



ABOVE: Mud Baths at The Standard.

RIGHT: Resident doctor of Chinese medicine, Lori Bell.

urbanites who can't get enough of Brickell's high-energy lifestyle) rests a spa oasis where guests are allowed (encouraged!) to disconnect for an entire day with a bevy of exercise classes, including SurfSet, the world's first total bodysurf trainer, and entrée to Florida's longest pool. Instantly decompress in the famed 5,000-square-foot Water Lounge with reflecting pools carved within white marble flooring and a magnificent yellow Murano glass chandelier overhead, all part of the dazzling Philippe Starck-designed experience you wish you came home to every night. Visit [viceroyhotelsandresorts.com/en/Miami/spa\\_and\\_wellness](http://viceroyhotelsandresorts.com/en/Miami/spa_and_wellness) or call 305.503.4400.

#### CELESTIAL & ACUPUNCTURE ALIGNMENT AT THE STANDARD

While many know The Standard Spa for its hammam, outdoor mud baths, myriad spa treatments and hydrotherapy under the stars, many have yet to discover its resident doctor of Chinese medicine, Lori Bell, who delivers something that can only be described as transformative and entirely individualized to one's personal journey. The Miami native and astrology expert has studied the interplay between the stars, mind and body for the last 23 years and, armed with multiple accreditations and intensive

study, brings her expertise to The Standard. If you want to know where you have been, how you got there, what makes you tick (and happy) and where you are going in your personal journey, this is for you. The session begins with brief intake form to understand your medical history, a taking of the pulse, and the (very important) date/time/year you were born. First, a gentle acupuncture alignment opens the body's energy pathways and helps correct imbalances (i.e., insomnia, low energy). Then begins the celestial reading. There are moons rising, third and fourth houses and planets in play that all make up your unique, harmonious structure and can be out of whack if you're a square peg endeavoring to fit into a round hole (for example, an artist who's forcing himself to succeed in a corporate environment). The result is an hour-and-a-half consultation (more time can be added for a deeper reading) that provides tremendous clarity and insight into the path that will bring you utmost personal joy. Hint: Relax in a chaise longue at the pool and transcribe your recollections after the session to reflect on them in the following days. For more about Lori, visit [loribellacupuncture.com](http://loribellacupuncture.com); for the spa, visit [standardhotels.com](http://standardhotels.com) or call 305.673.1717. **■**