life in balance

SPRING 2016

SPA Demystifying Energy Work
HEALTHY LIVING Tejpal taps into intuition
EQUINE Living canvas storytelling
HEALTHY LIVING Beekeeping with Noel Patterson
SPECIAL FEATURE Miraval’s commitment to sustainability

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There’s something about honey and wine that gets people excited to learn about them. It’s about language, history, soil — it’s our culture.

— Beekeeper Noel Patterson

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Discover the innovative, life-enhancing treatments of the award-winning Life in Balance Spa.

For more information, visit miravalresorts.com/plan_your_stay/upcoming_events/the_flavor_of_health/

MARK YOUR CALENDAR
August 8-14, 2016
Awareness Week: Culinary Festival
Join Miraval’s chefs and nutrition staff for a week of palate-pleasing culinary courses. A few of our offerings include: Clean Cooking with Chef Brandon cathery; 2016 Food Trends: Seaweed, Mushrooms, etc. with Angela Onsgard; Gut Health Workshop: Pickled Vegetables: How easy is it? with Angela Onsgard; and an Introduction to Oysters Workshop with Chef Brandon Cathery.

This issue, see page 29 for a mindful meal.
Springtime’s annual song of rebirth is perhaps nowhere more apparent than in the grand Sonoran Desert. Here, what was dormant is in bloom; what was hidden now reaches for the sun. It’s common for us, too, to come out from our winter hibernation ready to expand our hearts and horizons for what this new season has in store.

It is our hope that this Spring edition of Life in Balance magazine is a refreshing reminder that Miraval is ever-evolving. In fact, it’s our delight to announce here the opening of the new Miraval Life in Balance Spa at the five-star Monarch Beach Resort in Orange County, California. This property will offer many of the signature offerings you adore — plus coastal-inspired options, too.

In these pages we’ll also unveil our latest Tucson renovations (page 4), learn about Miraval’s investment in the environment (page 18), uncover answers to your Energy Work questions (page 32), and build a better familiarity with specialists Tejpal, Noel Paterson, and Wyatt Webb. And as always, you’ll find updated programming information for the Spring, including a menu of activity and spa offerings, beginning on page 36. We’ll see you soon!

Miraval at Monarch Beach

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Warm Welcome

Grab your refreshing welcome drink and step into a brand new, freshly redesigned lobby where you’ll consult Miraval’s Experience Concierge to collaboratively craft a custom, tailored-to-you visit. This entirely new role is a unique-to-Miraval spin on the traditional resort concierge desk. The Experience Concierge is present throughout the day to assist guests with questions or schedule changes in an effort to provide a bespoke experience and an itinerary that perfectly matches each guest’s personal wellness goals.

“...the shuttle driver, valet, and front desk attendants formed our first impression. Based on their professionalism and friendliness, I knew we were in for a wonderful experience.”
Guests unwind at the renovated Brave Bill Lounge, featuring natural wood accents and an expanded indoor/outdoor seating area. A favorite destination for delicious cocktails and snacks after a relaxing (or energizing!) day in the Tucson sun, the lounge sports a chic design. To celebrate the fresh look, Miraval’s mixologists have created a new honey menu featuring craft cocktails made with a sweet treat from Miraval’s apiaries.

**Honey Blackberry Mojito**

- 1/2 cup blackberries
- 1 oz. fresh mint
- 2 oz. white rum
- 1 oz. fresh lime juice
- 1 oz. fresh ginger
- 2 oz. soda water

Muddle mint, berries, ginger, and lime juice. Add to syrup, rum, ice, and shake. Pour over ice and add soda water to the top. Cheers!

“...We loved eating in the Brave Bill Lounge — our bartender was one of the nicest people we found at Miraval...”
Balanced Body

The resort’s state-of-the-art pilates studio makes working on your alignment, flexibility, and core strength all the more enjoyable. Private sessions utilize the apparatus, while group sessions integrate mats, props, or the DaVinci Body Boards. Specialized Pilates for Sport classes equip equestrians, golfers, runners, and swimmers to achieve their athletic goals. Following a private Pilates for Sport session (50 Min, $115), guests take home a personalized copy of their exercises, making it all the easier to infuse Miraval’s mindfulness at home.

“I love the positive energy and no-judgment approach to fitness at Miraval.”
Rooms with Views

Miraval’s redesigned Body Mindfulness Center (BMC) is home to a vast array of classes designed to encourage guests to get fit and have fun. An added perk: the backdrop. Unlike any gym experience you’re used to at home, the BMC overlooks the Santa Catalina Mountains and offers an outdoor classroom for a number of fitness courses. Absolute Gravity (pictured), for example, is a bodyweight training program that can be held indoors or out. Needing nothing more than your body, breath, and gravity, this session combines high-energy cardio, strength, and flexibility. Discover more fitness options on page 39.

“T he fitness center was great. I had two different private sessions, and my instructor was enthusiastic, explained everything to me well, and was interested in my fitness goals. I learned lots of practical information!”
Fresh Finds

Ring in the Spring season with a selection of sweet Miraval souvenirs.

Queen of the Chakra Tank
STRIKE A REGAL POSE AS YOU BALANCE YOUR CHAKRAS IN THIS RACERBACK TANK THAT COMES IN GRAY, ORANGE, PINK, OR GREEN: $38

Meditations with MaryGrace Naughton
BRING HOME MARYGRACE’S MESSAGE OF LOVING KINDNESS WITH THIS AUDIO CD FEATURING TECHNIQUES IN BREATH CONCENTRATION AND HEALING VISUALIZATIONS (ALSO AVAILABLE AS A DOWNLOADABLE MP3): $24

Prayer Beads Bracelet
TAKE MIRAVAL’S MESSAGE WITH YOU EVERYWHERE YOU GO WITH THIS EXCLUSIVE BRACELET FROM THE MIRAVAL COLLECTION BY MIALENA DESIGNS: $229

Miraval Logo Hat
KEEP YOUR COOL AND HOLD ONTO YOUR HAT WITH MIRAVAL’S LOGO CAPS. AVAILABLE IN TWO COLORS: $28

Deborah Lippmann Gel Lab Pro nail colors
GET SALON-QUALITY RESULTS WITH NAIL COLOR THAT COMES IN FOUR SPRING SHADES. EASY TO TAKE OFF WITH ANY POLISH REMOVER, IT DOESN’T REQUIRE SOAKING OR SCRAPPING NAILS. THESE LONG-LASTING POLISHES ARE INFUSED WITH TREATMENT BENEFITS, INCLUDING BIOTIN AND GREEN TEA EXTRACT: $20

Guided Meditations for Relaxation with Alysa Volpe
JOIN ALYSA VOLPE FOR AN IN-DEPTH EXPLORATION OF THREE DISTINCT STYLES OF MEDITATION (CHAKRA, LOVING KINDNESS, AND YOGA NIDRA). THIS IS A GUIDED TOOL TO HELP ANYONE FROM THOSE BEGINNING A NEW MEDITATION PRACTICE TO THOSE WHO ARE LOOKING TO ENHANCE THEIR CURRENT PRACTICE: $24

Anichini Throw
WRAP YOURSELF UP IN THIS LUXURIOUS, FUNCTIONAL, AND FABULOUS COTTON-BLEND THROW: $198

Deborah Lippmann Cuticle Lab
A FOUR-PIECE CUTICLE SET WITH A PROFESSIONAL STEP-BY-STEP GUIDE ON THE PROPER TREATMENT AND CARE OF NAIL CUTICLES: $48

All products are available for purchase at the Raindance Pass Boutique, the Spa Boutique, or online at shopmiraval.com.

miravalresorts.com
Wyatt Webb takes on Proust

1. What is your favorite trait in people? Honesty
2. What is your favorite trait in animals? The absence of shame
3. What do you fear most? Losing people I love
4. What is your weakness? Lack of patience
5. What is your greatest achievement? Getting clean and sober
6. When and where were you happiest? In college — the day I drove in the winning run for the conference championship in baseball
7. What do you regard as the lowest depth of misery? Hopelessness
8. If not yourself, who would you be? Nobody
9. Who is your favorite author? Kahlil Gibran
10. Who do you most admire in real life? Kris Kristofferson
11. In the movie version, which actor would you? Mel Gibson
12. What is your favorite food? My grandmother’s Christmas cake
13. What is your favorite word? Bleep!
14. Least favorite word? Should
15. What is your theme song? “Oh Lonesome Me”
16. What trait do you appreciate the most in friends? Loyalty and humor
17. What is your present state of mind? Curious
18. What do you want the last thing you do in your life to be? Be lying in a bed full of Labrador retriever puppies
19. For what thing do you have the most patience? My clients
20. If you could be any age, what would it be? 332
21. What is your favorite thing to do? Be present when a client corrects a false, negative belief about themselves.
Service with a Smile

Many Miraval employees have devoted decades to making the guest experience magical. Meet two staff members who started in 1998, quickly rose in the ranks, and still share their talents today. By Lauren Eberle

Tell us about your early years at the resort.
I’d been working in fine dining and living nearby, when I decided to reach out to Miraval for a job. I began as a bus boy in the restaurant, and over the years I worked a number of positions as I moved up the ladder. I eventually became food and beverage manager, a position I took very seriously.

What happened next?
Miraval has always been supportive of my career path, and challenged me to take new leadership roles. After ten years in the restaurant, I decided to follow a dream and pursue law enforcement. I attended the Oro Valley Police Academy, but when it came time to get a job, I felt pulled back to the more balanced life that Miraval offered. The opportunity came up for a security manager at the resort, and I’ve now proudly been in this job for seven years.

What does your role entail?
We have 24-hour security at Miraval, which includes everything from proactive patrolling and loss prevention to first aid and coordinating with local paramedics on medical emergencies. Sometimes we’re needed to help with invasives and door locks. Other times we’re called in for an injured bird or other wildlife. Every day is different, and you never know what you’re going to be doing. But like any department will tell you, at the end of the day, it’s all about taking care of our guests.

What impact has Miraval made on your life?
I met my wife here nine years ago — so that was significant. But I’ve mainly learned that life is all about perspective. Guests come here looking for peace and balance, and it’s hard not to walk the talk, too. Ultimately, this place has good energy and good people. I feel blessed to be here.

Lastly, I have to ask about your name...
Everyone does. It’s a Native American name, but I’m mostly Inklusional. Let’s just say I was born to creative parents in the ’70s.

Victoria Leal, Trainer and Lead Esthetician

Following the unexpected loss of her father when she was 16, Victoria Leal took her first job at Miraval to help save her family’s land. At 17, she was the youngest therapist ever hired at the Life in Balance Spa. Today, she’s a lead esthetician.

Tell us about your start at Miraval.
I started as a locker attendant in the spa, and it was a whole new world to me. My sister and I were raised as tomboys and I never knew what a massage or facial was. One day as I was pushing the laundry cart around, the lead esthetician asked me if I could be her model to try out a new facial. Needless to say, I fell in love with skin care and never looked back. Being young in this profession made me strive to do my best and prove that I deserved this position.

What’s your most common take-home advice regarding skin care?
Four things: increase water, wash your face before bed, wear sunscreen, and exfoliate. These simple steps can be added to any regimen, and are guaranteed to make a huge difference in the health of your skin.

What has your time at Miraval taught you?
Employees are encouraged to take classes and lectures in our downtime. In the mornings before my shift, I like working out, yoga, and stretching. I also spent ten minutes with Andrew Wolf when I plateaued in my weight loss. He gave me quick tips, and I dropped another 65 pounds. I have a knowledge of and passion for healthy living because of Miraval — and I’m so grateful that I get to bring that home with me.

Guest loyalty is a huge thing at the spa. Tell me about your bond with regulars.
I am always happy to see a familiar name on my schedule. These guests become my extended family — and many of them have seen me literally grow up in front of them. It’s an honor to have such longlasting connections with great people. In fact, I remember working on guests who were pregnant, and now that baby is also a guest of mine. I learn something new from them every day, and they keep me inspired. I know this path I’ve taken in life — although not in any way expected — was the path I was meant to take.

Warm congratulations to Sue Adkins, 17-year veteran of Miraval, for her recent appointment as vice president to lead program development companywide and to support the growth of the company as it expands.

“Sue excels at producing award-winning programming,” Miraval Group President and CEO Steve Rudnitsky said. “Her commitment to finding the right staff and developing their passions into cutting-edge programs has been a key to the success of the organization.”

Sue previously served as director of programs and assistant program director for Miraval’s flagship resort in Tucson.
Solid Foundations, Mindful Construction

It’s no surprise that among its many award-winning accolades, Miraval was ranked in the Top 10 for Best Eco-Spa in the SpaFinder Wellness 365 Readers’ Choice Awards. At each stage of development, Miraval has worked tirelessly to make sustainability initiatives a top priority.

Leadership in Energy and Environmental Design (LEED) is the most prestigious green building certification program used worldwide. Developed by the non-profit U.S. Green Building Council, it includes a set of rating systems for the design, construction, operation, and maintenance of green buildings, homes, and neighborhoods to ensure environmental responsibility and efficient resource usage. From the building of LEED Silver Certified Catalina Rooms in 2008, to the LEED Silver Certified and award-winning Villas in 2009, to the LEED Silver Certified Life in Balance Spa in 2012, Miraval consistently excels in its pursuit of conscious, creative expansion.

Furthermore, Miraval has proudly reduced its carbon footprint by 23 percent since 2005 — a direct result of implementing innovative methods and materials to create environmentally healthy, high-performance buildings. Rammed earth walls and locally harvested adobe block walls serve to insulate spaces and regulate temperatures, while insulated Styrofoam block and high albedo roof coatings harness and redirect solar energy. A majority of the resort transportation relies on electric golf carts. Additionally, Miraval’s water heaters are solar-powered.

