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10-23 JUNE 2016 ISSUE 243

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A SPA BUSINESS PUBLICATION

Chenot Palace to open in Azerbaijan this year

Health and wellness hotel specialist Henri Chenot is opening a five-star retreat in Azerbaijan in November.

Based on the holistic detox and revitalisation Chenot methods, the Chenot Palace Health Wellness Hotel Gabala will be a medical spa dedicated to improving the health, wellbeing and natural appearance of guests. Guests will undergo the Chenot method, which includes a combination of health check-ups and a detoxifying diet, along with spa treatments, such as hydro-aromatherapy, phyto-mud therapy, hydrojets, massage and cupping. There will also be advanced medical aesthetic treatments and fitness facilities.

The medical spa facility is 6,000sq m (64,583sq ft) and is dedicated to medical check-ups and state-of-the-art diagnostics that enable the medical team to assess the wellness status of the guests. A new Human Performance



The five-star retreat is set on a 64-acre park overlooking Gabala Lake

Department will feature a metabolic laboratory, a -110C (-166F) cryo chamber for whole-body cryotherapy, and a sports lab for fitness screening, antigravity technologies and normobaric hypoxic (also known as oxygen-reduced) training for physical wellness.

Set on a 26-hectare (64-acre) park in the pine woods overlooking Gabala Lake, the landscape includes ponds, lakes and waterfalls, around which walks or runs are encouraged.

Dr Chenot has frequently visited the region, as many of his clients in Italy are from the area, said Lorenzo Amaglio, general manager.

“(Dr Chenot) recognised the potential hidden in Azerbaijan for such a project to materialise,” Amaglio told *Spa Opportunities*. “...The nature, pure air and tranquility made Gabala the perfect retreat in which our guests could conduct the detox and revitalisation programmes in perfect harmony with the environment.”

Designed by architect Michel Jouannet of Architecte d'interieur, the hotel will include 72 bedrooms and three villas with private spas offering panoramic views lake and mountains. **Details:** http://lei.sr?a=F3T4B_S

GLOBAL WELLNESS DAY SPECIAL

The world gets ready for Global Wellness Day

Locations around the world are getting ready to celebrate Global Wellness Day on 11 June, with events from yoga classes, to pet therapy, to Bollywood dancing lessons set to take place – all in the name of health and wellness.

In this issue, we've gathered some of the most exciting events from around the globe, and we also look at what some of the biggest brands in hospitality and wellness have planned for the big day.

For a closer look, see pages 2-3 inside, as well as the back cover.

Major renovation at Lanserhof Lans

Lanserhof Lans, the world-famous Austrian destination spa, is undergoing a major renovation until December 2016.

The existing facility will be extended and a new building by German-based architect Christoph Ingenhoven will also be added. Ingenhoven is one of many regular guests to the detox retreat in the alpine state of Tyrol.

The new structure – an oval building with a wooden façade and a grassy roof – will have 16 rooms with views stretching from the Nordkette mountain range to the adjacent southern mountains. A new infrared sauna complex with saltwater pool and shiatsu pool will be located on the ground floor.

“Guests can expect to find a completely refreshed Lanserhof,” Ingenhoven told



An new infrared sauna complex will be added

Spa Opportunities. “There'll be more space and a wealth of new details. The new bathhouse is a sensation, with its heated saltwater pool and sauna complex.”

Other new facilities include a three-room cryotherapy chamber, events space, additional treatment rooms and a retail boutique.

Details: http://lei.sr?a=j7Y2g_S

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CONTACT US

The Leisure Media Company
Portmill House, Portmill Lane,
Hitchin, Herts SG5 1DJ, UK
Tel: +44 (0)1462 431385
Fax: +44 (0)1462 433909
e-mail: please use contacts'
fullname@leisuremedia.com

Subscriptions

Denise Adams +44 (0)1462 471930
subs@leisuremedia.com

Editor

Liz Terry +44 (0)1462 431385

Head of news

Jak Phillips +44 (0)1462 471938

News editor

Jane Kitchen +44 (0)1462 471929

Reporters

Tom Anstey +44 (0)1462 471916

Matthew Campelli +44 (0) 1462 471912

Kim Megson +44 (0)1462 471915

Publisher

Astrid Ros +44 (0)1462 471911

Product editor

Kate Corney +44 (0)1462 471927

Design

Ed Gallagher +44 (0)1905 20198

Internet

Michael Paramore +44 (0)1462 471926

Dean Fox +44 (0)1462 471900

Emma Harris +44 (0)1462 471921

Tim Nash +44 (0)1462 471917

Circulation manager

Michael Emmerson +44 (0)1462 471932

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SPAIN

Activities across Spain include Dive Zen (yoga and meditation underwater) in the Canary Islands, swing dance on the streets of Zaragoza, meditation inside an old mine, a hike in the Pyrenees with wine and oil tasting, free massages at the airport in Madrid, kids yoga and more.



