

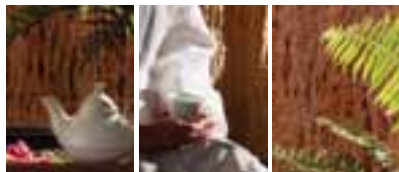
A close-up photograph of a woman's face in profile, looking down as she cups her hands together to catch water. The water is dripping from her hands. The background is a bright, clear blue body of water under a sunny sky. The overall mood is serene and refreshing.

three  
Springs  
Spa

at Barton Creek Resort

M I N D   B O D Y   S P I R I T





## Quieting the Mind, Healing the Body, Renewing the Spirit

Three Springs meet at Barton Creek Resort, forming a powerful synergy of balance and wellness. We've taken advantage of the flowing waters and transformed them into a retreat like no other. Experience uncommon body and skin therapies, expert fitness instruction, guided stretching, meditation and fresh spa cuisine.

Let the Hill Country surround and nourish you. Welcome to Three Springs Spa.

### A flowing limestone wall beckons you to a rare natural sanctuary

Never has the healing power of water felt so evident as when you escape to the astonishing centerpiece of Three Springs Spa. Pure spring water trickles over the timeworn surface of this recently uncovered wall, leaving calcium-rich deposits and creating a calming, cavernous escape.

### The Tranquility Ritual

This unique haven creates the ideal atmosphere for you to unwind before your therapies in the spa.

Choose your spa ritual. Sensory Ayurvedic oils have been carefully selected to parallel with the intent of your service.

**FLOW** – instills clarity

**GLIDE** – inspires renewal

**DRIFT** – promotes muscle comfort

**RUSH** – encourages vitality

**CLEANSE** – relieves stress

Your experience begins with three cleansing breaths. Then, a Marma point massage for the face stimulates points that correspond to the body's seven chakras. The vibrations and healing sound of ancient singing bowls help to alter consciousness, creating a deep sense of inner peace. Flowing massage techniques, in rhythms of three, are applied to specific areas of the body. 25 or 50 minutes

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## WATER THERAPY

Experience the restorative power of Earth's purest element

### Pre-spa Hydrotherapy

Immerse yourself into this progressive combination of water-based treatments, designed to maximize the benefits of spa services. Soak in the whirlpool where warm water massage stimulates the body, releasing stress and increasing circulation. Enter the eucalyptus filled steam room to refresh the spirit and find clarity of mind. The steam relaxes stiff joints and muscles, cleanses the skin, eliminates toxins and boosts the immune system. Or, unwind in the dry sauna\*, to prepare the skin, muscles and inner soul for the deeper therapy to come. Complimentary when you book a spa treatment or ritual.

*\*Only available in the Ladies' relaxation area.*

## BODY TREATMENTS

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All of our scrubs are created in-house by hand on the day of your service.

### **Hill Country Lavender Essence**

Locally farmed lavender is paired with salt to exfoliate the body and awaken the senses. Finished with a full-body massage, using infused lavender oil.

80 minutes

### **Rosemary Salt Scrub**

Refine the skin's surface with a combination of salt, fresh rosemary and citrus oils. The experience concludes with an application of rosemary-infused lotion to relieve congestion caused by allergies and respiratory infections.

50 minutes

### **Limestone Enriched Mud Detox Wrap**

A revitalizing mud treatment designed to refresh the entire body. Nutrient-rich mud helps re-mineralize, exfoliate and detoxify the skin. An indulgent application of soothing body cream and a scalp treatment completes the experience.

50 minutes

### **Grape Seed Body Scrub**

An invigorating scrub that exfoliates the skin with local grape seeds from the Hill Country's beautiful wineries. Grapes grown in enriched limestone soil have nutrients that help restore and revive the skin. Followed by an application of orange citrus body balm.

50 minutes

### **Mexican Chocolate Cayenne Scrub**

This service is a gentle exfoliation of crushed chocolate, cayenne pepper and vanilla coffee beans. Your skin is then lathered with vanilla body butter. Chocolate, high in antioxidants, and cayenne pepper, used for centuries to alleviate pain and discomfort, combine to make this treatment uniquely rejuvenating.

50 minutes

## MASSAGE THERAPIES

### **Signature Rainfall Treatment**

Begin with a 50-minute massage followed by an invigorating body brush. Then receive a stimulating herbal scalp treatment. Flowing water from the Vichy showers drenches your body and renews the skin.

