

JOURNEYS *with* INTENTION



spa
experience

	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	Arrival	Breakfast	Breakfast	Breakfast
	Discover Your Dosha	Shampoo, Cut, & Style	Pool time	Breath work
	Smoothies at Palm Court	Quiet time in your room	Anti-Oxidant Vibrancy Facial	Path of the Jaguar
MID-DAY	Cold Stone Manicure & Pedicure	Mothers Blessing	Lunch	Lunch
	Lunch	Lunch	Five Secrets to Skincare	Pool time
	Labyrinth quiet time	Pool time	Quiet time in your room	Smoothies at Palm Court
EVENING	Dinner	Mastering your Makeup	Dinner	Abhyanga
	Drink in lounge	Dinner	Drinks in lounge	Quiet time in your room
	Sacred Sounds Massage	Quiet time	Sweet Slumber	Departure

MINDFUL TIPS
When scheduling spa services, it's always a great idea to separate your body work and energy work. This allows the body to let the healing properties of that service to sink in.

This is a suggested itinerary of how to plan your Miraval stay. All activities and spa services are subject to availability and may be periodically offered. Please refer to the daily schedule and connect with a Miraval Experience Planner to schedule your experiences. We highly recommend booking your activities 4-6 weeks in advance of your arrival date.

JOURNEYS *with* INTENTION



spa
experience

	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	Arrival	Breakfast	Breakfast	Morning Meditation
	Smoothies at The Nest	Deborah Lippman Manicure	Serenity	Breakfast
	Vitamin C Facial	Nature Walk	Pool Time	Blend 'N' Balance Smoothie
MID-DAY	Lunch	Craniosacral Therapy	Lunch	Abyhanga
	The Astral Body	Pool Time	Wild Berry Body Polish	Lunch
	Miraval Relax Massage	Lunch	New Habits For A New You	Creative Canvas
EVENING	Dinner	Naga	Deborah Lippman Pedicure	Cleansing Ceremony
	Zen Stroll	River Flower Wrap	Just Cook For Me	Journaling Time
	Moondance	Dinner	Jacuzzi Time	Departure

MINDFUL TIPS

When booking services, remember to schedule your facial and nails after the massage to prevent wiping off the products.

This is a suggested itinerary of how to plan your Miraval stay. All activities and spa services are subject to availability and may be periodically offered. Please refer to the daily schedule and connect with a Miraval Experience Planner to schedule your experiences. We highly recommend booking your activities 4-6 weeks in advance of your arrival date.

JOURNEYS *with* INTENTION



spa
experience

	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	Arrival	Breakfast	Breakfast	Morning Yoga
	Smoothies at The Roost	Quiet time in your room	Ice Glen Hike	Breakfast
	Tension Release Exercise (TRE)	Colors of Life Energy	Serene Scalp Treatment	Shampoo, Cut, and Style
MID-DAY	Lunch	Lunch	Lunch	Lunch
	Jacuzzi time	Pool Time	Balancing Meridians: Acupuncture & Acupressure	Rejuvenating Back Facial
	Deborah Lippmann Manicure + Pedicure	Manuka Honey Quench	Read in The Roost	Smoothies at The Roost
EVENING	Dinner	Outdoor Adventure	Dinner	Mindful Property Stroll
	Drinks in lounge	Labyrinth quiet time	Niramaya Facial	Quiet time in your room
	Sweet Slumber	Dinner	Quiet time in your room	Departure

MINDFUL TIPS
When scheduling spa services, it's always a great idea to separate your body work and energy work. This allows the body to let the healing properties of that service to sink in.

This is a suggested itinerary of how to plan your Miraval stay. All activities and spa services are subject to availability and may be periodically offered. Please refer to the daily schedule and connect with a Miraval Experience Planner to schedule your experiences. We highly recommend booking your activities 4-6 weeks in advance of your arrival date.