



Photograph: Courtesy Milk + Honey

The best spas in Austin

Rejuvenate at the best spas in Austin with a relaxing massage, scrub, facial, or manicure. Go on, you deserve it.



Written by [James Wong](#) Contributor [Anastacia Uriegas](#) Tuesday July 5 2022

Exploring all the [best things to do in Austin](#) often leaves a dire need for quality spa time. [Live music venues](#), [rooftop bars](#), and [hiking trails](#) burn a lot of energy, after all. A great thing about Austin is the variety of [R&R experiences](#) that can be enjoyed. Start with the big spa [resorts](#), where you can check-in and spend the entire [weekend](#) basking in outdoor infinity pools, holistic treatments, and nutritious [meals](#). How about the fabulous day spas [downtown](#), where you can pop in for a specific focus via a manicure, pedicure, or caviar facial? And if you're up for something out of the box, why not try Infrared sauna, compression therapy, and an IV drip for a boost (yes, you can do these all in one session!), and it ain't Texas without rhythmic horse riding. We've rounded up the best spas in Austin to help soothe yourselves inside and out.

Best spas in Austin



Photograph: Courtesy Milk + Honey

1. milk + honey

Shopping

Cosmetics

Downtown

\$\$\$\$

Located in the bustling 2nd Street District in Downtown Austin, milk + honey is the gorgeous, modern spa of your dreams. If you're in town for a special event and looking your best is a priority, this is where you want to go. An acclaimed stop for lashes, manicures, pedicures, waxing, gentle/effective facials, and so much more, the spa offers a variety of services and packages. The massages are a treat, thanks to superbly skilled staff, whether you go down the deep tissue, sports, pre-natal, or specialty routes. If you're in company, the couple's signature is the place to start; a Swedish massage that focuses on relaxation and stress relief...and there is a large open lounge to download with tea and goodies after. With this, you can also upgrade to deep-tissue for just \$10. If you can stand the intensity, that is.



