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# Need A Health, Wellness, Spa Retreat? Miraval Austin Has Some Unique Programs To Help You Reset



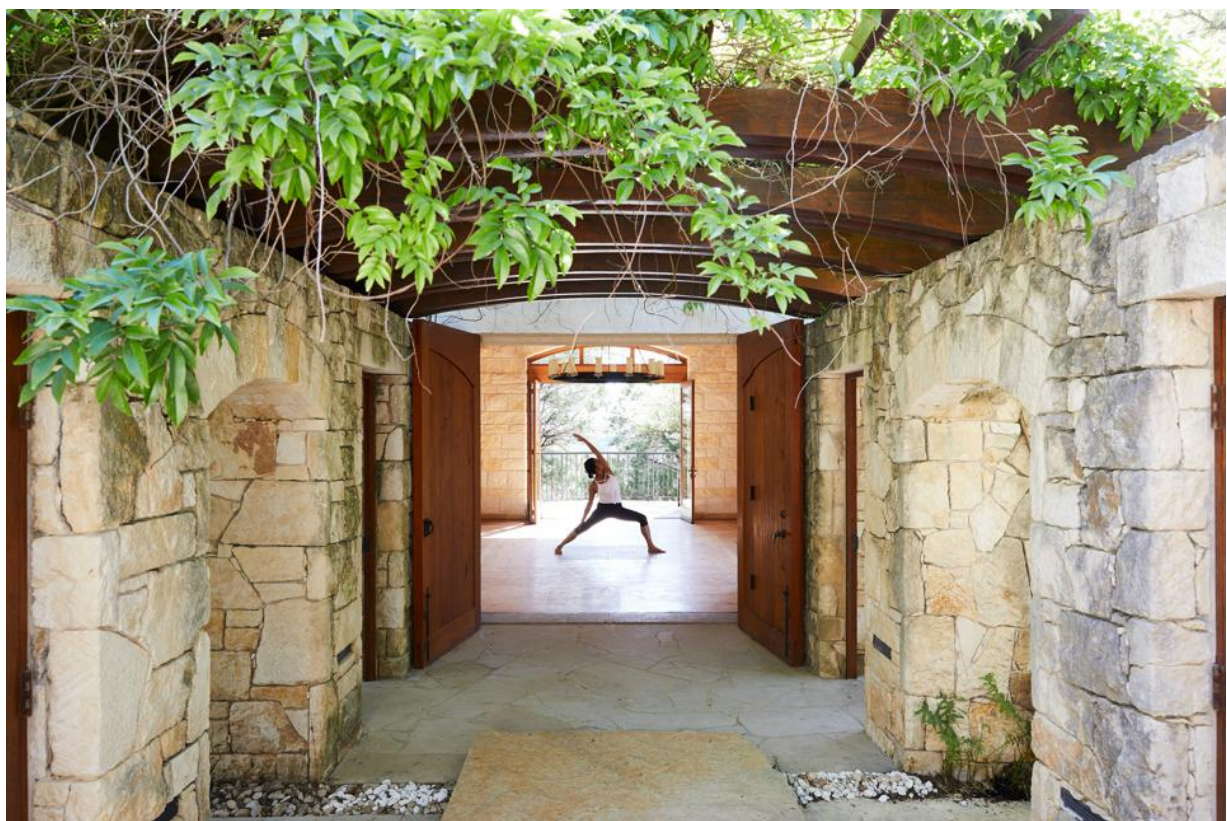
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*I cover adventure, luxury and family travel.*

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The resort offers plenty of activities that focus on mindfulness and being present. MIRAVAL AUSTIN

[Miraval Austin](#) is sprawled across 220 acres of protected land overlooking Lake Travis in the heart of Texas Hill Country. This is the place to come to

reset—to find life in balance—and this is especially needed now, following a year of the Covid-19 pandemic. The Miraval Austin experience is truly a pick-your-own adventure. From fitness, yoga, meditation, culinary, equine, nutrition and art, each traveler will soon find their favorites.