Water: Every Drop Counts

A desert locale requires a constant awareness of the scarcity and value of water. Built to help preserve the delicate ecosystem of the Sonoran desert, Miraval recently added a state-of-the-art water reclamation facility, allowing for 99 percent of treated water to be available for reuse or recharge. It is designed to treat up to 50,000 gallons of water per day into the highest Reclaimed Water Quality Standards (A+), and significantly reduce waste, as well as the potable water demand, while simultaneously benefiting the groundwater aquifer.

At Room Level: Choices and Changes

In addition to giving guests in-room laundry conservation choices, Miraval provides each guest with reusable water bottles they can refill at any of several filtered water stations.

Miraval has always been committed to preserving the beauty of its natural environment in the most organic, sustainable, and non-disruptive way while also considering economic and social impacts. Miraval pays homage to the surrounding desert and mountain landscape with a focus on weaving natural elements throughout the resort in all areas — design, architecture, resources, and approaches to well-being.
around grounds. Plus, in an effort to be totally free of plastic water containers, rooms boast new ROMA water systems with 48 oz. of cool water, refreshed twice daily. (Upon request, guests can purchase still or sparkling glass-bottled water for delivery.) Additionally, Miraval introduced emergenBees seed bombs last year as a take-home token at turn-down. These seed bombs are small balls of seeds and clay that, when planted, support local bee populations.

**SPECIAL FEATURE**

**Strong Roots, New Shoots**
A small patch of land is part of the latest effort to expand the biological diversity of the ground Miraval stands on. Miraval’s brand new Organic Farm has already begun contributing herbs and vegetables for the chefs to use in the kitchen and serves as a working classroom for guests interested in learning about farmer Richard Starkey’s commitment to transforming the arid desert soil into rich, fertile fields for pesticide- and chemical-free produce. In less than a year, Richard changed the biological diversity of the soil by using natural, organic enzymes, bugs, and fungi. By introducing microorganisms and tomatoes, he has intensified and released the energy in the soil to improve its quality and enrichment.

In turn, his produce simply tastes better. Says Richard, “I love it when I can bring our chefs out here and make their eyes roll back in their heads because the flavor of these herbs and vegetables is the best they’ve had.”

Already, Miraval has been recognized as a leader in sustainability as it moves closer to creating a farm-to-table experience for guests. In 2015, Miraval was the recipient of the Green Spa Network Healthy Spa Cuisine Award. And as new technologies launch in the future, there’s no doubt Miraval will stay on the forefront of sustainable innovation.

“With mindfulness at the core of everything we do, we are deeply committed to incorporating sustainable practices into each and every aspect of the resort,” says Laura McIver, vice president and general manager. “Through water conservation efforts, a comprehensive recycling program, LEED certification, and the use of sustainable building practices, we strive to reduce our impact on our beautiful surroundings and remain mindful of legacy we leave behind.”
PEOPLE COME TO TEJPAL seeking change — some to heal pain, some for release, some for fulfillment. Others are simply curious about her name. No matter why they come, everyone leaves Tejpal with a better understanding of their authentic self — and a few take-home tools as well.

A Brennan Healing practitioner, coach, and yogi, Tejpal brings an eclectic approach to spiritual guidance at Miraval. Adding to professional success in corporate leadership and team building, Tejpal has had a lifelong pursuit and study of energy healing practices. At the center of her mix of tools and technique is a power that she urges everyone to access and activate: intuition.

“Developing your intuition is the art of learning to receive experience first, before labeling,” she explains. “It is our best asset. We are all born with it, but don’t all use it.” Tejpal offers lectures, group exercises, and private sessions to hone intuition. Guests can use it to find better answers, make wiser decisions, and achieve the highest levels of clarity and confidence.

Tejpal is only semi-joking when she warns, “When you come to see me, I don’t listen to you,” adding a disarmingly warm laugh. “Because,” she continues in a strong French accent, “I listen less to what you say and more to your energy field. That is how I help people break through blocks.” Tejpal is all about energy. It’s what informs her process and shapes the experience.

She intuitively sees “beyond your stories, your dramas, and your traumas.” In that space lies our pure self — “what we might call the soul.” Tejpal shows us how to best honor that soul, to recognize its potential, and see the wisdom it offers when paired with intuition.

So why are so many of us disconnected from our intuition? One answer, Tejpal suggests, lies in energetic shifts generated by our planet’s movement that created a field of transition, marked by chaos, crisis, and...
Tejpal points out, “Our job is not to stop the crisis or chaos, but to change how we relate to it — through intuition.”

If our surrounding energy field is indeed a moving target, then move with it we must. The good news is that all this motion has welcomed an era of openness and celebration of difference. However, that same flurry of movement has also created a crisis of choice.

In other words, imagine your favorite restaurant suddenly getting rid of its entire menu with a massive tome, listing hundreds of potential choices. What happens to the pleasant simplicity of dinner? You now painstakingly read to decipher the overwhelming number of options. You can’t even remember what you like to eat. Disoriented and hungry, you no longer connect to an experience that used to bring joy.

When this occurs in the larger context of our life’s mission, we feel anxiety. We fret and wonder what we are missing — questioning our very existence. But, confusion. “Our job is not to stop the crisis or chaos, but to change how we relate to it — through intuition.”

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HE EQUINE PROGRAM at Miraval’s Purple Sage Ranch keeps guests returning year after year. Miraval’s magic resides not just in the gifted hands of healers, practitioners, and guides, but also in the hooves and hides of its majestic horses. These highly intuitive animals offer a genuine response to our emotional and spiritual states and behaviors.

The Ranch’s newest offering, Unforgettable Canvas, pairs up guests with a horse, as well as finger paint and brushes, to explore and create a tactile experience and a visual expression of it, right onto the side of a horse. (Paints are nontoxic and safe for both animals and guests.) Simultaneously tangible and temporal, this offering speaks to the spontaneity and impermanence of that aspect of our lives that is fleeting, joyful, and beautiful. Through color, motion, and tactile sensation, we can create a physical manifestation of our more elusive and nonverbal emotional states.

For thousands of years, humans used horses as the backdrop for their stories. With the side of the horse as their canvas, indigenous people shared stories of triumph, loss, and life with the stroke of a brush. Equine Facilitator Kellie Cline created Unforgettable Canvas as a way to “have fun and to create an environment of safety where people can express themselves and paint their stories. The point is, you get to create your own story onto a living being.”

The activity concludes with the washing of the horse, and a sharing among participants of their experience. Like Tibetan sand paintings being scattered to the winds, the washing of the painting upon completion serves as a reminder of our ephemeral nature. “It’s one of my favorite parts,” says Kellie, “when we wash the horses off and we let our stories go. It’s a reminder to live in the present and not let our stories define us.”

Horses are creatures of the present. They do not wade in the past or get stuck dreaming of the future. We talk a lot at Miraval about how to not falsely invest in our assigned narratives. With Unforgettable Canvas, we put words aside and feel our way through the story we want to tell in this moment, with our fingers, through color and touch, through an unspoken communion with a living, breathing companion.

Guests can feel the canvas move under their own hands, sometimes accidentally, sometimes serendipitously, altering the course of their emerging designs. There’s a striking feeling of synchronicity in this movement. Perhaps this particular horse moved like that because he was swatting a fly, perhaps not. Perhaps, for an instant, human and animal swirled together in a union of movement, color, and connectivity.

The art may have washed back into the earth at activity’s end, but the images and feelings evoked are not forgotten. Rather, they transform from illustration to narration, expanding and emerging in perpetual motion.

Jennifer’s Story
Jennifer Lowell was a recipient of “Miraval Gives Back,” a program designed to give the gift of wellness to individuals who may not otherwise have the opportunity to visit the resort. Jennifer was nominated by her husband, who was diagnosed with Lou Gehrig’s disease in 2012, just after the birth of their second daughter. In his nomination letter, Jennifer’s...
husband eloquently shared his wish that he could give her “a break from her life and my disease, to escape to a place where she can pause and take a breath, put herself first, enjoy and value a guilt-free moment to be pampered and nurtured, and truly have time to discover and cherish who she is.” This is Jennifer’s first-hand account of her experience participating in Unforgettable Canvas and what it meant to her:

I started out drawing a rainbow, not knowing what I was going to do. Then I thought about how things are not black and white in this world. Nothing is. And then from there I started thinking about my grandfather, who has passed. He was Irish, so I tried to draw a four-leaf clover and then I stroked farther down and realized, oh, this can be part of Tom, my husband. And the clover became the O of his name. And I thought about our kids. I started out with the paint brush, but then it felt really good to just get my hands involved in the whole thing. My J for Jen wrapped around from the neck to the front leg, around the whole family because I’m always trying to take care of everyone even though I can’t.

Since my husband was diagnosed with Lou Gehrig’s disease, it’s hard to know exactly how it has affected our everyday life. We all know our time on earth is limited, but being told he is going to die and that it’s going to be soon — what do you do with that? How do you make moments count? What I felt about my husband nominating me was a lot of gratitude. This trip to Miraval gave me this amazing reminder that if I don’t take care of myself first, I can’t take care of anyone.

Lentil Portobello Roll-Ups
(Serves 6)

½ onion, thinly sliced
½ c. diced portobello mushrooms
2 cloves garlic, minced
½ c. pink lentils
4 c. vegetable stock
2 c. fresh spinach, trimmed and washed
2 tbsp. chopped fresh oregano
¼ tsp. dried chili flakes
6 twelve-inch flower tortillas, warmed
2 c. Tomatillo, Lime, and Roasted Corn Salsa

Pre-heat oven to 425 degrees.

Sauté and stir the onion for 5 minutes in a pan sprayed lightly with vegetable spray. Add the potatoes, mushrooms, and garlic and cook 10 minutes, stirring. Add the lentils and stock and cook an additional 25 minutes. Remove from the stove and fold in the spinach, oregano, chili flakes, and lentils. If necessary, drain excess liquid. The veggie mix should be moist. Add the feta and fold in to mix well.

On the stove, heat a dry sauté pan over low heat and warm each tortilla. Cover the hot tortillas with a napkin or tea towel so they don’t dry out.

Place 2 tablespoons of the lentil veggie mix in the lower part of each tortilla and roll them up. Carefully place roll-ups seam side down in a lightly sprayed oven-proof dish. Bake for 20 minutes or until crispy and golden brown.

Tomatillo, Lime, and Roasted Corn Salsa

¼ habanero chili, stemmed, seeded, and minced
½ scallion, chopped
1 medium onion, chopped
6 tomatillos, husked, rinsed, and chopped
1 tbsp. chopped fresh oregano
1 clove minced garlic
2 tbsp. chopped fresh cilantro
Kosher salt and freshly ground black pepper to taste
½ c. nopales, cooked and diced (optional)
½ c. fresh corn kernels, toasted until golden brown
Juice of 1 lime

Place all of the ingredients except the lime, roasted corn, and nopales in a food processor and pulse to chunky. Add the corn, nopales, and lime juice and season to taste. Set aside until ready to use. Enjoy!
OEL PATTERSON invites you to turn on your senses, open your heart, and participate in the creation of something new at Miraval. You may have seen or heard the buzz around the grounds about the Mindful Experiences.

Noel Patterson, beekeeper
Tucson native Noel Patterson is the resident beekeeper at Miraval Resort & Spa. Here, he is responsible for building the property’s hives and developing the resort’s interactive beekeeping program. He began working with bees as a hobby and honed his skills by assisting two veteran apiarists in Tucson. He turned his passion into a business by founding Dos Manos Apiaries, which is responsible for constructing and maintaining more than 40 hives throughout the Tucson area using natural, treatment-free methods. Prior to his time at Miraval, Noel worked as a sommelier and sales representative for one of Arizona’s premier wine distributors.

Newest Workers — Honey Bees. Noel is chief steward of the Apiary at Miraval, a blooming field of brittlebush that hosts 20 hives of thriving, toiling honey bees. Before becoming a beekeeper, Noel spent years working as a certified sommelier, representing distributors of wines from all over the world. “There’s something about honey and wine,” Noel muses, “that gets people excited to learn about them. It’s about culture.”

There’s a similar something about Noel’s bees and his practice of tending them that fascinates in ways both tangible and spiritual. When we get around the table or gather around the hive, we are participating in something larger than ourselves. We are pulling up parts of ourselves we don’t often engage by using our senses. We get to smell the earth and blooms that provide nectar, to feel the vibration of bees’ wings fanning and evaporating it into honey. We can touch the wax that seals it into perfect hexagon-shaped combs. We get to taste that honey, and we get to discover wine together.

THE EXPERIENCE
All the Buzz
Noel Patterson, Miraval’s resident beekeeper, will take you through a hands-on bee experience and share his love of beekeeping with you. You’ll step into a beekeeper suit, complete with gloves and gaiters, and join Noel at Miraval’s beehives for the truly unique opportunity to view these insects up close and personal and learn more about how they work and survive in today’s world.

2 HRS | $150

Sweet Rewards

**OEL PATTERSON invites you to turn on your senses, open your heart, and participate in the creation of something new at Miraval. You may have seen or heard the buzz around the grounds about the newest workers — honey bees. Noel is chief steward of the Apiary at Miraval, a blooming field of brittlebush that hosts 20 hives of thriving, toiling honey bees.

Before becoming a beekeeper, Noel spent years working as a certified sommelier, representing distributors of wines from all over the world. “There’s something about honey and wine,” Noel muses, “that gets people excited to learn about them. It’s about language, history, soil — it’s our culture.”

