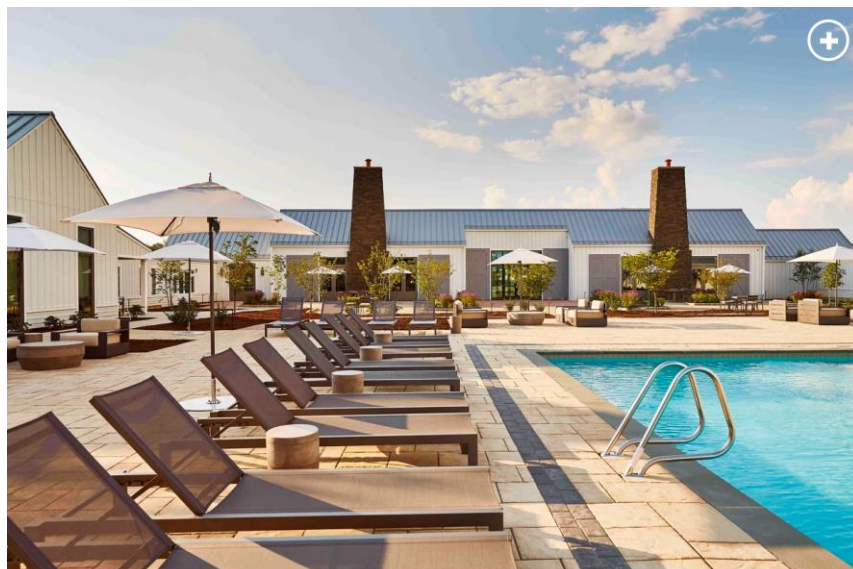


Legendary Miraval luxury resort and spa arrives in the Berkshires

By Laurie Kahle



Miraval Berkshires has the antidote to your quarantine woes, including its outdoor pool.

Courtesy of Miraval Berkshires

After the past year, even the toughest among us can use a little health and wellness check-in and, more importantly, a self-indulgent escape.

Miraval Berkshires Resort & Spa the newest outpost of the legendary Tucson, Arizona, flagship spa, opened last summer in the historic town of Lenox, Massachusetts, about a three-hour drive from Midtown.

With 100 contemporary rooms and suites on 380 pastoral acres (shared with Wyndhurst Manor & Club and its 18-hole golf course), the sprawling new spa resort has plenty of space for social distancing and exploring the limits of your comfort zone.

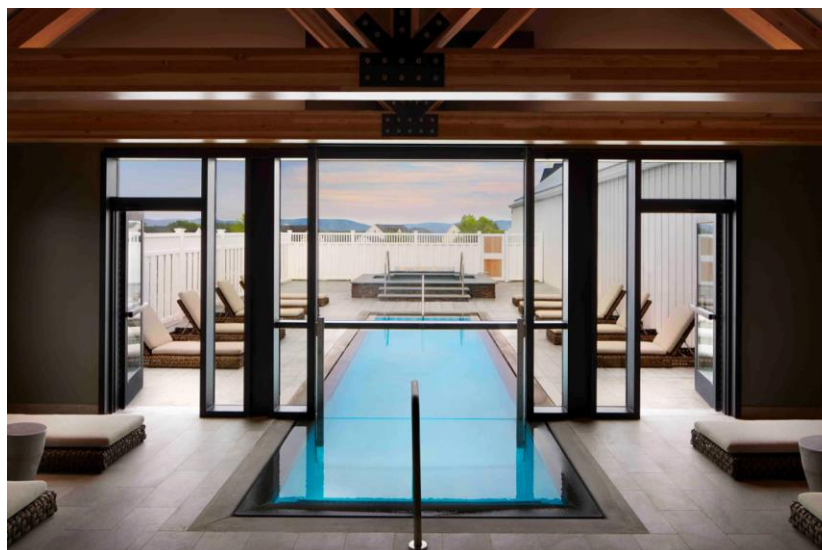


The yoga barn at Miraval's Berkshires Resort & Spa.

James Baigrie

Get ready to choose your own adventure with Miraval's extensive playbook of activities, spa treatments, classes and sessions. Go holistic and kick-start a healthy lifestyle with yoga, meditation and a diet of organic spa cuisine or opt for some adventure with throwing hatchets, communing with rescue horses, and making your way through an obstacle course built in the treetops.

You can also indulge with facials, massages, scrubs and even salon services in the serene spa, followed by a private four-course Just Cook for Me dinner in the resort's teaching kitchen hosted by Adrian Bennett, director of culinary experiences, who generously pours wine pairings with each course.



The indoor/outdoor pool at Miraval's Berkshires Resort & Spa.

James Baigrie

Rates start at \$699 per person per night, including meals, snacks and nonalcoholic beverages, plus a range of daily wellness activities. And if you choose a package, a daily resort credit might be applied to spa services and other fee activities.

Whether you realize it or not, you need this now.