FRANCE

In Caen, Normandy, Le Grande Run (The Big Run) will take place over the weekend, and will include a marathon, 10k and 20k, as well as an exhibition hall. Attendance is expected to be in the thousands. In Royan, 420 people will run a 42km relay marathon, with each person running 100 metres.

LEBANON

With the support of the ministry of public health, Lebanon is celebrating at the Edde Sands Hotel & Wellness Resort in Jbeil. Activities include Zumba, aqua gym, acro yoga, and sunset walks on the beach, as well as express nutrition consultations, wellness for children, life coaching, a granola station and juice bar.

RUSSIA

In Sokolniki Park in Moscow, up to 50,000 people are expected to take place in group activities including aerobics, taeko, gymnastics, yoga, Zumba, healing dances and more. The event will also see counselling for young mothers, lectures on healthy eating, bath rituals and the psychology of wellbeing.



SINGAPORE

In Singapore, fitness workshops, wellness talks and children's workshops will take place on 11 June, with a particularly impressive lineup of activities for kids, including yoga-nastics, Bollywood and jazz dance, mindfulness meditations, clay bank making and story time.



GREECE

Yoga, pilates, fitness and dance classes, as well as an agility ladder, pranic healing therapy, on-site massage and shiatsu, and advice from nutritionists.

USA - MIAMI

The Miami Institute for Age Management and Intervention will bring guest speaker Dr Adonis Maiquez to the Ritz-Carlton Key Biscayne to speak about anti-ageing tips, followed by a cardio beach hike.



More than 100 countries will be celebrating Global Wellness Day on June 11 - here are some highlights from around the globe



UAE

In Dubai, the Shangri-La hotel is celebrating by offering free yoga sessions, special spa offerings and a day of pampering for the children of the UAE Down Syndrome Association. Children will learn from experienced therapists how to mix their own homemade body and facial products, using natural ingredients like chocolate, strawberries and oranges, and they'll also enjoy mini-facials and hand and foot scrubs.



THE NETHERLANDS

In Amsterdam, the day will start with a live stream "Dance for Health" featuring the National Opera and Ballet of Amsterdam, and continue with inspirational speakers addressing topics such as consciousness, heart health and building a well world.

LATVIA

In Dzintari Mezapark, Jurmula, celebrations will include yoga, TRX, body art, dance, aqua bike, massage, meditation, wellness diagnostics, activities and entertainment for children and a concert performance by Nataly Tumsevic.



CYPRUS

The President of Cyprus, Nicos Anastasiades, has become the first president to officially support Global Wellness Day, and a day-long celebration will take place in Limassol, which will include 2.5 hours of Les Mills classes, followed by a concert from The Coop Band.



CROATIA

Free Les Mills classes, rock-climbing trials, a beach volleyball tournament, "Trail of the Dolphins" hiking tour and sundown yoga.

SAUDI ARABIA

This is the first year Saudi Arabia is taking part in GWD, which coincides with the fasting month of Ramadan - itself billed as a manifest of wellness that allows the body to detoxify itself. In Jeddah, the mayor's office is sponsoring one of the city's biggest walkways and urging residents to jog for maximum strengthening while fasting.

USA - TEXAS

In Texas, guests at the Four Seasons Hotel Austin will be invited to gather on the back lawn to partake in some informal pet therapy. For three hours, guests will frolic with puppies provided by the Austin Humane Society. A three-mile guided walk/run around Lady Bird Lake will also take place.



USA - ARIZONA

At Sedona Golf Resort in Arizona, an integrative fitness and wellness golf tournament combines activities such as tai chi, yoga, kettlebells, mountain biking and zumba throughout the resort's famed golf course.



TURKEY

The birthplace of Global Wellness Day, Turkey will be celebrating the event in Istanbul, as 10,000 people are expected to gather in KüçükÇiftlik Park for events including talks from wellness and nutrition experts, breathing therapies, yoga, pilates, sports activities and zumba, as well as a section for children with dance, sports and other activities.