Beekeeping is one of the most popular, and unique, activities offered at the resort. MIRAVAL AUSTIN

## The Activities and Programs

This is also a great spot for trying out new experiences like aerial yoga and floating meditation. The vision of Miraval and the goal for travelers who come here is that idea that life is more meaningful and enjoyable when physical, emotional, social, spiritual and intellectual components are in balance. The wide range of programs and experiences are designed to make people aware of themselves and their surroundings and learn to live in the moment through means that work best for them. The guiding force behind everything is mindfulness and being aware of your thoughts and emotions.





The property offers several different equine experiences. MIRAVAL AUSTIN

The equine experience is a must. Leigh, one of the equine guides, is gifted—there’s really no other way to put it. She’s a former nurse (she worked with both babies and those at the end of their lives—both populations being non-

verbal) and she utilizes those non-verbal cues and communication tools to teach people to recognize their own emotional roadblocks in their thinking—all through the lens of horses. I learned so much during these classes including the limitations I was putting on myself and how to release that mindset. Leigh taught me how to be fully present and really mindful (alongside Wizard and Vince, my two equine friends) and the experience was really powerful. This was horse therapy at its best.

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## The Spa





The floral facial is just one of the menu options at the spa. **MIRAVAL AUSTIN**

Miraval is, of course, known for its spa, but Miraval Austin takes this to a whole new level. The spa facility itself is gorgeous—an outdoor infinity pool overlooking Lake Travis, an indoor relaxation room that has super comfy furniture and views overlooking Texas Hill Country, and plenty of bells and whistles. But the therapists are the real draw—the deep tissue massage (be sure to book the 90-minute treatment option) is amazing. For something truly different and unique try the Vasudhara water treatment (it sounds a little woo-woo, but it feels fabulous).

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## The Rooms at Miraval Austin



The rooms are strategically placed throughout the resort so it never feels crowded or too busy.

MIRAVAL AUSTIN

The 117 guest rooms are scattered throughout the property so the resort never feels crowded. Instead, it has a nice energy and flow like a labyrinth—people walking around, with no congregation. The rooms themselves are really luxurious—the beds are some of the most comfortable to be had. Even if you're not a napper, don't be surprised if you find the beds calling to you throughout the day, they are that comfy. The oversize bathtub, the large

shower, the double vanity, the chaise lounge, the balcony—everything about the room was thoughtfully designed and executed.

The outdoor shower is one of our favorite touches. Few things in life beat having an outdoor shower. The shower (attached to the hotel room) is a wooden structure fully enclosed for privacy (nobody could see in), but the breeze and the fresh smell of Texas wildflowers is like a light blanket of magic to the senses.

## Continuing the Miraval Experience After You Leave



The videos are a good way to practice meditation and mindfulness once you leave. MIRAVAL AUSTIN

Miraval has collaborated with the NAMI, the National Alliance on Mental Illness, to launch [Sensory Journeys](#), a series of guided meditations and ASMR videos. ASMR is the calming sensation people feel in response to certain quiet or repetitive visuals and sounds (like hearing the sound of running water or birds singing in nature). ASMR videos have become a tool for meditation and stress relief. In the Miraval X NAMI videos, guided

meditations are led by Miraval specialists—it can be the sound of bees buzzing or horses galloping. The 10-minute videos are complimentary

## Miraval and the Arts



This summer, Miraval is launching its artist-in-residence series. MIRAVAL AUSTIN

Many studies have shown that engaging in art-based activities has both mental and physical benefits and Miraval has incorporated art-based classes, from painting to pottery to photography classes. This summer, Miraval is launching its artist-in-residence series. They will invite a local artist to stay for one month and while there, they'll work on large scale art pieces (that will remain at the resort) and guests are invited to watch them work and engage in real-time discussions on how wellness is part of their artistic process. This is a unique experience to really interact with an artist and ask questions and pick their brain on their process and the connection between art and social emotional wellbeing. In confluence with the artist-in-residence program, guests can participate in specific art programming, such as Kintsugi, which is the art of breaking and repairing pottery pieces using gold paint to highlight the beauty in imperfections.



Check out my *website*.



**Judy Koutsky**

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