


COSMOPOLITAN

Check In to Mentally Check Out at This Berkshires Wellness Resort

A blissed-out crystal massage? Don't mind if I do.



by ERIKA W. SMITH  SEP 8, 2022



COURTESY OF MIRAVAL BERKSHIRES

You know that feeling when you wanna quit your normal life for a few days (or like...a month) of relaxation and rejuvenation? Maybe at a place where you're surrounded by mountains, trees, and clear blue skies....not to mention a pool, or three? Enter: [Miraval Berkshires Resort & Spa](#).

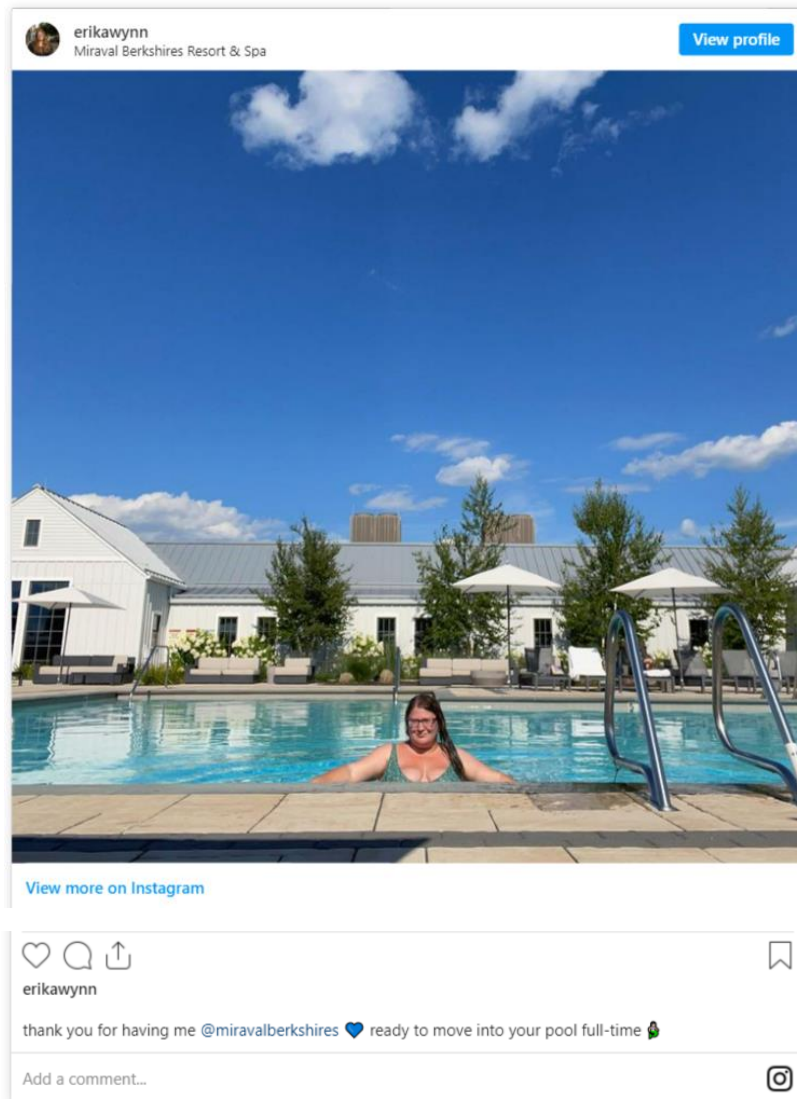
But Miraval Berkshires isn't a regular spa, it's a cool spa. For one, it has regular massages, but also *crystal* massages. Its choose-your-own adventure-style itinerary lets you attend classes on topics like Ayurveda and aura photography, have a one-on-one session with a breathwork teacher or tarot reader, and participate in lessons on everything from fire-building (yes, Girl Scout-style) to why "earthing" (aka walking around barefoot) is good for you. And with the [Hampton Jitney](#) now offering rides straight from Midtown Manhattan to Miraval, it's easier than ever for burned-out New Yorkers to head away for a weekend (or a straight up week) in nature.

While Miraval Berkshires offers plenty of athletics like tennis, hiking, kayaking, and rock climbing, as Cosmo's senior astrology editor, I went straight for other activities like a crystal meditation and a sound bath. Check out my crystal-filled itinerary and definitely take some notes before your next much-needed wellness-y getaway.

