

# JOURNEYS *with* INTENTION



spa  
experience

	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	Arrival	Breakfast	Breakfast	Breakfast
	Discover Your Dosha	Shampoo, Cut, & Style	Pool time	Breath work
	Smoothies at Palm Court	Quiet time in your room	Anti-Oxidant Vibrancy Facial	Path of the Jaguar
MID-DAY	Cold Stone Manicure & Pedicure	Mothers Blessing	Lunch	Lunch
	Lunch	Lunch	Five Secrets to Skincare	Pool time
	Labyrinth quiet time	Pool time	Quiet time in your room	Smoothies at Palm Court
EVENING	Dinner	Mastering your Makeup	Dinner	Abhyanga
	Drink in lounge	Dinner	Drinks in lounge	Quiet time in your room
	Sacred Sounds Massage	Quiet time	Sweet Slumber	Departure

**MINDFUL TIPS**  
When scheduling spa services, it's always a great idea to separate your body work and energy work. This allows the body to let the healing properties of that service to sink in.

*This is a suggested itinerary of how to plan your Miraval stay. All activities and spa services are subject to availability and may be periodically offered. Please refer to the daily schedule and connect with a Miraval Experience Planner to schedule your experiences. We highly recommend booking your activities 4-6 weeks in advance of your arrival date.*