

POWER OF

7

PROGRAM


THE NEW, PERSONALIZED  
POWER OF 7 PROGRAM



LAKE AUSTIN  
SPA RESORT



A PLACE  
WITH SO MANY WAYS  
TO HELP YOU



Lake Austin Spa Resort has always been known for our casually elegant atmosphere, where you can do as much or as little as you like. And there's quite a bit to choose from.

We offer:

- More than 100 rejuvenating, revitalizing spa treatments.
- Dozens of daily fitness classes in an array of disciplines.
- A full schedule of special health and lifestyle programs from in-house experts and visiting guests.

Or you can just laze in a hammock, take a lake cruise or a garden stroll or so much more. This wealth of choice is a big reason we've earned so many accolades, including:

#1 Rated Destination Spa

*Condé Nast Traveler* Gold List of World's Best Places to Stay

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#1 Rated Destination Spa in the U.S.

Zagat Survey

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Top 3 Best Mainland U.S. Small Resort

*Condé Nast Traveler* Readers' Choice Awards

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Top 5 Destination Spa in the World

*Travel + Leisure* World's Best Awards

Choice is great, but sometimes you need guidance to the programs, classes, treatments and activities that are just right for you. **That's why we created the Power of 7 Program.**



A POWERFUL  
PROGRAM DESIGNED  
JUST FOR YOU

POWER OF **7** PROGRAM

The new Power of 7 Program at Lake Austin Spa Resort is a week-long program of spa treatments, fitness classes and special activities customized with your specific goals in mind.

Because sometimes you need a more structured experience. An experience that takes into account where you are in life – and what you want out of it. An experience designed by experts in health, fitness, relaxation, motivation and rejuvenation.

Maybe you want to kick-start a fun new fitness regimen. Or maybe you need a week to recover and re-connect with yourself before you begin a fresh phase of your life.

Whatever your circumstances, we can create a 7-day program that's perfect for you – with the power to change your life.





## The Power of Expertise

Your Power of 7 Program will be customized by your own Power Team, our in-house, certified fitness experts. From acupuncture to Zumba®, we have the expertise to help you meet and exceed your goals and access your own inner power. And we have the ability to guide you through the hundreds of activities, treatments and fitness classes offered to the ones that are just right for you.

We have certified experts in an array of disciplines, including fitness, spa therapies and treatments, nutrition, healthy cuisine, gardening, meditation, motivation, stress relief and more. The entire program is overseen by our Fitness Director, who holds a Ph.D., as well as several nationally recognized fitness certifications with a focus on healthy behavior modification and exercise adherence.





# The Power of Continued Commitment

The Power of 7 Program is designed to help you – before, during and after your stay. So it's about more than just the seven days you're with us.

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## BEFORE YOUR STAY

It all begins with a relaxed chat with a member of your Power Team. We'll set up a convenient time to call you, and then we'll listen – to what you need to send your life in a powerful new direction. The more you can share about your goals, needs and expectations, the better we can design the perfect Personal Power Plan for you that's ready to go when you arrive.

