

European Spa

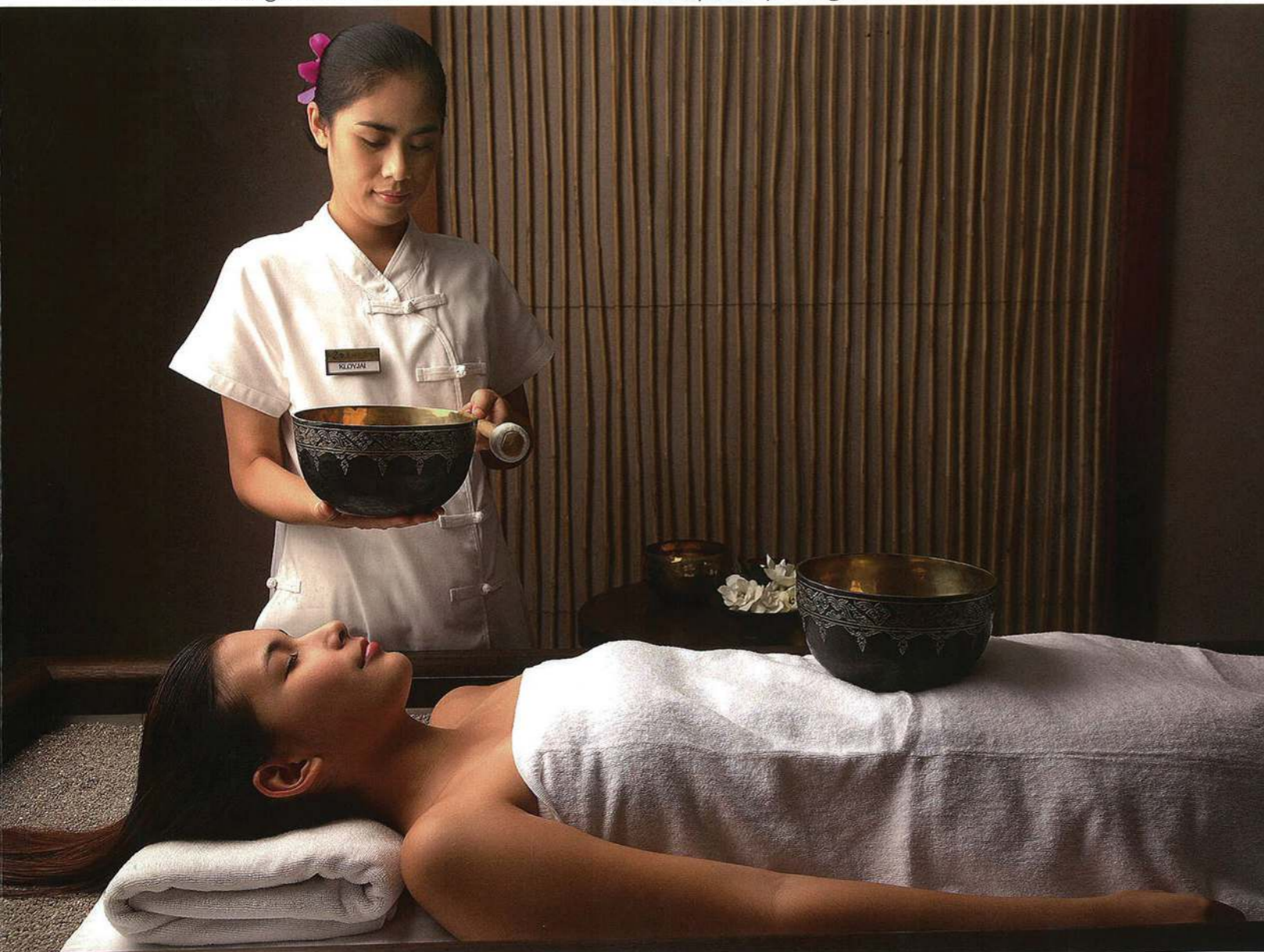
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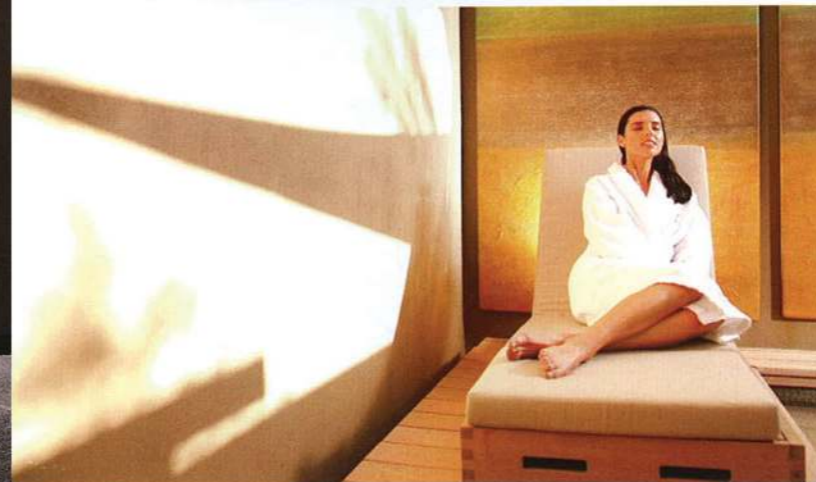
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SPAS



