

**TOWN&COUNTRY**

# Miraval Berkshires and Park Hyatt New York Partner for Spa Escape

Miraval Berkshires and Park Hyatt New York prove that when it comes to spa escapes, it's possible to have the best of both worlds.



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**W**hen it comes to serious R&R, are you a city mouse or a country mouse? A partnership between bucolic wellness retreat Miraval Berkshires and Park Hyatt New York means you no longer need to make a choice. The (well-named, but unrelated to this publication) Town & Country package, which runs through the end of 2022, offers the chance to stay at both properties and enjoy the restorative benefits each can provide.



Spa Nalai  
PARK HYATT

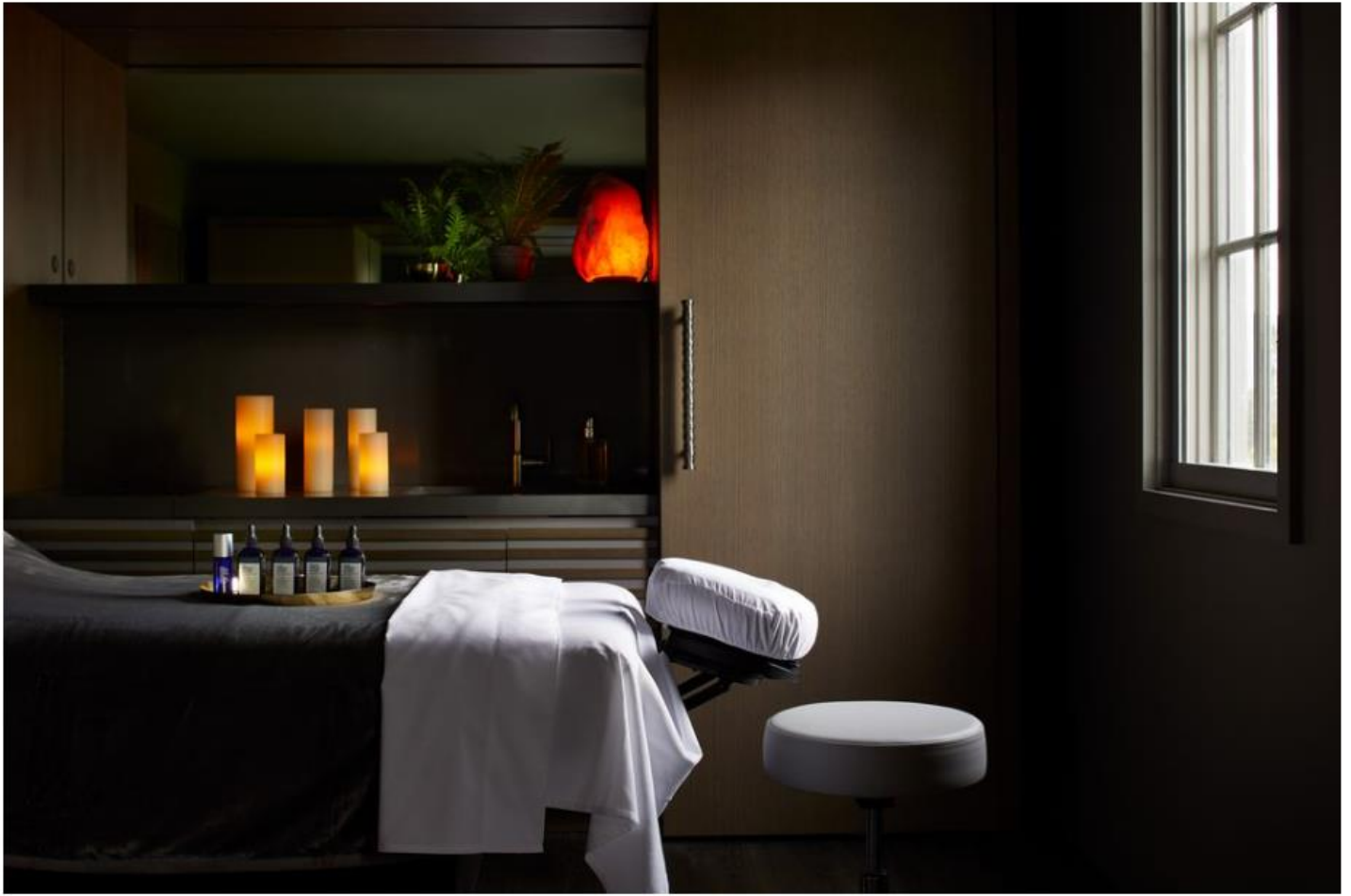
Town? At the Park Hyatt, situated on 57<sup>th</sup> street just off the green expanse of Central Park, the myriad entertainments of Manhattan lie at your feet. After embracing the city's whirlwind of energy and culture, you can retreat to Spa Nalai, the hotel's ultra-luxe, ultra-serene wellness space. Perched high in the Park Hyatt's skyscraper home, the spa's windows overlook the rooftops and buzzing street grid of the city, yet the atmosphere is Zen incarnate. Unwinding in the hydrotherapy area is a must, and don't miss the Nalai Signature massage—a customizable 60-to-90-minute treatment that will ease sore post-walking-all-day muscles and prepare you for a blissful rest in your hotel room high above the hectic metropolis.



Miraval Spa Lounge

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Country? Miraval Berkshires is an experience like no other—a 360-degree perspective approach to rebooting mind, body, and spirit. Mindfulness and gratitude are at the heart of all the programming, but the property's offerings also encourage artistic expression, playfulness, and curiosity. Take a pottery class, get your aura photographed, meditate in a meadow amongst grazing horses... honestly, the possibilities are endless. You could certainly spend all day outdoors, but the Life in Balance Spa beckons. Everything is in place to help you slow down, from the stones you are invited to (mindfully!) balance upon entry to the circular, fireplace-equipped relaxation room and indoor/outdoor hot tubs. But it's the treatment menu that will truly whisk you away. One must try: the exclusive Vasudhara experience, during which you will float in warm water, your eyes shielded, while you receive a tension-melting Thai massage. Another: The Renew & Restore facial, which was created by Manhattan dermatologist Dr. Dennis Gross (he of the [award-winning Alpha-Beta Peel Pads](#)). It's unusual, if not unheard of, to find an in-office-caliber facial at a wellness retreat—but this one delivers the visible results you would expect to see after stepping out of Dr. Gross's practice, exfoliating and hydrating skin with powerful ingredients that leave the complexion radiant.



Miraval treatment room.

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Miraval's farm-to-table fare (accompanied by a wine menu, should you wish) offers a detox that is thoroughly enjoyable rather than restrictive—and a pleasurable way to reset after the indulgences of New York City. At Miraval, it is virtually impossible to not find peace – and even if you are bound to return to the sensory overstimulation of a fast-paced urban life, you will leave with the tools you need to make that tranquility—and glowing skin—last.