioning to a healthy lifestyle.

STACI SHACTER
M.S. R.D. L.D.N.
NUTRITION FOR LIFE
60 MINUTES $175  | 90 MINUTES $260
Many people incorrectly associate healthy food with unpleasant flavors. Meet with one of our expert nutritionists to discover how delicious nutrient-rich food can be. Depending on your individual needs, topics and programs addressed may include:

• DETOXIFICATION
• AUTOIMMUNE
• DIGESTIVE WELLNESS
• WEIGHT LOSS OR WEIGHT GAIN
• ENERGY

NUTRITION SECRETS
60 MINUTES $175
Meet with our dietitians and get concrete answers on diet and nutrition to help you understand how food interacts with the mind, body and overall health.

NOT YOUR TYPICAL WEIGHT LOSS PROGRAM
28 DAY PACKAGE $525  | INCLUDES 3 CONSULTS
3 MONTH PACKAGE $950  | INCLUDES 7 CONSULTS
Diets do not work! Having a healthy relationship with food and focusing on lifestyle is key. Figuring out how to realistically get an enjoyable nourishing plate of food in front of you on a consistent basis is the only way to reach your long-term health goals. In this consultation, the nutritionist will give you personalized tools and resources based your current lifestyle, preferences and obstacles. Complementary meal plans and grocery lists will be included, as well as several other resources if meal plans aren’t your thing!

MONTHLY CHECK-INS
30 MINUTE PHONE SESSION OR IN PERSON $90
Keep yourself accountable to your health goals by checking in with our in-house dietitian. Meetings include monthly goal setting and working through any barriers you may encounter.

GROCERY GURU
120 MINUTES $400
Make every trip to the market stress free with the companionship, wisdom and guidance of our grocery guru. Learn which foods to purchase, how to avoid unhealthy choices and simple ways to prepare healthy meals. While you walk the aisles, you’ll learn how to read labels, compare products and find the best quality foods to keep in your home and pantry.

KITCHEN PANTRY MAKE-OVER
120 MINUTES $400
Give your kitchen and pantry a make-over with our in-house dietitian as you check your food products for controversial ingredients and nutrition facts. Learn which ones are worth keeping, which ones can be swapped and which ones to keep out of your home.

CLEANSE CONSULTATION
60 MINUTES $175  | 90 MINUTES $260
Receive a customized cleanse recommendation tailored to your needs as our dietitian guides you through the process.

HOME CONSULT
90 MINUTES $295
Meet with our dietician to discuss the steps you need to take to improve your diet from the comfort of your own home.
ANTI-AGING & COSMETIC FILLERS
Carillon Miami’s Medical Director is a board-certified plastic surgeon, a fellow of the American College of Surgeons and a Diplomat of the National Board of Medical Examiners who is currently Chief of Plastic Surgery at Memorial Regional Hospital in Hollywood, Florida. He brings more than twenty years of experience at the forefront of anti-aging techniques to the Carillon as he provides consultative and non-invasive services for the resort’s members and guests such as injectables, dermal fillers and consultations for aesthetic plastic surgery. Under his direction, Carillon will be one of the first locations in the country to offer Jeuveau, aka “Newtox”, the most modern treatment to temporarily relax facial wrinkles known as the next generation of Botox.
ANTI-AGING & COSMETIC FILLERS

CONSULTATIONS FOR INVASIVE & NON-INVASIVE PROCEDURE CONSULTATION
WITH JAMES STERN M.D., F.A.C.S., COSMETIC PLASTIC SURGEON

CONSULTATION FEE $250 | APPLIED TO ANY INVASIVE & NON-INVASIVE PROCEDURE YOU SELECT.

James Stern, M.D., F.A.C.S., will carefully review your individual health profile and make informed recommendations for both surgical and non-invasive options.

The $250 Consultation Fee can be applied toward any invasive or non-invasive procedure you select:

FACIAL REJUVENATION • BREAST ENHANCEMENT • BODY CONTOURING • REVISION COSMETIC SURGERY

COSMETIC FILLERS

Relax and let us help you take the guess work out of which product is best for your particular needs. You can be confident that your tailored, anti-aging journey is under the direction of one of the country’s top experts in the field.

JEUVEAU®

$16 PER UNIT

MEET JEUVEAU® The newest treatment that is injected into muscles and used to improve the look of moderate to severe frown lines between the eyebrows in adults for a period of time. *Please contact the Wellness Concierge for pricing and availability.

