



DISCOVER MINDFUL LIVING AT

By Jennifer Schaefer



If the word “spa” brings to mind meager meals, boot-camp-style workouts and enforced crack-of-dawn wake-up calls—albeit in a luxurious setting—it’s as clear as the Arizona sky that you’ve never visited Miraval Resort & Spa, the Southwest’s premier luxury destination. With a host of leisure activities including tennis and golf, gourmet meals and an emphasis on enjoying life, Miraval is considered more a favorite vacation spot than a traditional spa by its legion of devotees—one of whom is Oprah, who included Miraval in her collection of Favorite Things 2004. In the same year, the resort was also voted No. 1 Destination Spa by the readers of *Condé Nast Traveler* and *Travel and Leisure* magazines.

Located 45 miles north of Tucson, in the dramatic setting of the high desert, Miraval's philosophy is to provide the space—physically and spiritually—to reconnect with oneself. Following are a few of the methods Miraval uses to inspire mindful living among its guests.

AMENITIES & ACTIVITIES

Miraval is outfitted with 106 casually elegant casita-style rooms situated in five villages, most with private patios for drinking in the invigorating desert air.

But it's a safe bet you won't be spending much time in your room. That's because all the action happens on the grounds, which are set up for activities to suit every taste—ranging from horseback riding, tennis and volleyball, to rock climbing, hiking and challenging activities such as mountain biking in the foothills of the Sonoran Desert and the Quantum Leap, a 25-foot drop off a wooden pole guaranteed to get your adrenaline pumping. The resort also provides a Bodymindfulness Center with state-of-the-art Nautilus machines, cardio equipment and free weights.

If lounging is more your style, the swimming pool area is the perfect place to soak up the Arizona sunshine, with a tri-level pool, cascading waterfalls, acupressure stone walk and whirlpool. Golf lovers can tee off at the nearby Vistoso Golf Club, which has an 18-hole, par-72 Tom Weiskopf-designed course (for information, visit www.vistosogolf.com).



will inspire you to practice at home.

Guests are encouraged to allow an hour for each of the three gourmet meals served daily to give their taste buds ample opportunity for maximum enjoyment. Not that enjoying the delectable breakfasts, lunches and dinners is usually a problem; the flavorful Southwestern-style dishes are expertly prepared using the freshest local ingredients, organic produce and meat from naturally raised animals whenever possible.

If you crave a little something to nibble on between meals, the Palm Court restaurant and poolside snack bar are open during the day. Since the Miraval experience is all about personal choice, the Brave Bill lounge offers a complete selection of alcoholic beverages starting at 4 p.m.

SPA TREATMENTS

A visit to Miraval may not be your typical spa experience, but the resort still boasts an internationally recognized health spa offering a wide range of services. The centerpiece of the resort, the spa features a secluded Quiet Room, massage and hydrotherapy suites, a full-service salon and luxurious locker rooms with a wet steam room, dry sauna and private whirlpools.

Guests who come in search of pampering have a complete range of massage, facial and Asian body treatments to choose from. Some of the more exotic items on the menu include Ayurvedic treatments, acupuncture, Chi Nei Tsang, Shiatsu, Jin Shin Jyutsu and Trager. Miraval's knowledgeable staff is happy to share the history, nuances and hows and whys of each treatment with clients during their appointment.

SPECIAL PROGRAMS & PROMOTIONS

For guests who desire a more focused spa experience, Miraval offers programs on a variety of special interests.

One popular offering is the Balanced Living program designed for guests who want to explore what constitutes a balanced life. Program participants can choose from a



MIRAVAL RESORT & SPA

At Miraval, exercise isn't limited to the physical, but encompasses mental and spiritual pursuits as well. Offerings include yoga, meditation, self-awareness classes and creative expression such as drumming, sculpting and photography.

CONSCIOUS CUISINE

Think spinach risotto studded with Roquefort cheese and warm apple pie with oatmeal crust doesn't sound like spa fare? Think again. At Miraval, meals are about pleasure, not deprivation. But that doesn't mean the food isn't good for you. Rather, Miraval specializes in Conscious Cuisine, a culinary concept that has caught on with chefs the world over (including the Bellevue Club's executive chef, Paul Marks). Conscious Cuisine is described as "the art of observing and enjoying the flavor, texture, aroma and presentation of a nutritious meal"—a technique Miraval hopes

variety of topics to focus on, including Mindful Weight Management, Life Transitions and Mindful Stress Management/ Total Well-Being. Other programs examine topics ranging from creating happier families to intensive hiking or yoga to inspiring creativity.

Miraval also offers several promotions throughout the year, such as a Mother/Daughter Special. A schedule of upcoming events is available on Miraval's Web site.

For more information about visiting the resort *L.A. Magazine* has described as "A luxurious sleep-away for big kids," call 1-800-825-4000 or visit www.miravalresort.com.

