



Accommodation & Travel Guide

Everything you need for a smooth, comfortable stay in Miami

Welcome to Miami — and to Karli Health Institute. We're so glad you're coming to see us. From the moment you arrive, **you're our guest, not just a patient**, and we want your time here to feel as restorative as the care itself.

We've gathered everything you'll need for a smooth, comfortable stay — where to land, how to get around, where to rest, and how to enjoy the city while you're here. If there is anything at all we can do to make your visit easier, please just ask. We look forward to hosting you.

Warmly,
The Karli Health Team

Next Steps

- ☐ Confirm your appointment date and time with our team.
- ☐ Book your lodging — and ask about our corporate rates where available.
- ☐ Arrange your airport transportation (rideshare, rental car, or our private car service).
- ☐ If you've had any last-minute imaging or bloodwork, please bring it with you.
- ☐ Pack light — but don't forget: Miami is warm, but our office can be cold!
- ☐ Save our address and number: 3683 S. Miami Ave, Suite 460 · 305.459.3377.
- ☐ Allow extra time for traffic and parking on the day of your visit.

Don't Forget

If you're having anesthesia:

- ☐ Confirm your medication list — send it to our office so we can advise which medications to take and which to hold.
- ☐ Do not eat or drink anything for 8 hours prior to your procedure.
- ☐ You need to have someone with you to accompany you home.
- ☐ Bring a warm zip-up jacket, socks, and loose, gym-like pants (no tights) for afterward — be comfortable.

Getting Here & Around

Airports — Commercial Flights

- **Miami International** (MIA) — American Airlines hub
- **Fort Lauderdale-Hollywood** (FLL) — United Airlines hub

Private Aviation

- **Kendall-Tamiami Executive** — miami-airport.com/kendall
- **Opa-locka Executive** — miami-airport.com/opalocka

Transportation

- [Uber](#) + [Lyft](#) — widely available throughout the city
- Rental cars — available at either airport
- **Private Car Service** — Angel Gomez, +1 (786) 488-2775. *He handles all direct scheduling for our patients.*

If You're Driving Yourself

- Miami drivers are fast — please be cautious and patient.
- Traffic is heavy — always add 15–30 minutes to whatever your navigation shows.
- Downtown parking is limited. Use a parking app (ParkMobile, SpotHero, PayByPhone, or LAZ Parking). Heading to dinner? Call ahead to ask about parking or valet.

Neighborhoods to Explore

Approximately 15–30 minutes from the office, depending on traffic and time of day.

- **Brickell** · **Wynwood** · **Downtown Miami** · **Design District** (great shopping) · **South Miami**

Where to Stay

★ Corporate rate available — be sure to ask for it when booking.

Coconut Grove & Key Biscayne *(closest to the office — within ~10 minutes)*

Hotel Arya ★ CORPORATE RATE

305.447.8208 · Ask for the corporate rate — let them know you're with Mercy Hospital.

Marriott Courtyard Coconut Grove

305.858.2500

Mayfair House ★ CORPORATE RATE

305.441.0000 · Corporate code: HCA Healthcare (Mercy Hospital) — mention you're staying with Mercy Hospital for the special rate.

Ritz-Carlton Coconut Grove ★ CORPORATE RATE

305.365.4201 · Ask for the Karli Health Institute rate. Contact Vinicio Droguett, 305-365-4206 · Vinicio.Droguett@ritzcarlton.com / victoria.e.moreira@ritzcarlton.com

Ritz-Carlton Key Biscayne

305.365.4500

Hampton Inn by Hilton — Miami / Coconut Grove ★ CORPORATE RATE

305.448.2800 · [Check dates & book with corporate rate](#)

Loews Coral Gables

2950 Coconut Grove Dr, Coral Gables, FL 33134 · 786-772-7600

Downtown & Brickell *(about 20-25 minutes)*

W Miami

485 Brickell Avenue, Miami, FL 33131 · 305.503.4400

Hilton Garden Inn Miami Brickell South ★ CORPORATE RATE

305.854.2070 · Rosie.Pena@baywoodhotels.com · An affordable way to experience downtown while staying close to the office.

Mandarin Oriental, Miami

500 Brickell Key Drive (about 20 minutes) · 305.913.8288

Novotel Miami Downtown

1500 SW 1st Ave, Miami, FL 33129 · 786-600-2600

Yotel Miami (3-star)

227 NE 2nd St, Miami, FL 33132 · 786-785-5700

Beaches & Oceanfront

[Trump International Sunny Isles](#)

18001 Collins Ave, Sunny Isles Beach, FL · 855-736-9909

[The Ritz-Carlton, South Beach](#)

1 Lincoln Rd, Miami Beach, FL 33139 · 786-276-4000

[Fontainebleau Miami Beach](#)

4441 Collins Ave, Miami Beach, FL 33140 · 305-538-2000 · The iconic 22-acre oceanfront resort on Millionaire's Row.

[1 Hotel South Beach](#)

2341 Collins Ave, Miami Beach, FL 33139 · 305-604-1000 · Nature-inspired, wellness-forward luxury with oceanfront and rooftop pools.

Vacation Rentals

[The Mutiny Hotel](#)

2951 S. Bayshore Dr, Coconut Grove — walk to CocoWalk · (305) 441-2100 · An all-suite hotel with fully furnished one- and two-bedroom suites, full kitchens, and bay views — great for nightly or weekly stays.

[iCoconutGrove](#)

Coconut Grove Historic Village — walk to CocoWalk · Furnished studios & one-bedroom apartments with bay or city views, pool, and gym. Patients have really enjoyed staying here.

