



QUINTESSENTIAL MIAMI
An Urban Retreat with a Miami Vibe!
October 6 - 8 2017 | October 7 – 8, 2017
Global Wellness Summit



This is a tour of contrasts: from Silence and Digital Disconnection to sipping Pisco Sours and eating ceviche to seeing some of the newest spa /wellness experiences in the Miami area, salsa dancing or doing Zumba, there is a little bit of everything in this “taste of Miami.” You have the choice to have your urban retreat at the Mandarin Oriental for one night or two. One thing is for sure – you will have some new and different experiences that are “quintessentially Miami!”

Friday, October 6 - Welcome to Miami!

Upon arrival at Miami International Airport (or Fort Lauderdale or West Palm Beach, Florida) we recommend that you take a taxi, UBER or LYFT car to the Mandarin Oriental on Brickell Key. From Miami Airport, the ride is approximately 25 minutes depending on traffic at a cost of approximately \$15USD.

Mandarin Oriental Miami

500 Brickell Key Drive

Miami, FL 33131

Phone: +1 305-913-8288

<http://www.mandarinoriental.com/miami>

Midday check-in.

This afternoon is yours to do with as you wish. Options include a treatment or a tour of the Spa at Mandarin Oriental or visiting one of the many other fabulous local Miami Spas including the Spa at the Four Seasons Surf Club, The Standard, Haybarn Spa at One Hotel, Faena Miami Beach. Of course, you may wish to lie in the sun and chill out (don't forget the sunscreen!)

3p We will meet in the Mandarin Oriental lobby to take UBER or LYFT to The Surf Club in Surfside (about 30 - 45 min ride depending on traffic).

4 – 6p The brand new Four Seasons Resort & Spa at The Surf Club is hosting a cocktail reception at the Spa just for the Global Wellness Summit delegates! We'll tour their new spa, have cocktails in a spa cabana right on the ocean and experience Biologique Recherche custom skin imprinting mini-treatments. A special thank you to Four Seasons and Biologique Recherche for arranging this special experience just for us.



Tonight Dinner is at Leisure. Explore Miami and beyond, Downtown and Brickell's hip urban scene, or book a table at La Sirenuse Miami at The Four Seasons. The first development of the Michelin-starred restaurant beyond its base in Positano on Italy's Amalfi Coast, Le Sirenuse Miami brings to Surfside a cornucopia of genuine Mediterranean flavors and dolce vita style. Custom designed by Joseph Dirand within the historic heart of The Surf Club, Le Sirenuse Miami invites you to dine inside

the elegant, palm-fringed restaurant, or on the outdoor terrace with ocean views; the same once enjoyed by Frank Sinatra and Winston Churchill.

Later this evening you may want to visit South Beach for some nightlife or Calle Ocho – Miami's Little Havana for dancing with GWS Delegate Charmaine Lange who has graciously offered to show you "her Miami!"



Saturday, October 7

Start the morning with a workout in the gym (open 24 hours) or a walk, run or jog around the Biscayne Bay trail or relax on your balcony and enjoy the views of the water and palm trees.

7 – 11:30a Mandarin Oriental Buffet Breakfast –Breakfast is in the hotel’s beautiful restaurant located on the ground level and overlooking Biscayne Bay and the Miami skyline. The breakfast buffet features flavorful Latin specialties and a host of healthy options. The restaurant offers indoor and outdoor seating providing stunning views with Five-Star service.

This morning is yours to do as you wish. We suggest a visit to Wynwood’s vibrant art scene where you can see famous “Wynwood Walls,” enjoy a Cuban Coffee or fresh pressed juice; take a bike ride around Biscayne Bay; Book a spa treatment at a local Miami Spa including Spa at Mandarin Oriental, the Spa at the Four Seasons Surf Club, The Standard, Haybarn Spa at One Hotel, Faena Miami Beach, or The Standard. Or you may relax by the infinity edge swimming pool.



1p Our Group meets at the Bangkok Meeting Room on the 5th level to begin an afternoon of Digital Disconnection and Detox.



Mandarin Oriental’s Digital Wellness Retreat program is designed to help guests find new ways to manage their relationship with technology and the stress that can come with a constantly connected digital lifestyle.

“Technology has brought us many great advances,” said Jeremy McCarthy, Group Director of Spa and Wellness, “But the expectations for instant communication and the increasing pace of change in the world can have a negative impact on our wellbeing.”

We start our “retreat” with a special Wellness Bento Box Detox Lunch hosted by **Aromatherapy Associates** with a presentation on Mindful Eating

2:15p Presentation on technology and its impact on our health

3:30 – 6:30p Everyone will receive a Digital Wellness Escape Treatment (50 minutes) The treatment focuses on grounding the body and mind through human touch, concentrating on areas most affected by constant phone and computer use-- such as neck, shoulders, hands and feet.