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Kempinski spa opens in Harbin, China

Resense has opened a new Kempinski The Spa at the Kempinski Hotel Harbin in northeastern China. Inspired by the European cycle of the seasons, the 2,000sq m (21,528sq ft) spa includes six treatment rooms and one luxury spa suite, as well as a foot massage zone, beauty salon, and male and female thermal areas. A Spa Club offers memberships that include fitness, spa and wellness components.

The fitness and recreation centre includes state-of-the-art cardiovascular and exercise equipment, a 25m (82ft) heated indoor pool, whirlpool, herbal sauna, steam bath, yoga/pilates studio and games room. Personal trainers are available, and there is an on-site juice bar.

“Kempinski The Spa Harbin provides a vibrant dynamic to the hotel experience, and with the concept created around a social



The fitness area includes an indoor pool, herbal sauna and steam bath

wellness hub, we are able to attract local guests to enjoy a luxury spa and wellbeing offering delivered with European flair,” said spa manager Louise Tong. “The spa also acts as a strong draw for both leisure and MICE guests.”

A signature treatment includes a massage, sea algae mask, cranial massage and foot wrap.

Details: http://lei.sr?a=J4N8m_S

O’ahu resort features six-storey spa

Hotel operator Four Seasons has opened its fifth Hawaiian resort; a new property on the island of O’ahu that features a 35,000sq ft (3,250sq m), six-storey spa and wellness complex.

The Four Seasons Resort O’ahu at Ko Olina is located on the ocean in the community of Ko Olina. At the heart of the property is a 17-storey terraced hotel – originally designed by architect Edward Killingsworth in 1998 and now renovated by Honolulu studio Philpotts Interiors – that was once the centrepiece of a previous resort.

The renovated building features 371 ocean and lagoon views and several restaurants decorated in authentic Hawaiiana style, inspired by nature and featuring traditional local woods and banana-leaf wall coverings.

The spa includes 14,200sq ft of outdoor space, and features indoor and outdoor treatment rooms with treatment menus inspired by ancient Hawaiian healing traditions. A health club and gym; steam, sauna, whirlpool facilities; an outdoor lap pool; a hair and nail salon and a barber



The Four Seasons Resort O’ahu at Ko Olina includes a 35,000sq ft spa

shop round out the offerings. The resort also features access to beaches and several pools overlooking the Pacific Ocean, as well as an on-site tennis centre, expansive gardens and a custom-built wedding chapel.

“Our name ‘Ko olina’ literally means ‘place of joy,’ a sentiment that comes to life from the moment you arrive,” said general manager Sanjiv Hulugalle. “We look forward to welcoming guests to our island ohana for the first time this summer, and then again and again.”

Details: http://lei.sr?a=j3J8T_S



Royal Palm, Marrakech.



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European experts to speak at GWS

The Global Wellness Summit's 2016 agenda will dive into the unique integrative medical wellness offerings of Europe.

Delegates to the 10th anniversary Summit in Tyrol, Austria in October will hear from Henri Chenot, founder of the Chenot Group, which operates wellness centers around the world; Dr. Christian Harisch, CEO and owner of Lanserhof Group in Austria; Dr. Harald Stossier, Director of the Viva Mayr Medical Clinic in Austria; and Dr. Harald F. König from Brenners Park Hotel and Spa.

"Europe has a long and extremely successful history of developing life-changing wellness destinations that harness the best of modern and holistic medical approaches, creating programs so effective that clients return year after year," said Susie Ellis, GWS chair and CEO. "Decades of positive results



This year's Global Wellness Summit will take place in Austria

can't be ignored – and the entire spa and wellness industry can learn a tremendous amount from these leaders. Hosting the Summit in the heartland of medical wellness gives us the unique ability to attract people from the very top of this field."

Details: http://lei.sr?a=A2u5B_S

Mandara Spa celebrating 20 years

Mandara Spa, a division of global spa provider Steiner Leisure, is celebrating 20 years in business this year with special offers, seminars, classes, a charitable programme and a world tour anchored by a Balinese healer.

Mandara has grown from its first spa opening in Bali in 1996 to a global spa brand with its footprint in four continents, 22 cities and two cruise ships. President and COO of Mandara Spa Asia Jeff Matthews has been an integral part of the brand since its inception.

"Celebrations are a wellspring of life and a benchmark of longevity," said Matthews. "Turning 20, the Mandara Spa brand is youthful, accomplished and has staying power. Twenty has never looked better on any spa brand."

