

# 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 Renewal	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
Sacred Sounds Massage	50 MIN	\$230
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
Ultimate Ayurveda Treatment	90 MIN	\$385

#### 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

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	\$330
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

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