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The Newest Miraval Resort & Spa Just Opened In The Berkshires— And It's Fabulous!




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Travel

Miraval, one the most beloved names in wellness, just expanded into the bucolic rolling hills of Lenox, Massachusetts. East-coast Miraval fans can now more easily indulge in the Resort's extensive experiences and also take advantage of some Berkshire-specific offerings. This new property has continued the commitment to help guests create a balanced life, with an emphasis on both spiritual and physical wellness.



All rooms are designed with tranquility in mind  MIRAVAL

To facilitate your fitness goals, the Berkshires Miraval has created a packed schedule of classes that includes kickboxing, high intensity interval training, multiple stretching options and an outdoor boot camp. Yoga lovers can try Vinyasa yoga, power yoga, gentle yoga and yoga on a stand-up paddleboard. Since guests will be in one of the lushest parts of the country, they can also enjoy a series of hikes that range from a relatively easy excursion through a hardwood forest to a more strenuous scramble around giant boulders in a glacial ravine. An on-site lake means you can enjoy both cardio kayaking and mindful kayaking, as well as paddle boarding.



The yoga studio MIRAVAL

Miraval has created some very serious adventures courses that are designed to challenge both your mind and your body. The new Berkshires' resort has a beautifully designed ropes course, outdoor climbing wall, zipline and a series of partner and group courses. Many of these are uniquely designed for the Berkshires and take advantage of the property's spectacular local scenery.



The Adventure Course is a guest favorite MIRAVAL

But Miraval is more than just a place to get in shape. The emphasis on wellness translates into a host of fabulous experiences that are designed to enhance your mental and spiritual well-being. Qi Flow balances your energy by invoking the five elements of Chinese medicine and a Spirit Quest session incorporates Reiki, Zen Shiatsu and sound healing to create balance. You can try an equine meditation session, a beekeeping lesson and learn how to make bone broth. Of course, you need to indulge in a first-rate tension-reducing massage and an organic fruit-peel facial. Both Eastern and Western horoscope readings are offered.



The relaxing spa pool MIRAVAL

What about the food? Miraval in the Berkshires continues the tradition of offering super delicious and wholesome meals. The emphasis is not on restrictions (cocktails and brownies are available!) but on indulging and enjoying good food as a way to stay healthy.

Many Covid restrictions have been lifted in Massachusetts, and both in-door and outdoor dining are permitted. The property is scrupulously clean, masks are required and all classes require an advanced sign-up to avoid crowding. Miraval is always the perfect place to relax and rejuvenate. Something we all need today, more than ever before.