DYSPORT® & BOTOX®

$16 PER UNIT

INJECTABLE FILLERS

REVANESSE VERSA • RESTYLENE • RADIESSE • JUVEDERM VOLUMA • SCULPTRA

$600–$900 PER SYRINGE/VIAL•MULTIPLE SYRINGE DISCOUNTS ARE AVAILABLE.

KYBELLA

$800 PER VIAL

non-invasive treatment for unwanted fat under the chin.

SCLEROTHERAPY

$775 PER SESSION

A non-invasive treatment for unwanted spider veins of the legs.
ORIENTAL MEDICINE

This ancient approach has now been proven to be effective in addressing pain, headaches, hormonal disorders, arthritis, autoimmune conditions, digestive disturbances, fatigue, stress, respiratory issues, depression, symptoms of withdrawal and more. This personalized experience incorporates dietary and lifestyle surveys, individual acupuncture treatments, bodywork and Chinese herbal recommendations, as appropriate. *Documentation provided for insurance reimbursement.*
Dr. Turovskiy has directed the popular Center for Integrative Medicine in Aventura for the past 17 years using acupuncture, lymphatic treatments and supplement therapy as well as the recent additions of cryotherapy, float tanks, IV therapy and cryotherapy to treat a wide range of conditions such as headaches, anxiety and depression, insomnia, allergies, arthritis, thyroid and hormone imbalances, chronic pain and obesity. Turovskiy moved to the United States in 1993 after serving in the military and later working as a sports therapist and rehabilitation specialist for Russian ballet dancers and elite athletes. He attended medical school in Moscow and studied Oriental medicine, including acupuncture, herbs, and massage, in Florida.
INTEGRATIVE ORIENTAL MEDICINE
INITIAL CONSULT 80 MINUTES $350 | 50 MINUTES $250 | 30 MINUTES $150
A combination of traditional and modern diagnostic and treatment methods. Includes a comprehensive diagnosis and evaluation including computer energy analysis followed by all medically necessary traditional and modern treatments including acupuncture, gua sha, cupping, laser, hypnotherapy injections and manual therapy.

MERIDIAN IMAGING DIAGNOSTICS
30 MINUTES $150
Modern diagnostic method to determine energy blocks that lead to pain, fatigue and other symptoms.

NUTRITIONAL CONSULTATION
30 MINUTES $150
Comprehensive evaluation and nutritional recommendations for hormonal imbalance, immune and emotional deficiencies along with other complaints.

SMOKING CESSATION PROGRAM
120 MINUTES $390
Unique proprietary combination of the most effective methods to quit smoking: acupuncture, auricular therapy, hypnotherapy and cognitive therapy. 90% of patients quit after just one visit.

HYPNO-PUuncture
90 MINUTES $175
Unique proprietary combination of acupuncture and hypnotherapy.

CLINICAL HYPNOTHERAPY
90 MINUTES $150 | 50 MINUTES $175

CUPPING
15 MINUTES $75
Ancient method to relieve muscle spasms, treat respiratory, digestive problems, and facial rejuvenation.

GUA SHA
15 MINUTES $75*
A natural healing technique, using a special tool to massage helping to relieve muscle pain and improve circulation.

“INTREPID” PAIN THERAPY
30 MINUTES $175
Integrative Rapid Pain Identification and Dispersion is a proprietary, computer-guided, no-needle modern acupuncture therapy for the most effective way to treat pain.

AURICULOThERAPY
15 MINUTES $90*
Stimulation of reflex points on the ear to control pain, reduce stress and control cravings.

TUINA ORIENTAL MEDICAL MASSAGE/MANUAL THERAPY
15 MINUTES $85*
A combination of modern and traditional joint and muscle manipulation techniques.

BIOPUNCTURE ACUPUNCTURE INJECTION THERAPY
$125 (PLUS MEDICATION COST)
Injection of sterile homeopathic, nutritional and herbal substances to control pain, relieve anxiety and for cosmetic purposes.

ACUPUNCTURE FACE LIFT
30 MINUTES $125
Special fine needles are inserted in key areas of the face to correct wrinkles and rejuvenate the skin.

ADVANCED ACUPUNCTURE
30 MINUTES $125
A combination of the most effective traditional acupuncture styles to treat pain, emotional difficulties, headaches, digestive issues and other symptoms. Available as a follow up only.

