

Park Hyatt Aviara Resort, Golf Club & Spa in Carlsbad, California to debut the Miraval Life in Balance Spa experience in early 2023

CHICAGO (August 12, 2022) – [Miraval Resorts & Spas](#), a global leader for wellness destinations, plans to bring its world-renowned Miraval Life in Balance Spa concept to Southern California at Park Hyatt Aviara Resort in early 2023. The Miraval Life in Balance Spa at Park Hyatt Aviara offers a personalized approach to wellness, where the power of energy and physical touch guide guests to consciously explore the connection of body, mind, and spirit. The joining of the Park Hyatt Aviara and Miraval Life in Balance Spa marks the culmination of a \$60 million dollar resort-wide renovation that includes the design of the new Life in Balance Spa, built with intention to awaken the senses and serve as a catalyst for change. The new Miraval Life in Balance Spa will encourage wellness and balance through mindfulness featuring innovative and treasured Miraval spa treatments, fitness and yoga classes.

“The world needs wellbeing now more than ever, making this the perfect time to expand the Miraval Resorts & Spas portfolio, beginning with the opening of the Miraval Life in Balance Spa at Park Hyatt Aviara Resort,” said Susan Santiago, head of Miraval resorts. “Our Life in Balance Spa experiences create a sanctuary for guests to pause, rejuvenate, and reflect as they find balance in their lives.”

The Life in Balance Spa is the centerpiece of each of the three full-scale Miraval resort and spa destinations located in Tucson, Ariz.; Austin, Texas; and Lenox, Mass. The award-winning spa features an expansive menu of globally inspired treatments and luxurious spaces designed to soothe and nurture, while focusing the guests’ attention on the present moment. The offerings are complemented by a daily schedule of life-enriching experiences, ranging from wellness counseling, nutrition classes, culinary workshops and outdoor adventures to sound bathing, chakra balancing, and meditation.

The Miraval Life in Balance Spa at Park Hyatt Aviara will include a full redesign by Wimberly Interiors, to the resort’s existing 15,000 square foot spa. A perfect blend of soothing design and intention-based services will create a space of tranquility, further elevating Park Hyatt Aviara’s luxurious five-star resort experience.

At Park Hyatt Aviara, guests will enter the Miraval Life in Balance Spa and immerse themselves in a space where tension will dissipate and calming breath will flow. Within the spa sanctuary, purposefully placed crystals, cairns and mandalas will lend a cleansing energy and create a space of relaxation and personal reflection, allowing guests to be mindful of their inner journey and let go of daily stresses. The spa will feature 20 indoor and outdoor treatment rooms where expert spa practitioners will perform Miraval signature treatments that integrate innovative and holistic modalities from around the world helping to soothe the mind and inspire the soul. The new spa plans also feature specialized treatment rooms, including a spa pool for the acclaimed sensory deprivation treatment, *Vasudhara*, and an expansive room with hanging yoga silks for the Miraval Life in Balance Spa’s unique take on Thai massage, *Naga Thai*.

In addition to its treatment rooms, the Miraval Life in Balance Spa at Park Hyatt Aviara will offer, a fitness center for signature Miraval exercise classes, large studio for yoga and meditation classes, plush lounge for quiet personal reflection and retail space where guests can take home the best-in-class products used in their services. Plans are underway to integrate select wellness activities and Miraval culinary programming for Park Hyatt Aviara groups looking to incorporate mindfulness practices into their retreats. Miraval Life in Balance Spa memberships will be available for community members interested in exploring the Miraval brand’s holistic approach to wellness.

Park Hyatt Aviara’s recent renovation included redesigned guestrooms and suites that evoke understated luxury with a refined residential feel and a contemporary California-casual style; a reimagined lobby entrance capitalizing on the breathtaking ocean views; two new pool experiences, including the Ocean View Pool with private luxury cabanas and the Splash Pool with a waterslide tower and tide pool splash pad; an interactive Topgolf Swing Suite; 80,000 square feet of upgraded indoor and outdoor event spaces; and five distinct culinary and bar experiences.

The design of the Miraval Life in Balance Spa at Park Hyatt Aviara will harmonize natural materials and local building methods to create a space that is both refined and elemental. Throughout the spa, guests will find polished finishes and sleek edges softened by worn, distressed materials and natural textures. The result will be an unpretentious contemporary style rooted in the unique culture and natural environment of Southern California.

The Miraval Life in Balance Spa at Park Hyatt Aviara is expected to open in Spring 2023.

