





# Summertime's Jazz

Get swept away by the sounds of summer at Faena Miami Beach as Faena Theater celebrates its second annual Summer Jazz Series.

Hosted by GRAMMY nominee and legendary jazz percussionist Sammy Figueroa and curated by GRAMMY-nominated producer **Rachel Faro** in partnership with **WDNA 88.9 FM Radio**, this five-month music series continues with a stirring performance by five-time GRAMMY nominated jazz pianist **Christian Sands** on June 20th. Influenced by a range of musical styles, from Afro-Cuban rhythms to jazz and dirty blues, Sands will showcase works from his debut album, **Reach**, and tell his personal story of self-discovery. Later this season, guests can enjoy a stunning performance by world-renowned percussionist and festival host **Sammy**

**Figueroa** as he takes the stage together with **Mirella Costa**, a rising Brazilian jazz vocalist. Then, prepare to be amazed by 17-year-old **Matthew Whitaker**, a blind jazz piano prodigy who is celebrated worldwide for his awe-inspiring performances at renowned venues like Carnegie Hall and Lincoln Center. Rounding out the festival is GRAMMY-nominated jazz vocalist, **Jazzmeia Horn**, whose soulful sound will light up the stage as the summer winds down.

*Tickets and more information available at [www.faenatheater.com](http://www.faenatheater.com). In-house guests may dial the concierge at 4037 for more information and reservations.*

JUN 20	Christian Sands Faena Theater 9:00 p.m.
JUL 25	Sammy Figueroa Faena Theater 9:00 p.m.
AUG 15	Mathew Whitaker Faena Theater 9:00 p.m.
SEP 26	Jazzmeia Horn Faena Theater 9:00 p.m.



## Stir the Senses

*Sensatia Cirque Cabaret is adding its signature sizzle to the summer season with new performers and an extended run through August 18th at Faena Theater.*

Every Thursday, Friday and Saturday at 9 pm, guests can enter a world of sensual discovery that will stir and satiate the senses. A series of heart-stopping vignettes tells the story of violinist and a ballerina who find themselves transported to a colorful world of acrobatics, fire performers, contortionists, belly dancers and more. **EnVee**, the show's MC and songstress, wows the audience with her larger-than-life

vocal prowess, while star aerialist **Megan Stockman** takes the performance to new heights with her singular mix of sensuality, strength and grace. Having celebrated its 100th show this spring, the dazzling original production is mixing things up with special guests and bold new acts, including a mind-bending performance by hand balancer **Andrey Moraru** featuring **MP Letourneau**, a newcomer to the ensemble whose

award-winning choreography combines dance and jaw-dropping contortion like nothing you've ever seen before.

*Shows: Thursday-Saturdays  
Dinner Shows: Fridays & Saturdays  
Tickets and more information available at [www.faenatheater.com](http://www.faenatheater.com). In-house guests may dial the concierge at 4037 for more information and reservations.*

## Muito Quente

*From sensational rock star performances to intimate, acoustic concerts, Faena Theater's Sounds of Brazil series invited guests to immerse themselves in the culture of Brazil through its music.*

Brazil's most iconic artists took to the stage of Faena Theater this year for an epic installment of *Sounds of Brazil*, a curated concert series hosted in partnership with **M2 Connections**. Guests enjoyed mesmerizing performances from Latin GRAMMY Award-winning singer-songwriter **Vanessa da Mata**, known for her powerful stage presence and soulful collaborations with artists like

Ben Harper, along with a riveting tribute to David Bowie by Brazilian actor/musician, **Seu Jorge**. Last month, celebrated rock icon and Brazilian singer/songwriter, **Marina Lima**, wowed the crowd with her latest works and famous hits like *Uma Noite e Meia*, *A Francesa*, and *Pra Começar*. These standout artists joined a veritable who's who of top Brazilian musicians who have taken the stage

for the *Sounds of Brazil* series in the past, including rock vocalist **Pamela Toller**, **Paulo Ricardo** and **Dado Villa Lobos**.

*To learn more about Faena Theater's concert series, visit [www.faenatheater.com](http://www.faenatheater.com). In-house guests may dial the concierge at 4037 for more information and reservations.*



**LIVE ENTERTAINMENT AT THE LIVING ROOM & THE SAXONY BAR**

**THE LIVING ROOM NIGHTLY EVENING ACTS**

June welcomes back some of our favorite live performers and DJs, including **Sarah Packiam**, **Vinyl Blvd**, **Xperimento**, **American Gipsy**, **Los Wizzards**, **Yoli Mayor Band**, **Sir Portela & Electric Mambo**, **Mi Dulce Son**, **The Usual Suspects Ft. Keba** and others, **Javier Garcia Trio**, **The French Horn Collective**, **Jahzel Dotel Trio**, **Vintash Band**, **DJ Funky Therapy**, **DJ Richie Hell**, **DJ Sire**, **DJ Jody McDonald**, **DJ Diego Ciaramella**, **DJ DiscoRocks**, **DJ Fabian Giannattasio**, and **DJ Erick Paredes**, among many others.

