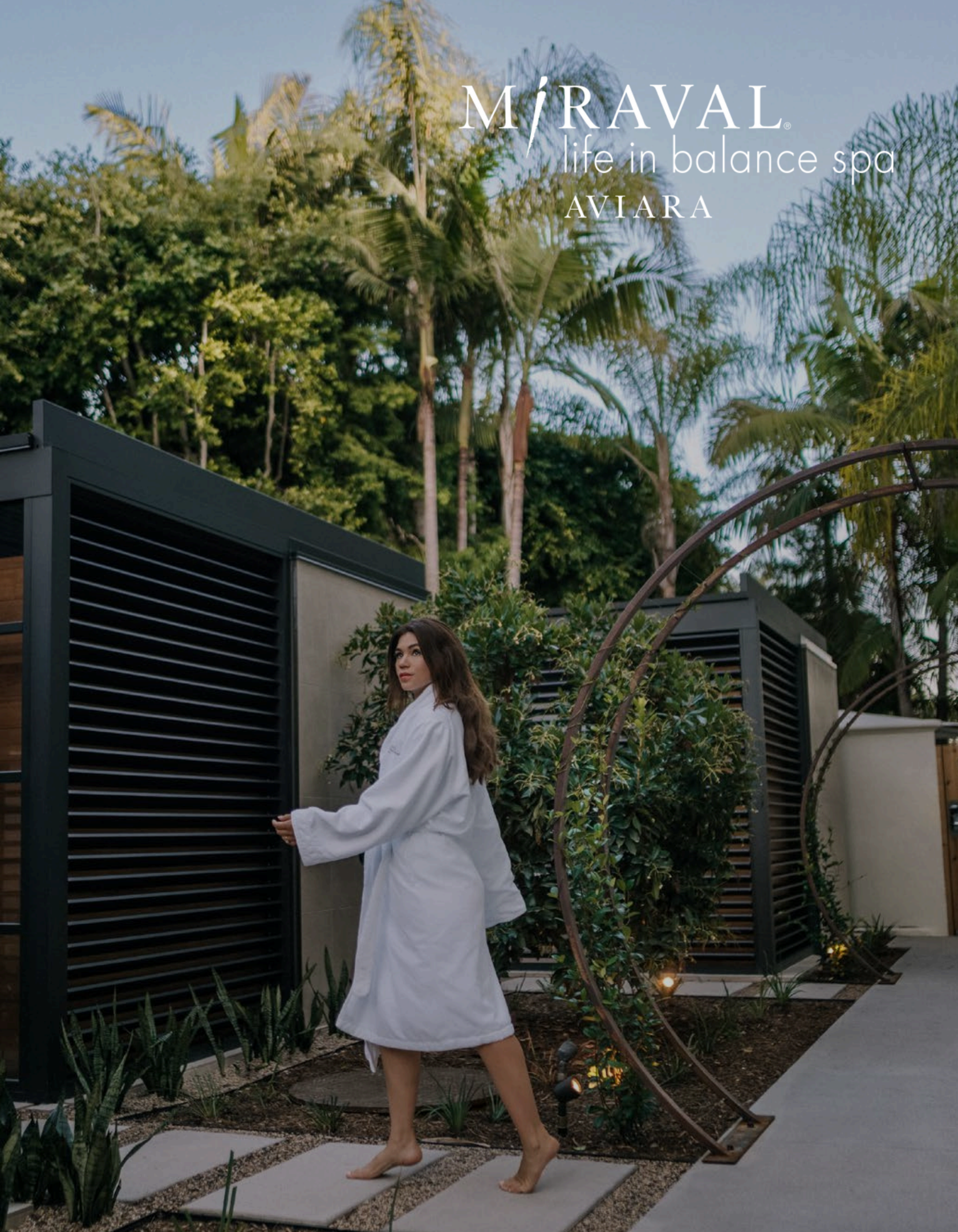
MIRAVAL
life in balance spa
AVIARA

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.

