



OVERVIEW & FACT SHEET

A tropical escape amidst the hustle and bustle of Miami Beach, The Palms Hotel & Spa offers genuine service and laid-back sophistication in the heart of the Magic City. Inspired by nature, the oceanfront resort employs a unique emphasis on health and total wellness, with green practices and environmental awareness at the center of each guest experience.

LOCATION:

Just minutes from the heart of South Beach, The Palms sits on an exclusive stretch of **reserved beach**, just **12 miles from Miami International Airport** and nine miles from the downtown Miami business district. The surrounding area offers shopping, art galleries, museums, and cafés. The Miami Beach Convention Center, New World Symphony and the nightlife of Ocean Drive, Lincoln Road, Collins and Washington Avenues are also easily accessible from the resort's Mid-Beach location.

ACCOMMODATIONS:

The Palms Hotel & Spa operates **247 guest rooms**, including 137 City View rooms, 28 Partial Ocean View rooms, 78 Oceanfront rooms and 4 Suites. Within the Oceanfront category, there are also 11 Superior/Deluxe Rooms with sofa beds. On the 12th Floor Suite Level, the hotel features two City View Junior Suites with balconies and two One-Bedroom Oceanfront Suites with balconies.

Oceanfront rooms feature **floor-to-ceiling panoramic windows** overlooking The Palms' **tropical gardens, expansive shoreline** and the Atlantic Ocean. Partial Ocean View rooms are located on the third and fourth floors and feature panoramic views of the hotel's tropical gardens and partial views of the ocean. City View rooms offer views of Collins Avenue and the **Miami Beach cityscape**.

The tropical modern room design features a mix of light and dark tropical woods, aqua fabrics, relaxing mood lighting and soothing carpeting designed to mimic the ocean floor.

SERVICES:

- Valet Parking Service
- 24-Hour Fitness Room
- 24-hour Business Desk
- Resort-Wide WIFI
- Full Pool & Beach Service
- Room Service
- Concierge Service
- Laundry & Dry-Cleaning Service
- Gift Shop & Café
- Catering & Event Planning Service

GREEN INITIATIVES & ACCREDITATIONS:

The Palms Hotel & Spa promotes green initiatives through a comprehensive **"Inspired by Nature" Program** that includes programs for reducing, re-using and recycling, a Fill-A-Bucket beach clean-up initiative, community cleanups and an in-house Green Team. The hotel is **Green Globe** certified, **Florida Green Lodging** accredited (3 Palm rating), is a founding member of the City of Miami Beach's **#PlasticFreeMB** program and Miami-Dade County's **#Plasticfree305** initiative, along with many other notable accreditations and awards. The resort is also member of the **Beyond Green** hotel portfolio of planet Earth's most sustainable hotels.

PREFERRED HOTELS & RESORTS:

The Palms is a proud member of **Preferred Hotels & Resorts**, the world's largest independent hotel brand, representing 600 distinctive hotels, resorts, residences and unique hotel groups across 80 countries. Every property within the portfolio maintains the high-quality standards and unparalleled service levels required by PH&R and offers the **IPrefer guest loyalty program**. Within PH&R, The Palms is categorized as a **Lifestyle** hotel, defined by offering guests memorable moments through authentic and responsive service and local dining that articulate culture and style.

Inspired by Nature

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LEISURE FACILITIES & ACTIVITIES

POOL & GARDENS:

The Palms' **tropical gardens** provide 1.5 acres of lush, tropical foliage and peaceful surroundings where guests can indulge in quiet rest and relaxation. Home to a variety of palms, exotic orchids and tropical plants the Palms gardens feature a large **heated outdoor swimming pool** and expansive pool deck with lounge chairs and sun umbrellas. The Northern corner features a **Zen Garden** area, home to The Palms **outdoor spa treatment cabana**, a meditation circle and a trellis area with hammocks.

