

SAFETY AT THE SPA

WHAT TO EXPECT DURING YOUR MIRAVAL SPA EXPERIENCE

Life in Balance Spa Hours 11am - 7pm

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.

It is recommended that you arrive to your spa service in your room robe and personal footwear, ready for your treatment.

- Guests will receive 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 also still be required to complete a Spa Intake Form prior to their first appointment of their stay (state requirement).
- Guests will be requested to wash hands in the treatment room at 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, however
 - Lockers and showers are available for use and will be sanitized, restocked and secured/locked with a higher frequency.
- 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 to the exit at the conclusion of your service.

SERVICE	DURATION	PRICE
BODY RENEWAL RITUALS		
River Flower	60MIN	\$200
AYURVEDA		
Abhyanga	60MIN	\$210
Shamana-Karma	90MIN	\$295
MASSAGE		
Miraval Deep Massage	60MIN	\$215
Miraval Deep Massage	90MIN	\$295
Miraval Relax Massage	60MIN	\$190
Miraval Relax Massage	90MIN	\$260
ENERGY & EASTERN		
Craniosacral Therapy	60MIN	\$190
Pravasana	90MIN	\$295
Reflexology	60MIN	\$190
Reiki	60MIN	\$180

SERVICE	DURATION	PRICE
PRENATAL		
Prenatal Massage	60MIN	\$190
Prenatal Massage	90MIN	\$260
Prenatal Craniosacral	60MIN	\$190
Prenatal Reiki	60MIN	\$180
Prenatal River Flower Body	60MIN	\$200
SALON		
Blood Orange Manicure	60MIN	\$90
Blood Orange Pedicure	60MIN	\$105
Deborah Lippmann Signature Manicure	60MIN	\$90
Deborah Lippmann Signature Pedicure	60MIN	\$105
Men's Manicure	60MIN	\$85
Men's Pedicure	60MIN	\$95
Moroccan Coffee Blossom Pedicure	90MIN	\$160
Polish Change - Feet	30MIN	\$30
Polish Change - Hands	30MIN	\$30
Shellac Removal - Feet	20MIN	\$35
Shellac Removal - Hands	20MIN	\$35
Shampoo & Go	10MIN	\$25
Shampoo & Style - Long	90MIN	\$135
Shampoo & Style - Short	60MIN	\$90



MINDFUL REMINDERS

Our reminders and property map (back cover) will help orient and guide you on your Miraval journey.

ITINERARY PLANNING

All experiences and activities require sign up. Classes with no signs up will be canceled the day prior, so please pre-plan and sign up for your activities in advance. Please check the reader boards for up to date daily schedule and experience descriptions. Reader boards are located in the arrival center, The Nest, Live Oak Center, and the BMC (look for the Reader Board icon on the back of your map).

Contact Experience Planning (ext. 5725) to reserve your space while you're here, or schedule them prior to your arrival by calling 855.234.1672.

USING YOUR RESORT CREDIT

If your package includes a nightly resort credit, you may apply it toward your choice of spa services, fee-based activities, or private sessions. Government taxes apply to all fee-based activities and private sessions.

CANCELLATION, CHANGE & NO-SHOW POLICY

For fee-based activities and spa services, the entire fee will be charged to your bill if you change or cancel within four hours of the start time, unless otherwise noted. If you are a no-show for a reserved spa service, fee-based activity, or private session, the entire fee will be charged to your bill. If you are a no-show for a complimentary activity that requires advance sign-up, a \$45 no-show fee applies.

TIMING MATTERS

TO A CLASS OR ACTIVITY: Please be prompt. Opening instruction and information is critical to the class experience. If you are unable to arrive on time, we ask that you consider another offering.

IN ROOM DINING MENU & DIRECTORY

To view an in room dining menu, resort directory and TV Channel Guide, please refer to the channel listing on your guestroom TV. To order in room dining dial ext. 4540.

