



# Verbena

Live Proper. Stay Proper.

RESTORE MIND, BODY, AND SPIRIT WITH OUR GUIDED WELLNESS EXPERIENCES

---

Just steps from the buzz of Downtown, our holistic spa offers a calming oasis to balance Austin's naturally active energy.

Step inside and immediately unwind—sip a detoxifying, pre-treatment beverage in the lounge while discussing your specific needs with our seasoned therapists and selecting how you'll pamper yourself today. After one of our customizable Proper treatments, we invite you to extend the relaxation with time in our steam room.

Stay connected with our spa team –

To inquire about any class or spa service, call us at **1.512.628.1418** or email [atxp.verbenaspa@properhotel.com](mailto:atxp.verbenaspa@properhotel.com)

Tag us on social media [@Austinproperhotel](#) [#ProperHotels](#) [#VerbenaSpa](#)

## Massage

---

### THE PROPER MASSAGE

A bespoke massage that will indulge your muscles, whether you are in need of a Swedish massage or Deep Tissue or an intuitive infusion of both.

### ROOTFOOT X PROPER NATIVE PLANT AROMATHERAPY MASSAGE

Made exclusively for Austin Proper Hotel & Verbena Spa by Rootfoot Founder & Distiller, Laura Huth. Our aromatherapy collection provides a blend of local native plants and embodies the Texas landscape experiences, highlighting the scents & interactive properties of specific plants native to the region.

### SPORTS MASSAGE WITH CBD

An invigorating massage designed for active sports enthusiasts. Here we incorporate stretching to enhance range of motion and Antara full spectrum CBD to reduce muscle inflammation.

### PRENATAL MASSAGE

Alleviate the discomforts of pregnancy and reclaim posture and flexibility. Sure to relieve stress on joints, neck and back while nurturing body and soul. Available in front or side lying positioning for your comfort (Prenatal massage only performed after your first trimester).

### TEQUILA: THE PROPER WAY

Ease your body aches with the healing anti-inflammatory benefits of agave and tequila. Start with a sip of Austin's Lalo Tequila that will touch all your senses. As the massage therapist takes you on a guided meditation. Detoxifying the skin through dry brushing increases lymph movement and completing the journey.

## Body Treatments

---

### ZEN BODY WRAP

Restore balance to your skin with a deep hydration and anti-aging botanicals formulation to bring back youthful skin. After a full body exfoliation, a deep hydrating mask is applied from head to toe and finally wrapped to enhance the youthful glow.

### BODY PLANING: THE PROPER RENEWAL

This exfoliation treatment is an ancient mediterranean technique that helps remove dead skin cells, dirt, and oil from the body. You begin with a foot cleansing ritual, followed by warm steam to help soften the skin. Your body is anointed from head to toe with a restorative and firming body oil. From local body care professionals, Esker TM body planing tool glides across the body exfoliating the skin leaving it soothed and smooth. Benefits include increased circulation, the movement of blood, lymph, and gentle stretching of superficial fascia.

### LED LIGHT THERAPY BODY TREATMENT

Infrared light activates the body's natural healing powers, stimulating the reparative process as well as address muscle aches and pains to promote well-being.



# Facials

---

## THE PROPER FACIAL

Purify and heal your skin in this classic European style facial using Monastery, natural, small batch, aromatherapeutic skincare products. Each ingredient is of the purest form and highest quality to create a blend of the best nature has to offer- free from fillers, water, alcohol and salts. Balancing and renewing for all skin types, especially recommended for those with sensitive or acne prone skin.

## COSMOSS X PROPER FACIAL

A facial designed to recalibrate mind, body and spirit for travelers as they acclimate to their destination. Featuring a hot herbal poultice face massage. Using COSMOSS products and signature rituals, created by Kate Moss, iconic supermodel and globe trotter.

## THE PROPER LED FACIAL

This focused facial treatment delivers treatment that's beyond skin deep. A cleansing and exfoliating treatment clears the way for LED to revitalize skins texture. Treatment is completed with appropriate skincare for stellar results, inside and out. Available in red light for building collagen and elastin and blue light to soothe breakout prone skin.

