

For Immediate Release

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**MIRAVAL, LIFE IN BALANCE
NAMED #1 DESTINATION SPA WHERE IT COUNTS
-- Arizona-based spa ranked at the top of the industry by
Zagat, Travel + Leisure, Condé Nast Traveler and Spa Finder --**

(CATALINA, Arizona) – Plenty of room at the top? Not at the top of the spa industry, where Miraval, Life In Balance has been ranked #1 Destination Spa by three of the nation’s most influential travel publications, as well as “Best Large Spa” by a fourth.

In the *Zagat Survey 2003 Top U.S. Hotels, Resorts & Spas*, Miraval was named “Top Destination Spa,” garnering ethereal comments such as “[it’s] like vacationing in heaven.” It was the second time in two years that Miraval grabbed the #1 spot in the biennial *Zagat Survey*, having also been named top “Stand Alone Spa” in 2001. The *Zagat Survey 2003* covers 870 properties across the U.S.

Miraval was ranked #1 Destination Spa in the World in *Travel + Leisure’s* World’s Best Awards Readers’ Poll in 2003 and 2004. Destination spas were rated by *T+L’s* readers on five essential characteristics: treatments, value, ambience/accommodations, service and food. When all the votes were tallied, Miraval came out on top.

Miraval was ranked #1 Destination Spa in North America by readers of *Conde Nast Traveler* in the April 2004 issue, and also picked up top plaudits for its spa program and flawless service. Close to 1,300 readers ranked resort, destination, urban hotel and cruise line spas throughout North America and the Caribbean. A total of 47 spas made the final cut, and Miraval ranked highest in the Destination Spa category, with a rating of 90.1. Miraval was also praised for its Top Spa Program (rating: 100), and Perfect Service (also 100).

Miraval received a special Crystal Award from *Spa Finder* for being ranked “Best Large Spa” in the magazine’s second annual Readers’ Choice Awards in the September/October 2003 issue. The poll, which garnered more than 4,000 responses from *Spa Finder* readers, also ranked Miraval among the top ten spas in the U.S. in myriad categories, including: Best Massage; Best Skin-Care Treatments; Best Spa Cuisine; Best Accommodations; Best Yoga; Best Hiking; Best Spirituality Program; Best Fitness Program; Best Value for the Money; and Best Spa with Meeting Facilities.

Nestled in the foothills of the Santa Catalina Mountains in Southern Arizona, Miraval, Life In Balance offers luxury, privacy and a healthful focus for the body, mind and spirit. Unpretentious and thoroughly inviting, the resort’s 104 exquisite hacienda-style guestrooms sit comfortably on 317 manicured acres in the Sonoran Desert. The Miraval philosophy is one of balance, “mindfulness” and living in the moment. There is no strict regimen, and no pressure: guests are free to create daily agendas which suit their whims, goals and mood. Whatever they end up with, there is certainly plenty to choose from. Amidst paloverde and mesquite trees, wild flowers and stunning cacti are a yoga center, four swimming pools, restaurants serving healthful gourmet cuisine, a Zen garden, meditation and nutrition classes, myriad adventure challenges, hiking and biking, horse stables for equine encounters and equestrian pursuits, a spa with more than 100 treatments including Miraval’s signature hot stone massages and a nearby championship golf course. Ranked #1 Destination Spa in the U.S. by *Zagat Survey* in 2001/2002 and 2003/2004, #1 Destination Spa in the World by readers of *Travel + Leisure* in 2003 and 2004, and #1 Destination Spa in North America by *Condé Nast Traveler* in 2004, the Miraval experience is certain to invigorate mind, body and spirit, and promises to be a lasting experience for every guest. Miraval is a member of Leading Small Hotels of the World. For further information or reservations, phone 800-232-3969, or log onto www.miravalresort.com.