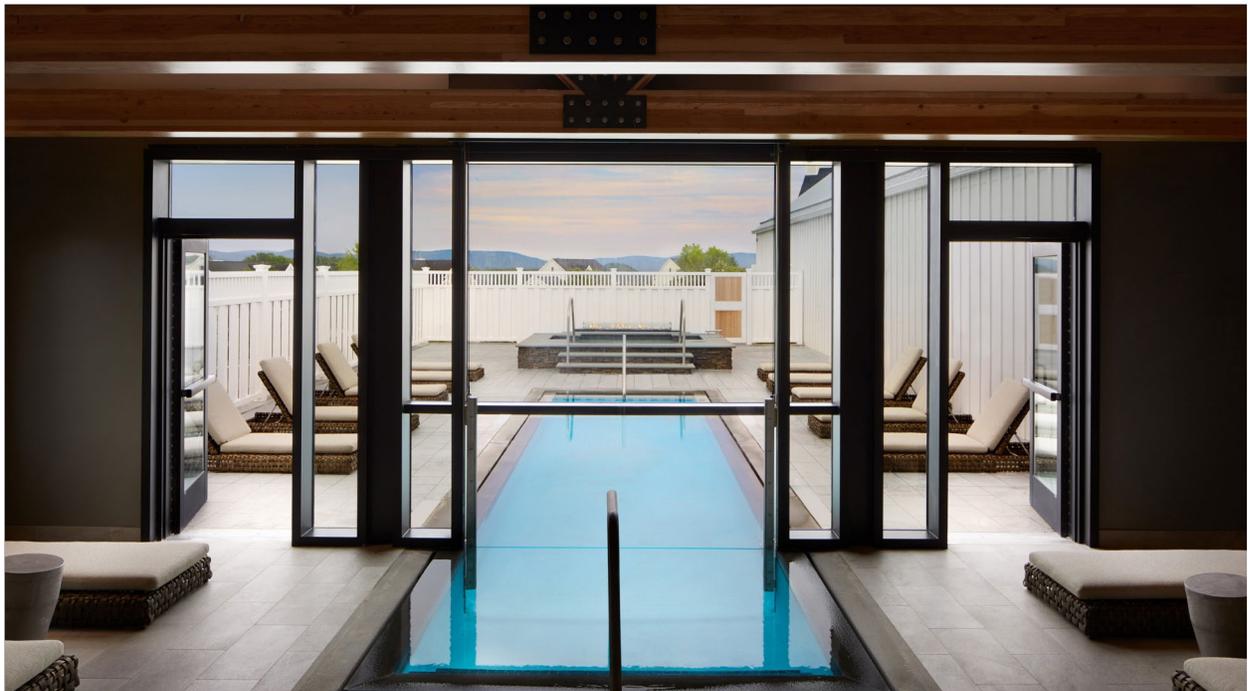


SAFETY AT THE SPA

WHAT TO EXPECT DURING YOUR MIRAVAL SPA EXPERIENCE

Life in Balance Spa Hours 9am - 9pm

- Spa appointments fill up quickly and last minute spa availability cannot be guaranteed. Please book your appointments as soon as possible.
- All spa colleagues, therapists and guests will be required to wear masks at the spa and during spa services, except during a facial service.
- Hand sanitizer and masks are available throughout the spa
- Guests will be requested to wash hands in the treatment room at start of service.
- Providers will wash hands pre and post service in the treatment room.
- Steam rooms, saunas, and hot tubs are available for use as are lockers and showers
- Enjoy our indoor/outdoor pool and hot tub with fireplace.
- Quiet Lounge seating is ample to ensure physical distancing measures. No food or snacks will be provided or allowed in the Quiet Lounge.
- We encourage you to bring your reusable Miraval water bottle. Fill stations are located inside the locker rooms, at The Roost, BMC, The Millhouse, and by request.



