



Lounge chairs at the Biltmore Hotel's spa.

WINTER RIVAL AT THE BILTMORE

The Mediterranean-style **Biltmore Hotel** is a landmark for locals and snowbirds in the Northeast since it debuted, in 1926, it's enjoying a renaissance these days. The 276-room landmark of a golf and spa resort in suburban Coral Gables, fifteen minutes south of downtown Miami, completed a \$40 million renovation this past year, and its Asian-influenced spa has generated quite a buzz. Guests walk across a bamboo bridge and inhale the ambient fragrance of citrus and green tea on their way to treatment rooms awash in earthy colors

and textures. In a nod to the hotel's renowned wine cellar, the spa's menu includes treatments that incorporate French Chardonnay grape seeds, which have antioxidant properties. All spa guests can use the Biltmore's signature amenity: its 23,000-square-foot swimming pool, the largest hotel pool in the United States. It's so impressive, you just might consider taking your massage poolside in one of ten new cabanas, which are rentable from \$79 for a half day. *Rooms from \$354. 1200 Anastasia Ave.; 800-727-1926; biltmorehotel.com.* **~S.B.**

PLASTIC AESTHETIC ESCAPE

Well-heeled Floridian knows that one of the state's best destinations for cosmetic enhancement is the **Institute for Age Management and Intervention**. And because it's in the Four Seasons Hotel, patients can convalesce in the hotel, where the recovery package (\$3,000 a night) includes a suite and a nurse. The upscale center opened in February 2005, and its founder, the highly regarded plastic surgeon Julio F. Gallo, calls it "a medical facility gift wrapped like a Zen-inspired spa." With its soft music and stylish interiors, the institute has only a hint of "clinic": the abundance of medical professionals in lab coats, among them four M.D.'s, three dentists and a dermatologist. Clients come from all over for such services as cosmetic dentistry, injectable fillers and chemical peels. (Editor's note: More serious procedures, like liposuction, are offered, but it's safest to have invasive surgeries in a facility next to a hospital; here the nearest one is two miles away.) *1441 Brickell Ave.; 305-624-0009; miami-institute.com.* **~S.B.**



A LOCAL BEAUTY'S TIPS

In addition to being a model and a mother of three, **Leticia Grendene** helps manage Casa Tua (305-673-1010), husband Miky's popular South Beach restaurant. Here she shares her advice for looking your best in Miami.

FAVORITE SPA I had a terrific massage at the Mandarin Oriental spa. *866-888-6780.*

TOP BEAUTY EMPORIUM Brownes & Co., on Lincoln Road, resembles an old-fashioned pharmacy and sells such brands as Santa Maria Novella and Nars. *888-BROWNES.*

BEST MANICURE AND PEDICURE The salon at Brownes & Co. uses aromatherapy oils to condition your skin and nails (from \$60).

PREFERRED PILATES INSTRUCTOR Nicole Perkovich, at Sanctuary 7 the Studio, makes a workout fun (classes from \$40). *305-358-0909.*

SUPER HAIR SALON Cuts by Luca Mencarini, at Luca Hair Salon in Coral Gables, are easy to manage and last for months (from \$120). *305-461-2443.*

GREAT BIKINI WAX Niny Tuzzo, at Paula's Salon on Collins Avenue, gives an excellent Brazilian wax that is relatively painless (\$28). *305-672-0503.* **~C.M.M.**