

Living  
&  
Being  
Well

# Living & Being Well

Life deserves to be lived with intention and joy.  
57 Ocean helps make it possible.

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Welcome to 57 Ocean, your oceanfront oasis where each day is a new opportunity to live, breathe and weave balance and wellbeing into your life. Awaken the senses in the green and fragrant gardens, calm the spirit in the world-class Wellness Pavilion, detoxify the body with holistic medicine, cultivate longevity in the fitness and movement spaces, and be one with your surroundings in a sustainable living space filled with peace and harmony.

Our thoughtfully-designed amenities allow you to exercise independently, invite your preferred trainer, or access a roster of carefully-curated, board certified, and highly-advanced therapists and professionals. Whatever your desire and needs may be, your Wellness Coach is available at the touch of a button to help reserve amenities, spaces and services to fit your lifestyle. This guide offers a sampling of services and treatments available through our selected providers.



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# Soothe your body, calm your mind, restore your spirit.

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Imagine waking up to your true potential every day, rediscovering joy and beauty at every turn, and seeing your life unfold with balance, harmony and gusto. Peaceful gardens, luxurious thermal baths, therapeutic healing arts, state-of-the-art movement spaces, and community-building workshops contribute to the wellness lifestyle at 57 Ocean.



# 01/ Thermal

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Detoxify and cleanse through  
a series of contrast baths.



Water, revered for thousands of years, is essential to your wellbeing. Journey from aromatic steam to cold contrasts, from tropical rain showers to the chromotherapy of lights. Unwind before a treatment, relax after a workout, rejuvenate before a big night out, or enjoy serenity at your own pace.







## Sensory Showers

Begin your journey in the experience showers. Alternating chromotherapy lights, temperate waters, stimulating aromas and cooling tropical mists help create harmony within.

## Dry Sauna

Reduce pain and stiffness, activate circulation, improve immune response, and detoxify your skin with a brief layover in the beautifully intimate, wood-paneled dry sauna.



## Aromatherapy Steam

The perfect place to open up and breathe in deeply restorative botanicals. Increase circulation, boost endorphins and improve post-workout recovery.

## Cold Contrast

The contrast of hot with cold is the ideal tonic for the skin and the nervous system; an essential step for post-workout recovery, relaxation and increased immunity.

## Relaxation Lounge

It is essential to equalize your nervous and circulatory systems in between contrast bathing or at the conclusion of your journey. Allow time for pause.

## Zen Garden

This manicured garden is ideal for reflecting upon the beauty around us, practicing gratefulness, and breathing in the universal life force.

# 02/ Healing

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Touch, our most basic form of communication,  
transforms and heals the soul.



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Experience the profound restorative power of therapeutic healing arts. With timeless traditions and proven modern techniques, 57 Ocean allows you to experience advanced bodywork in luxurious, serene and beautiful surroundings just steps away from the comfort and convenience of your home.





## Heal the Sole

### REFLEXOLOGY

Relieve travel-weary, swollen or heavy legs and feet, and move stagnant energy. A cooling foot-scrub leads into an energizing and rejuvenating foot reflexology massage.

## Balance the Flow

### LYMPHATIC DRAINAGE

Optimize the dynamic flow of your immune-supporting lymphatic system with brush-like rhythmic strokes over dry skin. Ideal pre- and post-surgery and to relieve systemic water retention.



## Rescue the Warrior

### DEEP NEURO-MUSCULAR

Advanced Neuro-Muscular Therapy (NMT) techniques offer focused and penetrating relief from pain, soreness and fatigue to the weekday and weekend warrior.

## Sweet Dreams

### AROMATHERAPY & CRANIO-SACRAL

A consultation for better sleep habits is followed by a profoundly relaxing treatment, combining cranio-sacral therapy with aromatherapeutic oils to promote a good night's sleep.

## Tension Balm

### HEAD, NECK, SHOULDERS

A careful combination of ortho-easing essential oils allows this targeted treatment to melt away accumulated tension and soreness for a feeling of clarity, lightness and relaxation.

## Lengthen Life

### THAI STRETCHING

This century-old tradition from Siam blends guided stretching to lengthen muscles, acu-pressure based energy healing to relieve pain, and guided breathing to soothe the nervous system.

