

J.Q. LOUISE



# Book Yourself a Spa Getaway at the Miraval Berkshires

March 20, 2022 — Leave a Comment

After the past two years that we have all gone through, a little spa weekend is certainly well deserved. And the place to do it in New England is at the Miraval Berkshires. Located just 2 hours west of Boston, this could be just the thing to wake you up after a long winter hibernation. Keep reading to find out why you should book a spa getaway at the Miraval Berkshires.



**Miraval Berkshires**

The [Miraval Berkshires](#) is located in one of the most stylish parts of Massachusetts. The Berkshires has long been a summer and winter haven for the rich and famous. And now we can all enjoy everything it has to offer. So, if you have never been to this part of the state, that is reason enough to book a stay at the Miraval Berkshires. But the other reason to book is that as soon as you arrive you will get put into “Miraval Mode.”



The concept that drives the brand as a wellness-focused hotel group. When you arrive 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.



Don't worry they don't take your phone from you, but it is encouraged to keep it out of sight of other guests and after a little while it feels nice to put it in your suitcase while you detox your mind from all the hustle and bustle of daily life. That's why you visit the Berkshires anyway right?

## What To Do At The Miraval Berkshires



There is so much to do at the Miraval Berkshires and most of the activities are included in the daily rate! The whole point of visiting is to improve both mind and body so take the opportunity to step out of your comfort zone a bit and sign up for things you normally wouldn't. One thing that we tried for the first time was a "sound bath". This is when you are basically guided through a meditation with the help of Himalayan bowls. The instructor plays soothing sounds with these bowls and guides you through a meditation—it was great! Definitely try this if you stay at the Miraval. But there are lots of fitness classes, hikes, lectures, and other activities to choose from as well! Also, there is a full luxury spa where you can book massages, facials, and other amazing treatments too.

# Dining



Finally, meals are included in the daily rate as well and you will enjoy these in the Harvest Moon Restaurant. Don't worry, just because Miraval is wellness-focused, it doesn't mean you will be subjected to only salads all weekend, the menu changes daily and is filled with tasty and nourishing things including dishes with healthy proteins like meat, fish, and poultry. Coffee and juices are included but alcoholic beverages are available for an additional fee.

We love the Berkshires as an easy getaway from either Boston or NYC, so read about our other recent stay at [TOURISTS](#) in North Adams.