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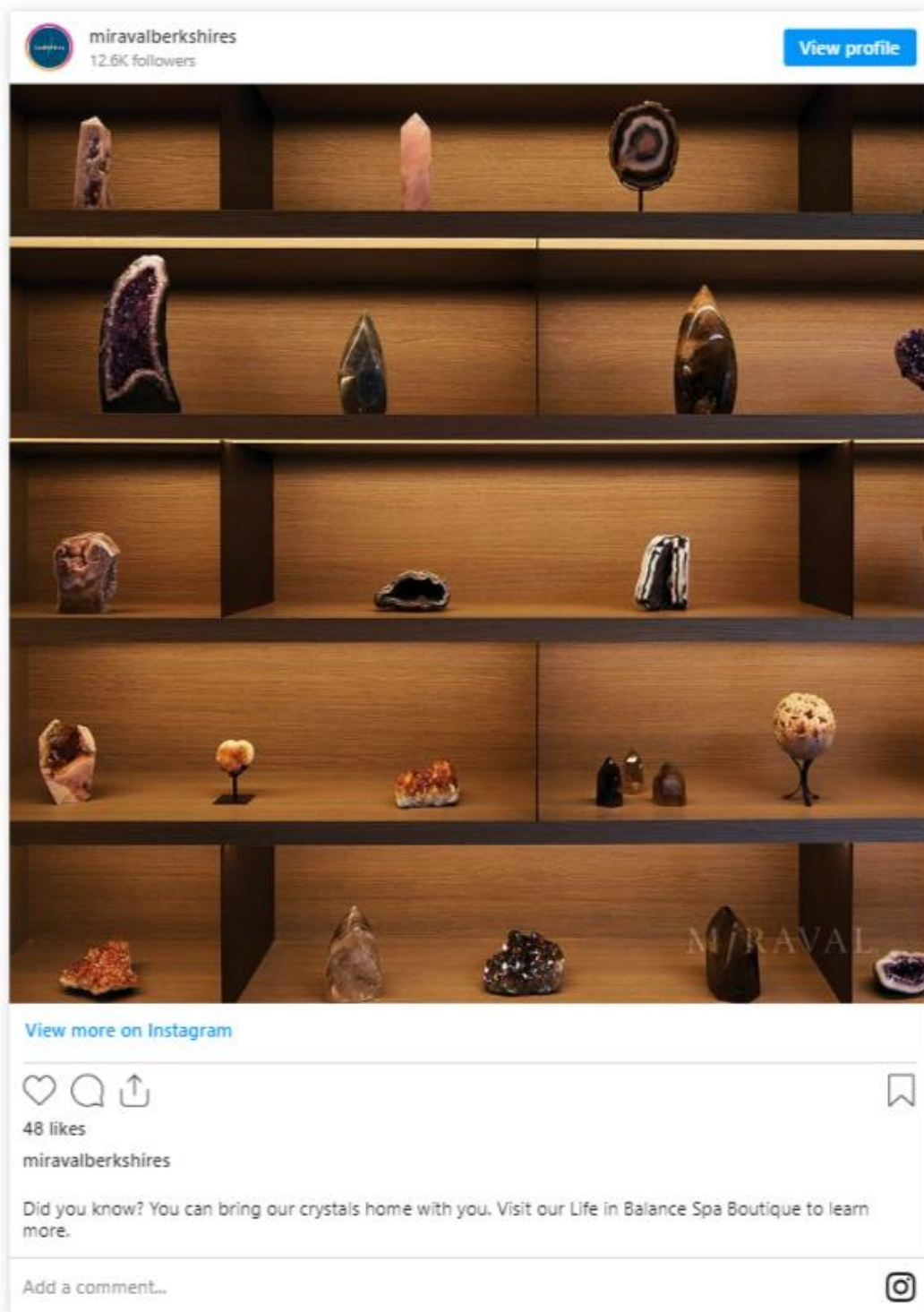


(FYI, The writer received comped accommodations, meals, travel, & experiences during this getaway.)

