

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 Recovery 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**
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
Embark on a transformative wellness journey honoring the sacred healing traditions of agave. Begin with a mindful sip of Austin's own Lalo Tequila, followed by a guided desert meditation and therapeutic massage. Features traditional cactus dry brushing and ANCIENTS oil by Rootfoot, a native plant blend distilled in the method of tequila-making with blue agave, cypress, and citrus. Concludes with a cleansing palo santo ritual.

STRESS RELIEF MASSAGE
Escape the daily hustle and indulge in a blissful de-stress massage, featuring our therapeutic Relief Balm. Powered by the natural benefits of arnica, invigorating cayenne, and soothing full-spectrum CBD, this massage melts away tension and soothes both body and mind. Embrace deep relaxation and recharge with this perfect blend of warmth and tranquility.

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.

CITRUS RADIANCE BODY TREATMENT
This citrus-infused wrap revitalizes, firms, and intensely hydrates your skin. Highly concentrated Vitamin C emulsions protect the skin from dryness and premature aging.



Facials

THE PROPER FACIAL
Purify and heal your skin in this classic European style facial using Monastery, natural, small batch, aroma therapeutic 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.

THE ACNE FACIAL
A restorative reset designed for problem-prone skin. This targeted treatment begins with a double cleanse using Monastery's Rose and Sage oils, followed by gentle enzyme exfoliation, meticulous extractions, and a calming aloe mask. Healing LED light therapy supports recovery beneath the surface, while a travel-size Rose cleansing oil extends the ritual at home. Ideal for those navigating acne, congestion, or rosacea—clarity without compromise.

VITAMIN C RECOVERY FACIAL
Restore firmness and brighten with Natura Bisse vitamin C, the most natural prevention for visible signs of aging and hyperpigmentation. This antioxidant facial begins with a deep cleanse and enzymatic exfoliation, followed by a reparative serum formulated to stimulate collagen production and hydration.

DIAMOND GLOW FACIAL BY NATURA BISSÉ
An intensely revitalizing anti-aging treatment for the most demanding complexions. This facial uses Natura Bisse sophisticated ingredients for long-lasting hydration. Diamond reinforces the skin's natural defense system, improving elasticity and luminosity while simultaneously soothing and calming the skin. Designed for those looking for the ultimate in luxury skincare with 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.

Recovery Room

Where restoration meets rhythm.

Designed for intentional pause and peak performance, our Recovery Room blends elemental therapies that support immunity, muscle recovery, and mental clarity. Available by reservation, this space is your reset button—whether post-training, post-travel, or simply in need of recalibration.

COLD PLUNGE

A bracing immersion at 43°F that boosts circulation, reduces inflammation, and sharpens focus.

RED LIGHT THERAPY

Infrared and LED light penetrate deep to stimulate cellular renewal, collagen production, and mood regulation.

DRY SAUNA

A 190°F dry heat experience that supports detoxification and deep muscular release.

THE RECOVERY ROOM EXPERIENCE

Available by reservation only. Includes access to all therapies listed above.

Please note:

- Not included with spa treatments or hotel bookings
- Advance booking highly recommended (limited availability)
- Swimsuits required; shower rinse before entry
- Early arrival encouraged for check-in and changing
- Dual occupancy subject to additional fee



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

GROUP SESSION	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

PRIVATE ONE-ON-ONES	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 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** or call **ext. 1418**

A Proper Spa Guide

Designed to support a seamless, restorative experience.

HOURS OF OPERATION
Open daily from 9:00am to 6:00pm
Advance bookings available until 8:30pm
(Seasonal adjustments may apply)

Saracen Gym is open 24/7.

ARRIVAL
Please arrive 15 to 30 minutes prior to your appointment to enjoy the steam room, wellness lounge, and check-in at an unhurried pace. All amenities will be provided upon arrival. The Verbena Spa is a cellphone and smoke-free zone. Please respect all guests' right to privacy.

CANCELLATIONS
A valid credit card is required to hold all reservations. Changes or cancellations must be made at least 6 hours in advance to avoid full-service charges. Late arrivals may result in reduced treatment time.

Access & Amenities

INCLUDED WITH YOUR VISIT

- Aromatic steam room
- Plush robes and sandals
- Premium shower and body products
- CBD botanical tea & Juna chlorophyll shots
- House made wellness snacks

POOL ACCESS
Spa services do not include access to the hotel pool. Pool use is reserved exclusively for registered hotel guests.



Pricing & Policies

DYNAMIC PRICING
All pricing is subject to change based on availability and seasonal demand. For current rates, please contact the spa team directly.

WELLNESS FEE
A $9 + tax wellness fee supports healthcare benefits for our spa team. Thank you for supporting the people who care for you.

GRATUITY
A 20% suggested gratuity is added to each service and distributed to your therapist and support staff. You are welcome to adjust this at checkout.

HEALTH CONSIDERATIONS
Please notify us of any allergies, injuries, or health conditions—including pregnancy—so we may tailor your experience appropriately.

AGE POLICY
Guests must be 18 years or older to access spa facilities. Those under 18 may receive treatments with a parent or guardian present but will not be permitted in amenity areas.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.