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Our editor traveled to Miraval Berkshires on a winter wellness retreat, and returned with three wellness practices you can recreate at home.

Looking down at the sparkly white snow, I was walking in circles, traversing a meditative labyrinth on a winter retreat at the Miraval Resort in the Berkshires. In truth, the feeling of walking in circles—unclear and unsure about the path unwinding afoot—is why a lot of people wind up here.

The spa, which has its roots in Phoenix, Arizona, and centers on mindfulness, was founded almost three decades ago, and its recent-ish expansions to Austin, Texas, and Lenox, Massachusetts, couldn't be more timely for the fog of the pandemic that's settled over many of us.

At Miraval, experts help guests unwind with simple self-care practices through movement, connecting with nature, and celebrating important cultural traditions (like kintsugi, the Japanese art of mending broken pottery and highlighting it with gold to reinforce that brokenness should be celebrated instead of camouflaged). On my trip, I found myself not so much in need of repair, but perhaps craving a refresh following two years of uncertainty and stress—an IRL "Cntrl + Alt + Del" button, if you will. [headtopics.com](https://www.headtopics.com)



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Happily, I found that while there was beauty in being taken care of at a buzzy resort, so many of the practices are fairly easy to replicate without having to take a trip to a luxury spa. Here, my findings for those who are weary and in need of rest or reset—all things you can do from the comfort of your own home.

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In the bathroom: Embrace at-home facials
One of the easiest ways to bring the spa from the hills of the Berkshires into your home is with a DIY facial. All it takes is procuring the right products and layering them on in a proper format—which is particularly important during the winter months.

This time of year, many people need to focus on hydration in their skin-care routines, but here's the kicker: For hydrating ingredients to work, you first have to make sure all of the dead skin cells are removed from your complexion. Think of your dead skin cells like you would the offensive line in football: If you want to get in there and tackle your issues (so to speak), you first have to bust through the layer that is holding tight onto your skin.

In Miraval's Renew & Restore Facial, estheticians utilize formulas from Dr. Dennis Gross's namesake line to do exactly that. First, they sweep away all of the dead skin cells through chemical exfoliation, and then replenish with ultra-hydrating ingredients like hyaluronic acid. Here's how to replicate the facial at home. [headtopics.com](https://www.headtopics.com)

1. Wash your face

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