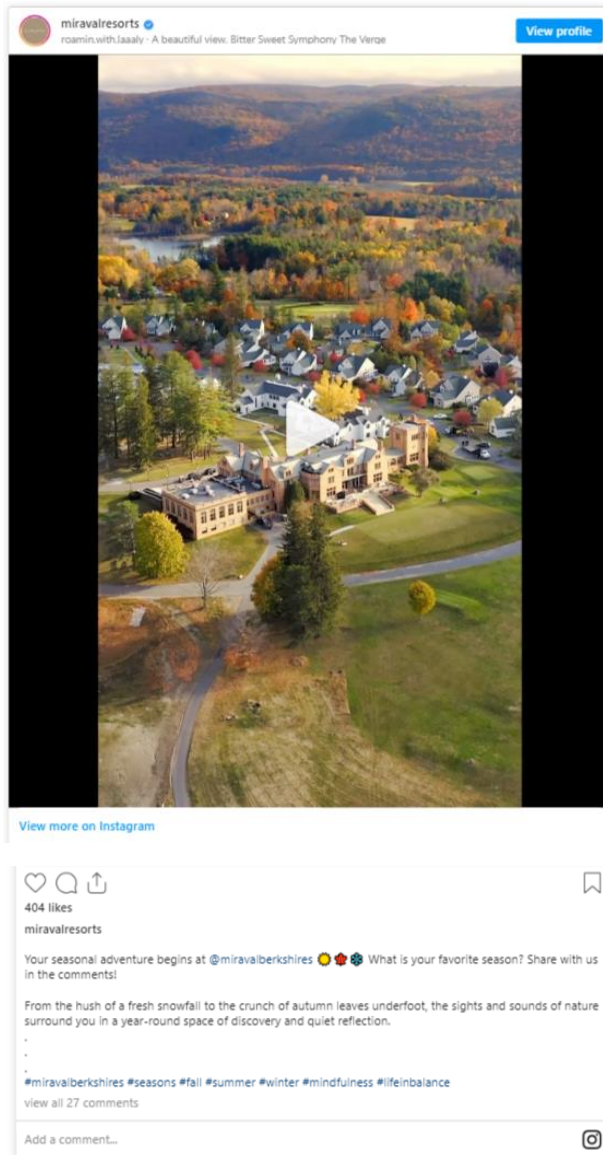


Stay

- ◆ **Miraval Berkshires**: Located in Lenox, Massachusetts, Miraval Berkshires looks kinda like a sprawling, grown-up, luxury summer camp. The main building is set up like a gently winding maze, with hallways leading to guests' rooms; amenities like a spa, gym, dining room, and indoor and outdoor pools; and cozy corners to chill in. It's full of small, stunning spots like a gorgeous cork-covered room used for sound baths or a stunning display of giant crystals in the spa lobby.



- ◆ Towering over the rest of the resort is the Wyndhurst Mansion, a gorgeous brick Gilded Age-era building once owned by author Harriet Beecher Stowe's family. It includes some guest rooms as well as meeting areas, and it's no surprise to learn that it regularly hosts weddings. The extensive grounds include a golf course, horse stables and pasture, tennis courts, a garden, and even a chicken coop, and guests can sign up for hiking excursions in the area as well.



