



spa sampler

Lake Austin Spa

BY ELKE OBERG

Soft, wooded hills, wildflowers, and slender sculls gliding across the lake waters — a soothing view calming the overworked nerves and muscles. The Lake Austin Spa Resort, situated on scenic Lake Austin in the Texas Hill Country, provides luxurious spa relaxation programs and many physical activities in a preserved, natural environment. Rusty Krause, publisher in need of creative relaxation, tested the resort. "I encourage anyone looking for a no-frills, well-organized spa experience to head for the hills."

Exercise programs include water aerobics, tennis, golf, hiking, and circuit training on land, and hydro-biking (using a bike suspended between two pontoons), canoeing and kayaking on the lake. "We offer a tremendous variety, and our classes tend to unleash people's own creativity," says Spa Director Tracy York.

The resort also offers classes in sculling, a water sport similar to rowing, but involving upper body and leg muscles. Guests can learn the advantages of this peaceful sport, one of the best forms of total-body exercise.

Some can relax crossing the lake or spanning the trails surrounding the property, others enjoy the splendid gardens, cozy rooms and culinary tastes or seek the pampering of therapy specialists. Thirty cottages and ten luxury garden suites provide the terrace view of the lake, hills and wildflowers. Garden suites offer relaxation in a private Japanese meditation garden.

If "deeper" care is needed, the Healing Waters Spa spoils its guests with treatments such as the Aloe Vera Body Wraps, Honey Mango Body Scrubs, and the Texas Two Step. Rusty opted for the Aromatherapy Massage. "A custom blend of oils balances acupressure and Swedish techniques. A great stress-reliever!"

All the body work calls for healthy, nutritional meals. A creative menu of natural, wholesome dishes completes the balanced experience of exercise, relaxation and food at the Lake Austin Spa Resort. ♦

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