



Photo courtesy James Baigrie

The best spa hotels and resorts in Austin

For facials, massages and wellness services, relax and unwind all weekend at the best spa hotels and resorts in Austin



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

Austin's undoubtedly become the best [place](#) in Texas for plush spa [hotels](#) and resorts. Yes, the city is better known for sweaty festivals and greasy barbecue...but did you know that feel-good businesses are popping up all over the place right now? Stroll around downtown, and you'll see bodies clad with yoga gear in the Seaholm District, a sparkling new Barry's on 2nd, and vegan nosh everywhere. The wellness scene is booming, and if you're looking to fully immerse yourself, one of Bat City's gorgeous spa [boudoirs](#) may just be what the therapist, life coach, nutritionist, or trainer ordered.

You can go down one of two delicious routes—[head to the hills](#) and escape at a spa resort; many are all-inclusive and offer breathtaking views of the Hill Country. Or stay downtown, in the heart of all the [action](#), but sporadically retreat to a cavern of whirlpools, candle-lit treatment rooms, and plant-forward [dining](#). We've plucked six of the [finest](#) overnight wellness offerings in Austin right now, so you can experience blissful R&R the Texan way.

Best spa hotels in Austin



Photo courtesy James Baigrie

1. Miraval Austin

A 30-minute drive from downtown leads you to Austin's premier spa resort, a dream destination overlooking Lake Travis and perched upon 220 acres of lush protected land. Stash away devices and get comfortable in one of 117 zen guest rooms and suites before browsing the extensive list of activities offered by the resort ranging from fitness, yoga, and meditation, to culinary, equine, and art. Our recommendations include cardio drumming, a bouncy way to break a sweat, and the unique equine session, unforgettable learning with Miraval's resident horses. Your stay at Miraval includes a full board of nutritious meals and beverages from Crossings Hilltop Kitchen, the adjoining café/bar, and the poolside café (many ingredients used are plucked from their on-site farm). Tips aren't accepted either, so headspace can be reserved solely for mindfulness. Add that to gorgeous natural surroundings, blissful wellness experiences, and food that makes you feel good inside and out, and you'll leave a whole new person (basically, there's no turning back). Complimentary shuttles and valet are included, while optional treatments, activity upgrades, alcoholic beverages, and boutique shopping are available at extra cost.



Photograph: Courtesy Omni Barton Creek Resort & Spa

2. Omni Barton Creek Resort & Spa

Hotels

West Oak Hill

10 miles outside the city lies the Omni Barton Creek Resort & Spa, a tranquil hotel popular for its golf course. There are four different championship courses comprised of challenging holes and scenic views, but if you need a break from practicing your swing, Omni's spa is the next best place to be. They have everything from holistic treatments and guided meditations to services like the Barton Springs Massage (version of a Swedish Massage), or the Himalayan Salt Stone Massage, where heated mineral-rich stones are applied with traditional techniques for joint relief, deep relaxation, and an energy-lift. The Hydrafacial is one of our faves—just 30 minutes with a therapist, and their super serums can make a noticeable difference in your skin's elasticity, tone, and firmness (perfect if hitting up a red carpet back downtown). Remember to fuel up at the Spa Creek Cafe; full of healthy grub, including salads and delicious crudité (it is all in the roasted garlic hummus), then continue the wellness in your spectacular suite overlooking their scenic grounds.



Photograph: Courtesy W Austin

3. W Austin

Hotels

Warehouse District

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While the W's spa offers a welcome respite from downtown's noise, the fourth floor is ironically also where it's most happening. The AWAY Spa is a heavyweight in this modern luxe hotel, with all the means for detox to 'retox' (as their saying goes). There are seven spacious treatment rooms, and we highly recommended their massages customized with add-ons. For example, a new cupping therapy will bolster your detox for \$40, giving you a unique sensation of push and pull that's unlike anything you've ever felt. Those retreating to their rooms or suites can continue the R&R in a deep soak bathtub, otherwise, there's always the pool, one of the sexiest downtown. Where to retox, we hear you ask? Well, you might as well stick around and get ready at AWAY's salon—there are complimentary mimosas! Then there's the Living Room bar, a top spot for making bad decisions; TRACE restaurant, which hosts the most famous drag brunch in the city; or back on the WET deck at sunset. Go loco.



Photograph: Courtesy Four Seasons Austin

4. Four Seasons Hotel Austin

Hotels

South Congress

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Nestled against the Lady Bird Lake hike and bike trails, the Four Seasons Hotel Austin is a perfect gateway to one of the city's most iconic natural amenities. Known for its unrivaled guest experience, the spa includes revitalizing eucalyptus-infused steam rooms and treatments ranging from HydraFacials to Aromatherapy massage. Our pick is the Ultimate Caviar Anti-Ageing Facial because why go to a spa if you're not going to treat yourself? The session features Kerstin Florian's luxurious product line and utilizes the power of anti-aging caviar proteins to firm, tone, refine and hydrate the skin on your neck and face. When you're done, relax with herbal tea by the Himalayan salt wall in the spa's relaxation lounge, and then wander the Four Seasons lush garden before retreating to your lake view suite.



Photograph: Terry Vine Photography

5. Lake Austin Spa Resort

Hotels

Spa hotels

Greater Austin

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With 40 rooms to its name, Lake Austin Spa Resort is an intimate, secluded hotel on the shores of Lake Austin, just 30 minutes from downtown. It's a place to get away from it all when you need some quality self-care—like trying one of the resort's 100+ spa treatments, ranging from ayurvedic panchakarma and facials to energy balancing. They have several services focusing on Eastern influences (including Thai massage and Chakra balancing) and offer day packages if you can't decide on just one treatment. Overnight guests will encounter an all-inclusive experience with healthy and nutritious meals in the resort dining room, chef-led cookery classes, plus a variety of physical activities ranging from fresh air yoga out on the dock to aqua fitness sessions in the pool barn. Those seeking a break from all that goodness can choose to end their trip with an indulgent wine cruise for an additional fee. Yes, wine cruise.



Photograph: Courtesy Fairmont Austin

6. Fairmont Austin

Hotels

Spa hotels

Convention Center District

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With 1,048 rooms and suites, towering views of Lady Bird Lake, and five acclaimed restaurants and bars in the building, Fairmont Austin's got pretty much everything you could need from a downtown stay. What makes it extra special, though, is the newly reopened [spa](#): comprising nine treatment rooms, women's and men's solariums, saline soaking pool, eucalyptus steam grotto, European dry heat sauna, nail studio, and VIP couples suites...this spacious retreat can fill up a whole days worth of pampering. If you've just landed from a long flight, go for the Colorado Hot Stone Massage to encourage circulation and enhance with an invigorating body scrub for an additional \$50. Tip: fuel up on fresh-pressed juice and acai smoothie bowls at [Revue](#) on the ground floor before checking in to the spa...and balance its goodness out with Champagne between treatments.