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Clockwise from top: The spa's striking reception area; the Meditational Walkway incorporates Feng Shui elements; the interior of the VIP Suite, which is intended to encapsulate 'all the elements of the Miraval spa experience'; the treatment area within the VIP Suite; Miraval's exterior; relaxation at Miraval is based on the philosophy of living life in the moment

STYLISH INNOVATION
Gharieni's new Crystal Quartz Bed and the latest launches

SKIN LONGEVITY
Dr Davide Bollati introduces [comfort zone]'s Skin Regimen

ALPINE WELLNESS
Celebrating sauna traditions at the Andreus Vital Spa

DESIGN SHOWCASE
Inside three inspirational spas with their creators

Touching the elements

Celebrated designer Clodagh takes us on a personal tour of the award-winning Miraval Life in Balance Spa with Clarins

A passionate believer that good design supports wellbeing, Irish-born New Yorker Clodagh has earned a reputation for inspirational and life-enhancing design. With its headquarters in New York City, the multi-award-winning design firm Clodagh Design International celebrated its 25th year in 2009. The designer's pioneering inclusion of natural and sustainable elements, as well as such principles as chromotherapy and Feng Shui, have enriched projects with a signature look and a flow which appeals to all the senses.

In November 2012, her renovation work with Miraval won the Grand Prize for Best Spa in the Gold Key Awards for Excellence in Hospitality Design. The spa's aims of sustainability and 'life-enhancing minimalism' are ones that Clodagh holds dear. "We work with the effect of space on the emotions," she explains. "Our goal was not to design a space, but to create an experience. We wanted the Miraval Life in Balance Spa with Clarins to make guests feel pleasure, comfort and nurturing, while also being stimulated and connected to nature."

Preparing the Miraval's guests for the spa experience to come, Clodagh's work in the reception area incorporated a huge glass wall to offer ever-changing views of the Catalina Mountains, while the papier mâché art wall by Louise Crandell was intended to vibrate with the intense colour of oxidised copper, a native metal.

Linen chairs and sofas are grouped in front of a metal-clad, two-sided fireplace while the retail offering is arranged in a gallery style on the back wall display units, showcasing a carefully curated collection of crystals and artefacts from local and international artisans.