80 minutes

### **Cascading Therapeutic Massage**

This Swedish-style massage promotes deep relaxation using long strokes and kneading of the superficial muscles. Medium pressure is applied.

50 or 80 minutes

### **Deep-Tissue Massage**

This is a firm massage that combines a wide variety of techniques to target chronic muscle tension. Many enjoy the intensity and beneficial muscular releases specific to this approach.

50 or 80 minutes

### **Stone Massage**

This form of body work brings relief to stiff and sore muscles using warm stones. Alternating between the warm and hot elements provides a heightened sense of inner peace and balance.

50 or 80 minutes

### **Essential Oil Massage**

A healing massage using aromatherapy oils to stimulate the body's own healing system and to calm the nerves. Unique blends are designed to relieve chronic patterns of stress and to soothe and energize aching muscles.

50 or 80 minutes

### **Prenatal Massage**

This side-lying full-body massage encourages relaxation during pregnancy. Please consult your doctor before scheduling a massage.

50 or 80 minutes

### **Reflexology**

Reflexology stimulates full-body health and effectively relieves pain. It also restores natural balance and well-being. Pressure is applied to specific points on the feet to release tension and improve circulation.

25 minutes

**Sports Massage**

Sports massage combines vigorous strokes, compression, stretches and trigger point techniques to reduce muscle soreness and increase blood flow. Muscles are lengthened and free motion is improved.

50 or 80 minutes

**Neck and Shoulder Massage**

A shorter version of the therapeutic massage, this service focuses on the areas of the body that accumulate the most stress and tension.

25 or 50 minutes

**Couples Massage**

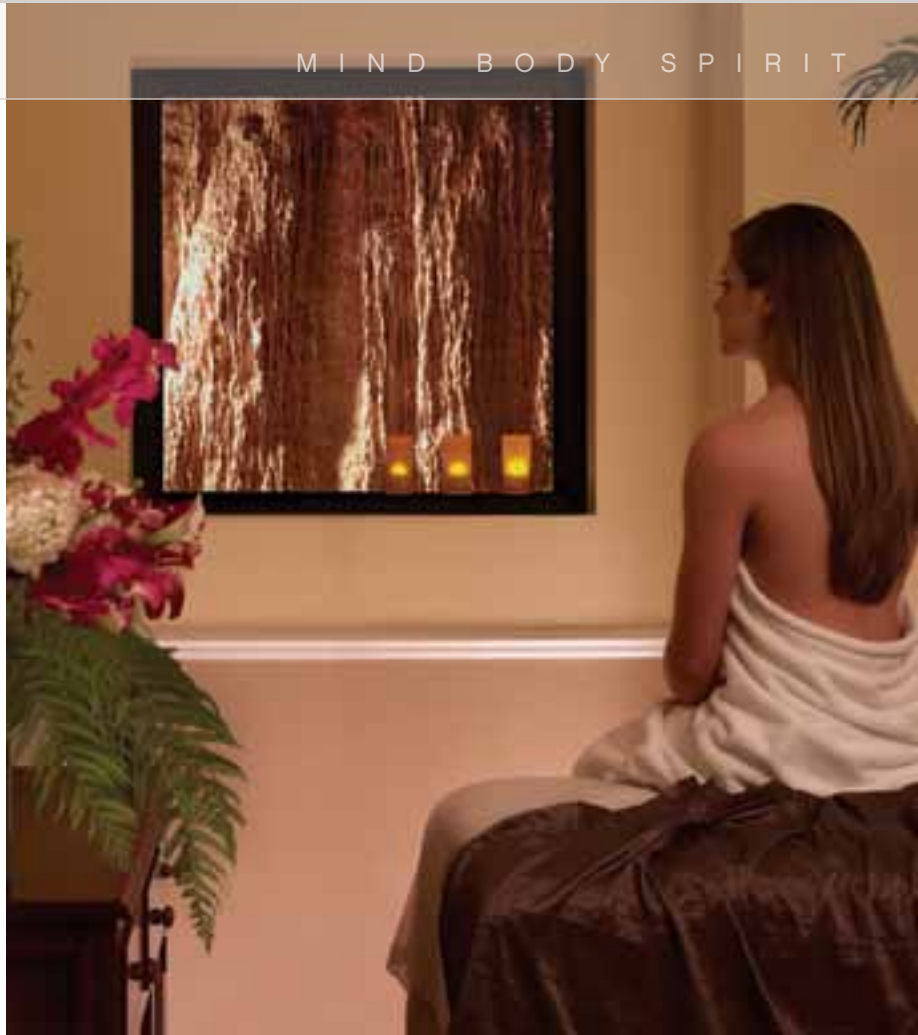
A therapeutic massage offered for two, simultaneously.