Thomas Gottlieb, founder of Mandara Spa, was at the forefront of launching the brand before Steiner acquired it 14 years ago.

"This celebration is about a dream and a dream team," said Gottlieb. "A spa brand conceived in a dining room in Batu Jimbar and a global spa industry leader that nurtured



Mandara first opened in Bali in 1996 and now operates in 22 cities

it to the phenomenal concept it is today. The dream is now being celebrated. May Mandara Spa continue on its journey."

As part of the 20th anniversary celebrations, Mandara will be launching a world tour with Balinese healer Guru Made Sumantra, who will visit six countries in four months to introduce energy and yoga healing, and to "bring Bali and Balinese healing to the world."

The schedule for the anniversary includes stops in Kuala Lumpur, Dubai, Abu Dhabi, London and the United States.

Details: http://lei.sr?a=Z8f6V_S

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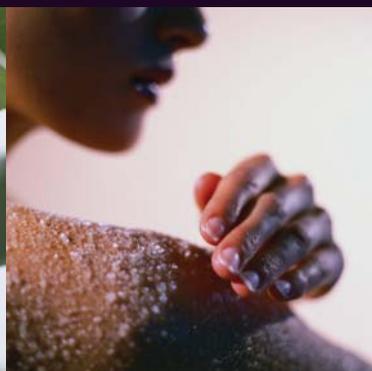
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Royal Crescent unveils upgrades

A hotel in Bath, England has unveiled an extensive renovation of its spa facilities as it bids to become one of the top spa destinations in the UK.

Bath is famous for its hot springs and spa culture, and boasts many of the country's most popular spa destinations. In order to remain competitive, The Royal Crescent Hotel & Spa has invested in renovating its spa facility The Bath House into a "state-of-the-art spa complex." Mark Green of Curveline Design was responsible for the light-filled, calming design.



Mark Green of Curveline Design was responsible for the design

In addition to the spa's existing Relaxation Pool, The Bath House has been installed with a Vitality massage pool, a Himalayan salt-infused sauna and a new Blossom steam inhalation room with fresh aromas of eucalyptus and menthol. The hotel's spa therapists use the Bath Spa Skincare and ESPA brands.

The Grade I-listed property, which dates from the 1700s, also recently opened a 156sq m (1,679sq ft) Tattinger Spa Garden at the Spa & Bath House. The spa garden serves as both a relaxation room and a space to have a meal from the property's spa menu.

Details: http://lei.sr?a=b9G5M_S

Channing Tatum teams with Runa

Hollywood A-lister Channing Tatum is teaming up with Tyler Gage, co-founder and CEO of organic tea company Runa, to champion a native healing centre deep in the Amazon rainforest.

Tatum is a brand ambassador and investor in Runa, which sources gayusa, its key ingredient, from the indigenous families in the Ecuadorian Amazon such as the Sapara. The company has launched an initiative to help create new value for the tropical forests that benefits local people.

Opening in mid-2016, the Naku healing centre will see scientists working alongside native healers to highlight the efficacy of traditional treatments and ingredients.

The healing centre is inspired by Sapara building techniques and utilises the latest in ecological design. It will have eight rooms where patients will be given a course of treatments, including whole plant remedies, diet guidelines and dream and sleep therapies that the Sapara have used for centuries.

"We'll have patients from all over the world suffering from a variety of illnesses already described by western doctors," said Gage. "The Sapara healers will do their own diagnostics



Runa is opening a healing centre in the Amazon rainforest

before patients go through the Amazonian healing process. We'll record not only physical but also psychological wellbeing data, and track their progress for improvement or change. This will lay the foundation for further phytochemical studies and clinical trials."

Gage is also working on a similar project with the indigenous Shipibo people in Peru, the Rios Nete healing and research centre; he hopes spas can learn how reconnecting with nature and community can help with wellbeing.

Details: http://lei.sr?a=u3F8w_S

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Dr Pauline Burgener

Leading skincare range, Dr Burgener Switzerland, is renowned for the true customisation of skincare. Founded in Lausanne in Switzerland in 1955, the luxurious and innovative brand combines natural ingredients with advanced technology products and treatments.

With its spa line firmly established at a number of exclusive hotels, namely in Cap-Ferrat, Dubai, Moscow, St Petersburg, Seychelles, Beirut and Switzerland, mainly in Four Seasons as well as other luxury hotels; Dr Burgener is set to launch the Haute Couture range in mid 2016.

