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Annual Edition
2017-2018

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**Hotels,
Resorts
& Spas**

THE LUXURY ESCAPES
EDITION

Enjoy the tranquility of Velaa Private
Island in the Maldives, p87



The spa's serene relaxation area

Miraval Arizona Resort and Spa

TUCSON, ARIZONA, USA

Set on 400 acres of the Sonoran Desert in the foothills of the Santa Catalina Mountains, Miraval is one of the premier spa resorts in the U.S. Unlike more ascetic retreats, Miraval places its focus on balance and mindfulness, meaning you can indulge in a prickly pear margarita after your floating meditation class. With a wide array of activities and classes, including a highly regarded yoga program and private integrative-wellness offerings, Miraval allows guests to find their individual sense of balance and invites them to connect with each other during their journeys. Familiar faces abound during the transitions between activities and meals, forming a sense of community that many are sad to lose upon departure. Days slip by too quickly as you drift from spa treatment to wellness class to activity, free from cell phones and the pull of everyday life. The trick is to bring everything you learn at Miraval back with you into the real world, so you can find your center no matter where you are.



CONTACT

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STAY

The Gratitude

Size 3,120 sq ft.

Nightly rate \$2,695

The Gratitude is the largest suite in Miraval's newest collection, The Retreat, opening in spring 2018. Comprising 22 residences ranging from studios to the three-bedroom Gratitude, The Retreat is the perfect place for groups and those looking for privacy. Stunning views of the Catalinas await from The Gratitude suite's large patio, which features a reflection pool, fire pit, lounge and outdoor dining for eight. Inside, there are three well-appointed en-suite bedrooms, including a spectacular master suite, plus a living room and full gourmet kitchen. Order room service one night to take advantage of your fabulous digs, or book a private cooking lesson.

RELAX

Life in Balance Spa

Many of the treatments available here are exclusive to Miraval, making it a bucket-list destination for spa lovers. Nāga, a unique evolution of Thai massage, uses bands of silk suspended from the ceiling as an extension of the therapist's body, allowing for deeper stretches and more acute tension relief. Experts in nearly all wellness disciplines practice here. Reiki, Ayurvedic treatments, energy healing and healing ceremonies including spiritual Shamanism and Eastern disciplines accompany traditional massages, body treatments, facials and beauty treatments.

Signature treatments Crystal Salt Serenity, Nāga, Vasudhara and The Path of the Jaguar

DINE

Cactus Flower Restaurant

Miraval's signature restaurant is one of the hubs of the property. The resort is all-inclusive, so guests take most meals here. The menus change daily, focusing on seasonal local ingredients, many of which come from the property's organic gardens. Choose from a wide array of perfectly portioned dishes and an enormous salad bar during lunch and dinner. Overlooking the grounds, with the mountain range in the distance, it's a tranquil respite during a busy day of excursions, classes and spa treatments.

EXPLORE

There are endless ways to explore Miraval and the surrounding landscape. While the resort is best known for its spa and mindful classes, some of the most exciting and personally rewarding experiences are in its outdoor adventure program. Challenge yourself to a zip-line course, learn to rock climb at 7,000ft on Mt Lemmon or head to the bordering Sonoran desert for hiking and mountain biking.

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