50 or 80 minutes

**In-Room Massage**

The therapeutic massage in the comfort of your guest room.

50 or 80 minutes





## SKIN CARE

### Purify

Facials are personalized to meet your specific skin care needs. Your skin care professional analyzes your skin and chooses the appropriate products that suit your skin type. Includes cleansing, exfoliation and extractions, as well as neck, décolleté and hand massage. To ensure lasting results of your journey to healthy, vibrant skin, a home care regime is recommended. 50 or 80 minutes

## PACKAGES

Each package offers a unique and singular experience

### FLOW

Spa Ritual  
50-minute Stone Manicure  
50-minute Stone Pedicure  
50-minute Shampoo, Style & Finish

### GLIDE

Spa Ritual for Two  
50-minute Therapeutic Massage for Two

### DRIFT

Spa Ritual  
50-minute Purify Facial  
50-minute Therapeutic Massage  
50-minute Pedicure

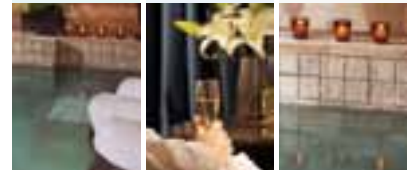
### RUSH

Spa Ritual  
50-minute Therapeutic Massage  
50-minute Purify Facial  
50-minute Manicure  
50-minute Pedicure

### CLEANSE

Spa Ritual  
50-minute Therapeutic Massage  
50-minute Purify Facial  
50-minute Body Treatment

Speak with a spa reservation professional at (512) 329-4550 and add a gourmet spa lunch to your luxurious day package. Services do not include gratuity.



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## Nail Services

### Manicure

Unwind and let us cleanse, buff and massage unpolished hands. We then polish nails with color of your choice.

25 minutes

### Pedicure

Recline and relax as we begin by soaking and cleansing your feet. We then shape toenails, massage feet and legs, and polish toenails with color of your choice.

50 minutes

### Stone Manicure

Begin with a relaxing hand soak, an exfoliating, skin-softening treatment and a smooth warm stone massage. We cleanse, buff and massage hands before polishing nails with color of your choice.

50 minutes

### Stone Pedicure

Soak tired feet, exfoliate dry rough skin and release tension with smooth warm stones. Then, enjoy our massage of the legs and feet with an invigorating silky lotion, finished with a toenail polish – your choice of color.

50 minutes

Complete hair care available.

### **One-on-One Yoga**

This private session focuses on relaxation, flexibility, strength, breathing, restoration and inversions, from beginning to advanced.

50 minutes

### **Personal Training**

In order to help you achieve optimal balance, full-body strength, power and flexibility, this session is custom-developed by the trainer, just for you. We include a fitness evaluation, goal setting and a home program.

110 minutes

### **Pilates**

50 minutes for individual sessions or groups of two or three.

### **Mat Pilates**

We begin with a postural analysis. Then, we move on to a dynamic workout that will leave you looking and feeling toned, revitalized and refreshed. This series of gentle movements improves postural alignment, core strength, breathing and flexibility.

60-minutes (duets and trios are also available)

### **Therapeutic Stretch**

This is a partner-assisted, active and isolated stretching technique. It helps to release chronic aches and pains, resulting in a better range of motion, freedom from tension, and an overall feeling of well-being.

50 minutes

### **Prenatal Yoga**

Using gentle yoga to address the areas of a woman's body that tend to tighten up during pregnancy, this session also teaches breathing techniques that can be useful when in labor.

50 minutes

### **Aqua Personal Training**

Water supports the body, reducing joint stress and providing resistance and assistance to movement. Aqua therapy is particularly beneficial to persons with orthopedic conditions, back problems, repetitive stress disorders, arthritis, obesity issues and pregnancy. This is a program of activities individually designed to enhance, restore and maintain functional abilities.

50 minutes

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