TIKI CABANAS:

Located within the resort's private beach area, just steps from the pool, **private cabanas** are available for daily rental. Equipped with a double teak chaise lounge, 32 inch LED TV, wireless audio system, privacy curtains, an icebox with bottled water, usage of an additional two lounge chairs with towels in front of the cabana is included in the rental.

BEACHWALK:

Accessible through The Palms private beach gate, hotel guests have direct access to one of Miami Beach's widest stretches of **public beach**, and as well as a fully **paved beachwalk**. The beachwalk connects the hotel to South Pointe Park at the southern end of the city, to Haulover and Sunny Isles at the northern end, and is open to the public for walking, running and biking.

BEACH SERVICES:

Hotel guests enjoy exclusive access to proprietary sun lounges, umbrellas, and **full food and beverage service** from the property's Tiki Bar. Use of the facilities as well as beach towels is included in the daily hotel fee.

BEACH CABANITAS:

Beach cabanitas in **prime oceanfront setting**, with personalized service, are available for daily rental.

FITNESS ROOM:

Available exclusively to hotel and spa guests, the **24-hour** fitness room features **strength-training equipment**, treadmills and stationary bike, and elliptical cross trainers along with free weights.

YOGA:

Beachfront or garden group Yoga sessions are available on a complimentary basis for guests several times per week. Please contact the concierge for times and locations.





FOOD & BEVERAGE

ESSENSIA RESTAURANT:

Essensia Restaurant offers **natural gourmet cuisine** for breakfast, lunch and dinner daily as well as Sunday Brunch.

Featuring Caribbean-style covered terraces, a breezy poolside terrace, and an intimate dining room Essensia charms with its tropical ambiance while delivering **mindfully sourced cuisine with Mediterranean and Asian influences**. At the core of its mission is partnering with local farmers and purveyors and sourcing sustainably – both produce and seafood – as well as offering antibiotic free meats and poultry.

It features an elegant **54-seat indoor** dining room, as well as **a covered terrace** and an **open-air poolside terrace** with capacity for **another 70 diners**. The terraces are also available for small groups.

ESSENSIA BAR:

Essensia Bar is located adjacent to The Restaurant and features an indoor bar and an al fresco lounge area. The Lounge offers an **artisanal menu of Signature Cocktails** hand crafted with organic and premium spirits, and fresh fruits as well as craft beers and natural wines, classified as Conscious, Certified Organic or Wholly Sustainable.

To start or complete your balmy tropical nights The Bar offers a **Happy Hour** from Sunday to Thursday 4:00 pm to 6:00 pm.

THE TIKI BAR:

The Tiki Bar provides service to both the pool area and the beach, offering classic resort fare, as well as beer, wine and custom created **island-inspired cocktails** and frozen drinks.

The Tiki Bar is open daily from 11:00 am to 7:00 pm.





THE PALMS AVEDA SPA

Inspired by the nature surrounding the resort, the AVEDA lifestyle spa features **holistic treatments** and rituals influenced by **ancient Ayurvedic philosophy** designed to deliver a highly personalized experience.

As the **only AVEDA lifestyle spa in Miami Beach**, The Palms Spa subscribes to the brand's mission "to care for the world we live in" by offering treatments in an environment where beauty works in harmony with "the greater web of life and with nature." AVEDA's philosophy is to nurture the guest's body and soul by pairing high performance, natural and **botanically derived products** with the **ancient science of AVEDA** and the **latest in spa technology**.

FACILITIES

Situated in the resort's Lower Lobby, the **5,000-square foot facility** includes a series of multi-purpose rooms including a duet suite, indoor/outdoor relaxation area with steam room (not currently available), poolside treatment cabanas, a full-service beauty salon, a fitness room and an AVEDA retail area. Spa guests have direct access to the hotel's tropical gardens, pool and beach area. Hours of operation are weekdays 10:00 a.m. to 6:00 p.m., and weekends 10:00 a.m. to 7:00 p.m.