**THE SAXONY BAR**

Turn up the heat this spring with live DJ sets by **Louis Dee**, **Diego Harispe**, and **DJ Sire**, among many others.

•  
THURSDAY 10:00 P.M. TO 4:00 A.M.  
House/ Old House/Open Format  
FRIDAY 10:00 P.M. TO 4:00 A.M.  
Classic Hip Hop/ Open Format  
SATURDAY 12:00 A.M. TO 4:00 A.M.  
House/Deep House

*Reservations at Saxony Bar are required, and strongly encouraged for The Living Room. In-house guests may dial the concierge at 4037.*



**JUNE FEATURED COCKTAIL SHANGHAI ROSE MULE**

A newcomer to Pao's cocktail offerings, the **Shanghai Rose Mule** features a refreshing mix of Grey Goose Vodka infused with Shanghai Rose tea, cranberry juice and lime topped with ginger beer for the perfect summer sipper.

Available at **Pao**





## En el Umbral {Thresholding}

*English artist Roger Hiorns, winner of the 2016 Faena Prize for the Arts, launched his provocative solo exhibition, **En el Umbral (Thresholding)**, last month at Faena Art Center Buenos Aires.*

In keeping with Faena Arts' mission to present contemporary works of art that explore the infinite links among art, technology, design and time, Hiorns' site-sensitive artwork was both temporary and temporal, performative and sculptural, architectonic as well as entirely of the landscape. *En el Umbral* explored the history and context of Buenos Aires and the neighborhood of Puerto Madero, reclaiming and reusing abandoned elements of the industrial, mechanized world to create a new framework for seeing artifacts from our social and historical narratives and redefining our relationship to them.

In the exhibition, a naked man stands upon a Ford V8 engine that hangs from chains tied to the art center's roof. The artwork blurs the precise limit where man ends and object begins, while also putting in stark relief the innocence and potential perversion of the youthful body as it confronts the man-made

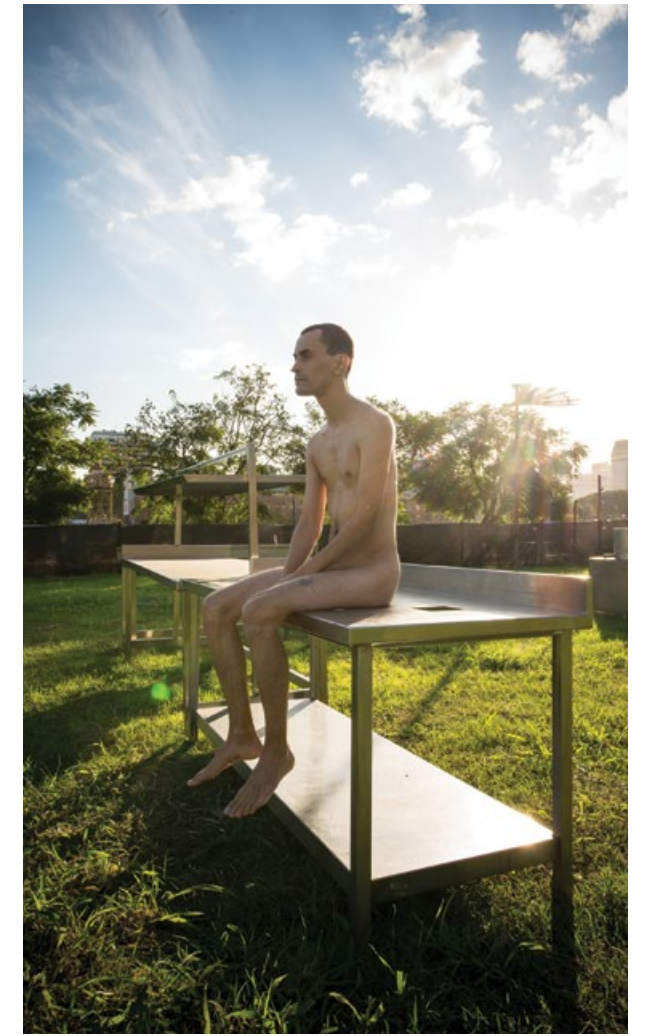
elements of a post-industrial society. Outside, on a stretch of undeveloped land, a nude man sits on aircraft turbines, a reference to the military relationship between Argentina and the United Kingdom. Pablo León de la Barra, curator of Latin American art at the Guggenheim Museum in New York, who collaborated with Hiorns on the exhibition, points out that the artist invites us to think about how we relate to the elements of our environment in a hyper-technological and hyper-militarized era.

*"I think it is important for an artist to be able to act in a new way instead of always considering the traditional rules of sculpture, performance or painting; perhaps the artist can invent or influence the possibility of a new behavior,"* he said.

