



Mindful Eating

Miraval

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Mindful Eating Miraval

Internationally renowned and award-winning, **Miraval Resort & Spa** sits at the foot of the sprawling Santa Catalina Mountains in Tucson, Arizona. There, nestled within the warm desert landscape, Miraval is the premier destination for life betterment—a place where guests feel, are, and can be *more*.

Since its beginning in 1996, Miraval has upheld a powerfully simple vision: life is more meaningful and enjoyable when one's physical, emotional, spiritual, social, and intellectual components are in balance.

The pioneer for mindfulness in every aspect of life, one of the pillars of Miraval's success is that healthy food can taste good. Long celebrated for delectable masterpieces in spa cuisine, Miraval's culinary team has created this compilation of balanced recipes, representing an invitation to continue eating the Miraval way—by expanding and mixing and learning more about one's needs while bringing diet into balance.

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