BODY RENEWAL RITUALS		
Almond Orange Brightening Polish	50 MIN	\$225
Jasmine Citrus Scrub	50 MIN	\$220
Verbena Aloe Wrap	50 MIN	\$230
Juniper Leg & Foot	50 MIN	\$230
Nature's Apothecary	50 MIN	\$230
Manuka Honey Quench	80 MIN	\$285
Hara Soother	80 MIN	\$365
Lemongrass Escape	100 MIN	\$365
Ginger Healer	80 MIN	\$365
MASSAGE		
Calming Hot Stone Massage	50 MIN	\$210
Calming Hot Stone Massage	80 MIN	\$310
Body in Balance	50 MIN	\$355
Body in Balance	100 MIN	\$415
Deep Mountain Massage	50 MIN	\$230
Deep Mountain Massage	80 MIN	\$325
Crystal Body	50 MIN	\$230
Miraval Grounding	50 MIN	\$210
Miraval Relaxation Massage	50 MIN	\$210
Miraval Relaxation Massage	80 MIN	\$310
Sweet Slumber	50 MIN	\$210
Sweet Slumber	80 MIN	\$310
ENERGY & EASTERN		
Reflexology	50 MIN	\$210
Reiki	50 MIN	\$215
Thai	50 MIN	\$235
Thai Breath & Body	50 MIN	\$235
Vasudhara	50 MIN	\$335
Vibrational Sound Therapy	50 MIN	\$330
AYURVEDA		
Abhyanga	50 MIN	\$230

SKIN CARE		
Rejuvenating Back	50 MIN	\$210
Essence of Miraval	80 MIN	\$330
Niramaya	50 MIN	\$210
Organic Facial	50 MIN	\$210
Probiotic Facial	50 MIN	\$210
Spiritual Warrior Facial	50 MIN	\$220
Abundant Harvest	80 MIN	\$230
Restore & Renew Facial	50 MIN	\$230
SALON		
Deborah Lippmann Signature Manicure	50 MIN	\$95
Deborah Lippmann Signature Pedicure	50 MIN	\$95
Manuka Honey Manicure	50 MIN	\$95
Manuka Honey Pedicure	50 MIN	\$110
Sweet Birch Manicure	50 MIN	\$95
Sweet Birch Pedicure	50 MIN	\$110
Shellac Removal <i>add on for Mani/Pedi</i>	30 MIN	\$30
Beard/Mustache Trim	20 MIN	\$40
Bang Trim	20 MIN	\$40
Clipper Cut	20 MIN	\$75
Color	80 MIN	\$195
Color & Dimension	100 MIN	\$250
Highlighting	80 MIN	\$215
Highlighting	100 MIN	\$305
Shampoo, Cut & Style - Short	50 MIN	\$125
Shampoo, Cut & Style - Long	80 MIN	\$165
Shampoo & Style - Short	40 MIN	\$80
Shampoo & Style - Long	60 MIN	\$120
Simple Shampoo	20 MIN	\$35
Serene Scalp Treatment	80 MIN	\$235
Herbal Scalp Treatment	80 MIN	\$265
Scalp Scope Consultation	30 MIN	\$75

PRENATAL SERVICES

The following treatments can be enjoyed in any trimester of pregnancy:

- Probiotic Facial | 50 MIN \$210
- Organic Facial | 50 MIN \$210
- Herbal Scalp Treatment | 80 MIN \$265
- Serene Scalp Treatment | 80 MIN \$235
- Manuka Honey Manicure | 50 MIN \$95
- Manuka Honey Pedicure | 50 MIN \$110
- Reiki | 50 MIN \$215

The following treatments can be enjoyed in the second and third trimester of pregnancy:

- Beautiful Mother-to-Be Ritual | 50 MIN \$210
- Beautiful Mother-to-Be Ritual | 80 MIN \$310
- Lemongrass Escape | 100 MIN \$365
- Manuka Honey Quench | 80 MIN \$285
- Miraval Grounding | 50 MIN \$210
- Nature's Apothecary | 50 MIN \$230

LIFE IN BALANCE SPA MENU

LIFE, ENHANCED.

Miraval's signature spa sanctuary allows you to pursue personal transitions in a soulful, natural setting with healing, soothing, and invigorating treatments from expert therapists.