LIVE WITH INTENTION

The "I" 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 "I" in miraval

Miraval Life in Balance

SPA EXPERIENCES

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

DETOX & FIRM This full-body specialty treatment combines dry brushing 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. $ 80 MIN

ORANGE MINERAL BODY PEEL This dual-action body exfoliation renews skin. Bitter orange peel and mineral microspheres are blended with a multi-acid peel, creating an immediate renewal of the skin's surface. A progressive smoothing effect lingers with increased hydration retention. $ 50 MIN

ENERGY & EASTERN

Miraval Resorts & Spas Exclusive
VASUDHARA: IMMERSIVE AQUATIC MASSAGE 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

MIRAVAL RELAXATION MASSAGE This light to medium pressure 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

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

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

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 or departure. $ 20 MIN

SIGNATURE SCALP & NECK ESCAPE Walk away from this 20- minute scalp, neck, and shoulder relaxation treatment feeling soothed and revitalized. Designed to promote comfort and overall well-being, this soothing experience is the perfect addition to your departure day. $ 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

SKINCARE

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

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

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

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

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 | 80 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. $

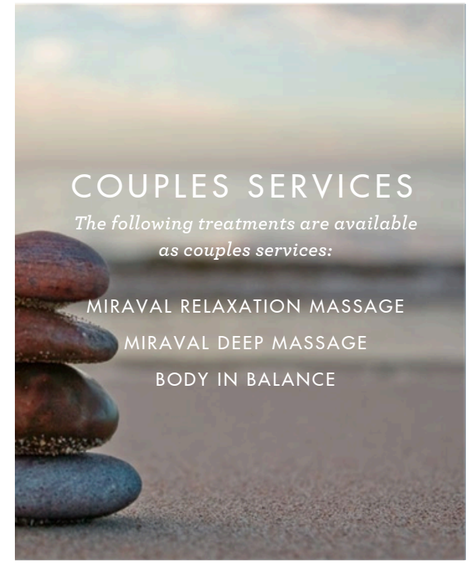
EYE RECOVERY Rejuvenating, refreshing, and corrective, this enhancement contains caffeine, which provides action for immediate fatigue relief and boosted circulation. $

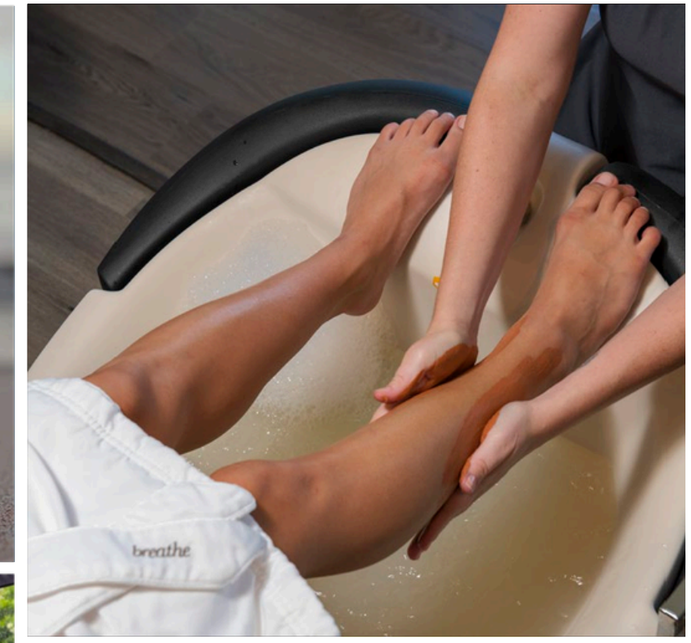
Coming Soon
DERMAFLASH ENHANCEMENT A results-driven tool removes dead skin cells, improves skin texture, and removes pesky peach fuzz. $

HOT STONES Enhance your massage with the therapeutic warmth of smooth stones. The deep, restorative heat encourages muscles to relax more effectively, easing areas of tension. $

WARM COCONUT PEPPERMINT SCALP MASSAGE
Surrender to a deeply soothing ritual that melts tension from the very first touch. Warm, nutrient-rich coconut oil is gently poured and massaged into the scalp using slow, rhythmic techniques that calm the mind and nourish the hair. $

FOOT SCRUB Indulge in a revitalizing foot ritual crafted to restore softness, balance, and pure tranquility. Our Sea Salt Foot Scrub blends mineral-rich sea salts with nourishing botanical oils to gently exfoliate tired feet, buffing away roughness and revealing silky-smooth skin.. $





EXPERIENCES

For every intention

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.