## Recalibrate

### ACUPUNCTURE MEDICINE

Led by Board-Certified Acupuncture Physicians, your in-depth health assessment is integrated into a personalized plan to recalibrate your immune system and prevent or combat chronic/acute medical conditions.

## Food is Medicine

### NUTRITION

Our Physicians and Certified Nutritionists assess your body's unique inner environment and current lifestyle, offering bespoke functional nutritional guidance, personalized menus and even access to a personal chef.

03/

# Aesthetics

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Our natural beauty cannot be diluted  
or ignored, simply enhanced.



## Facial Care

Time-tested facials for young, mature or aging skin will treat fine lines, dark spots, and hormonal acne for a glowing, vibrant and younger-looking complexion.

## Make-Up

Enjoy in-home expert color and light specialists as they apply the newest make-up techniques to reflect your natural beauty, no matter your age.



## Hand & Foot Care

Convenient surroundings play host to ultra-hygienic and precise techniques for nail care, manicures, pedicures, and specialty treatments in the comfort of your residence.

## Skin Rejuvenation

Benefit from the non-surgical and highly effective acu-lift skin rejuvenation protocol, providing a natural lift, boosting collagen production, erasing fine lines, and diminishing sagging.

## Women's Care

Choose from waxing, sugaring, threading, electrolysis or laser hair removal to remove, shape and contour the best features of your body.

## Men's Styling

Shape or remove unwanted hair in concern areas like brows, nostrils, ears, chest, back, legs and intimate areas with advanced, hypoallergenic treatments.



04/

# Movement

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A tribute to the power of life  
in equilibrium.



This is your fitness space: a tribute to the power, determination and primal beauty of movement and life lived in equilibrium. Leading a balanced life is a constantly evolving pursuit that depends on our life stages, choices and needs. We make it easy, enticing and motivating in a space complete with state-of-the-art equipment, complimentary amenities and juices, and an outdoor Sunset Deck.



## Technogym Studio

Enjoy 24/7 state-of-the-art cardiovascular, strength-training and free-weight equipment in a sunlit space. Equipped with media connectivity, complimentary fresh-pressed juices, and access to the Sunset Deck.

## Fitness Training

Personal trainers will work in conjunction with the Physicians, Nutritionists and Therapists to assess, plan and enable you to sustain motivation, make healthy lifestyle choices, and meet your fitness goals.

## Body Toning

The body toning, stretching and relaxation zone comes complete with different sized medicine balls, mats, bars, bands and rollers to help you achieve ultimate myo-fascial release before, during, or after your workout.

## Yoga & Pilates

Cultivate awareness, balance, strength and healing with holistic mind-body movement practices. Join a scheduled class or reserve a personal session in the fitness space, garden or the privacy of your home.



## Lap Swim

Flotation and swimming are essential life skills that can be honed at any age. Whether you are a beginner, a seasoned swimmer, or a triathlete, our trainers will meet your needs in the buoyant and safe environment water provides.

## Aqua Fitness

The weightless resistance of the pool is ideal for building strength, cultivating balance, and toning muscles without risk of injury. Join these fun outdoor water classes, including Zumba, core balance, underwater cycling and more.

## Medical Qi-Gong

Using a prescription of physical movement, breathing, and visualization exercises, this ancient form of Chinese medicine corrects bio-energetic imbalances to restore hormonal, nervous and immune function in the body, mind and spirit.

## Aqua-ssage

Water provides an ideal environment to drain the lymph and journey back to the time in the Mother's womb. This beautiful and highly therapeutic in-water therapy blends long strokes, water-based lymphatic drainage and guided relaxation.



## Wellness Pool & Deck

Salute the sun, workout, move, meditate or bid the day farewell on the third-floor Sunset Deck, complete with relaxation loungers surrounded by water, a wellness pool and lush vertical gardens.

## MyEquilibria Station

Rooted in modern science, tested for optimal performance, and designed for both professional users and those without experience, the Myisle by MyEquilibria is a total body outdoor gym.

## Walk & Cycle

The beautiful Miami Beach Walk extends for over 10 miles, offering uninterrupted views and access to our stunning beach. You and your four-legged friends can enjoy this beautiful paved path on foot, or make use of our complimentary community bicycles.