AYURVEDA

ABHYANGA Restore balance with this ancient, healing, meditative massage, in which warm, herb-infused oils soak into your skin with soothing friction strokes. These herbal oils benefit the nervous system, reduce muscle tension, relieve joint pain, and eliminate impurities from the body. \$

BODY RENEWAL RITUALS

ALMOND ORANGE BRIGHTENING POLISH

This 100% natural (minimum 70% organic) service helps address the appearance of sun damage, dryness, and pigmentation. Begin with an invigorating body cleanse and exfoliation with our fresh-scented citrus kombucha wash and almond-orange scrub to stimulate lymphatic flow and circulation, remove dead skin cells, and brighten skin. Nourishing shea butter, vitamin E, grape stem cells, green and white tea help hydrate and nourish, leaving your skin smooth and even-toned. \$

BEAUTIFUL MOTHER-TO-BE RITUAL

Description in Mother-to-Be Pampering menu on page 32. \$

GINGER HEALER This healing journey offers relief from pain or inflammation. Begin with a therapeutic, ginger-infused massage. Flow into a deeply relaxed state as you are wrapped in pure ginger, lemongrass and may chang fruit oils, known for their healing and anti-inflammatory effects. While you are enfolded, feel the curative power of facial marma point therapy to restore energy to your skin. Put a spring in your step as you complete your journey with an invigorating rosemary citron sea salt scrub and a refreshing shower. \$

HARA SOOTHER Believed to be the nexus of the soul and the body's life processes, Hara is a Japanese word for the body's center - both physically and energetically. This full-body treatment radiates its healing energy to tighten and balance skin, stimulate digestion, and support mental clarity. Begin with a scalp massage and guided breathwork as you inhale orange and cardamom essences that induce calm and promote digestive balance. Lymphatic dry brushing supports healthy skin and aids circulation. A vigorous hair and scalp treatment is followed by a full-body and abdominal massage with grounding scents and detailed foot reflexology. A final breathwork exercise gently guides you into a deeper state of relaxation and connection to your own center. \$

JASMINE CITRUS SCRUB Lemongrass and bamboo can work wonders to brighten and exfoliate your skin, leaving it silky smooth, while mimosa and jasmine transport your senses to a tranquil space. This service finishes with a hydrating lotion of aloe, shea butter, bergamot, and grapefruit paired with a nutrient-dense, chia seed cream to nourish the skin. \$

JUNIPER LEG & FOOT This intensive deep tissue leg and foot massage treats sore, fatigued muscles and achy joints with juniper berry oil in a sweet birch rub, known for easing tension and muscle spasms. Birchbark extract and magnesium alleviate aches and curb cramping. Energizing, natural menthols stimulate circulation, relieve inflammation, and invigorate the legs and feet, while arnica extract relieves pain. Perfect for anyone who is on their feet all day. \$

LEMONGRASS ESCAPE Quiet the mind and stimulate your senses with a ground bamboo and lemongrass escape. A full-body therapeutic massage soothes tight or sore muscles and dispels tension while verbena, aloe, and chia seeds hydrates and moisturizes your skin. Grounding orange oil, infused with the scents of ginger and clove, delivers overdue relief as you continue your journey into restorative bliss. *Prenatal - Must be outside of first trimester of pregnancy to receive this service. The massage portion of the service will be adjust from a deep tissue massage to a prenatal massage.* \$

MANUKA HONEY QUENCH Enjoy radiant skin and lifted spirits while envelopment in bright citrus notes of Lemon Verbena and gentle Jojoba Wax Beads blended with hydrating aloe and shea butter which will ease the discomfort of dryness and repair the skin. A lavender honey mist prepare you for a skin-quenching Manuka Honey neck and shoulder massage. Bergamot scents complete this service with a foot and hand massage. \$

NATURE'S APOTHECARY Bring fatigued, over-stressed skin back to life in true apothecary style. This service includes an exfoliation customized to your skin type and designed to soften, smooth, and hydrate. After you are gently washed and swathed in bright citrus scents, your skin is replenished with a mineral-rich seaweed treatment and nourishing sea fennel. A lemon verbena Omega-3-rich cream seals in moisture and restores a healthy balance to your skin. \$

VERBENA ALOE WRAP Treat your entire body, from temples to toes, and immerse yourself in absorbing scents and rich hydration. A sensory serenade of bright citrus notes of lemon verbena, chamomile, and neroli blossoms herald an application of healing aloe and gentle jojoba wax beads to gently reveal radiant skin. Soothing willow bark wraps around you to calm, repair, and restore mineral balance to your skin. Included in this sensory-rich service is a lavender honey face mist and wrap to cleanse, nurture and nourish you. \$

ENERGY & EASTERN

REFLEX This therapy focuses on pressure points within the reflex zones of your feet and hands to align the meridians of the body and bring a greater sense of balance and body integrity. \$