RESTORATIVE YOGA This restorative yoga class is an invitation to slow down, foften, and deeply rest. Through long-held, supported poses, you'll calm the nervous system, release tension, and create space to simply be. Come as you are and leave feeling grounded, nourished, and restored. *

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. $

YOGA FLOW WALK This class blends mindful walking around the resort with flowing yoga sequences to build mobility, balance, and mindfulness. This low-impact class encourages natural movement, breath awareness, and a calm connection between body and mind.

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.

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.

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

FITNESS

ABS & ARMS Join us for a nonstop core-conditioning class with exercises targeted to strengthen and tone your abs and arms. 50 MIN

BATIQUITOS LAGOON GUIDED HIKE Enjoy a guided walk around the Batiquitos Lagoon. This 3.4 mile trail is suited for all hikers from beginner to expert. 50 MIN

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. 50 MIN

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. 50 MIN

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. 50 MIN

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. 50 MIN

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. 50 MIN

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. 50 MIN

HIIT WITH PROPS Utilizing various fitness props, this class emphasizes muscular endurance and aerobic conditioning, plus two-minute explosive cardiovascular intervals between sets. 50 MIN

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. $

AROMA ESSENCE ROLLER Immerse yourself in a signature Miraval experience as you create your own custom aroma roller. You'll combine coconut oil with essential oils chosen to support your intention, then pair your blend with crystals that resonate with your current journey. We provide all the materials, step-by-step guidance, and a velvet pouch to carry your creation home. $

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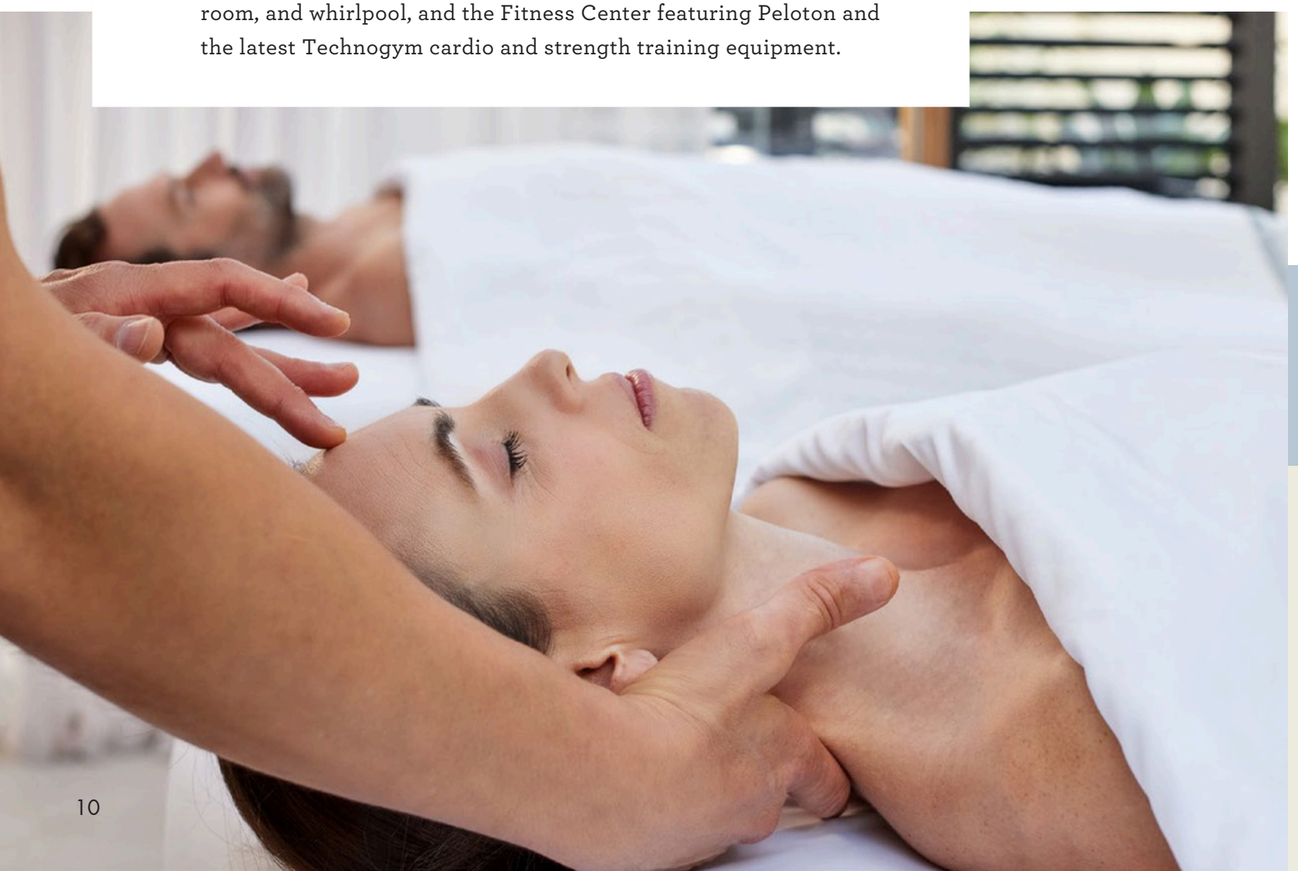
Day Spa & Experience Packages

