

Mar 22, 2021, 10:00am EDT | 1,771 views

# 7 Reasons This Destination Resort Spa Should Be On Your Travel Bucket List



**Judy Koutsky** Contributor ⓘ

Travel

*I cover adventure, luxury and family travel.*

Follow

Listen to article 11 minutes



Nestled at the foot of the Catalina Mountains, Miraval Arizona is celebrating its 25th anniversary. ...

[+] MIRAVAL ARIZONA

Situated north of Tucson, [Miraval Arizona](#) sits on 400 acres of scenic landscape at the base of the Catalina Mountains. This inclusive destination resort and spa is designed for living life in the moment—something many of us have come to cherish after the Covid pandemic of the last year. Miraval is

ideal for those looking to discover their own sense of balance through mindful and holistic programming. Celebrating its 25th anniversary, the resort has a [special package](#) highlighting its top 25 experiences.

### Your Weekly Guide To The World Of Venture Capital with Alex Konrad and Becca Szkutak

Featuring exclusive insights from the Midas List community on the startups and funds you need to know. Try the first three-weeks for free (\$14.99 per month thereafter). No credit card required today.

[Sign Up](#)

You may opt out any time. [Terms and Conditions](#) and [Privacy Policy](#)

For visitors who have never been, here are some reasons to go.

## Spa



The spa has a variety of facials, massages and body treatments. [MIRAVAL ARIZONA](#)

Let's face it, the reason most people travel to a destination resort spa is for the, well, spa. And even though Miraval is much more than a spa, there's no mistaking that the draw for many is not only the treatments but also the spa facility, which is pretty fabulous. One of my favorite spots in the spa was the quiet room (which is also one of the rooms where you can wait for your therapist to get you for your treatment). The room has floor-to-ceiling windows that offer expansive views of the Catalina Mountains. It's a great spot to read, take a little nap, practice mindfulness, or simply take in nature (when I was there, an owl's nest, with a mom and her little owlets, could be seen). While I certainly had some amazing treatments, I also enjoyed sitting in the spa's quiet room and really being present and mindful.

My room did not have views of the mountains (although many rooms do), so the spa's quiet room was my special sanctuary; a place to take in the desert landscape and simply be present while taking in the beauty of the natural surroundings. I not only visited it daily during my stay, but I went multiple times a day (even for my own personal 20-minute gratitude meditation between my other classes).

The spa has an expansive menu of facials, massages, and body treatments. My two favorite treatments were the hot stone, which is always a lovely, relaxing treatment, and the neuromuscular massage. I had a horrible pinched nerve in my shoulder that was radiating pain all the way down my arm and into my fingers, and during the neuromuscular massage, my therapist went right to the trigger points and worked out the muscle. This massage is a specialized form of deep tissue that targets trigger points and areas of strain in the muscle. It was one of the best massages I've ever had.

---

MORE FOR YOU

**Biden's Fall Ranks Among The Top Air Force One Gaffes — But It's Not Number One**

**Two Start-Ups Aim To Be The Next Big Thing In Private Jets**

**As The Pandemic Winds Down, Babel's Language Learners Are Itching To**

## Travel

---

### Digital Detox



The spa deck and the quiet room (located just behind the spa deck) are two favorite places to ... [+] MIRAVAL ARIZONA

So, the term digital detox often gets thrown around, but during Covid, this term has taken on a whole new meaning. With the world shut down and everyone on their devices pretty much 24/7, the idea of going to a resort that not only suggests you put away your devices but also actually goes so far as to create zones where you can and cannot use your device, is a real treat (most places were device-free zones). Before my visit, I was checking emails, texts, and social media constantly throughout the day (for both work and to stay connected), and my Miraval stay was a wonderful reminder of just how negatively impactful our devices can be. Instead of reacting to each ping from my phone (like Pavlov's dogs), I left my phone in my room and focused on being in the moment. I instantly felt more present and less stressed.

**F** Top Articles

READ MORE

---

**How Smart Entrepreneurs Can Prepare  
For 2022**

---

## Meditation



The labyrinth is a perfect spot for meditation. MIRAVAL ARIZONA

A big part of Miraval's draw is being present and mindful, and it's not surprising that the meditation classes are a big hit. In a society where many people feel like their brain is on full-speed, there is a growing need to find ways to slow things down. The Miraval philosophy is that meditation is a powerful tool for not only restoring balance but also helping with matters ranging from physical pain and emotional blockages to burnout and cognitive chaos. One of the most popular classes is the floating meditation—it's a Miraval signature and for good reason. Other options include singing bowl meditation, gratitude, and forgiveness meditation, and the Miraval Mindfulness class, which is a beginner's guide to breathing and meditating.