Photo courtesy James Baigrie

2. Miraval Austin

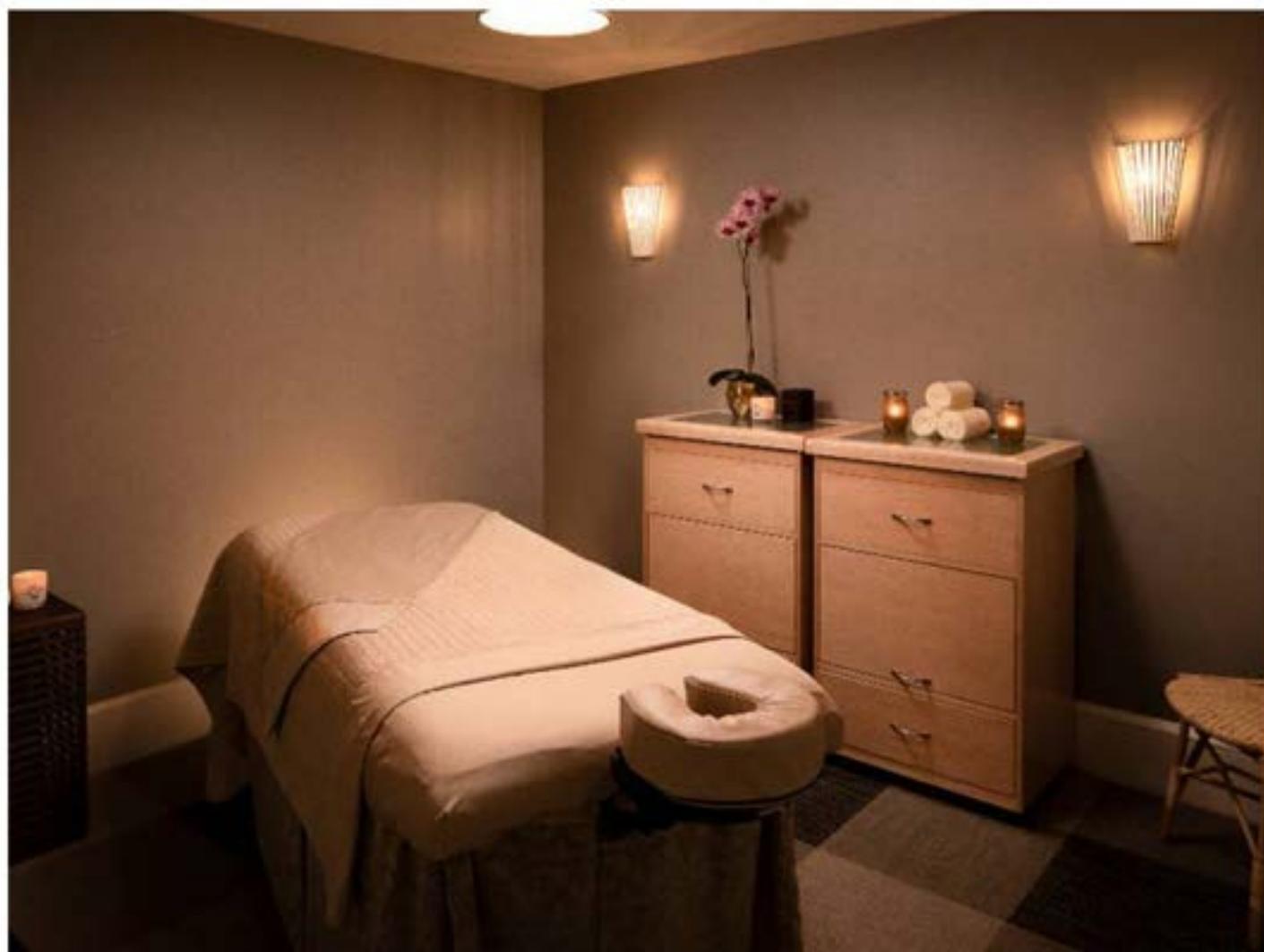
Miraval on your wishlist, but not keen on leaving the kids overnight? Good news—you hide out there for just the day. Austin's top wellness wonder currently offers [day packages](#), including the Relax & Renew Escape, which includes resort credit, lunch from their farm-to-kitchen restaurant, full access to the spa, gym, kitchen workshops, and unlimited participation in daily activities. Try an unforgettable equine experience with their resident horses out on the farm, then reward yourself with the ginger renewal treatment back in the spa—the scrub leaves skin soft and polished. Be sure to enjoy the 220 acres of lush protected land Miraval occupies, whether taking a dip in an infinity pool or simply going for a sunset stroll on one of the hammock-dotted trails. [ResortPass](#) subscribers will also find Miraval Austin on the day pass list.



Photograph: Courtesy Restore

3. Restore Hyper Wellness

Fitness junkie? Restore's [South Lamar studio](#) is up your alley. The Austin-born center offers all the cutting-edge health and wellness treatments that half of the Olympics (and Hollywood) communities swear by, formed by local triathletes who wanted to bring such A-List experiences to the public at an affordable price point. There's Cryotherapy, a blast of sub-freezing temperatures to soothe pains, reduce inflammation and leave gym bunnies ready for another weights session. Infrared Sauna Therapy uses infrared light to heat the body rid of toxins, cleanse the skin and increase circulation. For that pampered effect, try the futuristic Hydrafacial, a non-invasive extraction and exfoliation that utilizes lush serums for a radiant finish you'll notice right away, and if you want to feel as good as you look, choose from their detailed IV drip menu and get an internal boost of essential vitamins, nutrients, minerals, and amino acids.



Photograph: Courtesy Hotel ZaZa

4. ZaSpa

Small in size but mighty in effect, ZaSpa, on the ground floor of Austin's lively [Hotel ZaZa](#) is a charming celeb-style (if their hallway portraits are anything to go by) hideaway. The number of treatments on offer is extensive, including a range of facials, wraps, and romantic rituals for couples featuring side-by-side foot soak, hot oil scalp massage, and shea butter wrap. If you've hit the live music scene a little too hard the night before, wake up with the recovery massage—a deep tissue with Theragun pulses designed to kick start that circulation. It ends with hot towels and a minty alpine arnica oil that soothes the skin and muscles, resulting in a natural state of bliss for the rest of the day.



