

An Elite List of Healing Destinations Both Near and Far

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Wellness Center and Spa at Omega at The Crossings Austin

Think of The Crossings as a spa for the soul. Ensclosed in an architectural marvel, made to blend with its supreme site at the top of a hill, the retreat center and its spa exude regeneration. Come here to take yoga, commune with a mystic or study psychology. Then indulge your body in the Balinese massage that summons solace from within.

www/omegacrossings.com

BEST WATSU

Wellness Center and Spa at Omega at The Crossings,
13500 FM 2769, 258-7243

Tired of traditional massage? Time to enter the serenity of the Watsu tub, overlooking the lake, in the Wellness Center and Spa at Omega at The Crossings. This progressive learning center for the mind, body and spirit nurtures stressed out souls with an aquatic massage that can't be beat. This water treatment, essentially a gentle, underwater massage, is like floating in the comfort of the womb. Your mind will expand even as your body releases every bit of its tension.