From top: The relaxation areas have been designed to aid the healing of mind, body and spirit; the Transitional Hall is lined with aged, reclaimed cedar; the exterior of the VIP Spa Suite which leads to a desert-view garden and sunken hot tub

In the Meditational Walkway which leads into the spa, all the senses are addressed, as Clodagh explains: "The first transition to the spa incorporates all the Feng Shui elements of earth, water, fire, wood and metal. Touch is addressed by the 'petting' Mexican Feather grasses which catch the light and air. These grasses are soft, textured and sexy – meadow designer John Greenlee calls them the 'blondes of grasses'.

"Beauty is on every side, with an intimate view of the Catalina Mountains, and the sounds of birds, wildlife and water from the reflecting pool can be heard as you walk through the spa. An outdoor haven of fragrant native plantings – including a desert willow called Sweet Daisy, pungent sage, wild lavender and deer grass – flanks the path to the entrance, where the long reflecting pool mirrors the Arizona sky.

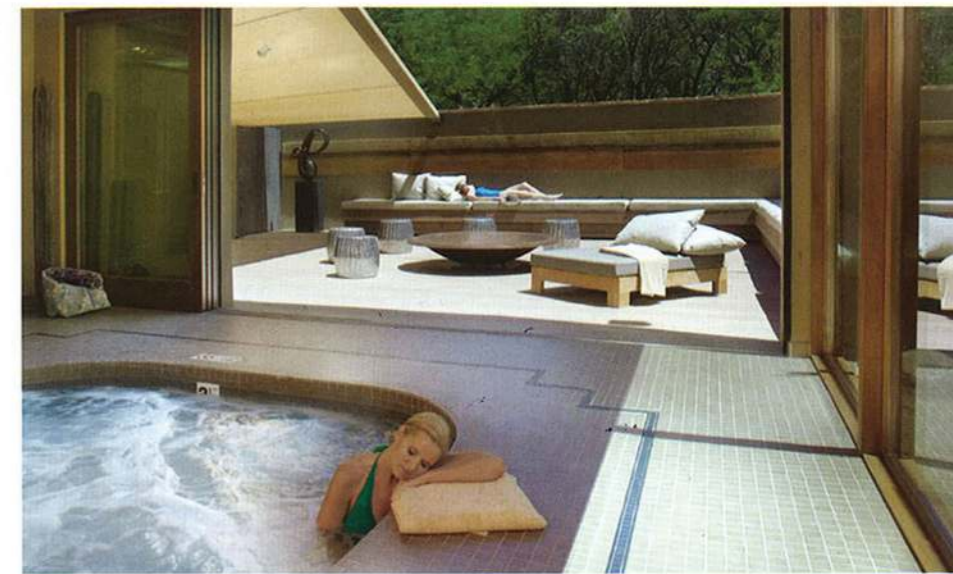
"On the entrance wall of the spa building there is a 1.8-metre diameter Hopi symbol in a disk, designed by environmental healer and radiesthesis Alberto Amura. It is made of aged oxidised steel, copper and turquoise, announcing that you are approaching the 'Gate to Wellness'."

Clodagh describes the Transitional Hall as a "powerful, massive portal lined with aged, reclaimed cedar. Leading from the reception area to the spa treatment rooms where healing of mind, body and spirit will take place, the passage helps to make you feel safe and supported while you walk into another world, leaving your stress behind."

As Clodagh concludes: "We make the invisible visible; awakening mindfulness by addressing all the senses in delightful ways. The ultimate gift we can give to spa guests is the feeling of inner peace, balance and great joy; and that makes me very happy."

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DESIGN SUMMARY

Miraval Life in Balance Spa with Clarins
Tucson, Arizona, US

Designed with respect and appreciation for the natural surroundings of the Sonoran desert, the Miraval Life in Balance Spa with Clarins was created to offer guests the most innovative, life-enhancing treatments possible
www.miravalresorts.com

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"The ultimate gift we can give to Miraval's guests is the feeling of inner peace, balance and great joy; and that makes me very happy"

Clodagh, Clodagh Design International