

# This Berkshires Resort Sits On 380 Acres Of Scenic Mountain Land

This is where people will find their most sought-after wellness retreat that calms their body and mind in the Berkshires.

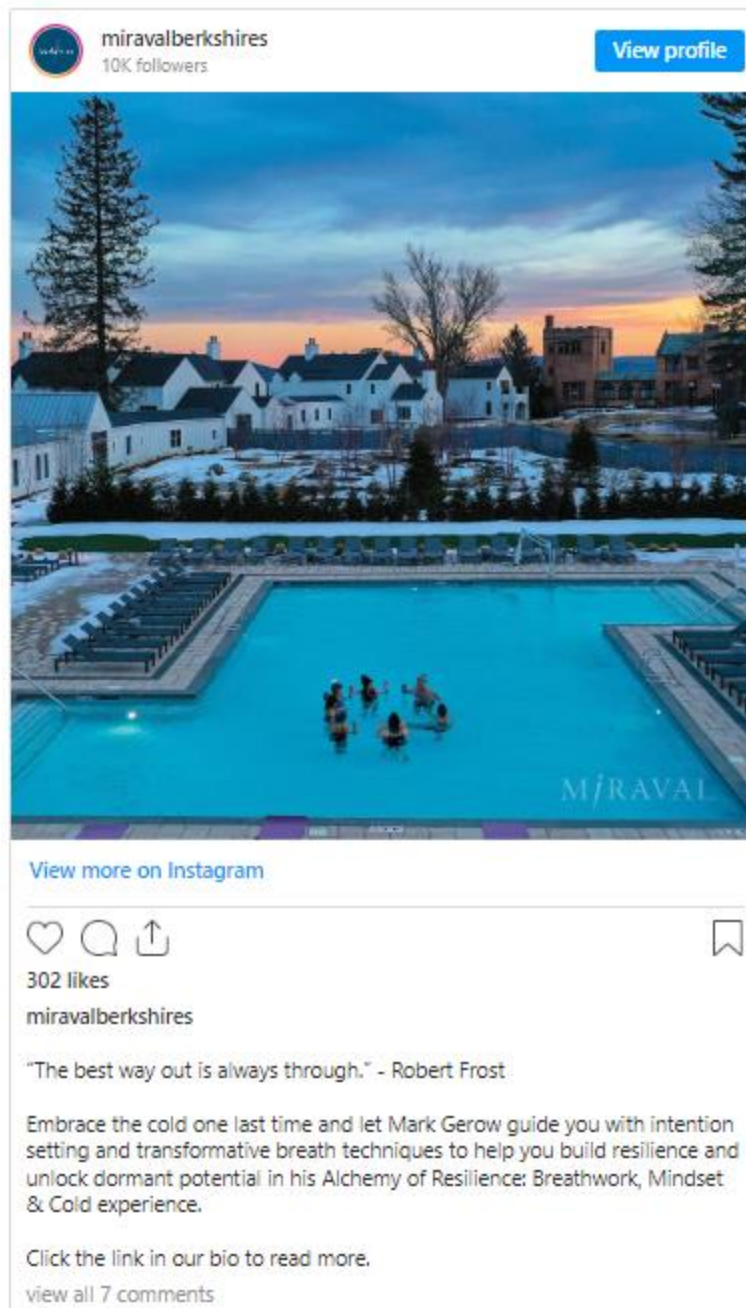
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Snowshoeing, hiking, equine pursuits, cross-country skiing, and countless options of wellness possibilities, in addition to an unparalleled spa experience and exceptional dining, are all available on 380 acres in one resort in the stunning Berkshires. This is where people will find their most sought-after wellness retreat that calms their body and mind. In addition to all of the above, this iconic resort in the Berkshires is known for its unique activities and upscale amenities. Additionally, it is situated far away from the typical Berkshires accommodations and is set in the rolling hills of the fascinating region. While most of the estates and inns in the Berkshires are known for their historical feel and architecture, this one offers modern comforts based on its stunning encircling landscape. Here's what to know what this iconic Berkshires resort sitting on 380 acres of scenic mountain land has to offer to its guests.

