

# 12 Destination Spas to Visit in the US to Recharge and Relax



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Image Source: Lake Austin Spa Resort

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## 5 Lake Austin Spa Resort (Austin, TX)

The [Lake Austin Spa Resort](#) offers a variety of fitness, cooking, and relaxation programs – all set against the stunning natural landscape of Texas Hill Country. Guests can hand-pick activities and classes – such as yoga on the deck overlooking the lake, candlelight meditation, paddleboarding, or indoor workouts – or opt for one of the weeks themed for a girlfriends' getaway, meditative and relaxing experience, or culinary adventure. Though overnight stays come with a treatment allowance, the fun isn't restricted to resort guests – the 25,000 square-foot [spa](#), which features a menu of more than 100 treatments, also offers treatment packages (or à la carte experiences) for day guests.