Photo courtesy Viva Day Spa

5. VIVA Day Spa

If you're itching for a high-end spa experience for the day, try VIVA Day Spa (voted *Best Skin Care in Austin* by locals, don't ya know). You'll be greeted by smiles, a golden "honeycomb" facade, and a decompression room featuring a wall made of Himalayan sea salt, renowned for its purifying qualities. One of VIVA's most popular packages is The Delicious Duet. It includes basically everything: decompressing in the sauna with cool peppermint towels, Swedish massage, body wrap, full-body dry-brush exfoliation, hot herbal steam towel treatment, warm cocoa butter hand treatment, mint scalp treatment, warm sugar foot scrub, and a serving of hot spiced chai and chocolates (pew!). If you're strapped for time but need a pick-me-up, opt for the VIVA Fountain of Youth Facial, a combo of vitamin C and B5 serums, dual-task masks to fight wrinkles, and cleansers, toners, and moisturizers that will leave your face and neck dewy and hydrated. VIVA also offers waxing, natural nail care, and treatments tailored specifically for [men](#).



Photograph: Courtesy JW Marriott

6. Spa by JW

Downtown's JW offers Marriott loyalists an elevated experience, thanks to a superb fifth floor comprising a VIP executive lounge, rooftop pool, and spa. With a clientele heavy on business, the spa caters to both the time-poor and time-rich. At the reception, you'll find two dedicated express spa suites designed for 30-minute treatments like tension relief massage or restorative foot massage. Meanwhile, retreating around the back leads you to nine treatment rooms, a relaxation lounge, and changing facilities for those wishing to partake in full-service treatments. Go for the Ultimate Aromatherapy Experience for a head-to-toe sensory journey infusing a personalized blend of powerful therapeutic essential oils, available solo and as a couples session. Spa by JW also has four pedicure stations and two manicure stations.



