At Miraval, we strive to honor nature and to inspire you to awaken to your best self. We believe in balance, and how you achieve it. We believe in the present moment, and how you engage in it. Balance is not something you find. It is something you create. Craft it with intention at Miraval Life in Balance Spa St. Kitts.

The Miraval ethos is anchored by four pillars: Challenge | Improve | Renew | Indulge

**CHALLENGE** the story you’ve been told about your limits. Craft your own narrative about how far you can go, how deep you can grow and how fully you can thrive.

**INDULGE** your senses and move beyond pampering. Globally-influenced body therapies engage all five senses. Gourmet flavors indulge your palate with farm-fresh ingredients.

**IMPROVE** how you balance the many layers of your life. Take charge of your choices. Invest in yourself. Learn how you can make life better with a balanced mind, body, and spirit.

**RENEW** your view and focus on here and now. We care about how you engage with the present moment. We believe in finding the path that works best for you so you can renew your own unique connection with yourself and others.

Each moment is yours. We help you show up to it, observe it, and stay present in it.

YOU are the “I” in Miraval.
SOJOURN TO WELLNESS
Your journey to wellness begins with a Sunrise Meditation. Honor the peace and light that dawn brings as the seaside serenity of St Kitts inspires you to go within. Explore the art of yoga in the tranquility of your own personal wellness space. Deepen your experience with a specialized guide who challenges your body to breathe consciously and escorts your thoughts into a mindful state. Become your own island of tranquility with the Miraval exclusive Ginger Healer. Complete your journey with a peaceful, reflective walk to your spa villa where a replenishing, island-inspired breakfast is served up to nourish both body and spirit.

SOJOURN OF THE SENSES
In the space between darkness and illumination, lies a stream of gems tracing the path to *Vasudhara, a Miraval exclusive treatment. Discover this unique experience paired with a Sensory Dining Event that will engage your senses in a whole new way.

*See full description of Vasudhara under Energy & Eastern Modalities.

SOJOURN OF THE ELEMENTS
Discover the history of harvesting sea salt while you create your own salt scrub. Then experience the rich, decadent Sea Salt Scrub Body Treatment that prepares you for our restorative Fire-stone (lava rock) Massage. Wind down your day of wellness with our Signature Deborah Lippmann Manicure & Signature Deborah Lippmann Pedicure to polish off your journey.

SOJOURN OF INDULGENCE
Discover our most coveted, innovative spa treatments, created by hand-selected global experts in wellness. Immerse yourself in Miraval's signature experiences. This half-day package combines a Miraval Signature Massage, Miraval Signature Facial, ‘Fire-Stone’ and Honey Manicure & Pedicure, and a refreshing spa lunch. This is truly a comprehensive, head-to-toe experience that presents a selection of our finest treatments and specially sourced ingredients.

COUPLES SOJOURN
A combination of services ranging from skin care to massage, specially tailored to couples.
Salt Bar
Red Flower Sea Salt fully immerses the body in the healing powers of the ocean. Take a stroll with your senses through botanical oils and hand-blended florals into the texture of pure sea salt. Invigorate your circulation and exfoliate your skin with the energy of the sea as you emerge from layers of aloe-leaf juice, avocado oil, and virgin coconut.

Seaside Serenity
Awaken your senses and inhale the coastal air. Begin with an ocean sea salt and aloe butter exfoliation to smooth your skin. Let us wrap you in an intensely curative and hydrating sea algae masque, enriched with marine plants and essential oils. Illuminating rose serum relieves facial tension and promotes optimal skin health, while a beach morning glory botanical butter heals and protects.

Body Renewal Rituals

Mangrove Goddess
This energizing ritual of wild grass and trees captures the transformational spirit of Mother Nature and the resilient nature of the mangrove, known for its ability to adapt and cope with harsh conditions. We remove rough, dry skin and stimulate circulation throughout the body with a powerful, exfoliating blend of ginger grass and oils of ginger and fir. Sink into a gorgeous green hinoki mint mineral bath for pure energy. Emerge with a massage that heals and restores using essences of red mangrove and eucalyptus. Boost your beauty wellness with a botanical fruit and leaf butter, enriched with vetiver grass, rare barks, and warm earthy resins.

