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By LAUREN VARGA

ON LOCATION

FINDING YOUR SKIN & YOURSELF AT MIRAVAL

MY SKIN WAS ROUGH, not smooth like some of the others who surrounded me. I'd stop and ask what their secret was, but no answer they offered could remedy the uneasiness. Then, in the heart of the Sonoran Desert, I set an intention during a morning hike, kept a steady breath while partaking in hatha yoga, re-discovered my appetite at a cooking demonstration and found comfort at Miraval.

A 400-acre sanctuary in the foothills of the Santa Catalina Mountains, Miraval is a retreat, a spa, a residential opportunity, and, most importantly, a life in balance.

"The real advantage to buying a home in the Miraval setting is that you're exposing yourself and committing to that lifestyle of more balance," says Director of Programming Erica Bennett.

With architecture by Omer Mithun, a leader in sustainable design and urbanism, and design elements by Clodagh Design, each Miraval villa is a statement of lustrous living. Three villas remain available for purchase and range from a two-bedroom home for \$2.25 million to a three-bedroom residence with furnishings for \$3.4 million.

Just as the outdoor living spaces in each

villa accentuate the interior spaces and bring to life each home's layout, Miraval's programming emphasizes the beauty and complexity within each individual.

"The way I think about people who own property here is that they've made a commitment to living in the moment," says Bennett. "Having a home at Miraval allows you to do that more frequently."

Miraval claims: "You won't find you anywhere else." That's a bold stance to maintain. But I can't argue. There's a deep meaning set into each program offered at Miraval. The Equine Experience is more than just working with horses, it's learning that you're in control of yourself; the cooking demonstrations go beyond a display of artisan creations, it awakens your senses. The professional guidance received in all that you do at Miraval will help in defining the most important person in your life — you.

Back in the villa, draped in a Turkish robe and reflecting on my day, my skin felt light, smooth and replenished. Not only did I find myself, I mastered how to be comfortable in my own skin.



Miraval adobe-style residences have received the United States Green Building Council LEED Silver Certification.

The walls of each villa are constructed of rammed earth, which collects heat during the day and releases warmth throughout the night.

To learn more about Miraval, which has been acclaimed by Conde Nast, SpaFinder and Travel + Leisure, visit miravalresorts.com