Photograph: Molly Winters

7. Hiatus Spa + Retreat

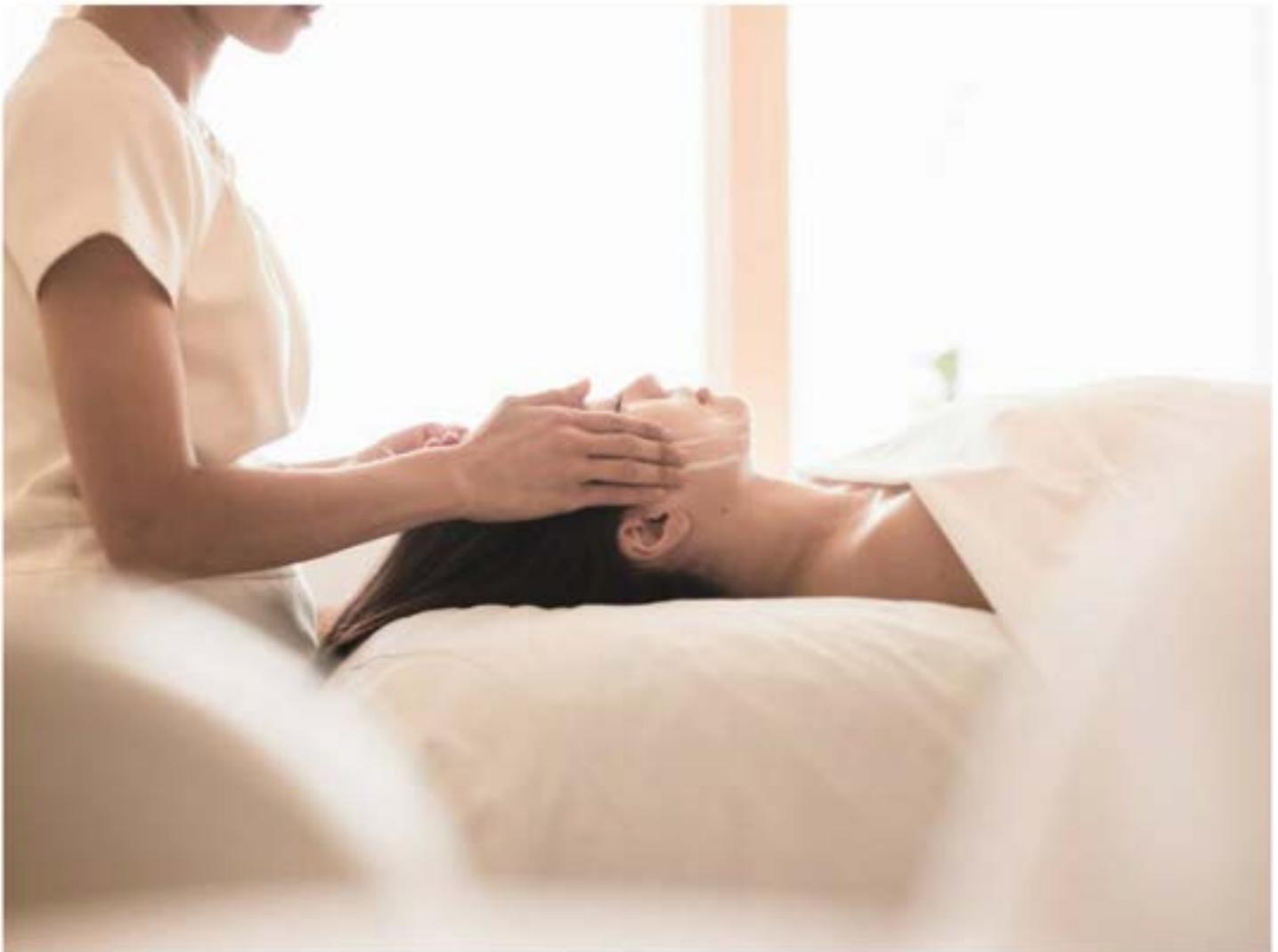
Shopping

Cosmetics

Old West Austin

\$\$\$\$

Hiatus Spa + Retreat is a full-service spa with seven locations across Texas. The interior design is striking and modern without being clinical; varying wood tones, philodendron leaves in chic vases, and West Elm textiles provide texture and warmth throughout the space. Hiatus recognizes regular relaxation as an integral part of a healthy, happy lifestyle by offering a monthly membership option with an impressively long list of perks, including the Monthly Retreats. This cult-favorite features hand-picked seasonal ingredients incorporated into every body polish, massage, and accompanying cocktail. Sign us up!



Photograph: Courtesy Four Seasons Austin

8. Spa At Four Seasons Hotel Austin

Hotels

South Congress

\$\$\$\$

The Spa at Four Season Hotel Austin is known for its unrivaled guest experience, revitalizing eucalyptus-infused steam rooms, and sumptuous treatments for both men and women. Go head-to-toe with the Four Seasons Sensory Experience—a mix of aromatherapy, acupuncture, acu-flex, and energy balancing Chakra techniques, plus detoxifying dry body brushing and full-body massage using local river stones. Alternatively, focus on the face with their ultra-luxe Caviar Anti-aging Facial, which uses caviar proteins to firm, tone, refine and hydrate the face and neck. Their beautiful Himalayan Salt Wall is the perfect post-treatment stop from which to unwind at.



