

MIRAVAL[®]
life in balance spa
AVIARA



WELCOME

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Welcome to Miraval Life in Balance Spa Aviara. Escape to the San Diego coast of Carlsbad and experience the world-renowned Life in Balance Spa at our AAA Five-Diamond

luxury resort. Minutes from sandy beaches, our spa getaway offers world-class relaxation amid 250 lush acres of natural beauty overlooking the Batiquitos Lagoon.

Miraval Life in Balance
Spa Aviara Reception

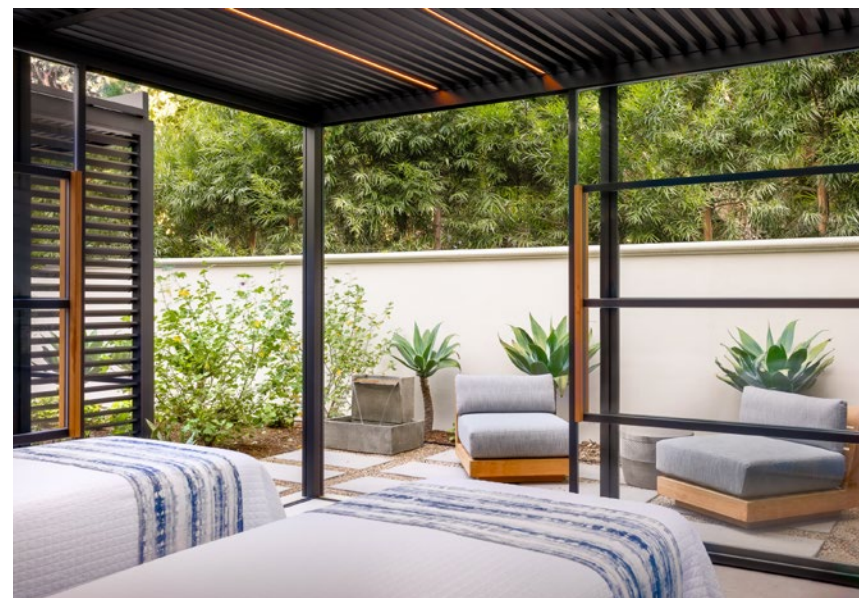


LIVE WITH INTENTION

The *j* in Miraval is all about you. We recognize your intention as a unique individual and an integral part of the greater whole.

This extends to the Miraval Life in Balance Spa Aviara journey, which invites you to experience transformative and rejuvenating spa services and wellbeing offerings that fuse ancient and modern techniques.

We provide a personal approach to wellbeing, where humans take care of humans through energy and physical touch.



⋮ You are the *j* in *Miraval*

Inspired Itineraries

Extend your Park Hyatt Aviara stay and immerse yourself in a world of tranquility, relaxation, and revitalizing wellbeing experiences at the new Miraval Life in Balance Spa Aviara.

Our three and five-day sample itineraries serve as inspiration for your retreat. Discover a wealth of wellness activities, spa services, and exclusive amenities – curated for you by our dedicated reservations team.

Make your next getaway an unforgettable sanctuary where balance, serenity, and luxury converge. Explore our menu of experiences and spa services on the following pages and start building your unique itinerary.



5 Day Sample Itinerary

| | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 |
|---------|--|--|---|---|--|
| MORNING | LEISURE TIME Arrival | LEISURE TIME Breakfast <i>Ponto Lago</i> | LEISURE TIME Breakfast <i>Ponto Lago</i> | YOGA & MEDITATION Morning Meditation | LEISURE TIME Breakfast <i>Ponto Lago</i> |
| | | FITNESS Movement Class for Inspiration or Personal Training | CREATIVE EXPRESSION Class or Private Session | LEISURE TIME Breakfast <i>Ponto Lago</i> | FITNESS Movement Class for Inspiration or Personal Training |
| | LEISURE TIME Self-Guided Resort Exploration Stroll | | COMMUNITY Explore Carlsbad | LEISURE TIME Reflection Time | LEISURE TIME Grab a Smoothie to Enjoy by the Pool |
| MID-DAY | SPA Relax & Enjoy the Spa Amenities with a Customized Facial | CULINARY & NUTRITION Learn a New Dish | LEISURE TIME Lunch | COMMUNITY Lunch Picnic & Beach Time | YOGA & MEDITATION Class or Private Session |
| | | LEISURE TIME Lunch <i>Waters' Edge</i> | SPA Explore a Unique Spa Treatment | | LEISURE TIME Lunch <i>Waters' Edge</i> |
| | LEISURE TIME Lunch | LEISURE TIME Ocean View Pool Time | | SPA Explore a Unique Spa Treatment | |
| EVENING | LEISURE TIME Dinner <i>Ponto Lago</i> | LEISURE TIME Dinner <i>Ponto Lago</i> | YOGA & MEDITATION Breathe & Stretch Mindfully | SALON Manicure or Pedicure of Your Choice | LEISURE TIME Relaxing in Your Room |
| | | YOGA & MEDITATION Class or Private Session | LEISURE TIME Dinner <i>Ember & Rye</i> | CULINARY & NUTRITION Learn a New Dish | LEISURE TIME Departure |
| | LEISURE TIME Drinks <i>Pacific Point Lounge</i> | SPA Explore a Unique Spa Treatment | | LEISURE TIME Dinner <i>Ponto Lago</i> | |


*Please note, these are sample itineraries. All activities and spa services are based on availability. Advanced reservations are strongly recommended:
<https://parkhyattaviara.com/miravalspa/>.*

3 Day Sample Itinerary

| | DAY 1 | DAY 2 | DAY 3 |
|---------|--|--|---|
| MORNING | LEISURE TIME Arrival | YOGA & MEDITATION Class or Private Session | LEISURE TIME Breakfast <i>Ponto Lago</i> |
| | LEISURE TIME Grab a Smoothie | LEISURE TIME Breakfast <i>Ponto Lago</i> | COMMUNITY Explore Carlsbad |
| | SPA Manicure or Pedicure of Your Choice | FITNESS Personal Training | |
| MID-DAY | LEISURE TIME Beach Time | SPA Relax & Enjoy the Spa Amenities with a Customized Facial | CREATIVE EXPRESSION Class or Private Session |
| | LEISURE TIME Lunch | CULINARY & NUTRITION Learn a New Dish | LEISURE TIME Lunch <i>Waters' Edge</i> |
| EVENING | FITNESS Movement Class for Inspiration or Personal Training | LEISURE TIME Dinner <i>Ponto Lago</i> | YOGA & MEDITATION Breathe & Stretch Mindfully |
| | LEISURE TIME Drinks <i>Pacific Point Lounge</i> | LEISURE TIME Ocean View Pool Time | LEISURE TIME Dinner <i>Ember & Rye</i> |
| | LEISURE TIME Dinner <i>Ponto Lago</i> | SPA Explore a Unique Spa Treatment | |

Please note, these are sample itineraries. All activities and spa services are based on availability. Advanced reservations are strongly recommended: ParkHyattAviara.com





Miraval Life in Balance Spa
Outdoor Treatment Cabanas

Miraval Life in Balance

SPA EXPERIENCES

AYURVEDA *Coming Soon*

Our Ayurveda program honors the mind-body-spirit connection in this timeless system of healing techniques from India that addresses root causes with natural therapies.