Light-As-Air Cloud Cream Wrap
Heal sunburn, stimulate the lymphatic system, and promote cellular regeneration with a rich mushroom and phyto-nutrient wrap for optimal health. During your wrap, be anointed with the whole essential oils of cloudberry and rose in an acupressure facial massage. Cool your body with delicate clouds of ionizing mist that oxygenate and prepare your skin for moisture. Close with an application of rich arctic berry cloud milk cream to deeply hydrate and nourish.

Rainbath
Escape into a mist of pure flower water and negative ions to tone and balance stressed skin and tired spirits. Further transport your senses and transform your mindset with a massage infused with essence of moonflower and wet mossy earth — a dreamy scent, carried in mist.

Ginger Healer
This restorative journey begins with our therapeutic deep tissue massage. We wrap you in pure ginger rosemary oil, known for its healing effects. While wrapped, you will enjoy a facial marma-point massage, restoring energy to the skin. Your journey ends with an invigorating ginger salt glaze scrub.
**Soothing Aloe and Lavender Wrap** Aloe provides nourishment and deep hydration for the skin and body. Recovery and regeneration is supported by the addition of omega rich Sea Buckthorn and Lavender essential oil. This treatment is designed to improve skin clarity and restore skin’s healthy glow.

**Seaweed and Green Clay Detox Wrap** Sea and Earth, seaweed and clay, combine to help to soothe, detoxify, re-mineralize, and nourish. Crafted for total mind and body relaxation, the journey begins with a warm towel ritual to soothe, pamper and relax. Next, a ginger-lime aromatic body polish of sugar cane, noni, sunflower, coconut and pumpkin oils effectively nourishes and sloughs away rough skin. After, a warm French green clay, peppermint and seaweed mask is applied to help detox and purify by stimulating circulation. The treatment is finished off with a warm, nourishing body butter, leaving skin soothed and glowing.

**Coconut Sugar Glow** A tropical oasis awaits with our Coconut Sugar Glow. A lively citrus-kombucha body wash thoroughly cleans, followed by the lush aromas of our ginger-lime sugar scrub to help smooth away rough skin. A blend of warm, nourishing coconut, avocado, noni, and apricot oils infused with rose hips leaves skin silky smooth and soft.

**Tea, Noni, and Aloe Hydrating Body Wrap** Calm, alleviate, and revitalize dry skin with grape stem cells, coconut, noni, spirulina, aloe vera, tea, vitamins C and E. A gentle citrus-kombucha body cleanse and ginger-lime sugar exfoliation begins our Tea, Noni, and Aloe Hydrating Wrap to remove dead skin cells while promoting lymphatic flow throughout the body. Next, grape stem cells, tea and seaweed body butter is applied for hydration and nourishment. A calming scalp massage is given while the body is enveloped for deeper relaxation. An excellent treatment for post-sun, dehydrated and aging skin.

**Tea and Aloe Hydrating Hand/Foot Treatment** This gentle exfoliating and hydrating hand and foot treatment helps alleviate dry skin and conditions even the driest of cuticles. Hands and feet are gently exfoliated with a special blend of natural ginger lime scented sugar, noni, safflower, sweet almond and apricot kernel oils. A blended butter of grape stem cells, shea butter, coconut and oils help nourish and moisturize, leaving hands and feet smooth and soft.

**Citrus-Kombucha and Aloe Body Firming Polish** The Citrus-Kombucha and Aloe Body Firming Polish includes natural ingredients to help address dryness, dehydration, and the appearance of cellulite. This treatment begins with a body cleanse and scrub with citrus-kombucha body wash and ginger-lime sugar scrub to stimulate lymphatic flow and circulation, remove dead skin cells, tone, and brighten. Next, an advanced, active body-firming serum is applied to help firm and smooth skin. A warm application of our nourishing grape stem cell body butter and coconut oil infused with botanical oils is applied, leaving skin smooth, toned and glowing.

**Energy & Eastern Modalities**

**Vasudhara** Sanskrit for ‘stream of gems’ or, in the Buddhist tradition, a figure representing the bounty and abundance of water.

This service embraces the weightlessness of water and the deeply relaxing stretches of Thai massage. This completely unique and transformative treatment offers the buoyancy of flotation. Your eyes are shielded with a specially prepared covering to block all light, leaving you suspended and adrift in darkness, releasing all that binds you to place.