**For more information, please visit [www.faenaart.org](http://www.faenaart.org)**



*At 'En el Umbral' (Thresholding), each of the elements becomes activated by a performer, a youth, who imbues the site with a sense of both monumentality and decay, of innocence and darkness, of past and future.*





# Father's Day Asado

*Faena Miami Beach crafted the ideal Father's Day weekend for dads, complete with grilling lessons, a barbecue, ice-cold beers and hand-rolled cigars.*



## FATHER'S DAY GRILLING MASTERCLASS

**SHARPEN YOUR CULINARY CHOPS AT LOS FUEGOS WITH AN IMMERSIVE MASTERCLASS IN LIVE-FIRE COOKING TECHNIQUES MADE FAMOUS BY ARGENTINE GRILLMASTER FRANCIS MALLMANN.**

This spring and summer, guests of **Faena Miami Beach** can channel their inner culinary master with outdoor grilling classes helmed by Los Fuegos Chef de Cuisine **Cristian Menendez**.

During the epicurean experience, a small group of culinary enthusiasts will learn the time-honored techniques that have made **Los Fuegos** a celebrated asado eatery serving sophisticated wood-fire cuisine. Using fresh, seasonal ingredients, **Chef Menendez** will guide participants step-by-step on how to prepare the restaurant's signature fiery fare in the style of James Beard Award-winning **Executive Chef Francis Mallmann**.

As guests face off with the flame, they'll learn how to cook with a parrilla (wood-fire grill) and a *la plancha* (flat griddle), infuse food with a smoky flavor by grilling directly over embers, and even salt-crust a whole fish. Along the way, chefs-in-training will enjoy handpicked wine pairings and learn how to prepare healthy and flavorful vegetable dishes perfect for any occasion. Students will also enjoy a never-before-seen look at how to create the distinctive flavors and dishes that guests around the world have come to expect from this grilling mecca. Guests depart with an autographed copy of Francis Mallmann's best-selling cookbook and recipe card to perfect their open-flame culinary skills.

*In-house guests may dial the Concierge at 4037 for more information. Reservations can be made at 786 655 5600.*



**Grilling Master Class**  
**Tree of Life**  
**11:30 a.m. - 3:00 p.m.**



On June 16, dads can face off with the flame and hone their culinary skills with an intimate **Grilling Masterclass** led by **Cristian Menendez**, Chef de Cuisine at **Los Fuegos**, who learned the art of asado from master Mallmann himself. Students will learn Mallmann's fiery cooking techniques, as well as some of the chef's signature dishes, from salt-crusted red snapper to Beef Tenderloin Milanese. Chefs-in-training will also enjoy hand-selected wine pairings throughout the preparation process and leave equipped to channel their inner grillmaster at home with Mallmann's best-selling cookbook.

This Father's Day, dads can relax over a **Sunday Asado** brunch at **Los Fuegos** set to the relaxing vibes of a live band. In addition to the buffet-style feast, offering everything

from slow-cooked meats to vegetables fresh off the fire, dads can also enjoy unlimited beer and mimosas, a complimentary hand-rolled cigar, and decadent selection from the dessert tower. Sweeten the celebration with a Faena gift certificate that he can put to good use on a top-shelf whiskey at **The Living Room**, a Deep Tissue massage at **Tierra Santa Healing House**, or **Faena Theater's** risqué cabaret show, **Sensatia**.

*In-house guests may dial the Concierge at 4037 for more information. Reservations can be made at 786 655 5600.*



**Father's Day Asado**  
**Los Fuegos by Francis Mallmann**  
**12:00 p.m. - 4:00 p.m.**

# A Summer Celebration

Under the helm of Chef De Cuisine Benjamin Murray, Pao continues to delight diners with new seasonal-inspired dishes and a specially-priced prix fixe menu of Pao favorites.

Spring fare is transitioning to summer's finest flavors, including citrus, fruits and a range of edible flowers that are as beautiful as they are tasty. Think peppery nasturtiums, sweet violets, chive blooms, and pungent mustard flowers. Putting farm-fresh ingredients front and center, Pao's dinner menu features new must-try dishes including **Toro Crudo** with spring flower dashi, green almond and dried mango, and **Hamachi Crudo** with ramps, buttermilk and a pea salad. For a limited time, the award-winning

restaurant will also offer a prix fixe summer tasting menu priced at \$55, featuring some of its most popular dishes like **Kinilaw**, a refreshing mix of cobia, hearts of palm, coconut milk, cilantro and red onion; Qui's famous **East Side King Fried Chicken**; and an entrée of tender **Wagyu beef** with Japanese sweet potato puree for those who can't get enough of Pao's best-loved recipes.