Photograph: Courtesy Austin Ashiatsu

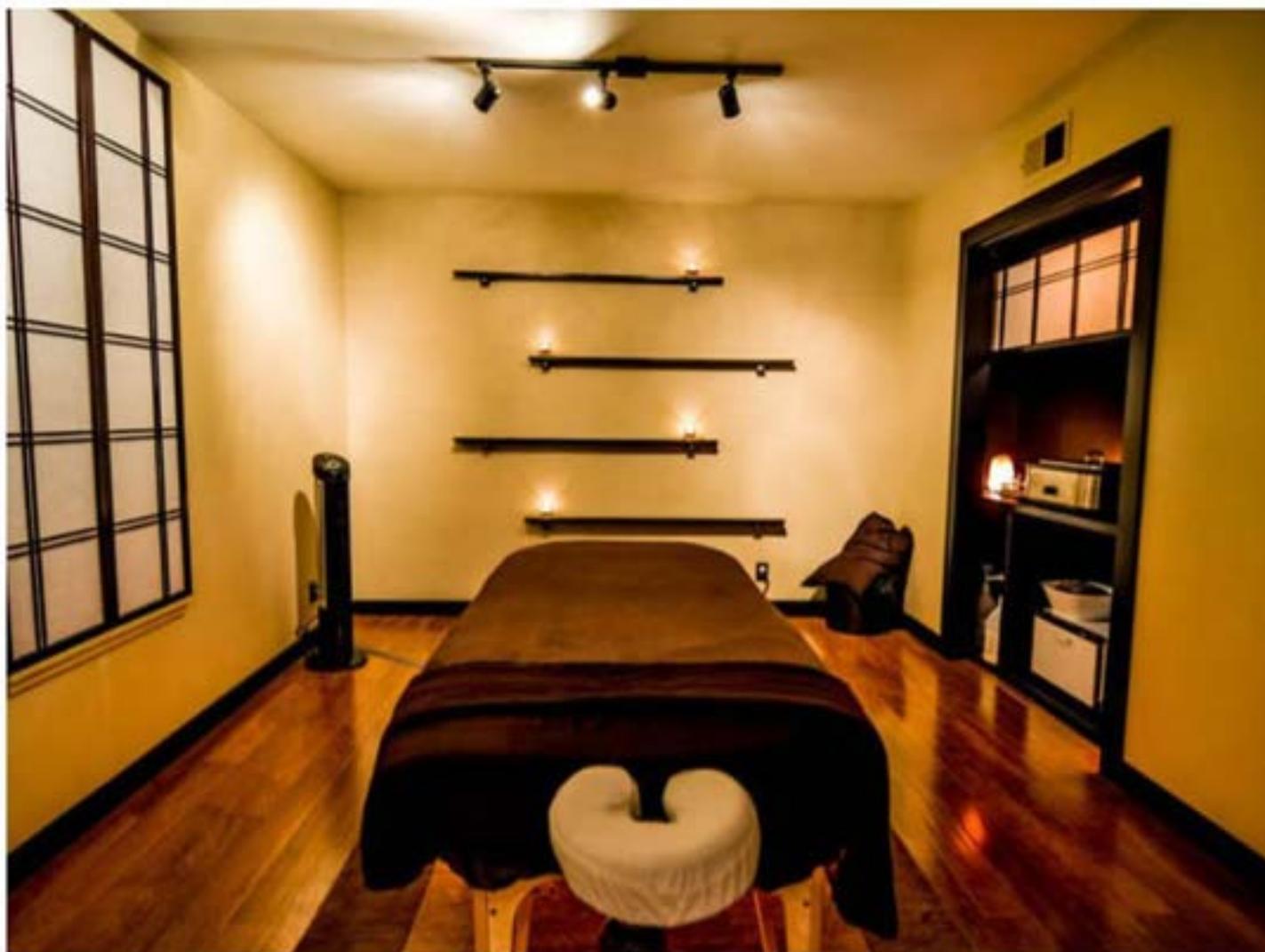
9. Austin Ashiatsu

Shopping

East End

\$\$\$\$

Austin Ashiatsu ("foot pressure") is one of the city's best-kept secrets. Balancing themselves and distributing pressure by holding onto ceiling-mounted bars, the therapists literally "iron out" muscle fibers from end to end, a process that helps release toxins and allows fresh blood to enter and rejuvenate the tissue. If you have muscle tension from sports injuries or being hunched over a desk every day, this technique is highly beneficial. Following Eastern practices, they also practice cupping, in which small glass cups are placed on muscles and suctioned.



Photograph: Courtesy Zen Blend

10. Zen Blend Mind + Body Spa

Health and beauty

Spas

Ford Oaks

\$\$\$\$

Zen Blend Mind + Body Spa is locally owned and operated by a family of therapists and has been in business for over 20 years. The quiet, low-lit waiting and treatment rooms glow with tranquility. Unlike many other spas in Austin, Zen Blend does not offer nail, waxing, or facial services but focuses on providing the most relaxing and therapeutic massages possible for fantastic prices. We recommend the 2-hour True Peace Spa Package (\$160), which includes a private infrared sauna session, hot stone zen massage on a healing, amethyst bio-mat, hot steam towels, herbal hot packs, a peppermint foot massage, aromatherapy and tea, and chocolates. Zen Blend also offers floatation therapy, where guests literally float in warm water and dissolved Epsom salt. The salt makes the water so dense that you simply float on the surface without effort. Deep relaxation encourages healing, pain relief, enhanced blood flow, and a release of natural endorphins.