[Vrbo — Coconut Grove](#)

Coconut Grove · Browse short-stay one- and two-bedroom homes and condos — ideal for a few nights up to a week.

[Airbnb — Coconut Grove](#)

Browse verified one- and two-bedroom homes and apartments throughout the Grove.

Near the Airport (*~30-45 minutes; most offer an airport shuttle*)

- [MIA International Hotel](#) (inside the airport)
- [Extended Stay America](#)
- [Marriott Courtyard Miami Airport](#)
- [Hilton Miami Airport Blue Lagoon](#)
- [EB Hotel Miami](#)

Where to Eat

Team Favorites: Amal (Zoe's pick) · KLaw (Dr. Karli's pick) — marked with a ♥ below.

Amal Miami ♥ **ZOE'S PICK** — Mediterranean, al fresco dining with a rooftop (Level 6)

Address: 3480 Main Hwy, Suite 100, Miami, FL 33133 · Phone: (786) 369-0846 · [Menu](#) · [Reservations](#)

KLaw Miami ♥ **DR. KARLI'S PICK** — surf & turf fine dining in the historic Miami Woman's Club, with Biscayne Bay views and a rooftop bar

Address: 1737 N Bayshore Dr, Miami, FL 33132 · Phone: (305) 239-2523 · [Menu](#) · [Reservations](#)

Green Street Cafe — classic American

Address: 3468 Main Hwy, Miami, FL 33133 · Phone: (305) 444-0244 · [Menu](#) · [Reservations](#)

Da Angelino — Cucina Italiana — fine Italian dining, tranquil ambiance

Address: 3015 Grand Ave #120, Coconut Grove, FL 33133 · Phone: (786) 981-5001 · [Menu](#) · [Reservations](#)

Ossobuco Coconut Grove — high-quality, relaxed steakhouse

Address: 2801 Florida Ave, Miami, FL 33133 · Phone: (305) 339-5593 · [Menu](#) · [Reservations](#)

Osaka Miami — Japanese / Nikkei experience

Address: 1300 Brickell Bay Dr, Miami, FL 33131 · Phone: (786) 627-4800 · [Menu](#) · [Reservations](#)

Ceviche 105 — Peruvian; lively crowd, cocktails & ceviche

Address: 111 Palermo Ave, Ste 108, Coral Gables, FL 33134 · Phone: (786) 527-3939 · [Menu](#) · [Reservations](#)

Mila — high-end Mediterranean & Japanese; stylish rooftop & cocktail bar

Address: 1636 Meridian Ave (Rooftop), Miami Beach, FL 33139 · Phone: (786) 706-0744 · [Menu](#) · [Reservations](#)

Komodo — high-end Southeast Asian in a swanky, multilevel space

Address: 801 Brickell Ave, Miami, FL 33131 · Phone: (305) 534-2211 · [Menu](#) · [Reservations](#)

Sapore di Mare — small Italian spot in Coconut Grove, Italian-coast ambiance

Address: 3111 Grand Avenue, Coconut Grove, FL · Phone: (305) 476-8292 · Hours: 12:00-10:30 pm daily · [Menu](#) · [Reservations](#)

Things to Do

Golf

[Crandon Golf at Key Biscayne](#)

6700 Crandon Blvd, Key Biscayne (~15 min) · The only public course on Biscayne Bay — a beautiful, challenging par-72.

[Biltmore Golf Course](#)

Coral Gables (~20 min) · A classic 1925 Donald Ross design shaded by century-old banyan trees.

[Trump National Doral — Blue Monster](#)

Doral (~30 min) · One of South Florida's most famous championship courses.

Spas & Wellness

[The Spa at Mr. C Coconut Grove — BeAtala Wellness](#)

Coconut Grove · A boutique luxury spa with massage, facials, and holistic wellness treatments — minutes from the office.

[Lux MedSpa Brickell](#)

Brickell — inside SLS LUX (~20 min) · Voted Miami's best luxury spa experience (2026); clinical facials, expert massage, and rooftop-pool access with any service.

Shopping

[CocoWalk](#)

Coconut Grove · Shops, dining, and cafés in the heart of the Grove — walkable from many Grove hotels.

[The Shops at Merrick Park](#)

Coral Gables (~15 min) · Upscale, relaxed open-air shopping close to the office.

[Miami Design District](#)

~20 min · Luxury flagships (Hermès, Dior, Cartier), art, and striking architecture.

[Bal Harbour Shops](#)

Bal Harbour (~30 min) · Open-air, ultra-luxury shopping.

[Brickell City Centre](#)

Brickell (~20 min) · Modern shopping, dining, and a cinema under one roof.

Sightseeing

[Vizcaya Museum & Gardens](#)

3251 S. Miami Ave — right next to the office · A stunning Gilded-Age estate with formal gardens on the bay.

Fairchild Tropical Botanic Garden

Coral Gables (~15 min) · 83 acres of tropical gardens, rated among the best in North America.

Wynwood Walls

Wynwood (~20 min) · World-famous outdoor street-art museum.

Pérez Art Museum Miami (PAMM)

Downtown (~20 min) · Contemporary art on a waterfront terrace overlooking Biscayne Bay.

Little Havana — Calle Ocho

~15 min · Cuban cafés, cigar rollers, live music, and culture along SW 8th Street.

Beaches & Nature

Matheson Hammock Park & Marina

Coral Gables (~10 min) · A calm, man-made atoll pool flushed by the tides of Biscayne Bay and ringed by sand and palms, plus a marina and mangrove trails. Serene and easy — a lovely spot to unwind near the office.

Crandon Park & Beach

Key Biscayne (~15-20 min) · A two-mile stretch of soft sand and calm, shallow turquoise water — one of Miami's most beautiful and relaxed beaches.