*In-house guests may dial the Concierge at 4037 for more information. Reservations can be made at 786 655 5600.*





# The Holistic Heart of Faena

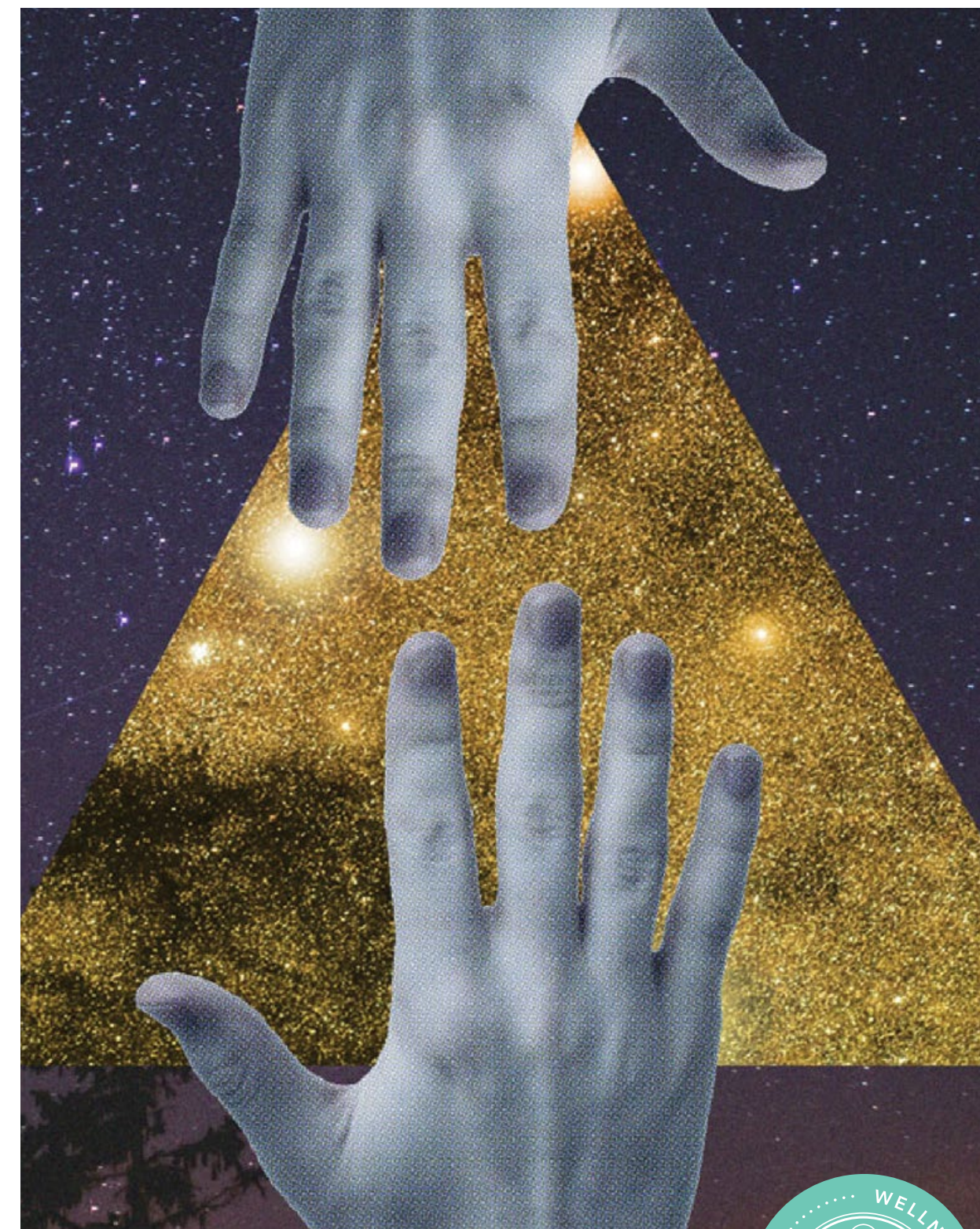
Regarded as the spiritual heart of Faena Miami Beach, **Tierra Santa Healing House** is a holistic sanctuary dedicated to the art of living well.

The **Tierra Santa** healing journey fosters vibrant health by combining indigenous ingredients, shaman-developed body therapies, energetic practices and state-of-the-art technology for a truly unique approach to transformative healing. For profound physical, mental and spiritual purification, make your way to the rejuvenating Wet Spa featuring a multi-tiered sauna hand-crafted from African Obeche and Canadian Hemlock, an herbal steam room, incredible jasmin-infused hammam—the largest of its kind on the

East Coast—and a two-seat Ice Parlor designed to stimulate blood flow and strengthen the immune system. Overlooking the ocean, two private spa suites offer ultimate privacy with large indoor soaking tubs, a couples treatment area and a stunning outdoor terrace. Local guests can also choose from an array of **Chakra Day Spa Packages** that offer four to eight hours of pampering with a range of treatments and amenities such as nourishing 50-minute massages, private yoga sessions, **Biologique Recherche** facial treatments,

**Rossano Ferretti** hair salon services and healthy vegetarian meals. The spa also offers a dynamic program of weekly and monthly classes and workshops, from **Pranic Healing** and full moon meditations to yoga and **Shamanic Family Constellations** experiences, all designed to enhance physical, spiritual and emotional well-being.

*In-house guests may dial Tierra Santa Healing House at 3217. For more information and reservations, please email [spamiami@faena.com](mailto:spamiami@faena.com) or call 786 655 5570.*



## A New Beginning

*Heal mind, body, and soul through a range of immersive experiences at Tierra Santa Healing House.*

This summer, take the first step towards a more enlightened self at **Tierra Santa** through a series of inspiring and transformational workshops and experiences.

