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# **LAKE AUSTIN SPA RESORT FACT SHEET**

Description & Location:

Lake Austin Spa Resort is an award-winning destination spa nestled in Central Texas’ legendary Hill Country on the shores of Lake Austin. Lake Austin Spa Resort is just 30 minutes from downtown Austin and Austin Bergstrom International Airport. Open year-round, the resort offers total immersive wellness experiences with an emphasis on the naturally restorative power and healing effects of water. In fact, guests can arrive via a luxe water taxi – available via a few locations along Lake Austin.

The LakeHouse Spa:

The 25,000-square-foot LakeHouse Spa features spacious men’s and women’s locker rooms and wet areas, an outdoor Palm Pool, hot tub and cabanas, 30 treatment areas, including the outdoor Serenity Garden Suite, indoor heated Junior Olympic-length lap pool in the Pool Barn, and two acres of terraced foliage and aquatic gardens.

Special Features:

Lake Austin Spa Resort soothes the soul in an intimate, relaxed atmosphere featuring comfortable public areas, peaceful grounds and nature and wildlife trails at the foot of the cool, emerald waters of Lake Austin. Activities include extensive indoor and outdoor fitness and water activities and innovative wellness and discovery programs. Lake Austin Spa Resort has abundant organic gardens from which herbs and seasonal flavors are picked daily to be used in the cuisine. The LakeHouse Spa at Lake Austin Spa Resort offers skin and body treatments and a variety of treatment location options. Activities and spa services are designed for men, women and teens aged 16 years or older.

Accommodations:

The resort features 40 lakeside guest rooms adorned with sophisticated, relaxed interiors that blend luxury with a warm, inviting charm. Fourteen Luxury Lakeview cottages and ten Luxury Garden cottages offer spectacular views of Lake Austin and the award-winning Texas Hill Country and the interiors evoke reflection and relaxation with every detail. All guest rooms include: Egyptian cotton sheets and down comforters, Kohler steeping/soaking tubs, hand selected furniture, signature lavender spa amenities, luxury cotton spa robes, smart TVs, complimentary high-speed Internet access and Wi-Fi and in-room safe and refrigerator.

The Cuisine

Executive Chef Peter Klimov serves three delicious healthy meals daily which are thoughtful and intentional in the selection of ingredients to put flavor, balance and nutrition at the forefront of the palate. Ingredients are sourced locally and from the resort’s own organic gardens as available seasonally. Dining is offered in the resort Dining Room and in the Venue Café at the LakeHouse Spa and meals are also able to be served in a picnic basket for al fresco dining. Cooking classes are scheduled throughout the week. Open Table reservations are also accepted to enjoy local lakeside dining for breakfast, lunch and dinner.

Activities:

More than 20 activities for all fitness levels are offered daily, ranging from Warrior Yoga and DaVinci Body Board Band Camp to Gentle Yoga and Nia Dance classes. Water focused activities include Hydro-biking™, kayaking, sculling, SUP, Boat Cruises, Driftaway Water Meditation, AquaFit and Floating Boot Camp. Other offerings include hiking, yoga, Pilates, Tai Chi, meditation, Crystal Bowl Sound Bathing, and Forest Bathing. Aquatic myofascial release, aquafit and swimming classes take place in the Pool Barn. The training center overlooks Lake Austin and the Balcones Canyonlands Nature Preserve and features cardiovascular, circuit and free weight training equipment. Private sessions with fitness professionals are available.

Programming:

Both the mind and the body are enriched through programs taught by staff and special guest instructors. Discovery classes in healthy cooking, nutrition, communication skills, body image, relationships and sexuality, journaling, crafts, gardening and others are offered regularly. Special seasonal topics include programs such as *Thrive* rebooting for the new year; *Blossom*, a spring rejuvenation and personal growth focus; *Ripple Effects*: Where Wellness Meets the Water summer programs; and *A Gathering of W.I.S.E. Women* in October.. Special events are also planned around holiday seasons.

Pricing:

Lake Austin Spa Resort offers a variety of overnight and day packages for groups and individuals as well as small venue event and wedding space. Vacation packages include accommodations in one of 40 lakeside guest rooms, three gourmet meals daily, unlimited indoor and outdoor fitness activities and discovery classes, gratuities and a selection of spa treatments based on package selected and length of stay. Nightly rates start at $595 per person. Day Spa packages include a selection of spa services, lunch in The Venue cafe, gratuities, and access to the Palm Pool, Pool Barn and wet areas in the LakeHouse Spa. A luxe water taxi service is available to transport guests to and from the resort for an additional fee from downtown Austin or from private homes along the lake.

Key Executives:

JoAnn Lenhardt, General Manager

Shana Ominsky, Spa Director

Stéphane Beaucamp, Director of Culinary Experiences

Cindy Present, Director of Marketing and Wellness

Gage Jeffs, Director of Revenue

Virginia Harper, Director of Sales

Terrie Wilkinson, Human Resources Director

Jimmy Daffan, Director of Engineering

Address:

Lake Austin Spa Resort, 1705 S. Quinlan Park Road, Austin, Texas 78732

LakeHouse Spa, 12611 Riverbend Road, Austin, Texas 78732

800-847-5637 toll-free or 512-372-7300

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E-mail: info@lakeaustin.com

Facebook: <http://www.facebook.com/lakeaustinspa>

Instagram: https://www.instagram.com/lakeaustinspa

ABOUT LAKE AUSTIN SPA RESORT

*Nestled along the shores of scenic Lake Austin in the beautiful Texas Hill Country, Lake Austin Spa Resort offers guests the sanctuary of a world-class spa and the warmth of a best friend’s lake house. Lake Austin Spa Resort offers all-inclusive vacation packages, which include accommodations in one of 40 charming lakeside guest cottages, three gourmet meals daily, indoor and outdoor fitness activities and classes, and a selection of spa and body treatments.*

 *The resort has consistently been recognized for its excellence and as a result has received numerous industry* [*awards*](https://www.lakeaustin.com/resort/about-us/awards-accolades/)*. Condé Nast Traveler, Travel + Leisure, Town & Country Magazine and Southern Living have honored Lake Austin Spa Resort as one of the best in the country and in the world. Currently the readers of Conde Nast have honored Lake Austin as the #1 Destination Spa in the US and #3 in the World.*

 *For additional information and reservations, call 800-847-5637, or visit* [*www.lakeaustin.com*](http://www.lakeaustin.com)*.*

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