SPA SERVICES:

The Palms Spa offers a wide range of massage, skin care and body treatments. While most treatments are unisex, the spa also offers a special "**Just for Him**" menu of services.

Treatments can be customized based on time and desired effect, with options ranging from half-day packages to effective Mini Retreats.

HAIR & NAIL CARE:

In addition to spa services, guests can book **nail and hair care, waxing and make-up** services at the full-service beauty salon. The complete line of AVEDA hair, skin, lifestyle and make-up products, along with the vegan luxury nail care line SpaRitual, is available for purchase in the retail area.

STAND OUT SERVICES:

Chakra Balancing Massage

An innovative treatment that incorporates AVEDA's Chakra Balancing Aromatic Blend and focuses on the seven chakra energy centers in the body, using a variety of massage techniques and energy work. The massage concludes with a guided meditation to help enhance the benefits of stress-relief, decrease muscular tension and increase energy.

Tropical Island Signature Massage

Renew your skin and relieve your soul with this uniquely customizable massage experience enhanced with delicate tropical aromas b Mälie Organics. Integrate up to three massage modalities with an 80 min service, or two modalities with a 50 min service based on your needs or your therapist's recommendation. Massage modality choices: Swedish, Deep Tissue, Reflexology, and Stretching.





WEDDINGS, MEETINGS & EVENTS

The Palms' laid-back sophistication and **boutique-style exclusivity** allows the resort to create inspired meetings and affairs of all sizes and kinds. With over **8,000 square feet** of meeting and event space, **two ballrooms** and a **total of nine meeting rooms**, The Palms is large enough to accommodate all types of groups, from conferences to incentive groups and production teams, yet small enough to provide personalized service, exclusivity and authenticity.

STAND-OUT ELEMENTS:

OUTDOOR SPACE: The covered **Veranda Terrace**, restaurant terraces and garden areas can be utilized as **beautiful outside function space** for events and meetings of all sizes. The property also features an expansive **Grand Tiki**, which is the perfect location for al-fresco breakfasts or brunches, cocktail receptions or elegant dinner functions.

LOBBY SPACE: In addition to nine meeting rooms and two naturally-lit ballrooms, the resort offers 3,000 square feet of lobby space, ideal for exhibits.

GREEN MEETINGS: The Palms Hotel & Spa is Florida Green Lodging Certified (3 Palms) and is currently in the process of becoming **Green Globe** certified,

HYBRID MEETINGS: State-of-the-art hybrid meeting solutions to make all meeting attendees feel like they are on property through an expert A/V Team which can customize all types of conferencing services in-doors or in one of the many beautiful outdoor areas.

WEDDINGS:

Offering a variety of **indoor and outdoor event space**, The Palms Hotel & Spa specializes in carefully orchestrated celebrations designed to capture a couple's personal taste. The Palms' dedicated team offers **personalized service**, **natural gourmet cuisine**, access to **top-notch preferred vendors** and laid-back **sophistication** in an unparalleled **beachfront** setting.

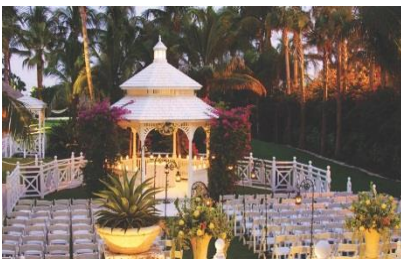
CEREMONY & RECEPTION:

The Palms Hotel & Spa offers numerous picturesque ceremony locations from the resort's **colonial-style wedding Gazebo** to an extraordinary beachfront wedding (subject to permitting by the City of Miami Beach).

The resort features an exceptional choice of **reception venues** from intimate affairs to large receptions of **up to 250 people**. Indoor and outdoor spaces include **the Queen and Royal Palm ballrooms, Veranda Terrace, Grand Tiki, and South Lawn**.

