

Health, Wellness & Modern Green Living

organic spa

MAGAZINE

ANNUAL FITNESS ISSUE

relax...
reflect...
rejuvenate...

Guide To
Healthy Eating

3 Great
Wellness Resorts

NEW TEAS
for a glowing complexion

Slow Down
& Find Real Beauty

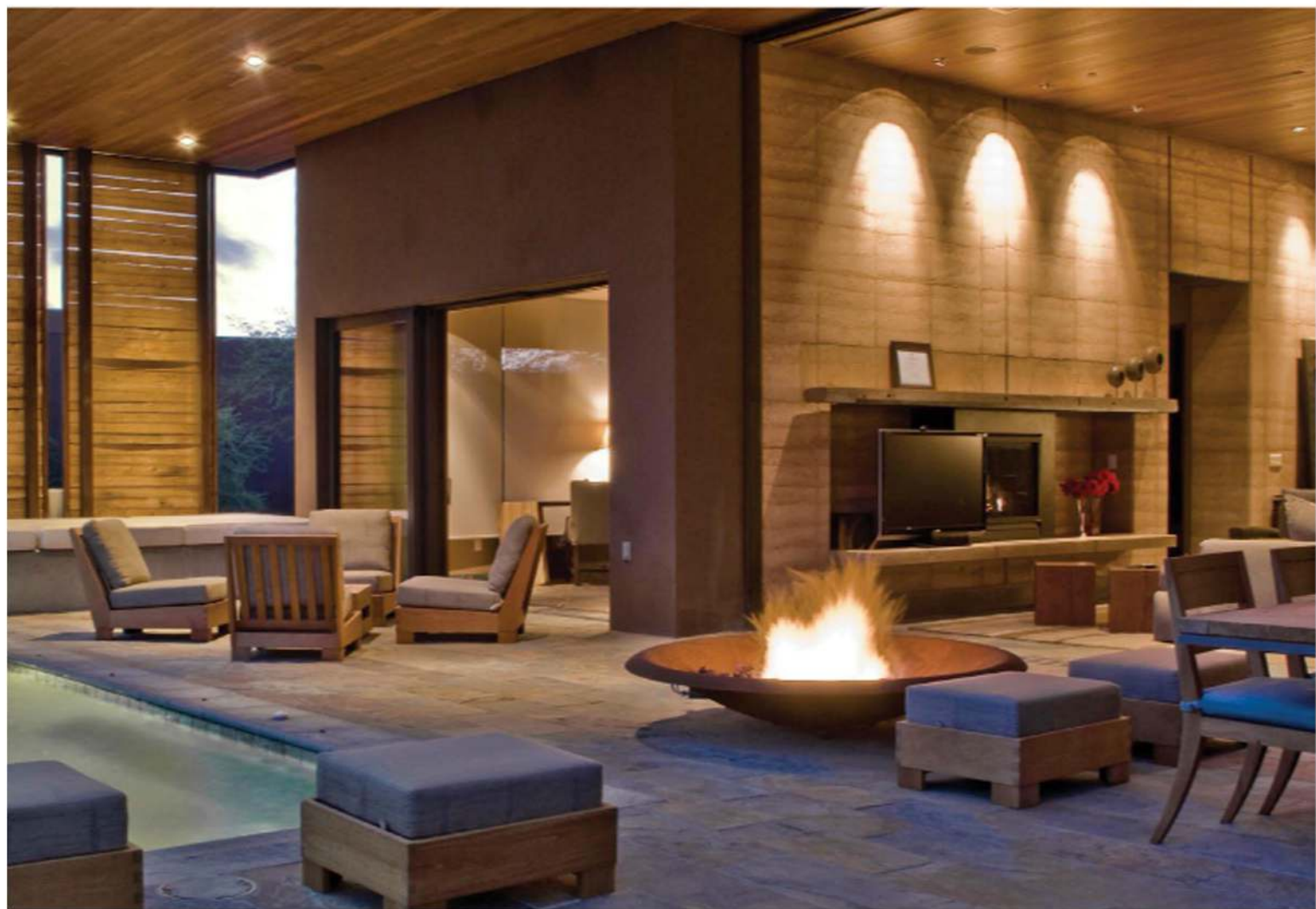
4 Steps to Improved
HEART HEALTH

Colleen
Saidman Yee

Why Women
Need Yoga



A Lifestyle Publication
www.organicmagazine.com



Bright Spot in a Tough Market

In two years, all 16 multimillion-dollar villas at Miraval Resort & Spa in Tucson, Arizona, have sold for an average price of \$2.85 million. "The sale of the final Miraval Villa in spite of a struggling housing market is a true testament to the Miraval Experience," says Will Rose of Russ Lyon Sotheby's International. "The Villas at Miraval provide not only a private, luxurious, beautifully designed place to live, but also access to a whole new, healthier lifestyle."

Each villa features two master suites with private courtyards, natural rammed earth walls, outdoor showers, patios with spa current pools and stunning views of the Santa Catalina Mountains. Designed by Seattle-based Mithun Architects, the villas are LEED Silver-certified by the U.S. Green Building Council. New York-based designer Clodagh used a neutral, textural palette for tranquil interiors.

Though all the villas have been sold, guests can get a taste through Miraval's new Villa Rental Program. "We're thrilled to be able to share with our guests the same unprecedented level of convenience and private sanctuary that residents enjoy," says Miraval president and general manager Michael G. Tompkins.

Rates range from \$3,000 per night for one to two guests to \$5,000 per night for four guests. A minimum three-night stay is required.

miravalresorts.com

GREEN MARKS

- Insulated Styrofoam block construction and rammed earth walls keep out moisture during the summer and trap heat in winter.
- Forest Stewardship Council-certified wood was sustainably harvested.
- Natural ventilation ensures healthy indoor air.
- Concrete countertops are made using fly ash, a post-industrial waste product.
- Paints, carpets and adhesives are free of volatile organic compounds.
- Passive solar design and careful tree placement reduce air conditioning needs.
- Solar-heated water available on demand.
- Landscaping native to the Sonoran Desert.