

# FACT SHEET

*A Seaside Sanctuary for Self-Discovery*



میرافال البحر الأحمر

**MIRAVAL**  
the red sea

[WWW.MIRAVALTHEREDSEA.COM](http://WWW.MIRAVALTHEREDSEA.COM)

*Life in Balance*

 @miravalresorts



## MIRAVAL THE RED SEA

**ABOUT:** Miraval The Red Sea is a transformative wellness retreat featuring 180 sustainably designed guestrooms and suites, including 20 private villas. As the Miraval brand's first full-scale international resort, it empowers guests to cultivate a life in balance through the practice of mindfulness.

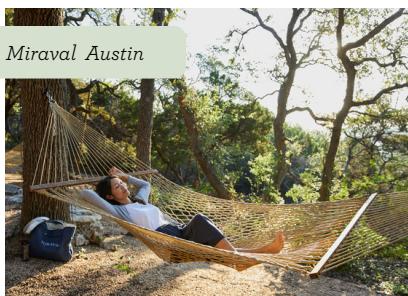
Spanning over three million square feet (310,000 square meters) of pristine coastline, the resort brings the acclaimed Miraval philosophy to the shores of Saudi Arabia, offering imaginative, compassionate, and soul-stirring experiences led by expert Miraval specialists. Every element, from the immersive activities to the digitally mindful environment, is curated to harmonize with the surrounding landscape of beaches, lagoons, and dunes.

Located on Shura Island, the centerpiece of The Red Sea destination, Miraval The Red Sea is also home to sweeping views and access to an 18-hole championship golf course.

The resort is easily accessible by car or air via Red Sea International Airport (RSI).



## HISTORY:



Founded in 1995, Miraval introduced a visionary approach to wellness rooted in the belief that life becomes more meaningful when the physical, emotional, and spiritual aspects of wellbeing are in balance. What began as a trailblazing destination in the Sonoran Desert has evolved into a global pioneer for mindful luxury and transformative experiences.

Miraval The Red Sea carries this legacy forward, created with intention and shaped by its extraordinary location on Shura Island. Here, individuals and groups are invited to disconnect from distraction and reconnect with themselves, each other, and the natural world. Mindfulness is not simply an offering, it is the foundation of every journey.

Miraval has redefined modern wellness through its expansive menu of experiences, including immersive activities, integrative therapies, nourishing cuisine, and award-winning spa services.

For three decades, Miraval has been honored by the world's most trusted publications, including Travel + Leisure, Condé Nast Traveler, The New York Times, Bloomberg, and The Wall Street Journal. Recent accolades include the Travel + Leisure World's Best Awards, Condé Nast Traveler Readers' Choice Awards, and World Spa Awards.

Now, Miraval brings balance, presence, and transformation to the shores of the Red Sea, extending its mission to new corners of the world and offering accessible, real-life wellbeing for individuals and communities seeking meaningful rejuvenation and connection.



## PRICING & PACKAGES:

At Miraval The Red Sea, our per-guest pricing and no-tipping approach add value and effortless simplicity, so guests can focus on what really matters, their personal journey. All packages are inclusive, and most include a nightly resort credit for fee-based spa services and activities.

## INCLUSIONS:

- Luxurious accommodations, with private beach and mangrove access.
- Nightly resort credits to use toward spa treatments, fee-based activities, or private sessions with specialists.
- All meals, healthy snacks, and non-alcoholic beverages
- Daily complimentary fitness, Yoga, meditation, wellness lectures, and more.
- Complimentary round-trip shuttle service from Red Sea International Airport (RSI).
- Access to resort amenities, including Body Mindfulness Center, Life in Balance Culinary Kitchen, Red Sea Challenge Course, Serenity Center, Aquatic Center, all pools, and the Life in Balance Spa.
- Miraval The Red Sea is a gratuity-free, adults-only resort.

## AGES:

Adults Only (18+)



## EXPERIENCES:

Miraval The Red Sea invites guests to explore a transformative blend of regionally rooted and globally inspired activities designed to foster self-discovery, growth, and rejuvenation. Whether through immersive group workshops or private one-on-one sessions, guests can curate their own path to wellbeing across a wide range of offerings.