Play

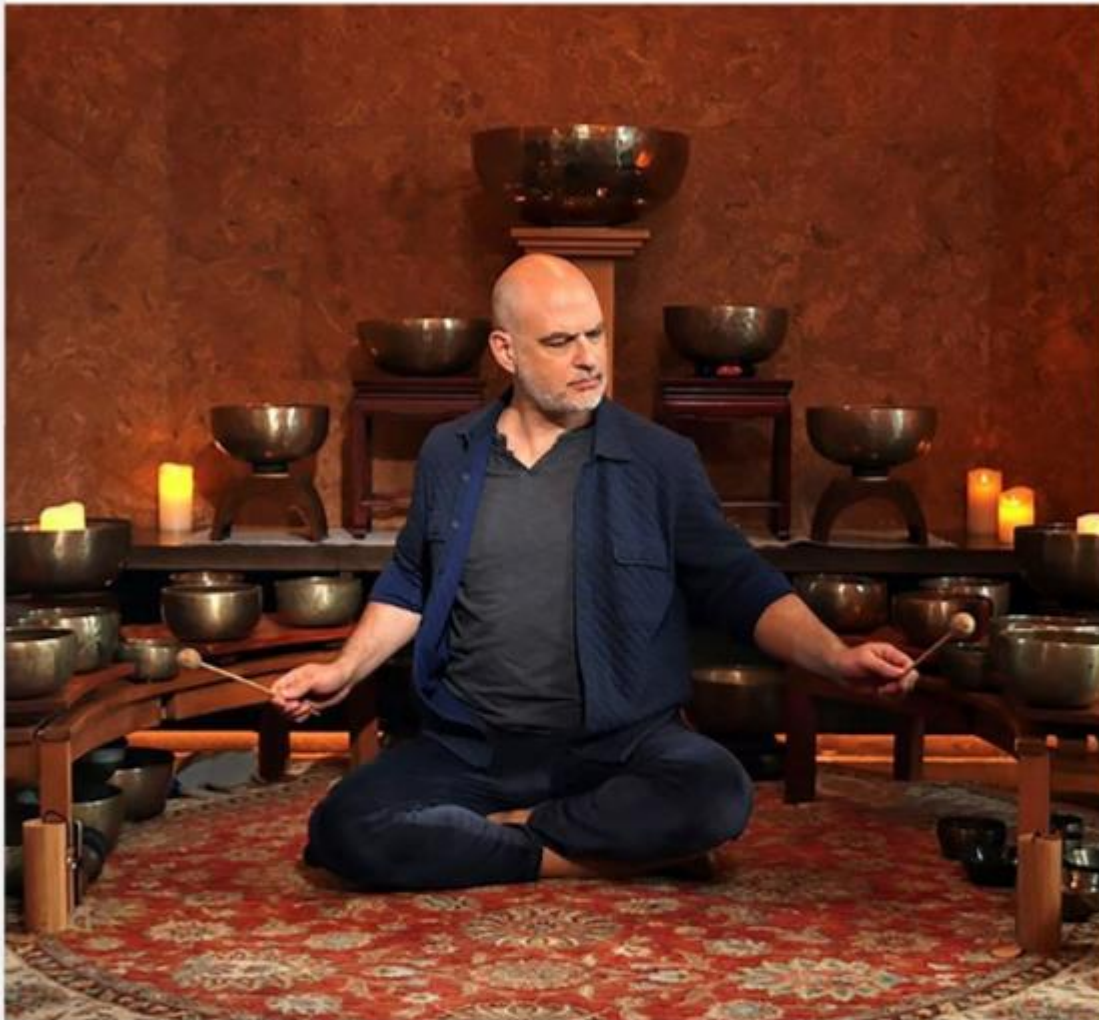
- ◆ **Crystal massage:** It's like a hot stone massage, but with ~crystals~. The massage featured crystals chosen for both their origin and their healing properties, like locally-mined stones like pink rhodonite for self-love.
- ◆ **Crystal meditation:** Yes, I got even more into crystals than I already was, okay???. This workshop involved an instructor-led lesson on choosing the single crystal that spoke to you, cleansing it, and working with crystals in general, and then a guided meditation on intention setting with your new, intuitively-chosen, crystal BFF.



miravalberkshires

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Specialist Spotlight, Meet Rudra Bach

Rudra, our Vibrational Sound Therapist, has conducted and taught sound meditations for individuals, couples, and groups for two decades. Using an extensive collection of antique Himalayan Bowls, Rudra guides participants into a deeply supported meditative state.

