



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, bioenergetic 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 have 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 bioenergetic 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 the cost of your treatment in full.
- Any changes within 6 hours of your scheduled appointment time will be charged at 50% of full treatment price.
- Failure to show up for your scheduled appointment will result in a full 100% charge of treatment.
- 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 Bioenergetic 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 ending with 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 a.m. until 5 p.m. Includes a variety of activities—use of the infinity pool, spa locker rooms, whirlpool, dry sauna and one \$125 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 spa credit. Spend a few hours before or after your spa service taking advantage of 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 Peppermint Zenergy Foot Care. 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.*

A person is lying on a massage table, receiving a massage. A therapist's hands are visible, applying a white cream or lotion to the person's back. The background is softly blurred, showing horizontal blinds and warm, natural light. A circular graphic with a scalloped edge is centered over the image, containing text.

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.

Travaasa® Custom Massage *(50 minutes – \$140, 80 minutes – \$190)*

Let our highly skilled massage therapists create the perfect blend of massage techniques to suit your needs. Customize your experience even further by choosing from the following organic aromatherapy massage oils: Balancing, Energizing, Relaxing, Romance, Warming, Fitness, Unscented Pure Jojoba.

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 relaxing Swedish massage enhanced by hot stones, soothing foot wraps, an herbal eye pack and relaxing herbal tea. Our sleepy time blend of essential oils will be used to guide you into a restful slumber. 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

During all Signature Treatments, recorded music from each artist is played for a total sensory experience.

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 Bioenergetic 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.

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.

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.

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.

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.

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.

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.



A person is lying on their back, and a therapist is applying a thick, green, textured paste to their upper back. The therapist's hands are visible, and they are wearing a dark grey short-sleeved shirt. The background is a lush forest with many trees and green foliage. A white circular graphic with a scalloped edge is overlaid on the image, containing text.

body treatments

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

Hill Country Honeybee Massage and Body Treatment (80 minutes – \$195)

Bee renewed! All stress and tension will melt away with this blissful organic massage and body treatment. Your skin will be nourished, moisturized and exfoliated with organic honey, ginger, and rosemary. Tension, sore muscles and stress will float away with our soothing bee propolis compress, followed by a myofacial massage using warm organic honey and ginger massage oil. A nourishing facial mask of royal jelly, bee propolis, jojoba and avocado oils completes this soothing and highly effective treatment. A portion of the proceeds will be given to the Texas Beekeepers Association

Ancient Purification (80 minutes – \$180)

This relaxing wrap eases your muscles and encourages the elimination of toxins, beginning 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. Light massage included.

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. Light massage included.

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 – \$50)

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. Choose a blend that suits you – *Stimulating*, a stimulating blend of rosemary and lavender or *Soothing*, a soothing blend of sandalwood and lavender.

Watsu® *(50 minutes – \$140)*

You will be fully supported while floating and moving through the water. Watsu's gentle and deep stretches take pressure off joints, freeing the spine, and allowing for greater freedom of movement and relief of tension.

Integrated Aquatic Bodywork *(50 minutes – \$140)*

Your session will include a variety of aquatic bodywork techniques. Healing Dance™ and Water Dance®, begin with graceful movement and stretches like Watsu®, with the option of gradually taking your session under water for a deeper, more dynamic experience. This session can be profoundly meditative and transformative.

**All sessions can be customized to address any physical concerns and conditions.*

***All sessions require swimsuits.*





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 a soothing blend of lavender and vanilla that smells as good as it feels.

waxing & tinting services

waxing

Lip	15 min – \$20
Brow	15 min – \$25
Brow & Shape	30 min – \$35
Chin	15 min – \$20
Face	45 min – \$60
Underarm	30 min – \$30
Bikini	30 min – \$45
Half Leg	30 min – \$60
Full Leg	60 min – \$95
Back	60 min – \$95
Chest	60 min – \$95

lash & brow tinting

Lash Dye	15 min – \$30
Brow Dye	15 min – \$30
Lash Dye, Brow Dye and Brow Wax	25 min – \$75

The background of the entire image is a warm, golden-brown color with a subtle, repeating geometric pattern of small squares or diamonds. In the foreground, there is a wooden tray with a scalloped edge. On the tray, there is a small, lit candle in a glass holder, and some dried lavender flowers are scattered around it. A white circular callout with a scalloped border is centered in the image, containing text.

boutique

After your treatment, add a little extra pamper by visiting our boutique, which offers an array of unique and eclectic gifts, clothing and *bijoux* you won't find anywhere else. And most importantly, Travaasa® spa gift certificates, so you can share the goodness with family and friends.



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