



LAKE AUSTIN  
SPA RESORT

*A week  
designed with  
me in mind!*

THE NEW, PERSONALIZED POWER OF

7

PROGRAM

# INTRODUCING A POWERFUL PROGRAM DESIGNED JUST FOR YOU!

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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.

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.

It's a big reason we are the **#1-rated destination spa in North America** on the *Condé Nast Traveler* Gold List.

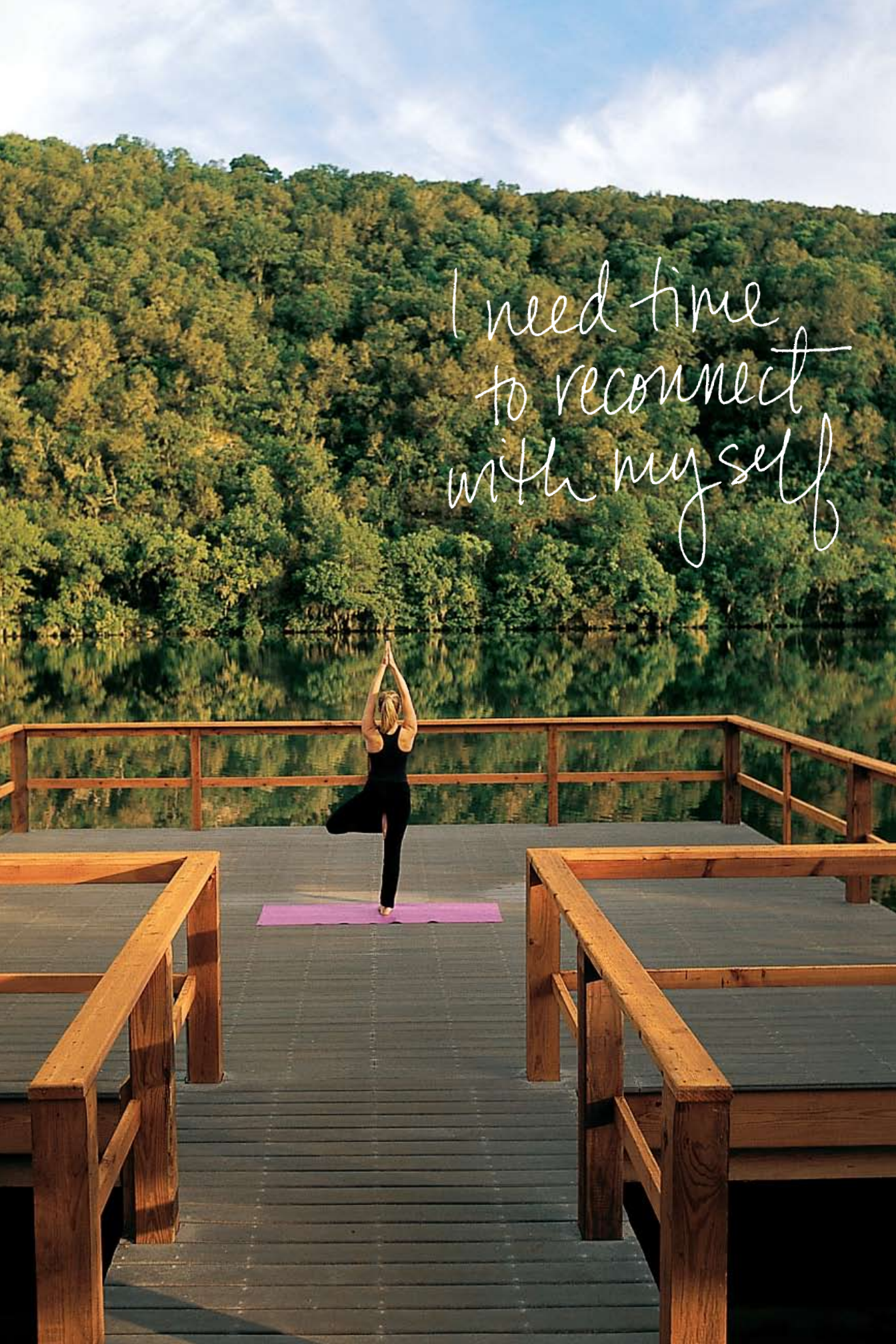
**But sometimes you need a more structured experience.** An experience that takes into account where you are in life – and what you want out of it. An experience designed by experts in health, fitness, relaxation, motivation and rejuvenation.

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 DEVISE A 7-DAY PROGRAM THAT'S PERFECT FOR YOU – WITH THE POWER TO CHANGE YOUR LIFE.**



I need time  
to reconnect  
with myself







## 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 fitness disciplines, as well as 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.

I'm looking  
for a plan  
to get in shape!

## 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. Over a casual meal, you'll discuss 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 enact 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 a lot of guests are interested in. Here are some of those directions and examples of the kinds of activities to choose from.\*

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### 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



*I need to learn  
how to let go  
of everything  
and relax.*

## THE POWER OF VALUE

The Power of 7 Program is a powerful value at \$3,995 per person in private premier accommodations, or \$3,495 for double premier accommodations.\*\* The full value of a stay like this is \$6,495. So this introductory special, available for a limited time, is an incredible value – almost 50% off!

**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**  
Call **1-800-847-5637** now to book your Power of 7 Program.

\* 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.  
\*\* Based on availability and valid in private and double premier accommodations only. Spa and fitness allowance may not be interchanged or transferred. Monarch credits may be earned but not applied. Other restrictions may apply.