

Wellness Living & Travel

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AN ELEVATED EXPERIENCE

La Cantera Resort & Spa, perched high above the San Antonio skyline, offers a serene sanctuary and a rollicking good time

Tucked into the Texas Hill Country, La Cantera Resort & Spa is perfectly poised to overdeliver on anyone's expectations. The 550-acre resort, set on the highest point of elevation in San Antonio, Texas, with views of the city skyline in the distance, also offers a true retreat experience at its stylish Loma de Vida ("Hill of Life") Spa.

The Spa features 15 treatment rooms, including two couples suites and two Sky Lofts—truly unique (and private) outdoor lounge and treatment cabanas overlooking the natural beauty of the Hill Country. While families gather around the waterslide at the kids' pool on the opposite side of the resort (there are five pools on property), the full-service spa offers a relaxing and restorative escape for couples, girlfriends or solo spa-goers seeking quiet time. Loma de Vida boasts 25,000 square feet of indoor space and a vast menu of treatments, including some inspired by the area. A stunning common

space known as The Gathering Place, entices, encompassing a vast fireplace and terrace with sweeping big-sky views. Soak in the serene infinity-edge pool, practice yoga in the grotto, clear your head—and sinuses—in the herbal sauna room.

An elite world-class golf course—along with a driving range, practice area, pro shop—will get you on your game. And with no less than nine food and beverage outposts—from SweetFire Kitchen, with a wood-fire oven; to Sire, a lobby bar featuring craft cocktails and small plates; to Primero Cantina, a Tex-Mex style sports bar—your appetites will be well-satisfied.

It's the perfect perch from which to explore downtown San Antonio, the famous River Walk and, of course, the historic Alamo, all less than 20 minutes away. lacanteraresort.com

—Rona Berg