BODY RENEWAL RITUALS

Exfoliating scrubs, nurturing wraps, and therapeutic peels pamper your body, relax your mind, and give your skin a healthy glow.

ENERGY & EASTERN

From Thai massage and reflexology to craniosacral and Reiki, our ancient healing practices draw from time-tested global traditions. Our unique creations like Vasudhara and Nāga fuse eastern-inspired techniques with aquatics, spiritual tones, and suspended silks.

MASSAGE

Targeted massages renew your muscles with tailored techniques to ease aches, manage chronic pain, stretch tight spots, and more.

SKIN & NAIL CARE

Our skincare services gently deliver radiant results. Our salon treats natural nails with luxurious treatments using gentle products and polishes.

Life in Balance Spa MENU

Class schedules and menu offerings vary. Please refer to the website for the most updated availability.



NĀGA

BODY RENEWAL RITUALS

Miraval Park Hyatt Aviara Exclusive OCEAN SONG

Invoke the vitality and peace of an ocean wave in this exclusive service inspired by our coastal landscape. A rosemary sea salt exfoliation revitalizes the skin, a soaking tub with sweet birch and magnesium soothes the senses and eases tension, and a full body massage with skin-nourishing sea elements restores balance. Rock gently to the soothing sea's song and harmonic vibrations of a singing bowl as you conclude this soul-centering ritual. \$ 100 MIN

GINGER HEALER

This restorative journey begins with a ginger-oil-infused deep tissue massage and powerful energy-restoring facial marma point therapy. A ginger sea salt scrub and shower complete the service and leave you refreshed and rejuvenated. \$ 80 MIN

LEMONGRASS ESCAPE

Stimulate your senses with uplifting lemongrass and a finely ground bamboo and walnut shell exfoliation. A full-body relaxation massage soothes muscles and eases tension. Energizing ginger and clove-infused orange oil bring relief and restorative bliss. \$ 100 MIN

MANUKA HONEY MOISTURE DRENCH

The ultimate softening and hydrating body treatment includes a dual-action, multi-acid Manuka Honey exfoliation, lightweight botanical oils, and an antioxidant- and humectant-rich creamy lotion to smooth, nourish and reveal a natural glow. \$ 50 MIN

ENERGY & EASTERN

Miraval Resorts & Spas Exclusive VASUDHARA

This transformative service embraces the weightlessness of water and the deeply relaxing stretches of Thai massage. Your eyes are shielded to block all light, leaving you suspended and untethered in darkness as you float in body-temperature water to the sound from powerful underwater speakers. Bathe your senses in vibration as muscles lengthen, joints open, and you discover the abundance that lies within. \$ 50 MIN *Weather Dependent*

Miraval Resorts & Spas Exclusive NĀGA

This exclusive service evolved from the healing principles of Thai massage to incorporate strands of richly colored hanging silks utilized by your therapist to take you deeper into stretches. Techniques involve deep massage and stretching on a firm floor mat. It is a therapeutic, relaxing procedure that encourages healthy blood circulation, eases energy blockage and relieves tension while improving flexibility and postural alignment. *Wear loose, comfortable clothing.* \$ 50 MIN

THAI MASSAGE

Relax as your practitioner rhythmically stretches and flexes your body, opening and relieving weary muscles. Using pressure-point stimulation and targeted stretching, Thai massage renews the body's energy flow while reducing tension and stress. *Wear yoga or exercise attire.* \$ 50 MIN

REFLEXOLOGY

Also called zone therapy, foot reflexology is based on the theory that your sole contains a map of your internal organs and structure. Your expert therapist stimulates the reflexology zone to provide a full-body release. \$ 50 MIN

CRANIOSACRAL THERAPY

This gentle, light-touch therapy optimizes the energy flow that nourishes and protects us by shifting mind and body into a mode of rest and recovery to explore the healing potential of quiet and stillness. *Wear yoga or exercise attire.* \$ 50 MIN

REIKI

This Japanese stress-reduction practice frees emotional blocks and leaves you with a sense of peace. Your practitioner applies light touch to enhance universal energy flowing through you and connect you with your higher self. *Wear yoga or exercise attire.* \$ 50 MIN

MASSAGE

Miraval Park Hyatt Aviara Exclusive WARRIOR'S RECOVERY

Take your recovery to the next level with this treatment designed to ease muscle tension from even the most active of warriors. Warm herbal poultices prepare your muscles for a deep-tissue massage. Range of motion and advanced stretch techniques are incorporated to create a synergy that will leave you relaxed and recharged. \$ 80 MIN

SACRED SOUNDS

Himalayan Bowl Massage

This meditative service combines aromatherapy, breathwork, and vibrational sound therapy with a full-body relaxation massage. The resonance of a thoughtfully placed Himalayan sound bowl promotes balance and restoration, calming the spirit and soul. \$ 50 MIN

SWEET SLUMBER

Prepare for a peaceful night with aromatherapy, tapping, and acupressure. A neck-and-shoulder massage shifts to rhythmic rocking and a relaxing lavender-oil massage. Warm magnesium-steeped towels embrace your legs while activated acupressure points invite restful slumber. \$ 50 MIN

JUNIPER LEG & FOOT

This deep tissue leg and foot massage treats sore muscles and achy joints with juniper berry oil in a tension-easing sweet birch rub. Birchbark and magnesium alleviate aches, natural menthols energize, while arnica supports recovery. \$ 50 MIN

MIRAVAL GROUNDING

Massaging hands, feet, and scalp brings about a state of total relaxation. This spa-trio technique is infused with essential oils to soften the skin, while a grounding emulsion promotes a feeling of peace and calm. \$ 50 MIN

MIRAVAL RELAXATION MASSAGE

This customizable Swedish-style massage surrounds you in calming, fragrant aromas. The soothing power of long, fluid, relaxing massage techniques eases fatigue and soothes the senses. \$ 50 MIN | 80 MIN

MIRAVAL DEEP MASSAGE

This therapeutic massage with arnica oil uses advanced techniques to relieve symptoms of muscle soreness and stiff joints while energizing the senses. Excellent for tight, tired, and sore muscles. \$ 50 MIN | 80 MIN

