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## *THE 11 BEST LUXURY SPAS IN THE U.S.*

Self-care, but on *another* level.

By: [Valeriya Chupinina](#)

Adequate self-care is 100 percent necessary for the average human being. Unless you're part of the Avengers, a little rest and relaxation is going to dramatically improve your physical and mental well-being. A glass of red wine or a sheet mask is usually our quick go-to at home, but there are moments when we want (and deserve) to go big and \*splurge\*. Sometimes you just need someone else to give you a massage, steam your face, or bat you with a [banya broom](#). Basically, heaven is a day at the spa.

While a short facial or a quick dip in the sauna can be enough, a luxury spa experience takes your bliss quota to a whole new level. This type of swanky experience can take your self-care up ten notches. Remember, a little extravagance every now and then is a good thing. From a utopia in the middle of Utah to a wellness wonderland with a New York City skyline backdrop, check out our 11 favorite luxury spas below.

**LAKE AUSTIN SPA RESORT**

*1705 S Quinlan Road, Austin, TX, 78732*

Spa vacations seem to be the trend nowadays, and the Lake Austin Spa Resort is the crème de la crème of them all. Book a weekend away, and indulge in a full three days of relaxation. Join their sweat-inducing fitness program, have a taste of their conscientious cuisine, and enjoy spa services with a gorgeous view.