

Lake Austin Spa Resort Review

The Lake Austin Spa Resort is an idyllic escape, offering guests luxury services against the beautiful backdrop of Texas Hill Country. As soon as guests enter the resort, they are greeted by friendly, professional staff who are quick to answer questions and provide a high level of service at all times. Luggage is delivered directly to the rooms, and the welcome is an excellent example of the hospitality of the Lone Star State. The attentiveness to detail is what makes this resort exceptional, such as a personalized card and chocolate-dipped fruit upon arrival.

Rooms at the Lake Austin Spa Resort are cozy, elegant, and radiate southern comfort. Guests can luxuriate in the deep soaking tubs with a packet of lavender bath salts, then float away into blissful sleep on cloud-soft pillows and clean, crisp sheets. Room service is available, but the spacious outdoor seating and refined restaurant are hard to beat.

Wellness and Renewal

The resort keeps wellness and renewal as its focus. Plenty of opportunities to relax abound on its 19 cultivated acres; three pools, a hot tub, and both wet and dry saunas are on-site, and shady, winding paths lead guests through a garden of native plants.

Lake Austin is a choose-your-own-adventure if you seek active rest or deep relaxation. With more than 20 specialized activities and events, there is something for everyone. It offers indoor and outdoor fitness classes, including yoga, Zumba, and Tai Chi. For those wanting to go out on the water, the staff keep a variety of water equipment, such as paddleboards, kayaks, water ellipticals, and fishing gear. For a more laid-back stay, guests can attend guided meditation sessions, cooking, and photography classes. Comfy lounge chairs, dockside retreats, and pool pods allow guests to soak up the Texas sun.

Local Dishes with a French Flair

The resort includes all meals and a light afternoon snack. “Conscious cuisine” is the mantra of the executive chef, who seamlessly marries Texas favorites with an undeniable French flair from his native Paris. Diners are treated to such epicurean delights as cilantro-almond hummus, pan seared seabass, and a heavenly chocolate pot. The herbs and vegetables that grace the gourmet dishes come straight from the resort’s own organic garden. Plenty of fresh, seasonal fruit is available, along with an open coffee and tea nook.

The Spa

The Lakehouse is a world-renowned, multiple-award winning spa and more than 100 treatments grace the menu, with massages, facials, body scrubs, and myofascial release. Even though it has a wide variety of services, “exclusive” is their motto. It is the only location to offer The Regal by Valmont, and their spa shop includes products only sold in two other sites. Guests feel pampered with the gamut of river rocks, aromatherapy, and weighted blankets for ultimate comfort. Customized massages are perfect for athletes, expectant mothers, or those with

limited mobility. The Spa also incorporates Eastern influences, such as energy work, Tibetan singing bowls, and crystal therapy, which come from co-owner Mike McAdams' personal experience in an ashram.

The Best of Texas

The "Lake Austin" part of its name is a bit of a misnomer, as the resort is situated right on the banks of the Colorado River, but the clear, jade green waters and wall of rolling hills create a feeling of pleasant seclusion from the hectic, fast-paced world. Guests can listen to the song of cicadas while gently swaying in a hammock or watch the citrine warblers flit among the pecan trees along with garnet-hued dragonflies. The beauty of the natural landscape induces quiet reflection, and its quaint, rustic charm invites guests to slow down and take a deep breath.