CALMING HOT STONE MASSAGE

Combining the grounding effects of hot stones with the power of botanicals, this treatment offers mental and muscular relaxation. Antioxidant-packed essential oils calm the mind while the warm stones ease the muscles into deeper relaxation. \$ 80 MIN

PRENATAL MASSAGE

This soothing Swedish massage is designed for moms-to-be to help improve sleep, reduce stress, and soothe muscle fatigue. This service can be enjoyed after the first trimester of pregnancy. \$ 50 MIN

SKINCARE

HOLISTIC FACIAL

This holistic skin treatment embraces the idea that beauty is rooted in wellness and that radiant skin reflects inner health. Enjoy a customized facial with relaxing aromatherapy massage, and targeted active ingredients – from plant stem cells to peptides. \$ 50 MIN

NIRAMAYA

Sanskrit for tranquility, this curated facial clarifies and rejuvenates. Reignite your skin's luminosity with a complexion-smoothing and brightening sweet cherry enzyme peel. An argan and peptide-rich cream blissfully restores your skin's natural balance. \$ 50 MIN

RENEW & RESTORE FACIAL

This detoxifying and hydrating facial and peel, created by renowned Manhattan dermatologist Dr. Dennis Gross, exfoliates and delivers potent anti-aging ingredients with gentle massage and a marine hyaluronic mask for intense hydration without recovery time. \$ 50 MIN

HYDRAFACIAL

This gentle treatment's lymphatic massage reveals a clearer complexion and reduced puffiness. The four-in-one HydraFacial follows, delivering a vortex of cleansing, exfoliation, extraction, and hydration through serums, peptides, and hyaluronic acid. \$ 25 MIN | 50 MIN

PROBIOTIC FACIAL

Support your skin's natural beauty with this cooling facial. A hibiscus enzyme peel follows a Manuka honey and aloe cleanse, allowing the skin to absorb the benefits of chilled probiotics to restore a healthy glow. \$ 50 MIN

RADIANCE FACIAL

Reveal your skin's natural radiance with customized techniques and a powerhouse of targeted ingredients developed by renowned dermatologist Dr. Dennis Gross. A complexion-smoothing peel, collagen-boosting light therapy, and a double mask tend to your skin's unique needs while relaxing massage techniques calm the mind. \$ 80 MIN

SALON

SWEET BIRCH & STONES MANICURE

Rooted in traditional herbal remedies, this manicure begins with a softening aromatic compress, followed by an uplifting scrub and an awakening birch liniment applied to the hands and arms in preparation for a hot stone massage. Natural nails only. \$ 50 MIN

SWEET BIRCH & STONES PEDICURE

Anti-inflammatory birch infuses every step of this foot-refreshing treatment. After a stimulating dry brush, soak in a birch and magnesium bath and exfoliating scrub. An energizing birch enhances a hot stone leg and foot massage. \$ 80 MIN

MANUKA HONEY MANICURE

Let your skin and senses luxuriate in a moisturizing Manuka honey cleanse with decadent citrus notes and soothing florals. A gentle scrub polishes and exfoliates, and an intense wild lime and gotu kola repair balm smooths and softens arms and hands. Natural nails only. \$ 50 MIN

MANUKA HONEY PEDICURE

Let your skin and senses luxuriate in a moisturizing Manuka honey cleanse with decadent citrus notes and soothing florals. A gentle scrub polishes and exfoliates, and an intense wild lime and gotu kola repair balm smooths and softens legs and feet. \$ 50 MIN

ENHANCEMENTS

The following enhancements do not extend the duration of any treatment:

PEEL

Restore radiance to the skin without downtime with an enhanced peel using targeted acids that address the skin's texture and firmness while promoting collagen growth. \$

SPECIALIZED TREATMENT MASK

Extra hydration, brightening, pore refining, or calming, your esthetician will help you select a specialized mask to further support your skin's needs. \$

EYES

Illuminate and bring focus to your eyes with this tailored treatment that focuses on the delicate skin around the eyes. \$

LIPS

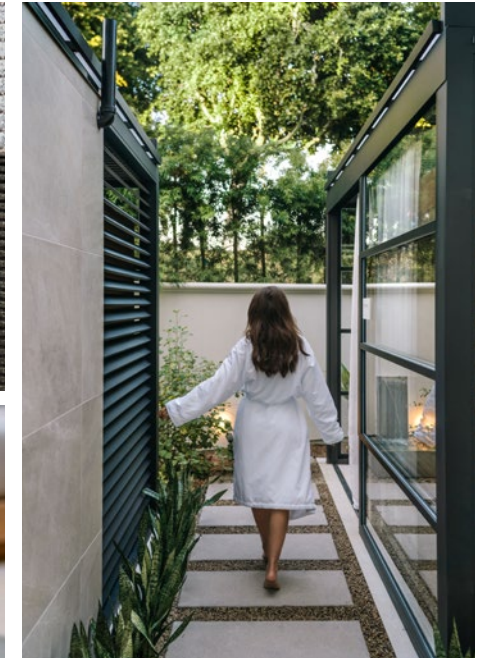
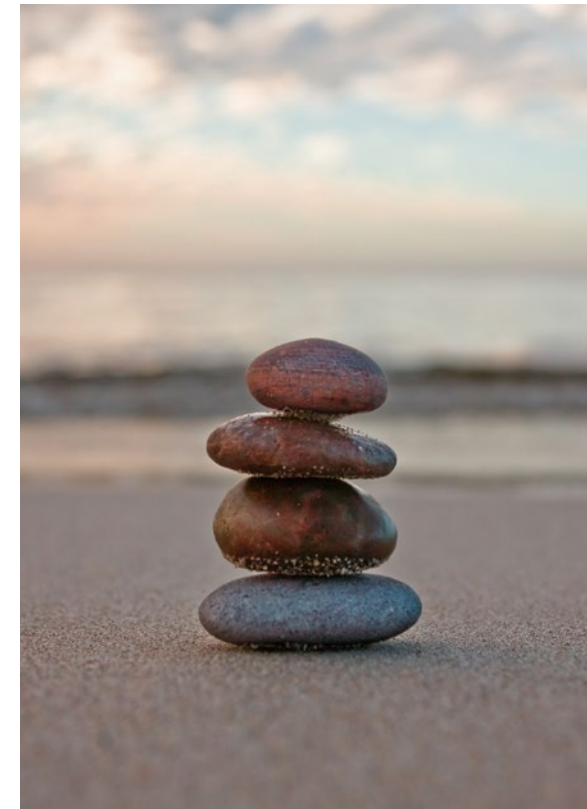
A sweet treat for soft and supple lips, this treatment will leave you feeling smooth and hydrated. \$

NECK & DECOLLETTE

The delicate tissue of the neck and décolleté area is often neglected. This treatment will exfoliate, deeply hydrate, and enhance your skin's tone and texture. \$