DESTINATION WEDDINGS:

The Palms specializes in destination wedding planning and can assist with coordination of all aspects of an unforgettable wedding weekend, from a tropical poolside barbecue to spa services and a morning-after brunch.





AWARDS

- Travel + Leisure's World's Best: The Top 15 Favorite Resorts in Greater Miami Beach, 2023 (#9)
- Travel + Leisure's World's Best: The Top 15 Greater Miami Beach Resort, 2022 (#6)
- Travel + Leisure's World's Best: The Top 15 Miami Beach Hotel, 2021 (#15)
- Travel + Leisure's World's Best: The Top 15 Greater Miami Beach Resort Hotels, 2020
- Travel + Leisure's World's Best: The Top 10 Greater Miami Beach Resort Hotels, 2019
- Travel + Leisure's World's Best: Best Resort Hotel in Florida 2016, 2018
- Travel + Leisure's World's Best: #3 for Top 10 Miami Beach Resorts, 2018
- U.S. News 2024 Best Hotels Rankings: #13 in the Miami Beach Destination, #51 in Florida, and #427
- USA Today Reader's Choice Awards: #5 for 10 Best Eco-Friendly Hotels, 2021. #6, 2020
- Conde Nast Traveler's Readers' Choice Awards 2021 as #15 of the "Top 20 Hotels in Miami"
- Conde Nast Traveler: Readers' Choice Award 2015
- TripAdvisor Travelers' Choice Award, 2022
- TripAdvisor Travelers' Choice Best of the Best 2021 (#4 spot among "Top 25 Most Saved Hotels – United States")
- TripAdvisor Travelers' Choice Best of the Best 2020 (#8 spot among "Top 25 Most Saved Hotels – United States")
- TripAdvisor Certificate of Excellence 2011, 2012, 2013, 2014, 2015, 2016, & 2018
- TripAdvisor 2015 Hall of Fame: Essensia Restaurant & Lounge five time winner of the Certificate of Excellence
- Cvent's Top 25 U.S. Meeting Hotels – Ranked #1, 2019
- Elite Meetings Platinum 2015
- Northstar Meetings Group Stella Awards: Gold Medal winner for 'Best Green Initiative' in the Southeast, 2020, Silver 2019
- The Knot Best of Weddings 2012, 2013 & 2014, 2023
- Wedding Wire Couples' Choice Award 2014, 2015, 2016, 2019, 2021, 2023
- Wedding Wire Bride's Choice Award 2013
- Essensia: Zagat Rated 2018
- Essensia: OpenTable.com Diners' Choice Winner 2011, 2012, 2013, 2014 & 2017, 2018, 2019
- Essensia: TripAdvisor Certificate of Excellence 2012, 2013, 2014, 2015, & 2016; Hall of Fame 2015
- The Palms Spa: Spafinder Readers' Choice Award
- The Palms Spa: TripAdvisor Certificate of Excellence 2017
- City of Miami Beach: Certificate of Recognition (for Green Practices) 2018
- Sustainable Luxury Awards 2023 for Most Sustainable Luxury Eco Hotel and Most Sustainable Luxury Event Hotel
- Sustainable Hospitality Award 2013, 2014
- Sustainable South Florida Award 2011
- South Florida Award for Green Practices 2011
- City National Bank Better Beach Awards: Green Awards 2014

CONTACT INFORMATION

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SOCIAL MEDIA:

Friend The Palms Hotel & Spa at www.facebook.com/thepalmshotel

Follow The Palms on Instagram at [@PalmsHotelMiami](https://www.instagram.com/PalmsHotelMiami)

Follow The Palms on LinkedIn at <http://www.linkedin.com/company/the-palms-hotel-&-spa>

AFFILIATION:

Preferred Hotel & Resorts: Lifestyle

Beyond Green

AAA Four Diamond

CERTIFICATIONS:

AHLA and AHLA Safe Stay

Green Globe certified, Florida Green Lodging 3 Palms Accredited

