

YOUR GUIDE TO COLORADO'S ICONIC SKITOWNS

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The Health Issue

Discovering your path to wellness

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DESTINATION FITNESS:
A WELLNESS RETREAT
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Get Back in Step at Travaasa

This wellness resort provides a restful retreat sans unhealthy vacation practices.

BY SUSAN B. BARNES

The way we vacation is changing. Sure, we still want to laze around and relax, leaving the stresses of the everyday world behind. But more often, we're looking for something active to blend into our precious vacation time.

Following this trend, myriad resorts and spas offer wellness retreats and getaways for those looking to get fit or simply enhance their existing fitness routines. Among the best in this arena is Travaasa (Truh-vah-sa) Experiential Resorts.

About 30 minutes outside of downtown Austin, Travaasa Austin is perched atop the rolling Texas hillside, with incredible 360-degree views. The all-inclusive resort offers its guests five pillars of experience: culture, fitness, culinary, adventure and wellness; the latter

also known as the spa. What's best? The choice is yours. Make plans before you arrive, or play it by ear and do whatever appeals to you in the moment.

Whatever your fitness level, you'll find plenty of wellness experiences from which to choose, from hiking, zip-lining and horseback riding to yoga, meditation and Pilates, with loads more options in between. For a truly unique experience, sign up for the Equine Encounter. During the



TRAVAASA AUSTIN

Travaasa Austin's endless options of activities leaves no vacationer in the dust; guests can zip-line, practice yoga, horseback ride and much more.



experience, you'll go through exercises with "your" horse that will lead you to greater self-awareness and confidence. Or, grab the bull by the horns and try a mechanical bull riding workout—yes, that's an option.

A treatment or two at The Spa at Travaasa Austin is a terrific way to unwind after a day filled with fun, energizing experiences. Every treatment features organic, bioenergetics products, with the intention of easing guests into states of complete bliss. In addition to traditional and seasonal treatments, Travaasa Austin offers signature treatments, including the Janis Joplin-inspired The Rose Massage; the Willie Nelson-inspired On the Road Again Massage; and the Stevie Ray Vaughn-inspired Couples "Double Trouble" Massage. Holistic healing is also on the menu, in the way of Energy Balance & Healing.

Travaasa proves meal after meal that healthy eating doesn't equate to flavorless food. The Austin culinary team, led by Executive Chef Benjamin Baker, delights in creating incredible dishes made with fresh, organic and locally sourced ingredients. In fact, Travaasa Austin has its own small farm from which many ingredients found in the restaurant and spa originate. During your stay, take some time to stroll around the farm, or even participate in a hands-on growing class in the activity garden.

When it comes to turning in for the night, the exquisite service and amenities found throughout the resort continue into the guest rooms. Each of the 70 rooms has a private deck or patio, so throw open the doors and let the fresh hillside air in! Inside, luxuriate in organic cotton linens whilst think-



Above and Right: The Farm at Travaasa Austin utilizes its fresh produce for treatments at The Spa and recipes at the restaurant, making Travaasa a true farm-to-table experience. Below: Both the resort's Trail Rooms and Canyon Rooms boast balconies and plush beds.



ing of the amazing day you had, and what may be in store for the next.

Travaasa also has a Maui location, in Hana, which aligns with the experiences found in Austin, but with a Hawaiian twist; rather than mechanical bull riding, shake your hips in hula class, go throw-net fishing or snorkel the warm, crystal-clear waters.

Whether restarting your fitness routine, or looking to amp it up a bit, get back in step at Travaasa. 

GETTING THERE

Fly nonstop into Austin from Denver with United and Southwest airlines, or make a connection with a handful of others. Or, visit the Hana property with just one stop between Denver and the Valley Isle. Either way, rent a car, and in no time you'll arrive at the Travaasa of your choice.

Travaasa Experiential Resorts

travaasa.com/austin | travaasa.com/hana

ON THE FARM

The Farm at Travaasa Austin is a great way to get back to your roots, literally! Here you'll find more than 80 varieties of vegetable crops, fruit orchards, edible flowers and culinary and medicinal herbs. Stroll through the greenhouse, take a peek at the 100 or so laying hens and say hello to the seven horses. Take your experience home with you by taking a class on the farm, such as seeding and identifying edible plants, composting, caring for chickens and much more.

TRAVAASA AUSTIN-ON-THE-GO

If you're staying in Austin, be on the lookout for the Travaasa Austin food truck at farmers' markets and events throughout the city. The menu features dishes with ingredients from The Farm at Travaasa Austin. Dig in!