

LOUISVILLE • KRISTEN BELL • MOON LANDING AT 50

UNITED 

Hemispheres

JULY 2019

Three Perfect Days

Chicago

Where you can work
off the deep-dish pizza
with a yoga class at the
Lincoln Park Zoo



THE STAY

By Sydney Otto



Lone Star State of Mindfulness



For its newest spa resort, Miraval heads for the Texas hills

Hill Country Haven

Miraval has been pampering weary bodies and souls for nearly 25 years at its flagship Tucson, Arizona, resort, and earlier this year the company opened its second property, on 220 acres just outside Austin in Texas Hill Country. Visitors can explore the surrounding Balcones Canyonlands Preserve on guided hikes and horseback rides. Guest rooms and two infinity pools (including the one pictured above) look out onto Lake Travis, where those seeking balance—of both the mental and physical variety—can try stand-up paddleboarding.

Down on the Farm

The resort's emphasis on sustainability is most evident at the on-site Cypress Creek Farm. Guests can tend to chickens (which provide the hotel's eggs) and sample fresh-grown organic produce before having a meal at the resort's farm-to-table restaurant. Other interactive experiences include mindful horseback

riding—which includes grooming, saddling, and painting the side of a horse—or donning a beekeeping suit and becoming an apiarist for a day. Be sure to sample some of the raw honey, with its notes of local wildflowers.

Treat Yourself

Those same wildflowers, as well as other indigenous herbs and greens, are used in spa treatments. Try the Austin Apothecary Massage, which utilizes essential oils from local botanicals. The spa also provides hair, makeup, nail, and skin treatments, including the Vitamin C Facial for glowing skin and the Nature's Bounty treatment, which delivers the benefits of local honey enzymes.

Tex Zen

Even the Eastern practice of yoga gets a Western spin here, with Tex Zen Yoga, which is inspired by native son Willie Nelson and set to country music. Other activities include hatchet throwing and line-dancing, but there's no better way to end your night than sitting around a fire pit listening to folk tales or singing along to "Always on My Mind."

THE DRINK

Wine-Beer Hybrids

Denver has long been a hub of the craft beer movement, and a new brewery in Curtis Park is pushing that revolution even further. At his eponymous osteria, Rome transplant Alex Liberati brews unique wine-beer hybrids, or "oenobeers." These grape-based ales aren't gimmicks, either; rather, they illustrate the creativity of Italian brewers, who have long been free to experiment thanks to their relative isolation from the rest of the European beer community.

Liberati has about 18 oenobeers on tap at any time, with creative mashups such as the *Dictum Factum*, a stout made with cabernet sauvignon grapes, and *Rosé Plus*, a Belgian brune made with unripe Nebbiolo grapes.

"This gives us the opportunity to change the landscape of beverage," Liberati says of his creations. "It's a voyage into the unknown."

—REBECCA TREON