## Outdoor Adventure



The yoga desert hike is a popular excursion. MIRAVAL ARIZONA

As a big hiker, I knew that I wanted to sign up for the daily hikes, but I was surprised at just how much I enjoyed each one. Different guides lead the hikes, and it was nice to talk to them about the flora and fauna of the region, as well as getting to know them on a personal level. Hiking was also a really

nice and natural way for me to get to know my fellow Miraval travelers. There is something about hiking in nature that seems to allow people to open up and bond, and this is exactly what happened each day.

I especially loved the yoga hike. We hiked for an hour talking as we went, then did yoga for 30 minutes, then hiked back silently where we were encouraged to meditate and be present. The yoga portion was done on a beautiful spot surrounded by a variety of cacti, with the Catalina Mountains as our backdrop. The instructor encouraged us to go at our own pace—some were beginner yogis, some advanced. That’s one of the signature Miraval principles—they meet you where you are. There’s no pressure to be like everyone else.

Another great outdoor adventure option is called Out on a Limb. In this activity, a person climbs a telephone-like pole until they reach 25 feet above the ground, and then that person is encouraged to walk across a log to the other side (there’s nothing to hold onto, but the person is harnessed in case they fall). This activity isn’t so much about the physical crossing as much as it’s about what is either preventing you or motivating you to get to the other side. Like all Miraval activities, it’s about looking inside ourselves and figuring out what’s going on mentally—and what could be holding us back.

## Unique Experiences





The equine experiences are a highlight. MIRAVAL ARIZONA

Most people who go on vacation want to have an experience that is different from what they've done on previous trips. Two truly unique Miraval experiences include All the Buzz and Common Ground. I was on the fence about signing up for both of these activities. I'll be honest, I worried that I'd be bored. But they both turned out to be two of my favorite activities at the property.

All the Buzz is run by Noel Patterson, and his passion and enthusiasm for the bee world is contagious (which is a hard thing to do, given so many people have a fear of bees). He gave us a lot of great background info about the bees and how they work together for a common goal. Then we suited up in our beekeeper suits—complete with gloves, gaiters and a net-like head covering—and explored a working hive. Patterson explained the role of the queen, the drones (males) , and worker bees (females). We saw little baby bees being hatched as well as bees carrying pollen under their bellies. The experience was really fascinating, and I know I was not alone in that I could have spent more than our allotted two-hour time slot with these creatures.

Common Ground, an equine experience, was also something I wasn't sure I wanted to do. I love horseback riding, but this was interacting with horses, not riding them. In essence, it was horse therapy. The purpose was for each of us to delve deeper into ourselves and why we do and don't do things. It was a fabulous way to explore our intentions, motivations, and mindset. The horse, being nonverbal, couldn't tell us what he was thinking, and we couldn't control what he did, but we could explore our own actions and focus on what we could control. Tyler, the horse wrangler, let each of the four



members of our group have individual time with the horse while he asked us various questions. It was insightful to see not only how I reacted with the horse (and how I answered the questions) but also how everyone else did, as well. It was akin to group therapy in a safe and supportive environment.

## Yoga & Fitness



The property offers some very unique classes, like ariel yoga. MIRAVAL ARIZONA

From morning stretch and foam-rolling programs to body-specific classes, such as Happy Hips and Shoulders Set Free, Miraval offers a variety of fitness classes. The Cardio Drumming class is a Miraval favorite. It's a high-energy cardio workout that combines traditional aerobic movements with the powerful beat and rhythm of drums. Water enthusiasts will enjoy the water fitness classes designed to burn calories and build muscle, strength, coordination, and flexibility. Yoga is also a favorite activity at Miraval and dozens of different types of yoga classes are offered including aerial yoga, Pilates and yoga fusion, and morning yoga.

## Food and Wine



Meals can be enjoyed at the restaurant or from the comfort of your own room or private patio.  
MIRAVAL ARIZONA

When it comes to culinary offerings, Miraval not only excels in the actual product (the food), but also in the whole experience. The wait staff is friendly and hospitable, ready to cater and tweak each meal due to allergies, food challenges, or simply cravings. Whether eating in the restaurant, bar, or café—or getting food to go—the interaction between guest and staff was always such a pleasant, kind experience—which is what mealtime should be. Additionally, the ambiance—the desert landscape—makes for some of the best backdrops for any meal. Lastly, the food itself is fresh, locally sourced whenever possible, and cooked to order. It's a great place to try new flavors in a healthy serving size. Alcohol isn't always available at spa retreats, but it is at Miraval, and many people were enjoying a cocktail at the end of the day or a glass of wine with dinner.

*Check out my [website](#).*



**Judy Koutsky**

Follow

My work has appeared in over 30 publications including Conde Nast Traveler, Travel Leisure, Robb Report, Afar, Family Vacation... **Read More**

Reprints & Permissions

ADVERTISEMENT

---