



Find Your *Bliss* at Spa Réveil

A TRIP TO THE SPA might seem like an indulgence considering the economic times, but it may just be the best investment you will ever make. For a hi-tech executive, Lidya, it took a long look at the ways stress was affecting her physical and mental health as well as her job performance and satisfaction for her to look for ways to find balance in her life. Her “Réveil” (awakening in French) led to a desire to create a sanctuary featuring natural and global treatments and impetus to spread the message...spa treatments serve a very healthy and practical purpose in our busy lives. The result is Austin’s newest entry into the exclusive day spa sanctuary category located at the Domain. From the moment you arrive everything is geared to your comfort from the attentive staff to the relaxation lounge to the luxurious treatments.

Research shows that the #1 antidote to stress is relaxation stimulated by touch. A day at the spa can work wonders for both your physical and mental health-relieving muscle tension and stiffness, improving blood circulation and breathing, improve your posture, rehydrate your skin, foster a

sense of well being and peace of mind. A day at the spa leaves you relaxed, recharged and ready to take on the challenges of these stressful times. Your well-being is worth the investment.

Bliss is defined as 1. perfect happiness or 2. spiritual joy, but in Austin I would define bliss as Spa Réveil.

This was my idea of a day of perfect bliss:

Moroccan Bath. Relax with aromatic oils (which open your pores) expertly applied, followed by a Moroccan bath which consists of washing, body scrub and exfoliation. Continue with a vichy rinse and application of hydrating body cream made of balsam tolu and atlas cedar followed by a body and scalp massage.

Leaves you super relaxed...and your skin... soft as a baby’s...well you get my drift.

Pure Results Facial. Most relaxing and best facial I have ever had. Expertly applied by Jaclyn it included cleaning, floral water toning, exfoliation, a seaweed mask followed by a face, shoulder and neck massage so relaxing that I actually fell asleep

on the table. Not to worry, Jaclyn told me, it happens all the time. Not only was my skin glowing, but also I swear I looked noticeably younger...maybe just more relaxed and refreshed.

Lunch in the relaxation lounge followed by a brief trip to steam. The relaxation lounge lives up to its name. Beautifully crafted, it is the kind of soothing sanctuary you wish you could create in your home. The Turkish steam bath is wonderful...just the right temperature and just the right amount of steam.

Signature manicure and pedicure. A sign of a great mani/pedi is how long it lasts and looks great. Mine lasted more than 3 weeks. The foot bath, wax treatments, hand, arm, and foot massages warrant the visit. The finish is simply the icing on the cake.

Spa Réveil, designed to “calm the mind, soothe the body, and nurture the soul” succeeds on all counts. Go ahead and follow your bliss...you’re worth it!

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