

LIFESTYLE // LUXE LIFE

## 10 amazing spa resorts and wellness getaways around the world

Yoga in India, spirituality in Sedona or hot-spring healing in Austria? Take your pick with our hit list

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Lake Austin Spa Resort

Photo: Lake Austin Spa Resort

In a world rife with external noise, oftentimes, we can barely hear our internal song - let alone realize how much we need interior harmony. It's never too late to start listening, though. Getting away from the bustle can help. Want to let the banter of technology, stress and gross abundance dissipate for a spell? Find illumination - or just some classic rest and repose - at these destination spa resorts, 10 of the best wellness getaways across the globe.

## *Lake Austin Spa Resort*

### *Austin*

Edged by a verdant nature reserve on the banks of the Lake Austin, this easy-to-reach retreat has a casual sophistication with a design-minded lakehouse vibe. Check into one of 40 rooms with a view, then explore 19 acres that include boat docks and water toys galore (stand-up paddleboards, kayaks), hammocks strung between trees, several swimming pools, an organic garden, high-tech gym, pathways to hike, two restaurants and an expansive spa complex offering 100-plus treatments, from wraps to energy work. Healthful meals, dozens of fitness classes, cooking courses and wellness seminars are included in the price. The best way to arrive with friends: the resort's new boat taxi service from central Austin. *\$1,785 for a three-day stay (spa services a la carte); [lakeaustin.com](http://lakeaustin.com)*



Lake Austin Spa Resort

Photo: Lake Austin Spa Resort, President