As you float in body-temperature-heated water, sound reaches first the tips of your fingers, and then your ears, as powerful underwater speakers further bathe you in vibration. You move through space, immersed, marveling as the need to hold on leaves you. All tension is surrendered. Thoughts of all else, except for what is in this moment, lose their purchase. No longer holding, you instead are held. A sense of trust washes over you as does the soundtrack of your Vasudhara. Bask in the pleasingly unfamiliar sensations of this exquisite treatment space. All that is outside of you is out of reach, leaving you to explore only the experience within. Your body is guided through this flight through darkness, stretched and braced. Muscles lengthen, joints open, as the traditional movements of Thai massage and the weightlessness of water take you more deeply into stretches than you expect.

Discover this: a new space created just for you. A stream of gems where illumination can be found in darkness. A place that surrenders what surrounds you and embraces all that is inside you. Discover the abundance found within, with Vasudhara.
Hair Treatments Our plant-powered hair treatments give you luminous, healthy looking hair. We tapped the wisdom of Ayurveda, the ancient healing art of India, and combined it with the power of touch. With aroma-therapeutic essential oils, our treatments create a healthy scalp—the foundation for beautiful hair.

Breakthrough plant micro technology penetrates strands for intense moisture or repair with customized treatments to meet your personal needs and restore balance to the ecosystem of your scalp and hair.

Botanical Hair & Scalp Renewal Treatment Includes a blow dry. Like a spa service for your hair. Begins with a restorative scalp treatment and ends with a transformative moisture or repair treatment. Detoxes your scalp to set the stage for beautiful hair and improves dry hair up to 86% with the power or buriti and pomegranate oils, leaving strands soft, silky and shiny.

Long & Curly Blow out your natural curls to a sophisticated and polished look that defies humidity.

Straight as a Board Blow out that smooths and straightens all hair types for a polished finish.

Glamour Finish Be red carpet ready with a blow out that offers a glamorous finish to any hair.

Half & Half A style that gives you the best of both worlds—a trendy half up, half down look.

Smoothing Treatment Leave your hair feeling hydrated and polished, with this deeply nourishing anti-frizz treatment. Great for curly hair or straight hair needing additional moisture and a polished look.

Hot Oil Treatment & Scalp Massage Nourish your scalp and moisturize your hair with this ultra-calming and relaxing hair and scalp treatment, ideal for those looking for extra moisture and to combat a dry scalp. This treatment also includes an incredible scalp massage to relieve headaches and full body tension.

Shampoo, Cut & Style Looking for something fresh? Consult with our specialists for the cut and style that suits you best.

Shampoo & Style Leave the shampooing and styling to us as you relax into comfort and let us do the cleansing and coiffing.
Manicures & Pedicures

Deborah Lippmann Signature Manicure  Our Miraval Manicure sets a new standard for healthy nail care. Following a nail analysis, let your senses escape to the tropics as your hands and arms are smoothed with a grapefruit and sea salt scrub, then massaged with a warm blend of vitamin E, pure white jojoba, and coconut oil. A shea butter and avocado oil hand cream with broad spectrum SPF locks in moisture and leaves you protected from harmful UV rays.

Deborah Lippmann Signature Pedicure  Our signature pedicure will treat even the most overworked feet. After a nail analysis, enjoy a relaxing foot soak in a rosemary and aloe soaking elixir. A heated leg wrap infused with a blend of vitamin E, pure white jojoba, and coconut oil follows. Our warm grapefruit and sea salt scrub is then applied to exfoliate and soften, while a kokum butter and aloe vera foot cream smooths and soothes.

Fire-Stone and Honey Pedicure  It begins with an exfoliating mixture of aloe barbadensis leaf juice and mineral powders, with the addition of glycolic and salicylic acids for an ultimate exfoliation. To firm and tighten your newly revealed skin, a lush lemon-thyme and oat sugar mask is lavished on your legs. The decadence is only furthered by the application of a green clay mud mask using antioxidant-rich Tonka bean and ginko biloba. Allow the rich mud to nourish your skin, and indulge your hands and arms in a hazelnut and bitter orange oil massage. A honey gel is kneaded into your feet and calves as hot stones massage out tension and stress.

