

FROM THE PRODUCERS OF AMERICA'S LARGEST BRIDAL PLANNING EVENT

**NEW**  
FROM  
weddings

**15** REAL TEXAS  
WEDDINGS

texas  
weddings

*Honeymoons*

**ESCAPE**

**The Resort  
at Pedregal**

HONEYMOON, WEDDING OR  
BACHELORETTE PARTY - THEY'VE  
GOT YOU COVERED

**PLAN YOUR  
HONEYMOON  
TODAY**

**Destination  
Wedding**

**NO PROBLEM**

*Bridal*  
**Extravaganza**  
**Show**

**SAVE THE DATE**

BRIDAL EXTRAVAGANZA SHOW

**July 13-14**

READ OUR MUST DO TIPS!

**Book  
it!**



# Hill Country miracle

MIRAVAL SPA COMES TO AUSTIN

Miraval invites  
you to recharge  
your life.

Nestled in the flowing  
hill country of Austin,  
Miraval is a tremendous  
place to rejuvenate,  
relax, and  
refresh.





There are 117 guest rooms, suites and villas decorated in gray and white and tucked into the woods

The Miraval spa tradition started in Tucson, Arizona 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 looks over 220 acres of protected land and Lake Austin. The view creates a wave of relaxation the moment you walk in the door.

#### MIRAVAL MODE

Just as your cell phone can be set to airplane mode, guests are invited set "Miraval mode." No phone conversations in public spaces; no phones at meals. They encourage guests to be present with the people and surroundings. 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- amenities important to your stay.

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

STORY & PHOTOS BY  
Laurette M. Veres



The 20,000 square foot spa has 30 treatment rooms, a spa pool, relaxation rooms, salon, sauna, steam room and retail boutique

illuminates through the floor to ceiling windows and a view of the Austin hill country lies beyond. Bodies suspend from the ceiling in yoga positions during aerial yoga. Wrapped in "satins," purple cloths hanging from the ceiling, guests are in cocoons of comfort during floating meditation class, gently rocking 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 abundance of salads. The salads are noteworthy: butternut squash and quinoa, red lentil, Brussels sprout apple, roasted winter vegetable, Sonoran wheat berry, Mediterranean cous cous, chickpea and sweet potato, etc. There are also portion friendly made-to-order options like grilled vegetable sandwiches or vegetarian tacos.



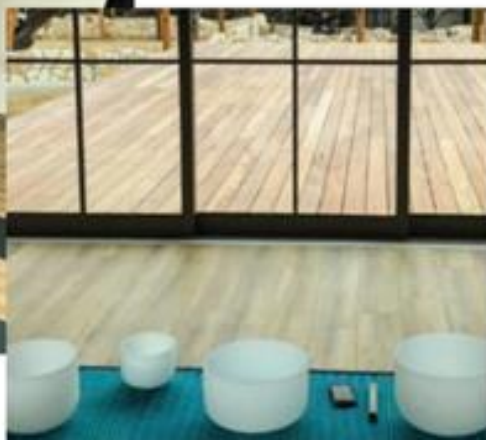
kitchen. This hands-on culinary programming encourages guests to walk through the kitchen and talk to the chef. On this exquisite evening, we tasted: quail breast and scallop sliders, pasture raised chicken wings, butternut squash gnocchi, forage mushroom tartine, Texas Wagyu flank steak, and chocolate date pie.

## 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

## 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 sought-after ZENTS'







all-natural bath amenities in large, reusable bottles reinforcing the commitment to sustainability. Each room also has a spacious walk-in shower.

### 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, sauna, 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 energy. This energy work provides 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? Guest write these important moments down in a letter to themselves. Miraval will mail these out three months after the visit. Miraval becomes a part of your life.

[www.MiravalAustin.com](http://www.MiravalAustin.com)