

## Spas To Try This Year

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Nothing says renewal like a good spa treatment. These seven resorts have top-notch wellness centers, so you can relax and rejuvenate on your next vacation.

# Austin, Texas



The property has an indoor heated Junior Olympic-length lap pool in the pool barn. THE LAKEHOUSE SPA

**Name of spa:** The LakeHouse Spa

**Where it's located:** Lake Austin Spa Resort in Austin, Texas

**Treatment to try:** This spa is the only location to provide The Regal by Valmont, a \$1,050 135-minute facial, created exclusively for the LakeHouse Spa. This European facial is the ultimate in anti-aging and cellular renewal.

**Good to know:** The 25,000-square-foot LakeHouse Spa offers treatments combining Eastern and Western menu items; men's and women's wet areas; an outdoor Palm Pool; a hot tub and cabanas; 30 treatment areas, including garden tents and suites; indoor heated Junior Olympic-length lap pool in the pool barn, and two acres of terraced foliage and aquatic gardens. Billy Yamaguchi, the founder of Feng Shui beauty visits the spa throughout the year, offering cut and color makeovers.

# Hudson Valley, New York



There are plenty of places to relax pre and post treatment. MOHONK MOUNTAIN HOUSE

**Name of spa:** [The Spa at Mohonk Mountain House](#)

**Where it's located:** Mohonk Mountain House in Hudson Valley, New York

**Treatment to try:** Contrast Hydrotherapy Massage focuses on contrast therapy, alternating between warm steam and cool water showers. The blend of plant extracts infused with CBD oil helps sore muscles and inflammation.

**Good to know:** The Spa at Mohonk Mountain House has recently undergone design enhancements, introduced new therapies, and opened its brand-new, open-air Lakeview Summerhouse. This outdoor sanctuary offers a unique setting for spa treatments, private mindfulness sessions, and yoga and meditation classes. The spa has 16 treatment rooms, relaxation verandas, a solarium, outdoor heated mineral pool, steam room, and sauna.



# San Antonio, Texas



La Cantera Resort & Spa in San Antonio, Texas is known for its Loma de Vida Spa & Wellness center. LA CANTERA RESORT & SPA

**Name of spa:** Loma de Vida Spa & Wellness

**Where it's located:** La Cantera Resort & Spa, San Antonio, Texas

**Treatment to try:** Well You Massage has custom-blended aromatic oils chosen by you to select the day's focus and intention. The take-home gift allows you to continue the focus at your home.

**Good to know:** Carved into the hillside with views of San Antonio's cityscape, the Loma de Vida Spa & Wellness includes a 25,000-square-foot indoor/outdoor secluded sanctuary overlooking fairways and wooded bluffs. The spa has 15 treatment rooms, including eight massage/body rooms, three facial rooms, two couples' suites, and two Sky Lofts. The Sky Loft are "spas within the spa" and are ideal accommodations for couples or small groups. An old-fashioned Cowboy bathtub and outdoor shower present a True-to-Texas experience. Outdoor treatment areas include three private garden cabañas and the Saline Grotto pool.