

MIRAVAL®  
life in balance spa  
AVIARA



# welcome

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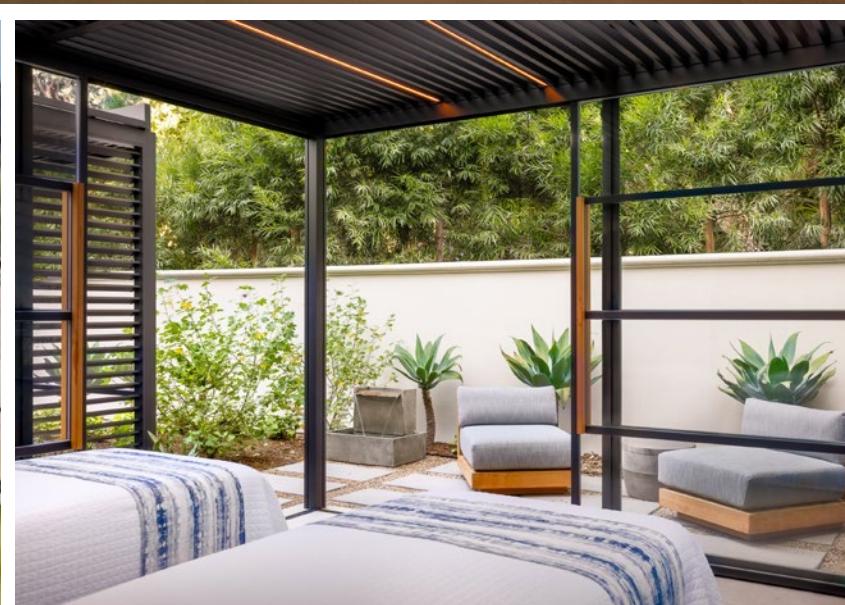
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*Welcome to Miraval Life in Balance Spa Aviara. Escape to the San Diego coast of Carlsbad and experience the world-renowned Life in Balance Spa at our AAA Five-Diamond*

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



## 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*

# MIRAVAL®

life in balance spa

AVIARA

## 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>
		CREATIVE EXPRESSION Class or Private Session	LEISURE TIME Breakfast <i>Ponto Lago</i>	FITNESS Movement Class for Inspiration or Personal Training	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	YOGA & MEDITATION Class or Private Session	
		LEISURE TIME Lunch <i>Waters' Edge</i>	COMMUNITY Lunch Picnic & Beach Time		LEISURE TIME Lunch <i>Waters' Edge</i>
	LEISURE TIME Lunch	LEISURE TIME Ocean View Pool Time	SPA Explore a Unique Spa Treatment		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 &amp; 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 <i>Waters' Edge</i>
	LEISURE TIME Lunch	CULINARY & NUTRITION Learn a New Dish	SPA Explore a Unique Spa Treatment
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 &amp; 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:

<https://parkhyattvaiara.com/miravalspa/>.



*Miraval Life in Balance Spa  
Outdoor Treatment Cabanas*



## *Miraval Life in Balance* **SPA EXPERIENCES**

### **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 vasudhara to craniosacral and Reiki, our ancient healing practices draw from time-tested global traditions. Our unique creations like Vasudhara and Nâga 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 and lengthen sore and tight muscles, 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



NÂGA

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

## 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 deep cleansing aromatherapy scrub revitalizes the skin, a soaking tub with calming aromas soothes the senses and eases tension, and a full body massage 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**

### *Coming Soon*

**DETOX & FIRM** This full-body specialty treatment combines dry brushing, cryotherapy spheres, and a thermal mud wrap to reduce inflammation, stimulate circulation, and detox the skin. Enjoy a luminous hair oil scalp massage before showering. Conclude with an immune-boosting lymphatic brush and a hydrating antioxidant-rich firming cream. **\$ 100 MIN**