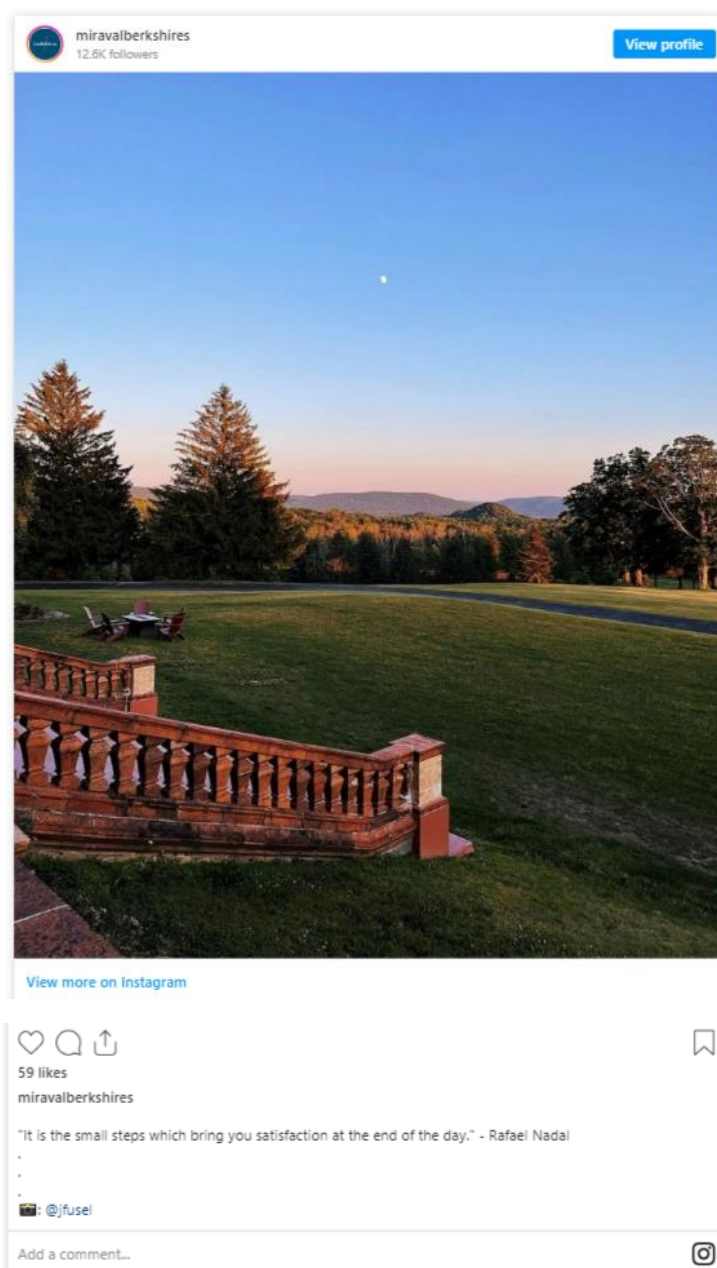
Receive 10% off any private session when you mention "SPECIALIST SPOTLIGHT" during your booking process.

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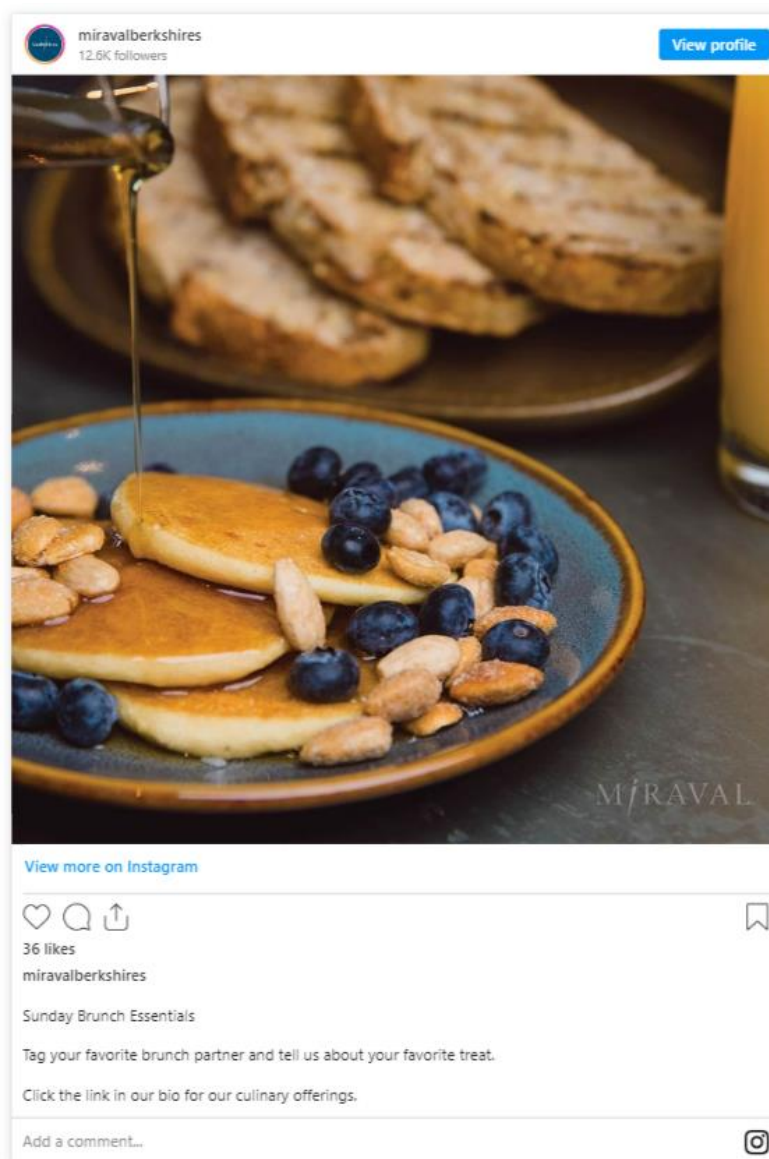