There’s a similar something about Noel’s bees and his practice of tending them that fascinates in ways both tangible and spiritual. When we get around the table or gather around the hive, we are participating in something larger than ourselves. We are pulling up more than just minerals in the earth, the plants that sprout from it, or the nectar that flows from flowers. We are pulling up parts of ourselves we don’t often engage by using our senses. We get to smell the earth and blooms that provide nectar, to feel the vibration of bees’ wings fanning and evaporating it into honey. We can touch the wax that seals it into perfect hexagon-shaped combs. We get to taste that honey, and we get to discover wine together. Noel gives us a place to connect with the natural world, but also with each other, by creating a human bond through the meaningful act of growing, nurturing, sharing, and tasting.

Noel started his hobby seven years ago when he got a beehive as an unexpected gift. He began sharing jars of his honey with local restaurants, whose chefs soon wanted more. When one restaurateur asked what he needed to do to get Noel to supply all his honey, the answer was simple: sponsor a hive. Shortly after, other restaurants eagerly jumped in. Word spread and caught the attention of Miraval’s Sustainability Committee, which invited him to speak about his bees.

“The idea,” says Noel, “was to put a few hives at Miraval. This is an entirely unique place in the desert — it’s lush and beautiful.” Noel brought his hives here and taught a weekend class. Eventually he took the plunge and came on board full-time. “Miraval finally won me over. It’s a natural fit. The way I keep bees is beyond organic. It’s an intensively holistic method of agriculture you can apply to raising anything from sheep to bok choy to bees. I view this place as not just the means to raising an organism; this place is an organism. It is a community of people coming together to heal, to share and — most importantly — to thrive.”

Noel offers classes on all aspects of beekeeping, plus hands-on opportunities to see the hive in action. Additionally, Noel has begun offering honey and wine tastings with an emphasis on sensory and emotional exploration. “My approach is multi-disciplinary because we’re talking about things that appeal to a wide range of people. If you’re into chemistry, culinary arts, botany, biology, visual arts — if you just like to eat, or drink wine, or feel good. There’s something about this that speaks to everyone on some level.”
Deciphering three Energy Work therapies and seeing what they can do for you.

The Life in Balance Spa boasts a top-rated Energy Work department, with experts in their fields delivering the highest quality treatments and services. And yet, many guests are unsure what the process and the benefits of these treatments are.

To better understand how Energy Work can help us, we can take a look at our autonomic nervous system, which is vital for the health and well-being of the human body as it strives to maintain a state of balance. The autonomic nervous system is divided into two separate systems (parasympathetic and sympathetic) that usually function in opposition to one another, creating a balance within.

The sympathetic nervous system is called into action when we are faced with an emergency “fight or flight” situation. It uses energy — blood pressure increases, the heart beats faster, and digestion slows down.

In non-emergencies, the parasympathetic nervous system kicks in to “rest and digest” and conserve energy. This is when blood pressure can decrease, pulse rate can slow, and digestion can start.

In our fast-paced lives, we often throw our autonomic nervous system out of balance. Overstimulation of the sympathetic nervous system can lead to anxiety, hypertension, and digestive disturbances. Overstimulation of the parasympathetic nervous system can result in low blood pressure and fatigue. Thankfully, Energy Work can help us restore that critical balance.

Because there is such a profound connection between mind and body, anything that can put a person in a state of relaxation can be a great benefit. Studies have shown that when a person is deeply relaxed, heart rate and blood pressure decrease, blood flow to the bowels and bladder increases, and breathing becomes rhythmic and slow. This creates an optimal environment for the body’s natural immune resources to take over and promote healing.

Head First: Craniosacral Therapy

Craniosacral therapy (CST) stimulates healing by using the most gentle hand pressure and barely detectable movements to allow for natural corrections to occur in the skeleton and connective tissues, especially the skull and sacrum (the large, triangular bone at the base of the spinal column).

During treatment, clients, fully clothed, lie down face up. The action is subtle, gentle, and slight. Practitioners use their hands to gently free up restrictions in the movement of cranial bones and associated soft tissues and to stimulate the flow of the cerebrospinal fluid, which bathes all the surfaces of the brain and the spinal cord.

CST can support treatment for migraine headaches, chronic pain, chronic fatigue syndrome, post-traumatic stress disorder, trauma of any kind, post-surgical recovery, TMJ, and other ailments. Plus, CST can serve to illuminate a more direct and intimate sense of one’s own well-being, a feeling of being more at peace with oneself. It may also support a natural shift to self-acceptance, a greater capacity for openness, and a sense of being connected to life.

Prepare for a soothing, nurturing experience. It is not unusual to fall into a light sleep or enter a state of deep relaxation. Therapists say, “I’ve found that holding the space for the body and correcting the cerebral and spinal fluid flow helps the nervous system function better,” explains Miraval Massage Therapist Lead Ella Hirsh. “I can feel it almost like magic! Subtlety can be truly therapeutic.”
Don’t Ignore Your Gut: CHI NEI TSANG

We often hold anxiety, repressed memories, or ignored intuitive feelings in our gut. Abdominal massage is one of those things people might shy away from. But before you do, consider this: In Chinese medicine, the abdomen is thought to be one of the strongest energy centers of the body, the central locus of our life force. Abdominal massage can carry this energy force into other parts of the body, as well as serve to heal a range of digestive issues, including IBS, constipation, or Crohn’s disease.

Chi Nei Tsang (translated as “transforming the energy of the internal organs”) is a centuries-old Chinese variety of healing touch therapy. It focuses on deep, gentle abdominal massage in order to “train” the internal abdominal organs to work more efficiently, which in turn is said to improve physical and emotional health. This treatment is based on the belief that unresolved emotional issues are stored in the digestive system and that poor “emotional digestion” is one of the main reasons for ill health. It was first used a thousand years ago by Taoist monks in their monasteries to help detoxify, strengthen, and refine their bodies in order to maintain the energy needed for their spiritual pursuits.

As a Chi Nei Tsang client, you should wear comfortable clothing that can be easily adjusted to reveal your abdominal area. Expect to lie on your back on a massage table. Keep in mind that your abdomen will be exposed from the ribcage to the top of the pelvic area. The treatment begins with gentle touches to the abdomen as the practitioner works to learn how to best help you. You may feel deeply relaxed during the treatment and may even fall asleep.

A Whole-Body Approach: REIKI

Reiki is a Japanese healing technique intuitively discovered and developed in the early 1900s by Japanese monk Mikao Usui. Reiki is based on the idea that an unseen “life force energy” (the combination of the Japanese words rei and ki) flows through us and is what causes us to be alive. Reiki can help people achieve a better sense of life energy fields (in China, known as chi or qi, in Japan as ki, and in India as prana).

If your energy is low, then we are more likely to get sick or feel stress, and if we are high, we are more capable of being happy and healthy. Reiki works to raise this energy and to promote stress reduction, relaxation, health, and well-being.

Reiki is not a massage. There are no strokes or heavy touching. Rather, this is a technique that involves the “laying on of hands.” Reiki works holistically on the whole body, mind, and spirit. It is simply a relaxing treatment in which natural healing vibrations are transmitted through the hands of a Reiki practitioner to the body of the recipient. The purpose of a Reiki treatment is to relieve stress and pain, induce relaxation, release emotional blockages, accelerate natural healing, balance subtle body energies, and support other traditional therapies.

Massage Therapist Lead Lolita Leal has been a Reiki practitioner for 15 years. “I love the moment when a client is taken aback and asks, ‘How did you do that?’” she says. “It’s a victory every time the old paradigm is challenged and someone leaves with a new outlook. That’s when I know I’ve done my job.”

Principles of Reiki

“The secret art of inviting happiness
The spiritual medicine of all diseases
For today only
Do not anger
Do not worry
Be filled with gratitude
Devote yourself to your work
Be kind to people
Every morning and evening, join your hands in prayer
Pray these words to your heart and chant these words with your mouth.”

—Reiki founder, Mikao Usui

IN CHINESE MEDICINE, THE ABDOMEN IS THOUGHT TO BE ONE OF THE STRONGEST ENERGY CENTERS OF THE BODY.
Art & Photography

ACTIVITIES

Artistic Expression Under Glass
Create a unique piece of art with professional contemporary and abstract artist Bonnie Pilk. Utilizing the technique of reverse-painting under glass, you will learn how to unleash your inner artist and create an original, abstract, and truly spectacular piece! 2 Hrs | $75
Periodically offered.

Catch Your Dreams
In Native American tradition, the dream catcher was a healing tool for unpleasant dreams and anxiety. Join Tony Redhouse to create your own dream catcher, and learn the meaning of color and symbolism as you weave the web of your life. Each class begins with a ceremony and Native American music. 2 Hrs | $75
Periodically offered.

Evening Photography Walk
Learn basic digital camera operations so you can use your camera as a creative tool to capture the resort environment in the late-evening light. 2 Hrs | $5

NEW Love Your Selfie
Self portrait photography is an exchange of self with the mind and place an intention on this exercise after a short discussion. The participant will choose the variety of art to paint or draw with. Technique and metaphor will be the center of the art piece rendered. 90 Min | $45

Art Walk
Enjoy the unique and beautiful works of art around the Miraval property on a guided tour with one of our staff. 45 Min

Artful Photography - With your camera phone!
Learn how to create an image with any camera... even a camera phone! Live in the moment and gain skills to take home with you. 90 Min | $35

Art & Photography Signature Experience
This offering is a
48 Tennis
47 Outdoor Adventure
46 Meditation
45 Min | $150
44 Equine
43 Fitness & Pilates
42 Healthy Living
41 Exercise Physiology
40 Culinary
39 Art & Photography
38 Equine
37 Culinary
36 Art & Photography
35 Art & Photography
34 Art & Photography
33 Art & Photography
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Photo in Focus
Get off Auto! Explore the technique possibilities of your DSLR camera in this camera operation class. Note that this is a technical skills class and takes place indoors. 90 Min | $35

PRIVATE SESSIONS

Artful Photography See description in Activities Menu. 50 Min | $150

Capture Your Miraval Journey Work with renowned photographer Marien Kaufer to bring out your confidence and reconnect with your inner beauty. This session includes hairstyling, makeup application, and an 8x10 print of your choice by mail. Additional prints available. 2.5 Hrs | $799 (Additional guests are $250 pp, up to 5 people. Additional 30 min pp.)

Photography Nothing requires living in the moment quite like taking a photograph. Work with Miraval’s professional photographer Nancy J. Schroeder to design and customize a session that meets your personal photography goals. Miraval cameras are available for use. 50 Min | $150 • 100 Min | $220

Prices are subject to change.
THE MOST NUTRIENTS AND HEALTH BENEFITS. (THIS EXPERIENCE IS WHICH ARE HEALTHIEST, AND WHAT INGREDIENTS CAN PROVIDE GUESTS ABOUT THE DIFFERENT TYPES OF JUICES AND SMOOTHIES, through a variety of local honeys and discuss the notes Noel on this journey of the senses as you taste your way senses. Also like wine, each honey has its own terroir that tasting honey is a sensual experience, meaning that to sive dishes with fine flavors. This experience is designed from the daily menu as well as newly formulated exclu-
ting honey, each honey has its own terroir that reflects the environment of the hive it comes from. Join Noel on this journey of the senses as you taste your way through a variety of local honeys and discuss the notes and flavors you experience along the way. 60 Min | $45

NEW In the Spirit of Grapes Biodynamic wines capture a sense of the place they are grown in a uniquely expressive and vibrant way. Learn about the philosophy underlying biodynamic agriculture and its methods. If you try to live mindfully with respect to what you put in your body as well as the effects on our world, this wine tasting will be one you'll remember. 60 Min | $100

Just Try For Me Chef While others dine in the restaurant during regular dinner service, delight in our most intimate dining experience in the Miraval kitchen tasting creations by our talented chefs. Savor samples from the daily menu as well as newly formulated exculsive dishes with five flavors. This experience is designed for 2–12 guests. 2 Hrs | $150

Ready, Set, Cook! Get ready for a culinary challenge. You will be given a surprise basket of ingredients, and with our chef by your side to guide you, you will create a starter or an entree. At the end, you will present your plate for judging and a winner will be selected. (This experience is designed for 2–12 guests.) 2 Hrs | $200


Equine ACTIVITIES

An Unforgettable Canvas Tap into your creative spirit by using the side of a horse (that's right, a horse!) as your canvas. We use a living canvas to remind us to stay present and grounded in our storytelling. Wear sturdy, closed-toe shoes, and bring a hat, sunscreen, and water bottle. Note that this can be a messy experience. 2 Hrs | $75 for an in-depth look at this experience, turn to the features on page 26.

