

spa guide

TRAVASA[®]
spa guide

Austin

spa guide

Spa Delights

Our spa treatments go far beyond pampering and indulgence. They reflect our passion for, and knowledge of, the human body and the ability of plants and essential oils to naturally treat, heal and revitalize the soul. We offer an array of massages, healing rituals, beauty treatments and personalized services, using only organic, bio-energetic products, including the Primavera and Anakiri skin care lines, which are also available in our spa boutique.

Relax or Recharge

Situated around an artfully designed infinity edge pool with a spectacular view of Lake Travis, the Spa at Travaasa celebrates the uniqueness of the individual while nurturing the body, mind, heart and soul. From an indulgent weekend with friends, to the unmatched pampering of a mother-daughter spa day, or an intimate and enlightening couples treatment, the possibilities are endless. The only worry is which soothing or energetic treatment to choose.

Our expert spa staff perform an array of organic, authentic and nurturing treatments that include massage, healing rituals, beauty treatments and personalized services in a soothing and peaceful environment.

We offer 11 treatment rooms, including a room for couples, as well as a hot tub and dry sauna—the perfect place to relax and unwind before and after treatments. We use only organic and bio-energetic products including Primavera and Anakiri skin care lines, which are also available for purchase at our boutique.

What to Expect

We encourage you to schedule your appointment in advance to assure availability of treatments during your visit. We want your spa experience to be stress-free and relaxing.

To help make your experience as enjoyable as possible, please consider the following before you arrive:

- When scheduling treatments, please let us know if you prefer a male or female therapist.
- Should you need to cancel, please do so within 24 hours to avoid paying for a full treatment.
- Any changes or cancellations within six hours of your scheduled appointment will be charged at 50% of full service price.
- Shaving or waxing just prior to a treatment that includes a scrub is not recommended.
- Please arrive a minimum of 30 minutes prior to your treatment time to begin the relaxation process. Allow time to change into your robe and spa slippers. Late arrivals may receive a reduced treatment time.
- The spa is a place of relaxation and quiet, and we ask that you please turn off all cell phones and electronic devices during your spa visit.
- Travaasa does not accept children under the age of 16.
- For your convenience, an 18% gratuity will be added to each spa service.

Special Packages

For those who want the convenience of choosing a spa package, Travaasa offers several different options—including full- and half-day packages.

Ultimate Bliss Full-Day Package

(5 hours – \$615)

Experience bliss and total relaxation with a Full-Day Spa Package that will nurture your body from head to toe. It begins with an Ancient Purification Body Treatment, a Swedish Massage and Nurturing Scalp Treatment followed by a Vitamin C Bio-Energetic Healing Facial and Hydrating Eye Treatment. A healthy lunch in Jean's Kitchen is included. Your day ends with a soothing tea served in a quiet corner of the spa.

Serene and Calm Half-Day Package

(3 hours – \$380)

Unwind and renew with an amazing Half-Day Spa Package that will restore and renew your mind, body and spirit. Begin with an Invigorating Avocado Wrap Body Treatment followed by an Organic Ultimate Hydration Facial and finally a Lavender Vanilla Hand Treatment.

Total Travaasa Day*

(\$229)

Discover all that Travaasa Austin has to offer through our experiential day package. It's our version of Choose Your Own Adventure – get your spa on, lounge at the infinity pool, participate in a variety of scheduled activities and recharge with a healthy lunch. Offered from 9:00am until 5:00pm. Includes a variety of activities; use of the infinity pool; spa locker rooms; whirlpool; dry sauna; and one \$125.00 spa credit.

Travaasa Spa*

(\$155 Monday-Thursday, \$175 Friday-Sunday)

Escape to somewhere beautiful – treat yourself to the Travaasa Spa and get pampered with a \$125.00 spa credit. Spend a few hours before or after your service taking advantage of freshly-outfitted spa locker rooms, whirlpool, dry sauna, and jealousy-inducing views from the infinity edge pool.

Men's "What Ales You" Package

(2 hours, \$265)

Let your aches and pains melt away like a Texas Sunset. This exclusive men's package begins with an Energetic Edge 80-minute massage followed by a Peppermint Zenergy Foot Treatment. End your experience with an organic Texas ale, included in the price.

All package gratuities are included; tax is additional.

**Exclusively for off-property guests.*



Massage Therapy

Our massages run the gamut from energizing to deeply calming. No matter what your body craves, we have a special touch just for you.

Deep Tissue Massage

(50 minutes – \$135, 80 minutes – \$185)

This is the massage for you if you want to release muscle tension, realign your posture and restore proper range of motion.

Sacred Stone Massage

(50 minutes – \$135, 80 minutes – \$185)

We use a variety of massage techniques with heated basalt stones to invite deep relaxation and cool marble stones to stimulate your immune system and soothe inflammation.

