



HOUSTON'S PREMIERE LIFESTYLE MAGAZINE

BEAUTY IS AS BEAUTY DOES

HERE'S HOUSTON'S MOST BEAUTIFUL PEOPLE FOR 2019
BY WARNER ROBERTS



YOU VOTED:
HOUSTON'S
TOP
DOCS



NOT TIP: OUR COOL STYLE AND BEAUTY PICKS FOR THE SEASON



LITE SPAS + WELLNESS RETREATS
CAPE TO THE HILL COUNTRY, UTAH, CABO AND MORE



★ Destination



Miraval Mode: A Hill Country Miracle

Texas is the
new home
of one of the
elite Miraval
Spas.

Story and photos by
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MIRAVAL INVITES YOU TO RECHARGE YOUR LIFE. Nestled in the flowing hill country of Austin, Miraval is a magnificent place to rejuvenate, relax, and refresh. The Miraval Spa tradition started in Tucson, AZ, in 1995. The simple message hasn't changed: Everyone can achieve life balance. Now you can balance your life right here in Texas!

The calming open-air lobby overlooks 220 acres of protected land and Lake Austin. The view creates a wave of relaxation the moment you walk through the door.

MIRAVAL MODE

Just as your cell phone can be set to airplane mode, guests are invited to get into the "Miraval mode." To encourage guests to be present and interacting with other people and their surroundings, there is a no phone zone in public places and at the dinner table. To encourage setting to "Miraval mode," cell phone sleeping bags are presented at check-in.

The Texas Hill Country ambiance is breathtaking. Along the leisurely walk to the rooms is the Body Mindfulness Center, Yoga Barn, Life in Balance culinary kitchen, and Miraval Spa—all amenities important to your stay.

The Body Mindfulness Center is always open, and rocking much of the time with organized classes and activities. Texas line dancing, salsa,

morning stretch, body and barre happen often. You can dig a little deeper with classes in the power of intuition, chakras and the elements or astrology. The gym, with its shiny new exercise equipment, is part of the Body Mindfulness Center.

The yoga barn is a spectacularly Zen building boasting high ceilings. Natural light illuminates through the floor to ceiling windows and a view of the Austin Hill Country lies beyond. Bodies suspend from the ceiling in various positions during aerial yoga. During the floating meditation classes, guests appear to be wrapped in purple satin cocoons hanging from the ceiling as they are gently rocked to the soothing vibrations of crystal bowls.

DINE

The Crossings Hilltop Kitchen serves breakfast, lunch, dinner, and grab and go snacks, all included with your stay. Enjoy a buffet of fresh items and an abundance of salads. The salads are noteworthy: butternut squash and quinoa, red lentil, Brussels sprout apple, roasted winter vegetable, Sonoran wheat berry, Mediterranean couscous, chickpea and sweet potato, and more. There are also portion friendly, made-to-order options like grilled vegetable sandwiches or vegetarian tacos.

DINNER: ELEVATED

In the evening, the "Just Cook for Me Chef" introduces guests to the Conscious Cooking



movement. Instead of rushing through a meal, slow down and enjoy the process. William Sonoma helped create a stunning chef's demonstration kitchen. This hands-on culinary programming encourages guests to walk through the kitchen and talk to the chef. On this exquisite evening, we tasted quail breast and scallop sliders, pasture raised chicken wings, butternut squash gnocchi, forage mushroom tartine, Texas Wagyu flank steak and chocolate date pie.

SLUMBER, SWEET SLUMBER

There are 117 guestrooms, suites and villas decorated in gray and white and tucked into the woods. The rooms are designed to enhance guests' sleep experience with Miraval bedding, black out shades and sleep-enhancing amenities, including Miraval's signature cell phone sleeping bag. Each room has a spacious, walk-in shower along with sought-after ZENTS' all-natural bath amenities in large, reusable bottles, reinforcing the commitment to sustainability.

SPA PERFECTION

The Life in Balance Spa draws inspiration from the surrounding Balcones Canyonlands Preserve to promote relaxation, balance and a sense of wellbeing. The 20,000 square foot spa has 30 treatment rooms, a spa pool, relaxation rooms, salon, saunas, steam room and retail boutique.

Many of the treatments are similar to those offered in the Arizona Miraval, but some are exclusive to this property.

The Spiritual Warrior Facial utilizes energies of plants and gemstones. This facial is the real deal, complete with extractions, exfoliation and a gentle Gua Sha tool (the Japanese answer to Botox) to reduce puffiness and stimulate circulation. The Crystal Energy Healing treatment is different for each person. Your therapist listens to your body and is guided by the crystals to balance and clear your body, spirit and mind. This energy works to provide the same benefits as a relaxing massage.

A FINAL FAREWELL

Before departure, guests reflect upon their stay. Was there an "aha" moment? Were new goals set or new life directions planned? Guests write these important moments down in a letter to themselves. Miraval will mail these out three months after the visit as a gentle reminder of how to continue to achieve that same life balance you achieved at the spa. [H](#)

OPPOSITE PAGE: THE PICTURESQUE MIRAVAL SPA CAMPUS SITS AMONG THE TEXAS HILLS.

ABOVE, LEFT TO RIGHT: THE CRYSTAL CLEAR WATERS OF THE MIRAVAL POOL ARE PERFECT FOR GETTING IN A FEW LAPS. THE CHEF'S IS JUST AS DELICIOUS AS IT IS DELICIOUS.