



The Atlantic Hotel

NORMAN SARMIENTO
DIRECTOR OF SPA SERVICES FOR SPA ATLANTIC
THE ATLANTIC HOTEL

FORT LAUDERDALE, Fla. – Sarmiento arrived at Spa Atlantic when it opened five years ago. The native Colombian began as a massage therapist before being promoted to director of spa services in 2006. In this position, he oversees 25 therapists and three personal trainers.

Although Sarmiento studied advertising and graphic design in school, it was his 10-year tenure as a professional figure skater that inspired him to take a different path. While training, he blended rigorous physical activities with massage and reflexology. This total wellness philosophy not only improved his performance on the ice but enhanced his everyday life. When Sarmiento arrived in the United States in 2000, he returned to school for his massage license and soon began offering spa services at hotels throughout South Florida.

“My objective is to give each guest the opportunity to enjoy a physical and spiritual experience that will completely disconnect them from the outside world,” states Sarmiento. “This holds true for all services, from a hair blow-out to one of our signature five-hour Spa Journeys.”

While Spa Atlantic offers a full array of distinctive spa services, Sarmiento has designed distinctive “Journeys” utilizing Comfort Zone products from Italy. Each journey integrates the elements of air, fire, water and the earth by transporting the mind and body to a chosen locale such as Arabia, India, the Mediterranean and the Orient. Journeys begin with signature welcoming rituals and are followed by facials, body treatments, relaxing baths and conclude with massages and signature tea service. Additionally, Sarmiento suggests physical activities such as yoga, weights/sculpting, pilates and water aerobics to compliment each journey. Guests can also create their own journeys according to their moods and goals.

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-About Spa Atlantic-

Spa Atlantic, situated on the fifth floor Ocean Terrace of The Atlantic Hotel in Fort Lauderdale, is consistently recognized as one of the area's leading spas. With exquisite décor and innovative services, this European-inspired sanctuary offers a luxurious haven for pampering and renewal that is complemented by its prime location overlooking the Atlantic Ocean. The 10,000-sq.-ft. facility features eight treatment rooms, including two couples suites. Additional amenities include a full-service salon, spa boutique, and dedicated men's and women's areas, complete with relaxation rooms, Jacuzzis, saunas and steam rooms. The resort's 24-hour fitness facility is adjacent to the spa and is available to all spa guests.

-About The Atlantic Hotel-

Situated in Fort Lauderdale, Florida, overlooking 23 miles of pristine sun-sand beaches, The Atlantic Hotel is a 16-story boutique property offering 124 rooms, including 54 suites. A member of Preferred Hotels & Resorts, the AAA Four Diamond property features the European-inspired Spa Atlantic, an award-winning culinary experience at Trina restaurant, and a refined list of personalized services and amenities. The hotel's fifth floor Ocean Terrace offers panoramic views of the Atlantic and features a heated swimming pool with chaise lounges and casual dining with tropical libations. For reservations, call toll-free 866-318-1101. For more information, please call 954-567-8085 or visit www.atlantichotelfl.com

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