## DIAMOND GLOW FACIAL

An intensely revitalizing anti-aging treatment for the mostdemanding complexions. This facial uses sophisticatedingredients for long-lasting hydration. Diamond reinforces theskin's natural defense system, improving elasticity andluminosity while simultaneously soothing and calming the skin.Designed for those looking for the ultimate in luxury skincarewith radiant results.

## THE GUA SHA FACIAL

Experience the ancient art of gua sha facial massage using Monastery, natural, small batch, aromatherapeutic skincare products and Lanshin traditional Chinese medicine tools, this lymphatic drainage technique has been performed for thousands of years. Known for its soothing nature and relaxing sensation, Gua Sha is perfect for any skin type needing to unwind, but beloved by those prone to inflammation and puffiness.

## THERABODY THERAFACE PRO FACIAL

Focusing on firming, and contouring this facial helps improve radiance, increase circulation and reduce swelling. Feel skin calm and facial muscles relax through this high-tech experience featuring Therabody's Theraface Pro device and Monastery skincare. Modalities can include percussive cleansing & facial massage, hot & cold CryoThermal therapy, red, blue, & IR LED, and microcurrent, based on your particular needs. Therapeutic for all skin types, but especially suggested for those seeking notably youthful results or deeper facial massage.

## BACK TO FRONT FACIAL

Starting with the hard-to-reach area of your back by deep cleansing, exfoliating, and hydrating, before turning the focus on your face's skincare and perform the Proper Facial with Monastery Made products.

## MONASTERY X THE PROPER GLOW FACIAL

An instantly transformative treatment that combines state-of-the-art technology with ancient techniques for luminous, visibly lifted skin. Building on the Proper Facial, our estheticians are trained to customize a program based on your skin's current needs. Choosing from different modalities such as contouring and lifting microcurrent, lymphatic-stimulating and collagen-remodeling Gua Sha, and rejuvenating LED treatment for the face and hands. This facial provides radiance, elasticity, and lift that improves with every session.



# Wellness Enhancements

Upgrade your treatment by choosing one or more of our carefully created service enhancements. Enhancements are available as additions to facial and body services without adding additional time to the treatment. All enhancements must be booked and received with a treatment.

## Body & Face

---

### LED LIGHTWAVE THERAPY

This focused facial add on delivers treatment beyond skin deep. Targeted LED light therapy will stimulate collagen production. FDA-approved red and blue LED light is used to kill bacteria and expedite skin healing up to 300% while enhancing collagen production.

### GUA SHA TOOLS

Facial Gua Sha is an important natural technique that increases the health and vitality of skin as a way of restoring youthful glow, contouring and lifting, smoothing, de-congesting, de-puffing, and brightening the skin.

### SMUDGE

Once burned, this Palo Santo smudge has purifying wellness properties that help release stress and anxiety, while clearing any negative energy.

### SCALP MASSAGE

Enjoy a relaxing scalp massage purify and hydrate distressed scalps with rosemary and sage leaf botanicals to sooth dry scalps. As the oils sooth the scalp, Lashin traditional Chinese Jade comb stimulates the scalp for deeper relaxation. No additional time.

## Body

---

### CBD OIL

This multipurpose wellness add-on uses CBD for the face and body, which takes you from morning into evening with head-to-toe benefits for your skin and sore muscles.

### REFLEXOLOGY

Reflexology utilizes the application of pressure to specific reflex points located on the hands and feet that correspond to related organs and systems of the body. This add-on helps open energy flow and improves balance and circulation. You will feel the healing benefits throughout your entire body.

\*This is not recommended for expectant mothers.

### THERAGUN BOOST

Bring a new level of revival and relaxation to your next full-body treatment with Theragun Percussive Therapy. This proven method will assist in your deeper relaxation and body awareness, bringing about a more complete massage and improving overall well being.

