



spring... a time for renewal

For more information, please visit:

www.chesapeakebay.hyatt.com

www.lakeaustin.com

Spring is finally here! Take a little time to really enjoy your surroundings and you'll find peace and tranquility in the simplest ways possible. Consider all you did in the winter to prepare for being outdoors more, perhaps you focused more on fitness and healthy eating and now is the time to enjoy your own awakening. That's what spring is, it's the 'awakening' from a wintry sleep and we've come up with several locations to consider for your own spring renewal. Remember to watch your life unfold in ways you may never have imagined.



Hyatt Regency Chesapeake Bay

EASTERN SHORE, MD

The best part of this resort is the natural surroundings. The Eastern Shore offers us an abundance of outdoor activities to engage our body and nourish our soul. Forest wetlands lined with oak trees, some having flourished for over 800 years, amazing sunsets and the shores of the largest estuary in the country. Golf, hiking, kayaking, fly fishing, sailing and other forms of adventure are within easy reach of this mid-Atlantic resort. There's also a beach area for sunbathing and for kayaks, canoes, paddleboats and sailboats as well as sailing lessons (on request).

The resort is located on the Choptank River on the Eastern Shore of Maryland and is home to 400 rooms, an 18-acre nature preserve with guided hikes and wildlife observation, an 18,000-square-foot European Health Spa, fitness center, a golf course and a marina. Since it's only a six-story resort, views are amazing and all rooms have a balcony to enjoy them. There are several restaurants and the best option is dining at the Blue Point Provision Company for great seafood (remember, you're on the Chesapeake!) and dining on the outdoor patio offers the best sunset experience.

One of the best spa treatments at their Stillwater Spa is the Raven's View Massage, which is seasonal, and is performed at their scenic rooftop lighthouse that overlooks the resort and Choptank River. It's a breathtaking view and open air, so you enjoy the breeze and views and total relaxation. It is 90-minutes of pure bliss and you can stay a few minutes after the service to take it all in and stay in the moment a little while longer. It is private, so you have the entire level to yourself. It was one of the best massage experiences I've ever had and one to consider if you go.

The Hyatt Regency Chesapeake Bay is about 1.5 hours from Washington, D.C. and Baltimore. The closest airport serving the area is Salisbury Regional Airport and it's about 25 miles from the resort.



Lake Austin Spa Resort

LAKE AUSTIN, TX

Located on Lake Austin and in the Texas Hill Country, this highly rated resort is a rare find in the Austin area and a unique setting for a destination spa. It truly is like going to your best friend's cottage on the lake and it was also the setting for one of my do-something-new activities. The lake setting is very peaceful and sitting in the middle of the lake for my first kayaking experience is something that will stay with me forever as I felt like I was in a sea of shimmering diamonds and in a very short amount of time I was under the spell of the lake and more relaxed than I'd been before. Water is so calming and this is one of the only destination spas with water sports (be sure to visit Mindy at the dock).

It's a casually elegant setting with 40 comfortable guest rooms for total pampering and relaxation. Every comfort was thought of in designing these rooms, from the luxurious Egyptian cotton sheets to the amenities surrounding you as you unwind or prepare for your day. The Lakehouse Spa's expansion was completed in 2004 and it's an oasis for body, mind and spirit with 30 indoor and outdoor spaces for their 100+ treatments, therapies and water features. One of the signature treatments is called Texas Starry Night, which encompasses the soothing benefits of a lavender oil massage and body wrap. This is one to do prior to retiring for the evening as it's very relaxing and you'll sleep like a baby.

A major highlight is their culinary offerings and executive chef Terry Conlan is at the helm. Meals are inspired by Southwestern, Mexican, Caribbean, Mediterranean and Asian influences and prepared healthfully with herbs and vegetables gathered from the resort's organic gardens. There are several dining options including the main dining room, which overlooks the lake, as well as the Aster Café at the Lakehouse Spa for lunch only, and room service is also available. Cooking demos are also offered and if you want to focus on healthy cooking then you'll want to be a part of the Culinary Experience™ weeks (offered year round) when guest chefs join Chef Conlan for an interactive cooking experience. Some of the topics include *All About Herbs*, *The Chocolate Mystique*, *Wine Tasting* and additional daily cooking classes.