To learn more about Miraval Life in Balance Spa, visit www.miravalresorts.com/life-in-balance-spas/, and to learn more about Park Hyatt Aviara, visit parkhyattaviara.com.

About Park Hyatt Aviara Resort, Golf Club & Spa

[Park Hyatt Aviara](#) is a chic coastal resort located in Southern California and perfectly situated on more than 200 lush acres. The Forbes Five-Star and AAA Five Diamond resort is centrally located along the Pacific and adjacent to the Batiqitos Lagoon, a

natural wetland preserve. The property offers a world-class wellbeing experience, an array of dining venues, adult and family pool experiences, state-of-the-art tennis facilities and Southern California's only coastal designed Arnold Palmer signature golf course, Aviara Golf Club, home of the LPGA JTBC professional golf tournament. For more information, please visit: <https://parkhyattaviara.com/>

About Miraval Resorts & Spas

The [Miraval](#) brand is a global leader in wellness resorts and spas. Miraval Arizona in Tucson, Ariz. pioneered the destination wellness spa resort category more than 25 years ago with its comprehensive program of mindfulness activities, destination-inspired experiences and spa treatments that incorporate modalities from around the globe. In 2017, Miraval Arizona joined the Hyatt portfolio bringing its in-depth approach to wellness to Hyatt guests and World of Hyatt members globally. In February 2019, Miraval Austin opened in Texas as the brand's second wellness resort. The newest resort, Miraval Berkshires, located in Lenox, Mass., opened as the brand's first East Coast destination in July 2020. Together, all three Miraval resorts inspire guests to create a life in balance, foster positivity and cultivate mindfulness. For more information, please visit [MiravalResorts.com](#). Follow the Miraval brand on [Facebook](#) and [Instagram](#), and tag photos with #MiravalMoments.

About Park Hyatt

Park Hyatt hotels provide discerning, global travelers with a refined home-away-from-home. Guests of Park Hyatt hotels receive quietly confident and personalized service in an enriching environment. Located in several of the world's premier destinations, each Park Hyatt hotel is custom designed to combine sophistication with understated luxury. Park Hyatt hotels feature well-appointed guestrooms, world-renowned artwork and design, rare and immersive culinary experiences, and signature restaurants featuring award-winning chefs. There are currently 45 Park Hyatt hotels in the following locations: Abu Dhabi, Auckland, Bangkok, Beaver Creek, Beijing, Buenos Aires, Busan, Canberra, Changbaishan, Carlsbad, Chennai, Chicago, Doha, Dubai, Guangzhou, Hamburg, Hangzhou, Hyderabad, Istanbul, Jeddah, Kyoto, Maldives, Melbourne, Mendoza, Milan, Moscow, New York, Ningbo, Niseko, Paris, Saigon, Sanya, Seoul, Shanghai, Shenzhen, Siem Reap, St. Kitts, Suzhou, Sydney, Tokyo, Toronto, Vienna, Washington, D.C., Zanzibar, and Zurich. For more information, please visit [parkhyatt.com](#). For more information, please visit [parkhyatt.com](#). Follow @ParkHyatt on [Facebook](#), [Twitter](#) and [Instagram](#), and tag photos with #LuxuryIsPersonal.

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 June 30, 2022, the Company's portfolio included more than 1,150 hotels and all-inclusive properties in 72 countries across six continents. The Company's offering includes brands in the Timeless Collection, including Park Hyatt®, Grand Hyatt®, Hyatt Regency®, Hyatt®, Hyatt Residence Club®, Hyatt Place®, Hyatt House®, and UrCove; the Boundless Collection, including Miraval®, Alila®, Andaz®, Thompson Hotels®, Hyatt Centric®, and Caption by Hyatt; the Independent Collection, including The Unbound Collection by Hyatt®, Destination by Hyatt™, and JdV by Hyatt™; and the Inclusive Collection, including Hyatt Ziva®, Hyatt Zilara®, Zoëtry® Wellness & Spa Resorts, Secrets® Resorts & Spas, Breathless Resorts & Spas®, Dreams® Resorts & Spas, Vivid Hotels & Resorts®, Alua Hotels & Resorts®, and Sunscape® Resorts & Spas. Subsidiaries of the Company operate the World of Hyatt® loyalty program, ALG Vacations®, Unlimited Vacation Club®, Amstar DMC destination management services, and Trisept Solutions® technology services. For more information, please visit [www.hyatt.com](#).

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