Discover the intricate practice and physical benefits of energy healing with a two-day **Introductory Pranic Healing Course** led by certified Pranic Healing instructor, yogi, therapist and spiritual guide **Agustina Caminos**, who serves as Wellness Director for Faena Group and Spa Director for Tierra Santa.

Those who wish to channel the power of nature are invited to join an invigorating **Full Moon Meditation and Sound Healing Ritual** with **Jared Bistrong**, who will lead guests through a series of visualizations and movements to the sound of live drums, a gong and soothing didgeridoo to revitalize, re-focus and foster a more profound sense of self.

Peruvian-born shaman and certified healer **Eric Lopez** will also lead an impactful **Shamanic Family Constellations Workshop**, in which participants are encouraged to delve into the traumas and unresolved conflicts of family members before them to reach the root of what holds them back in present-day. Offering a unique combination of psychotherapy, psy-

chodrama, regression, ancestral history, and primal scream therapy, this intimate workshop helps to lift years of physical, emotional and spiritual burdens away to reveal the loving, centered selves they are destined to be.

*In-house guests may dial Tierra Santa at 3217. For more information and reservations, please email [spamiami@faena.com](mailto:spamiami@faena.com) or call 786 655 5570.*

**JUN 14** **Shamanic Family Constellations Workshop. Tierra Santa Studio**  
6:00 p.m. – 9:00 p.m.

**JUN 20** **Basic Pranic Healing Course**  
**Tierra Santa Studio**  
1:00 p.m. – 9:00 p.m.

**JUN 27** **Basic Pranic Healing Course**  
**Tierra Santa Studio**  
1:00 p.m. – 9:00 p.m.

**JUN 28** **Full Moon Meditation & Sound Healing. Tierra Santa Studio**  
6:00 p.m. – 8:00 p.m.



## THE BENEFITS OF YOGA

*As yoga's popularity continues to grow around the world, so, too, does our understanding of the myriad benefits this ancient practice can impart.*

It's more than just traditional measures of physical fitness that yoga can improve: research reveals that yoga is an effective means of promoting weight loss, reducing symptoms of depression and anxiety, improving sleep quality, and enhancing both overall health and resilience to stress. Guests of Faena Miami Beach are invited to boost their mental and physical health through this ancient practice, no matter their skill level, with expert-led yoga at **Tierra Santa Healing House** Sunday through Thursday from 10 to 11:30 am, challenge the body and balance the mind Hatha yoga and meditation led by **Spa Director Agustina Caminos**.



On Fridays and Saturdays from 10 to 11 am, guests can join the renowned **Miami Life Center** for Ashtanga Yoga, a challenging practice that invigorates body, mind and spirit with every posture and breath pattern.

*"The practice of yoga is important to achieve Illumination, or 'unity' in spirit, mind and body," says Agustina Caminos, Spa Director of Tierra Santa Healing House, who shares that all forms of yoga can provide a wealth of benefits for your overall well-being. "Yoga gives meaning to my life, when you can realize you are spiritual being manifesting in a mental, emotional and physical body, you realize you are one with the universe and that we are here to evolve and help others to do so."*

*In-house guests may dial Tierra Santa at 3217. For more information and reservations, please email [spamiami@faena.com](mailto:spamiami@faena.com) or call 786 655 5570.*





## SUMMER SKINCARE TIPS

BY DR. ROBERTA DEL CAMPO  
TIERRA SANTA HEALING HOUSE  
WELLNESS COLLABORATOR

Summer is almost here to be enjoyed and sun protection should be a top priority on your daily beauty routine. Here are some tips:

- **Don't forget your sun protection!** Mineral sunblocks containing zinc oxide or titanium dioxide offer the best protection from the sun's harmful rays. They are also gentler on the skin than chemical sunscreens and healthier for our marine life.
- **Reapply your sunblock every 2 hours at a minimum**, and more often with excessive sweating or water activities.
- **In addition to your sunblock, consider other forms of sun protection** such as clothing with SPF (Coolibar is my personal favorite), hats, and umbrellas.
- As the sun's rays can dry out the skin, **keep your skin hydrated** with creams containing hyaluronic acid or ceramides.
- **If a burn occurs, the faster you react, the less damage is done.** Soak a facecloth in milk and ice and apply to affected area for 5-10 minutes. A topical steroid such as hydrocortisone, along with ibuprofen or aspirin, will also decrease the inflammation and help with redness.



- In the summertime, oil production increases and leads to blocked pores and shiny skin. To combat these unwanted changes, **consider increasing the frequency of exfoliation** with an additional day a week.

To book a consultation with Dr. Del Campo, please email [spamiami@faena.com](mailto:spamiami@faena.com) or call 786 655 5570. In-house guests may dial Tierra Santa at 3217 for more information.