## SAMPLING OF OFFERINGS:

- Integrative Wellbeing
  - *Embers & Essence*\*
  - *Empowering Gratitude*\*
- Spirit & Soul
  - *Stargazing: A Journey Through the Cosmos*\*
  - *Astrology Exploration*\*
  - *Bedouin Storytelling: Echoes of the Desert*\*
- Culinary & Nutrition
  - *Pearls of the Gulf*
  - *Saudi Coffee Ritual*
- Outdoor Adventure
  - *Mindful Kayaking*
  - *Quantum Leap*
- Meditation & Breathwork
  - *Floating Meditation*
  - *Peaceful Breathwork*
- Yoga
  - *Aerial Yoga*
  - *Restorative Yoga*
- Fitness
  - *Aqua Cardio*
  - *Sculpt & Strength*
  - *Pilates*
- Regeneration & Sustainability
  - *Coastal & Desert Ecology*\*
  - *Sustainable Living*\*
  - *Regenerative Gardening*\*
- Creative Expression
  - *Transcendental Drumming*\*
  - *Aligned Adornments: Bracelet Making*\*

*Experiences exclusive to Miraval The Red Sea\**

## SPECIALISTS:

Our specialists are experts in their fields, helping Miraval guests become their best selves. They lead our activities and provide one-on-one, private sessions for a more personalized, in-depth journey.

Each offering meets guests where they are, honoring individual intentions while opening pathways to curiosity, connection, and inner clarity.



## ACCOMMODATIONS:

Miraval The Red Sea offers 180 guestrooms and suites.

Designed by the award-winning Foster+Partners, the resort's breathtaking design draws inspiration from the unique Red Sea environment, creating simple and elegant spaces to promote moments of mindfulness, relaxation, and rejuvenation.

Sumptuous bedding invites restorative sleep while in-room singing bowls, meditation cushions, and on-screen meditation channels encourage quiet moments of recentering and contemplation. Guests can practice incorporating calming rituals that honor feelings of gratitude or reflection at bedtime or upon waking with a morning cup of tea or coffee.

### *Rooms & Suites:*

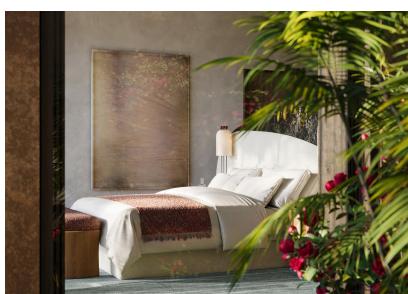
Spacious and organic, embracing beach, sea, and sky, each room or suite is a secluded sanctuary providing unlimited access to this exclusive resort.

### *Villas:*

Each beach villa showcases an ethos of relaxed luxury and comfort. Organic shapes and natural fabrics are featured throughout the interiors.

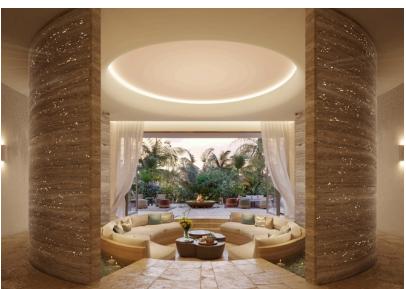
Our Reflection, Discovery, Connection, and Gratitude Villas are luxury residences that offer supreme privacy, unrivaled comfort, and top amenities for adult-only family reunions, friendly gatherings, or group retreats.

- 8 one-bedroom *Reflection Villas*
- 8 two-bedroom *Discovery Villas*
- 3 three-bedroom *Connection Villas*
- 1 four-bedroom *Gratitude Villa* with full kitchen, indoor & outdoor showers, and 5th room for a study.





## MIRAVAL LIFE IN BALANCE SPA:



The Life in Balance Spa is the heart of Miraval The Red Sea, encompassing nearly 3,000 sq m (40,000 sq ft) and 39 treatment rooms. Nurturing relaxation, balance, and wellbeing, it presents Miraval's most coveted signature spa treatments and experiences.

