

SPA VACATIONS THAT WON'T BREAK THE BANK

# Spa

Healthy Living,  
Travel & Renewal

**INSTANT  
INDULGENCE**  
15 EXPRESS  
TREATMENTS

5 minutes  
to a better  
relationship  
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**32** dreamy  
summer  
escapes

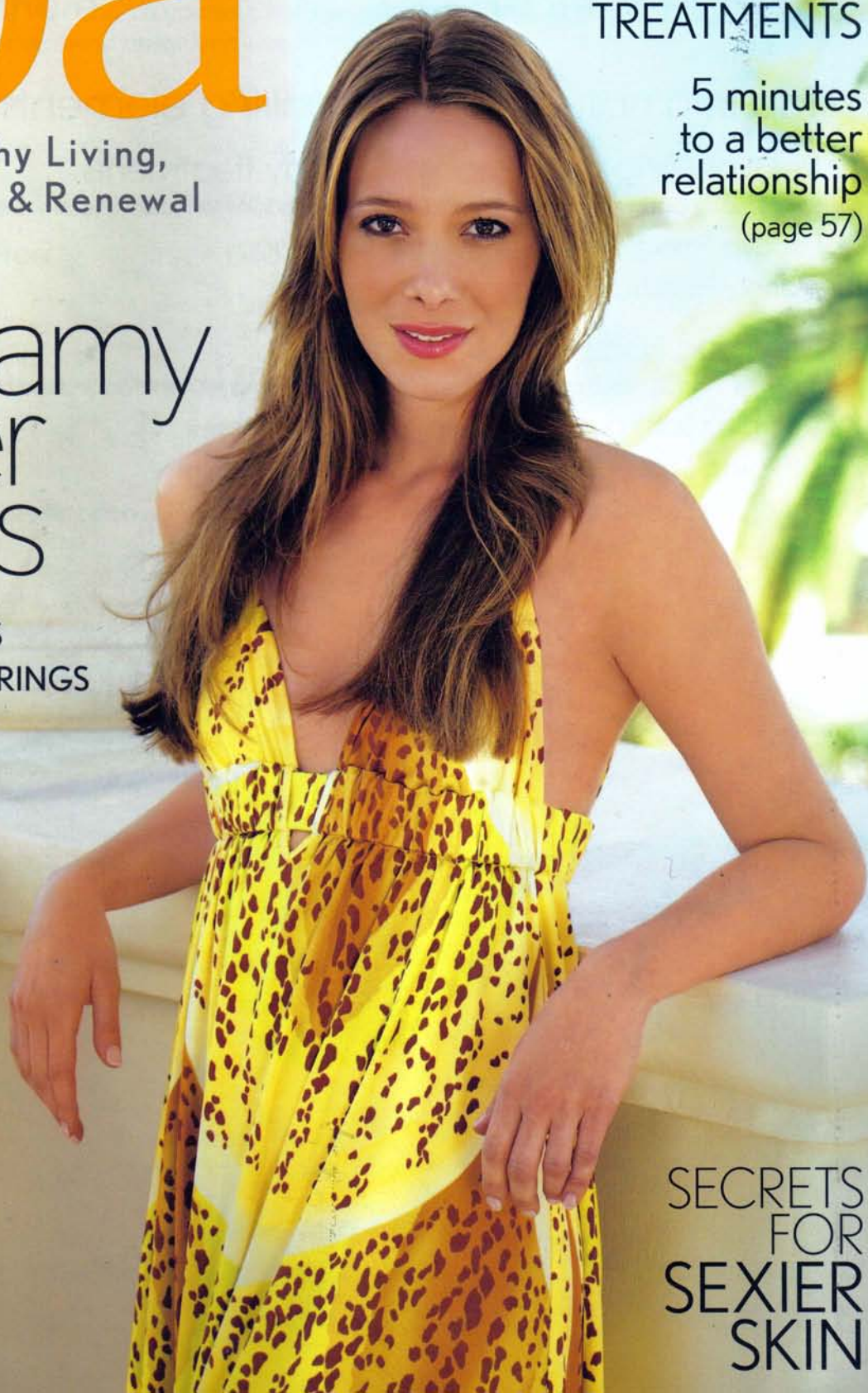
- RELAXING HIDEAWAYS
- NATURAL MINERAL SPRINGS
- COOL URBAN OASES

**+**  
TEMPTING  
NEW SPAS IN  
HAWAII

AUGUST 2008 U.S. \$4.99



SECRETS  
FOR  
SEXIER  
SKIN





## the texas treatment

ABOVE, FROM LEFT: Relaxation comes easy in The Spa at Four Seasons Hotel Austin; the party room at Spa Jane can be yours for an hour or the afternoon; lunch is served in Hotel Galvez's Meditation Garden.

Like a blast of fresh air, the latest spas in Texas are providing a sanctuary from summer's steamy heat. Of the newcomers, the largest in size and scope is **The Ritz-Carlton Spa, Dallas**. Book one of the spa's Intraceuticals oxygen facials (from \$150, 50 minutes), which infuse the skin with vitamins to leave it taut, and friends will wonder "Did she or didn't she?" about the origin of your youthful glow. Also in Dallas, **The Spa at the Stoneleigh's** Jet Setter Recovery RX (\$110, 50 minutes) takes care of frequent flyers by soothing away travel fatigue and jet lag. Ahh, bliss.

Your in-seventh-heaven face will give away that you've taken **The Spa at Four Seasons Hotel Austin's** signature Lavender-Lemongrass Journey (\$240, 110 minutes). It starts with a sea-salt exfoliation followed by a fragrant, hydrating lavender-lemongrass body butter wrap and then a head-to-toe massage. Afterward, sip cucumber water on the hotel terrace and watch waterskiers skitter across Lady Bird Lake. You'll agree downtown's first hotel spa was worth the wait.

