

JULY

Celestial Summer tips for your elemental sign from Miraval Resorts & Spas.

earth signs

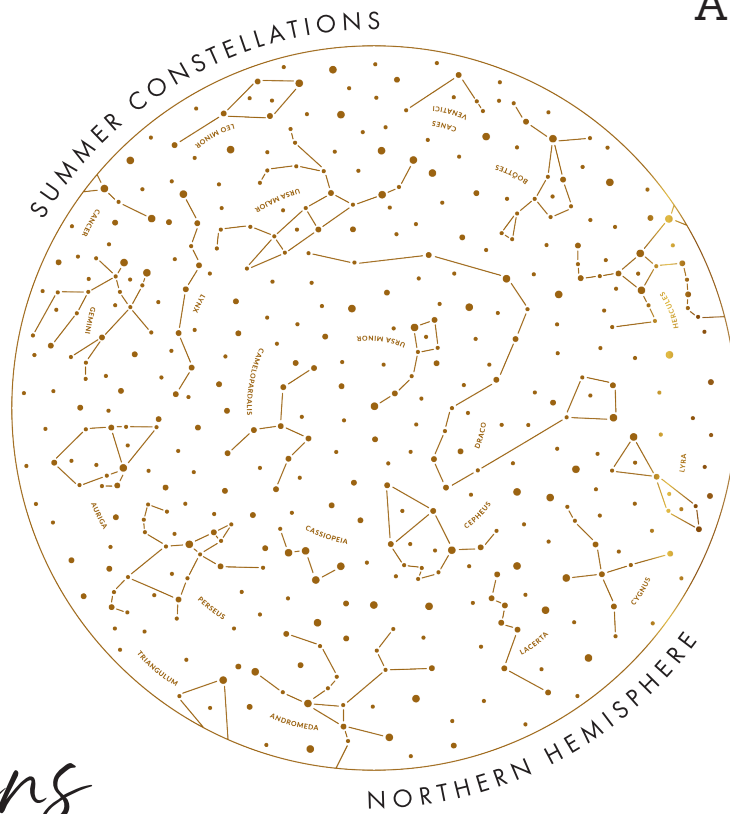


Get your Nature fix.
Experience renewed
purpose.

water signs



You are in
your element.
Add sacred play!



fire signs

Summer doldrums
got you
feeling flat?
Get up and move!



air signs

Refresh stale habits
with new practices,
enhance intuition.