In addition, holistic new treatments, destination-inspired activities, and a series of personalized wellness programs pay homage to the rich local culture and heritage of the Kingdom of Saudi Arabia.

### *Spa Treatments:*

- Ayurveda
- Body Renewal Treatments
- Advanced Bodywork & Global Specialties
- Massage
- Skin, Hair, Beard & Nail Care

### *Majlis Spa Suite:*

- 4 individual treatment rooms
- 1 duet treatment room

### *Spa Spaces:*

- Relaxation Lounges
  - Reflection Pond & Courtyard
- Traditional Hamman
- Salt Rooms
- Hydrotherapy Pools
- Solace Aquatic Suites
- Vitality Pool
- Sensory Shower
- Indoor-to-Outdoor Treatment Rooms



#### DINING:

A stay at Miraval includes healthful meals, unlimited fresh smoothies, snacks, specialty coffee drinks, and beverages.

Our talented culinary team produces inventive cuisine with an artful approach to blending colors, textures, aromas, and flavors from seasonally sourced ingredients.

- **Rosemary:** Our main restaurant offers three healthy, delicious meals each day.
- **Palm Court Café:** Our café serves light bites, coffee, tea, smoothies, and healthy snacks.
- **Life in Balance Culinary Kitchen:** Engage in interactive cooking and beverage-making classes with master chefs and nutritionists. Also available for private dining and events
- **Coral Cove:** This hydration and refreshment station near the Villas is also available for private events.





## WHO IS MIRAVAL FOR?

Miraval The Red Sea is for people seeking more than a getaway; it's for anyone who is ready to reconnect, reflect, and transform. Whether visiting alone or as part of a group, guests are invited into a supportive environment that nurtures balance, fosters connection, and inspires wellness for everyday life.

*Miraval is ideal for:*

### Corporate Groups

- Executive leadership teams, incentive groups, entrepreneurs, and professional councils looking to deepen communication, spark innovation, and grow together through shared experiences and leadership development.

### Social Groups

- Friends, couples, and expecting mothers seeking meaningful time together in a serene setting. Our immersive activities encourage laughter, bonding, and lasting memories.

### Family Groups

- Multi-generational and extended families with adult children who want to reconnect, celebrate milestones, and restore their sense of wellbeing, individually and as a unit.





## HOW TO GET TO MIRAVAL THE RED SEA

Whether arriving from the Kingdom or abroad, guests are greeted with a smooth arrival experience and are quickly transported into a world of tranquility, intention, and natural beauty.

### BY AIR

Red Sea International Airport (RSI) is the primary gateway to Miraval The Red Sea, located just a short 25-30 minute transfer from Shura Island across Saudi Arabia's longest overwater bridge. Complimentary shuttle service is available from RSI airport to Miraval the Red Sea.

RSI now welcomes both domestic and international flights, offering seamless access to our secluded sanctuary:

- Domestic Flights:
  - Riyadh (RUH)
  - Jeddah (JED)
  - Dammam (DMM)
- International Flights:
  - Dubai (DXB)
  - Doha (DIA)

More destinations are expected to be announced soon, further enhancing connectivity across the region and beyond.

### BY LAND

Arriving at The Red Sea by car offers a scenic and enriching journey through Saudi Arabia's breathtaking landscapes.

Travelers will encounter vast desert vistas, striking coastlines, and peaceful open roads, all building anticipation for the immersive experience that awaits at Miraval The Red Sea.

- From Riyadh:  
Approx. 10-11 hours  
(1,000 km) via Highway 40
- From Jeddah:  
Approx. 5-6 hours (550 km)





## CLIMATE & PROXIMITY

*Endless Sunshine,  
Coastal Serenity*

## LOCATION

*Saudi Arabia's  
west coast along  
the Red Sea*

## OFFICIAL LANGUAGE

*Arabic*

## CURRENCY

*Saudi Riyal  
(SAR)*

## PROXIMITY & ACCESS

The resort is located on Shura Island, the central hub of the Red Sea destination along Saudi Arabia's picturesque west coast. The island is surrounded by vibrant coral reefs, calm lagoons, and untouched natural landscapes that serve as a serene backdrop to every guest's wellbeing journey.

