

Priceless pampering Austin spas offer treatments that meet all budgets

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After a stressful project, a company merger or a major presentation, nothing smoothes out the bodily aches and kinks like a spa treatment.

Simply visiting The Crossings Spa and Wellness Center, which sits high on a ridge overlooking Lake Travis and the Balcones Canyonlands Preserve, will recharge the weariest executive. Yet, add classes on subjects from natural gardening to Spanish to business mediation, and your spa vacation can be productive and educational too. The Crossings' spacious, well-appointed accommodations and full-service spa are icing on an already rich cake.

According to Spa Manager Elaine Agee, the most unique treatment at the spa and wellness center is watsu, a massage that takes place as the client floats and relaxes in a pool. A 50-minute watsu is \$95.

The Crossings also offers Batujamu, and East-meets-West blending of Asian spa rituals. This session begins with a massage. The massage therapist then applies and removes a body scrub, such as Thai lemon-grass coconut, using hot stones. After a shower, a lotion application with stones completes the treatment. This 80-minute treatment is \$135.

Spa treatments are available a la carte and include time before or after the treatment to relax and lounge on the grounds of the spa. Lodging packages start at \$1,015 per person for four nights and

include gourmet meals; use of lap pool, hot tub, sauna, steam room, and hiking trails; optional classes in yoga, movement and meditation; sampler workshops and evening entertainment; and two 25-minute, two 50-minute and one 80-minute spa treatment or specialty spa package.

Those on a stricter budget can sign up for a 25-minute massage for \$45, or a half-hour herbal or sea scrub body wrap, or an aromatic body polish for \$50 – all of which include use of the grounds.