SCALP

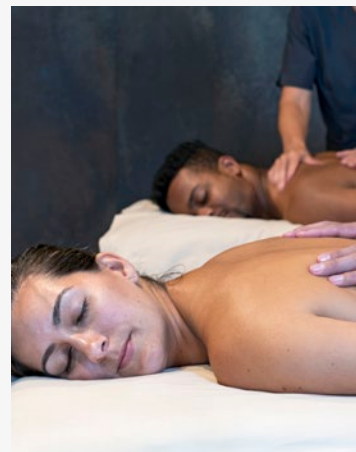
A nutrient-rich hair and scalp oil is warmed and massaged into the scalp to relax the mind, stimulate circulation, and ease muscle tension. \$



COUPLES SERVICES

The following treatments are available as couples services:

- ALL MANICURES & PEDICURES
- REFLEXOLOGY
- WARRIOR'S RECOVERY
- SWEET SLUMBER
- JUNIPER LEG & FOOT
- MIRAVAL GROUNDING
- MIRAVAL RELAXATION MASSAGE
- MIRAVAL DEEP TISSUE
- CALMING HOT STONE MASSAGE





*Park Hyatt Aviara
Batiqueos Lagoon*

For every intention

EXPERIENCES

YOGA & MEDITATION

Choose a yoga or meditation style to suit your own. Indoors, outdoors, or on hanging silks, our classes range from quiet, breath-focused practices to high-intensity workouts.

FITNESS

Moving your body is among the most important ways you can improve your wellbeing. We make it fun to get fit, with interesting twists on classic classes as well as options you'll only find here.

CULINARY & NUTRITION

Empowering each guest with a variety of tools and philosophies for creating a life in balance through culinary inspiration, education, and discovery.

CREATIVE EXPRESSION

Enjoy experiential sessions that bring mindfulness and presence to your creative process. Tap into your imagination and reveal your most authentic self.

Experiences MENU

Class schedules and menu offerings vary. Please refer to the website for the most updated availability.



YOGA & MEDITATION

AERIAL YOGA

Breathe, flow, and fly in this exciting new yoga practice that improves overall health and physical agility, lengthens muscles, and releases tension throughout your entire body. Enjoy this fun yoga class in hanging aerial silks. You will learn to utilize the silks for restorative movements, assistance, and playful poses. \$

AROMA ESSENCE YOGA

Compound the benefits of yoga and aromatherapy by experiencing them together. Specially selected essential oils are applied and diffused in tandem with corresponding yoga poses. Feel deeply relaxed as your physical, spiritual, and mental states unite harmoniously through sense and movement.

BLUE MINDFULNESS MEDITATION

In this course, you learn how Carlsbad was named after the healing elements found in the mineral water and gain a better understanding of how water can enhance your life.

CRYSTAL MEDITATION

The restorative power of crystals and stones can profoundly impact those who are open to their vibration. In this meditation, you may choose a crystal to help you anchor to the present moment and be more open to receiving insights and cleansing energy.

MINDFUL REMINDERS

Refer to class schedule for days and times that classes are offered.

Note that experiences are also available for a personal, couples, small, and large group classes.

Contact the resort for details and availability.

H2O BOGA YOGA

Float your practice onto the water in this vinyasa practice aboard BOGA YOGA mats tethered in the pool. Increase your stability and balance while engaging your core in a SUP Board-like yoga experience. \$

MORNING MEDITATION

Profoundly impact the rest of your day by starting your morning in the serenity of sitting meditation.

RESTORATIVE YOGA

Learn to rest deeply in your yoga postures in this practice known as “active relaxation.”

RISE & SHINE YOGA

Start your day with an inspiring yoga practice to prepare your body and mind for awareness in all that you do.

SINGING BOWLS FLOATING MEDITATION

Experience the calming benefits of induced meditation while you are gently elevated above the floor in a silk hammock and rocked to the soothing vibrations of crystal bowls. Release your mind’s stress, tension, or worry while you “float” weightlessly in the air. \$

SINGING BOWLS MEDITATION

Singing bowls vibrate and produce a full, rich sound that promotes relaxation and can deepen your meditation practice.

VINYASA FLOW YOGA

Vinyasa Yoga is a flowing, dynamic sequence of poses. This type of practice involves synchronizing the breath with a continuous flow of postures.

YOGA & MEDITATION Private Sessions

ALL Yoga & Meditation classes are available as a private individual, couples, or group session.

AERIAL YOGA

Description in the Yoga & Meditation activities menu. \$

CUSTOM YOGA

During this private consultation, the holistic benefits of yoga will be tailored to meet your current needs or help you set up an ongoing yoga routine. \$

CUSTOM MEDITATION

Meditation is a powerful tool for stress reduction, concentration, and insight. Develop or strengthen your practice by booking any meditation experience on the daily schedule as a private session. \$

FLOATING MEDITATION

Description in the Yoga & Meditation activities menu. \$

SINGING BOWLS MEDITATION

Description in the Yoga & Meditation activities menu. \$

FITNESS

ABS & GLUTES

Join us for a nonstop core-conditioning class with exercises targeted to strengthen and tone your abs, glutes, hips, and legs.

BATIQUITOS LAGOON GUIDED HIKE

Enjoy a guided walk around the Batiquitos Lagoon. This 3.4-mile trail is suited for either beginners or experienced hikers.

BODY & BARRE

Try out this fitness class that combines challenging floor barre exercises, resistance training with bands, balls, and a cardio component.

BODYWEIGHT HIIT

Experience the challenge of HiiT (High-Intensity Interval Training). Strengthen your core and sculpt your muscles as you use only your bodyweight to develop agility and strength.

BREATHE & STRETCH MINDFULLY

Breath is one of the most effective ways to quickly impact overall physical and emotional well-being. This class will walk you through different breathing techniques and stretches for all major muscle groups.

BREATHE YOUR STRESS AWAY

Conscious breathwork has been used by yogis for centuries to experience greater health and spiritual connection. Learn how it can profoundly transform how you feel.

BUNGEE FITNESS

Synchronizing breath and movement, this low-impact/high-intensity workout utilizes resistance from the bungee and your body weight to improve cardiovascular endurance and overall body tone. \$

GLUTE STRENGTH

Put an end to dormant glute syndrome (tight hip flexors and underdeveloped gluteal muscles caused by sitting or sleeping in certain positions). Train your trunk to prevent hamstring injuries, back and hip pain, and severe knee damage. Learn to use a Step bench, free weights, medicine balls, or resistance tubing to strengthen your backside.

GRATITUDE HIKE AT BATIQUITOS LAGOON

This guided trail walk around the Lagoon will incorporate intention setting, gratitude, and breathwork.

HAPPY HIPS

Using self-myofascial release techniques, along with Pilates hip joint opening exercises and a series of yoga-based hip stretches, we will improve your flexibility and mobility and send you home with happy hips.