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-minuteservice from our menu (see right)
- Tranquility 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/MiravalSpa

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
- Miraval Deep Massage
- Prenatal Massage

80-minute couples services

- Miraval Relaxation Massage
- Miraval Deep Massage

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
- Annual 50-minute spa service
- Monthly complimentary Radiance PT™ Light Therapy Session
- Monthly member-exclusive events
- 20% off spa retail, spa services, food & non-alcoholic beverage

Find out more about the membership inclusions at ParkHyattAviara.com/MiravalSpa

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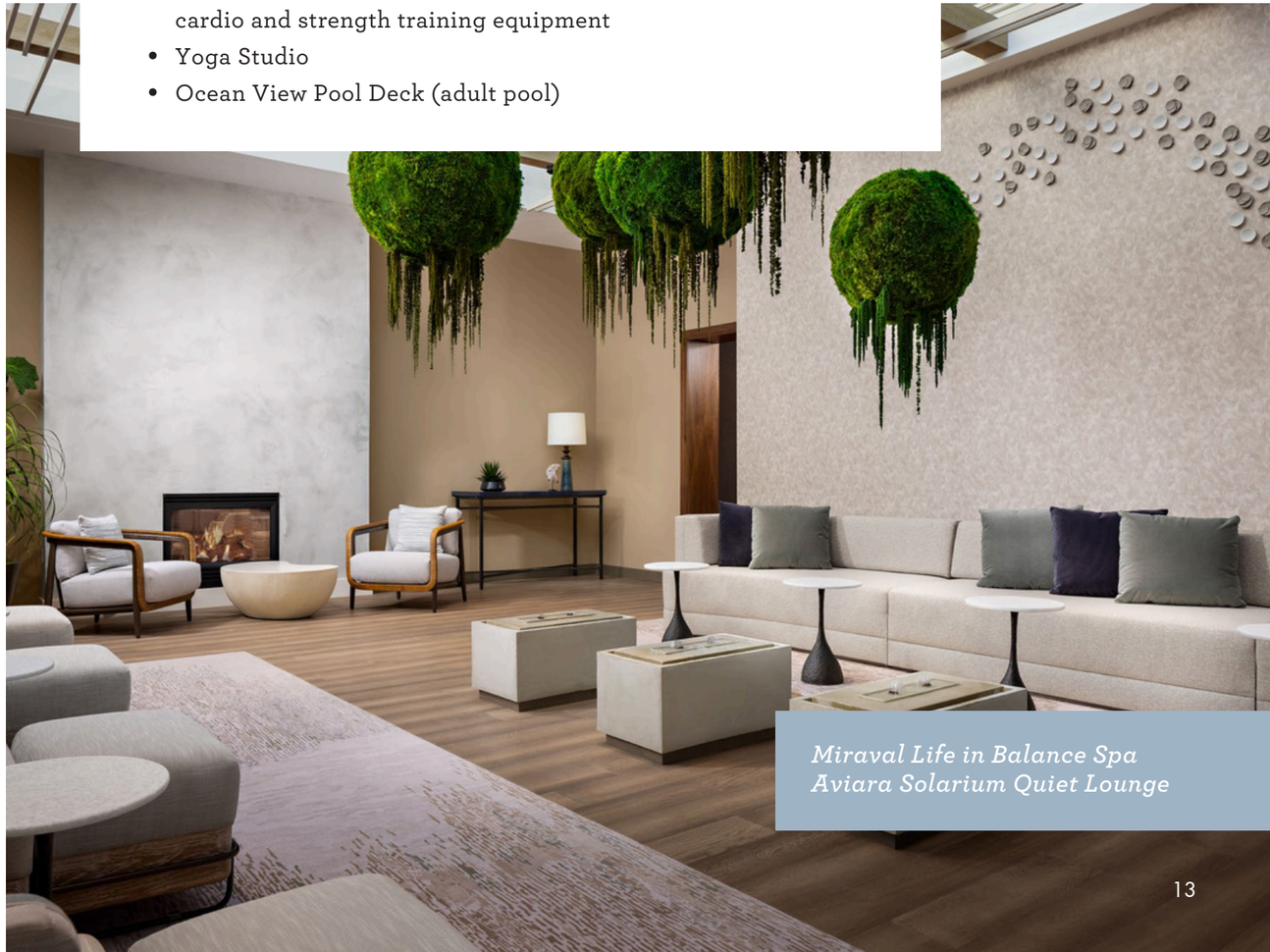
Facilities

