

Healing Lifestyles & Spas

Bernard Burt's Best

CROSSINGS

Texas Hill Country Crossings

New Age meets Texas Hill country atop a hill near Austin. The Crossings, a country retreat for rest and renewal, brings together programs from New York's Omega Institute and a Texas-style spa. Opened last summer, its look is rustic but The Crossings sets a new standard for lifestyle learning. Omega, known for pioneer work in the Human Potential movement of the 1960s, comes south with a full roster of motivational speakers and wellness experts.

Surrounded by a nature preserve, The Crossings is abloom with wildflowers between March and October; birders thrill to sightings of red-tailed hawks, great blue herons, and the endangered golden-cheeked warblers. Trails wind among groves of junipers and oaks, linking residences, activities, and the spa and meditation/movement studio in an intimate village. From the dining hall terrace you glimpse lakes amid canyons and forested hills. There's a café for conversation and TV viewing (rooms don't have television or mini-bar), library, and theater. Co-founders Ken and Joyce Beck envision The Crossings as a sanctuary where people can learn new skills, find inspiration, and life direction. Naturally, the spa provides multicultural rituals such as Ayoma Ayurvedic Remedies, Jamu Asian Spa Rituals, and European Kneipp Kur, plus an infinity-edge swimming pool, saunas, and massage. Best of all the alfresco Watsu pool For more information visit www.thecrossingaustin.com.