

AUGUST

sea to spa

TREATMENTS

SEA TO SPA DAY SPA PACKAGE INCLUDES:

Sea Salt Serenity Body Ritual (120 min)

Ocean Crystal Facial (60 min)

Champagne lunch in the Spa Café

Available: Monday - Thursday • \$565

FITNESS

BLUE MINDFULNESS

Join Miraval instructors for a series of wellness classes that connect the mind, body and spirit to the natural draw of the ocean. Through the practice of mindfulness combined with the sensory cues of the ocean these experiences connect you with the cleansing, energizing and limitless power of our coastal environment. With yoga, meditation and fitness offerings there is a Blue Mindfulness class for every wellness routine.

BEACH YOGA • BLUE MINDFULNESS BEACH HIKE • ZEN BEACH BOOTCAMP
BOGA YOGA • BOGA FIT • BLUE MINDFULNESS MEDITATION
SPIN WITH A VIEW • HIIT THE WATER

PRODUCTS

DRYBAR MAI TAI SPRITZER SEA SALT SPRAY

Creates tousled, beachy waves with a texturized, matte finish. Builds body and holds volume in fine to medium-textured hair. Nourishes and protects hair from dehydration.

OSEA SKINCARE

OSEA products begin with a potent base of sustainably-sourced, organic Patagonian seaweed. Seaweed is one of the world's most naturally abundant sources of vitamins, minerals, amino acids, antioxidants and essential fatty acids: elements that help restore depleted skin.

MIRAVAL.
life in balance spa
MONARCH BEACH RESORT