

Miraval Opens Largest Life In Balance Spa in Lenox

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Hyatt Hotels Corporation 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 Hyatt Hotels Corp. chose to offer Wyndhurst Manor & Club on the same property as a destination hotel to celebrate the area's rich culture and history.

Miraval Berkshires' Life in Balance Spa is the largest spa in the Miraval portfolio encompassing 29,000 square feet and 28 treatment rooms, built with the Miraval brand's most beloved signature treatments in mind. For example, there is a dedicated indoor spa pool treatment room for the Miraval signature water treatment, Vasudhara, and a new treatment room for Naga Thai, the Miraval brand's exclusive massage developed from time-tested Thai healing principles, contains special support beams for the therapists' yoga silks. The spa also features an indoor/outdoor lounge pool, men's and women's relaxation rooms, salon, sauna, steam room and spa retail boutique.

In addition to these Miraval classic treatments, Miraval Berkshires' spa menu features a new menu of treatments 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 Berkshire's sense of place through the use of indigenous botanicals. Facial treatments such as the Tulsi Rose and the Abundant Harvest feature recipes with organic, regional plants that are often grown on-property, allowing guests to rejuvenate through the harvests of the Berkshires.

Clodagh's design for the spa was conceived to excite all five senses and encourage mindfulness and introspection. Guests' experience begins with a "Path to Wellness," a meditational walk through a greenhouse-like portal designed to encourage mindfulness and 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. "Wyndhurst Manor offers a step back into the Gilded Age and delivers a true-to-place experience for multigenerational families, golfers and those simply wanting to escape. 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."