Fire-Stone and Honey Manicure  Combine the relaxing combination of hot stones with a new fresh look for your nails. The smoothing, softening, and refining of your skin takes place as an exfoliating lotion is combined with a smoothing cream to penetrate into the deepest layers of the arms and hands to reveal the most youthful looking skin. To protect your glow and promote new skin cell generation, a firming lemon thyme mask is applied and enhanced by a revitalizing serum to maintain your look. To ensure complete hydration, a renewing body cream is massaged into your skin, ending your time in our salon in a state of total rejuvenation.

Men’s Manicure  Let us ease the muscles in your overworked hands. Begin your decompression by letting us polish off the dull skin cells from your hands and arms with a refreshing citrus body polisher that uses the rinds of fruit to tone the skin. Your arms and hands are then wrapped in a contouring gel-mask to smooth and tighten. Tension in your forearms, hands, and fingers is then massaged out with a deeply toning body balm. End your journey feeling relaxed and unwound.

Men’s Pedicure  Smooth your rough heels and loosen your tight muscles during this indulgent experience. We exfoliate your skin with a salt-like scrub to renew your feet and legs. To lock in necessary moisture, we apply a hydrating mask to refine the skin’s appearance and remove any impurities. Warm towels are applied to your legs, as your calves and feet are kneaded and massaged with an invigorating body balm, releasing any remaining tension.

Express Pedicure  Warm days require sandal-ready feet. This service addresses nail maintenance, cuticle care, light buffing of the foot, and polish change.
Massage Therapies

**Miraval Signature Relaxation Massage** Begin with a relaxing Swedish massage using aromatherapy essential oils designed to calm, revitalize, or stimulate your senses. This treatment utilizes techniques of body awareness and relaxing breathwork. Mindfulness practices help release tension. Your therapist kneads away stress and improves circulation, generating an overall feeling of harmony.

**Miraval Signature Deep Tissue** A powerful massage designed to alleviate deep-seated tension and muscular stress. Specialized techniques concentrate on specific areas of concern and alleviate common discomforts such as stiff neck, intense lower back pain, and sore, tight shoulders.

**Miraval St. Kitts Exclusive Fire-Stone Massage** Heated volcanic stones ground and anchor the elevating power of native botanicals. This treatment calms the mind as it renders muscles more limber and open to massage with anti-oxidant-packed essential oils.

**Miraval Couples Massage** Take time to disconnect from the world and reconnect with your partner. Removed from the constant distractions in your lives for just a few hours, you will discover each other for the first time, or perhaps all over again. Create a lasting memory with one of our Signature Miraval Couples Massages.

**Couples Fire-Stone Massage** Balance your body with our hot and cold stones. The heat increases circulation and relaxes muscle tissue while the coolness reduces inflammation and flushes out toxins through your lymphatic system. Make meaningful memories with one of our Signature Miraval Couples Fire-Stone Massages.
Skin Care

**Signature Custom Facial** Give your skin the ultimate pampering it deserves. Our Signature Facial is a customized treatment which combines active cosmeceuticals, natural fruit acids, antioxidants, vitamins, and a wide variety of potent botanical extracts to nourish skin. Allow your aesthetician to perform a thorough skin analysis and customize the perfect signature facial for your skin type and skin care concerns.

**Scientific Organics Custom Facial** The latest advances in organic skin care with natural, minimum 70% organic ingredients. This custom facial includes natural fruit acids, derived from bilberry, sugar cane and sugar maple. These help rapidly exfoliate dead skin cells for immediate improvement in skin clarity and texture. Organic grape stem cells, kombucha, spirulina, seaweed and tea extracts nourish, tone, soothe, improve skin tone and combat the visible signs of aging skin.

**Water Lily and Aloe Radiant Recovery Facial** This high-performance facial takes eco-conscious skin care to the next level. Treat your skin with natural botanical (minimum 70% organic) extracts of hydrating water lily, aloe, nourishing tea extracts and powerful antioxidants. The water lily radiance facial begins with a thorough skin analysis to address your needs. Next, a gentle cleanse and natural exfoliation helps remove dead skin cells while stimulating cell renewal. A calming mask is applied to help soothe and nourish skin for a radiant glow.

**Ultimate Organic HydraFacial® Beauty Ritual** Refine your skin with this active, all natural, paraben-free, results-oriented facial. HydraFacial® is a skin health treatment that combines soothing and invigorating spa facials. This advanced medical hydrafacial technology achieves instant hydration and lasting results, with no discomfort or downtime. An intensive treatment that brightens and stimulates the skin. We combine vitamin C and fruit acids for a powerful, instant-results facial that makes your skin glow. The antioxidant-rich plant and marine extracts, spirulina and kombucha, bring balance to your skin while goji berry and green teas, and aloe hydrate. Using products that are defined in nature and refined by science, this facial will help to rapidly improve skin tone, texture, and clarity.

