



FACT SHEET

- BACKGROUND:** Mii amo opened in January 2001 as a 16-room, all-inclusive destination spa resort in a beautiful red rock canyon in Sedona, Arizona. The Sedona mystique and Native American wisdom combine with the backdrop of the canyon to promote wellness through mind, body and spiritual therapies. Highly-trained therapists, signature treatments, delicious “intelligent cuisine” abundant activities and customized packages define Mii amo. We are honored to have twice been named #1 “World’s Best Spa” by *Travel + Leisure* and #1 Best Destination Spa by *Condé Nast Traveler*.
- OWNER/OPERATOR:** Enchantment Group
- ADDRESS:** 525 Boynton Canyon Road
Sedona, AZ 86336
Tel. 928.203.8500 | 888.749.2137
www.miiamo.com
- GETTING THERE:** Most major airlines service Phoenix Sky Harbor International Airport (PHX), a two-hour drive from the resort. Most major airlines service Phoenix Sky Harbor International Airport (PHX), a two-hour drive from the resort.
- MEMBERSHIP:** Preferred Hotels & Resorts Legend Collection
- ACCOLADES:** *Condé Nast Traveler’s* Readers' Choice Awards, "#8 Best Wellness Retreat in the World" (2017); *Condé Nast Traveler’s* Readers' Choice Awards, "#4 Best Resort in the American Southwest" (2016); *Travel + Leisure’s* "#7 The Best Destination Spas in the U.S." (2016); Spafinder’s Wellness Travel Awards “Best for Girlfriend Getaways,” (2016); Yahoo! Travel’s “#1 Best Hotel in Arizona,” (2016); Spafinder’s Wellness Travel Awards, Winner of 10 “Best for” categories (2015); *Travel + Leisure’s* World Best Awards “#2 Top Destination Spa” (2014)
- NAME:** Mii amo, a destination spa signifies “journey,” or “to continue one’s path” or “moving forward” in Yuman, a Native American dialect.
- LOCATION:** Mii amo is located on the grounds of Enchantment Resort, a 70-acre property in Boynton Canyon in the red rock country of Sedona, Arizona. It is a two-hour drive north of Phoenix, at a cooler elevation of 4,600 feet. One’s room key opens the gate to the Secret Mountain Wilderness in the Coconino National Forest, allowing direct access to the Boynton Canyon Trail.
- INSPIRATION:** The creation of this destination spa was inspired by one of the most spectacular natural settings on earth, Boynton Canyon, and by the Native American culture that graces the region. The Yavapai-Apache consider Boynton Canyon a sacred place, the site of their creation story. Enchantment Group commissioned Gluckman Mayner Architects, known for their sensibility to art and light in projects like The Georgia O’Keeffe Museum in Santa Fe, the expansion of the Whitney Museum of American Art in New York City, and the Museo Picasso Malaga in Spain. Mii amo embraces the surrounding natural beauty of Boynton Canyon with a contemporary yet

organic architecture that echoes the Anasazi architectural aesthetic. *The New York Times* cited it as one of “The Decade’s Most Influential New Hotels” and The Chicago Athenaeum Museum of Architecture awarded it an American Architecture Award.

DESCRIPTION:

The 24,000-square-foot spa is comprised of a two-level main building, plus 16 guest accommodations arranged around interior courtyards. Nestled in the natural slope of the canyon with maximum views of the red rocks, the design utilizes simple lines, monumental forms, and pure materials like adobe brick, wood, and indigenous stone to blend organically with the surrounding environment. In deference to the stunning beauty of Boynton Canyon, the buildings are designed as a series of shifting volumes, clad in earth-toned stucco with accents of brick and stone. Natural light and water are recurring themes, and interior and exterior spaces flow into one another, making the building easily adaptable to the seasons.

The signature form is the 172-foot-long horizontal spine from which rise five adobe brick towers inspired by the cliff dwellings of the Anasazi. On the ground level, amid pools and communal areas, the Crystal Grotto, a sky-lit room with an earthen floor, serves as the focal point of the spa experience. The design is at once modern and ancient, representing a contemporary application of many Anasazi ideas.

Eighteen spacious treatment rooms are located on the second level with chapel-like privacy and either windows overlooking the canyon or natural light wells. Five outdoor treatment areas, inspired by Native American “wikiups” (ancient tribal housing structures) offer exceptional views of the canyon.

CRYSTAL GROTTTO:

The Crystal Grotto is the heart and soul of Mii amo. The womb-like, circular space connects earth and sky via an earthen floor and domed ceiling, with a circular aperture directed at the sun on the summer solstice. The circle is a symbol of wholeness, and the Crystal Grotto is used as a place for meditation and affirming one’s intention for the day. A crystal mandala, illuminated by the sun and moon, lies within the space and is made up of four large crystals placed in the four “corners of the world” (East-red jasper, West-black rainbow obsidian, North- white selenite, South – yellow citrine). In the center of the space is a quartz crystal cluster atop a round of Arizona petrified Ponderosa pine with light and water flowing through it.

