

# PHOENIX

MADISON RUTHERFORD | July 2019

## Last Minute Staycation: Miraval Resort and Spa in Tucson



Miraval Resort and Spa in Tucson is all about being mindful. That's why the luxury destination encourages each guest to undergo a digital detox, only allowing cell phone use in designated areas. However, with creative cooking classes, relaxing spa treatments, yoga and pilates, equine experiences, hiking, mountain biking and more, texting or checking Instagram will likely be the farthest thing from visitors' minds.

Through September 30, **Miraval's Summer Experience Package** allows guests to participate in all that the luxurious property has to offer at 25 percent off the best available rate. This includes unlimited access to outdoor activities, more than 120 weekly wellness experiences, lectures and fitness classes, all meals, snacks, smoothies and non-alcoholic drinks, complimentary shared shuttle transfers from Tucson International Airport or free valet. Guests can also choose from over 100 treatments at the Life in Balance Spa and take advantage of the 24-hour fitness center, saunas and hot tubs.

During the day, guests can take a dip in one of the resort's three pools and sip on cocktails from the Oasis Pool Bar. But the fun doesn't stop when the sun goes down. Through August 31, visitors can enjoy exclusive after-dark activities such as twilight zip lining, celestial yoga and deeply tranquil full moon and new moon ceremonies.

Miraval is mindful when it comes to the environment, too. The resort has reduced its carbon footprint by 25 percent since 2005 through the use of environmentally friendly and innovative methods and materials. It also boasts an on-site organic farm, ingredients from which are incorporated into the cuisine at the resort's restaurants. It also serves as a hands-on classroom to teach guests about growing eco-friendly produce.

Make the short trek to Tucson for a relaxing weekend getaway. You can check Instagram and catch up on emails later.

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