- ◆ **Sound bath:** ICYDK, a sound bath involves relaxing or meditation while "bathing" in sound waves like those from a gong or singing bowl. Or in Miraval Berkshires' case, a whole room full of hundreds of antique singing bowls. It's weirdly as relaxing as a massage but without anyone actually touching you.
- ◆ **Grounding:** Aka "earthing," grounding involves walking around barefoot and soaking up the earth's ~vibes~ and focusing on deep breathing to bring your body to a more *chill* state. And let me tell you, the grass at Miraval is comfier than carpet on your bare toes.



Eat

- ◆ **Harvest Moon Restaurant:** Miraval Berkshires' main eatery features a rotating menu that incorporates a lot of locally-grown and sourced food. Breakfasts and lunches are a casual, "stop by whenever" affair (and you choose to have your cold brew and avo toast in either indoor or outdoor seating), while dinners require reservations and involve multiple courses, like roast duck served with charred local veggies. The foods are chosen with nutrition in mind, ofc, but they're also super tasty—like almond pancakes with berries for breakfast (check out that masterpiece below) or a vegan cauliflower banh mi for lunch.



Your Miraval Berkshires Packing List



AN ATHLEISURE SET

Plum Compressive High-Rise Legging

GIRLFRIEND COLLECTIVE
girlfriend.com
\$78.00

SHOP NOW

No matter what activities you choose, you'll probably spend some time moving your bod. (Pair with these leggings with the Paloma Racer Bra, \$46, for a matching set.)



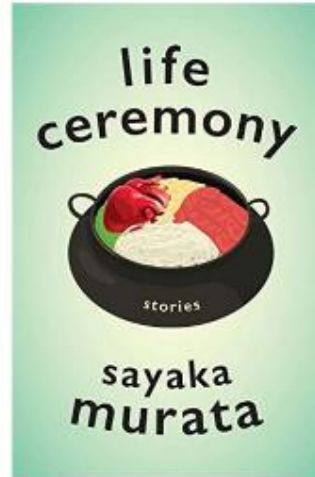
SNEAKERS

Chunky Sneakers

H&M
hm.com
\$39.99

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Protect your toesies when you're building a fire, biking, or hiking outdoors.



A GOOD BOOK

Life Ceremony: Stories

GROVE PRESS
amazon.com
\$22.99

SHOP NOW

Miraval Berkshires has a *no-digital-devices-allowed* policy in many common areas, so you'll want to bring a book or magazine to keep you occupied instead of your phone.



A SWIMSUIT

Deux Suit

WRAY NYC
wray.nyc
\$132.00

SHOP NOW

Remember those three pools I mentioned? Yeah, you're going to want to take advantage of them.



SUNGLASSES

**10 Out of 10
Sunglasses**

NRODA
nroda.com
\$168.00

SHOP NOW

Perfect for lounging
poolside.



SUNSCREEN

**UV Glow SPF 36
Facial Sunscreen**

ELTAMD
walmart.com
\$33.00

SHOP NOW

Yes, I did get a
sunburn on my very
first afternoon, but
you don't have to!



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**Weekend Escape
Keyhole Keyhole
Midi A Line Dress**

**DENISE MERCEDES X
REBDOLLS**
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While most Miraval
guests wear athleisure
during the day, some
like to dress up a little
for dinner.



A NOTEBOOK

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Pocket Notebook**

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\$9.95

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Whether you're
journaling about your
emotional experiences
or taking practical
notes on how to
recreate breathwork
techniques at home,
you'll want to jot
down your thoughts.