## Wellness Room Touchless Services

Maintaining Proper health and wellness is key, no matter where your travels take you. Our Wellness Room combines modern and holistic solutions to boost immunity and support physical and mental recovery to help you live a life well-lived. Anything less would not be Proper.

### **COLD PLUNGE**

Cold plunge is quick and effective! In this 15 minute session you will be accelerating muscle recovery, boosting your immune system and reducing any inflammation.

### **JOOVV RED LIGHT THERAPY WALL**

Support cellular regeneration in just 10 minutes with our Joovv Red Light Therapy Wall. LED light and infrared frequencies penetrate deep into the skin and stimulate the production of collagen, elastin, and ATP. This leads to relief from inflammation, enhanced skin health, accelerated tissue repair, physical and mental recovery.

### **COLD PLUNGE + RED LIGHT THERAPY**

This invigorating combination of red light + infrared and cold plunge are guaranteed to make you feel refreshed and renewed. In this touchless service session you will be combating chronic pain and everyday stress.

### **DRY SAUNA**

Sweat out toxins and tackle the causes of emotional stress with our 195 degree dry sauna. In this short session you will be accelerating your body's recovery time.

### **CONTRAST THERAPY**

Regain your proper health by combining the dry sauna, red-light and cold plunge therapies. Heat up in the sauna and then reap the benefits of JOOVV red-light infrared wall and then plunge into the ice bath. A game changing combo that will have you performing at your peak.

## Private Events

A private spa is yours! Perfect for bridal parties, birthdays, or any special event. Reservations for the full spa are designed for groups of five or more. Enjoy exclusive access to our spa lounge & wellness bar which includes champagne and a spa gift for each member of your party. We are delighted to customize your day to fit your group's needs.

Pricing varies depending on the number of guests, therapies requested, availability, and event duration.





## Fitness for All

Inhale, Exhale...

Maintaining Proper wellness is key, no matter where your travels take you, our fitness center is open 24 hours to use at your leisure to make exercising easy. Verbena Spa offers a variety of wellness & fitness classes, drawing on a variety of disciplines and techniques, helping you make the most of your stay.

### Private Group Class Options

---

#### HIIT

A full-body workout this rigorous, high-intensity interval training sequence is designed to support cardiovascular well being and improve muscular strength & endurance. Challenge your limits and walk out feeling strong.

#### BOOTCAMP

This total body workout engages the abdominal core, legs, and arms, with a focus on building strength through your own body weight and utilizing tools like the Magic Circle, weights, and stretch bands.

#### YOGA

A form of non-aerobic exercise that combines precise posture, breathing exercises, and meditation to create a union of mind, body, and spirit.

Said to cultivate energy, yoga practice can lead to a state of greater physical health, relaxation, happiness, and tranquility while supporting flexibility and increased strength

#### SOUND BATH

A deeply immersive, full body experience that uses sound to bring awareness to align your vibrations. Allow the sounds of overtone-emitting instruments to shift your brainwaves into a dreamlike state that invites deep relaxation.



### **GUIDED MEDITATION**

Meditation is a practice guiding the mind toward a heightened sense of wellbeing.

The term encompasses a broad range of practices including techniques designed to promote relaxation, build internal energy, and foster compassion, love, patience, generosity, and forgiveness. With different meanings across contexts, meditation practices are part of numerous religious and cultural traditions around the world.

General meditation guidance includes an introduction, deep breathing exercises, and the repetition of a mantra (or a short saying) with eyes closed. Together, these combined efforts can inspire deep relaxation and peace through a practice that can be performed anywhere.

### **BARRE FUSION**

An intense cardio workout performed at the ballet barre and formatted to be a heart-pumping good time, increasing cardiovascular strength while helping to tone, sculpt, and lengthen muscles from head to toe.

### **PILATES REFORMER**

A combination of Pilates and stretching, the reformer machines help support and enhance overall fitness and wellbeing through improving core strength, flexibility, coordination, and balance in the body, back, and spine.

### **PILATES FUSION**

Support core strength with mat exercises that utilize your own body weight and resistance techniques.

