

SAFETY AT THE SPA

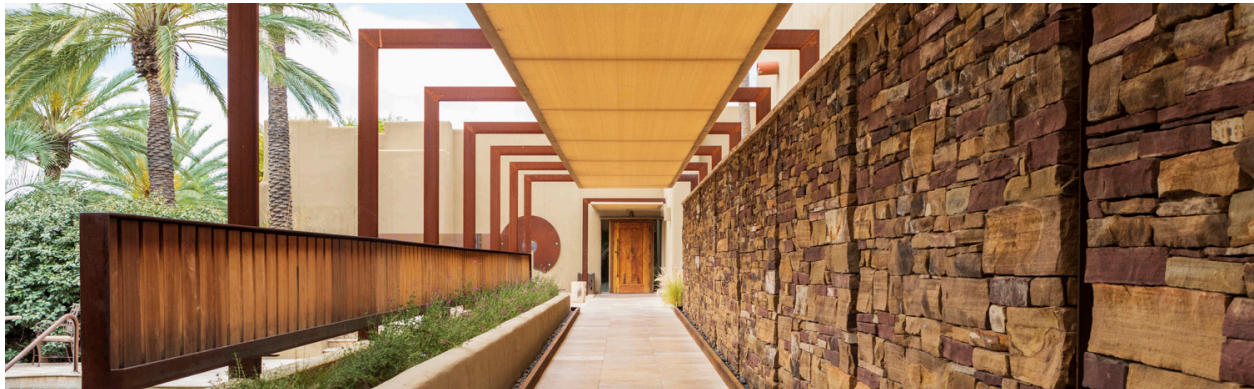
WHAT TO EXPECT DURING YOUR MIRAVAL SPA EXPERIENCE

Life in Balance Spa Hours 9:00 am - 9:00 pm

Safety protocols will be strongly enforced. Failure to comply with the measures below will result in refusal of service to protect your and our colleagues' wellbeing.

Please arrive at your spa service in your room robe and personal footwear, ready for your treatment.

- Spa appointments fill up quickly, and last-minute spa availability cannot be guaranteed.
- Guests will receive a contact-less temperature screen at each spa service check-in with Spa Front Desk.
- All spa colleagues, therapists, and guests will be required to wear masks at the spa and during spa services (no exceptions).
- Guests will be asked to wash their hands in the treatment room at the start of service.
- Providers will wash hands pre and post service in the treatment room.
- Steam Rooms and Saunas will not be available for use.
- Quiet Lounge seating will be reconfigured to ensure physical distancing measures. No food or snacks will be provided or allowed in the Quiet Lounge.
- Your spa therapist will guide you to your treatment room and the exit after your service.



LIFE IN BALANCE SPA *Limited Spa Menu*

SERVICE	DURATION	PRICE
SALON - NAILS		
Cold Stone & Clay Manicure	50MIN	\$90
Cold Stone & Clay Pedicure	50MIN	\$105
Express Manicure	20MIN	\$60
Express Pedicure	20MIN	\$65
Deborah Lippmann Signature Manicure	50MIN	\$80
Deborah Lippmann Signature Pedicure	50MIN	\$95
French Polish <i>add on for Mani/Pedi</i>	-	\$25
Manuka Honey Manicure	50MIN	\$80
Manuka Honey Pedicure	50MIN	\$95
Men's Manicure	50MIN	\$85
Men's Pedicure	50MIN	\$95
Shellac Removal <i>add on for Mani/Pedi</i>	-	\$30
Sweet Birch & Stone Manicure	50MIN	\$90
Sweet Birch & Stone Pedicure	80MIN	\$150

SERVICE	DURATION	PRICE
SALON - HAIR		
Bang Trim	25MIN	\$30
Beard/Mustache Trim	25MIN	\$30
Color	80MIN	\$165
Highlighting	80MIN	\$185
Men's Haircut	25MIN	\$45
Mindful Hair & Scalp Renewal	80MIN	\$205
Shampoo, Cut, & Style - Short	50MIN	\$90
Shampoo, Cut, & Style - Long	80MIN	\$130
Styling Treatments - Short	50MIN	\$80
Styling Treatments - Long	80MIN	\$120
AYURVEDA		
Abhyanga	60MIN	\$205
Brahmi Charan	60MIN	\$195
Rasayana Renewal Ritual	90MIN	\$350
Shamana-Karma	75MIN	\$270
Vedanta Mantra Meditation	60MIN	\$195
Vedanta Mantra Meditation - Duet	75MIN	\$325