HIIT WITH PROPS

Utilizing various fitness props, this class emphasizes muscular endurance and aerobic conditioning, plus two-minute explosive cardiovascular intervals between sets.

OUTDOOR FITNESS FUSION

Coastal California serves as a splendid backdrop for this outdoor fitness class, suitable for all levels. This total body workout blends cardio and strength drills to awaken your inner athlete.

PILATES APPARATUS CIRCUIT

This mixed Apparatus circuit-style Pilates class challenges your strength, stamina, focus, and memory. This class draws on the Reformer, Tower, Chair, Jump Board, and Magic Circle to focus on quality of movement rather than the number of repetitions. You'll leave feeling stronger, longer, and more mobile. \$

PILATES MAT

Balance the strength and flexibility of all your muscle groups, with an emphasis on challenging the core muscles with each movement. A challenging yet safe method to sculpt your body while improving posture and flexibility.

SHOULDERS SET FREE

Similar to the format of our highly popular Happy Hips class, this class will increase the mobility and stability of the entire shoulder girdle using both a foam roller and a green stretch-out strap.

WATER FITNESS

Jump in the water with this powerful and fun class designed to burn calories and build muscle, strength, coordination & flexibility in our Ocean View Pool.



FITNESS

Private Sessions

ALL Fitness classes are available as a private individual, couples, or group session.

BATIQUITOS LAGOON GUIDED HIKE

Immerse yourself in the nature of our Coastal environment with this guided walk around the Batiquitos Lagoon. This 3.4-mile trail is suited for either beginners or experienced hikers, and your guide will customize the hike to your pace and intentions. \$

BUNGEE FITNESS

Synchronizing breath and movement, this low-impact/high-intensity workout utilizes resistance from the bungee and your body weight to improve cardiovascular endurance and overall body tone. \$

PERSONAL TRAINING

Meet with a trainer to design an individualized workout to meet your personal goals. If you are already working with a trainer at home, allow a Miraval Personal Trainer to assist you in continuing your fitness regime while away. \$

PILATES APPARATUS

Meet with our Pilates instructor to take your workout to the next level. Get the benefits of working with various Pilates apparatuses (Reformer, Cadillac, Chair, Barrel, and Jump Board) in a private setting. \$

CREATIVE EXPRESSION

FLOWER ESSENCE

Create a flower essence mist that is uniquely yours— one that can empower you to make positive changes in your life. This course helps you gain greater clarity by working with you to match your intentions to the perfect blend of corresponding flower essences. \$

INTENTION BRACELETS

Join in this hands-on workshop and create a custom bracelet with gemstones that match the chakras or intention you wish to represent. Learn about the seven major chakras, their characteristics, corresponding gemstones, and their significance for you in the present moment. We supply all materials, instructions, and a velvet pouch for safekeeping. \$

CREATIVE EXPRESSION

Private Sessions

ALL Creative Expression classes are available as a private individual, couples, or group session.

CULINARY & NUTRITION

**Guests must be 21 and over with valid ID to consume alcohol.*

THE ART OF SALSA*

with Tortilla Making & Margarita This class demonstrates how to take a favorite snack and appetizer to a new level. Enjoy sampling uniquely crafted salsas using traditional and local ingredients, warm corn tortillas, and a margarita. Explore the history of salsa and tortilla making and get hands-on with rolling and pressing masa dough into tortillas. \$

BLEND 'N' BALANCE SMOOTHIES

Learn how to blend a nutrient-rich smoothie while balancing your blood sugar to promote energy levels and reduce risk factors for chronic disease. Leave class with four signature smoothie recipes, as well as the techniques and confidence to recreate these delicious smoothies in your own home.

CEVICHE & PISCO SOUR:*

To Cook or Not to Cook You will be guided through the steps of making your own Pisco Sour, a perfect ceviche cocktail pairing. This interactive experience teaches you about the history and techniques of ceviche preparation. With a focus on regionally based ingredients, you will embark on a journey in developing your unique flavors – rooted in Southern California's coastal tradition. \$

COCKTAILS IN THE KITCHEN*

Join us as you learn to expertly prepare a creative cocktail alongside our chef. Sip your craft cocktail and indulge in an appetizer trio from Ponto Lago, as you learn how to experiment with mindfully curated ingredients to create a well-balanced cocktail. Bring these techniques to your kitchen and create a cocktail with home ingredients to make simple syrups, garnish cocktails, and infuse flavors. \$

GRAINS, SEEDS & BOWLS

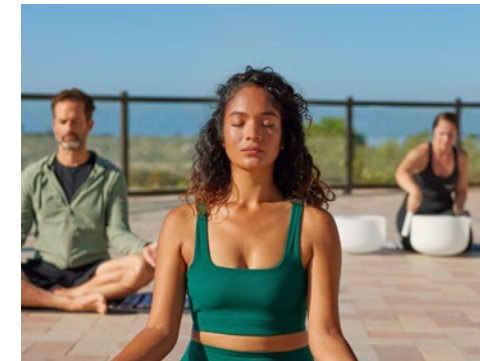
Join a Miraval culinary specialist for a healthy lunch. Get hands on as you mix and match impactful grains, seeds and other ingredients to a custom lunch bowl of your own. Discover the rich nutrients and flavors offered by seeds and grains, and how to transform them into delicious and nutritious meals. \$

LIFE IN BALANCE TREATS

Enjoy getting hands-on as you customize and roll naturally sweet and delicious date truffles. Made with nutrient dense ingredients, these will give you sustained energy and replenish your body with minerals and antioxidants. Learn how to make a dairy free version of golden milk, with warm spices and anti-inflammatory properties. Take home recipes and your own box of truffles. *Family friendly (ages 4 and up)* \$

MAIZE CULTURE

Experience the touch and smell of freshly made masa dough as it gets reshaped into ready to savor tortillas hot from the Comal. Learn the evolution of the age-old practice of nixtamalizing maize which transforms the flavor, texture, and bioavailability of essential nutrients of maize. Create a deeper connection with this staple food of Southern California. \$

