

JOURNEYS *with* INTENTION



spa
experience

	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	Arrival	Breakfast	Breakfast	Morning Meditation
	Smoothies at The Nest	Deborah Lippman Manicure	Serenity	Breakfast
	Vitamin C Facial	Nature Walk	Pool Time	Blend 'N' Balance Smoothie
MID-DAY	Lunch	Craniosacral Therapy	Lunch	Abyhanga
	The Astral Body	Pool Time	Wild Berry Body Polish	Lunch
	Miraval Relax Massage	Lunch	New Habits For A New You	Creative Canvas
EVENING	Dinner	Naga	Deborah Lippman Pedicure	Cleansing Ceremony
	Zen Stroll	River Flower Wrap	Just Cook For Me	Journaling Time
	Moondance	Dinner	Jacuzzi Time	Departure

MINDFUL TIPS

When booking services, remember to schedule your facial and nails after the massage to prevent wiping off the products.

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.