## The Doctor Is In

*Tierra Santa Healing House partners with an array of experienced medical experts that work with guests to achieve optimal health and wellbeing.*

Dr. Matthew Cooper, often referred to as the "Enzyme Doctor," is a licensed digestive health specialist who has helped countless clients restore their gastrointestinal health and lose weight through targeted enzyme therapy.

Enzymes are responsible for digesting, absorbing and eliminating food. They break down what we eat into small particles, which pass through the gastrointestinal lining into the bloodstream. When the body is lacking sufficient digestive enzymes, the G.I. tract becomes inflamed and larger bits of undigested food enter the blood where they are identified as a foreign invader and attacked by the immune system. This can lead to fatigue, chronic pain, sleep deprivation, reflux, obesity, and irritable bowel diseases like Crohn's and ulcerative colitis.

To successfully treat his patients, Dr. Cooper's utilizes extensive diagnostic tests that allow him to assess each person's unique nutritional deficiencies and design a diet based on their individual needs along with specific enzyme supplements that improve digestion and absorption of nutrients.

Through his dynamic enzyme processes, Dr. Cooper helps his patients to alter their lifestyles free of physical pain. *"They suffer significantly less from uncomfortable symptoms and have much more energy. It changes people's lives."*

In-house guests may dial Tierra Santa at 3217. For more information and reservations, please email [spamiami@faena.com](mailto:spamiami@faena.com) or call 786 655 5570.

## Suite Dreams

*Slip into a world of relaxation this summer season with Faena Hotel Miami Beach's new Suite Dreams experience.*

The hotel's spacious suites, conceived by Alan Faena and brought to life by Hollywood filmmaker Baz Luhrmann and Oscar-winning costume designer Catherine Martin, blur the lines between fantasy and reality with original designs that expand the imagination and elevate the spirit.

Sunshine pours through window walls that open onto spacious terraces overlooking the ocean, while Art Deco furnishings recall Miami's golden age of glamour. Custom woodwork from Frank Pollaro, artwork by Gonzalo Fuenmayor, TASCHEN book collections and hand-woven throws create the feeling of your home away from home.

Guests booking this package are treated to daily complimentary breakfast for two on the poolside Veranda, complimentary valet parking and late 4:00pm check out, and a waived resort fee. To induce ultimate relax-

ation, guests are also gifted a complimentary 50-minute spa treatment at Tierra Santa Healing House, a 22,000-sq.ft. sanctuary with a rejuvenating Wet Spa and unique healing arts.

Meanwhile, a dedicated Faena butler is on-hand to unpack your bags, book your reservations and fulfill any wish that ensures your stay is the pinnacle of luxury.

To top off a truly lavish experience, guests who book the package will receive a \$100 resort credit for use at any of the hotel's outstanding restaurants or bars and amenities, which earned Faena the top spot as **#1 Hotel in the United States** and **#1 Hotel in Miami Beach** by Conde Nast Traveler's most recent Readers' Choice Awards.

For reservations, dial 305 535 4697 or e-mail [reservations-miamibeach@faena.com](mailto:reservations-miamibeach@faena.com)



## STAY LONGER

Summer is the perfect time to take a break from everyday life. New surroundings might be exactly what you need to refresh and recharge, and there's no place more fun than Miami to celebrate the summer sun. **Faena Hotel Miami Beach** is offering an additional fourth night free when you book a three-night stay this season, turning a long weekend into a real vacation, while **Casa Faena** is offering a third night free in its charming Spanish colonial-style guest rooms with a two-night stay. Whether you're sipping oceanfront cocktails, treating yourself to a massage at **Tierra Santa Healing House** or catching a live performance in The Living Room, the only "must" on your itinerary is relaxation.

For reservations, dial 305 535 4697 or e-mail [reservations-miamibeach@faena.com](mailto:reservations-miamibeach@faena.com)

## A FAMILY AFFAIR

*Summer is all about family fun under the sun, and no one does family get-aways better than Faena Miami Beach.*

Parents who book our exclusive **Faena for Families** offer will receive half-off the nightly rate on a second guest room, daily American breakfast for up to three guests per room on the open-air Veranda, and complimentary amenities like rollaway beds for extra visitors and half-day **Faena Play** sessions for our youngest guests. While your little ones spend hours going on adventurous scavenger hunts, flying kites and playing soccer on the beach, you can sit poolside sipping a freshly-muddled cocktail, lounge in the azure ocean and indulge in a restorative massage at **Tierra Santa Healing House**. In the evening, allow our concierge to book a dedicated babysitter and treat yourself to a night out with an epicurean Asian-fusion feast at **Pao** or expertly-grilled fare at **Los Fuegos** from world-famous Argentine chef **Francis Mallmann** as the young ones enjoy a private movie showing in the hotel's **Screening Room**. With so many activities and experiences at hand, **Faena Miami Beach** is the perfect place to make memories that will last a lifetime.

For reservations, dial 305 535 4697 or e-mail [reservations-miamibeach@faena.com](mailto:reservations-miamibeach@faena.com)





# A Delicious Father's Day Celebration

On Sunday, June 17, Faena Hotel Buenos Aires will honor patriarchs with a special afternoon at **El Mercado** restaurant, where family and friends can come together to celebrate **Father's Day**.