REIKI Alleviate tension, reduce pain, and free emotional blocks with this Japanese stress-reduction practice. By applying gentle pressure with the hands, your practitioner enhances the universal energy that flows through you. Reiki can help you connect with your higher self, leaving you with a sense of peace and wellbeing. *Wear comfortable clothing or yoga attire.* \$

THAI Relax as your practitioner rhythmically stretches and flexes your body, opening and relieving weary muscles. Thai bodywork renews the body's energy flow while reducing tension and stress by using pressure point stimulation and targeted stretching. *Wear comfortable clothing or yoga attire.* \$

THAI BREATH & BODY Movement and breath are the techniques used in this session as you work in tandem with Scott Vighi our spa specialist, to unlock the healing powers of Qi. Unblock energetic meridian lines clearing a path for natural healing, balance and repair. *Wear comfortable clothing or yoga attire.* \$

NEW | MIRAVAL EXCLUSIVE

VASUDHARA This completely unique and transformative service embraces the weightlessness of water and the deeply relaxing stretches of Thai massage. Your eyes are shielded to block all light, leaving you suspended, adrift in darkness, releasing all that binds you. As you float in water heated to body temperature, sounds from powerful underwater speakers bathe your senses in vibration. Surrender tension and explore the experience within. Muscles lengthen and joints open, as the traditional movements of Thai massage and the weightlessness of water take you more deeply into stretches than you expect. Discover the abundance found within Vasudhara. *Wear a bathing suit.* \$

VIBRATIONAL SOUND THERAPY

Vibrational Sound Therapy quickly achieves relief through the direct contact of uniquely tuned singing bowls played on the body using a specific strike technique. The resonance from the bowls, provides vibration over sound, relaxing even the most tense of muscles and calming the busiest of minds. An emotional release is often felt as the body absorbs the waves of the vibration into the tissue and is freed of tension. *Wear comfortable clothing or yoga attire.* \$



MASSAGE

BODY IN BALANCE This massage is customized for you beginning with a conversation and assessment with your therapist. Areas of tension, tightness and pain will be addressed with multiple modalities as your therapist uses their expertise to work skillfully, relaxing muscles and restoring balance in your body. \$

CALMING HOT STONE MASSAGE Combining the grounding effects of massaging with hot stones and calming properties of botanicals this service is deeply relaxing as it relieves muscle tension and melts away stress. \$

CRYSTAL BODY MASSAGE Gemstones possess powerful energy, each with its own unique vibration and healing abilities. In this ritual, warm crystals and soothing strokes treat muscles to relieve tension, while gently realigning energy imbalances within the body. This carefully chosen group of gemstones promotes a sense of wholeness, unifying the mind, body, and spirit as one. \$

DEEP MOUNTAIN MASSAGE This stimulating massage with high-desert arnica and camphorous rosemary encourages circulation and relieves muscle soreness and stiff joints while energizing the senses. Excellent for tight, tired, and sore muscles, it can relieve pain and improve flexibility. \$

MIRAVAL GROUNDING Enter a state of total relaxation with a massage for the hands, feet, and scalp. This spa-trio technique is infused with essential oils to soothe and soften the skin; an added grounding emulsion delivers a feeling of repose and calm. \$

MIRAVAL RELAXATION MASSAGE This customized full-body Swedish massage surrounds you in calming lavender blossom and sunflower oil. The healing power of mountain herbs and deeply relaxing massage techniques combine to ease fatigue and soothe the senses. \$

SWEET SLUMBER Prepare for a peaceful night of restorative sleep with this unique combination of aromatherapy, tapping, and acupressure. Begin your escape with a gentle chamomile inhalation, followed by a soothing face, neck, and shoulder massage with grounding frankincense and rosehip facial oil. Feel cradled by gentle, rhythmic rocking techniques that prepare you for a restful massage with lavender blossom oil. Sleep-inducing acupressure points are activated to rapidly quiet the mind and invite restful slumber. \$

MOTHER-TO-BE-PAMPERING

The following treatments are designed specifically for women in any trimester of pregnancy:

HERBAL SCALP TREATMENT Description in Salon menu on page 33. \$

MANUKA HONEY MANICURE Description in Salon menu on page 33. \$

MANUKA HONEY PEDICURE Description in Salon menu on page 33. \$

ORGANIC FACIAL Description in Skin Care menu on page 32. \$

PROBIOTIC FACIAL Description in Skin Care menu on the right. \$

REIKI Description in Energy & Eastern menu on page 31. \$

SERENE SCALP TREATMENT Description in Salon menu on page 33. \$

The following treatments are designed specifically for women in the second or third trimesters of pregnancy:

BEAUTIFUL MOTHER-TO-BE RITUAL This deeply restorative treatment is designed for moms-to-be to improve sleep, reduce stress, and soothe muscle fatigue. A Swedish massage is followed by the application of gotu kola healing balm to help soothe and nourish the skin. \$

LEMONGRASS ESCAPE Description in Body Renewal Rituals menu on page 31. \$

MANUKA HONEY QUENCH Description in Body Renewal Rituals menu on page 31. \$

MIRAVAL GROUNDING Description in Massage menu to the left. \$

NATURE'S APOTHECARY Description in Body Renewal Rituals menu on page 31. \$

SKIN CARE

ABUNDANT HARVEST This facial is curated from regional plants that grow in abundance, thus relying on the gifts of the earth that are plentiful. Wild and uninhibited they are incredibly effective, resilient and potent providing phytonutrients and antioxidants that support the health of your skin in the most natural way. Your highly trained esthetician will take your skin on a healing journey specific to your needs incorporating lymphatic techniques to reduce inflammation and promote detoxification leaving your complexion smooth, supple and bright. \$

MIRAVAL X LAUREL EXCLUSIVE

ESSENCE OF MIRAVAL Years in the making, this whole-seed facial was created with products harvested exclusively for Miraval. Take a sensory journey to all three Miraval destinations while restoring skin health and vibrancy. Austin's Petal Pecan Mask visibly brightens and firms, Arizona's Honeysuckle Sage Elixir deeply nourishes and strengthens, and Berkshire's Tulsi Rose Balm, rich in antioxidants, soothes the skin. Warm facial compresses, honey tapping, and traditional herbal poultices firm connective tissue and release muscle tension. \$

NIRAMAYA Named for the Sanskrit word for health and tranquility, this curated, carefully designed facial ritual clarifies and revives your visage. Reignite your skin's luminosity with a complexion-smoothing and brightening sweet cherry enzyme peel. An argan and peptide-rich cream blissfully restores your skin's natural balance. \$

ORGANIC FACIAL Refine your skin with this active, 100-percent natural, paraben-free, and customized results-oriented facial. The antioxidant-rich plant and marine extracts of spirulina and kombucha bring balance to your skin while goji berry, white and green teas, and aloe hydrate. Using products that are found in nature and refined by science, this facial will help to rapidly improve skin tone, texture, and clarity, as well as actively fight free-radical damage. \$

PROBIOTIC FACIAL Support your skin's natural beauty with this pre and probiotic facial. Prepare for your restorative journey by gently cleansing the surface with Manuka honey and aloe. A stimulating yet soothing hibiscus enzyme peel follows, awakening and reviving the skin for a healthy glow. Ideal for even for the most sensitive of skin types. \$

REJUVENATING BACK Clarify and repair your skin with pre and probiotics with this one-of-a-kind back facial. Melt into the table while a rich Manuka honey cleansing balm is deeply massaged into the skin. A purifying scrub exfoliates, and a deeply moisturizing body lotion nourishes and soothes the skin. This treatment delivers clarity and hydration while protecting and restoring a healthy glow. \$

RENEW & RESTORE Experience a renowned facial created by Manhattan dermatologist, Dr. Dennis Gross that exfoliates and delivers potent anti-aging ingredients and intense hydration without any recovery time. A detoxifying and hydrating facial, incorporating gentle massage to improve circulation, restores healthy skin tone with an intensely hydrating marine hyaluronic mask. \$

SPIRITUAL WARRIOR The Spiritual Warrior oil blend takes fragrance to an ethereal level by combining plant and gemstone essences. This facial experience incorporates elegant herb and flower-based skincare specifically customized for your skin. A gentle gua-sha tool helps reduce puffiness and stimulates circulation. \$