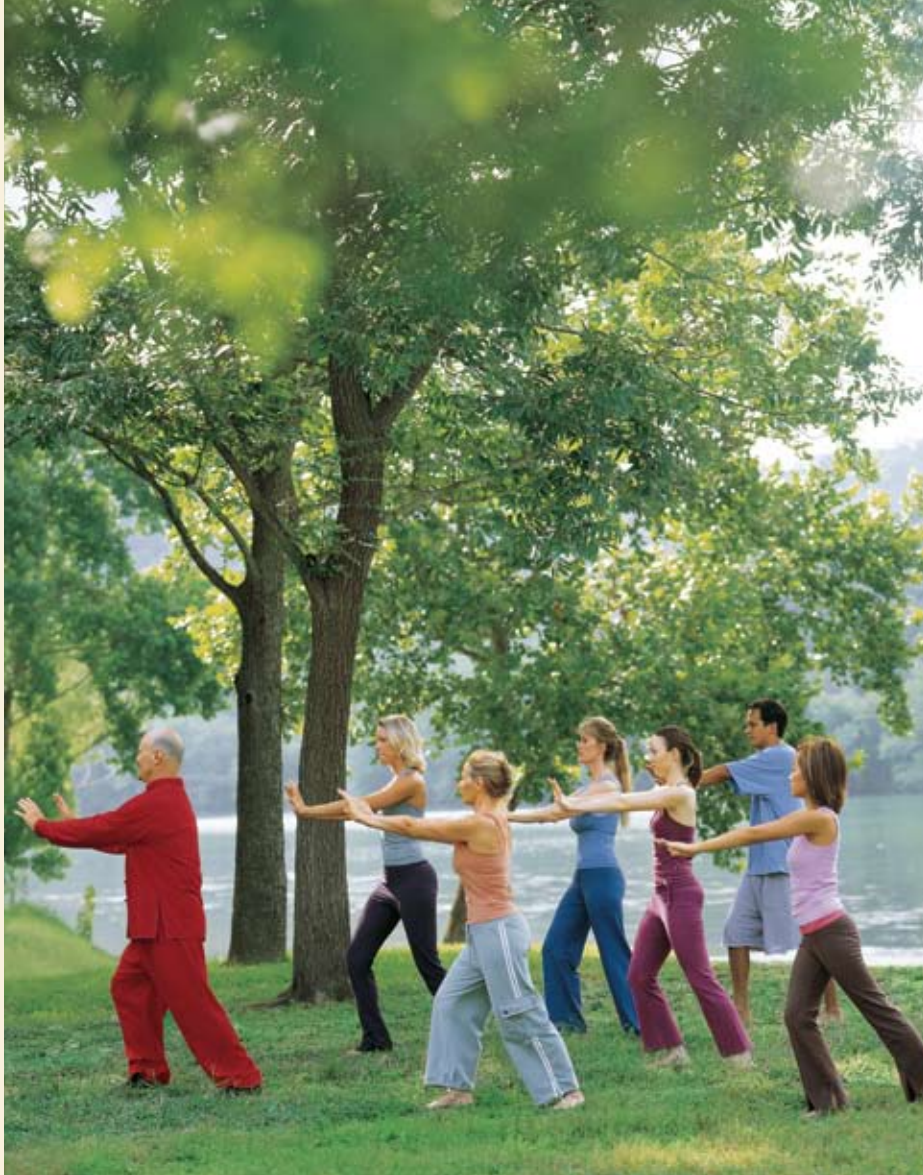
## DURING YOUR STAY

On your first day, your Power Partner will help you settle in and you'll review your Personal Power Plan. During the week, we'll work together to enact your plan. At the end of the week, we'll discuss your experience and give you your take-home program.

## AFTER YOUR STAY

Now it's time to incorporate your plan in your everyday life! Your Power Team will call or email you to encourage you and see how you're doing. We're here to help you change your life. And we're always here for you when you want to come back to renew and recharge.





# The Power of Example

So, what kind of things will be a part of your Personal Power Plan? It depends on your goals. But there are a few general directions we find our guests are interested in. Here are some of those directions and examples of the kinds of activities to choose from.\*

## FRESH FITNESS

Need to get off the couch and into a fun, fresh exercise program?

Activities might include:

Stoke Your Metabolism Private Consultation  
Paddle Board Instruction  
Weight Training 101  
Athletic Strength and Stretch  
Zumba®  
After-Workout Massage  
Custom Comfort Massage  
Thai Massage  
Personal Best Facial  
Deep Sea Bath and Wrap

## RELAX AND RE-CONNECT

Perhaps you're looking for a respite from everyday pressure and for strategies to lead a more peaceful, positive life. For this direction, activities might include:

Strategies to De-Stress  
Tai Chi/Yoga Flow  
Slumber Solutions  
Journaling  
Relaxation/Affirmations  
Texas Starry Night  
Olive Our Love Treatment  
Flora Bee Treatment  
Seaweed Sensation

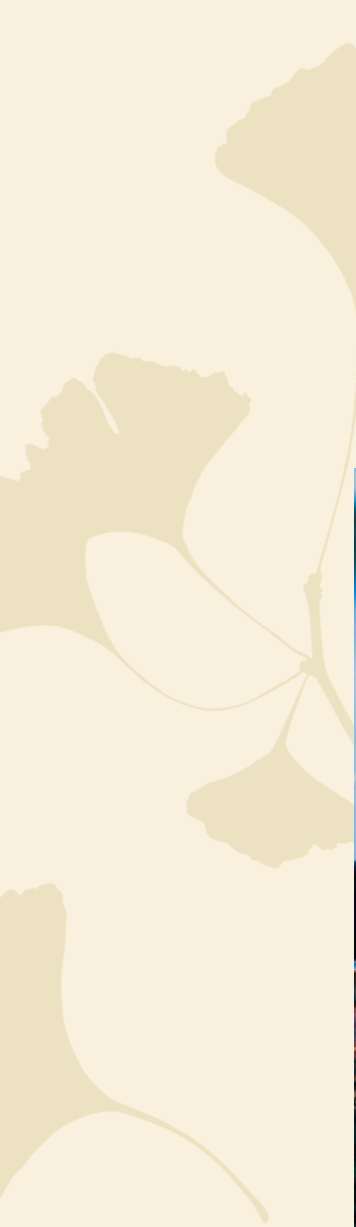
## FITNESS FOREVER

Maybe you need to update your fitness program to better fit your phase of life. For this direction, activities might include:

Yoga Sculpt  
Deep Water Training  
Living Well, Living Long  
Recipe Remodel  
Let's Have a Ball Cardio  
Foam Roller  
Custom Comfort Massage  
Deep Sea Body Wrap and Bath  
Shiatsu  
Diamond Facial



\* The type and number of activities which may be included in each program is dependent on spa and fitness allowance. These are representative of programming choices.



POWER OF **7** PROGRAM

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## The Power of Value

The Power of 7 Program is a powerful value. Special Power of 7 pricing gives you significant savings over standard rates in both private Premier and double Premier accommodations. Call for details.

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### THE PACKAGE INCLUDES:

- ▣ 7 nights accommodations
- ▣ Three gourmet meals daily
- ▣ Unlimited classes from the weekly schedule of activities
- ▣ \$500 personal consultation allowance to be used towards fitness assessments, personal instruction or nutrition counseling in your personalized program
- ▣ \$1,000 spa allowance to be used at our LakeHouse Spa for treatments in your personalized program





YOUR EMPOWERMENT  
STARTS NOW

POWER OF **7** PROGRAM

The power to change your life for the better  
is in your hands.

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Call **1-800-847-5637** to book your own  
personal Power of 7 Program today.



**LAKE AUSTIN**  
SPA RESORT





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