

An investment in Life. Classically Balanced.



## Your Well-Deserved Investment...

- Unlimited professionally-led wellness classes
- Mirbeau Balanced virtual wellness program
- State-of-the-art fitness center with Peloton Bikes
- Access to Spa Mirbeau
- Receive 15% off all purchases at all Mirbeau locations (excluding alcohol & holiday events)
- Receive 15% off overnight rates at any of our Mirbeau Inn & Spa locations (restrictions may apply)
- Receive 15% off health and wellness services
- Member Events
- Preferred Reservations
- Up to 10 day visits at any of our Spa Mirbeau locations
- Annual members receive : 6 spa passes per year for you to bring a guest

## ESTATE WELLNESS MEMBERSHIP

### INDIVIDUAL

1 annual payment

\$1,955

or

12 monthly payments

\$175

### COUPLES

1 annual payment

\$3,410

or

12 monthly payments

\$295

All memberships are 12 month contracts.

Membership inquiries may be submitted to our Membership Supervisor, [rbmembership@mirbeau.com](mailto:rbmembership@mirbeau.com) or 845-516-7338.

# Health & Wellness

## PERSONAL TRAINING

Ensure you are maximizing the benefits of your workout with one of our motivating trainers. Our certified personal trainers will work with you one on one to create custom workouts based on your fitness goals.

Private Session 50 minutes | \$85 · 80 minutes | \$120

Package of 10 50 minutes | \$720 · 80 minutes | \$1020

Each additional person is \$30 | Add Spa Day Pass \$30 per person

## PRIVATE WELLNESS CLASS

Let one of our certified wellness instructors take you through a customized private class tailored to your specific needs and goals: yoga, meditation, pilates, cycle, full body sculpt, core strength, and more.

Private Session 50 minutes | \$85 · 80 minutes | \$120

Each additional person is \$30 | Add Spa Day Pass \$30 per person

## HEALTH COACHING

Work with a Health Coach to achieve your wellness goals in the areas of fitness, nutrition, weight management, stress reduction, sleep, smoking cessation, and overall wellness. Our certified coaches will work with you one on one to create lifestyle changing strategies.

Private Session 50 minutes | \$95 · 80 minutes | \$130

Package of 10 50 minutes | \$800 · 80 minutes | \$1100

Add Spa Day Pass \$30 per person

## REIKI TREATMENT

The intention of Reiki Healing is to create deep relaxation, to help speed healing, reduce pain, and to create an overall sense of calm. This involves the placing of the hands just off the body or lightly touching the body, as in 'laying on of hands'.

Private Session 50 minutes | \$95

Spa Pass included. A suggested gratuity of 20% will be automatically added

## SOUND BATH WORKSHOP

Sound baths help to relax and promote the natural ability of the body, mind, and spirit to heal from within.

Please call for custom pricing

## MIRBEAU BALANCED VIRTUAL MEMBERSHIP

A personal virtual wellness membership delivered to you by the professional wellness teams of Mirbeau Inn & Spa featuring unlimited access to 40+live-stream classes, 100+ classes on-demand, and customized private coaching. Visit [mirbeaubalanced.com](http://mirbeaubalanced.com) to learn more.

\$39/month

Wellness offerings are available to book for any spa guest.

Members receive 15% off services excluding packages.