ELECTRONIC ACUPUNCTURE
FIRST 15 MINUTES $90 | EACH ADDITIONAL 15 MINUTES $35*
Receive all the benefits of acupuncture without the fear of needles through electronic or laser stimulation of acupuncture points.

*First session requires a diagnostic compound.
15 MINUTES MINIMUM $90
ENERGY HEALING

Energy Healing is a gentle yet powerful method that stimulates the energy flow in the human body. It restores balance and enables the physical body to heal itself by releasing blocks and interferences from the bio-energetic field. There are many factors that can degrade our bio-energetic field including toxic and processed food, emotional trauma, negative patterns or thoughts and early childhood wounds.

Energy Healing facilitates a harmonizing process by clearing blocks of stagnated energy in the body, repairing and re-balancing the energy patterns. Dis-ease means our energy is not flowing.

Healing may not be so much about getting better, as about letting go of everything that isn’t you – all of the expectations, all of the beliefs – and becoming who you are.
Ricardo Kmentt is a master in his art of healing with many years of experience and training as a professional healer. He was formally trained at the Barbara Brennan School of Healing, it is the world’s premier institute of Hands-On-Healing and Personal Transformation. He holds a diverse background as an Acupuncturist Physician with various qualifications including a master’s degree in Oriental Medicine and a bachelor’s degree in Science Health, providing him with a strong understanding of the body and the many ways of holistic healing.
ENERGY HEALING

HEALING ENERGY
50 MINUTES $175 | 80 MINUTES $260
This gentle, non-invasive therapy clears, strengthens, balances, and repairs the human energy field as the therapist accesses the natural restorative processes. As self-awareness heightens, past traumas, tension and stressors release for a profound sense of serenity and vitality. Following this treatment, people typically describe a feeling of deep relaxation. It is intended to work in harmony with other healing methods, including traditional medical treatments. Please wear light, loose-fitting clothing.

TRANSFORMING OLD ENERGY BLOCKS
80 MINUTES $260
Most suffering comes from our mind where energy blocks can be held as old stories, traumas and painful events that we can’t let go. This powerful session will guide you to transform what has been blocked and finally open your heart.

LETTING GO OF GRIEF AND LOSS
80 MINUTES $260
This therapy will help you transform your grief and release the pain that has been caused by your loss.

HEALING RELATIONSHIP BLOCKS
80 MINUTES $260
If you are stuck in your relationships or are alone and want to create more love, deeper contact and positive interactions, this therapy will guide you to release those blocks.

ANXIETY RELEASE
80 MINUTES $260
Anxiety is a form of fear related to our mind projecting into the future. This session will help to understand, transform and release the emotional block that keeps you in this loop of fear.

CLEAR YOUR MIND
50 MINUTES $175
If you can’t stop thinking and feel the need to deeply relax, this session will quiet and clear your mind allowing you to achieve relaxation.

CHAKRA BALANCE
50 MINUTES $175
Damaged or unbalanced chakras can affect our physical and emotional health. Symptoms such as depression, lack of inspiration, low of energy, and a lack of spiritual attunement can arise from a chakra that is blocked or unbalanced.
Wellness is a natural law of science. Its presence can be felt through the offerings of replenishment by the bodies of natural forces that surround us. The sun, the moon, the forests, oceans, and earth cleverly provide the building blocks of our regeneration through design of their position and composition. Using the science of our proper body positions and directions, we can directly connect to these nourishing forces and unlock a new cycle of wellness.

Sifu Matthew’s MAOW™ (Martial Arts of Wellness) teaches you directly how to influence your internal healing and power through a series of Martial Arts positions, movements, and focused intentions that directly affect the electro-chemical cycles of your body and cells. Each unique position is designed to connect the electrical fields that strengthen and heal imbalances in the organs, tissues, cells, nerves, bones, and blood. They will create a shift in your programming through new force cycles provided by that direction in relation to your position. They basically feed your body a form of direct and natural medicine, and educate your brain to take a new healing position around stress and imbalance.
Sifu Matthew, known as “The Injury Whisperer,” is a Kung Fu Master, world renowned healer, athletic performance expert and founder of The Martial Arts of Wellness (MAOW™). He has helped thousands heal from injuries and conditions that did not respond to any other form of treatment.

