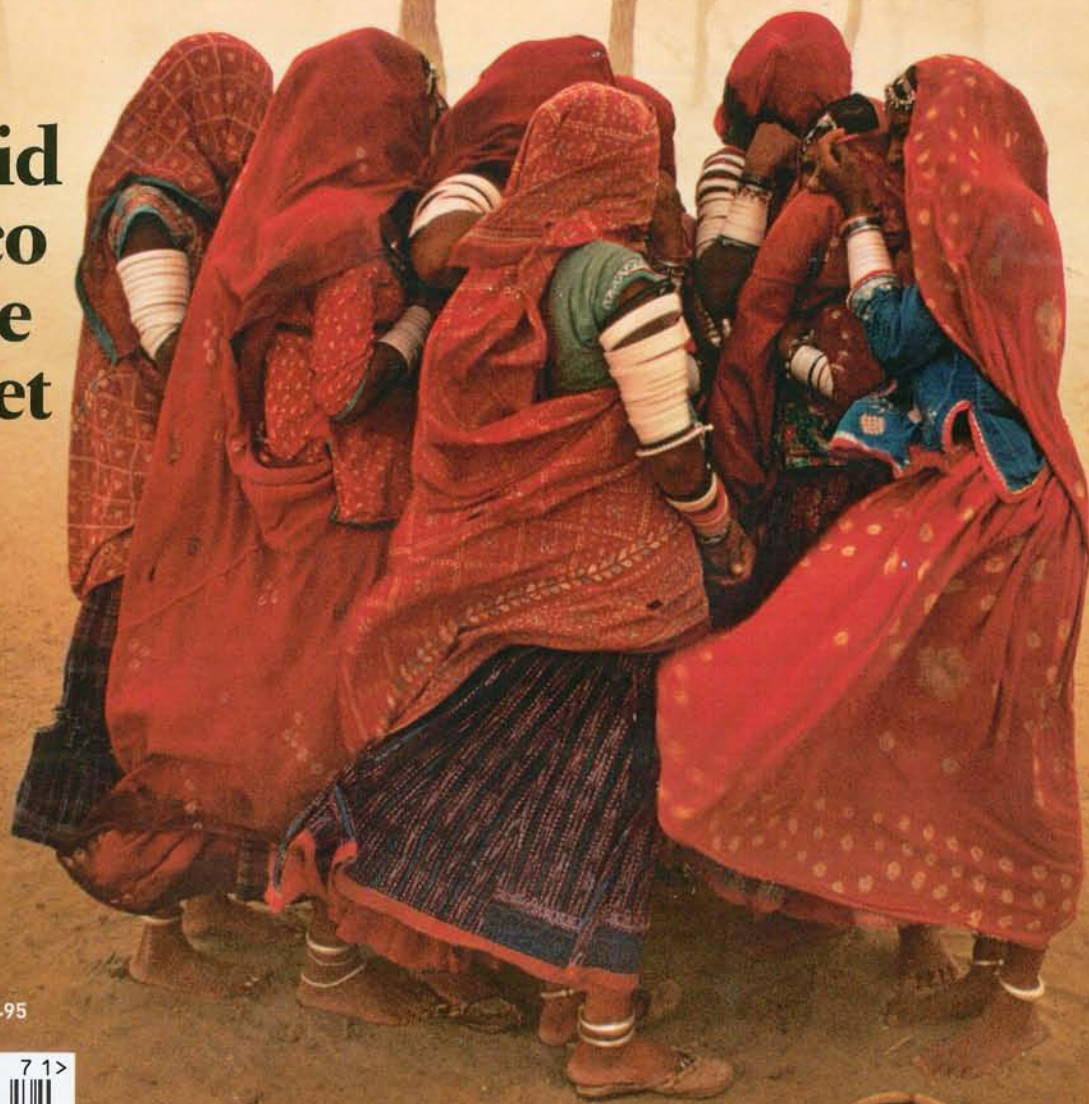


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REVIVAL AT THE BILTMORE

Though the Mediterranean-style **Biltmore Hotel** has been a landmark for locals and snowbirds from the Northeast since it debuted, in 1926, it's enjoying a renaissance these days. The 276-room grande dame 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 new spa has generated quite a buzz. Guests walk over a bamboo bridge and inhale the ambient fragrance of citrus and green tea on their way to twelve 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.

AESTHETIC ESCAPE

Every well-heeled Floridian knows that one of the state's best destinations for cosmetic enhancement is the **Miami Institute for Age Management and Intervention**. And because it's in the Four Seasons Hotel and Tower, patients can convalesce in the hotel, where the recovery package (\$3,000 a night) includes a suite staffed by 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.