Common Ground: Understanding Barriers to Connection In this activity you will move a horse around the pen without touching or speaking. Identify personal blocks to communication, both physical and emotional, and develop new paths to self-recognition and healthy relationships. 2 Hrs | $45

Group Trail Ride Enjoy a walk-only desert ride that combines a brief instruction with a serene experience meant to balance the body, mind, and spirit. Wear long pants, a hat, closed-toe, sturdy shoes, and sunscreen. You will need to provide your height, weight, and style preference (English or Western) at time of booking. Weight restriction: 225 lbs. 50 Min | $115

Miraval Equine Experience™ Practice living life in the moment as you work with specially selected horses and our expert facilitators. You'll perform equine ground skills, gaining a chance to notice personal patterns that may be holding you back from the life you want to live. 2.5 Hrs | $149

PRIVATE SESSIONS

Arene Lesson Learn for the first time or improve on existing equine skills, including walking, trotting, and cantering. You will need to provide your height, weight, and style preference (English or Western) at time of booking. Weight restriction: 225 lbs. 50 Min | $115

Miraval Equine Experience™ See description in Activities Menu. 100 Min | $230

Private Trail Ride Enjoy a special walk-only desert ride that combines a brief instruction with a serene experience meant to balance the body, mind, and spirit. You will need to provide your height, weight, and style preference (English or Western) at time of booking. Weight restriction: 225 lbs. 100 Min | $115


Exercise Physiology ACTIVITIES

Loss is More: Intelligent Exercise for Graceful Aging The human body is adaptable at any age should you decide to make a change. In this exploration of aging versus detaining, Andrew Wolf lays out action steps that can help fit exercise into a busy schedule for healthy aging. Making Weight Loss a Reality In this informative and fun lecture, Andrew Wolf cuts through some of the popular weightless myths. The role of resting metabolic rate, weight training, and the importance of cardiovascular exercises are all addressed so you can start spending your time and energy on what will work for you. NEW Smart Muscle Classically we think of our mus- cles as simply flexing so we can move. Recent science shows muscles produce chemicals when we use them and these chemicals can affect other organ systems, fat cells, and the muscles themselves. Explore the various ways that movement of a muscle can alter the inner working of your entire body in ways never before imagined.

PRIVATE SESSIONS

Optimal Fitness Diagnostic Work with an exercise physiologist to get a detailed picture of your current fitness, including aerobic ability, blood pressure, and accurate percentage of body fat. Exit this session with an exercise plan that honors where you are, while chart- ing a path to future health and fitness. This is a service for all abilities, from just starting to the veteran fitness enthusiast. 50 Min | $150

Heart Rate Diagnostic An exercise physiologist will perform a cardiovascular test on the equipment you choose and determine where your heart rates should be for maximal efficiency. You'll also come away with per- sonalized recommended cardio workouts for maximal results. 50 Min | $150

NEW Smart Muscle: The Prescription Physicians have always dreamed of being able to look into the muscle and past the complications of standard lab testing in order to give exercise prescriptions that have laser ac-
curacy for every client. That time has arrived with a new wave of wearable technology that utilizes a compression sleeve on your calf, LED emitters, and a smart phone to accurately measure the stress levels in the muscle. With easy access to data that was previously only dreamed of, our Miraval physiologists can give accurate and personalized exercise prescriptions that can be replicated at home with this amazing new technology. Follow-up phone sessions are available to review progress using the data you gather from home workouts. Adjust with ease and direction from our physiotherapy team. 60 Min | $185


Miraval’s first-ever educational smoothie class teaches guests about the different types of juices and smoothies, which are healthiest, and what ingredients can provide the most nutrients and health benefits. (This experience is designed for a maximum of 12 guests.) 45 Min | $45

Smart Muscle: The Prescription with Andrew Wolf

Fresh Start Smoothie Workshop MIRAVAL’S FIRST-EVER EDUCATIONAL SMOOTHIE CLASS TEACHES

Group Trail Ride Enjoy a walk-only desert ride that combines a brief instruction with a serene experience meant to balance the body, mind, and spirit. Wear long pants, a hat, closed-toe, sturdy shoes, and sunscreen. You will need to provide your height, weight, and style preference (English or Western) at time of booking. Weight restriction: 225 lbs. 100 Min | $115

It’s Not About the Horse Join Wyatt Webb as you participate in a journey that will take you inside yourself. The horse provides a mirrored image of your own world so that you may identify patterns of learned behavior that either enhance or detract from the quality of life that you experience from one moment to the next. We generally discover that two culprits stand between merely surviving life versus experiencing the “joy of living.” You were not born with these two statements known as liar and self-doubt. Acclaimed equine facilitator Wyatt Webb will guide your participation in this group and you will leave truly knowing it is not about the horse… it’s about you. Wear hats, closed-toe, sturdy shoes, and sunscreen. Remember your Miraval water bottle! 3.5 Hrs | $150

Arenas Lesson: The Prescription with Andrew Wolf

Smart Muscle: The Prescription with Andrew Wolf

MIRAVAL’S FIRST-EVER EDUCATIONAL SMOOTHIE CLASS TEACHES

Guests about the different types of juices and smoothies, which are healthiest, and what ingredients can provide the most nutrients and health benefits. (This experience is designed for a maximum of 12 guests.) 45 Min | $45

Honey: A Sensual Journey Noell Patterson, Miraval’s resident beekeeper, believes that, like wine, testing honey is a sensual experience, meaning that to fully taste the honey, you must use all five of the body’s senses. Also like wine, each honey has its own terroir that reflects the environment of the hive it comes from. Join Noel on this journey of the senses as you taste your way through a variety of local honeys and discuss the notes and flavors you experience along the way. 60 Min | $45

NEW In the Spirit of Grapes Biodynamic wines capture a sense of the place they are grown in a uniquely expressive and vibrant way. Learn about the philosophy underlying biodynamic agriculture and its methods. If you try to live mindfully with respect to what you put in your body as well as the effects on our world, this wine tasting will be one you’ll remember. 60 Min | $100

Just Try For Me Chef While others dine in the restaurant during regular dinner service, delight in our most intimate dining experience in the Miraval kitchen tasting creations by our talented chefs. Savor samples from the daily menu as well as newly formulated exclusive dishes with five flavors. This experience is designed for 2–12 guests. 2 Hrs | $150

Ready, Set, Cook! Get ready for a culinary challenge. You will be given a surprise basket of ingredients, and with our chef by your side to guide you, you will create a starter or an entree. At the end, you will present your plate for judging and a winner will be selected. (This experience is designed for 2–12 guests.) 2 Hrs | $200

for the adventurous foodie as we are not able to accom-
modate food allergies. Wine is served. This experience is designed for 3–4 guests. 2 Hrs | $150

Prices are subject to change.
2 minutes of cardio, than 1 minute of abs.

Cardio Dance Fusion This high-energy cardio class fuses styles such as Latin, line dance, zumba, jive, and the 80’s.

Cardio Drumming Join us for this high-energy cardio workout that combines traditional aerobic movements with the powerful beat and rhythm of the drums. Circuit Blast A fun and energizing workout focusing on strength, cardio, and core. This class is held in the weight room, allowing you the opportunity to experience our cardio and strength equipment.

DoVinci Body Boards A full-body resistance band workout based on the HIIT format. The boards allow for a variety of movements engaging often-overlooked muscle groups. The opposing tension creates an unbeatable core focus. All fitness levels welcome. 45 Min | $45 SE NEW DoVinci Body Bands: Level 2 Take this very popular full-body resistance band workout to a whole new level! Utilizing a weighted body band, BOL, and/or medicine balls. We suggest you first attend DoVinci Body Bands: Level 1 before level 2 if you aren’t sure about participating in this advanced class. 45 Min | $45 SE

Extreme Core Blast Miraval is once again on the cutting edge of wellness with the introduction of this all-new total-body fitness experience. Using your body weight and a small rolling platform, you will build strength and become reacquainted with muscles that have been lying dormant. 45 Min | $45 SE

Fitness Walk Enjoy a 2-mile morning walk in the desert.

NEW Gentle Waves Gentle, flowing movements in the water increase flexibility and mobility throughout your body. Think of this as a Stretch & Relax class in the pool. Beginning in June.

Happy Hips Ease back pain, improve your gait, and increase the circulation in your legs. Utilizing a small ball, Pilates, and a variety of hip stretches, you will walk away from this class with “happy hips”!

I-Chi Flow Enjoy the meditative quality of Tai Chi in the new level! Utilizing flowing movements, synchronized breath, simulated balance system, and improved flexibility and posture.

Mindful Energy Movement A gentle combination of movement patterns fuse breath, energy, balance, and strength, bringing together mind, body, and spirit. This is a standing class, ideally barefoot!

Morning Stretch Start your day with a head-to-toe stretch class designed to prepare you for a full day of Miraval activities.

On the Ball Utilize large stability balls to improve your strength, balance, and core.

Pilates Mat Work Engage every muscle in the body as you perform the 12 basic pilates exercises. This class develops core strength and lengthens the spine for muscle definition and better posture.

Pilates with Props (Joseph Pilates believed you are only as old as your spine is both strong and flexible. Challenge your whole body with a focus on spinal flexion, extension, and rotation utilizing the BOSU, stretch straps, and/or Stro-Ma Fusion balls. Ideal for beginners and advanced levels.

Power, Punch, Plie Wearing weighted gloves, enjoy this combo of cardio boxing and stylized toning exercises based on ballet techniques. Periodically offered.

NEW Ride & Release This is a slightly longer class which will allow for a full 40-minute indoor Cycling workout followed by a 20-minute Myos Fasica Release using full foam roller.

NEW Rip Tide We will alternate high-intensity cardio with slow, deep, and powerful strength exercises utilizing resistance tubing, hand weights, and aqua noodles. Beginning in June.

NEW Turbulent Waters Using more than just your bodyweight, viscosity, and the drag of water, we will create a cardio and toning challenge for all levels. Pushing and pulling against the resistance of the water delivers a 12-15% increased intensity compared to working out on land. Beginning in June.

Tread & Shed Enjoy a combination of light cardio and strength training on this exercise walk around Miraval’s property.

Triple Threat – Advanced Level A fun, advanced level class with lunging, squatting, and Plyometrics using stability balls, BOSU balls, and medicine balls.

TRX Endurance Circuit – Advanced Level Utilizing the TRX Suspension Trainer, this class emphasizes muscular endurance and aerobic conditioning, plus 2 minute explosive cardiovascular intervals between sets.

Yogilates Build a strong, long, and lean body and add grace and balance through fusion of yoga and Pilates.

Zen Boot Camp – Advanced Level Experience the challenge of a high-intensity Circuit class (the Boot Camp) outdoors in the beautiful, natural landscape around Miraval (the Zen). This class incorporates low (jumping jacks) and high (wind sprints) intensity exercises using the great outdoors as our “gym.”

PRIVATE SESSIONS

Pilates Apparatus Meet with our Pilates instructor to take your practice to the next level. Get the benefits of working with various Pilates apparatus (Reformer, Cadillac, Combo Chair, Spine Corrector, and Ped-o-pul) in a private setting. Appropriate for beginners.

Pilates for Cancer Rehab Appropriate for all stages of treatment and recovery, this session will address prevention and management of lymphedema, correction of postural deviations, and range of motion.

Pilates Mat Work See description in Activities Menu.

PILES FOR SPORT

With a Pilates for Sport session you will receive a personalized copy of the exercises to be performed at home.

Pilates for Equestrians A strong core and increased flexibility allows you to better hold your jumping form, avoid collapsing or bouncing in the saddle, and better absorb your horse’s movement.

Pilates for Golf Learn a series of Pilates exercises to strengthen your core, improve hip rotation, increase the range of motion in your shoulders, and create more stability in your back.

Pilates for Runners Pilates exercises will create a stronger, more flexible spine core along with a more efficient movement pattern resulting in less chance of injury.

Pilates for Swimming Work “with” the water and not “against” it as you activate your inner support system to achieve maximum balance and alignment. Note: This session does not take place in the pool. Please wear workout gear.

All Pilates sessions: 50 Min | $115

NEW Rip Tide
WE WILL ALTERNATE HIGH-INTENSITY CARDIO WITH SLOW, DEEP, AND POWERFUL STRENGTH EXERCISES USING RESISTANCE TUBING, HAND WEIGHTS, AND AQUA NOODLES. BEGINNING IN JUNE.
TRX Suspension Training This private session will teach you how to utilize your TRX in this lecture. Tejpal will guide you through a group session and offer equipment. Great for beginners 50 Min $115

Healthy Living

ACTIVITIES

NEW Ageless Beauty Join our lead aesthetician Kimberly Koldert to learn some tips on how to stay young and prevent early aging. In this lecture, Kim will identify skin care and share information on new skin-renewal products.

All the Buzz Noel Patterson, Miraval’s resident beekeeper will give you a tour through a honey bee experience and share his love of beekeeping with you. You’ll don a beekeeper suit, complete with gloves and gators, and join Noel at Miraval’s beehives for the truly unique opportunity to view these insects up close and personal and learn more about how they survive in today’s world. 2 Hrs $150 For an in-depth look at this experience, turn to the featured page on page 30.

Ancient Tools for Living in Balance Make a beautiful water drum to take home and learn about ancient Native American spirituality and practical applications for everyday work and family life. Periodically offered

Bees: What’s in Your Honey? Join Noel Patterson, Miraval’s resident beekeeper, to discuss everything buzzworthy about bee! Why are they in the news so often? What’s the buzz about honey, and what can we do about it? Learn about why bee matter and why it is important to remain optimistic and support those who are keeping their bees responsibly. Topics will vary each week, but the passion for discussion will always “bee” present.

All about the Heart: Discover Ancient Ways of Healing Join Pam Lancaster and Tim Frank to play and be awakened to the ancient art of sound and vibrations. Learn to make and play ancient tuning forks, gongs, and mantras will be used to calm the mind, center the heart, and reconnect the body.

Ceremonies for the Soul: Tap into your soul wisdom and reimagine the highest expression of your spirit; reawakening you to the life you came here to live, the wisdom you carry to embody, and the creativity and love you come to share here.

Chrysalis of Sound Relax deeply during this ceremony’s journey into the heart and discover the serenity of your soul. Feel the stress of your body melt away, your mind become still, and your essence arrive at a deeper state of tranquility. Pam Lancaster and Dr. Tim Frank co-facilitate a group vision quest utilizing personal intentions, gentle sounds of nature, and the healing energy of harmonious Tibetan singing bowls while each participant lays lightly cocooned on warmed mats infused with amethyst and tourmaline. Periodically offered

Create & Rejuvenate with Clay This workshop will gently guide you from the “head” to the “heart” of your creative spirit using clay, relaxation, and the practice of non-judgment. 90 Min $55

Discover Your Soul Mission Explore the four elements of the soul to ground your life in both purpose and passion. This lecture in this lecture, Tejpal will guide you through a group session and offer intuitive feedback to some. Meet Tejpal on page 22.