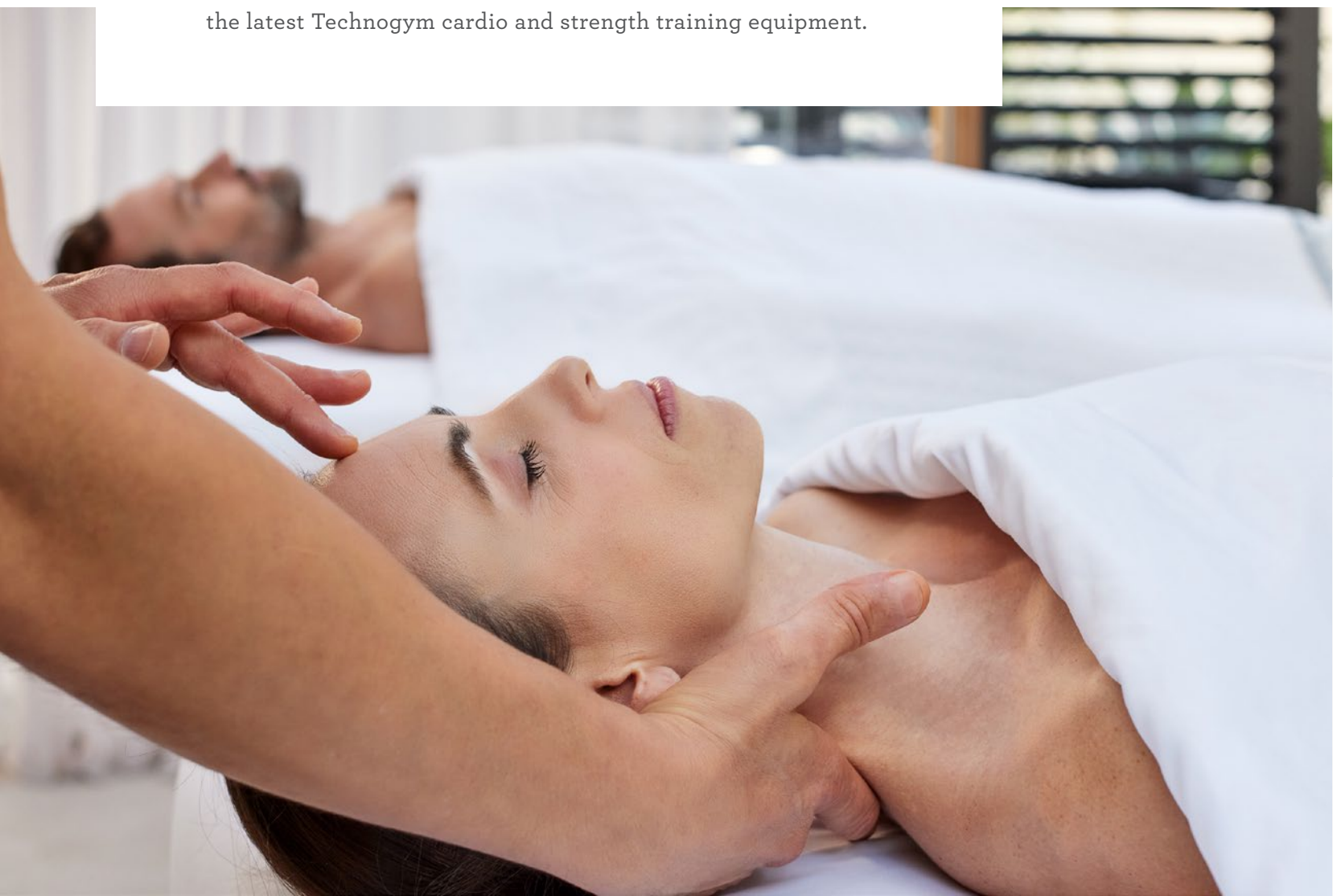


Day Spa & Experience Packages

Bundle your options for added value with Day Spa and Experience packages, or book individual services a la carte. Choose from the following options for a solo visit, couples getaway, or group retreat with friends, family, or colleagues.

ALL PACKAGES INCLUDE

- \$50.00 lunch voucher at Waters' Edge or Pacific Point restaurants
- All-day access to our ocean-view pool
- 15% discount on all fee-based Miraval experiences
- 15% discount on all Miraval Life in Balance Spa Retail
- All-day access to our spa facilities, including an indoor solarium quiet room, locker rooms featuring luxury amenities, sauna, steam room, and whirlpool, and the Fitness Center featuring Peloton and the latest Technogym cardio and strength training equipment.



RENEWAL PACKAGE *for a single guest*

- Two 50-minute services from our menu (*see right*)
- Exclusive Miraval Life in Balance Spa gift
- Complimentary access to select Miraval classes



DISCOVERY PACKAGE *for a single guest*

- One 50-minute service from our menu (*see right*)
- Manuka Honey Manicure & Pedicure
- Exclusive Miraval Life in Balance Spa gift
- Complimentary access to select Miraval classes



CONNECTION PACKAGE *for two guests*

- One 50- or 80-minute service each from our couples services menu (*see right*)
- Bottle of Veuve Clicquot or specialty non-alcoholic beverage
- Exclusive Miraval Life in Balance gratitude amenity
- Complimentary access to select Miraval classes

Groups of 4 or more who book the Renewal or Discovery package will receive a complimentary bottle of Veuve Clicquot or specialty non-alcoholic beverage.

Miraval Day Spa & Experience Packages are available to all Park Hyatt Aviara guests, club members, and day guests.

Advanced reservations are strongly recommended: ParkHyattAviara.com.

SERVICES FOR PACKAGES

Full descriptions of spa services can be found starting on page 12.

Renewal & Discovery Package Service Options 50-minute

- Miraval Relaxation Massage
- Reflexology
- Reiki
- Juniper Leg & Foot
- Miraval Grounding
- Manuka Honey Moisture Drench
- Sacred Sounds Himalayan Bowl Massage
- Sweet Slumber
- Prenatal Massage
- Niramaya Argan & Retinol Luminating Facial
- Renew & Restore Facial
- Probiotic Facial
- Holistic Facial

Connection Package Service Options 50-minute couples services

- Miraval Relaxation Massage
- Reflexology
- Juniper Leg & Foot
- Miraval Grounding
- Sweet Slumber
- Prenatal Massage

80-minute couples services

- Miraval Relaxation Massage
- Calming Hot Stone Massage

For current Spa hours, please visit parkhyattaviara.com/miraval-spa/



Enter a Miraval

state of mind



MIRAVAL[®]

life in balance spa
AVIARA

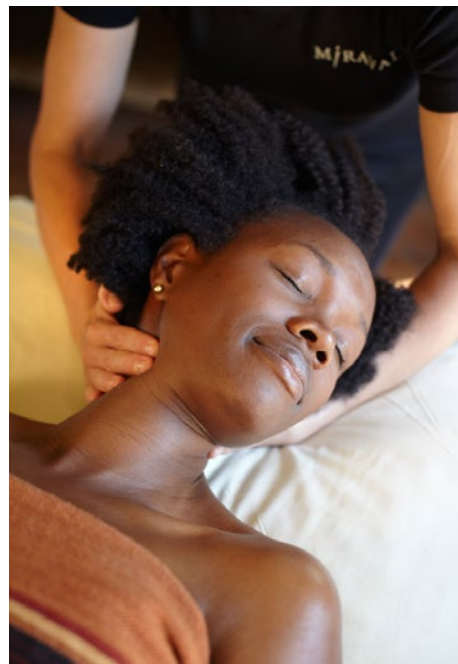
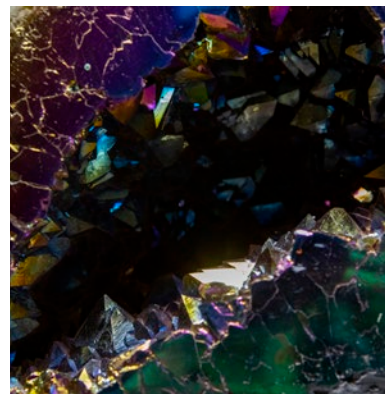
Memberships

Do you want access to the magic of Miraval Life in Balance Spa Aviara for more than a day? Explore our exclusive membership program and enjoy convenient and daily access to Miraval Life in Balance Spa Aviara amenities, activities, and spa services.