Three years in the making, the focus of Haute Couture technology is to personalise products and treatments specific to the client's skin needs. Dr Pauline Burgener, co-founder and CEO, explains: "Haute Couture is a revolutionary skin treatment that personalises products and treatments to each person's skin, using cutting edge technology."

Every Haute Couture product contains natural extracts of iris and cedar wood, powerful anti-ageing ingredients. High tech ingredients include ceramides, specific peptides to relax facial muscles and chronopeptides to stimulate the natural defences of the skin, enriched with vitamin D.

Dr Burgener adds: "We're working on restoring the mechanisms of the skin by adding elements that will improve the reaction and full functioning of the cells."

Custom-made

A Haute Couture treatment begins with an in-depth analysis of the skin, including an individual genetic pattern defining the hereditary ageing predispositions of each skin. Using special equipment in a controlled temperature and hygrometry room, depth of wrinkles, skin capillaries quality, hydration, lipids, and melanin are measured.



The Haute Couture range will launch in mid 2016

Haute Couture is a revolutionary skin treatment that personalises products and treatments to each person's skin, using cutting edge technology

Dr Burgener says: "I look at the needs of the skin and the level of ingredients that are required for that skin type. The findings go to my laboratory in Switzerland and we produce a personalised product range for the client based on these results."

The Haute Couture service continues for the client with monthly treatments, during which products are activated into the skin, improving microcirculation and boosting cell regeneration. A full re-analysis of the skin takes place every three months and Dr Burgener adapts new products to the client's needs.

Spa requirements

A spa needs to allocate two rooms to provide a complete Haute Couture service. One is for a private consultation and skin analysis and the second is dedicated to the tailor-made treatments.

Quality of excellence is also expected from the spa therapists, who will receive three

months training at the Dr Burgener centre of expertise in Switzerland. "These high-end treatments are a blend of dermatology and cosmetics and the therapist should have a high level of education in dermatology and aesthetics," Dr Burgener adds.

The Haute Couture line will launch at the Dr Burgener Haute Couture Spa at the Relais & Châteaux, Grand Hôtel du Lac in Vevey, Switzerland this summer as well as the Four Seasons Grand Hôtel du Cap-Ferrat on the French Riviera. The Four Seasons in Moscow has also engaged in advanced discussions to host the concept this year.

Dr Burgener hopes to continue to forge partnerships with other high-end hotel spas in locations like Hong Kong and New York, with plans to be in 10-15 countries by the end of 2018. ●

DR BURGNER
SWITZERLAND

Contact Dr Burgener

Tel: +41 21 3290305

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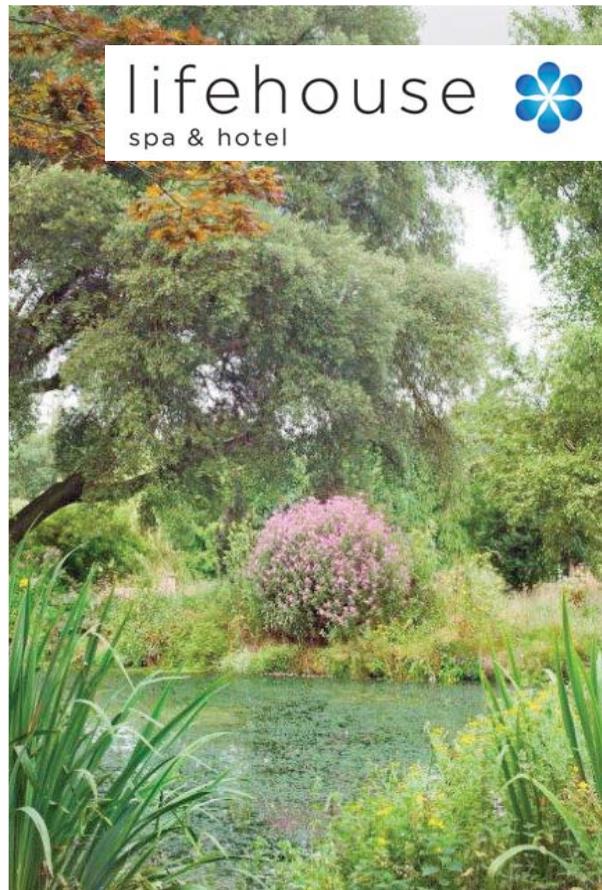


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- Flexible in approach and work best in a team-working environment.
- Have excellent communication skills.
- Fluent in spoken English.