Thai Massage

(50 minutes – \$135, 80 minutes – \$185)

A dynamic massage using yoga stretches, compression, joint manipulation and pressure points. Please wear comfortable clothing.

Shiatsu

(50 minutes – \$135, 80 minutes – \$185)

Based on centuries-old Eastern techniques, acupressure is combined with stretches, weight and leverage to alleviate fatigue and pain and make your body feel alive and energized like never before. Please wear comfortable clothing.

The Energetic Edge

(80 minutes – \$185)

This is an intensive therapy designed to target the muscle groups you demand maximum output from. Organic sun-infused oils, homeopathic preparations and enzyme therapy will bathe and penetrate during this therapeutic massage.

Deep Sleep Aromatherapy Massage

(80 minutes – \$180)

Melt away the stress of the day with a gentle Swedish massage enhanced by hot stones, soothing foot wraps, an herbal eye pack and relaxing herbal tea. Sweet dreams!

Detoxifying Juniper, Olive Stone Exfoliation & Massage

(80 minutes – \$180)

This treatment starts with a gentle, mineral-rich sea salt and crushed olive stone body polish to exfoliate, stimulate and cleanse the skin. Organic jojoba, almond and apricot kernel oils are mixed with organic juniper and cypress to detoxify and restore healthy tone and texture.

Swedish Massage

(50 minutes – \$125, 80 minutes – \$170)

This deeply relaxing massage uses long, flowing strokes to help reduce pain and stress, ease stiffness and aid in circulation.

Prenatal Massage

(50 minutes – \$125, 80 minutes – \$170)

A massage that reduces fluid retention, increases muscle tone and soothes a sore back and neck. It's perfect for all stages of pregnancy, even the last month.

Signature Treatments

On The Road Again Massage

(50 minutes - \$135)

Inspired by Willie Nelson, this custom massage uses hemp oil with essential oils of orange and patchouli to soothe the road-weary soul.

The Rose Massage

(50 minutes - \$135)

Inspired by Janis Joplin, this custom massage uses organic rose oil to uplift your spirits and allay aches and pains. Tie-dyed sheets round out the experience.

Couples "Double Trouble" Massage

(50 minutes - \$135 per person)

Inspired by Stevie Ray Vaughn, this blues-influenced experience features blue cypress, agave and sandalwood massage oil. Relax and enjoy with a partner or friend.

Facials

Put your face in good hands with a Travaasa facial created expressly for you.

Vitamin C Bio-Energetic Healing Facial

(80 minutes – \$170)

Restore radiance and vitality to every cell with this powerful and refreshing facial. It targets your skin's nutritional needs with skin-renewing antioxidants such as alpha lipoic acid, green and rooibos tea and vitamins A, C and E. Two masks, sun-infused oils and luxurious moisturizers hydrate and restore your skin, while a hand and foot treatment with homeopathic preparations completes this luxurious treatment.

Organic Ultimate Hydration Facial

(80 minutes – \$170)

The skin-purifying effect of sun-dried white and green clays, jojoba beads, aloe vera extract, organic licorice extract and spirulina combine with the rejuvenating properties of organic rose and pomegranate to create the harmonizing effect of this treatment. It will leave your skin feeling fresh and radiant while restoring youthful elasticity.

Sacred Stone Facial

(50 minutes – \$130)

Experience a cleansing facial followed by a face-lifting massage using warm and cool stones to relieve tension and stimulate a healthy glow.

Eco-Luxe Custom Facial

(50 minutes – \$125)

Customized to provide your complexion with the most benefits, we lavish your skin with phytonutrients, antioxidants such as Vitamin C and alpha lipoic acid, organic and wild-crafted botanicals, and pure essential oils.

Native Blends Rejuvenating Facial

(50 minutes – \$125)

Luminous skin can be yours with herbal steam wraps, lavender and rosemary cleansers blended with plant phospholipids, deep exfoliation and a super-antioxidant mask.



Calming Gentle Facial

(50 minutes – \$125)

This organic, botanical facial uses a white clay, sandalwood and camellia-seed-oil face pack to calm and nurture sensitive or overexposed skin back to healthy balance and even tone. In addition, organic neroli and argan oil, black currant, shea butter and rose replenish the skin's moisture level.

Clarifying Oil Control Facial

(50 minutes – \$125)

Restore balance, clarity and radiance to your skin with wild-crafted sandalwood, organic lemon and bitter orange to exfoliate and decongest pores. Fair-trade certified algae extract and unrefined, sun-dried green and white clays help control excessive oil production.

Organic licorice extract calms and soothes as it balances uneven pigmentation.

