

Drink  
Wine, Frolic  
In a Waterfall,  
Shoot Skeet, Sleep  
Under the Stars,  
Go on Safari,  
Paddle the  
Pecos



TENNIS  
John Isner's  
Dallas Love Story

ACTIVITIES  
20 Fun Things to  
Do in June

GARDENING  
The Arboretum's  
Curious Cash Source

# Escape!



*10 Summer Getaways  
A Short Drive From Dallas*



MIRAVAL  
RESORT  
IN AUSTIN

# Miraval Austin

Hill Country

**A**

A SIBLING TO THE FAMED ARIZONA-BASED MIRAVAL (PERHAPS best known as home to Oprah's favorite spa), the Austin retreat sits on 220 acres of Texas Hill Country surrounded by spectacular views of Lake Travis. As soon as I walked into the chic

arrival center, I was given a complimentary beverage and a welcome bag stocked with blank stationery (to write my future self a letter). Along with a reminder to refrain from phone use while on the grounds, it was made clear from the start that Miraval is as much about mindfulness as it is relaxation.

If the letter writing rings a bit campy, it's because Miraval is truly a luxury summer camp for adults—albeit one with the world's most comfortable bed (the company graciously sells its marshmallowy feather toppers online). My first activity: a ropes course filled with couples and mother-daughter duos who were veterans of the Arizona resort (Miraval junkies are absolutely a thing). It felt as much like a group therapy session as it did a challenge. My sister, perhaps on purpose, arrived from California just after the course but in time for a wine-fueled and extremely healthy group dinner, where I reconvened with my newfound friends. We all stayed up past midnight, drinking red wine around the restaurant's handsome stone-covered fireplace, having the kind of instantly intimate conversations a camp environment—and, perhaps, alcohol—encourages. We were all in this immersive, mindful luxury together.



We began our first full Miraval day with vegan blueberry pancakes and matcha lattes, followed by an itinerary full of aromatherapy massages; a visit to Cypress Creek Farm; and “floating meditation,” when we swayed in silk hammocks to the sounds of crystal bowls. (Other programming options included astrology basics, equine therapy, and mindful eating.) That night, the weekenders gathered for a healthy gourmet meal cooked in the Williams Sonoma-stocked “Life in Balance” kitchen. My sister and I sat with two best friends and Miraval devotees, Sue and Martha. Perhaps we had all just reached some sort of blissed-out state of wellness equilibrium, but the four of us immediately felt we’d be friends forever.

We had to hit the road early on Sunday to make it back to our respective gluten-filled cities, but we lingered by the spa’s infinity pool one last time to take in the Hill Country views (and some defiant selfies). As we rolled our luggage along the sprawling ground’s stone-lined paths, we ran into new friend after new friend, earnestly embracing each and every one. We promised one another we would stay in touch—or at least follow each other on Instagram. —CAITLIN CLARK

**INFINITY SCORE:**  
There are plenty of spots around Miraval to enjoy the Hill Country views, but you can’t go wrong with the one from the pool.



**DRIVE TIME:**

**3 hours**

**COST PER NIGHT:**

**\$650+**

**MUST DO:**

**“Just Cook for Me Chef”**

**BRING TO PACK:**

**Bathing suit**

**SEE TRIP:**

**Downtown Austin**

**Along with a reminder to refrain from phone use while on the grounds, it was made clear from the start that Miraval is as much about mindfulness as it is relaxation.**