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**MIRAVAL ARIZONA LAUNCHES THE ANDREW WEIL, M.D.  
INTEGRATIVE WELLNESS PROGRAM**

- The First Interactive and Integrative Wellness Program of its Kind  
to Debut at a Destination Spa Resort -

**July 12, 2010 (Tucson, AZ)** – [Miraval Arizona](#), the top-rated [destination spa resort](#) located in Tucson, announces the launch of the [Andrew Weil, M.D. Integrative Wellness Program](#) starting in August. This innovative program takes a proactive approach to individual health and wellness, under the leadership of the renowned pioneer of integrative medicine, Andrew Weil, M.D. Based on his philosophy of wellness and healthy aging, as communicated in his book *Eight Weeks to Optimum Health*, among others, the program gives participants practical knowledge, skills and experiences to help them take charge of their health whether it's for weight management or for chronic disease prevention.

Andrew Weil, M.D. has been the Director for Integrative Health & Healing at Miraval Arizona since 2005. "My team and I are very much looking forward to delivering the true potential of Integrative Medicine to Miraval guests," said [Dr. Weil](#). "The unique hybrid of a destination spa resort and a wellness center is the perfect place for healing to begin."

The Director, James P. Nicolai, a board-certified family practitioner and a graduate of the Integrative Medicine Fellowship at the University of Arizona in Tucson, was hand selected by Dr. Weil to lead this ground breaking program. Guests will have three levels of participation in the program to choose from:

### **Level 1: "Introduction to Integrative Medicine"**

Dr. Nicolai will help guests take an in-depth look at how lifestyle impacts their health and make recommendations to begin reducing the risk for developing chronic diseases, as well as exploring the possibility of using alternative treatments to help guide them along their healing journey. 50 minute, in-house consultation.

### **Level 2: "In-Depth Integrative Medical Consultation"**

Dr. Nicolai will work with guests to complete an assessment of their current health status in order to determine the most effective lifestyle changes that can affect longevity and capacity for leading a healthy, joyful life. With his recommendations and referrals to Miraval specialists and activities, he will help guests integrate nutrition, exercise, stress management and, if necessary, supplements, into their approach to health management. Two 50 minute, in-house consultations.

### **Level 3: "8 Weeks to Optimum Health"**

Based on Dr. Andrew Weil's world renowned approach to optimal health, this program takes guests week-by-week, step-by-step to help set goals and make sustainable changes necessary to create a foundation for healthy living. They will receive personal direction from Dr. Nicolai as well as other Miraval wellness providers specially selected to address their personal issues and goals. Two 50 minute in-house consultations, plus seven 25-minute weekly follow-up phone or remote video consultations.

Dr. Nicolai's expert advice combined with Miraval's nutrition and fitness specialists, stress management activities and massage therapy, blends a recipe for improved health and quality of life that sets the stage for a life-changing experience for those who participate.

Miraval guests will also have the unique opportunity to interact with Dr. Nicolai outside of his clinical office. He will be spending a portion of his time alongside guests as they experience Miraval programming, such as in a Native American Yoga class, dining in the Cactus Flower restaurant, or in a challenge activity such as Quantum Leap. Where else on earth will you find yourself on a sunrise hike with your doctor? *Only at Miraval.*

"We are committed to providing our guests with innovative programs that enable them to transform their lives and make healthy choices," said **Michael Tompkins, Vice President and General Manager of Miraval**. "The Andrew Weil, M.D. Integrative Wellness Program is the perfect complement to our array of self-discovery and development activities and spa services."

Guest patient consultations with Dr. Jim Nicolai will be performed in the new Andrew Weil, M.D. Wellness Center, a multi-room suite located in the Ocotillo casita village at Miraval.

You won't find you anywhere else™

MIRAVAL®

Reservations are recommended and are subject to availability. For more details about Miraval Arizona or pricing for the Andrew Weil, M.D. Integrative Wellness Program please call **800.232.3969** or visit [www.miravalresorts.com](http://www.miravalresorts.com).

**ABOUT MIRAVAL**

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*, *Zagat Survey* 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, beginning with the introduction Miraval Living, New York in 2007.

**ABOUT WEIL LIFESTYLE, LLC**

Weil Lifestyle, LLC, is an organization founded with the mandate of providing an ethical funding platform to support the [Weil Foundation](http://www.weilfoundation.org). Its mission is to be the leading resource for education, information, products, services and philanthropic contributions based on the principles of integrative medicine. Headquartered in Phoenix, Arizona, Weil Lifestyle, LLC, is the owner of the website [www.drweil.com](http://www.drweil.com) and is the exclusive worldwide licensor of distinctive products and services that are developed, reviewed and approved by Andrew Weil, M.D.

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