



## Don't Miss: COMO Shambhala Urban Escape, Nikki Beach Does the 4th of July, and Passion at First Bite with Chef Jenny Patrizia at Kitchen 305

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### COMO Shambhala Urban Escape

**Metropolitan by COMO, Miami Beach**, the inaugural hotel property in the U.S by *COMO Hotels and Resorts*, invites enthusiasts and aficionados of holistic health to experience COMO's award-winning wellness and spa concept for the months of July and August, at the hotel's **COMO Shambhala Urban Escape** during the spa's participation in Miami Spa Month 2015. Located on the hotel's eighth floor, **COMO Shambhala Urban Escape** will offer a broad selection of the most popular and diverse signature treatments to choose from – all at

exclusively reduced rates from July 1 through August 31. **Local South Florida residents receive 15% off any treatment 60 minutes or longer on the full COMO Shambhala Treatment Menu (not combined with any other promotion).** COMO Shambhala follows a healthy living philosophy that takes its inspiration from mythological roots: in ancient Buddhist texts. "Shambhala" refers to the center of peace and harmony in Sanskrit. Reservations at COMO Shambhala Urban Escape at Metropolitan by COMO, Miami Beach can be made by calling 305-695-3600 or emailing [met.mia@comoshambhala.com](mailto:met.mia@comoshambhala.com). For more information on COMO Shambhala, visit [www.comoshambhala.com](http://www.comoshambhala.com).



### Passion at First Bite with Chef Jenny Patrizia at Kitchen 305

**Kitchen 305**, located in the Newport Beachside Hotel & Resort, is spicing up Tuesday nights in South Florida with a new culinary experience that will leave participants craving for more. This summer celebrity chef and aphrodisiac culinary guru, **Jenny Patrizia**, world-renowned as the Sexy Nutritionist, will be raising the temperature at Kitchen 305 as she teaches classes on how to create healthy aphrodisiac meals, succulent desserts and delectable drinks. *Passion at First Bite*, a company founded by the Sexy Nutritionist, specializes in unique, fun, sexy cooking classes that only use aphrodisiac ingredients. Couples, groups and singles can

participate in the class for only \$37.50 a person. Classes are every Tuesday from 7:00 to 8:30 p.m. at Kitchen 305; For reservations, call 305.749.2110.