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Escape To The Berkshires For A Wellness Reset At Miraval

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Travel

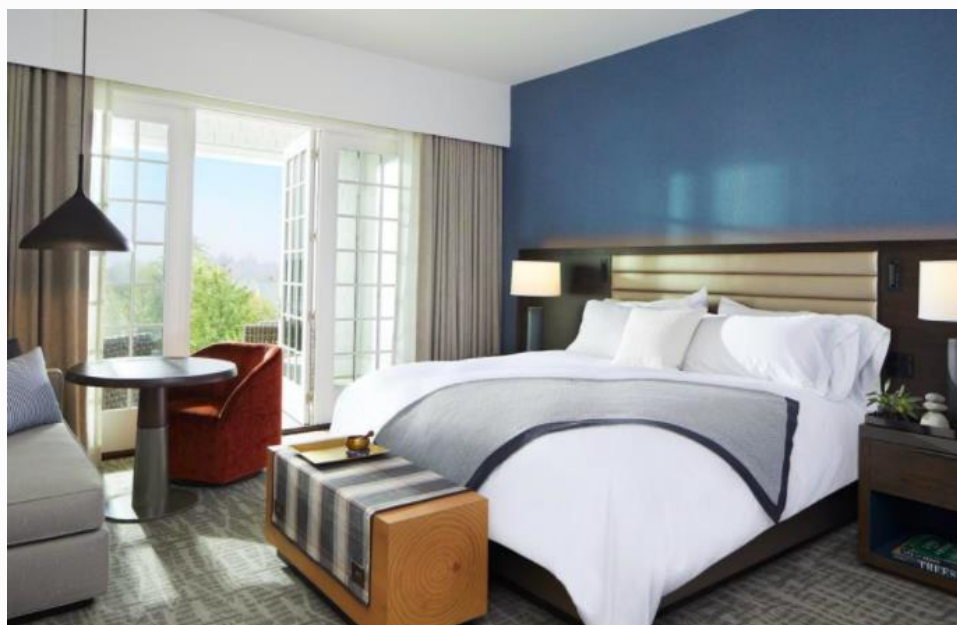
Winter is tough in New England. The cold wears on everyone, the days are short, and the car needs to be shoveled out of the snow—basically, living in New England from the months of November through March (and sometimes April) can be taxing on both mind and body. Therefore, a wellness focused weekend trip at the Miraval Berkshires could be just what the doctor ordered.



LENOX, MA - View of the heated outdoor pool at Miraval Berkshires. J.Q. LOUISE

Miraval Berkshires

Set on a sprawling estate, [Miraval Berkshires](#) is amongst the countryside of the Berkshires, which is home to celebrities, top notch liberal arts colleges and acres and acres of stunning nature. What better place to unwind, let go of the stresses of the season and perhaps exercise a bit?



LENOX, MA - A king guest room at Miraval Berkshires MIRAVAL BERKSHIRES

The concept that drives everything at the property is “Miraval Mode.” This is clear as soon as you set foot on property, there is a sign that reads “Digital Device Free Zone”, and while this may be a slight shock to any of the digital obsessed, it is at the same time a relief. But what is nice is that the staff are not pushing you to put your phone away anytime you pop it out to check an email or send a text, but the culture of the resort eases you into a digital detox without you even noticing. And this may be just the break that we all really need.

What To Do At The Miraval Berkshires



LENOX, MA - The yoga barn at Miraval Berkshires MIRAVAL BERKSHIRES

Each day has a bounty of programming to choose from. Most are included in the daily rates, but some require an additional fee. There are group exercise classes, meditation, sounds baths, lectures, nature walks, cooking classes and even wine tastings. So, if you have been hesitant to try a wellness retreat in the past for fear of also committing to going dry in the depths of winter when a nice cozy glass of wine by the fireplace at a ski lodge may be more appealing, alcohol is served at Miraval! And they even have some fun foodie activities to try as well including oyster shucking, smoothie making and mixology classes. So, while the focus is on mindful eating and overall balanced living, you can still have fun if you are a gourmand.

Dining

Speaking of dining, you will most likely enjoy most of your meals in the Harvest Moon Restaurant and the food is as tasty as it is nourishing. The menu shifts daily and because the rates are all-inclusive, you can feel free to try whatever you wish at each meal and that includes coffees and juices. Alcoholic beverages are available for an additional fee.



LENOX, MA - Breakfast at the Miraval Berkshires - J.Q. LOUISE

Of course, you can't visit a wellness resort without booking a spa treatment or two, so definitely check out the Life in Balance Spa list as well. Signature treatments like the Ginger Healer Treatment are a delightful way to treat yourself.



LENOX, MA - View of the outdoor patio area at the Miraval Berkshires J.Q. LOUISE

From the digital detox, the fresh air, the healthy food and the active lifestyle, a trip to Miraval Berkshires is a beautiful way to reset the mind and body this Winter. And at just two hours from Boston or New York, it is a convenient choice as well.