Starting at 12:30 pm on the patio under a leafy canopy, guests can enjoy a menu created by chef **Emiliano Yulita** featuring the best of Argentine cuisine. Dads can dine on a deliciously prepared **choripan** or oven-baked **empanadas**, followed by a menu of brunch

options and grilled specialties like ribeye, sirloin and rack of lamb paired with a signature bottle of **Faena Malbec** produced in the vineyards of Mendoza. For dessert, there's plenty of palate-pleasing confections, from traditional flan and Tiramisú to dulce de leche crepes and a chocolate volcano.

Reservations can be made at +54 11 4010 9200 or at [reservasuniverse@faenahotels.com](mailto:reservasuniverse@faenahotels.com).

For more information on Faena Buenos Aires, visit [www.faena.com/buenos-aires](http://www.faena.com/buenos-aires).



## LA COPA DE LA VIDA

**The World Cup It's music for Argentine's ears.**

During the '80s, **Diego Maradona** dominated world football. In 1986, he captained Argentina and led them to victory over West Germany, taking home the country's second world cup trophy. Maradona has since passed the torch to Rosario-born soccer legend **Lionel Messi**, who many people argue is the best player in history. He's the country's all-time leading scorer and led Argentina to the **2014 World Cup** finals in Rio de Janeiro. This June, Argentina is looking for redemption as the national team heads to Russia to vie for its third world cup trophy, solidifying Messi's spot as the greatest player of all time. Fans can watch every match surrounded by fellow compatriots at **Faena Hotel Buenos Aires' Library Lounge** with specially-priced breakfast, lunch and dinner menus specially crafted for the highly-anticipated tournament. **Vamos Argentina!**

For reservations, dial +5411 4010 9070 or e-mail [reservasuniverse@faenahotels.com](mailto:reservasuniverse@faenahotels.com). For more information on Faena Buenos Aires, visit [www.faena.com/buenos-aires](http://www.faena.com/buenos-aires).