He is a master of understanding the electromagnetic forces of the body in relation to strength, wellness, and performance. His ability to activate healing manifests from over four decades of training in the Martial Arts where he acquired his unique understanding of the body’s electro-chemical (“chi”) and physical systems. Known for his ability to rapidly heal body tissues, ligaments, nerves, and bones using the electromagnetism of his own body, he has consistently healed chronic conditions like Morton’s Neuroma, frozen shoulder, poorly healed fractures, and even restored motion in stroke victims, often rapidly. His real-time healing videos, which can be found online, demonstrate his ability to affect many conditions immediately.

He runs programs at the prestigious Hale Clinic in London and is instituting customized MAOW™ wellness programs across the globe at leading medical and wellness spas and teaches advanced corporate wellness programs such as Executive Warrior and Healing Training Camps across the country.

His clients include NBA stars, professional athletes, Hollywood celebrities, business executives and the military. He carries black belts in Judo and Jiu Jitsu and is one of only five people certified as a Sifu (Master) under Sifu Alan Goldberg in Wing Chun. He is certified to teach Bagua and Liangong, and Five Phases of the Swimming Dragon under Sifu Gerald Sharp. He consults and educates in the nutriceutical field for bioscience and wellness companies.
ALIGNMENT HEALING
20 MINUTES $200
Reunite with the power of your body’s electrical healing force. Feel your body enter a profound healing state as Sifu Matthew connects your heart and bones to the earth’s magnetic field. You will receive a single customized position at the end of the session.

ACTIVATION HEALING FOR INJURIES OR IMBALANCES
SINGLE INJURY OR IMBALANCE 30 MINUTES $275 | MULTIPLE INJURIES OR IMBALANCES 80 MINUTES $1,000 *FOR THE MULTIPLE INJURY SESSION, RECEIVE 3 PERSONALIZED HEALING EXERCISES
Repair and revitalize your injury or imbalance. Sifu Matthew will target the root cause of a single injury and imbalance. He will remove blockages and energize cells, tissues, nerves and ligaments of the ailing area. You will receive a single customized exercise to continue healing the imbalance.

PET ACTIVATION HEALING
30 MINUTES $350
De-stress and revitalize your pet’s electrical system. Sifu Matthew’s treatments have helped animals with ailing hips and joints, poor digestion, sleep disturbances, and other systemic weaknesses. You will receive a single customized energetic exercise to stimulate healing in your pet.

SYSTEMIC ACTIVATION
30 MINUTES $350
Awaken and amplify the core forces that govern mental, emotional, and physical wellness. Sifu Matthew will energize your major systems which include: immune, circulatory, elimination, cognition, and regeneration. A single customized exercise will be given for energetic vitality.

ADVANCED SYSTEMIC ACTIVATION
40 MINUTES $500 | 60 MINUTES $750
Rewire your nervous system. Sifu Matthew will clear and regenerate blocked electrical pathways that damage the rhythms of cellular communication and prevent new minerals and elements from entering your system. You will be given a customized sequence of three energetic exercises to maximize progress. This treatment has helped many with low energy, hormone imbalances and compromised immune system.

ADVANCED SYSTEMIC ACTIVATION + PTSD HEALING
60 MINUTES $750
Dissolve trauma and stress patterns at the core by healing the memory pathways within the deep electrical system of the heart, spine, and brain. Sifu has helped veterans and survivors of many forms of trauma heal. You will receive customized program of positions and movements to specifically address long term healing of all stress patterns.

INTENSIVE HEALING FOR CHRONIC CONDITIONS
90 MINUTES $1,500
Replenish and regenerate at your core. This gentle but powerful treatment will strengthen the body’s core force elements (water, earth, wood, metal, and fire), which are the precursors to all healing. This treatment has helped those in need of recovery during or post-chemotherapy as well as those needing an entire reboot from athletic exhaustion or chronic imbalances.

ATHLETIC REGENERATION
90 MINUTES $1,000
Accelerate your body mastery. Magnify and intensify your performance, heal injuries. Deactivate nervous system overdrive from unbalanced training which leads to burn out. Sifu Matthew will show you game-changing and specific energy mastery exercises to maintain your force throughout the game and how to regenerate after a game.

COMPREHENSIVE WELLNESS SESSION
220 MINUTES $1,800
Redesign your pathways to physical, mental, and emotional wellness. Create a new focused and inspired direction toward optimal authentic power. Sifu Matthew will discuss and assess the energetics of your strengths and weaknesses and create a full comprehensive strategy, training you to remove resistances and enter a realm of harmony and flow. You will receive an entire program of positions and sequences to train the electromagnetic power of the body and mind. If you’ve spent years or decades working on issues that have not been resolved, do not miss this opportunity.