GUEST ROOMS:

16 guest accommodations (14 spa guest rooms and two spa suites) are housed in six two-level buildings with courtyards and an outdoor fireplace. The Mii amo Luxury Suite includes an enclosed patio with outdoor whirlpool, fireplace and shower, as well as an indoor treatment room. All guest rooms include:

- Signature blue Mii amo spa bathrobe and spa sandals
- Private patio
- Gas beehive fireplace
- Deep soaking tubs
- High-speed wireless Internet, TV, two-line phones

FACILITIES:

- Indoor pool ringed by semi-private sitting areas and fireplace
- Outdoor lap pool and spa whirlpool with open deck, shaded sitting areas and spectacular views of the canyon
- Dedicated Watsu pool in private, outdoor wikiup
- Couples treatment room, hydrotherapy room, Vichy shower

- Fitness and movement studio with windows overlooking the red rock canyon
- Grassy lawn for yoga, stretching and fitness classes
- Upper terrace for post-treatment relaxation with views of canyon
- Library with fireplace
- Men's and women's locker rooms with sky-lit whirlpool baths, sauna, steam room, showers, and lounge areas
- Mii amo boutique, offering organic body products and skincare, clothing, books, CDs, jewelry, Mii amo's Private Collection bedding, and more.

SPA PACKAGES: All-inclusive packages of three, four, or seven nights (or longer) include three daily meals at Mii amo Café, two spa treatments each day, private consultation, fitness classes, activities, workshops, use of spa facilities and nightly gifts. Package rates vary depending on season, occupancy and room type.

THE FIVE JOURNEYS: Mii amo offers five Journeys as a way of focusing a destination spa guest's intentions and experience. Each Journey, which is further customized to the guest, incorporates treatments and activities to help create a truly personalized experience. s

De-Stress Mind, Body & Spirit
 Healthy Body in Balance
 Soulful Essence
 Spiritual Exploration
 Transformational Wisdom

RETREATS: Retreats are offered throughout the year, offering guests the opportunity to explore a specific theme in-depth with activities and sessions led by an expert. Retreats are an added benefit to a guest's Journey.

WORKSHOPS: Offered on an ongoing basis, these 60-minute sessions are designed to enlighten guests on the basics of a particular topic such as how to meditate, the power of color, and stress management.

TREATMENTS: Restorative and transforming treatments and therapies are performed by intuitive, highly-trained and certified therapists. Treatments last a full 60 or 90 minutes and include massage, body scrubs, wraps, facials, Reiki, Cranial Sacral, hydrotherapy baths, Ayurveda and Watsu.

Unique to Mii amo are treatments influenced and inspired by the traditions of Sedona's Native American tribes, which draw from the energy of the canyon while utilizing ancient healing methods and ingredients indigenous to the destination. Highlight treatments debuted in March 2017 include: Rain Dance, Pinon Body Scrub, Energy Clearing and Medicine Wheel Meditation.

PRODUCTS: Mii amo uses natural, botanical extracts and essential oils, and takes great pride in incorporating Mii amo's Private Collection, Éminence, Lucrece and LaBella Donna skincare lines into treatments and therapies.

DINING: Mii amo Café offers "intelligent cuisine," combining regional flavors and seasonal ingredients with healthy cooking techniques to deliver flavorful fare with lower calorie counts and reduced fat. The culinary team cooks with a variety of grains, legumes, seasonal produce and protein. The chef can

adapt menus to fit a guest's dietary needs, and meals are made to order all day long. Guests may join the communal table in front of the open kitchen, or choose from a variety of indoor and outdoor seating options. A selection of light fare is offered poolside. The Juice Bar features a broad selection of fresh juices and smoothies. Organic and biodynamic wines are available, as well as spirits. The café is open daily for breakfast, lunch and dinner.

FITNESS: A variety of group classes such as Yoga, Aqua Fitness and Barre Conditioning are offered daily, plus high-intensity interval training workouts. Personal training sessions are also available.

ACTIVITIES: Guests may choose from more than 100 activities weekly focusing on fitness culinary, mindfulness, creativity and Native American culture. Guided hikes and mountain bike excursions take advantage of our close access to Sedona's many trails. A sampling of guest activities include:

Fitness: Yoga, Pilates, Bosu, sculpt, cardio dance

Culinary: Juicing 101, cooking demo, organic gardening /composting, Journey of Teas

Meditative: labyrinth walk, guided meditation, chanting

Creative: Photography, Vision Board Collage Making, Watercolors

Native American: Flute performance, history of Boynton Canyon

SPA DIRECTOR: Doreen Young

MII AMO CHEF: Alex Pasco

PRESS ROOM: For more information and hi-res image gallery, please visit our on-line press room: <http://www.enchantmentgroup.com/press-room/mii-amo>

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