

WELL-BEING, WELL DESIGNED

Sedona wellness destination Mii amo reopens following \$40 million renovation and expansion

BY REBECCA L. RHOADES



“Did you feel that?”

We had just left the Crystal Grotto, a kiva-like room at the heart of Mii amo, the luxurious spa at upscale Enchantment Resort in Sedona. The conical grotto, with a petrified tree trunk set in a shallow pool of water and topped with natural quartz crystals, features a raked red dirt floor. It is the actual earth upon which the spa is built, not simply a dirt covering.

“Are you sure that isn’t a vortex?” my husband whispered into my ear. “I definitely felt something while I was in there. It’s like I was completely overcome by this calming sensation when I stepped on the ground.”

Sedona is celebrated as one of the country’s – if not the world’s – spiritual hot spots. And while the town is known for its vortexes – areas where the earth supposedly radiates psychic energy – Mii amo, while sublime, is not an official vortex.

“Maybe you’ve found your personal vortex,” I tell him, alluding to a term locals use for any space not designated an official vortex that makes you feel something – a place with which you really connect on a visceral level.

Whether or not you believe in such New Age mysticism, you cannot deny that Sedona is a magical destination. And it's experiences such as this that draw in visitors from around the world who are looking to relax, recharge and, in many cases, find deeper meaning in their lives.

While Enchantment's terra-cotta hued adobe casitas offer top-level comfort and sumptuousness designed to help “your pressures melt away,” Mii amo, an all-inclusive destination hotel unto itself, promises the utmost in relaxation and pampering – and meditative introspection.

“We’re extremely fortunate to be situated in this incredible horseshoe canyon, which we share with our sister property Enchantment,” says Christian Davies, Mii amo's general manager. “But Mii amo guests are coming for a different sort of experience than the Enchantment guests are. They're looking to set intentions to go through their journeys. Some are coming for a full celebration; others are currently

going through a loss. Some are looking to refocus – maybe they're going through work transitions or changes in lifestyle and really want to come here and start on a new path.”

NEW BEGINNINGS

Mii amo has been taking guests on personalized journeys of self-realization since it first opened to rave reviews in 2001. But just like those who stay at the resort-within-a-resort, after a while, it needed a refresh.

In 2021, Mii amo closed in order to undergo a \$40 million renovation and expansion. The purpose was to further elevate its sense of space and connect its guests to the gorgeous and mystical landscape. It reopened in February 2023 – to even greater acclaim. *Travel & Leisure* named it one of the “best new wellness hotels” in the world. *Architectural Digest* called it a “must-see hotel.”

Award-winning architecture firm Gluckman Tang, Mii amo’s original architect, did the renovations. The firm is renowned for its designs, including the Staten Island Museum and Whitney Museum in New York City; the Georgia O’Keefe Museum in Santa Fe, New Mexico; and the Museo Picasso in Málaga, Spain. Gluckman Tang also designed Enchantment’s Trail House.

In addition to enhancing Mii amo’s public spaces, the renovations increase the destination’s footprint by more than 40%. This includes the addition of seven new casitas; a new signature restaurant, Hummingbird; and new movement and fitness studios. The exterior adds new garden spaces, intimate gathering areas, soothing water features, and lush native flora.

And in March 2023, Mii amo joined Relais &



Châteaux, an exclusive collection of 580 boutique hotels and restaurants around the world.

"We're proud to be a part of it," Davies says. "We're the only Relais & Châteaux property in Arizona."

SERENE STAYS

The 23 rooms at Mii amo include double queen and king casitas, junior suites, one- and two-bedroom suites, and one- and two-bedroom luxury suites that include private massage rooms. For guests with limited mobility, there are also 400-square-foot accessible casitas.

The decor is a calming blend of Southwest and midcentury modern, with clean lines, natural materials, Native American-inspired textiles, and stone accents that echo the exterior's adobe finish. Each room includes a kiva fireplace, heated bathroom floors, and private patios. Large windows are perfectly placed to allow guests to soak up the natural surroundings — literally, while relaxing in their room's soaking tub — while maintaining their privacy.

"The investment and special attention that is paid to us for having only 23 [rooms] is quite unique," Davies says. "We have a 40,000-square-foot spa,

which normally comes with a monster, very large resort. So we have the best of both worlds here."

One of the most beloved spaces at Mii amo has been and remains the Crystal Grotto, which forms a dramatic entry to the spa and serves as a place for contemplation and reflection.

"We do a lot of meditations here. We also like to do a welcome ceremony here for our guests, and we ask them to set their intentions for their journey going forward," Davies says. "The grotto also represents the journey of life in the circle here. You'll see a lot of circles throughout the property."

A circular meditation labyrinth is found opposite the grotto. And down the hall, large glass doors lead to a new sensory garden that will incorporate reflexology pathways to stimulate all of the senses.

"This will be a real journey experience moving forward," Davies says.

The entire property looks out to the Kachina Woman, a towering red-rock spire that's one of Sedona's most famous vortexes.



"You'll see throughout the entire building that we really just tried to maximize windows, floor to ceiling, to bring the outside, the canyons, in. And we're so fortunate to have the Kachina Woman in our backyard," Davies says.

A small trail leads directly up to the formation; it's a short 20-minute walk each way.

ALL-INCLUSIVE WELLNESS

The spa at Mii amo offers a full range of treatments, from classic massages, facials, and body wraps, to therapies designed to treat mind and soul — and celebrate the energy and mysticism of Sedona. There's chakra balancing and energy clearing, hypnosis, astrology, aural photography, breathwork, sound baths, and much more.

"We do an awful lot of spiritual work. We have a wonderful health and wellness program that incorporates meditations and ceremonies," Davies says. "We also have a schedule for programs about topics such as nutrition, managing stress or sleep, as well as classes like yoga and pilates. We offer up to 10 classes a day, and we rotate the calendar quarterly."

Hummingbird, the new signature restaurant, offers three meals daily. The bright and airy space has a Zen-like feeling utilizing a color palette of soft taupes and black accents. A large patio with an outdoor fireplace is the perfect spot to dine during the cooler months.

Chef Beau Widener's seasonal menu includes a variety of farm-fresh meals, with much of the bounty coming from the on-site chef's garden. But don't think it's all veggies and wheat grass. Yes, there are hand-pressed juices and protein-packed smoothies,

as well as an array of salads that burst with freshness and flavor. At the same time, entrees range from juicy brisket burgers and king salmon for lunch and beef tenderloin, Colorado lamb, and mushroom curry for dinner. There's even a cocktail and beer menu.

The adjacent Juice Bar serves juices, smoothies, and light bites throughout the day. It transforms into a full bar and wine service at night. In addition, guests can enjoy poolside or in-room dining.

The renovations also add a new 3,300-square-foot fitness and movement studio featuring massive floor-



to-ceiling walls of glass that look out over the sensory garden and red rocks. And the spa's private pool features a new deck and furnishings.

Guests at Mii amo partake in three-, four-, seven- and 10-night all-inclusive Journeys. The price includes your room; three meals daily; snacks, juices and coffees; daily spa treatments; fitness classes and other activities; and all gratuities. Prices begin at around \$2,400 per day. For more information, visit miiamo.com. 