



Things To Do – Travel - August 15, 2022

We Know The Absolutely Perfect Way To Relax And Refresh This Fall



By [Dani Dudek](#)  0 comments

If you've never been to Miraval Austin, this is your sign to plan a Fall getaway to the Austin resort and spa! Located among the hills overlooking Lake Travis, this natural sanctuary will help you release all the tension you've been holding onto and head into the fall relaxed and refreshed.

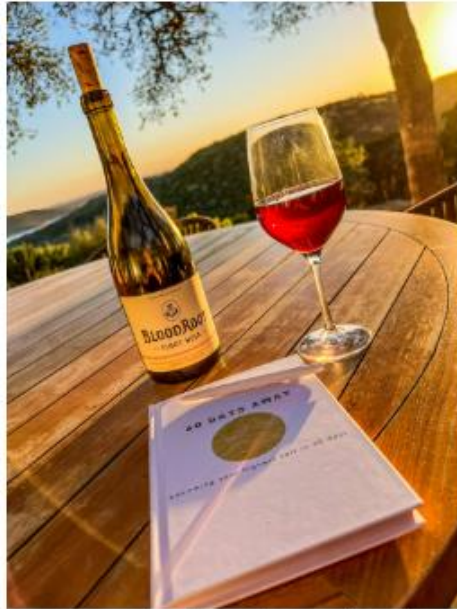
Don't believe us? Just look at this place!



But the view and the serenity is just the beginning. Their mission is to create a life in balance by offering a complete retreat for the mind, body, and soul. That's why in addition to overnight accommodations, an amazing spa, and two gorgeous pools, they offer complete wellness options like yoga, sound baths, meditations, culinary and nutrition classes, hiking, and so much more!



While the price may seem a bit steep, they do offer a daily credit to use towards their paid offerings – though many wellness classes and activities are free. But here's the best news for Austin locals: They offer day passes just for you! A day pass gives you FULL access to the entire property including their main restaurant, the Life in Balance Spa (with steam rooms, saunas, quiet lounges), both pools, the Body Mindfulness Fitness Center, zip line, walking trails, the Cypress Creek Farm, and more.

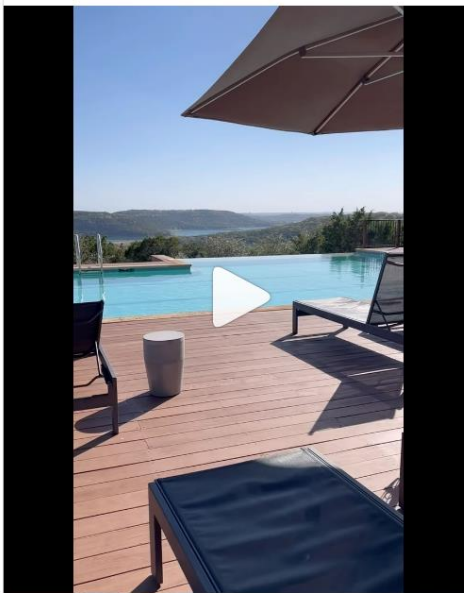


Day pass holders also receive a resort credit. Plus, if you book your your Miraval Day Spa Package for Monday, Tuesday, Wednesday, or Thursday, you receive 25% off.

Learn more about the property, starting with all the benefits of a day pass [here](#).

Watch the video below highlighting our experience at the resort to really get a feel for everything the property has to offer.

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We found the perfect fall getaway. You may already know about Miraval Austin but did you know they offer day passes for locals? Learn more in a brand-new post at [Austin.com](#) - just in time for #relaxationday

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