- Direct flights are available to Red Sea International Airport (RSI) from major domestic cities (Riyadh, Jeddah, Dammam) and international hubs (Dubai, Doha), with more routes launching soon.
- It takes just 25-30 minutes from RSI to Shura Island via Saudi Arabia's longest overwater bridge.
- Scenic road access is also available from Riyadh and Jeddah, offering immersive views of desert, mountain, and coastal terrain.

Guests immerse themselves in a world away from distraction, yet remarkably within reach, accessible by air or land.

Miraval the Red Sea enjoys warm and sunny climate year-round, with gentle sea breezes and low humidity creating ideal conditions for relaxation and outdoor exploration. With over 360 days of sunshine annually, the destination is perfectly suited for mindful escapes, wellness activities, and seaside tranquility in every season.

- Average Winter Temperatures: 20–25°C (68–77°F)
- Average Summer Temperatures: 30–40°C (86–104°F)
- Sea Temperatures: Typically range from 24–31°C (75–88°F), making swimming and aquatic activities enjoyable all year round.

**1.5** HRS  
FROM  
RIYADH &  
JEDDAH

**3** HRS  
FROM  
ALULA  
(BY CAR)

**2-3** HRS  
FLIGHT FOR  
GCC & MIDDLE  
EAST

**4-7** HRS  
FROM  
EUROPE,  
AFRICA &  
INDIA

**10** HRS  
FROM  
CHINA &  
RUSSIA

Flight durations are approximate and may vary depending on aircraft type and conditions.



#### **RESORT AMENITIES:**

- Life in Balance Spa featuring 39 treatment rooms, beauty salons, quiet lounges, Majalis Spa Suite, salt rooms, sensory shower, hydrotherapy pools, and Solace Aquatic Suites
- Life in Balance Culinary Kitchen for interactive culinary workshops
- Body Mindfulness Center Fitness Studio
- Serenity Center Yoga Studio
- Art Studios
- Red Sea Challenge Course
- Aquatic Center for kayaking, stand-up paddle boarding, snorkeling, and more
- 2 pools, gardens & reflection ponds
- All-day dining at Rosemary Restaurant
- Light Bites at Palm Court Café
- Refreshment center at Coral Cove
- Shamal Sea Retail Boutique

#### **SHURA ISLAND AMENITIES:**

- 18-hole championship golf course
- Marina athletics & beach club
- Entertainment lawn
- Marina & dive center
- Luxury retail, dining & entertainment



#### **ACCLAIMED DESIGN:**

Designed by the award-winning Foster+Partners, the resort's breathtaking design creates elegant spaces to promote moments of mindfulness, relaxation, and introspection.

The hotel designs refer to Shura Island as a 'Coral Bloom' and take inspiration from the region's thriving coral reefs and native flowers. Interiors by the globally renowned Rockwell Group mimic the natural world in form and texture, giving each residence an understated elegance imbued with nature's opulence.

The Red Sea is home to one of the largest and most biologically diverse barrier reef systems on the planet. Spanning 28,000 square kilometers, this region features an archipelago of more than 90 untouched islands, dormant volcanoes, sweeping desert dunes, mountain canyons, and culturally rich heritage sites.

As sunlight dances across rugged peaks and golden sands, a world of elegance and tranquility unfolds, where modern luxury meets natural beauty.

# resort map



## MIRAVAL RESORT MAP

01 ARRIVAL	07 RECREATION AND RESTAURANT	13 DUNE SALA
02 THE VILLAS	08 FITNESS	14 GROVE SALA
03 REFRESHMENT STATION	09 OUTDOOR TREATMENT ROOMS	15 CHALLENGE COURSE
04 LIFE IN BALANCE CULINARY KITCHEN	10 YOGA PONTOON	16 SWIMMING CHANNEL
05 MINDFULNESS AND WELLBEING CENTER	11 MANGROVES	
06 LIFE IN BALANCE SPA	12 GUEST ROOMS AND SUITES	

## RESERVATIONS

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