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[Get in Shape with Style at a Chic Slimming Retreat](#)

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Image: Courtesy of âme Spa & Wellness Collective

Miami is a city known for innovative wellness rituals, but when the new [âme Spa & Wellness Collective](#) at [Turnberry Isle Miami](#) starting planning its slim-down series, the spa looked beyond the usual health superstars to lead the retreat. During the three-day wellness getaway dubbed [Camp ÂME](#), which debuts in July, raw food guru Matthew Kenney—a two-time James Beard Award nominee for Rising Star Chef—will work alongside master yoga teacher Nikki Costello for a retreat designed around healthy plant-based eating and personalized fitness classes. Throughout the long weekend, you can mix and mingle with the chef known for his globally inspired, plant-based dishes like kimchi dumplings while attending cooking classes, wine socials and picnic lunches.

“Kenney is a pioneer in plant-based cuisine. What you see coming from his kitchens is as much an art form as it is a new way of eating,” Pahel says. “He is championing the concept of creative eating and creative cooking—and all with health as the central theme.”

Kenney's cuisine is just one component of the health-inspired stay. Guests can also take part in 15 different types of fitness classes from barre and HIIT to restorative yoga sessions led by the master herself, Costello, named one of the "100 Most Influential Yoga Teachers in America in 2016" by wellness site [Sonima](#). Two massages are part of the program, and you can opt for anything from a heated amethyst quartz massage—said to cleanse and detox the lungs and give the immune system a boost—to the energy-balancing Tibetan singing bowl treatment, which uses vibrations to relax the mind and body, offering an escape from the distractions of daily life.

The goal of these slimming retreats: Recharge the body from the inside out, so weight loss becomes one of the end results thanks to the time and dedication put in through both nutrition and fitness—plus a few haute spa treatments. "We all want to feel better. We all want to live longer. These retreats are essential to slowing down in the fast-paced world we live in," Pahal says.