**NATURE'S ESCAPE** Soothe the mind and stimulate the senses with an exfoliating scrub to nourish the skin. A relaxation massage dispels tension while hints of sweet almond and citrus provide a sensory experience. Let nature support your journey to restorative bliss. **\$ 100 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*

**NÂGA** 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**

**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**

**BODY IN BALANCE** This customized massage balances your musculoskeletal system and addresses chronic tightness. Share insights with a senior therapist to tailor your treatment with specialized techniques to meet your specific needs and restore balance. **\$ 50 MIN | 80 MIN**

**FOCUS MASSAGE** This targeted 20-minute treatment allows your therapist to focus massage techniques on a specific area. This is an excellent way to enhance your day of departure. **\$ 20 MIN**

**NECK & SCALP MASSAGE** Walk away from this 20-minute scalp, neck, and shoulder massage feeling soothed and revitalized. This is an excellent way to enhance your day of departure. **\$ 20 MIN**

**ANCHOR** This grounding leg and foot massage is designed to ease tension and restore vitality. Focused touch and cooling botanicals support circulation and release, helping you feel steady, rooted, and reconnected from the ground up. **\$ 50 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**

**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

**RESONANCE FACIAL** Using skin-adaptive botanicals, this customized facial enhances the skin's natural ability to regulate sensitive and dehydrated skin. A massage inspires heat energy while encouraging lymphatic flow and a sense of soothing relief over renewed skin. **\$ 50 MIN**

**BRILLIANCE FACIAL** Nurture your inner vitality with a gently formulated biphasic peel that renews and restores the skin's structural integrity through plant-powered extracts and multi-layered hyaluronic acids. Facial massage stimulates skin brilliance from within. **\$ 50 MIN | 80 MIN**

**LUMINANCE FACIAL** A revitalizing facial that restores vibrance and clarity, unveiling a more even, luminous complexion. Gentle exfoliation, targeted brightening botanicals, and deeply nourishing hydration leaves skin glowing with renewed vitality. **\$ 20 MIN | 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 | 80 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**

**TRANQUILITY MANICURE** This calming manicure experience features soothing aromatics and mindful touch to relax the senses and restore a sense of inner peace. **\$ 50 MIN**

**TRANQUILITY PEDICURE** This calming pedicure experience features soothing aromatics, a luxurious hand mask, and mindful touch to relax the senses and restore a sense of inner peace. **\$ 50 MIN**

## ENHANCEMENTS

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

**HYDRAMEMORY LIP TREATMENT** Exfoliate, moisturize, and plump your lips for soft, long-lasting hydration. **\$**

**EYE RECOVERY** Rejuvenating, refreshing, and corrective, this enhancement contains caffeine, which provides action for immediate fatigue relief and boosted circulation. **\$**

*Coming Soon*

**DERMAFLASH ENHANCEMENT** A results-driven tool removes dead skin cells, improves skin texture and removes pesky peach fuzz. **\$**



