

TOP SPA | FIRENZE

Miamo a LA SPA Helvetia & Bristol



In Florence, there is a little slice of paradise dedicated to wellness—a place where time seems to stand still, allowing you to fully surrender to a captivating and enveloping atmosphere: LA SPA Helvetia & Bristol. Here, in the very spot where the ancient Roman Baths once stood, every detail has been carefully designed to guide you on a sensory and emotional journey. This is an experience that goes beyond simple relaxation. It is an invitation to take a break and take care of your physical and mental well-being.

A few months ago, the SPA began a collaboration with Miamo, a brand that has made skincare its true mission. The goal? To offer tailor-made, effective, and innovative treatments, elevating this wellness oasis to an even more exclusive and cutting-edge destination in Florence's wellness scene.

Miamo was founded in 2012 from the intuition and passion of a mother and daughter, Elena Aceto di Capriglia and Camilla D'Antonio, both pharmacists. Together, they created a skincare line that seamlessly blends science and tradition, developing functional products designed to deeply and lastingly enhance skin health. A true act of self-care, to experience and share.



LA SPA
HELVETIA & BRISTOL
Firenze

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