## Running Club

Our resident-led jogging and running clubs utilize the paved walk to build stamina, community and camaraderie. Enjoy an invigorating sunrise run or a soothing sunset jog engulfed by natural ocean breeze and spectacular views of the Atlantic coastline.

05/

# Community

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We exist in relation to others. Together, we impact each other's balance and wellbeing.



57 Ocean provides the perfect environment for like-minded residents to explore common interests, build new friendships and expand horizons through fun and entertaining community events. Whether you are here year-round or come for short periods of time, your Wellness Coach is available to cater to your needs and coordinate personalized services and events during your stay.



## Cooking Masterclass

Hosted in the Club Room's state-of-the-art gourmet kitchen, and led by leading figures in the Miami culinary scene, these classes will inspire you to learn new healthy eating techniques, regional cuisine, and tips for entertaining.

## Wine Tasting

Join your neighbors for tastings led by seasoned sommeliers. Share your passion for wine, bring a bottle from your own collection, learn the history of the world's top wine-producing regions, and build new friendships.

## Private Chef

Your Wellness Coach is available to connect you with a host of private chefs to cater your next in-home or Club Room gathering—tailored to your theme or preferred dining style.

## Tropical Gardening

Gardening workshops are led by horticulture experts in tropical gardens. Learn and be inspired to create and care for your own vertical garden, raised plant bed, or terrace herb garden.

## Sunlit Library

A curated selection of reading material awaits in the sophisticated comfort of this sun washed setting with a view of the relaxation area, pool deck and the vast Atlantic Ocean beyond.

## Grateful Sunrises

Welcome the opportunities of a new day and be reminded of our countless blessings. Our led gratitude and breathing classes bring our community together in the Wellness Garden.

# Enjoying the Spa

Experience the secluded luxury of the ground-floor Wellness Pavilion. Take time, listen to your body and allow us to recommend some essential guidelines.

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## Prepare

Avoid burns by removing jewelry and valuables. Allow yourself to truly disconnect and detox by leaving behind all devices, headphones and watches.

## Take your Time

Give yourself plenty of time before your treatment to relax thoroughly. A cleansed system and warmed muscles benefit most from bodywork.

## Start with a Shower

Feel exhilarated, refresh the senses and allow the aromatic waters to remove salt, sand, minerals and chemicals that may clog pores and interfere with your treatment.

## Listen to your Body

Our talented bodywork partners will adapt their techniques to your particular needs. Please allow your therapist to “listen” to your body after communicating your preferences.



### Limit Heat

Do not exceed 12 minutes in heated baths to prevent dangerous blood pressure drops, and interval with cold treatments. Reduce time if you experience shortness of breath, nausea, dizziness or other discomfort. Never use hot baths, sauna, or steam if pregnant.

### Alternate Hot & Cold

Contrast heat with cold to ensure a full therapeutic benefit of the thermal spa experience, prevent dizziness, improve circulation and flush the nervous system. Always end your regimen with the cold contrast.

### Communicate

Candid and open communication with your therapist ensures a successful experience. Disclose health concerns, recent falls/accidents, medications, and areas to be avoided.

### Hydrate & Relax

This is your time. Allow tension to slip away with each breath. Heavy soaking and sweating can lead to dehydration, so be sure to drink 2-4 glasses of water after exiting each bath.



# A Wealth of Conveniences

We provide an array of on-site conveniences to make your life easier, more comfortable and more enjoyable.

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## 24-Hour Services

We are here to enhance your living experience with around-the-clock concierge service, building security, and valet parking.



## Wellness Coach

Schedule a team of specialists for wellness services in the spa, gym, gardens, and pools; or in the comfort and privacy of your residence.



## Dry Cleaning Valet

A selection of eco-friendly services, including laundry, dry cleaning, tailoring and alterations, is available to residents by appointment.



## Community Bicycles

Complimentary bicycles are available exclusively for residents to enjoy and cruise around the neighborhood, the Miami Beach Walk, and Collins Avenue.



## Wellness Chef

From personalized menus and assisted health shopping to catering for your next gathering, a Wellness Chef is available by appointment to help care for your family and guests.




## Horticulturist

From basic planting to advanced gardening, an expert horticulturist is available by appointment to help your plants, fruit trees and herbs thrive in our oceanfront environment.

# 57 OCEAN

MIAMI BEACH

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