## COUPLES SERVICES

*The following treatments are available as couples services:*

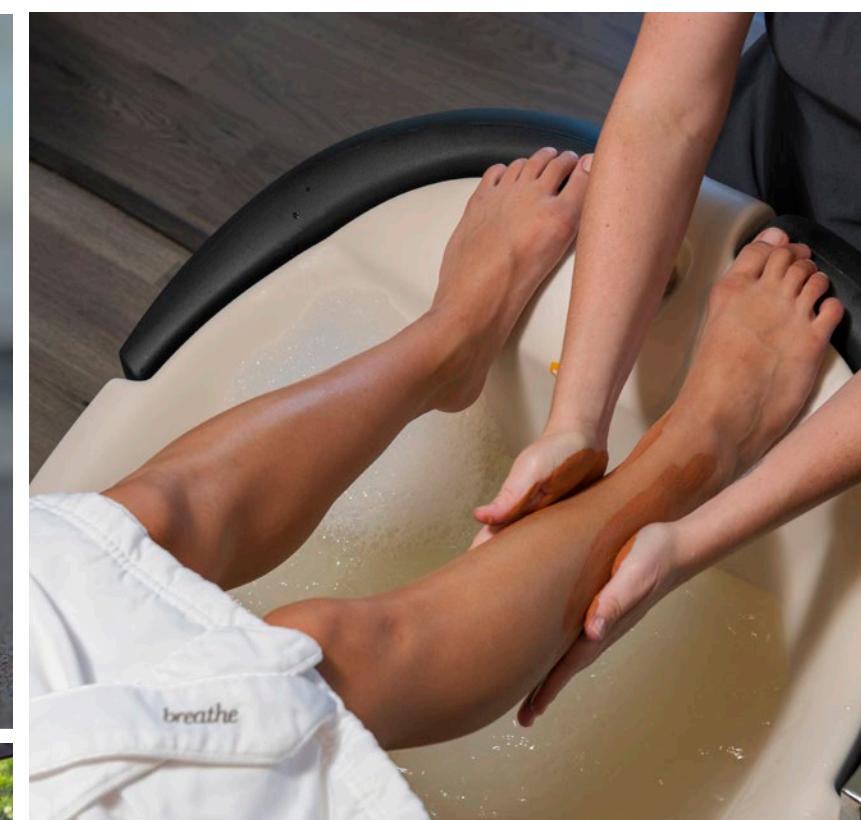
ALL MANICURES & PEDICURES

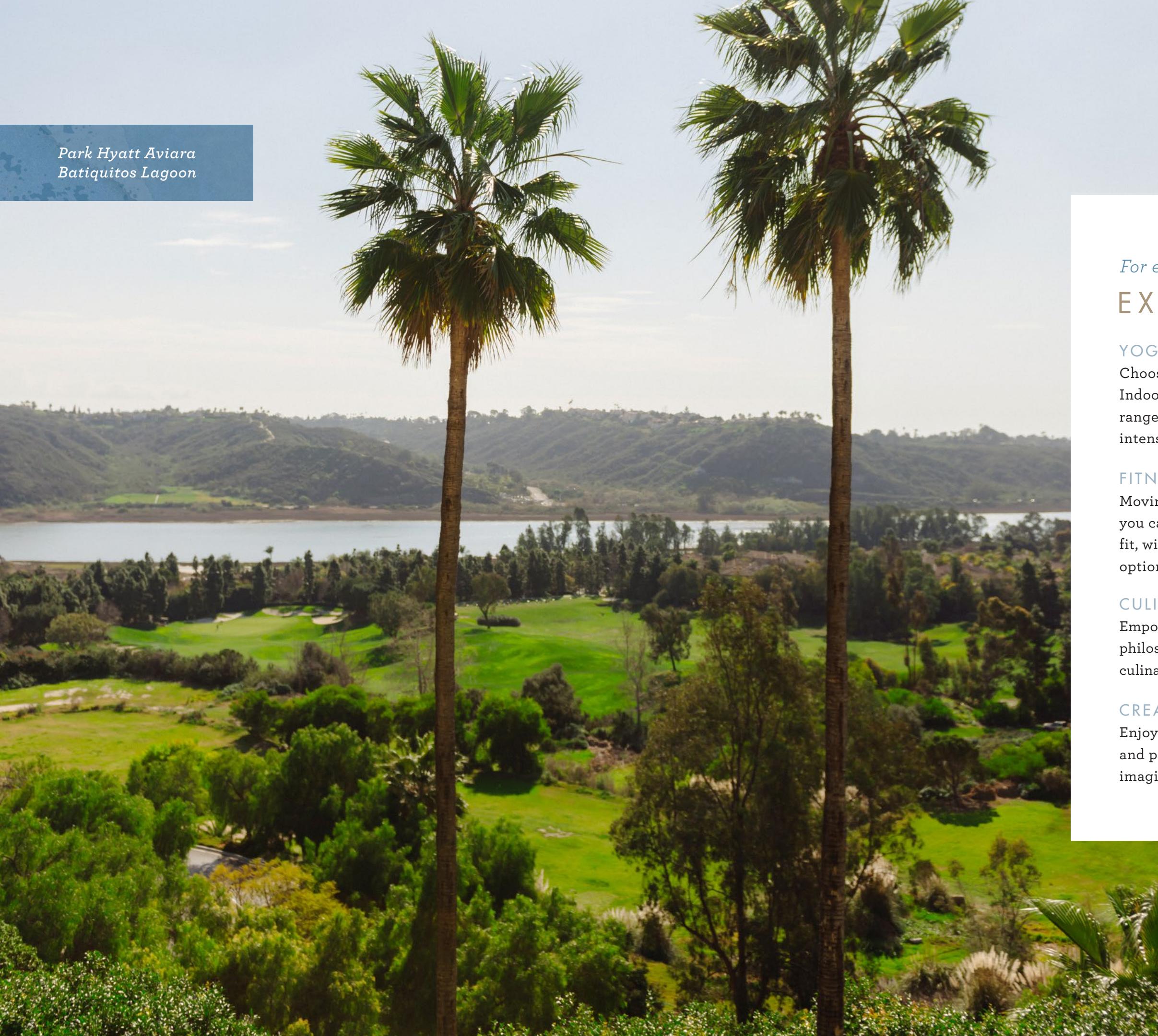
ANCHOR

MIRAVAL GROUNDING

MIRAVAL RELAXATION MASSAGE

MIRAVAL DEEP MASSAGE





*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



## 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.

**MINDFULNESS AT MIRAVAL** Practice fully living your life with simple tools designed to keep you engaged in the present moment.

**MORNING MEDITATION** Profoundly impact the rest of your day by starting your morning in the serenity of sitting meditation. This classic insight meditation teaches the basic principles needed to focus and learn compassionate ways of observing the mind's fluctuations.

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

**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.

**YIN YOGA** In this quiet practice, focus on stretching deeply into the fascia of the hips and lower back. Soften and surrender into your postures for minutes at a time.

**YIN/YANG YOGA** Create balance with a unique combination of Yin Yoga (supported seated stretches held for 1-5 minutes) and challenging vinyasa flow sequences.

## 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.

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

**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 FUSION** Build a strong, long, lean body and add grace and balance with a fusion of yoga and pilates.

**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.

**PILATES WITH PROPS** Joseph Pilates believed you are only as old as your spine is both strong and flexible. Challenge your whole body with a focus on spinal flexion, extension, and rotation by using BOSU, stretch straps, or Slo-Mo Fusion balls.

**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

**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. \$

## CULINARY & NUTRITION

*Available as a private individual, couples, or group session.*

*\*Guests must be 21 & 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.

**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. \$

**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)* \$



## MINDFUL REMINDERS

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

Experiences are also available for personal, couples, and group classes.