**Antioxidant Garden** Acai, Noni, and Spirulina are just a few of the superfood quality ingredients utilized in this treatment for the most potent results. Acting as a rejuvenating boost for all skin types, this facial is rich in whole plant vitamins, minerals and antioxidants to leave the skin vibrant and full of life.

**Delicate Rose After Sun Facial** Unburden your skin from inflammation and environmental damage, while immersing your senses in an array of plant aromas and textures. Experience the healing and anti-inflammatory power of Marshmallow, Tamanu and Yarrow. Provides deep botanical nourishment and support to reduce redness and inflammation for even the most sensitive skin type.

**Chamomile Detox Facial** Discover clarity with this treatment best suited for oily, breakout prone and congested skin. Using active beneficial botanicals rich in detoxing properties and enhanced by the calming properties of Chamomile, Passionflower and Aloe, the skin will be soothed and refreshed.

**Seaweed and Green Clay Purifying Back Facial** Sea and Earth, seaweed and clay, combine to help soothe, detoxify, re-mineralize, and nourish. This natural (minimum 70% organic) custom back treatment deep cleans and gently exfoliates for softer, smoother skin. It moisturizes and nourishes with active natural extracts that include French green clay, algae extracts, tea, grape stem cells, noni, rose hip, coconut, and oil.
Rise and Shine Awaken and energize with a mixed-level morning flow practice. Utilize variations of “sun salutations” to help you connect your breath with movement. Pacing can be customized to the group with an emphasis on slower mindful motion while offering modifications as well as more advanced options. This class is offered every morning and is a great way to help you begin your day and connect mind/body.

Core Yoga Strengthen the core and work on balance and stamina in the invigorating level 2/3 practice. Emphasis is on developing core strength through mindful yoga movement. As a level 2/3 practice it will be more challenging pace to build stamina and strength and will also include more advanced poses that activate and tone the core. Although you may not be at a 2/3 level of experience, class will be taught to the level of the more advanced guests.

Yoga Essentials A level 1 basic beginner class that introduces essential hatha yoga practices to enhance breath, balance, and flexibility.

Workshops

The Path to Gratitude Explore the powerful benefits of living with gratitude, synthesized with the creative expression of journaling. By taking a moment to pause thought, observe feelings, and chronicle observations, we begin to notice what surrounds us, what is inside the self, and in the present moment. A journaling practice can help us perceive our awareness and enhance a gratitude practice by anchoring thoughts and feelings to paper, and creating a roadmap for reflection.

Mindfulness at Miraval Practice fully living your life with simple tools designed to keep you engaged in the present moment.

Mindful Walking Meditation An introduction to the concept of mindfulness; cultivate the present moment in every aspect of your life.

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

Meditation
ARRIVAL
Please arrive thirty minutes prior to the start of your treatment experience. For maximum treatment preparation we recommend you arrive an hour early.

AGE
To maintain the serene and balanced environment of our wellness facilities, we kindly require that all guests are eighteen years or older.

TECHNOLOGY
Miraval Life in Balance Spa is a technology free environment to ensure we offer a serene wellness experience for every guest.

ATTIRE
For your comfort, robes, slippers, bathing suits and fitness apparel are available for you during your wellness experience.

PRICING
Prices are listed in both local currency and USD are subject to a service charge.

CANCELLATION POLICY
We kindly request that any changes or cancellations to your treatment experience be made 8 hours in advance of your scheduled treatment time.

HEALTH
A consultation is provided prior to your treatments to inform our spa professionals of any health concerns or current ailments you may be experiencing. We kindly request that you get prior doctor’s approval before booking any of our fitness services.

GIFT CERTIFICATES
Please ask about our gift certificate options, which are perfect for any occasion.

TREATMENT VILLAS
We advise bringing a swimsuit to your treatment if you would like to utilize any of the communal wellness pools in the Spa.

SPA HOURS
Daily 10am - 8pm

POOL PAVILION SERVICES
Please enquire with your Spa Concierge about availability for our Pool Pavilion Services.