

- *The majority (66%) of surveyed Miraval guests reported reduced perceived stress levels post-stay with 62% of the sample asserting they experienced benefits even at 60 days post-stay.*
- *Nearly all guests (95%) who were studied reported a strong sense of belonging post-stay, with more than 70% responding that they formed new, meaningful connections while on site.*

**CHICAGO, (March 31, 2026)** – In a world driven by relentless pace and constant pressure, many of today’s wellness travelers are seeking more than a momentary escape and are demanding experiences that deliver lasting, measurable impact. [Miraval Resorts & Spas](#), a pioneer in the destination wellness space for over 30 years has revealed results from a groundbreaking third-party research study that suggests immersive wellness retreats like those at Miraval resorts are positively correlated with reduced perceived stress, strengthened mindfulness, and reported wellbeing benefits lasting even months after a stay<sup>1</sup>. The study was led by [Humin](#) (formerly Healthy Minds Innovations), a global nonprofit leader in wellbeing science, founded by renowned neuroscientist Dr. Richard J. Davidson.

Among the first of its kind, this landmark research sets a new benchmark for the hospitality industry. Results, as outlined below and in the published report, demonstrate that certain reported wellbeing outcomes correlate positively to a Miraval stay, with research by Humin’s team of scientists indicating that retreats can potentially be viewed as evidence-based investments in wellbeing.

In a world where employee burnout is estimated to cost the global economy more than \$322 billion ([Gallup](#)<sup>2</sup>), and an environment characterized by a ‘loneliness epidemic’ ([Harvard](#)<sup>3</sup>), these findings come at a critical moment when individuals, workplaces and communities are re-thinking wellbeing and seeking more meaningful ways to recharge, realign and reconnect.

## **Key Findings:**

### **Wellness That Lasts**

Humin’s study suggests that a stay at a wellness resort is not just an indulgence but could be a smart investment in personal wellbeing. While, anecdotally, wellness resort guests often report feeling less stressed after a stay, this study suggests a correlation between a stay at a Miraval resort and a reduction in self-reported stress levels. *Guests self-reported feeling less stressed, with 62% of those who participated in the observational, longitudinal study perceiving a reduction in stress even at 60 days post-stay*

### **The Power of Connection**

In accordance with Humin’s study methods, including the Healthy Minds Index<sup>4</sup>, connection is central to wellbeing. *The study found that 95% of surveyed guests reported that they experienced a sense of belonging within the Miraval community post-stay, while over 70% self-reported that they formed new friendships and authentic connections with fellow guests and/or resort colleagues.*

### **Shifts in Mindset**

The research suggested that retreats can foster enduring personal growth. Gains in mindfulness<sup>5</sup>, connection, awareness, and self-efficacy were reported by surveyed participants well after their stay, equipping guests with skills to manage stress, enhance performance, and find meaning in daily life.

### **Organizational Impact**

Broader industry research correlates wellbeing and job satisfaction with reduced burnout, fewer ‘lost days’ at work, and enhanced human performance<sup>6</sup>. Humin’s study suggests a connection between a Miraval stay and improvements in wellbeing and job satisfaction, *with a scientifically significant number of guests reporting increased job satisfaction when surveyed post-stay*. The study thus supports a growing body of research, suggesting that prioritizing wellness and fostering uniquely human abilities such as purpose and self-efficacy may contribute to individual and organizational success by way of improved job satisfaction. ([Deloitte](#)<sup>7</sup>, [McKinsey](#)<sup>8</sup>)

### **Transformative Activities**

Surveyed guests who participated in Miraval experiences such as *equine therapy, creative expression, meditation, and outdoor adventure* reported incremental benefits from reduced stress<sup>9</sup>, improved wellbeing<sup>4</sup>, and/or increased mindfulness<sup>5</sup>.

“Through our strategic collaboration with the Miraval brand, we’re elevating the standard of research in hospitality,” said Humin CEO Christina Glavas. “This study provides actionable scientific measurement insights for Miraval resorts’ immersive wellness experience, and shows how organizations can leverage wellbeing science as a tool to achieve measurable impact.”

## Research Methodology

Research findings are based on a study conducted by Humin that explored the lasting wellbeing impact of a Miraval stay through qualitative interviews and multi-timepoint surveys. A total of 266 guests completed pre-stay assessments, with 176 of those guests participating in two-week and 60-day follow-ups. The study applied the Healthy Minds Framework—**Awareness, Connection, Insight, and Purpose**, suggesting that wellness retreats can potentially be a powerful method to provide sustained wellbeing. Participants who completed the research study were offered a \$500 resort credit toward fee-based offerings during a future stay at a Miraval resort.

## What Guests Are Saying

Respondent guests reported deeply meaningful experiences, with some describing their stays as *'life-changing'*, *'invigorating'*, and *'enriching'*. One guest reflected they were *'able to connect with myself in a way that I have not done before'*; another described being empowered to *'follow my own path'*, while several highlighted how their experiences continued to positively impact them post-stay, with a guest *'incorporating my learnings into my day-to-day life'*. Another reflected that *'disconnecting'* from their digital devices was supporting their *'healing journey'*.

"For over 30 years, Miraval Resorts and their colleagues have been dedicated to creating transformative wellness experiences that help our guests build resilience, clarity, and balance in their lives," said Simon Marxer, Vice President Spa & Wellbeing at Miraval Resorts. "We are thrilled to collaborate with Humin on this compelling data-driven research that suggests the impact of immersive wellness, validating what we've seen firsthand for decades—that time spent at Miraval resorts correlates to meaningful, lasting benefits for mind, body, and spirit."

Read the full research findings at <https://moments.miravalresorts.com/wellbeing-study> and learn how to experience the benefits of this study at a Miraval resort.