DETOXIFICATION TREATMENT AND REJUVENATION TREATMENT
90 MINUTES $1,000
Sifu Matthew will heat and drain your organs to stimulate the detoxification process and remove stagnation. He will then energize and re-mineralize your organs, tissues, and skin, to enhance cellular power.

RADICAL GROUNDING
45 MINUTES $500
Unite with the electrical force of the earth to increase power and diffuse stress at will. You will feel the electrical force of the earth enter and harmonize with your body. You will learn to use it as a regular training tool to create peace and balance at all times.

PRIVATE MENTORSHIP & TRAINING PROGRAMS
INQUIRE FOR PRICING
Overcome obstacles and mindsets that contribute to diseases and imbalances and hinder peak performance. Identify and shift the core energetics of your system on an electromagnetic cellular level. Rebuild yourself through redesigning your core forces. This mentorship has been used by professional athletes, top CEOs, celebrities, diplomats, and those interested in raising their levels through intensive cultivation. Individuals use this program for:
- Rapid recovery from illness and injury
- Mentorship and guidance through extremely stressful times
- Personalized training in empowerment and energetic field protection
- Mastering your connection to power through the fusion with your elements
- Addiction recovery programs
- Business strategy and guidance
- Martial Arts and Self Defense Training
- Mastering your connection to power through the fusion with your elements
EMOTIONAL & RELATIONSHIP HEALTH

A New Level of Emotional and Cognitive Care For Men, Women & Couples. Our holistic methods have been carefully designed to be rich in content, connecting, powerful, and self-loving. Our work consist of assisting, supporting, teaching and guiding individuals to dive deep and work through the various challenges, struggles or areas of growth they’ve chosen to work on. Our foundation is effective, credible and transformative. Dare to fall in love with your life?
Dr. Carolina Pataky, is recognized as one of South Florida’s leading authorities on Intimacy, relationships and self-discovery. A Licensed Marriage & Family Therapist and Board-Certified Sex Therapist, Dr. Pataky received her Master’s degree from Carlos Albizu University, a doctoral degree from the International Institute of Clinical Sexology and also studied at the esteemed Gottman Institute. Rooted in holistic practices, her work—which also integrates breathwork and mindfulness techniques—offers a fresh approach to emotional and cognitive care for men, women and couples.

Her focus is to give individuals and couples of any sexual preference the tools to learn how to love themselves unconditionally, receive love, and create fulfilling and joyful relationships that will last a lifetime. Through private sessions, couples’ intensives and luxury retreats, she provides individuals and couples coaching, sex therapy, and psychotherapy practices that will support clients through the journey of finding the right path to healthy love. Dr. Pataky holds BeLove Retreats at Carillon, including ‘Marriage Tune Up Weekends.’
COUPLES THERAPY
60 MINUTES | $225
Enhance your relationship at every level.
Issues we may address are: Communication, conflict resolution, money and finances, sex and intimacy issues, fighting and anger issues, addiction, in-law struggles, religion, values, pregnancy, and many more. We’ll collaboratively have a plan and set goals to get the relationship back on track. You deserve to feel loved and connected.

MINDFULNESS-COGNITIVE THERAPY
60 MINUTES | $225
Mindfulness-cognitive therapy helps you identify and challenge erroneous beliefs and behaviors that may be keeping you stuck in unhealthy patterns and situations. While mindfulness gives you the ability to experience thoughts and emotions without getting caught up in them. It means being fully present, immersed in the moment. As you learn to connect with your inner-self, learn to self-care and fully self love your inner most being.

TRAUMA AND ANXIETY THERAPY
60 MINUTES | $225
The mind and body stores impressions from all of the events that have occurred in your life, both good and bad. If you find yourself repeating old behaviors, ruminating about the past, recycling the same negative emotions, and experiencing the same unwanted results, trauma-focused therapy will help you to resolve what’s at the root of the issue and help you restore peace, vitality and wholeness.

DIVORCE / BREAK-UP THERAPY
60 MINUTES | $225
The ending to any relationship is one of the most painful experiences we can have. Divorce and break-up therapy can help guide you through this loss. It’s so important to have someone help you through this painful time. Recovery from the end of a relationship can take some time. Having a therapist by your side to help you address your emotions, as well as the new changes in your life can be incredibly helpful and remind you that you’re not going through this alone.