## **Almost Everything Is Included When Staying At The Miraval Berkshires Resort**

Whether guests are redeeming points or paying in cash when booking a stay at Miraval Berkshires, they will expect everything to be included, such as pastries, wellness drinks, and healthy snacks at the Roost Cafe and all meals in the Harvest Moon restaurant. However, guests must bear in mind that they will be paying for spa services, liquor, and some other activities. At check-in, clients receive a reusable water bottle and a tote bag.



What's so unique about the Miraval Berkshires resort is the massive size of the property, located on 380 acres of mountain land. Individual two-story cottages have only a few rooms each. Additionally, every cottage is spread throughout the property. People will enjoy plenty of walking paths and outdoor sidewalks available to connect the main public areas to the cottages. Moreover, the resort's design and architecture allow guests to enter public areas from the cottages through indoor connections as well. This is important given the fact that it's too cold to spend time outdoors during the winter there.



# Miraval Berkshires Offers Endless Opportunities For Unique Activities



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"Courage is the power of the mind to overcome fear." - Dr. Martin Luther King Jr.

Cooking and cocktail demonstrations, fitness and meditation classes, as well as unique outdoor adventures such as archery, nutrition lectures, ropes courses, and beekeeping lessons, are all offered at the Miraval Berkshires resort. While some of these activities charge a certain fee, most are free for the resort's guests.

## **The Property Has An Award-Winning Spa**

The Miraval Berkshires Resort & Spa has an impressive 29,000 square feet spa. The latter offers every imaginable spa treatment that one can ever think of, from both the east and the west. Additionally, guests will be happy to experience the saunas, steam rooms, indoor-outdoor pool, and hot tubs. With 28 treatment rooms, the Life in Balance Spa is considered one of the largest of its kind in the whole state of Massachusetts.



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Enter a Miraval State of Mind in NYC! 🇺🇸

Rest and rejuvenate at @parkhyattny's Spa Nalai with Miraval exclusive spa services, including our dreamy and relaxing exclusive service, Vasudhara, from March 28 - April 2. Create balance, joy, and purpose by prioritizing yourself. Allow @Miravalberkshires spa therapists to light your path to becoming more mindful, balanced, and rejuvenated – the best version of yourself. Learn more and reserve your spot by clicking the link in our bio!



- **Recommended:** Entailing vibrational sound therapy, aromatherapy breathwork, and a full-body massage, the Sacred Sounds Massage at the Miraval Berkshires spa is a service to go for.
- **Duration:** The Sacred Sounds Massage needs 50 minutes to complete.

Swedish, Thai, or deep tissue massages are also beneficial and relaxing treatments to consider. However, massages that combine mindfulness and sound together are the way to go at the Miraval Berkshires spa.

## **Here Is What To Know About The Rooms And Property At The Miraval Berkshires Resort & Spa**

The Miraval Berkshires Resort & Spa is a picturesque property that houses stunning trees and lawns at every turn. Set atop a hill, it offers the most scenic unobstructed views of the great nearby mountain ranges.

When heading to the resort's central area, people will find the award-winning Life in Balance Spa, Body Mindfulness Center, Harvest Moon Restaurant, outdoor pool, resort shop, and Roost Cafe.



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Retire to a calm place to rest at the end of the day and sink into Miraval's cloud-like bedding at #miravalberkshires.



Legendary interior designer Clodagh was the one to design the magnificent Miraval Berkshires Resort & Spa, which makes it obvious why the design is so charming and unique. A Miraval king suite at the Miraval Berkshires Resort & Spa features a small living room, hallway, bedroom, and double-vanity bathroom. The latter has a gorgeous walk-in shower, a separate toilet, and a freestanding tub. The bedroom features a small veranda where people can admire the nearby mountains from the outside.

The beds in the resort's rooms are so comfortable and offer guests some of the best sleep nights they can ever get.

- **Cost:** One night for two adults in a Miraval Experience Double Occupancy Dreamcatcher King [room at Miraval Berkshires Resort & Spa](#) costs USD 1,748. This is an adults-only all-inclusive resort. The price includes all meals, smoothies, snacks, and non-alcoholic beverages. The package also includes unlimited mountain biking, hiking, challenge course activities, and group fitness classes.

People staying at the Miraval Berkshires Resort & Spa will be more comfortable packing their bathing suits with them because the outdoor resort pool is something worth enjoying. The resort also features an indoor Olympic-sized pool that can be accessed only by reservation.