Apply now: <http://lei.sr?a=3C5a9>



Two exciting opportunities have arisen at the five-star Balmoral Hotel, Edinburgh

SPA MANAGER

The role involves the daily management in all operational procedures and codes of conduct within the Spa to ensure that the provision of an effective service is given to all internal and external clients and guests. You will manage a team of 17, including Therapists and Spa Co-ordinators.

The ideal candidate should have the following skill and knowledge:

- Ability to lead and develop a team
- Creativity to develop product and implement marketing strategy
- Strong business and financial management
- Excellent guest service skills and quality driven
- Drive and motivation to achieve/exceed targets

You will be part of a pro-active management team and will be responsible for attending all relevant meetings, monitoring budgets and attending the profit and loss review. The role will involve Duty Management shifts within the hotel. The ideal candidate should have management experience in a luxury hotel environment and be passionate about delivering the best service and experience to our guests.

SPA THERAPIST

You will be responsible for delivering outstanding customer service and care to our guests through providing a full range of ESPA & SPEIZIA treatments including facials, massage, manicures and pedicures.

In partnership with carrying out treatments, your other duties will include

- ensuring the highest standards of hygiene;
- ensuring guest comfort and welfare during Spa experience
- cleanliness and tidiness are maintained in the Spa;
- assisting in reception when required;
- supporting the Head Therapist with stock ordering and checks and maintaining the standards and presentation of all the displays.

With an HND in Beauty Therapy, or equivalent, you will have experience of working within a spa facility although prior use of the above products is not essential as full training will be given, however it is preferable. The ideal candidate will have excellent guest care skills and will possess excellent interpersonal skills and have a 'nothing is too much trouble' attitude

For more information on these positions please visit: www.spaopportunities.com



ESPA



BUSINESS DEVELOPMENT MANAGER

Responsible for sourcing and winning new Spa business across Asia Pacific, working against set targets and contributing to the profitable growth of the Company.

KEY AREAS OF RESPONSIBILITY

- Identify, present to and win new spas, measured against budget for the continued international growth of the Company.
- Identify international regions to approach and target Spas which are well suited.
- Communicate with the ESPA international sales network to work collaboratively and transparently.
- Targeting Spas will involve various approaches including use of personal network, company network, research, cold-calling, site meetings and following up on warm leads.
- Evaluate each business opportunity with respect to financial value, licensing logistics, strategic fit, culture fit and risk profile.
- Identify barriers to sales and work with ESPA teams to overcome them.
- Effectively represent ESPA at trade shows, corporate presentations and on sales visits to negotiate and win new deals, network and conduct market research.
- Become proficient in proposal and agreement writing, knowing which points are negotiable and to what degree – each spa will be taken on a case by case basis.
- Negotiate key commercial terms of contracts of new accounts won.
- Maintain a positive network through post-sales contact.
- Maximise new sales revenue and optimise profitability by analysing statistics and monitoring performance.

For more information visit www.spaopportunities.com

Apply now - <http://ei.sr?a=B2g0G>

spa opportunities JOBS ONLINE

Assistant Club Mgr

Tudor Park Marriott Hotel
Location: Maidstone, UK

Esthetician

Equinox
Location: London, UK

Seasonal Spa Therapist

St Moritz Hotel
Location: Wadebridge

Nail Technician

Celtic Manor Resort
Location: South Wales, UK

Director of Spa

Mandarin Oriental London
Location: London, UK

Beauty Therapists

Center Parcs Ltd
Location: Bedfordshire, UK

Beauty Therapists

Center Parcs Ltd
Location: Sherwood Forest, UK

Spa Therapists

Hand Picked Hotels
Location: Various, UK

Operations Manager

Harrogate Borough Council
Location: Harrogate, UK

Educator / Trainer

Visiscal Professional
Location: Various, UK

Spa Director

Mandarin Oriental Prague
Location: Prague, UK

Spa Director

Mandarin Oriental Barcelona
Location: Barcelona, Spain

Beauty Therapist

The Wellbeing (London) Co
Location: Richmond London, UK

Business DevManager

ESPA International
Location: Across Asia Pacific

For more details: www.spaopportunities.com



DIRECTOR OF SPA

Location: London **Salary:** Competitive

Enroll in the opportunity of a lifetime to work within the Mandarin Oriental Group



For the ultimate in relaxation, The Spa at Mandarin Oriental, London is a haven of tranquillity where the boundaries of East and West blend in harmony. Drawing on exotic therapies and philosophies from around the world, a series of specially designed Time Rituals are offered to rejuvenate body and spirit.