COUPLES PREVENTATIVE THERAPY
120 MINUTES | $450
Why wait for something to be wrong or go wrong?
Preventative therapy is such a healthy option for all couples to proactively approach. In fact, couples generally wait too long and find themselves in such a deep hole that it takes so much work to dig themselves out.

COUPLES PRE-MARITAL THERAPY
120 MINUTES | $450
Preparing for your marriage can be such an exciting and busy time, but investing in your relationship will reap tremendous benefits. Take the time and devote it to learning how to keep the love and desire alive, while addressing realistic topics you’ll inevitably face while married.

INFIDELITY COUPLES THERAPY
120 MINUTES | $450
One of the greatest challenges a couple will face is infidelity. This level of pain and devastation may be so extreme that you question every part of the relationship. The infidelity does become a part of your story, but it does not have to define you or your relationship.

SEX THERAPY
Sex therapy often gets misunderstood. Quite often we have such a compartmentalized view of sex. Embrace the capacity to have pleasurable, enjoyable, connected sex, while learning to accept and love yourself in your sexuality. Sex therapy can help in any of the following areas: Increase Sexual Intimacy, Sexual Connection, Heal Porn/Sex Addiction, Decrease Sexual Performance Anxiety, Heal from Sexual Trauma or letting go of any stigmas or shame surrounding sex.

LIFE TRANSITION THERAPY
60 MINUTES | $225
Change is the only constant in life, whether you’re going through a break up, divorce, new employment, relocation, quarter life or mid-life change, etc. Life transition therapy will support you in transforming the stress and emotional pain from the strain into an opportunity for growth and fulfillment.

MINDFULNESS-COGNITIVE THERAPY
60 MINUTES | $225
Mindfulness-cognitive therapy helps you identify and challenge erroneous beliefs and behaviors that may be keeping you stuck in unhealthy patterns and situations. While mindfulness gives you the ability to experience thoughts and emotions without getting caught up in them. It means being fully present, immersed in the moment. As you learn to connect with your inner-self, learn to self-care and fully self love your inner most being.

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EXECUTIVE COACHING & LIFE STRATEGY
DR. SHANEQUA FLEMING

MBA FOCUS: EXECUTIVE COACHING & LIFE STRATEGIST

The Thought Leader of Human Potential

Dr. Fleming's work with businesses focuses organizational culture, leadership development, and performance management and purpose-driven employee engagement. At Carillon she will offer one-on-one and group sessions that will deal with the person as a whole—physical, financial and emotional. The goal will be sharing tools for self-awareness and navigating resilience to help create holistic thought leaders. She will be heading up Career Reboot Retreats to help inspire meaningful work-life balance, support people to reach their potential and thrive.

Go beyond your invisible edge. Unlock infinite possibilities. Embrace Your Greatness. Lead like only YOU can. Live like YOU desire.
POWER HOUR
60 MIN $350 *RECOMMENDED FOR INITIAL VISITS
Power Hours are designed to help you identify “energy leaks” that are draining you of your power and purpose. You will explore what naturally energizes you and map out immediate actions to take to create more meaning and fulfillment in your work and life.

CLARITY AND ALIGNMENT COACHING
THREE 60 MIN SESSIONS $995
The impact of your life and leadership is anchored in who you are and not just what you do. It is challenging to achieve what you desire when you are disconnected from your personal values and what truly fulfills you. When you are in alignment, everything flows and the results you desire become inevitable. You are at your best and manifest abundance in every way. These three coaching sessions will help you crystalize how to nurture your strengths and integrate your purpose in your work and life to achieve a greater sense of fulfillment.

THE BURNT-OUT EXECUTIVE RETREAT
INDIVIDUAL $2,800 + 2 NIGHT ACCOMMODATIONS
POWER COUPLES $3,880 + 2 NIGHT ACCOMMODATIONS
SMALL GROUPS OF 3 - 4 PEOPLE $1,980 + 2 NIGHT ACCOMMODATIONS
Executive life coaching. Reflective exercises. Oceanfront prayer and meditation. Private chef culinary experiences. Invigorating fitness regimens. Rejuvenating spa services. The Burnt-out Executive Retreat is a two-night, three-day rejuvenation journey to refocus and realign your mind, body, and spirit. You will release what’s not serving you and revitalize your life and leadership with the principles of The Well Executive™.