Gentleman's Clarifying Facial

(50 minutes – \$125)

A deeply cleansing and hydrating facial that uses wild-crafted sandalwood, organic lemon and bitter orange to exfoliate and purify your skin, decongest pores and lift the spirits.

Replenishing Deep Moisture Facial

(50 minutes – \$125)

Our organic, fair-trade cultivated and custom-distilled neroli oil, along with organic jojoba and willow bark extract, will soothe dry, flaky skin while calming and balancing your senses.

Remineralizing Skin Repair Facial

(50 minutes – \$125)

Unrefined, sun-dried white and green clays blended with French spirulina, organic and fair-trade rose and argan oil, pomegranate seed oil, white tea, shea butter and organic licorice extract are at the heart of this facial. It's designed to regenerate, oxygenate, clarify and balance mature or sun-damaged skin.

Perfect Balance Facial

(50 minutes – \$125)

Organic sage essential oil reduces excess oil while reviving the senses, and organic grape seeds' powerful antioxidants and essential fatty acids work to maintain your skin's natural elasticity for an ideal harmony of plant-derived benefits that is ideal for combination to oily skin.

Clarifying Back Treatment

(25 minutes – \$75)

Restore balance, clarity and radiance to your skin with wild-crafted sandalwood, organic lemon and bitter orange to exfoliate, purify and decongest pores. Fair-trade certified algae extract and unrefined, sun-dried green and white clays help control excessive oil production and remove clogging impurities, while organic licorice extract calms and soothes.

Hydrating Eye Treatment

(25 minutes – \$45)

Rehydrate and refresh the delicate skin around your eyes. This treatment reduces puffiness and addresses fine lines. It's a great addition to any facial.

Body Treatments

Therapeutic, energetic, soothing, cleansing or stimulating; you decide which of our body treatments to delight in during your stay.

Ancient Purification

(80 minutes – \$180)

To relax your muscles and encourage the elimination of toxins, we begin with an organic panela sugar scrub. Fossilized Dead Sea mud and organic herbs of chamomile, dandelion and lemon balm provide deep detoxification, while pure essential oils of rosemary, eucalyptus and lavender support, strengthen and ground the spirit.

Rejuvenating Clay & Aloe Body Wrap

(80 minutes – \$180)

Unrefined, sun-dried green clay blended with French spirulina define this experience to regenerate, oxygenate, clarify, balance and deeply stimulate your skin. Mature or sun-damaged skin will be restored, rehydrated and protected.

Invigorating Avocado Wrap

(50 minutes – \$130)

Luxuriate in a warm wrap of sumptuous avocado body butter blended with essential oils of lavender, pine, orange and lemon to balance, purify and tone. Finish with a stimulating scalp massage and full-body mineral mist to invigorate, revitalize and illuminate you from head to toe.

Detoxifying Juniper, Olive Stone Exfoliation & Polish

(50 minutes – \$130)

Juniper, seaweed and cypress have a reputation for deep cleansing, stimulating, purifying and revitalizing the body and mind, and together they jump-start the metabolism, aid in circulation and penetrate your skin to help smooth cellulite.

Nurturing Scalp Treatment

(25 minutes – \$45)

This relaxing treatment begins with an aromatic hot-towel compress over the scalp and hair to calm and soothe. A moisture-rich elixir of pure essential oils are then gently massaged into your head and neck. You are welcome to leave the oils in for a few hours, or shower off after your treatment. Your hair, scalp and neck will thank you.

Watsu

(50 minutes – \$135)

This extraordinary experience takes place in our private, body temperature Watsu pool. Your body is supported while being gently floated and moved through the water. Unique stretches and movements take pressure off joints and gently free the spine, allowing for more freedom of movement and relief of tension.

Hands & Feet

Your spa treatment wouldn't be complete without taking care of those two hardworking parts of our body: the hands and feet. Trust us, they will thank you for the bliss they feel after any one of our "only at Travaasa" treatments.

Peppermint Zenergy Foot Care

(25 minutes – \$65)

This treatment starts with exfoliation and then smooths and softens with organic sugar and grapefruit, while the power of peppermint energizes and revitalizes.

Organic Coffee Foot Treatment

(25 minutes – \$65)

Herbs and homeopathics, relied on for centuries to detoxify and relieve acute and chronic pain, are used in this treatment to soothe overworked feet. Perfect if you are an active and sports-minded individual.

Lavender Vanilla Hand Treatment

(25 minutes – \$45)

We cleanse, exfoliate and hydrate your hands with this soothing and healing lavender treatment that smells as good as it feels.

Boutique

After your treatment, don't forget to visit our boutique, which offers an array of unique gifts, herbal teas, aromatherapy candles, all natural beauty products and Travaasa spa gift certificates.