Mandarin Oriental Hyde Park, London is part of Mandarin Oriental Hotel Group, award-winning owner and operator of 41 hotels in Asia, The Americas, Europe and North Africa.

We are currently recruiting a Director of Spa. The Spa Director is responsible for the overall spa and fitness staff and functions and maintains all operating aspects of the Spa and Fitness & Wellness facility.

Skills & knowledge required:

- Strong Business Acumen
- Analytical Skills
- Ability to Drive Media Events
- Budgeting & Revenue Management
- Strong Leadership Skills
- Ability to Develop & Implement Marketing Plans

The ideal candidate is and has minimum of 5 years' experience as a Spa Director in a luxury hotel company previous. You are passionate about the spa and fitness world and willing to deliver the best service and experience to our guests.

Benefits:

We provide a comprehensive Benefits Package which includes : meals whilst on duty, discounts in Rooms and F&B Outlets, healthcare provisions, company pension scheme, 28 paid holidays including bank & public holidays, colleague recognition and reward programmes, exciting range of learning and development programmes, opportunities for promotion and transfer across the group.

In line with the requirements of the Asylum & Immigration Act 1996, all applicants must be eligible to live and work in the UK. Documented evidence of eligibility will be required from candidates as part of the recruitment process. Mandarin Oriental Hotel Group is an equal opportunity employer

For more information visit www.spaopportunities.com

APPLY NOW: <http://lei.sr?a=o3l3N>

HandPICKED HOTELS

BUILT FOR PLEASURE

Hand Picked Hotels is a collection of 21 country house hotels located throughout the United Kingdom and Channel Islands.

With welcoming and charming service delivered in inspirational surroundings, our guests are encouraged to feel at home, relax, kick off their shoes and indulge!

Our values support a family approach; we are passionate about our people as well as our hotels and clubs and welcome those who share our enthusiasm to join us. We seek vibrant people who believe that providing the highest level of guest service is the key to success.

We are looking for talented individuals with a passion for standards and quality and who want to make a real difference.



WHAT WE WILL OFFER YOU:

- ◆ A competitive salary
- ◆ 28 days annual holiday inclusive of bank holidays
- ◆ Discounted hotel accommodation across the Hand Picked group of hotels
- ◆ Employee of the month/Year awards
- ◆ Training and development opportunities
- ◆ Uniform
- ◆ Free car parking
- ◆ Meals on duty

FOR MORE INFORMATION, PLEASE VISIT:
handpickedhotels.co.uk

The world gets ready to celebrate Global Wellness Day

Set to take place this Saturday, 11 June, Global Wellness Day will see more than 3,000 properties across the world take part in the 5th annual grassroots initiative



Global Wellness Day will be celebrated in 100 countries around the world with a variety of activities

The theme of this year's Global Wellness Day is "Wellness for Everyone!" and major hotel brands across the world are planning free activities to celebrate an international day of health and wellness. Below, we look at some of the highlights of what major hotel brands around the world are doing for GWD 2016.

Anantara

To celebrate living well, Anantara properties will be hosting a variety of exercise and movement classes and special events. The Anantara Mai Khao Phuket Villas in Thailand will feature sunrise yoga, a Thai massage workshop and raw food wellness cuisine cooking class. Poolside yoga and herb planting will take place at the Anantara Hoi An Resort in Vietnam, while guests at the Anantara Bazaruto Resort in Mozambique can help plant a vegetable garden at a local school, to be used for healthy snacks.

Four Seasons

In celebration of GWD, Four Seasons will introduce a range of activities and amenities to spur health and wellness. In Los Angeles, the Four Seasons Beverly Hills will offer sunrise yoga with famed yogi Rainbeau Mars on the property's rooftop helipad. At the Four Seasons Resort Bali at Jimbaran Bay, activities include Sanskrit chanting with Jimbaran Spa Angels, AntiGravity yoga, a chakra blending class, and evening meditation and blessings, while at the Four Seasons Resort Chiang Mai, guests can take part in a 60-minute "Tour De Mae Rim."

Mandarin Oriental

Mandarin Oriental hotels around the world are offering a variety of complimentary wellness activities for guests, including a guided jog around the Imperial Palace in Tokyo, a pilates class in the spa garden at Marrakech, a sky-high fitness training circuit with harbour views in Hong Kong and a guided singing bowl meditation in Miami. To complement this, many of the group's restaurants will offer healthy juices and wellness menus.