You will also select two (2) activities from the selection below. Activities will start on the hour 2:30 | 3:30 | 4:30

Activities include:

- Outdoor Yoga
- Zumba
- Guided run
- Manicure or Pedicure with Perk eye or lip lift (additional charge of \$40 -\$60USD)

Smoothies and water breaks will be provided between the presentation, treatment and physical activities.

7:30 – 8:30p Cocktail reception bayside at La Mar where we'll enjoy the spectacular views and warm Miami breezes while sipping a signature Pimscow Sour or other beverage of your choice!

8:30p Dinner at La Mar featuring a taste of Peru in the heart of Miami

Sharing of experiences & discussion facilitated by Jeremy McCarthy

Sunday, October 8

Enjoy a cup of coffee or breakfast on your own before our departure

8:30am Departure from Mandarin Oriental via deluxe coach for the 50-minute ride to Turnberry Isle Miami

9:30am Arrival at Turnberry Isle Miami where we'll spend the morning at the âme Spa & Wellness Collective. This sun-filled, three-story facility is within the lush 300 tropical acres of Turnberry Isle Miami and is set against two championship golf courses. The spa offers individual and group fitness classes; nutritional consultation; a functional medicine practice; a cosmetic medical practice; cutting edge spa technology; a full-service salon; and more than 70 unique treatments. Discover how to manage stress, gain strength and flexibility, lose weight, cultivate greater equanimity, look and feel younger, and create new patterns that can last a lifetime.





During our visit to the âme Spa & Wellness Collective you will have the option to (1) experience a Gharieni Spa Treatment (2) participate in a group fitness class (3) take part in a special presentation from Rezilir Health

11:30a A light lunch will be served at the spa.

12:30p Depart for the one and half hour ride to The Breakers, Palm Beach (this may have to be shifted to 12n. We can leave the Mandarin at 8am although that seems quite early 😊)

Included in Pricing:

- *1 or 2 night accommodations at five-star Mandarin Oriental Miami with water views*
- *Complimentary use of the Fitness Center and access to the Spa's relaxation area which includes color aromatherapy, sauna & steam rooms*
- *Buffet breakfast at La Mar on Saturday*
- *20% Discount off all spa treatments at the Spa at the Mandarin Oriental*
- *Cocktail reception on Friday at the newly-opened Four Seasons at the Surf Club in Surfside with customized mini spa treatments provided by Biologique Recherche*
- *Cocktail reception at La Mar on Saturday with special guests*
- *Group Dinner at La Mar on Saturday featuring a taste of Peru in Miami*
- *Digital Wellness Retreat on Saturday – a guided urban retreat group experience*
- *One Digital Wellness Escape Spa Treatment (50 minutes)*
- *Choice of two activities: outdoor yoga, guided outdoor run or Zumba*
- *Special GWS program on Sunday at Turnberry Isle's newly renovated âme Spa & Wellness Collective with Gharieni Treatments, time to enjoy the Salt Chamber, a choice of fitness classes and a talk by Rezilir Health*
- *Healthy brunch at Turnberry Isle*
- *Private coach & driver services to Turnberry Isle, Aventura and The Breakers, Palm Beach*
- *Complimentary WiFi*
- *Complimentary choice of daily newspaper*
- *Bottled water on coach*
- *Group transfer to Global Wellness Summit at The Breakers Palm Beach*

PRICING:

Single occupancy:

Option # 1 – two nights: Fri, Oct 6 – Sun, Oct 8 \$1,125
Option #2 – one night: Sat, Oct 7 – Sun, Oct 8 \$ 705

Double occupancy:

Option # 1 – two nights: Fri, Oct 6 – Sun, Oct 8 \$1,605
Option #2 – one night: Sat, Oct 7 – Sun, Oct 8 \$1,115

To reserve your spot, please email Sallie Fraenkel at sallie@mindbodyspiritnet.com

Please note:

This trip is quoted in USD. **For payments by credit card please add 3% merchant fee to the total.** A 25% non-refundable deposit is due at time of booking. Final payment is due 30 days prior to arrival or if it is already within 30 days, then full payment is due at this time.

CANCELLATION POLICY

Cancellation up to 60 days prior to arrival	25% of total tour price is non-refundable
Cancellation 30-59 calendar days prior to arrival	50 % of total tour price is non-refundable
Cancellation within 30 calendar days prior to arrival	100% of total tour price is non-refundable

We highly recommend purchasing trip cancellation insurance www.travelex-insurance.com.

Note: Itinerary details subject to change.

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