SALON

HAIR

BANG TRIM Update your look with a quick bang trim. \$

BEARD TRIM Freshen up your beard with a trim. \$

CLIPPER CUT This cut is meant for super short hair that requires a clipper. Does not include shampoo or blow-dry. \$

COLOR Color, refresh, and deeply condition your hair. \$

COLOR & DIMENSION Whether you want to maintain your current color, cover gray, or explore a totally new look, we are here to support you in your journey. Come in and explore the possibilities with our certified colorists. \$

HERBAL SCALP TREATMENT This unique signature herbal treatment exfoliates your scalp, removing build-up, environmental deposits, excess oils and product residue that inhibit healthy hair and scalp production. Recline under the comfort of a weighted blanket and enter a state of total relaxation as your stylist combines the correct formulation of essential oils and regional herbs to support your specific needs. \$

HIGHLIGHTS We can customize a color formulation just for you! Add dimension and fun with highlights, lowlights, or something you have been thinking about but have not tried. \$

SIMPLE SHAMPOO Our Miraval shampoo induces deep relaxation as our stylists apply thoughtful, soothing massage techniques, as you recline in our state-of-the-art shampoo chairs designed to cradle you in comfort. \$

SHAMPOO & STYLE This simple service will leave you feeling pampered, polished, and ready to go. Work with your stylist on finishing techniques and tips for beautiful healthy hair. \$

SHAMPOO/CUT & STYLE Do you need to refresh your style or transform it completely? Work with our talented stylists to explore the possibilities. \$

SCALP SCOPE CONSULTATION Half of our population encounters hair and scalp issues, including over-production of oils, irritated scalp, dandruff, hair loss, and density issues. Get to the root of the challenge with our Certified Trichologist, trained to examine your scalp under intense magnification, and determine a customized, take-home action plan to support a healthy hair and scalp routine. \$

SERENE SCALP TREATMENT This antioxidant treatment for your hair and scalp blends alpha hydroxy acids with ancient properties of malachite extract known to detoxify the hair and scalp and support a healthy pH balance. Take-home products support continued care and a balanced routine. \$

SALON

MANICURE & PEDICURE

DEBORAH LIPPMANN SIGNATURE MANICURE Our signature manicure sets a new standard for healthy nail care. Following a nail analysis, let your senses escape to the tropics with a hand and arm-smoothing marshmallow root scrub and massage with a warm blend of vitamin E, pure white jojoba, and coconut oil. A shea butter and avocado oil hand cream with broad-spectrum SPF locks in moisture and protects you from harmful UV rays. \$

DEBORAH LIPPMANN SIGNATURE PEDICURE Our signature pedicure treats even the most overworked feet. After a nail analysis, enjoy a relaxing foot soak in a rosemary and aloe soaking elixir. A heated leg treatment infused with a blend of vitamin E, pure white jojoba, and coconut oil follows. Our self-heating grapefruit and sea-salt scrub exfoliates and softens, while a kokum butter and aloe vera foot cream smooths and soothes. \$



MANUKA HONEY MANICURE Soft, smooth arms and hands are yours in this relaxing treatment. Begin with a healing Manuka honey cleanse, followed by a tea-soaked towel compress to soothe your muscles. A pure lemon verbena polish exfoliation precedes a healing mask of gotu kola to hydrate your skin. Conclude with an omega-3-rich massage to deeply nourish, protect, and fortify. \$

MANUKA HONEY PEDICURE Treat your feet and legs to a healing Manuka honey cleanse, followed by a meticulous grooming and shaping of your nails. A pure lemon verbena polish exfoliates and hydrates while an intense repair balm softens and smooths your skin. Herbal tea-soaked towels soaked in herbal tea ease your muscles and prepare them for a grounding leg and foot massage with antioxidant-rich oils and balms to hydrate and soothe. \$

SWEET BIRCH MANICURE Rooted in traditional herbal remedies, this highly reparative manicure begins with a softening aromatic compress, followed by an uplifting scrub and an awakening birch liniment applied to the hands and arms. Nail and cuticle care follow. \$

SWEET BIRCH PEDICURE Known for its anti-inflammatory qualities, birch is used throughout this foot treatment to energize, renew, and refresh skin. Soak your feet in a birch and magnesium bath to soothe pain and fatigue, followed by an invigorating scrub, which deeply exfoliates and softens the skin. An awakening birch liniment prepares feet for a luxurious leg and foot massage. \$