MEMBERSHIP INCLUSION HIGHLIGHTS

- Complimentary access to 35+ weekly fitness, yoga & meditation, culinary & nutrition classes
- Complimentary entrance to 24-hour fitness center featuring Peloton and the latest Technogym cardio and strength training equipment
- Miraval Life in Balance Spa concierge services
- Preferred pricing on member-exclusive events, golf & dining

Find out more about the membership inclusions at ParkHyattAviara.com/Miraval-Spa/.

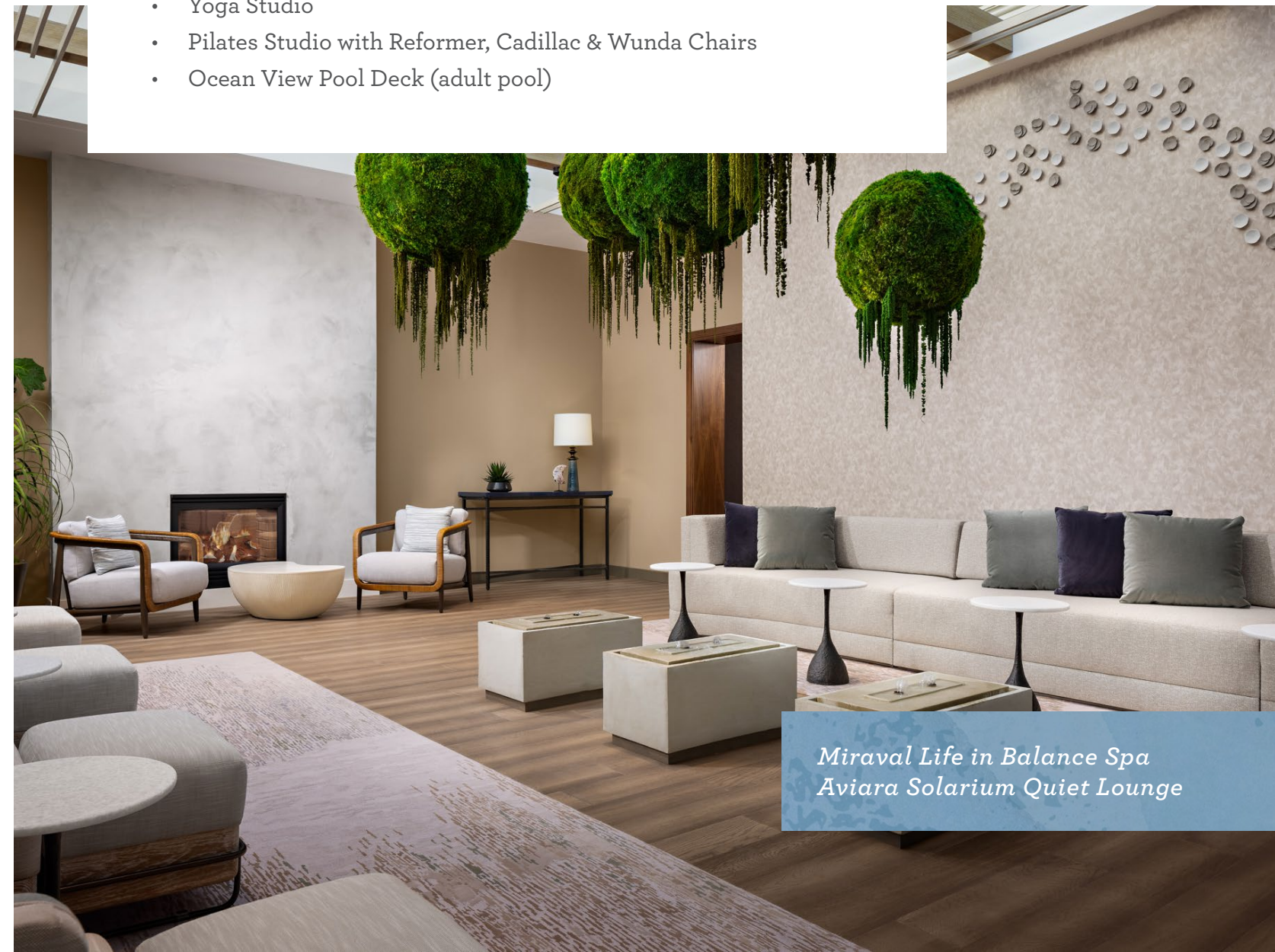


MIRAVAL

life in balance spa
AVIARA

Facilities

- Indoor Solarium Quiet Lounge
- Locker rooms featuring luxury amenities
- Individual locker rooms with sauna, steam room & whirlpool
- Batiquitos Sanctuary with indoor/outdoor treatment spaces inspired by nature
- Fitness Center featuring Peloton and the latest Technogym cardio and strength training equipment
- Yoga Studio
- Pilates Studio with Reformer, Cadillac & Wunda Chairs
- Ocean View Pool Deck (adult pool)



Miraval Life in Balance Spa
Aviara Solarium Quiet Lounge

relax
& reconnect



MIRAVAL[®] life in balance spa AVIARA

Groups & Events

How do you connect with your group mindfully?
By aligning your intentions.