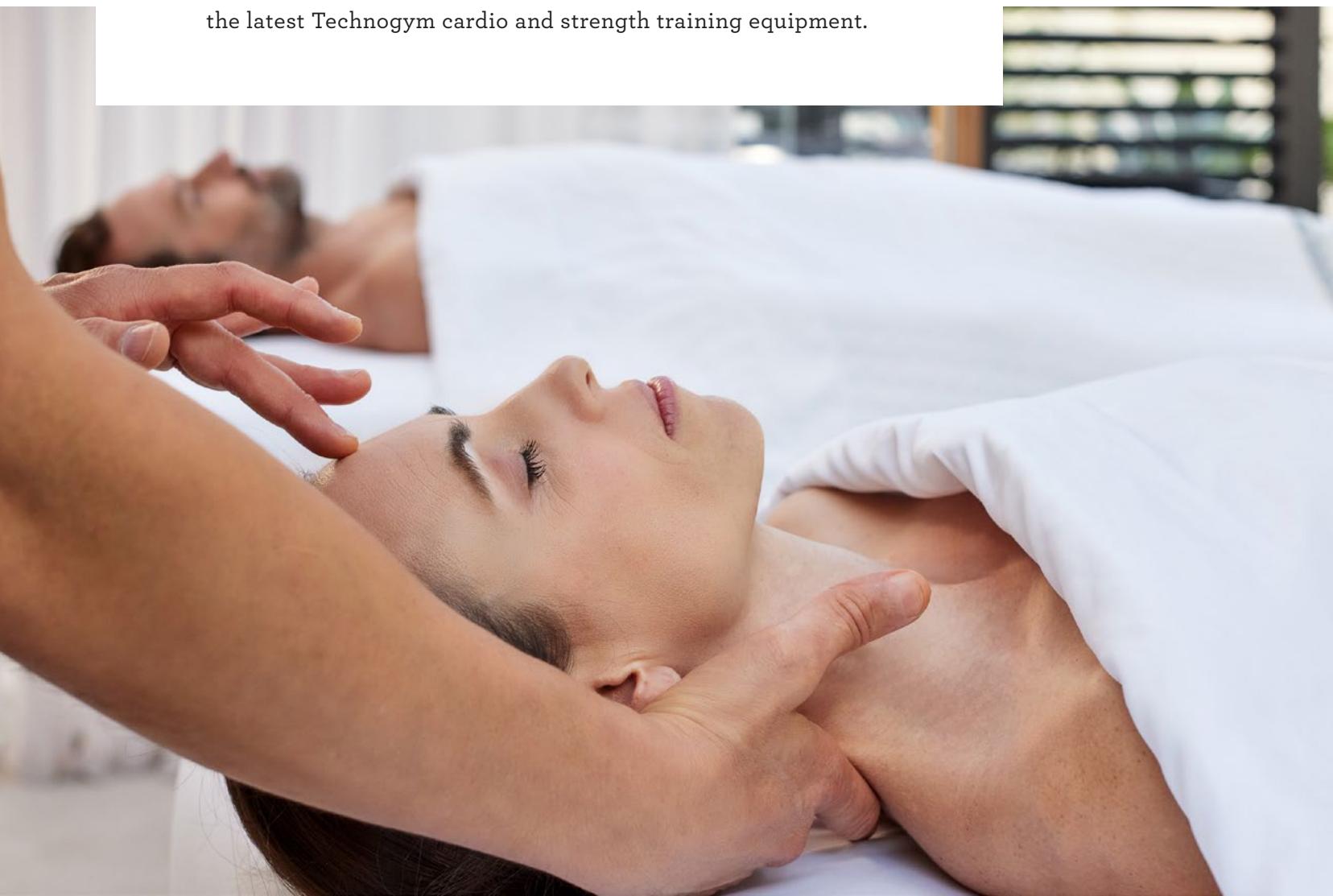
*Contact the resort for details and availability.*

## 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

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### DISCOVERY PACKAGE *for a single guest*

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

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### 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](http://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
- Anchor
- Reiki
- Miraval Grounding
- Sacred Sounds Himalayan Bowl Massage
- Prenatal Massage
- Renew & Restore Facial