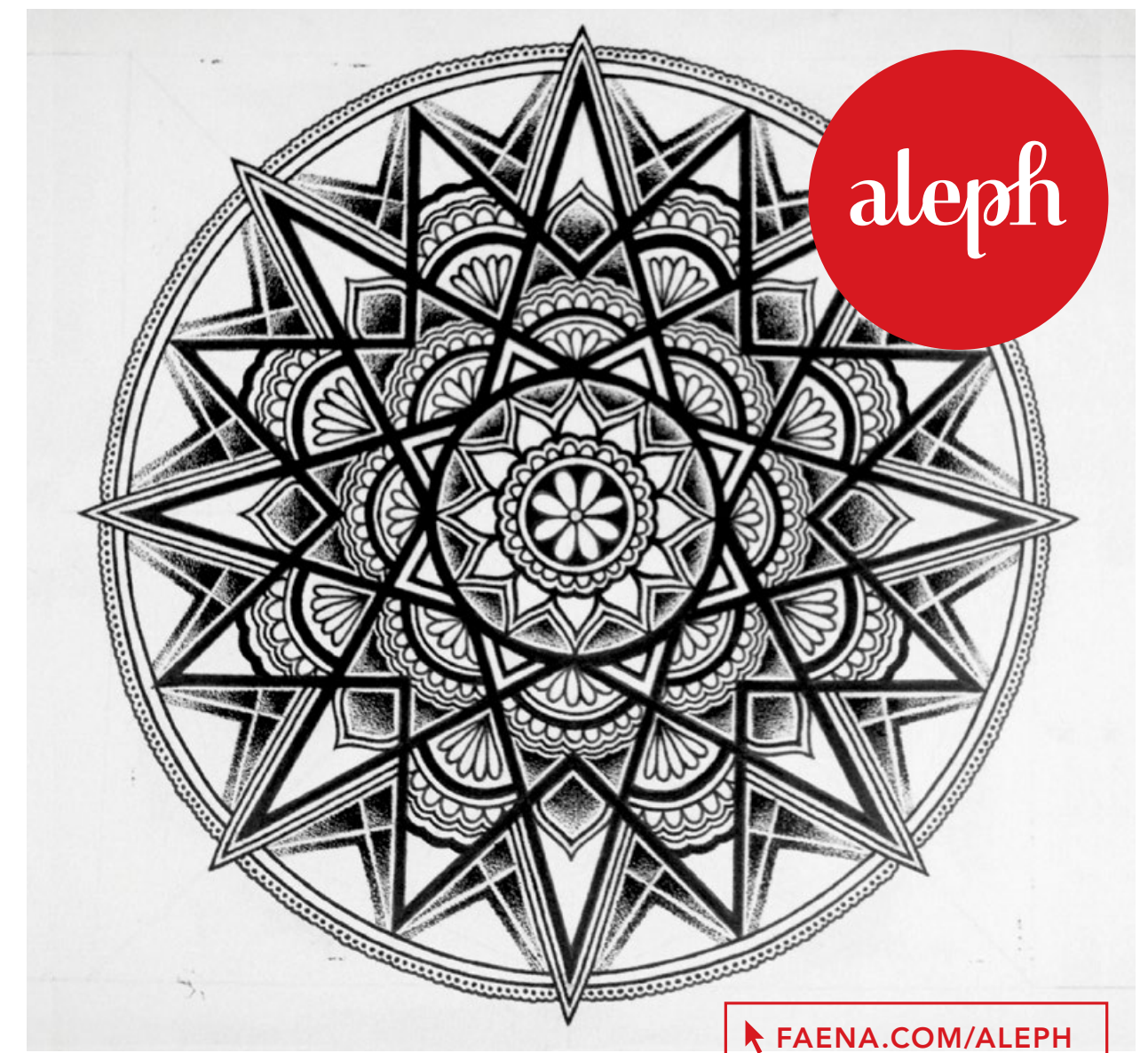
## ONE DAY CAN CHANGE YOUR WHOLE LIFE

**This is the inspiring slogan for 2018's Global Wellness Day, a social project officially celebrated in 100 countries around the world on the second Saturday of June every year.**

The day was created to ask ourselves, *"How can I live a healthier and better life?"* and raise awareness about living well for the remaining 364 days of the year.

**Faena Spa in Buenos Aires** offers guests an oasis of holistic therapies, workshops and lectures designed to nurture the mind, body and spirit, blending ancient healing rituals from around the world to awaken consciousness and restore well-being in every aspect of our lives. To commemorate **Global Wellness Day**, **Sebastian Bonta** from **Pranic Healing Argentina** will give a talk to educate guests on the specifics of this healing modality, guide them to see and feel pranic energy, teach them how to cleanse their chakras and perceive auras, and release blocked energy.

Reservations can be made at the Spa or at [reservasuniverse@faenahotels.com](mailto:reservasuniverse@faenahotels.com). For more information on Faena Buenos Aires, visit [www.faena.com/buenos-aires](http://www.faena.com/buenos-aires).



# The Psychobiology of Body-Mind Healing

*A science of healing in which a person can gain control of their own biochemistry.*

The placebo effect is part of modern medicine. Numerous doctors and therapists use it to consolidate a treatment, but very few catalyze this mental act on the body for the conscious benefit of a patient, meaning, those who teach someone to use the placebo effect to heal themselves—perhaps thinking that knowing a placebo is a placebo makes it stop working. While this may be true in some cases, a profound understanding of the mind-body healing functions, could be more powerful, working as an auto-hypnosis capable of surging relaxing hormones that fight off toxic responses. The difference lies in becoming our own doctors or being patients—dependent upon somebody else's knowledge and on the interaction of chemical substances foreign to our bodies. In this dilemma it is worthwhile to mention, the alchemical principle of medicine which suggests that the person doing the healing is one-self—the doctor is merely an interface.

In his book, *The Psychobiology of Mind-Body Healing*, **Ernest Lawrence Rossi** says: *"The placebo is our internal doctor"*, surely one of the central texts of the incipient science of psychobiology (the study of mental factors in biological processes). Hypnotherapist of the **Erickson School**, Rossi has spent the past decades investigating the mechanisms through which the mind is able to act in the body and make things as incredible as curing cancer (as was the case of "Mr. Wright", which was documented by **Philip West**).

In his book, he sets forth the missing link or the missing connection in the experiences where the mind can make a difference in the treatment of a disease and the physical manner in which the mind can manifest itself and affect health. Rossi identifies the neural and chemical paths ("messenger hormones") through which attitudes and emotions are processed by the body creating physiological and

biochemical changes. The map of the interactions between the endocrine system, the immunological system and the nervous system, shows that what we believe and think can indubitably have an effect in the way we develop a disease and the inner-workings of our body. What is thought as new age or pseudo-scientific finds in Rossi an impeccable research, which surely will make the most sceptical rethink their vision concerning how the body works in relation to the mind.

The approach outlined in *The Psychobiology of Mind-Body Healing*, to body-mind healing asserts that the psyche can unfold "symptoms of stress in significant signals" that are orchestrated by the body. However, these same signals can be detected and psychological problems can be transformed into creativity functions. Rossi's theory maintains that all forms of organisation, on biological, physiological and psychological levels are actually expressions of information and its transformations. Information is actually found on a more basic level than matter and energy. In the same way that energy and matter are convertible, information is also converted into energy and matter: this is known as transduction; the basis of body-mind healing. Rossi theorises that what happens in the limbic-hypothalamic system of the brain (emotions and feelings) can be "transduced" in adopted physical responses of the body.

We highly recommend this book and in general all of Ernest Lawrence Rossi's work, especially for those looking to attain a deeper knowledge of the self-healing possibilities and the operative mysteries of the human body and its inseparable alliance with the mind. The (voluntary) operational capacity of our bodies is just beginning to be discovered and the work of this American hypnotist is waking us from centuries of dreaming—finally allowing us to feel like we can take control of our own health.







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