

JUNE

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

earth signs

It's less about belief and more about the bottom line. Use your resources to make practical changes.



water signs

Resist temptation to disappear into escapism and ground yourself with comforting rituals.



fire signs

All this doing energy feels good to you. Move into it with eyes wide open...



air signs

Put your thinking caps on and speak your truth.



JULY

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earth signs

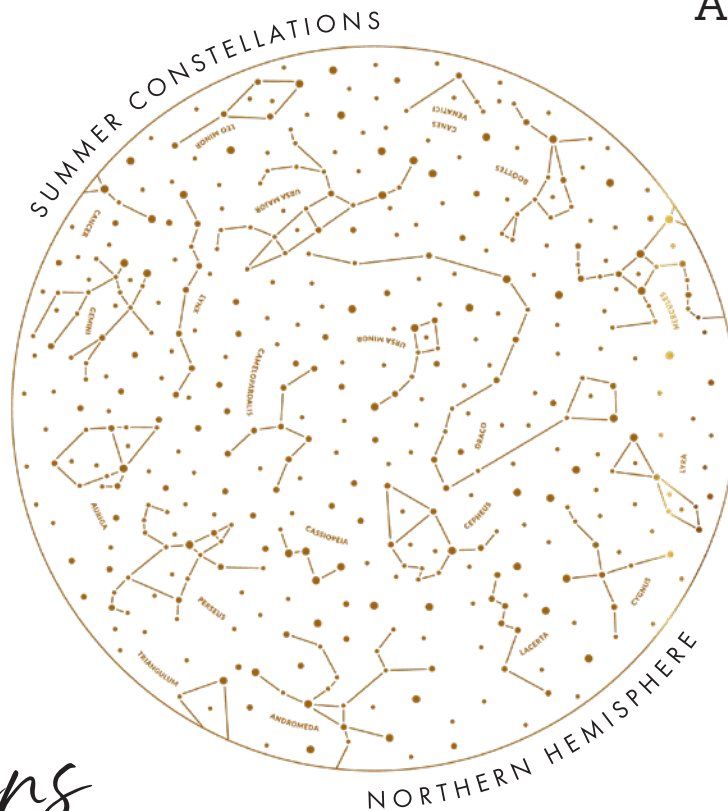


Get your Nature fix.
Experience renewed purpose.

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.

AUGUST

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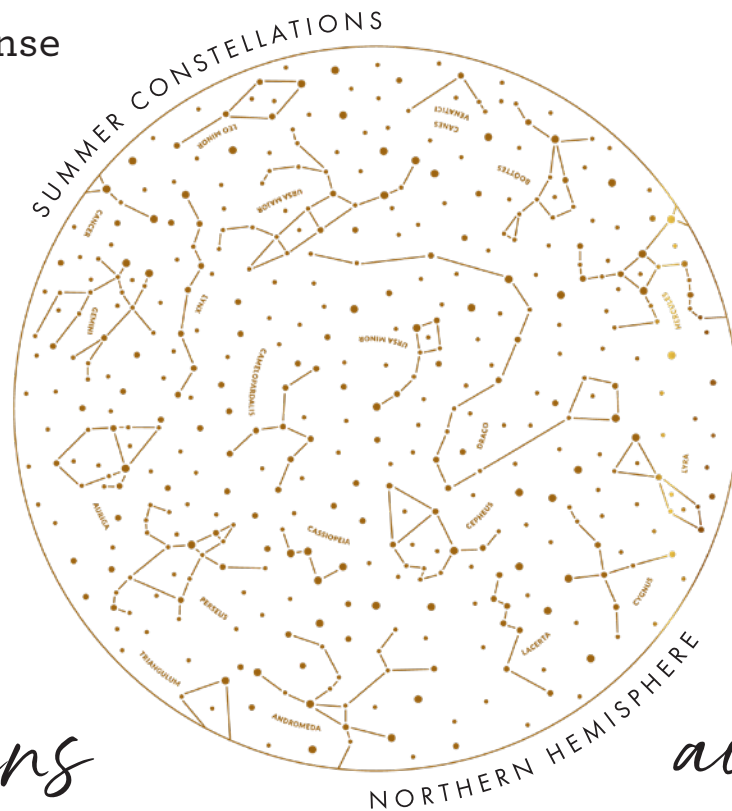
earth signs

Physical flexibility brings huge benefits. Seek serenity within to achieve a sense of security.



water signs

Find ways to relax and let go. Express creative flow. Quiet your fears.



fire signs

Playful activities inspire; mindfulness is required to overcome obstacles.



air signs

New perspectives are necessary. Mental flexibility and experimentation are in order.

