

——— Travel ———

Rejuvenate While Traveling at These 10 Luxe Destination Spas

Modern travel can be a stressful affair.

By Cailey Rizzo on January 31, 2019

From fighting traffic on your way to the airport to squeezing your way through unruly hordes of people at the boarding gate, there are more stressors than ever while you're in transit. So why not make your destination as relaxing as possible?

There are [few vacations more relaxing than a spa retreat](#), but just because you're being pampered doesn't mean you can't be active or learn about a new culture. Some of the world's finest spas have incorporated local nature or traditional healing techniques into their offering so travelers can get a sense of the destination's culture while they're on the massage table.

From Native American sage burning in Utah to restorative blends of herbs in [Japan](#), local healers are transforming spa retreats into unforgettable cultural affairs. Indulge yourself while imbuing your destination at these globally-renowned spas. You could come back so relaxed you might not even mind airport security on the return trip.



Courtesy Lake Austin Spa Resort

Lake Austin Spa Resort, Texas

It may be only about a half-hour outside of downtown Austin, but the [Lake Austin Spa Resort](#) feels like a world unto itself. The retreat has been a tranquil escape for Texans since the 1940s. And, because this is Texas, the menu selections are bountiful. There are more than 100 different treatments guests can select over the spa's 25,000-square-foot space. But there's plenty to do outside the treatment rooms. Guests can take advantage of the lakeside location and kayak or test core strength with paddleboard yoga. But it will likely take a lot of energy to get out of the California king plush beds in the morning.