



HIGH SUMMER!

STARRING **RACHEL
McADAMS**

WITH **YOUR NEW BODY** *(Sexier! Stronger!)*

THE BEST PLACES TO **FALL IN LOVE,**
THE FASTEST DIET

ON EARTH,

ONE SIMPLE TRICK FOR

BEACHY

SKIN

AND WHAT PEOPLE **REALLY SEE**
WHEN THEY LOOK AT YOU

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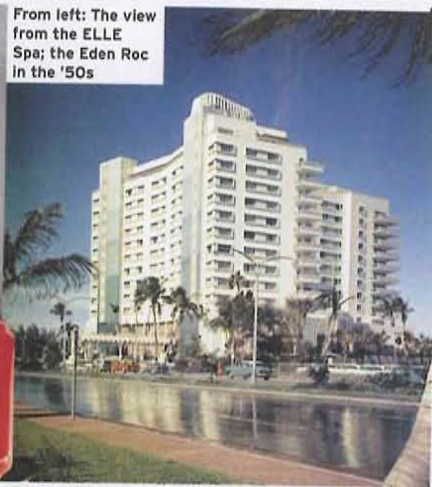
BODY



THE GREAT ESCAPE

Whether you're seeking inner peace, buff biceps, or a skin-transforming facial, these ELLE-approved spas—including (ta-da!) our own!—are sure to deliver

From left: The view from the ELLE Spa; the Eden Roc in the '50s



ELLE Spa's exclusive Essie shades: Eden and Roc



THE ELLE SPA While coasting down Collins Avenue in North Miami Beach, it's hard to miss the sweeping, steamship-like entrance to the Eden Roc. The landmark hotel, designed by famed neo-baroque architect Morris Lapidus, has been a playground for the glamorati since opening in 1956. Nat King Cole performed "Unforgettable" in the

Frank Sinatra and pals living it up, Eden Roc style



ballroom; the Rat Pack partied by the pool; Lucille Ball and Desi Arnaz lived in the penthouse while filming episodes of *I Love Lucy* on the grounds; and the likes of Elizabeth Taylor, Katharine Hepburn, and Olivia de Havilland have all signed the guest registry. It's safe to say that the inaugural ELLE Spa, which opened at Eden Roc in May, is in legendary company.

The exclamation mark at the end of the hotel's recent \$220 million renovation, the sleek 22,000-square-foot spa offers a mood-pleasing mix of ELLE-editor-approved indulgent—and results-driven—treatments for the face and body, including a luminosity-boosting signature facial created by renowned holistic Palm Beach aesthetician Tammy Fender and an age-defying Alpha Beta Peel by Dr. Dennis Gross Skincare. At the ELLE Spa scrub bar, mixologists concoct customized blends of organic oils, bio-

dynamic honey, and sea salts. And the can't-get-it-anywhere-else Red Flower body treatment featuring a healing chlorophyll bath and an antioxidant-packed wrap featuring pomegranate seed and Moroccan rose oil might merit the trip to Miami alone.

Because no getaway is complete without a takeaway, Essie has joined the party to contribute two bespoke nail-varnish hues—the neon pink Eden and can't-miss-it-coral Roc—to be sold exclusively at the ELLE Spa (test-drive the shades with beach-wowing mani-pedis). Another snag-gable souvenir is the spa's signature scent—an enlivening blend of lemon verbena, bergamot, mandarin, jasmine, and orange blossom whipped up by Red Flower's Yael Alkalay, and available in aromatherapy oil or candle form—which is capable of transporting you back to Eden Roc with one whiff. Unforgettable, indeed.

ELLE Spa: photographed by John Maes; Eden Roc exterior: Ezra Stoller/courtesy of Estro; Sinatra: Getty Images; all still lifes: Steven Krause