Pilates is a low-impact, deep-reaching workout focused on the core – including abdominals, pelvis, back, shoulders, and buttocks. Supporting a range of fitness goals from strength building to increased flexibility, classes incorporate small props such as bands, fitness circles, and foam rollers to improve posture, increase lung capacity, and create strong, sculpted muscles.

### **GUIDED RUN**

Enjoy a scenic run around Austin's very own Lady Bird Lake. This two-to-five-mile run is open to all fitness levels and includes guided stretches before and after the run.



# Fitness Class Pricing

## Private Wellness Class & Personal Training Menu

<b>GROUP SESSION</b>	1 GUEST	2 GUESTS	3-5 GUESTS	6-10 GUESTS	11-16 GUESTS	17+ GUESTS
GROUP FITNESS (YOGA, PILATES, BOOTCAMP, MEDITATION, ETC.)	\$128.00	\$158.00	\$258.00	\$308.00	\$428.00	CUSTOM
GUIDED RUN AROUND LADY BIRD LAKE	\$128.00	\$158.00	\$258.00	\$308.00	\$428.00	CUSTOM
PILATES REFORMER (2 MAX)	\$228.00	\$258.00	N/A	N/A	N/A	N/A
SOUND BATH (1 HOUR)	\$218.00	\$218.00	\$318.00	CUSTOM	CUSTOM	CUSTOM

<b>PRIVATE ONE-ON-ONES</b>	1 GUEST	2 GUESTS	3-5 GUESTS	6-10 GUESTS	11-16 GUESTS	17+ GUESTS
60-MIN RESIDENT PERSONAL TRAINING	\$98.00	\$68 EACH	\$58.00 EACH	N/A	N/A	N/A
30-MIN RESIDENT PERSONAL TRAINING	\$48.00	N/A	N/A	N/A	N/A	N/A
60-MIN HOTEL GUEST PERSONAL TRAINING	\$118.00					
30-MIN HOTEL GUEST PERSONAL TRAINING	\$68.00					

45-MIN CONSULTATION FREE

Each Wellness offering can be customized to your group's needs and level of fitness. These classes are nicely paired with our Verbena Spa Therapies.

For more information, please reach us directly.  
 For more information and to schedule class reservations, please email [atxp.wellness@properhotel.com](mailto:atxp.wellness@properhotel.com) or call **ext. 1418**

## A Proper Spa Guide

---

### HOURS OF OPERATION

Verbena Spa opens from **10:00am - 6:00pm Daily**  
Hours of operation and spa services are subject to seasonal change

Saracen Gym is open 24/7

### PRICING AND PAYMENTS

To maintain maximum standards of service and quality, prices may change without prior notification. All major credit cards accepted. Personal checks are not accepted.

### SPA ETIQUETTE

The Verbena Spa is a cellphone and smoke-free zone. Please respect all guests' right to privacy.

### CANCELLATION

A valid credit card is required to hold all reservations. To avoid a full-fee charge, we require a 6-hour advance notice to cancel or reschedule any service. Please note that late arrival will result in reduced treatment time.

### GRATUITY

For your ease and convenience, a suggested 20% gratuity will be applied to each service. It is fully distributed to the spa therapist and support staff who served you during your spa experience. You are welcome to make any adjustments to the gratuity amount according to your personal experience at check-out.



### ARRIVAL

We encourage your arrival 15 to 30 minutes prior to your appointment to enjoy exclusive spa facilities, including complimentary steam rooms, and lounge with accompanying amenities. We invite hotel guests to arrive at the Spa wearing the robe and slippers provided in their guest room. Verbena Spa will provide towels, slippers and additional amenities required for use during your spa experience.

### HEALTH CONDITIONS

Prior to your treatment selection, please be sure to inform us of any health conditions you may have such as allergies, injuries, or pregnancy, as these may affect your treatment selection

### AGE POLICY

Guests must be 18 years of age or older to experience spa treatments and enjoy the spa facilities. Guest under the age of 18 can enjoy our spa treatments accompanied by a parent or guardian, they will not have access to the spa facilities.