Drumming Channel your “primitive spirit” using a variety of hand-held drums in this easy-going class.

Himalayan Sound Bath: Group Healing Session Join Master Healer Pam Lancaster and Tim Frank in this groundbreaking sound therapy session. Increase mental clarity, relieve stress, and decrease anxiety as you fully relax in the warm water of our therapeutic pool and surrender to the healing vibrations. 45 Min $115 Seasonally offered

Introduction to Ayurveda: Create Balance for Your Unique Mind-Body Constitution Type According to Ayurveda, humans are composed of three mind-body principles known as Doshas. Join Dr. Mark Pirtle to explore this centuries-old concept and what it means for you. 1 Hr 45 Min $157

Intuitive Living: Discover three principles that will change your life! What if you could use your intuitive self on a daily basis, you create a life that is more meaningful and respectful of your true self.

Lively Living: NEW Kiva Conversations Join artist Neelie McNicoll for some authentic connection. This is meant to be a playful, open dialogue about the Kiva. The dialogue will be safely moderated in a way that openness and interaction is encouraged, but not required. Space is for everyone.

Life is Simple: Who Complicates It? Join Wynn Webb, creator of the Miraval Equine Experience®, to examine how people create life circumstances that are hindrances to experiencing the joy of life. 1 Hr 45 Min $115

Master Your Mind to Heal Your Body Join Brent Snowdon to explore the concept of Holographic Memory Resolution, which heals the body by releasing stored memories. Periodically offered

Mastering Your Makeup Revel your natural beauty with makeup artist Bonnie Johnson. Bonnie will talk brows, eyes, highlights, and lips to help guide your look and self-worth. 2 Hrs $150

Master Your Makeup Create a healing session where you receive insights and healing shared by your spiritual guide. By healing memories, you may prevent you from creating a vibrant life. You will receive insights and healing shared by your spiritual guide. You will receive insights

Mindfulness Meditation: Discover Ancient Chakra Balancing Tibetan Chakra Balancing Master practitioner Pam Lancaster surrounds you with healing sounds and vibrations of Tibetan bowls and the cleansing power of prana. Learn to live with a deeper wisdom and reconnect with your true nature. 50 Min $215

Miraval’s resident beekeeper, to discuss everything buzzworthy about bees! Why are they in the news so often? What’s the buzz about honey, and what can we do about it? Learn about why bees matter and why it is important to remain optimistic and support those who are keeping their bees responsibly. Topics will vary each week, but the passion for discussion will always “bee” present.

The Chrysalis of Sound is a guided meditation with

Chrysalis of Sound: A Creative Spirit Using clay, relaxation, and the practice of non-judgment. 90 Min $55.

Soul Guidance This session focuses on specific situations in your life where you want more insights to release old blocks and open space or create more joy. Tejpal uses his intuitive skills, coaching skills, energy healing skills, and spiritual knowledge to help create the shifts you are looking for. 50 Min $275 Meet Tejpal on page 22.

Soul Journey Through music and channeling, you will explore some of your inner landscapes and past lives that may prevent you from creating a vibrant life. You will receive insights and healing shared by your spiritual guide that will support you to fulfill your soul longings.

Spirit Essence Ceremony Create a flower essence mist that is uniquely yours and allow Spiritual Guide Tejpal to work with you to co-create healing essences that are uniquely yours. 80 Min $265

Tibetan Chakra Balancing Master practitioner Pam Lancaster surrounds you with healing sounds and vibrations of Tibetan bowls and the cleansing power of prana. Learn to live with a deeper wisdom and reconnect with your true nature. 50 Min $215

True Nature Take time to pause and cultivate a more Healthy Living

Activity Menu

36 Art & Photography
37 Culinary
38 Equine
39 Exercise Physiology
40 Fitness & Pilates
42 Healthy Living
44 Integrative Wellness
45 Meditation
47 Nutrition
47 Outdoor Adventure & Challenge
48 Tennis
49 Yoga

SE The Giving is a Signature Experience

Prices are subject to change.

more Fitness & Pilates

more Healthy Living
Offerings

**ACTIVITIES**

**New The Gift of Gratitude**

**Gratitude Brings Many Benefits to Our Health and Wellbeing**

**Talk About the Benefits of Gratitude in Our Personal Health and Relationships and Present Ways in Which We Can Easily and Meaningfully Bring Gratitude Awareness and Practice into Our Daily Lives.**

**NEW The Gift of Gratitude**

Gratitude brings many benefits to our overall health and well-being. Lisa Frank, Wellness Counselor, will talk about the benefits of gratitude in our personal health and relationships and present ways in which we can easily and meaningfully bring gratitude awareness and practice into our daily lives.

**Let’s Talk About Sex at Midlife and Beyond**

For Women Only

Join Sheryl Brooks, RN, for an open conversation about the emotional and spiritual journey many women are surprised to find themselves facing in midlife. (Note: We will not be discussing the physical symptoms related to menopause in this class.) Please schedule a private session or attend “Menopause: What You Need to Know” workshop.)

The ABCs of Emotional Intelligence

Discover the power of Emotional Intelligence (EQ) to help you be more resilient and productive, manage stress effectively, improve your interactions with others, and achieve your goals. This class will discuss practical approaches to letting go and moving through transition to facilitate healthy living and reduced suffering.

**Living a True Life in Balance**

When life feels out of balance or out of control, we need to take a realistic look at who and what are controlling our daily choices and priorities. Join Anne Parkers, MA, for a unique look at what balance really feels like as we go through our days and deal with the demands of family life, work life, technology, personal values, and self-care.

**Menopause: What You Need to Know**

Sheryl Brooks, RN, shares the facts and myths of menopause, including the risks and benefits of hormone replacement therapy, alternative/complementary remedies, and lifestyle modifications to help you feel in control, comfortable, and healthy during your midlife transition.

**Mindful Relationships**

Learn how mindfulness can bring richness to how we relate to the people we love as well as the fundamental characteristics that keep our relationships vital, supportive, and productive.

**Parenting**

In this workshop, Lisa Frank blends lecture, discussion, and experiential mindfulness-based exercises to help navigate the challenging, yet transformative world of parenting. Learn ways to become more accepting, compassionate, and present with your children and yourself. Topics and tools will include compassionate communication techniques, mindful discipline, self-awareness, and family cohesion strategies.

**Positivity**

90 Min|$215 •

Tapping into the power of positivity is one of the most accessible ways we have to quickly improve our overall well-being. Join Rebecca Wilkinson, MA, to learn the nine most important strategies that research tells us will maximize positive emotion and experience. Periodically offered.

**Sharing the Journey: Our Midlife Transition**

For Women Only

Join Sheryl Brooks, RN, for an open conversation about the emotional and spiritual journey many women are surprised to find themselves facing in midlife. (Note: We will not be discussing the physical symptoms related to menopause in this class.) Please schedule a private session or attend “Menopause: What You Need to Know” workshop.)

**The Illuminated Path Art Therapist Rebecca Wilkinson helps you utilize the power of the art process to access your innermost thoughts and guide you toward a path authentically aligned with your highest aspirations. No artistic experience or skill is necessary. 50 Min|$215 •

**Duet**

50 Min|$165 pp

**Let’s Talk About Sex at Midlife and Beyond (For Women Only)**

Share a private and comfortable conversation with Sheryl Brooks, RN, about your concerns regarding changing sexuality and intimacy in midlife. You’ll leave the conversation with tips and information to keep it going and maybe even make it better than ever! 50 Min|$150 •

**Duet**

50 Min|$165 pp

**Living in Balance Consult**

Explore how to cultivate heightened awareness and health on the midlife’s demands, giving you a fresh perspective on what Living in Balance looks and feels like for you. You may focus on any personal growth or healing issues at this time. You will gain insights, tools, and action steps for positive change. 50 Min|$150 •

**Duet**

50 Min|$165 pp

**Menopause & Midlife Duet**

This session with Sheryl Brooks, RN, is your opportunity to ask questions and get advice as to how to live a healthy and fulfilling middle transition. 50 Min|$150 •

**Duet**

80 Min Duet |$175 pp

**Mind Body Wisdom**

Lisa Frank, M.Ed., offers a holistic approach to help you identify, shift, and begin the process of letting go of behaviors and beliefs that are no longer serving you. The “whole self” will be addressed by identifying links between physical sensations, emotions, and belief systems. Clear blocked energy, increase self-awareness, and develop reasons that cultivate a friendlier relationship towards one’s “whole self.” 50 Min|$215

**Menopause Parenting Lisa Frank, M.Ed., will help you support a transformative world view and life coaching for your child. Let’s talk about more accepting, compassionate, and present with your children and yourself.**

**Mindful Parenting**

Sheryl Brooks, RN, will talk about the benefits of gratitude and the importance of gratitude-based exercises to help navigate the challenging, yet transformative world of parenting. Learn ways to become more accepting, compassionate, and present with your children and yourself. Topics and tools will include compassionate communication techniques, mindful discipline, self-awareness, and family cohesion strategies.

**Mindfulness at Miraval**

**PracticeFully Living Life Through Surprisingly Simple Tools Designed to Keep You Engaged in the Present Moment.**

**Tapping into the power of positivity is one of the most accessible ways we have to quickly improve our overall well-being. Join Rebecca Wilkinson, MA, to learn the nine most important strategies that research tells us will maximize positive emotion and experience.**

**Periodically offered.**
Meditation

ACTIVITIES

Breathwork Deeply connect with yourself, your body, and your breath. This class will offer you effective tools to calm your mind and utilize your breath to benefit your health and wellbeing.

Chakra Meditation Connect to your seven energy centers through this guided meditation. Explore the meaning of the Chakras and how each relates to different aspects of yourself.

Floating Meditation Experience the calming benefits of induced meditation while you are gently rocked to the soothing vibrations of crystal bowls. Release your mind’s stress, tension, or worry while you “float” weightlessly in a silk hammock. May cause motion sickness.

Gratitude Meditation An active form of meditation that cultivates contentment by engaging the mind in appreciative thoughts.

Healing Visualizations Meditation This is an active form of meditation that engages the mind and harnesses the power of positive imagery to bring about states of well-being that create a pathway for mind-body healing to occur.

Labyrinth Journey The labyrinth (sometimes called the Path of Silence) is a tool of walking meditation that provides a safe, serene environment to focus inward.

Loving Kindness Meditation Learn a 2,500-year-old practice that uses repeated phrases to cultivate a state of friendliness towards yourself and others.

Mindful Stress Mastery Learn how to change your relationship with stress and break through into a new way of living. Take home tools to begin an openhearted relationship with yourself, your life, and the world around you.

Mindfulness at Miraval Practice fully living your life through surprisingly simple tools designed to keep you engaged in the present moment.

Morning Meditation Profoundly impact the rest of your day by starting your morning in the serenity of sitting meditation.

PRIVATE SESSIONS

Breathwork See description in Activities Menu. 50 Min|$115

Custom Meditation Meditation is a powerful tool for stress reduction, concentration, and the development of wisdom. Develop or strengthen your practice. Any meditation experience on the daily schedule may be booked as a private session. 50 Min|$115

Floating Meditation See description in Activities Menu. 50 Min|$150

Mindful Living Learn the formal techniques of Mindfulness Meditation, discuss how these techniques translate to your daily life, and create an action plan for living in the moment with ease, happiness, and energy. 50 Min|$115

Pranayama Mudra Meditation Discover pranayama (yogic practice of breath control), combined with mudras (gestures) usually of the hands, as techniques to facilitate a steady mind focus. 50 Min|$115

Nutrition

ACTIVITIES

6 Tips to Master Your Metabolism Your body has inherent intelligence and a huge capacity for change. Learn key lifestyle tips from our nutritionist to give your body the chance to do what it was built to do.

Anti-Inflammatory Kitchen Inverse yourself in a more anti-inflammatory lifestyle with meal/snack recipes and shopping lists complete with items you can find in your local grocery store. 90 Min|$75

Color Me Healthy: Colorful Foods that Ward Off Age-Related Disease Learn how colors provide clues to foods that can protect your heart, bones, brain, and eyes. Learn what to eat to help ward off diseases often associated with aging.

NEW Healthy Gut, Healthy You The beneficial bacteria in your gut helps with more than just digesting the food you eat. Since the digestive system interacts with every single system, organ, and cell in the body, the health of the bacteria in your gut has direct impact on your immune system, cholesterol, blood sugar, allergies, and even your mood. Join our registered dietitian in this interactive workshop to learn how to optimize your digestive health. Discuss supplements and discover which foods to eat and which to avoid. 90 Min|$75

Mindful Eating Learn to listen and respond intuitively to your body’s food needs in this experiential class. Breakfast/Lunch is included.

Vitamins, Supplements & Your Health Take the confusion out of vitamins, minerals, and herbs in an interactive workshop where you create an individual supplement regimen based on your specific health and wellness goals. 90 Min|$175pp

PRIVATE SESSIONS

Integrative Nutrition Consultation Find out how food plays a role in your energy levels, your quality of sleep, migraine prevention, digestive issues, as well as heart disease, diabetes, and cancer prevention.