Rosewood

Twelve of Rosewood's hotels will offer spa treatments, fitness classes and wellness seminars. Sample activities include a masterclass on healthy living in Abu Dhabi, along with a formaldehyde-free paint party and recycled sculpture-building session for children; A nature walk and apothecary healing workshop at Rosewood Tucker's Point in Bermuda, along with foraging and gardening lessons; and a tea tasting and talk with a local tea master at the Rosewood Beijing.

Shangri-La

Shangri-La Hotels and Resorts around the world will invite guests to find their #ParadiseWithin on Global Wellness Day, with 10-minute massages, juice bars, beach-side yoga, healthy cooking demonstrations and other free wellness activities. The Shangri-La Dubai is hosting special activities for children of the UAE Down Syndrome Association.

Details: http://lei.sr?a=C4T9s_S

Argentina Spa Association

T: +54 11 4468 0879 W: www.asociacionspa.org

Association of Malaysian Spas (AMSPA)

T: +603 4253 3478 W: www.amspa.org.my

Australasian Spa Association

T: +61 4 3003 3174 W: www.spaandwellness.com.au

Bali Spa and Wellness Association (BSWA)

W: www.balispawellness-association.org

Brazilian Spas Association

T: +55 11 2307 5595 W: www.abcspas.com.br

Bulgarian Union for Balneology and Spa Tourism (BUBSPA)

T: +359 2 942 7130 W: www.bubspa.org

China Spa Association

T: +86 21 5385 8951 W: www.chinaspaassociation.com

Association of Spas of the Czech Republic

T: +420 606 063 145 W: www.jedemedolazni.cz

The Day Spa Association (US)

T: +1 877 851 8998 W: www.dayspaassociation.com

Estonian Spa Association

T: +372 510 9306 W: www.estonianspas.eu

European Spas Association

T: +32 2 282 0558 W: www.espa-ehv.com

Federation of Holistic Therapists (FHT)

T: +44 23 8062 4350 W: www.fht.org.uk

French Spa Association (SPA-A)

W: www.spa-a.com

German Spa Association

T: +49 30 24 63 692-0 W: www.deutscher-heilbaederverband.de

Hungarian Baths Association

T: +36 1 220 2282 W: www.furdoszovetseg.hu/en

The Iceland Spa Association

W: www.visitspas.eu/iceland

The International Medical Spa Association

T: +1 877 851 8998 W: www.dayspaassociation.com/imspa

International Spa & Wellness Association (ISWA)

T: +49 69 130 25 86 0 W: www.iswa.de

International Spa Association (ISPA)

T: +1 859 226 4326 W: www.experienceispa.com

Japan Spa Association

W: www.j-spa.jp

Leading Spas of Canada

T: +1 800 704 6393 W: www.leadingspasofcanada.com

National Guild of Spa Experts Russia

T: +7 495 226 4289 W: www.russiaspas.ru

Portuguese Spas Association

T: +351 217 940 574 W: www.termasportugal.pt

Romanian Spa Organization

T: +40 21 322 01 88 W: www.romanian-spas.ro

Salt Therapy Association

W: www.salttherapyassociation.org

Samui Spa Association

T: +66 7742 08712 W: www.samuispaassociation.com

Serbian Spas and Resorts Association

T: +381 36 611 110 W: www.serbianspas.org

South African Spa Association

T: +27 11 447 9959 W: www.saspaassociation.co.za

Spanish National Spa Association

T: +34 902 1176 22 W: www.balnearios.org

Spa Association of India

T: +91 995 889 5151 W: www.spaassociationofindia.in

Spa Association Singapore

T: +65 6223 1158 W: www.spaassociation.org.sg

Spa & Wellness Africa Association

W: www.spaassociationofafrica.com

Spa & Wellness International Council (SWIC)

T: +7 4957640203 W: www.iswic.ru

Taiwan Spa Association

W: www.tspta.tw

Thai Spa Association

T: +66 2168 7094 W: www.thaispaassociation.com

Turkish Spa Association

T: +90 212 635 1201 W: www.spa-turkey.com

The UK Spa Association

T: +44 8707 800 787 W: www.spabusinessassociation.co.uk

Ukrainian SPA Association

T: +3 8044 253 74 79 W: www.spaua.org