



Miraval Opens Largest Life In Balance Spa in Lenox

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Hyatt Hotels has opened two properties in the Berkshires—[Miraval Berkshires](#) and the [Wyndhurst Manor & Club](#). The two travel destinations opened right next to one another in Lenox, Massachusetts, and Miraval Berkshires houses the brand's largest Life in Balance Spa.

Miraval Berkshires is the brand's first East Coast location, and the Life in Balance Spa spans 29,000 square feet with 28 treatment rooms, built with Miraval's most beloved signature treatments in mind. Standouts include a dedicated indoor spa pool treatment room for the Miraval signature Vasudhara water treatment; and a new room for Naga Thai—the brand's exclusive massage developed from Thai healing principles—containing special support beams for therapists' yoga silks. The spa also features an indoor/outdoor lounge pool, men's and women's relaxation rooms, salon, sauna, steam room and retail boutique.

In addition to the spa's classic treatments, Miraval Berkshires' menu includes new offerings, like the Manuka Honey Body Renewal Ritual and Abundant Harvest Facial, developed in collaboration with [Naturopathica](#). The spa menu also features locally inspired treatments rooted in the Berkshires' sense of place via the use of indigenous botanicals. Facials such as the Tulsi Rose and the Abundant Harvest include recipes with organic, regional plants that are often grown on the property, allowing guests to rejuvenate through the harvests of the Berkshires.

The spa design was conceived to excite all five senses and encourage mindfulness and introspection. The guest experience begins with the "Path to Wellness," a meditative walk through a greenhouse-like portal designed to transition guests into a more serene state of being.

"We are thrilled with the Miraval brand's expansion to the East Coast with Miraval Berkshires and to welcome Wyndhurst Manor & Club to the Destinations Hotels family," said Susan Santiago, head of lifestyle & Miraval operations. "The programming at Miraval Berkshires encourages guests to create a 'Life in Balance' by focusing on mind, body and spirit. We look forward to welcoming guests on their transformative journey through spa, equine, fitness and nutrition experiences."