Metabolic Rate Analysis & Personalized Nutrition Plan Begin with a Metabolic Rate Analysis to determine how much energy you need every day, then you’ll create a realistic daily plan for achieving the weight you are aiming for. 50 Min|$150

Outdoors Adventure & Challenge

ACTIVITIES

Climb On! Mt. Lemmon Rock Climbing Travel to Mt. Lemmon to work on climbing, bouldering, rappelling, and moving on natural rock at 7,000 feet. This is an all day climbing event appropriate for all skill levels. Lunch and climbing gear will be provided; bring your camera! 24-hour cancellation required. 2 Hrs|$335

Desert Sky Zipline Experience Celebrate the freedom of letting go and stepping toward new beginnings as you soar from a height of 45 feet above the desert floor. 2 Hrs|$150pp

Desert Tightrope Stretch yourself and practice letting go as you navigate a cable 35 feet in the air using only a series of hanging ropes to help maintain your balance. 2 Hrs|$155

Face to Face Explore the balance between self care and support of others as you move in pairs across cables suspended 30 feet off the ground. 2 Hrs|$335

Giant’s Ladder Integrate the importance of trust, balance, and cooperation as you climb a 40-foot ladder. 2.5 Hrs|$335

Mindful Off-Property Hikes Some of the best hiking trails in the country are found within a 30-minute drive from Miraval. Seasonal variety. Hiking boots are recommended, but not essential. 24-hour cancellation required. 5.5 Hrs|$155

Outdoor Adventure & Challenge

Climbing Wall A BEGINNING CLIMBING CLASS THAT INTEGRATES MOVEMENT, BREATHING, BALANCE, AND TRUST. 2 Hrs|$35

Prices are subject to change.

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mironvalresorts.com 47
NEW Happy Hour Yoga
TEACHER’S CHOICE! JOIN US FOR A
GENTLE FUSION CLASS OF VINYASA, YIN, RESTORATIVE, AND/OR OTHER ECLECTIC STYLES YOUR TEACHER IS FEELING INSPIRED TO SHARE THAT DAY!

Yoga
ACTIVITIES

Aerial Yoga Practice, flow, and fly in this exciting new yoga practice that improves overall health and physical agility, lengthens muscles, and releases tension throughout your entire body. [Note: Participants should have some level of balance and stamina.]

NEW Happy Hour Yoga

Out on a Limb

Quantum Leap™ Expand the boundaries of your comfort zone and relearn trust with a leap from a 25-foot pole. 2 Hrs|$55

Quantum Leap III™ Step outside your comfort zone and discover new levity as you leap from the top of a 35-foot pole. 2 Hrs|$55

Swing and a Prayer Face your doubt, insecurity, and fear as you swing from a cable 35 feet above the desert floor. May cause Motion Sickness. 2 Hrs|$55

Sonoran Desert Walking Tour Enjoy a walking tour of the Miraval property while learning about the natural beauty and amazing adaptations that the plants and animals of this place have undergone to survive. 2 Hrs|$55

Trail Run Enjoy a trail run through the beautiful desert landscape. This group trail run is suited for beginners or experienced runners, the group will be managed so we stay together during the activity. Wear sturdy running shoes and comfortable, athletic clothing. 60 Min|$35

Why High Stretch your comfort zone and traverse cables 30 feet up, first on your own and then with a partner. 2 Hrs|$55

Yoga-Hike Enjoy the benefits of hiking in the beautiful foothills behind Miraval, combined with a yoga practice that will open any tight areas in your body. 2.5 Hrs|$55

Prices are subject to change.
Ayurveda

Shamana-Karma This service purifies and boosts immunity and spirits. Start with a blend of coconut, ginger, and rosemary oils that are massaged using traditional Ayurveda techniques. Steaming, hand-wrapped potions with lemongrass and mint, and slow warm and energize the body while releasing tension and toxins. An aromatic wrap follows, finishing with a cleansing herbal powder duster, restoring the vitality of your skin and spirit. 75 Min | $165

Ultimate Ayurvedic Treatment A classic combination of Ayurvedic’s key elements presented in this restorative experience. Begin with Abhyanga, a warm herbal oil massage, to release toxins and increase circulation. Next a calming face and body therapy balances energy. Experience Shirodhara, a soothing stream of herbal oil poured over the forehead that melts tension and calms the nervous system. Finally, you are cocooned in a warm aromatic wrap accompanied by a gentle scalp massage. This treatment is only available indoors. 100 Min | $265

Abhyanga Restore balance with this ancient healing massage. Herb-infused oils are warmed then massaged into the skin using soothing friction strokes. The healing properties of the herbal oils benefit the nervous system, reduce muscle tension, relieve joint pain, and eliminate impurities from the body. 50 Min | $165

Herbal Body Balancing Designed to restore natural harmony, this treatment begins with an Abhyanga massage, gentle pressure that detoxifies the skin and calms the nervous system. Next we apply essential oils to your marmas points, vital points that calm the mind and body. We then close with a warm wrap to promote detoxification and improve circulation. 75 Min | $235

Body Renewal Rituals

Abundance Miraval’s allorganic “farm to treatment table” body ritual begins with a grapefruit kombucha body wash, then an antioxidant-rich Hawaiian noni and lime sugar scrub. Your freshly exfoliated skin is treated to a mineral-rich Spirulina body clay blending sweet almond oil, aloe vera, and vitamin E. The grand finale is a blend of organic avocado oil, green tea, and grapes seed butter application. 75 Min | $225

Body Transformation Treatment This treatment begins with a gentle peel using glycolic and salicylic acids, which eliminate dull or dead cells and reveal the more youthful skin beneath. The next step is customizable with two options — to contour or firm the skin and supporting tissues, leaving it hydrated, nourished, and positively radiant. 50 Min | $150

Beautiful Earth Join us for a global journey of the senses. Start in North Africa with a herbal cleanse and Moroccan Rose Body Wash. Travel through Asia for a vigorous exfoliation of bamboo, ginger grass, and mineral-rich silt. Head across the Pacific to be soothed with a Yucatan Coco-Mole clay wrap and a face and scalp massage. Then and in the rustic Southwest with a shower of woody cedarwood and juniper, followed by a massage of lime-silk oil and cedarwood-sandalwood body butter. 100 Min | $275

Deep Renewal For those who prefer a more vigorous exfoliation and deeper massage, a scrub containing sea salts, oatmeal, lavender, and calendula exfoliates the skin followed by a deep tissue massage, ensuring optimal absorption of this treatment’s antioxidants and anti-aging ingredients. 75 Min | $220

Flourish Organic Scrub This indulgent body scrub begins with an intoxicating blend of sea salts from the coast of Isla Del Rosar and botanically including French lavender, Icelandic moonflower, or Indian jasmine. These custom mixtures exfoliate, stimulate circulation, detoxify, firm, and soften. A refreshing shower is followed by a gentle massage application of organic essential oils. 50 Min | $175

Hydrating Body Peel & Wrap Oolactic and salicylic acid lotion is applied to the skin using a warm mitt, revealing fresh, more supple skin below. Finish with a fullbody massage using a luxurious anti-aging balm rich in antioxidants to nourish the skin. An invigorating scalp and foot massage follows. Note: You may experience sun sensitivity after this treatment. 80 Min | $205

Prices are subject to change.
Ginger Healer

This restorative journey begins with our Therapeutic Deep Tissue Massage. We wrap you in pure ginger rosemary oil, known for its healing effects. While wrapped, you will enjoy a facial, marma-point massage, restoring energy to the skin. Your journey ends with an invigorating ginger salt glaze scrub. 75 Min | $230

Hamman Designed to restore vigor and vitality, the five-step Hamman begins with a fragrant and invigorating exfoliation using coffee, crushed sugar, almonds, and lemon essential oil scrub. Next an enveloping wrap follows the application of Jasmine Rose Rhassoul Clay to draw out impurities while quince and orange blossom is misted over the body. After a refreshing shower, a massage using eucalyptus essential oils combines gentle rocking to sedate the nervous system and calm the mind, and a massage using eucalyptus essential oils combines gentle rocking to sedate the nervous system and calm the mind, and body, leaving you in a sleep-inducing state. 75 Min | $230

Mountain Berry Clay Renewal Ritual Experience the healing power of touch coupled with powerful botanicals in this lush body ritual. A full-body bamboo exfoliation begins the service, followed by a nourishing cocoon of arigote legume, raspberry, soothing white clay, and salt granule oil for your hair and scalp. After a refreshing shower, finish with peach tree milk massage. 100 Min | $275

Nurture In this six-part body renewal ritual, the skin is brushed with warm loofah nets, followed by a powerful exfoliation of bioactive white pastes, enzymes, sea minerals, and rice antioxidant berries. The lymphatic system is then stimulated with the application of a soothing mushroom and phyto-nurturing mask. After showering with an organic purifying cleanser, a deep wrap ensues with a fresh berry oil serum. Then a full-body massage of Arctic berry milk cream will encourage skin regeneration, hydration, and elasticity. 100 Min | $275

Sonoran Body Polish This Miraval exclusive service uses locally sourced natural products to exfoliate and moisturize based on your skin’s needs. Mineral salts and desert herbs exfoliate while customized Body Butters leave the skin with a healthy glow. For those with more sensitive skin, a gentle sugar scrub with subtle fragrance exfoliates and is finished with a seasonally blend- ed butter. 50 Min | $151

Sonoran Mud Wrap Exfoliation begins with the Desert Rain Scrub, followed by an application of detoxifying mineral-rich clay and botanicals. The entire body is lightly wrapped, retaining heat to relax muscles. A blend of desert sage body butter leaves your skin nourished and revitalized. 75 Min | $252

Tranquil Nights This sleep-inducing experience is the perfect treatment after an amazing dinner and can be enjoyed indoors or out. Begin with a pure, unscented salt scrub to gently exfoliate and polish the skin. Next, a massage using eucalyptus essential oils combines gentle rocking to sedate the nervous system and calm the mind and body, leaving you in a sleep-inducing state. 75 Min | $252

Vibrant Morning The perfect treatment to receive before noon! A true journey of the senses. Italian blood orange saffron exfoliate and invigorate, revealing the glowing new skin. After a refreshing shower, a blood orange moisturizer is applied to the skin, leaving your skin radiant. Begin the day feeling energized and invigorated. 50 Min | $150

NEW! Wanderlust Body Ritual A grounding Red Flower wandertastherapy massage with hints of rare barks, white wood, wild grass, and warm earthy resins combined with the freshness of cedargrain and vetiver embrace the whole body. Exfoliate and hydrate with a sea salt scrub rich in skin-soothing essential oils and a wrap. Seal and protect with a nourishing botanical fruit and leaf butter. 75 Min | $252

Eastern Modalities & Energy Therapies

NEW Energy Flow Ritual Combining scientifically advanced formulas with the healing power of touch, the new groundbreaking mind and body Energy Flow Ritual is performed in three stages that inspire balance and wellness; first, a deep pressure point treatment opens up the energy, followed by a customized body and abdominal treatment, and finishes with a transformational body massage. 100 Min | $265

NEW Crystal Energy Healing This profoundly moving and individualized experience unleashes the powers of crystals to release emotions and balance the body’s energy. Your therapist will guide your journey, unique to you. Elements of Reiki healing are incorporated with the use of crystals to balance the Chakras and charge, clear, and cleanse the energy centers in the body. Guided visualization and breathing techniques help to free the flow of energy throughout your body. Wear loose clothing. 50 Min | $165

Qi Journey Balance body, mind, and spirit with a fusion of Naad Bo Ran (Ancient Thai Massage), acupuncture, and CranioSacral Therapy. This massage gently opens the body and joints allowing your muscles to release any tension. The release of tension within the body simultaneously stimulates the Chinese meridian system. Acupuncture needles are then carefully placed to address any physical or emotional imbalances. Qi is performed to release remaining restrictions. Emerge renewed from your mind-body and spirit in a more balanced body. Wear yoga or exercise attire. 100 Min | $320

Jin Shou-Tui Na Meaning “Golden Hands-Tui Na” and based on the T’ien Yang theory of the balance, this service focuses the vigorous, focused strokes of Tui Na massage and the subtle energy work of CranioSacral. Tui Na moves energy and stimulates circulation, releasing physical and energetic restrictions held in muscles and connective tissue. CranioSacral therapy then restores the free flow of cerebrospinal fluid, potentially clearing both newly acquired and chronic restrictions. Wear yoga or exercise attire. 50 Min | $175

Qi Grounding Blending acupuncture and CranioSacral Therapy, Qi regulates the spiritual, emotional, mental, and physical harmony of the body using traditional Chinese medicine as well as energetic therapies to clear acupuncture meridians and physical restrictions. Experience the fundamentals of the life force of Qi, and feel more grounded and centered. Wear yoga or exercise attire. 50 Min | $175

NAGA Inspired by the ancient traditional healing arts of Thailand, NAGA is a form of Naad Boran (Traditional Thai Massage) with a twist. It’s a personalized experience, with four-person setting, allowing you the space to let go of expectations and increase your body-mind connections through massage. Your experienced therapist adapts the use of aerial jills suspended from the ceiling above in order to incorporate deep compression techniques along with acupuncture, range of motion techniques, stretching, and energy balancing. Introducing Eastern concepts about body awareness, receiving massage, and self-care, your therapist takes a holistic approach to your individual treatment. Leave feel- ing uplifted, relaxed, and reacquainted with your body. Wear comfortable workout/yoga clothing. Meet at the Yucca Cabana. 100 Min | $295 | 50 Min | $215

Thailand Relax as your practitioner therapeutically stretches and relaxes your body, opening and relaxing weary muscles. Using pressure point stimulation and targeted stretching, this massage renews the body’s energy flow while reducing tension and stress. Wear yoga or exercise attire. Traditional 100 Min | $275 | Basic 80 Min | $150 | Intro 50 Min | $165

Take Home Thai Discover the lasting benefits and fundamentals of giving and receiving Thai massage. This two-person session incorporates assisted stretching and releasing tension in connective tissue while stimulating blood flow throughout the body. Over 100 Min | $165 pp

Acupuncture An educational and experiential treatment. After a brief interview, our Acupuncturist will gently insert fine needles into the meridian points of your body to stimulate your natural healing abilities. As well as experiencing a treatment, you will leave with a greater understanding of Chinese Medicine. Wear loose clothing. 50 Min | $160

Chi Nei Tsang The 2,000-year-old Taoist Chinese modality works on the digestive system, liver, and spleen using gentle pressure. The therapist works directly on the organs of the digestive system to relieve areas of constriction and energy blockage. Wear yoga or exercise attire. 50 Min | $150 For an in-depth look at this experi- ence, turn to the feature on page 32.

