

MIRAVAL® RESORT & SPA INTRODUCES FOCUSED STAY PACKAGES
New Targeted Programming Helps Guests Reach Their Health & Wellness Goals

August 5, 2011 (Tucson, AZ) – Miraval Resort & Spa, the award-winning Tucson destination is giving guests an opportunity to take advantage of hand selected classes, spa services and private sessions with renowned specialists to help them reach specific wellness goals. Whether for weight loss, stress management, or support after a difficult loss, Focused Stay Packages offer the best of Miraval through customized, intention-driven programming.

With choice as a guiding principle, guests are able to take advantage of their chosen program while still possessing the freedom to enjoy Miraval's vast array of amenities. Through these highly specialized programs, guests can tackle personal challenges and achieve new levels of spiritual growth, while enjoying a luxurious spa experience.

"The Focused Stay Packages further enhance the Miraval experience for guests who come to us with a specific goal in mind," said Michael Tompkins, President & General Manager of Miraval Resort & Spa. "Our distinguished and highly skilled staff of Wellbeing Specialists has developed a variety of customized programming that caters to the individual needs of each guest."

The new Focused Stay Packages bundles many of Miraval's signature services designed to help guests achieve their goal of reducing stress, maintaining a healthy weight or transitioning through a difficult time. Within the diverse programming lineup, each package includes a Wellness Health Plan Private Session—a 50 minute consultation with Dr. James P. Nicolai, M.D., Medical Director of the Andrew Weil, M.D. Integrative Wellness Program at Miraval.

In addition to the consultation, each package includes a minimum four-night stay in one of Miraval's luxurious, casita-style accommodations, all healthful and flavorful meals, snacks, smoothies and non-alcoholic beverages, as well as full access to Miraval's extensive resort amenities and unlimited participation in Clue-In Activities. Guests who book a Focused Stay Package will also receive a \$260 bonus resort credit, as well over \$500 in savings. Below outlines what each Focused Stay Package includes.

Mindful Weight Management

- 4 nights in luxurious, casita-style accommodations starting with our Deluxe rooms.
- All healthful and flavorful meals, snacks, smoothies and non-alcoholic beverages.
- Full access to Miraval's extensive resort amenities.
- Unlimited participation (if you choose) in daily self-discovery programs including all fitness and yoga classes; lectures; the Miraval Equine Experience™; cooking demonstrations; outdoor adventure and challenge activities.
- Welcome Gift of Miraval tote bag & reusable water canteen.
- Spontaneous Happiness with Dr. Jim Nicolai, Medical Director of the Andrew Weil, M.D. Integrative Wellness Program at Miraval (50 min.)

- 2 Private Wellness Consultations which may include Wellness Counseling ; Mirror of the Soul ; Grief, Loss & Letting Go ; Mindful Dialogue , Sand & Spirit, or Walk & Talk Session. (50 min. each)
- Private Challenge Activity – Choice of Quantum Leap II or Desert Tightrope (50 min.)
- Mindful Living Consultation (50 min.)
- Aqua Zen Spa Service (50 min.)
- Breath Work Private Session (50 min.)
- Advance Sign up for a Limited Availability Class of Your Choice
- \$260 resort credit, per person, per stay to spend on additional private services of your choosing.
- Pema Chodran’s Book, *When Things Fall Apart: Heart Advice for Difficult Times*

Mindful Stress Management

- 4 nights in luxurious, casita-style accommodations starting with our Deluxe rooms.
- All healthful and flavorful meals, snacks, smoothies and non-alcoholic beverages.
- Full access to Miraval's extensive resort amenities.
- Unlimited participation (if you choose) in daily self-discovery programs including all fitness and yoga classes; lectures; the Miraval Equine Experience™; cooking demonstrations; outdoor adventure and challenge activities.
- Welcome Gift of Miraval tote bag & reusable water canteen.
- Spontaneous Healing with Dr. Jim Nicolai, Medical Director of the Andrew Weil, M.D. Integrative Wellness Program at Miraval. (50 min.)
- Resting Metabolic Rate & Body Composition Measurement Private Session. (30 min.)
- Private Nutrition Consultation (50 min.)
- Optimal Fitness Diagnostic Private Session (50 min.)
- Private Wellness Consultation which may include Wellness Counseling ; Mirror of the Soul ; Grief, Loss & Letting Go ; Mindful Dialogue , Sand & Spirit or Walk & Talk Session. (50 min.)
- Private Fitness Program Design Consultation (50 min.)
- \$260 resort credit, per person, per stay to spend on additional private services of your choosing. For every night added, receive an additional \$130 resort credit.
- Dr. Andrew Weil 's book, *8 Weeks to Optimum Health*

Support Through Transition

- 4 nights in luxurious, casita-style accommodations, starting with our Deluxe rooms.
- All healthful and flavorful meals, snacks, smoothies and non-alcoholic beverages.
- Full access to Miraval's extensive resort amenities.
- Unlimited participation (if you choose) in daily self-discovery programs including all fitness and yoga classes; lectures; the Miraval Equine Experience® ; cooking demonstration; outdoor adventure and challenge activities.
- Welcome Gift of Miraval tote bag & reusable water canteen.

- Spontaneous Happiness with Dr. Jim Nicolai, Medical Director of the Andrew Weil, M.D. Integrative Wellness Program at Miraval (50 min.)
- 2 Private Wellness Consultations which may include Wellness Counseling ; Mirror of the Soul ; Grief, Loss & Letting Go ; Mindful Dialogue , Sand & Spirit, or Walk & Talk Session. (50 min. each)
- Private Challenge Activity – Choice of Quantum Leap II or Desert Tightrope (50 min.)
- Mindful Living Consultation (50 min.)
- Aqua Zen Spa Service (50 min.)
- Breath Work Private Session (50 min.)
- Advance Sign up for a Limited Availability Class of Your Choice
- \$260 resort credit, per person, per stay to spend on additional private services of your choosing.
- Pema Chodran’s Book, *When Things Fall Apart: Heart Advice for Difficult Times*

At this time there are no booking or stay restrictions on the Focused Stay Packages. Guest can reserve their getaway today by calling 877.907.6793. For more information please visit www.miravalresorts.com

About Miraval Resort & Spa

Miraval® is dedicated to making life more magnificent. Created in 1996, Miraval’s flagship resort in Tucson, Arizona, has been consistently rated the #1 by *Travel + Leisure*, *SpaFinder* and *Condè Nast Traveler*. Miraval offers an array of “Clue-In”™ self-discovery and development activities and “Chill-Out”™ spa services, all of which reflect Miraval’s core philosophy of living life in the moment. The brand is expanding its reach through its network of leading Specialists and its creation of fully-integrated inspired living communities.