

TRANSFORMING MIAMI: A SNEAK PEEK

IGNITE THE SENSES

Opening late 2009, the stylish spa hotel welcomes guests to an alluring beachfront escape in Miami Beach where breath and balance flow to deepen core strength with world-renowned exhale spa. Combining whole body fitness and transformational energy flow programs with fine wine and flavorful dining by celebrity chef Michelle Bernstein, The Traymore Hotel is the epitome of luxury spa travel. With a rooftop meditation garden, three plunge pools and Turkish hammam, guests bask in an environment where active healing is perfectly blended with peaceful tranquility and stylish surroundings.

THE DESIGN OF ZEN

The 85-room oceanfront spa hotel in South Beach exudes Zen and infuses wellness in every design detail. Water, light, stone, wood, metal and luxurious fabrics blend effortlessly to create a sublimely relaxed atmosphere. Each spa suite is equipped with floating beds, personal therapy massage tables, essential oils and Matteo linens.

INHALE... AND EXHALE

Exhale is a new breed of spa, merging the paths of mind and body wellbeing and fulfilling the need for an experience that transforms lives for whole-body healing in one environment.

Exhale at The Traymore Hotel boasts 10,000 square feet of space dedicated to movement, wellbeing and healing which inspires peace and renewal. A full cardio gym, yoga and Core Fusion® classes are available to all guests daily. Multiple day retreats encompassing personal training sessions, acupuncture therapy, Body Enlightening therapy, 7-Day Cleanse Detox and Core Transformation programs are offered as well.

UNCOMPROMISING DINING

Michelle Bernstein at The Traymore by the celebrity chef herself, is a modern fish house that reflects the true essence of Miami with a dash of Zen. The signature cuisine integrates healthy choices without the guilt of indulging in fine wine and delicious taste. Chef Michelle Bernstein, a 2008 James Beard Foundation award winner, was victorious over Bobby Flay on Food Network's "Iron Chef America" series and brings her expertise to each dish at The Traymore Hotel.

HISTORY

The Traymore Hotel was built in 1939 in "modern classic design" now known as Art Deco and is associated with the earliest history of Miami Beach. Traymore's location on this narrow strip of land between Lake and Ocean gave nearly every room a waterfront view.

During World War II while most of South Beach served as training grounds for new recruits, this area of Midbeach served as a Redistribution Center, where returning combat veterans were processed for reassignment or discharge. The Traymore Hotel served as a hospital unit, providing living quarters for more than 400 men before returning to civilian use in 1945.

The Traymore Hotel, which occupied the last vacant lot when it was built, is now the oldest surviving building on its block.

CLIMATE

Average Temperatures

| | |
|--------|----------|
| Spring | 69°-85°F |
| Summer | 78°-87°F |
| Fall | 70°-78°F |
| Winter | 62°-77°F |

FOR RESERVATIONS

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