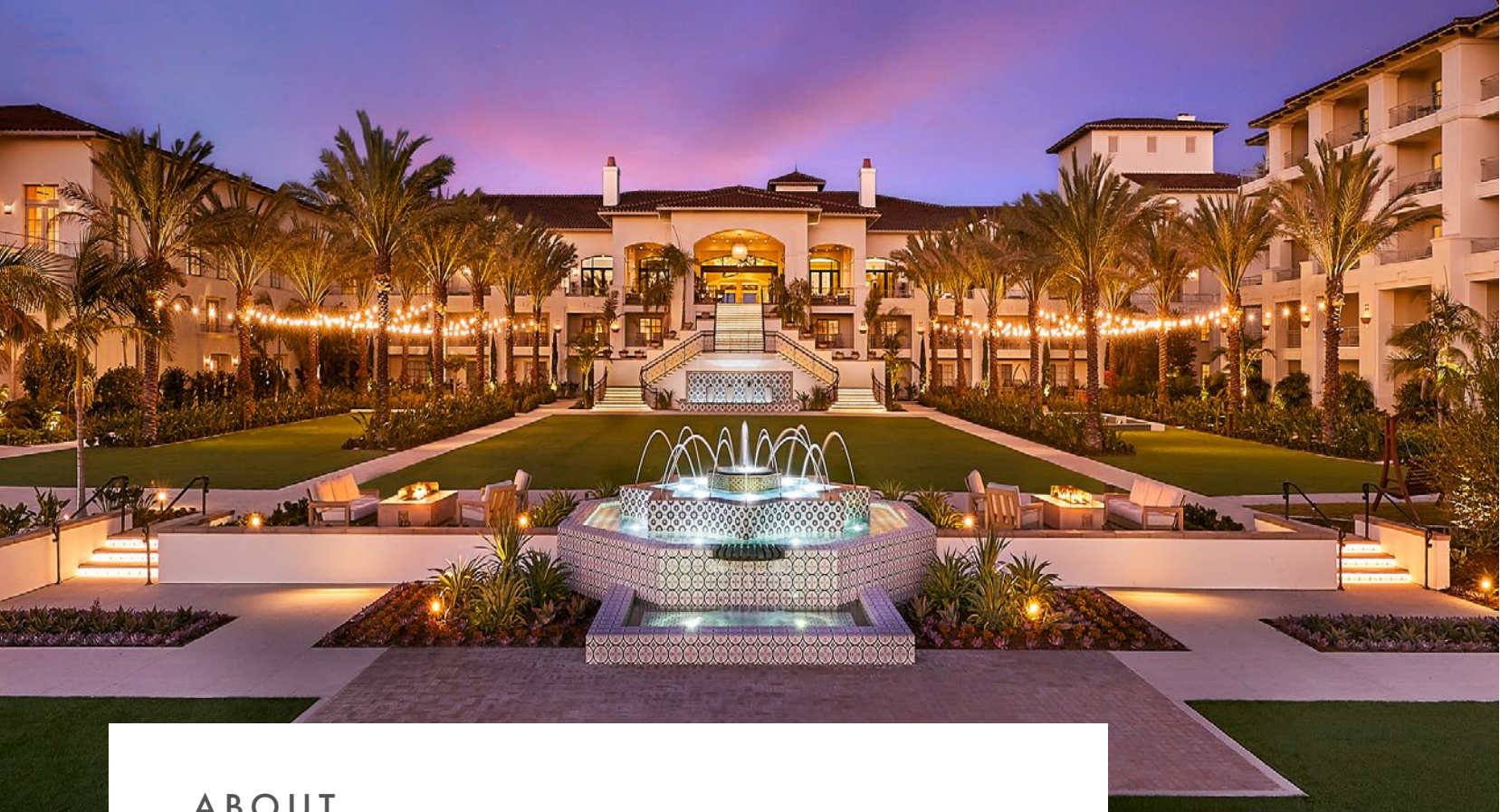
Whether you are here to spark creativity among colleagues or make memories with friends or family, our curated group itineraries bring you closer to your goals and each other.

Our life-enriching spa treatments address body and soul, while our diverse activities extend limits and expand communication. To complement our inspiring Southern California setting, we offer full meeting and catering services for private breakouts, celebrations, or retreats.

Elevate corporate teams, social gatherings, or private events to new levels of connection and comfort.

PARK HYATT AVIARA®

RESORT, GOLF CLUB & SPA



ABOUT

Park Hyatt Aviara

Park Hyatt Aviara Resort, Golf Club & Spa is a coastal enclave for those who seek the ideal blend of casual and chic — along with that unmistakable feeling of carefree California living.

Overlooking the Pacific Ocean between San Diego and Orange County, and set among 250 lush acres of rolling hills and botanical wetlands, it's a year-round escape where nature is the architect and tranquility is the focus.

CONTACT & BOOKING

760.603.6902

MINDFUL REMINDERS *Important Information*

CELL PHONE POLICY

Creating a life in balance begins with being fully present and engaged in the moment. Miraval Life in Balance Spa and classes are all digital-free spaces.

SCHEDULING AN APPOINTMENT

To schedule an appointment, please visit our website – parkhyattaviara.com/miraval-spa/ or call 760.603.6902.

We recommend booking in advance to ensure your preferred time and service are available. All spa treatments and activities must be guaranteed with a credit card.

ARRIVAL TIME

Arrive up to 30 minutes to one hour before your spa treatment so that you can change, relax, and enjoy the spa facilities. Please be advised that late arrivals will result in a reduction of treatment time or activity. The spa will provide luxurious towels, robes, slippers, and any amenities required during your spa visit.

GIFT CARDS

Give the gift of wellbeing. Gift cards may be purchased online or at Miraval Life in Balance Spa. For questions, please contact the reservations team for details or see the spa reception for more information.

AGE REQUIREMENTS

Spa treatments and facilities are available for guests 18 and older.

SERVICE CHARGES & PRICING

For your convenience, a 20% service charge will be added to your bill for all services. The service charge will be distributed to the spa therapists and support staff who served you during your spa experience. All prices are subject to change at any time.

CANCELLATION POLICY

A 100% charge will be incurred for any treatment or paid experience not canceled at least 8 hours before your scheduled time.

SPA ETIQUETTE

Our spa environment is one of relaxation and tranquility. Please respect all spa guests' right to privacy and serenity. The Miraval Life in Balance Spa is a smoke-free and digital-free space. Please do not enter a class or program if you arrive more than 5 minutes after the start time.

YOUR EXPERIENCE

Upon arrival, you will be provided with a robe and slippers and escorted to our locker rooms. The locker rooms offer separate men's and women's areas.

HEALTH CONDITIONS

Kindly advise us of any health conditions, allergies, or injuries which could affect your choice of treatment when making your spa reservation.

PREGNANCY

We have specially designed treatments for expectant women or nursing mothers. Please allow our spa team to guide you in selecting the most suitable treatments during this special time.

VALUABLES

Miraval Life in Balance Spa accepts no responsibility for the loss of valuables and jewelry at any time on the spa premises.

LOST PROPERTY

All lost property found on the premises should be handed in at Miraval Life in Balance Spa reception. Items will be stored for one month. They will be donated to local charities if they are not collected within this time. Liquids, undergarments, and hairbrushes are kept for 24 hours only.



*For current Spa hours, please visit
parkhyattaviara.com/miraval-spa/*



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7100 AVIARA RESORT DRIVE | CARLSBAD, CA 92011

WWW.PARKHYATTAVIARA.COM/MIRAVAL-SPA/
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