Prices are subject to change.
This therapy focuses on pressure points:
Reflexology
Alleviate tension, reduce pain, and free emotional
Reiki
a sense of well-being. Wear yoga or exercise attire.
CranioSacral Therapy
This customized service
combines Craniosacral, Shiatsu, and Chi Nei Tsang to
address the nervous and digestive systems and balance
the energies of the upper and lower halves of the body.
80 Min | $195

Miravel Grounding: A restorative service that calms
the mind while treating the neglected scalp, hands, and
feet. With essential oils infused with chamomile, basil,
and basilwood to soothe and soften the skin, an added
energizing emulsion will refresh, tone, and invigorate.
50 Min | $165

Massage
Restorative Deep Tissue Massage
Our signature deep-tissue massage takes deep treatments to a new
level. Customize your experience with the choice of a
botanical/essential oil, soothing arnica to treat stretch marks, or an
unconventional option for those sensitive to scents. 80 Min | $240 + $50 Min | $185

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feet. With essential oils infused with chamomile, basil,
and basilwood to soothe and soften the skin, an added
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50 Min | $165

Miravel Relaxation Massage
Begin with a relaxing
Swedish massage with an aromatherapy essential oil de-
signed to calm, revitalize, or stimulate your senses. Your
therapist kneads away stress and improves circulation,
creating an overall feeling of harmony and balance.
100 Min | $250 + 80 Min | $205 + 50 Min | $150

Neck & Shoulder Relief A therapeutic neck
and shoulder massage eases tension in areas where it is often
held. Feel your shoulders release as your muscles are
skillfully kneaded using a nourishing Shea butter blend.
This makes a wonderful addition to any of our other body
treatments, or a short but effective treatment on its own.
20 Min | $70

The Athlete's Massage
This massage is designed to
address sport-specific musculature issues and is custom-
ized for each guest. This massage allows your therapist
to work with you based on your individual needs.
This massage combines internal constant pressure with
targeted stretching to relieve tired muscles and increase
flexibility. Arnica oil assists with increased elasticity of the
muscle and relieves inflammation, encouraging muscle
recovery. 80 Min | $240

Specialty Bodywork
Aquas Zen Stress and strain melt away in the nurturing arms of your Wellness-trained therapist as your body is
moved effortlessly through the warm waters of our spe-
cially designed pool. Water invites complete relaxation to
experience, turn to the feature on page 32.

80 Min | $225 • 75 Min | $255

Specialty Bodywork
Restorative Deep Tissue Massage
Our signature
Deep Tissue Massage with an aromatherapy essential oil de-
signed to calm, revitalize, or stimulate your senses. Your
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Reflexology
Alleviate tension, reduce pain, and free emotional
Reiki
a sense of well-being. Wear yoga or exercise attire.

50 Min | $175

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Offerings

SPA SERVICES

Spa Services

50 Ayurveda
51 Body Renewal Rituals
52 Eastern Modalities & Energy Therapies
53 Massage
54 Outdoor Treatment Experience
55 Specialty Bodywork
56 Skin Care
57 Hair Care
58 Manicure & Pedicure
59 The Spa Suite
60 VIP Experience
61 Beautiful Pairings

Aqua Zen

STRESS AND STRAIN MELT AWAY IN THE NURTURING ARMS OF YOUR WATERS-TRAINED THERAPIST AS YOUR BODY IS MOVED EFFORTLESSLY THROUGH THE WATERS OF OUR SPECIALLY DESIGNED POOL. WATER INVITES COMPLETE RELAXATION TO THE MASSAGE, ALLOWING YOUR BODY TO BE MANIPULATED AND STRETCHED WITH GREATER FREEDOM THAN TRADITIONAL MASSAGE. SUITABLE FOR NON-SWIMMERS. WEAR A SWIMSUIT. 50 Min | $170

Men’s Restorative Facial

THIS DEEP CLEANSING AND EXFOLIATING FACIAL IS GEARED TO THE UNIQUE NEEDS OF MEN’S SKIN, USING BOTANICALLY BASED TOOLS AND PRODUCTS DEVELOPED SPECIFICALLY FOR HIM. FOR BEST RESULTS, PLEASE REFRAIN FROM SHAVING 5 HOURS PRIOR TO THIS TREATMENT. 50 Min | $150

Samadhi Healing Ceremony

A Miraval exclusive. A blend of relaxation-inducing methods designed by Dr. Tim Frank brings deep peace to your body and state of mind. Dr. Frank combines Native American Shamanic drumming and meditative chants with acupuncture, Reiki, and reflexology in this transformational healing ceremony. This is a specialty service with limited availability. 50 Min | $275

Spirit Flight

This transformational healing ceremony with Dr. Tim Frank combines a holistic therapy massage with the healing practices of Spiritual Shamanism and drumming, plus acupuncture, CranioSacral Therapy, and spinal alignment to renew your energy and balance. This is a specialty service with limited availability. 110 Min | $425

Skin Care

Super Restorative Facial This replenishing facial

is powered by exclusive, organic Harungana lakal — a sustainably harvested botanical that independent clinical studies have proven to be more effective and less irritating than Retinol. After just one treatment, skin’s density and radiance are visibly restored and deep wrinkles are noticeably diminished. There are three additional components to this relaxing and highly effective treatment that make it so much more than just another facial. A Neck and Decolleté Treatment delivers intensive replenishment to skin weakened by hormonal changes that are closely linked to the aging process. A Dark Spot Correcting Hand and Transformative Eye Treatment provide nourishment and hydration to reactivate youthful-looking skin. 80 Min | $240

Anti-Aging Facial

Combat the signs of aging. A double cleanse is followed by a double exfoliation using glycolic and salicylic acids to stimulate cell regeneration. An age-defying restorative mask is then applied, leaving the skin youthful, hydrated, and brighterened. 50 Min | $185

EmergInC Organic Facial

Falsify your skin with this active, 100 percent natural, oxygen- and results-oriented facial. The antioxidiant-rich plant and marine extracts and kombucha have been paired to your skin white goji berry, white and green tea, and olive hydrate. Using products that are defined in nature and refined as science, this facial will help to rapidly improve skin tone, texture, and clarity, as well as actively fight free radical damage. 50 Min | $185

Miraval Exclusive Renew & Restore Facial Series Renew and restore your skin’s natural color and youthful vitality with our exclusive corrective facial series. The first treatment includes microdermabrasion, highly regarded as the ultimate protection against aging. Next, experience a custom facial that targets your primary skin care concern with a “boost” of medical-grade ingredients to enhance your results. Guests may experience sun sensitivity and should apply sun block prior to any sun exposure after this treatment. Complete Series of Three 50 Min Facials | $283

Alpha Beta Professional Face Peel Restore radiance to the skin without downtime. This patented peel uses a blend of alpha and beta hydroxy acids to improve skin’s texture and firmness while promoting collagen growth. Guests may experience sun sensitivity and should apply sun block prior to any sun exposure after this treatment. 50 Min | $185

EmergInC Facial

An intensive treatment that brightens and stimulates the skin. We combine vitamin C and fruit acids for a powerful, instantaneous facial that makes your skin glow. 60-minute treatment includes a revitalizing mask and massage. 50 Min | $185

Make-Up Consultation Learn about the artistry of enhancing your natural beauty. Our aesthetician will analyze your coloring to suggest a color palette that flatters your skin and works for your lifestyle. Our natural mineral-based makeup is ideal for any skin type. 50 Min | $130

Men’s Restorative Facial This deep cleansing and exfoliating facial is geared to the unique needs of men’s skin, using botanically based products developed specifically for him. For best results, please refrain from shaving 5 hours prior to this treatment. 50 Min | $150

Men’s EmergInC Facial This men’s facial is a vitamin Confused treatment that delivers rapid results beneficial for all skin types. For great for shaving irritation, this treatment helps brighten, soothe, hydrate, and clarify the skin. For best results, please refrain from shaving 5 hours prior to this service. 50 Min | $165

Miraval Nurture Facial

This certified organic facial is designed to deliver a surge of deep, nourishing hydration. An exfolciating facail massage and intensive eye treatment help to firm the skin, increase circulation, and reduce toxicity. Your skin will look instantly restored, healthy, and radiant. 80 Min | $225

Miraval Customized Facial

Whether you are looking for a beautiful treatment for hydration, sensitive skin, or acne-prone skin, our team of skin-care experts will customize this treatment to deliver the best results. With a wide range of professional products, we will select the perfect combination to soothe and restore your natural glow. 50 Min | $150

Eye and Lip Refresher

This ultimate refresher combines our Eye Treatment with a Lip Revitalizer to complement your Making treatment. Together, they complement the brightening benefits of our skin-renewing facials. 50 Min | $75

Waxing

We offer gentle waxing services for face and body to accommodate the special needs of the most sensitive skin. Our waxes are warm, comfortable, and skin-friendly, gently removing hair while discovering new growth. Time and prices vary

Men’s EmergInC Facial

50 Min | $185

Bong Trim Update your look with a quick trim. 25 Min | $52

Beard/Mustache Trim Skilled grooming for your beard or mustache. 25 Min | $50

Color Enhance your look with an application of permanent or semipermanent hair color. Stop, color, and grow. To complete your look, book an additional shampoo and style for $65. 50 Min | $120

Highlighting

Our hair care specialist will custom-formulate the perfect shade to complement your look. For an added touch of sophistication, book an additional shampoo and style for $65. 80 Min | $195

Men’s Haircut Consult with our specialists for the cut and style that suits you best. 25 Min | $50 + $90 | Long hair 80 Min | $130

Shampoo, Cut and Style Consult with our specialists for the cut and style that suits you best. Short hair 50 Min | $90 | Long hair 80 Min | $130

Shampoo & Style Enjoy the luxury of having your hair shampooed and styled. 50 Min | $65

Extension Shampoo & Style Enjoy the luxury of having your hair shampooed and styled. 80 Min | $110

NEW Well Set Finish your Miraval experience with Well Set: Depart with a polished and coiffed look as great as you feel. 80 Min | $95

NEW Shine Revival Add a glosser to any hair service or perk up your color. Add the sun’s vibrant shine and strip away pollution and chemicals. 30 Min | $120

Manicure & Pedicure

Deborah Lippmann | Nail Salon

One of the most in-demand celebrity and editorial manicurists, Deborah Lippmann is an innovator in the field of nail health. This collaboration brings high-fashion nail lines together with the Miraval touch to create one-of-a-kind nail care rituals offered only at Miraval. These new, decadent services empower a unique nail and skin health assessment that customizes a manicure and pedicure that promotes long-lasting nail health with beauty.

Deborah Lippmann Signature Manicure

A Deborah Lippmann Miraval Creation Our Miraval Manicure sets a new standard for healthy nail care. Following a nail analysis, let your senses escape to the tropics as your hands and arms are smothered with a grapefruit and sea salt scrub, then massaged with a warm blend of vitamin E, pure white jojoba, and coconut

Prices are subject to change.

miravalresorts.com

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NEW Shine Revival

ADD A GLOSSER TO ANY HAIR SERVICE OR PERK UP YOUR COLOR. ADD THE SUN’S VIBRANT SHINE AND STRIP AWAY POLLUTION AND CHEMICALS.

50 Min | $120

more Manicure & Pedicure
**SPA SERVICES**

**Offerings**

- **50. Ayurveda**
- **51. Body Renewal Rituals**
- **52. Eastern Modalities & Energy Therapies**
- **54. Massage**
- **55. Outdoor Treatment Experiences**
- **56. Specialty Bodywork**
- **57. Skin Care**
- **58. Hair Care**
- **59. The Spa Suite VIP Experience**
- **60. Beautiful Pairings**

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**Spa Services**

**50. Ayurveda**

**51. Body Renewal Rituals**

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**SPAS SERVICES**

**(50) Ayurveda**

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**(52) Eastern Modalities & Energy Therapies**

**(54) Massage**

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**(56) Specialty Bodywork**

**(57) Skin Care**

**(58) Hair Care**

**(59) The Spa Suite VIP Experience**

**(60) Beautiful Pairings**

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**Argan Rich Pedicure**

This intensely hydrating treatment utilizes antioxidant argan oil derived from the fruit of a tree found only in Morocco. A hand and arm exfoliation is performed with Maroccanoil’s body buff gel. A hand and arm massage follows with argan oil and shea butter, and the experience is complete with a soothing body oil.

50 Min | $75

**Argy Rose Rich Pedicure**

Discover the nourishing effects of argan oil. Begin with a foot soak and a natural orange peel exfoliator, rich with a nourishing blend of argan, avocado, and grape seed oil. Your feet and legs are massaged with a body balm, then heated oil is drizzled over your legs and massaged into the skin before a hot towel wrap. Finish with a hydrating body oil. 30 Min | $90

**Blood Orange Manicure**

An invigorating manicure experience incorporating a naturally stimulating citrus scent from Red Flower. This invigorating Blood Orange blend of oils and sea salt removes dry skin, stimulates circulation, firms, and softens for a beautiful glow. Scented with botanical and essential oils of orange blossom, grapefruit, lime, and orange rind, this refreshing and energizing experience incorporates exfoliation and a soothing massage.