Explore the wellbeing science behind the study at <https://www.humin.org/case-studies/miraval>.

For more information or to request an interview please email [miraval@20twostudio.com](mailto:miraval@20twostudio.com) and [huminpress@wecommunications.com](mailto:huminpress@wecommunications.com).

***The Miraval Wellbeing Study contains general study findings and is not intended to be a substitute for professional advice or services. The term 'Hyatt' is used in this release for convenience to refer to Hyatt Hotels Corporation and/or one or more of its affiliates.***

## About Humin

[Humin](https://www.humin.org) (formerly Healthy Minds Innovations) is a global nonprofit on a mission to make wellbeing real by translating science into action. Our work spans from the personal to the global. The Healthy Minds Program app—recognized by *The New York Times*, *Healthline*, *Sports Illustrated*, *Vogue*, and *Business Insider*—delivers free, science-based wellbeing training to millions worldwide. The Kindness Curriculum—which guided *Sesame Street's* season on kindness and has an Emmy-winning video series—equips children with lifelong tools for compassion. Beyond individual tools, Humin provides wellbeing science services to organizations, strengthening performance while advancing human flourishing at scale. Founded on the research of world-renowned neuroscientist Richard J. Davidson, and through ongoing work with the Center for Healthy Minds at the University of Wisconsin–Madison and other leading research institutions, we continue to turn breakthrough discovery into real-world impact. Humin is building a world that is kinder, wiser, and more compassionate—one where flourishing is possible for every mind, everywhere. Learn more at [humin.org](https://www.humin.org) and @joinhumin.

## About Miraval

The [Miraval](https://www.miravalresorts.com) brand is a global leader in wellness resorts and spas, dedicated to inspiring individuals to create a life in balance through mindfulness, connection, and wellbeing. A pioneer in the destination wellness category for more than 30 years, the first Miraval property—its flagship, Miraval Arizona in Tucson—opened as one of the first resorts to offer immersive, integrative wellbeing experiences that blend spiritual, physical, and emotional health. Since joining the Hyatt portfolio in 2017, the brand has expanded its presence with the opening of Miraval Austin in Texas (2019) and Miraval Berkshires in Lenox, Massachusetts (2020). Together, all three Miraval resorts inspire guests to create a life in balance, foster transformative wellness and cultivate mindfulness. For more information, visit [MiravalResorts.com](https://www.miravalresorts.com). Follow the Miraval brand on [Facebook](https://www.facebook.com/miravalresorts) and [Instagram](https://www.instagram.com/miravalresorts), and tag your journey with #MiravalMoments.

## About Hyatt Hotels Corporation

Hyatt Hotels Corporation, headquartered in Chicago, is a leading global hospitality company guided by its purpose – to care for people so they can be their best. As of December 31, 2025, the Company's portfolio included more than 1,500 hotels and all-inclusive properties in 83 countries across six continents. The Company's offering includes brands in the Luxury Portfolio,

including Park Hyatt®, Alila®, Miraval®, Impression by Secrets, and The Unbound Collection by Hyatt®; the Lifestyle Portfolio, including Andaz®, Thompson Hotels®, The Standard®, Dream® Hotels, The StandardX®, Breathless Resorts & Spas®, JdV by Hyatt®, Bunkhouse® Hotels, and Me and All Hotels; the Inclusive Collection, including Zoëtry® Wellness & Spa Resorts, Hyatt Ziva®, Hyatt Zilara®, Secrets® Resorts & Spas, Dreams® Resorts & Spas, Hyatt Vivid® Hotels & Resorts, Bahia Principle Hotels & Resorts, Alua Hotels & Resorts®, and Sunscape® Resorts & Spas; the Classics Portfolio, including Grand Hyatt®, Hyatt Regency®, Destination by Hyatt®, Hyatt Centric®, Hyatt Vacation Club®, and Hyatt®; and the Essentials Portfolio, including Caption by Hyatt®, Unscripted by Hyatt, Hyatt Place®, Hyatt House®, Hyatt Studios®, Hyatt Select, and UrCove. Subsidiaries of the Company operate the World of Hyatt® loyalty program, ALG Vacations®, Mr & Mrs Smith, Unlimited Vacation Club®, Amstar® DMC destination management services, and Trisept Solutions® technology services. For more information, please visit [www.hyatt.com](http://www.hyatt.com).

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<sup>1</sup> Results are based on self-reporting from surveyed Miraval guests' in the 2025 research study led by Humin.

<sup>2</sup> Gallup: Employee Wellbeing Is Key for Workplace Productivity.

<sup>3</sup> Harvard: What is Causing Our Epidemic of Loneliness and How Can We Fix It?, 2024.

<sup>4</sup> Based upon the Healthy Minds Index: Kral et al. (2024) based on the Healthy Minds Framework: Dahl, Wilson-Mendenhall, Davidson (2020).

<sup>5</sup> Based upon the Five Facet Mindfulness Questionnaire FFMQ-15: Baer, Carmody, Hunsinger (2012).


<sup>6</sup> Katebi, HajiZadeh, Bordbar et al. The Relationship Between “Job Satisfaction” and “Job Performance”: A Meta-analysis. Glob J Flex Syst Manag 23, 21–42 (2022).

<sup>7</sup> Deloitte: Global Human Capital Trends Report, 2024.

<sup>8</sup> McKinsey Health Institute: Thriving Workplaces, 2026.

<sup>9</sup> Based upon the Perceived Stress Scale PSS-10: Cohen, Kamarch, & Mermelstein (1983).

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Additional assets available online:  (5).

<https://stage.mediaroom.com/hyatt2/MiravalHuminStudy>