

SPA OF THE MONTH

AWARD WINNING DESTINATION SPA
LAKE AUSTIN SPA RESORT
AUSTIN, TX

by Darlene Fiske



NESTLED ALONGSIDE BEAUTIFUL LAKE

Austin in the scenic Texas Hill Country and only 30 minutes from downtown Austin, Lake Austin Spa Resort offers an award-winning destination spa experience that has been named number one in the country by the readers of *Condé Nast Traveler*, and as one of the best in the world by the readers of *Travel + Leisure*.

Lake Austin Spa Resort is a popular destination for guests to relax with friends or to visit on their own, as the staff addresses their needs from head to toe. Guests enjoy a casual, relaxed

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atmosphere that supports whatever their needs are for a spa getaway—whether it is a reunion with friends, a mother-daughter retreat, a girl-friends getaway or the start of a new fitness and nutrition regime. Groups of six or more receive

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significant savings and activities customized to their celebration. Birthday parties, boat cruises, private cooking classes and together time on the spa's treatment porch are just a few of the ways the resort can personalize a group experience.

Gone are the days of restricted diets and boot camps. Today, the spa is not only home to executive chef Stephane Beaucamp and his flavorful meals, but also classes, activities and programs that will rejuvenate and enrich clients' bodies from the inside out.

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Outdoor treatment areas, such as the Bamboo Room and Treatment Cabanas beckon relaxation surrounded by nature, and more than 100 unique and therapeutic treatments grace the menu at the resort's 25,000-square foot LakeHouse Spa.

Vegetables and herbs used in cooking and in spa treatments are cultivated from the resort's organic gardens by Trisha Shirey, the resort's director of flora and fauna. Shirey, who also hosts local radio and television shows, shares her more than 29 years of experience with resort guests through garden tours, aromatherapy workshops and many other garden-inspired classes.

For guests who are up for a challenge, there are plenty of fitness options to get their heart pumping, including water sports like stand up paddle boarding, kayaking, hydro-biking and sculling lessons. There are up to 20 classes a day. Hiking, Pilates, Zumba, BOSU®, yoga, cooking and nutrition are only a sample of what is offered on a daily basis by expert instructors. There are three swimming pools, where guests can do laps or join a water aerobics class. Relaxing under a cabana with an herbal iced tea and a favorite book is another popular poolside activity among guests.



LakeHouse Facts

The LakeHouse Spa features 20 indoor treatment spaces with private showers and a state-of-the-art sound system.

The spa also has treatment cabanas and the Treatment Porch, which offers more unique opportunities for outdoor treatments.

The LakeHouse Spa has a policy of 24 hours for day guests and 12 hours for overnight guests for any cancellations or changes to avoid being charged in full for the treatment.

In order to maintain a relaxing environment for all of their guests, the LakeHouse Spa restricts cell phone use to the privacy of a guest room.

A 20 percent service charge is automatically added to all à la carte services.

The LakeHouse Spa is open 365 days a year, with appointments available between 9 a.m. and 9 p.m.

Most of the body and skin care products used by skin care and spa specialists at LakeHouse Spa are available for purchase at the LakeHouse Boutique.

Outdoor treatment areas, such as the Bamboo Room and Treatment Cabanas beckon relaxation surrounded by nature, and more than 100 unique and therapeutic treatments grace the menu at the resort's 25,000-square-foot LakeHouse Spa. Spa director Robin Jones researches cutting-edge products and creates treatments that deliver long lasting benefits and real results. **The Nourishing Avocado Sea Mud Masque** (80 minutes, \$220 with massage), **Vitamin C Renewal** (110 minutes, \$325 with massage), **Lakeshore Fig Scrub** (80 minutes, \$215 with massage) and **Platinum Lift Facial** (80 minutes, \$225) are just a few of her latest innovations. For pure relaxation, there are many options to choose from, such as the popular **Texas Starry Night massage** (80 minutes, \$220), best received under the stars right before bedtime. The signature **Gifts of Our Garden** (100 minutes, \$325) incorporates fresh herbs picked daily from organic healing gardens for a relaxing massage, exfoliation, shower and body wrap.

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Lake Austin Spa Resort has also incorporated traditional East Asian therapies. The gentle and effective art of Japanese acupuncture is applied in the **Gentle Acupuncture** (50 minutes, \$160), which relieves stress and alleviates pain. **A Calming Cupping** treatment (25 minutes, \$95) untangles the knots in clients' shoulders and help them de-stress. This is best used as an add-on to any of the Traditional East Asian treatments.

In the **Manaka Tapping** (50 minutes, \$165), the acupoints of the client's body are softly tapped with a wooden hammer and peg in a percussive stimulation technique for an ultimate restorative effect.

Guests can complete their experience at the spa by customizing their massage or facial with the endless selection of add-ons. **The Color Bath Therapy** (20 minutes, \$75) is an aromatic bath with a choice of essential

oils. The guest enjoys the benefits of an underwater massage. **The Best Foot Forward Massage** (25 minutes, \$95) is a soothing foot massage that makes a balancing and calming addition to any massage or body treatment.

A Personalized Power Peel (25 minutes, \$65) minimizes the appearance of fine lines and wrinkles for a more even skin tone, and increases skin brightness and clarity.

For Your Eyes Only (25 minutes, \$85) is a beauty-defining brow wax, brow dye and lash dye to give the face a more youthful frame.

Vital Eyes (25 minutes, \$70) is an advanced treatment that helps strengthen and refresh lashes and brows using a powerful, revitalizing lash fortifier. **The Lip Treatment** (\$30) is a lip repair service that can be added to any facial. It helps reduce the fine lines around the lips.

The Pick-Me-Up Facial (25 minutes, \$95) is a fast, refreshing facial that steams, cleanses, tones, exfoliates and moisturizes.

A Partial-Body Massage (25 minutes, \$95) is also available. ■



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Lake Austin Spa Resort

Darlene Fiske is a self-proclaimed spa junkie and owner of The Fiske Group: Public Relations and Marketing Strategies. The award-winning communications firm specializes in positioning luxury goods to the affluent consumer through a variety of results-driven techniques. The company represents a small collection of very unique destinations and clientele, including Lake Austin Spa Resort.

