

Miraval

Spa Blurbs

[Miraval Arizona](#) | Tucson, AZ

For three decades, Miraval Arizona, has been dedicated to cultivating a life in balance through mindfulness. This iconic resort has designed a variety of wellbeing spa experiences to ensure guests conclude their day in comfort and serenity. Brahmi Swedna which is an Ayurveda treatment, features a full body massage with hydrating and relaxing Brahmi oil, calming the mind and lifting the spirit for nighttime relaxation. Miraval Arizona also offers Acupuncture treatments such as Qi Journey, a treatment that features a Thai massage that delicately opens up the body and releases tension from restricted joints.

[Miraval Austin](#) | Austin, TX

For more than three decades, Miraval Austin has been dedicated to guiding guests toward a life in balance through mindfulness. Renowned for its transformative spa experiences, Miraval leaves guests feeling deeply restored and rebalanced with exclusive evening treatments that invite guests to unwind before a peaceful night's sleep. Among them, the Serenity Body Renewal Ritual begins with a full-body scrub, followed by a soothing scalp exfoliation infused with the calming aromas of laurel leaf, eucalyptus, and birch. The experience culminates in an indulgent omega berry massage and a cloud cream, leaving the body renewed and the mind serene.