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SERVICE	DURATION	PRICE
ENERGY & EASTERN		
Acupuncture	60MIN	\$195
Chi Nei Tsang	60MIN	\$185
Craniosacral Therapy <i>including prenatal</i>	60MIN	\$190
Intuitive Massage	60MIN	\$215
Intuitive Massage	90MIN	\$345
Jin Shou-Tui Na	60MIN	\$245
Mother's Blessing	30MIN	\$135
Mother's Blessing	60MIN	\$165
Naga	60MIN	\$255
Naga	90MIN	\$315
Path of the Jaguar <i>including prenatal</i>	60MIN	\$215
Qi Grounding	60MIN	\$245
Qi Journey	90MIN	\$355
Reflexology	60MIN	\$190
Reiki <i>including prenatal</i>	60MIN	\$180
Reiki <i>including prenatal</i>	90MIN	\$290
Talking Stones	75MIN	\$255
Thai Foot & Leg	60MIN	\$200
Thai Massage	60MIN	\$235
Thai Massage	90MIN	\$295
SKIN CARE		
Alpha Beta Professional Face Peel**	-	\$65
** This is an enhancement to a facial treatment and will not extend the time of the facial. Must be booked in conjunction with a facial or can be added into the experience at the service time. Neck & décolleté options available.		
Anti-Oxidant Vibrancy Facial	60MIN	\$195
Beautiful Back Facial	60MIN	\$195
Cara Vida	60MIN	\$215
Express Glow Facial	30MIN	\$145
Miraval Man Facial	60MIN	\$195
Niramaya	60MIN	\$195
Organic Facial <i>including prenatal</i>	60MIN	\$195
Probiotic Healing Facial	60MIN	\$195
Renew & Restore Facial	60MIN	\$195
Sun Goddess Facial	60MIN	\$195
Vitamin C Facial	60MIN	\$195
Vitamin C Facial	90MIN	\$300

SERVICE	DURATION	PRICE
BODY RENEWAL RITUALS		
Abundance	75MIN	\$295
Desert Sage Body Polish	60MIN	\$230
Detox & Firm	105MIN	\$385
Ginger Healer	75MIN	\$305
Gotu Kola Coffee Scrub	60MIN	\$230
Lemongrass Escape <i>including prenatal</i>	90MIN	\$345
Nature's Apothecary <i>including prenatal</i>	60MIN	\$230
Prickly Pear Sugar Scrub <i>including prenatal</i>	60MIN	\$230
Verbena Aloe Wrap	60MIN	\$230
MASSAGE		
Beautiful Mother-to-Be	60MIN	\$190
Beautiful Mother-to-Be	90MIN	\$290
Body in Balance	60MIN	\$250
Body in Balance	90MIN	\$345
Calming Hot Stone Massage	75MIN	\$295
Calming Hot Stone Massage <i>in NLV</i>	75MIN	\$315
Deep Desert Massage	60MIN	\$205
Deep Desert Massage	90MIN	\$305
Deep Desert Massage <i>in NLV</i>	60MIN	\$225
Deep Desert Massage <i>in NLV</i>	90MIN	\$325
Deep River Massage	75MIN	\$305
Deep River Massage <i>in NLV</i>	75MIN	\$325
Focus Massage <i>including prenatal</i>	30MIN	\$145
Neck, Hair & Scalp Treatment <i>including prenatal</i>	30MIN	\$145
Juniper Leg & Foot	60MIN	\$215
Miraval Grounding <i>including prenatal</i>	60MIN	\$195
Miraval Relaxation Massage	60MIN	\$190
Miraval Relaxation Massage	90MIN	\$290
Miraval Relaxation Massage <i>in NLV</i>	60MIN	\$210
Miraval Relaxation Massage <i>in NLV</i>	90MIN	\$310
Neuromuscular Massage	30MIN	\$165
Neuromuscular Massage	60MIN	\$250
Neuromuscular Massage	90MIN	\$345
Sacred Sounds Massage	60MIN	\$205
Peaceful Sleep	30MIN	\$150
Sweet Slumber	75MIN	\$295
Sweet Slumber <i>in NLV</i>	75MIN	\$315
Tula <i>including prenatal</i>	60MIN	\$215
Tula <i>including prenatal</i>	90MIN	\$315

PRENATAL SERVICES

These services can be enjoyed throughout all stages of pregnancy:

- Organic Facial
- Express Glow Facial
- Craniosacral
- Reiki
- Path of the Jaguar
- Neck, Hair & Scalp Treatment
- Manicures & pedicures

These services can be enjoyed after the first trimester of pregnancy:

- Beautiful Mother-to-Be
- Focus Massage
- Tula
- Miraval Grounding
- Lemongrass Escape (*massage adjusted to prenatal massage*)
- Prickly Pear Sugar Scrub
- Nature's Apothecary