

Preparing for your Journey

Mii amo Accommodations:

Our rooms are equipped with hair dryers, safes, CD Players, basic cable and wireless internet access. Our check-in time to the room is 4:00pm. You are more than welcome to arrive early and take advantage of the facilities available. For your convenience we have locker facilities with steam rooms, dry heat saunas, Jacuzzis, indoor and outdoor pools, relaxation areas as well as a fitness room for you to enjoy.

Weather:

| | Jan | Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec |
|--------------|------|------|------|------|------|------|------|------|------|------|------|------|
| Avg. High | 56° | 60° | 65° | 73° | 82° | 92° | 96° | 93° | 88° | 78° | 65° | 57° |
| Avg. Low | 31° | 33° | 36° | 42° | 49° | 58° | 65° | 64° | 58° | 49° | 37° | 31° |
| Mean | 44° | 47° | 51° | 58° | 66° | 75° | 81° | 79° | 73° | 63° | 51° | 44° |
| Avg. Precip. | 1.7" | 1.9" | 2.1" | 1.1" | 0.6" | 0.4" | 1.7" | 2.1" | 1.7" | 1.5" | 1.4" | 1.5" |

Attire:

Attire at Mii amo is casual. You will be spending a great deal of time in your robe since you will be pampering yourself with treatments throughout the day. Feel comfortable dining at the café in your robe, even at dinner.

Be sure to bring your swimsuit. We do have indoor and outdoor pools and Jacuzzi so the option to swim is available year round. Our baths, Watsu, and Bio Aquatic Cranial treatments require swimsuits. Appropriate athletic clothing and footwear are required for all fitness activities. For those of you who will be having Shiatsu, Reiki, Cranial Sacral, or Thai Massage be sure to bring some loose fitting clothes for your comfort during these services.

If you are interested in outdoor activities, you may want to take advantage of one of the many hiking trails in the area. There are several hikes offering different lengths and levels of difficulty. Hiking boots and sunscreen are encouraged for the trails.

Ground Transportation Options Available:

White Tie Transportation, (928-203-4500) provides Lincoln town car, limousine, Yukon Denali, or a van for larger groups. They offer local, long distance and customized transportation.

Car Rental, several rental agencies are available at the Phoenix Airport including Hertz, Enterprise, Budget and Alamo.

Please contact us for other transportation options.