50 Min | $60

**Blood Orange Pedicure**

An energizing pedicure experience incorporating a naturally invigorating citrus scent derived from Lola D’Rocas by Red Flower. This indigenously pure blend removes dry skin, stimulates circulation, and firms and softens for a beautiful glow. Scented with botanical and essential oils of orange blossom, grapefruit, lime, and orange rind, this refreshing and energizing treatment for the feet includes exfoliation and soothing massage.

50 Min | $90

**French Polish**

French polish is available in addition to any nail service.

$15

**Hot Stone & Honey Manicure**

Combine hot stones with a fresh look for your nails. An exfoliating latte is combined with a smoothing cream to penetrate into the deepest layers of the arms and hands, revealing the most youthful looking skin. To protect your glow and promote new skin cell generation, a firming lemon-thyme mask is applied and enhanced by a revitalizing serum. To ensure complete hydration, a renewing body cream is massaged into your skin.

50 Min | $85

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**Arbutus Rich Pedicure**

Discover the nourishing effects of argan oil. Begin with a foot soak and a natural orange peel exfoliator, rich with a nourishing blend of argan, avocado, and grape seed oil. Your feet and legs are massaged with a body balm, then heated oil is drizzled over your legs and massaged into the skin before a hot towel wrap. Finish with a hydrating body oil.

50 Min | $75

**Arbutus Rich Pedicure**

Discover the nourishing effects of argan oil. Begin with a foot soak and a natural orange peel exfoliator, rich with a nourishing blend of argan, avocado, and grape seed oil. Your feet and legs are massaged with a body balm, then heated oil is drizzled over your legs and massaged into the skin before a hot towel wrap. Finish with a hydrating body oil.

50 Min | $75

**French Polish**

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50 Min | $85

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**Wanderlust Deluxe Hand and Foot Ritual**

Ground and center the spirit with a rush of wellness in this healing manicure and pedicure treatment from Red Flower. Drench the skin in the delicate balance and smoky wood of two teases and gently exfoliate for luminously polished skin.

Manicure 50 Min | $75 + Pedicure 50 Min | $90

**Express Manicure**

A shorter version of our traditional manicure, focusing on nail maintenance, cuticle care, and polish change. Perfect finish to a perfect vacation.

$45

**Express Pedicure**

Warm days require sandal-ready feet. This service addresses nail maintenance, cuticle care, light buffing of the foot, and polish change.

50 Min | $55

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**Prices are subject to change.**

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**The Spa Suite VIP Experience**

For our guests who want a more private space, we offer the Spa Suite VIP Experience, a sanctuary of serenity and seclusion. Enjoy your chosen massage or treatment with your partner, a friend, or small group in this lush space, specially designed for two or more guests who want to connect with their companions and experience the Life in Balance Spa’s offerings in a more intimate setting.

Indulge in the private haven of a relaxation room with a fully equipped tanning treatment room, indoor and outdoor dual showers, and a private hot tub for your exclusive use.

You are invited to choose a 20-minute ($65) or 50-minute ($120) relaxation time as a prelude to services. Sit back and sip a refreshing lemonade and snack on fresh orange slices sprinkled with yogurt, honey, and mint. Take it up a notch and plan ahead for a selection of appetizers, beverages, wine, or sparkling wines. Your Reservationist will be happy to forward a menu to make sure your selections are waiting for you when you arrive.

Nearly all of our spa treatments are available in our Spa Suite. Combinations are as limitless as your imagination!
Beautiful Pairings

Indulge in a complete body and facial care experience. A fusion of a body treatment and facial service makes up this ‘Beautiful Pairing’ in unparalleled luxury in our Signature Spa Suite. Beautiful Pairings can also be done as a Duet, the ultimate couple’s treatment. Price listed is per person.

BOUNDLESS BOTANICALS PAIRING
• Mountain Berry Clay Renewal Ritual
• Miraval Customized Facial
The Boundless Botanicals Pairing starts with the Mountain Berry Clay Renewal Ritual (see description on page 52), followed by a 30-minute intermission in our private Spa Suite lounge while your facial experience is prepared. This pairing is completed with a Miraval Customized Facial.
2 Hrs 50 Min | $550

ORGANIC HARVEST PAIRING
• Abundance Body Treatment
• emerginC Organic Facial
The Organic Harvest Pairing starts with the Abundance Body Treatment (see description on page 52), followed by a 30-minute intermission in our private Spa Suite lounge while your facial experience is prepared. This pairing is completed with the emerginC Organic Facial (see description on page 56).
2 Hrs 50 Min | $550

RETURN TO NATURE PAIRING
• Nurture Body Treatment
• Nurture Facial
The Return to Nature Pairing starts with the Nurture Body Treatment (see description on page 52), followed by a 30-minute intermission in our private Spa Suite lounge while your facial experience is prepared. This pairing is completed with the Miraval Nurture Facial (see description on page 52).
2 Hrs 50 Min | $550

Prices are subject to change.
Get Active

ITINERARY PLANNING

All fee-based experiences must be reserved in advance. Contact Guest Services (ext. 4512) to reserve your space while you’re here, or schedule them prior to your arrival by calling 800.232.3969. Spa Services can be scheduled at the Spa or by calling ext. 4510. Spa hours are 9 a.m.–10 p.m.

USING YOUR RESORT CREDIT

If your package includes a nightly resort credit, you may apply it toward your choice of spa services, activities, or private sessions.

CANCELLATION, CHANGE & NO SHOW POLICY

For fee-based experiences, the entire fee will be charged to your bill if you don’t change or cancel within the specified cancellation period. If you are a no show for a reserved spa service, activity, or private session, the entire fee will be charged.

THE WAIT LIST

For classes that are fully committed, visit Guest Services to be added to the wait list. Space often becomes available as the day and time of the class nears. You will be contacted if space becomes available.

TIMING MATTERS

TO THE SPA: Please arrive at least 15 minutes prior to your scheduled service. This allows time to check in at the desk, shower, change into spa attire, and relax before your specialist greets you. Late arrivals will still end at the scheduled time.

TO A CLASS OR ACTIVITY: Please be prompt. Opening instruction and information is critical to the class experience. If you are unable to arrive on time, your space will still be held for 10 minutes. If you arrive late, you will be charged for the full class.

WE ARE SMOKELESS

Miraval is a smoke-free environment. Please refrain from smoking and using e-cigarettes in your room and all public areas. A $375 fee will be assessed to remove smoke odor detected in guest rooms.

SAFEKEEPING

For the security of your valuables, follow these directions for your in-room safe:

TO LOCK: Close safe door, enter four-digit code, press LOCK.

TO UNLOCK: Enter four-digit code. In case of error press clear button and begin again.

Your Space

INTERNET ACCESS

All guest rooms and public spaces offer high-speed wireless capabilities. If you need a wireless card, dial the Resort Operator at 0.

SAFEKEEPING

For the security of your valuables, follow these directions for your in-room safe:

TO LOCK: Close safe door, enter four-digit code, press LOCK.

TO UNLOCK: Enter four-digit code. In case of error press clear button and begin again.

WE ARE SMOKELESS

Miraval is a smoke-free environment. Please refrain from smoking and using e-cigarettes in your room and all public areas. A $375 fee will be assessed to remove smoke odor detected in guest rooms.

VOICE MAIL ACCESS

Touch message button

Enter extension (7 + room number + #)

Enter password (room number + #)

TELEPHONE SERVICES

Pevailing rates apply

EMERGENCY 911

ROOM TO ROOM 7 + room number

LOCAL 9 + number

LONG DISTANCE 9 + 1 + area code + number

CREDIT OR CALLING CARDS

At the tone enter card number. Pevailing rates apply

DOMESTIC 9 + 0 + area code + number

INTERNATIONAL 9 + 0 + 011 + country code + city code + number

DIRECT DIAL CALLS

Pevailing rates apply

DOMESTIC 9 + 1 + area code + number

INTERNATIONAL 9 + 011 + country code + city code + number

OPERATOR ASSISTED CALLS 9 + 0 + area code + number

DIRECTORY ASSISTANCE 9 + 1 + 411

Transportation

COURIER AND CAR SERVICES

A shopping complex with a grocer and a pharmacy is located three miles from the resort. Guest Services can assist you with procurement and/or transportation needs.

HOTEL TRANSFER

Departure vans leave on the hour and you will be scheduled to depart Miraval two hours before your flight time. The afternoon prior to your departure date, you will receive a detailed voicemail with your departure and baggage pickup times. The last compulsory shuttle of the day departs at 2 p.m.

LAUNDRY SERVICES

Wash and fold service is available daily from 8 a.m. to 5 p.m. with same-day service provided. Laundry bags and slips are located in your guest room closet.

HYDRATION

Staying hydrated will help you acclimate to the desert environment. Water stations are located throughout the resort (see the map on page 59 for cooler locations). Please bring your reusable water bottle to all classes and activities.

MEDICAL ASSISTANCE

In case of life-threatening emergencies, please dial 911. For other types of medical assistance, please contact the resort operator by dialing 0 or Guest Services staff. We can arrange for transportation to the urgent care facility or hospital — both located ten minutes from the resort. Over-the-counter items are available for sale in the Raindance Pass Boutique.

SECURITY

Miraval security staff routinely patrol the resort property. Should you have any concerns, please dial the resort operator. All Miraval staff are required to identify themselves by department name prior to entering a guest room. Please activate the deadbolt for maximum security and privacy.

EVICTION PROCEDURES

In the event of an emergency, our staff will provide direction and information. Should an emergency evacuation be necessary, please gather at the main parking facility outside of Raindance Pass Boutique.

HOUSE PHONES

For assistance please lift the phone handset to connect to the resort operator. Phones are located at each village entrance with the exception of the Yucca Village (500 series).

MIRAVAL MODE — CELL PHONE USAGE

Our cell phone-free atmosphere has been established to support you in having the most wonderful experience possible — fully present and engaged with the magic of Miraval and your activities here. Please honor the agreement you signed at check-in and limit your cell phone usage to the courtyard outside Raindance Pass Boutique or the privacy of your guest room.
The Sanctity of Self-Care

By Lauren Eberle

As a licensed psychologist, former adjunct professor, and mother of two spirited daughters, Dr. Sandra Hamilton has devoted a majority of her life to helping others. So when she was given the chance to escape the gray Oregon winter for Miraval’s stunning Sonoran Desert setting, Sandra gladly accepted.

Once here, she quickly fell in love with the resort’s focus on self-care. And in the 11 years since her maiden voyage, the Authentic Circle Member has returned to the resort more than 20 times. “Miraval offers so many opportunities for self-development and recreation that I can create the trip I need,” Sandra explains. “Sometimes I want to learn about health and fitness, other times I aspire to develop a new skill or focus on writing my upcoming book. Many times it is simply to rest, have fun, and meet — and learn from — new people. Sometimes it is all of the above!”

Deep tissue massage and the Flourish organic body scrub — plus classes like cardio-dance, yoga, and meditation — are regular highlights of Sandra’s visits. “The Quiet Room in the Life in Balance Spa is always a ‘must do’ for me, too — the view is so beautiful, and sharing silence with others is comforting and regenerating,” she adds.

Deep tissue massage and the Flourish organic body scrub — plus classes like cardio-dance, yoga, and meditation — are regular highlights of Sandra’s visits. “The Quiet Room in the Life in Balance Spa is always a ‘must do’ for me, too — the view is so beautiful, and sharing silence with others is comforting and regenerating,” she adds.

Her time at Miraval benefits her working relationships with patients as well, Sandra says. Having maintained an independent practice in Oregon for more than 20 years, she strives to help people uncover emotional and mental obstacles, and cultivate resilience and joyful living. Her visits to Tucson “provide the opportunity to safely process difficult experiences that have deepened my empathy and compassion for my patients.”

Most importantly, Sandra says, Miraval has been what she needs when she needs it. “I have deep affection for the Miraval staff as well as a strong connection to the energy of the Miraval property. As I look back, I realize that Miraval has been a school for self-development in many ways. Be it education about health and fitness, challenging myself mentally, or growing into my spirituality, Miraval has offered a balance of activities and practitioners to help me find what I need through every phase of my life.”

Our Inner Circle

There’s a reason why Miraval’s Authentic Circle Loyalty Program is so popular. Exclusive rewards, including complimentary nights and retail offers, are awarded to Miraval Villa owners and guests after four or more qualifying stays. Find details at miravalresorts.com/authentic-circle.

First Time Musts

Sandra’s suggestions for first-time guests:

1. Pace yourself. Signing up for too much will leave you more exhausted than when you arrive. Remind yourself that you will likely find a way to return to Miraval in the future.

2. Take time to consider what you need from your trip — not what your friends or family want, or what you think you should do.

3. Be open to exploring activities you would not ordinarily experience in your daily life. Telling myself to try new activities at Miraval has expanded my skill set and increased my confidence in trying new things in my life at home.

4. Take home the parts of your Miraval experience that have helped you and brought you joy. It may be a new habit, a candle from Raindance Pass Boutique, or the contact information of a new friend. Create realistic goals and commit to following through with them every day for a month. Let it go if it doesn’t work for you.
The Miraval Bedding Collection now available at Raindance Pass Boutique or online at miravalresort.com/shop

Use promotion code COMFORT15 at checkout online and in Raindance Pass Boutique to receive a 15% discount on your bedding purchase. Offer good through July 15, 2016.