

FORBES

Why Miraval Arizona Remains The Country's Top Wellness Destination

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Miraval Arizona

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Wellness. Though it's a term that's been rigorously bandied about in the past few years, it's something [Miraval Arizona Resort & Spa](#) has quietly embodied since 1995. Tucked away in the foothills of the Santa Catalina Mountains, the scenic 400-acre resort has been offering its guests – whom gather for vastly different reasons and come from equally diverse backgrounds – a truly bespoke experience by offering hundreds of specialty experiences, spa treatments, and workshops to help balance the mind, body, and soul.



Miraval Arizona

Stately perched one of the resort's highest vistas, The Retreat features 22 spacious, beautifully-appointed suites. [-]

And to help elevate your stay even further, Miraval recently unveiled The Retreat. Stately perched one of the resort's highest vistas, these 22 spacious suites – there's four categories, including Reflection (one-bedroom), Unity (2-bedroom), Gratitude (3-bedroom), and Solace (studio) – are akin to a retreat within a retreat. Like the regular accommodations, The Retreat draws design inspiration from its beautiful desert surroundings with its calming earth tones, but offers an even more luxurious respite with a bevy of amenities to make The Retreat really feel like discreet, luxe residences.



Miraval Arizona

The Retreat at Miraval Arizona is decked out with everything you need to make it feel like a luxurious home away from home. [-]

There's private patios – kitted out with hot tubs, fire pits, and naturally, soul-soothing views – outdoor showers, full-stocked kitchens, spacious dining tables, and airy living rooms. As restorative sleep is as essential as the activity-filled days here, the bedrooms have been thoughtfully appointed with crisp linens, a pillow menu, and an especially unique feature: a cell phone “sleeping bag,” which you tuck away in its own tiny bed frame. To promote even more relaxation, pick a massage from the exclusive in-room treatment menu.



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The cuisine by executive chef Kyle Nottingham is thoughtfully-prepared and more importantly, delicious. [-]

As Miraval promotes mindfulness, cell phones must be on silent mode, and are to be used in your accommodations, Fountain Courtyard, and parking lot. As a frequent solo female traveler, I rely on it a lot during my travels – mostly, so I don't feel so conspicuously alone. But after having dinner by myself the first night (sans cell phone), I realized two things: how much I depend (and unnecessarily so) on the device, and how much more I see, hear, and taste when I'm more present. Instead of mindlessly plowing through piles of food as I normally do, I slowed down to savor executive chef Kyle Nottingham's cooking. Obviously, the food at Miraval is rooted in health and nourishment, but above all else, it's delicious. Dinners commence with house bread baked with

milled mesquite flour and a butter of the day, and entrees range from the simply prepared – always available is a customizable plate of protein, greens, and grains – and daily specials. (My favorite was Nottingham’s Chicken a la Plancha: fork-tender, bone-in meat accompanied by maple puree, butternut squash, and roasted corn.



Miraval Resort

The award-winning Life in Balance Spa features many unique treatments beyond standard facials and massages. [+]

Being present and disconnected from the outside world served even more useful during my experiences and spa treatments. The acclaimed Life in Balance Spa encompasses a whopping 30,000 square feet, and features unique offerings that go way above and beyond the standard facials and massages. For example: As I’d never heard of the modality, I opted for Chi Nei Tsang, a Taoist Chinese massage where, while your torso is exposed, your therapist manipulates your digestive system and liver to help aid digestion, and help clear your head – for the ultimate mind-body connection. Having a stranger rub your belly might sound strange, but there’s something about being at Miraval – this was one of the few times in my life where I felt like I was in a completely safe, judge-free zone – that helps you experience things you might not typically go for.



Miraval Arizona

Wyatt Webb has helped guests rediscover joy, overcome fears, and tap into their true selves through talking and engaging with equine therapy. [-]

Arguably, one of the biggest draws of Miraval is Wyatt Webb, the legendary Director of Equine Programs. For decades, he's helped guests rediscover joy, overcome fears, and tap into their true selves through the seemingly simple act of talking and engaging with horses. When I first heard about Wyatt, I was skeptical. But as soon as I got seated with a small group at a popular experience called "It's Not About The Horse," it didn't take long before barriers of all types were broken. As guests, two by two, would stand next to Wyatt and face the group, they opened up about the what brought them here. The reasons, more often than not, were hard to stomach and tear-inducing, but helped me realize how as adults, we share many common fears and struggles – but so rarely get the opportunity to discuss them. This goes back to what I said earlier – how profoundly safe and cared for I felt at Miraval. And that's what makes this destination so extraordinary. Instead of prescribing set agendas and regimens, it creates a calm, open environment that meets you *exactly* where you are, to gently guide you to a better place: physically, emotionally, and spiritually.