Looking for a venue to visit with your friends? San Antonio's **Spa Jane** is a sparkling choice, with its trendy citrus-hued decor and side-by-side spa pedicures (\$60, 60 minutes). Start with bubbly suds to soak your tired soles

followed by sloughing cream to soften your calluses, a sugar polish to smooth your skin, and, finally, a leg and foot massage with a lotion scented with calming mandarin-vanilla or energizing eucalyptus-mint. You just may wind up too relaxed for words.

If you crave personal renewal — and the solitude it requires — head to **The Spa at the Hotel Galvez** for a Remineralizing Body Wrap (\$110, 50 minutes) to restore your skin and spirit. After a thorough exfoliation, your body is enveloped in a warm aromatic gel of seawater and ylang-ylang essential oil that contains 104 trace minerals; a sumptuous cream then seals in moisture. Finally, sip some tea in the Meditation Garden or sink into serenity in the spa's relaxation room as a heated, lavender-scented neck wrap lulls you to sleep. Now, your spa trip complete, you're ready to lasso the rewards of this great state. MICHELE MEYER

FOUR SEASONS HOTEL AUSTIN, TEXAS, (800) 819-5053, [FOURSEASONS.COM](http://FOURSEASONS.COM); FROM \$320 PER NIGHT

HOTEL GALVEZ, GALVESTON, TEXAS, (877) 999-3223, [WYNDHAM.COM](http://WYNDHAM.COM); FROM \$119 PER NIGHT

THE RITZ-CARLTON, DALLAS, (800) 542-8680, [RITZCARLTON.COM](http://RITZCARLTON.COM); FROM \$329 PER NIGHT

SPA JANE, SAN ANTONIO, TEXAS, (210) 495-5263, [SPAJANE.COM](http://SPAJANE.COM)

THE STONELEIGH HOTEL & SPA, DALLAS, (800) 921-8498, [STONELEIGHHOTEL.COM](http://STONELEIGHHOTEL.COM); FROM \$215 PER NIGHT