IMPORTANT TIMES

**Take-out options available for every meal. Hilltop Crossings Kitchen Patio seating reserved for take-out dining only. Please arrange with the Greeter at Hilltop Crossings Kitchen main entrance.*

HILLTOP CROSSINGS KITCHEN

(Reservations required for ALL and can be made daily)

Breakfast

7:00 - 10:00am

Lunch

11:30am - 2:00pm

Dinner

5:00 - 9:00pm

Contact-less In-Room Dining

7:00am - 8:00pm

(ext. 4540)



THE NEST BAR & LOUNGE

2:00 - 9:00pm

SERENITY POOL

Dawn to Dusk

(Enjoy a peaceful, tranquil environment at Serenity Pool. No food or beverages permitted)

THE NEST CAFE

6:30am - 2:00pm

(Smoothies/grab n' go snacks)

PRESERVE PROVISION COMPANY

9:00am - 5:00pm

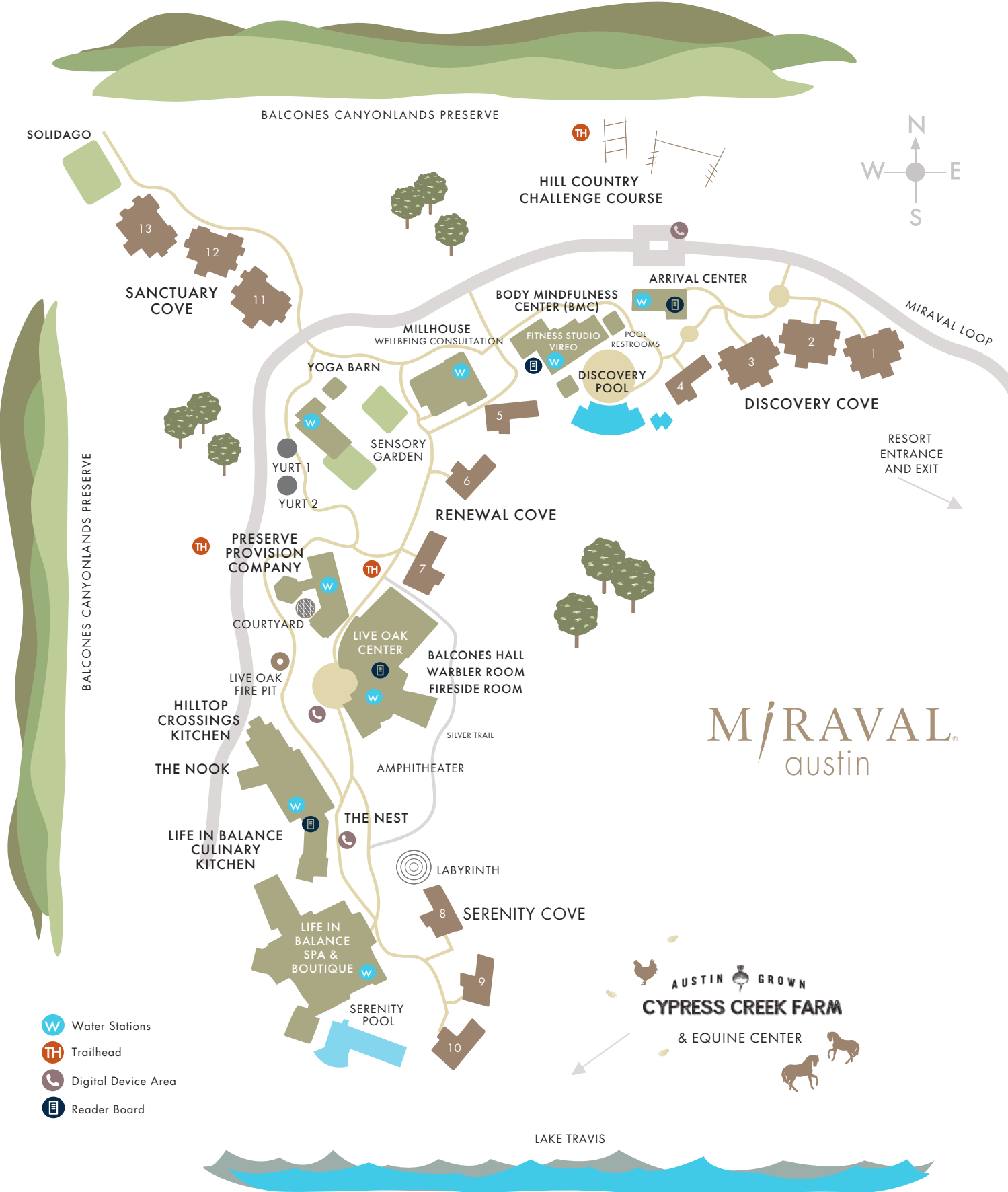
LIFE IN BALANCE SPA HOURS

11:00am - 7:00pm

(Please note sauna & steam room are not available at this time)

BODY MINDFULNESS CENTER





Open 24/7



MIRAVAL[®] austin

AUSTIN GROWN
CYPRESS CREEK FARM

& EQUINE CENTER

-  Water Stations
-  Trailhead
-  Digital Device Area
-  Reader Board