#### *Connection Package*

##### *Service Options*

##### *50-minute couples services*

- Miraval Relaxation Massage
- Anchor
- Miraval Grounding
- Prenatal Massage

##### *80-minute couples services*

- Miraval Relaxation Massage
- Miraval Deep Massage

*For current Spa hours,*

*please visit*

*[parkhyattaviara.com/miraval-spa/](http://parkhyattaviara.com/miraval-spa/)*



## MIRAVAL<sup>®</sup> life in balance spa AVIARA

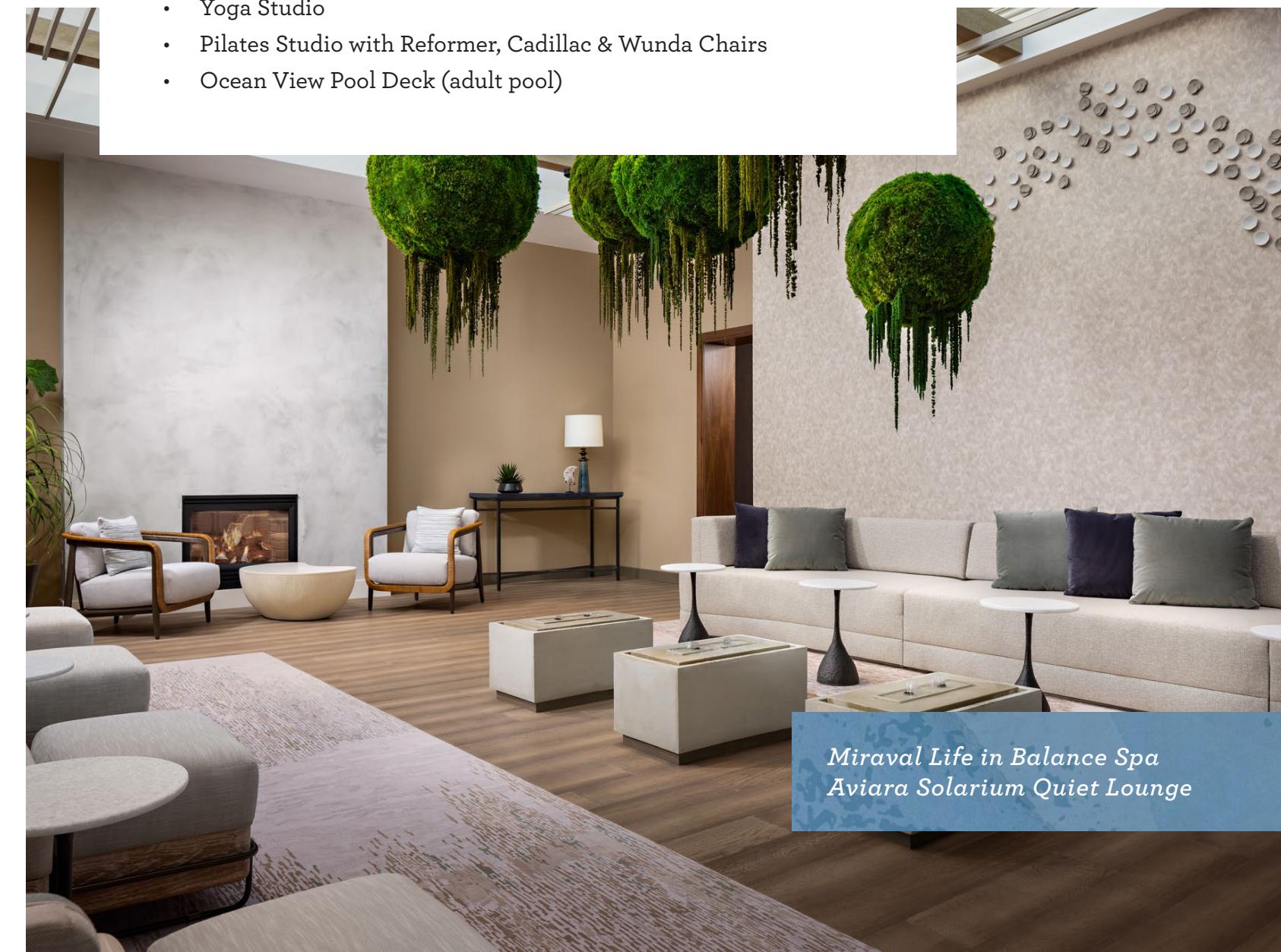
### Memberships

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/](http://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)

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](http://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/](http://parkhyattaviara.com/miraval-spa/)

