

# JOURNEYS *with* INTENTION



spa  
experience

	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	Arrival	Breakfast	Breakfast	Morning Yoga
	Smoothies at <b>The Roost</b>	Quiet time in your room	<b>Ice Glen Hike</b>	Breakfast
	<b>Tension Release Exercise (TRE)</b>	<b>Colors of Life Energy</b>	<b>Serene Scalp Treatment</b>	<b>Shampoo, Cut, and Style</b>
MID-DAY	Lunch	<b>Lunch</b>	Lunch	<b>Lunch</b>
	<b>Jacuzzi time</b>	Pool Time	<b>Balancing Meridians: Acupuncture &amp; Acupressure</b>	<b>Rejuvenating Back Facial</b>
	<b>Deborah Lippmann Manicure + Pedicure</b>	<b>Manuka Honey Quench</b>	<b>Read in The Roost</b>	<b>Smoothies at The Roost</b>
EVENING	Dinner	Outdoor Adventure	<b>Dinner</b>	<b>Mindful Property Stroll</b>
	Drinks in lounge	Labyrinth quiet time	<b>Niramaya Facial</b>	Quiet time in your room
	<b>Sweet Slumber</b>	Dinner	<b>Quiet time in your room</b>	Departure

**MINDFUL TIPS**  
When scheduling spa services, it's always a great idea to separate your body work and energy work. This allows the body to let the healing properties of that service to sink in.

*This is a suggested itinerary of how to plan your Miraval stay. All activities and spa services are subject to availability and may be periodically offered. Please refer to the daily schedule and connect with a Miraval Experience Planner to schedule your experiences. We highly recommend booking your activities 4-6 weeks in advance of your arrival date.*