- 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
- Ocean View Pool Deck (adult pool)



Miraval Life in Balance Spa Aviara Solarium Quiet Lounge

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 24 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 be 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/MiravalSpa

SPA PRICING MENU

		DURATION | PRICE
BODY RENEWAL RITUALS	OCEAN SONG	*100 min. $552*
	DETOX & FIRM	*100 min. $495*
	NATURE'S ESCAPE	*80 min. $432*
	ORANGE BODY MINERAL PEEL	*50 min. $300*
ENERGY & EASTERN	VASUDHARA IMMERSIVE ACQUATIC MASSAGE	*50 min. $312*
	NAGA	*50 min. $312*
	THAI MASSAGE	*50 min. $300*
	CRANIOSACRAL THERAPY	*50 min. $276*
	REIKI	*50 min. $276*
MASSAGE	WARRIOR'S RECOVERY	*80 min. $432*
	BODY IN BALANCE	*50 min. $300 | 80 min. $432*
	FOCUS MASSAGE	*20 min. $168*
	SIGNATURE NECK & SCALP ESCAPE	*20 min. $168*
	ANCHOR	*50 min. $300*
	SACRED SOUNDS	*50 min. $288*
	MIRAVAL GROUNDING	*50 min. $276*
	MIRAVAL RELAXATION MASSAGE	*50 min. $276 | 80 min. $408*
	MIRAVAL DEEP MASSAGE	*50 min. $300 | 80 min. $432*
	CALMING HOT STONE MASSAGE	*80 min. $420*
	PRENATAL MASSAGE	*50 min. $288*
MASSAGE ENHANCEMENTS	HOT STONES	*$30*
	WARM COCONUT PEPPERMINT SCALP MASSAGE	*$30*
	FOOT SCRUB	*$30*
DUETS	MIRAVAL RELAXATION MASSAGE	*50 min. $276 | 80 min. $408*
	MIRAVAL DEEP MASSAGE	*50 min. $300 | 80 min. $432*
	BODY IN BALANCE	*50 min. $300 | 80 min. $432*
SKINCARE	RESONANCE FACIAL	*50 min. $288*
	BRILLIANCE FACIAL	*50 min. $312 | 80 min. $438*
	LUMINANCE FACIAL	*20 min. $180 | 50 min $312*
	RENEW & RESTORE FACIAL	*25 min. $200 | 50 min. $288*
	HYDRAFACIAL	*25 min. $276 | 50 min. $348 | 80 min. $480*
	RADIANCE FACIAL	*80 min. $420*
SKINCARE ENHANCEMENTS	HYDRAMEMORY LIP TREATMENT	*$35*
	EYE RECOVERY	*$35*
	DERMAFLASH	*$75*
SALON	TRANQUILITY MANICURE	*50 min. $90*
	TRANQUILITY PEDICURE	*50 min. $114*
PACKAGES	RENEWAL PACKAGE	*Starting at $594*
	CONNECTION PACKAGE	*Starting at $636*
	RELAX, RENEW & RESTORE PACKAGE	*Starting at $436*
	TWO IN BALANCE PACKAGE	*Starting at $600*

To receive access to spa amenities and resort pools, a minimum spend of $200 in spa services is required.

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