

spa opportunities

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Miraval developing resort in Texas Hill Country

Wellness resort operator Miraval Group has acquired the 220-acre Travaasa Austin Resort in the Hill Country of Texas, which it will redevelop and expand into a 120-bedroom destination wellness resort, its first in Texas and the American South. The project is expected to be completed by January 2019.

Miraval Group will renovate the existing inventory, add 50 bedrooms, more than double the spa space, expand the main restaurant and construct several facilities, including an equine experience that will be integral to the Miraval experience.

Steven A. Rudnitsky, Miraval Group president and CEO, said the project would “build on the momentum of the company’s nationwide growth plan,” following the opening earlier this year of the Miraval Life in Balance Spa at Monarch Beach Resort in Dana Point,



The resort will create an ‘authentic Texas wellness experience’

California, and its announcement to redevelop the Cranwell Resort in Lenox, Massachusetts.

“We selected Travaasa Austin for a host of reasons, including its hilltop location that provides extraordinary views of Lake Travis and a sense of place,” he said. “The campus

is surrounded by protected lands, providing privacy and protection from distractions of the outside world – key attributes of the Miraval Experience. In addition, the existing staff is a good fit for the Miraval culture. We are delighted to welcome them to the Miraval family.”

Rudnitsky said the acquisition will offer Miraval Group an “exceptional opportunity to create an authentic Texas wellness experience,” and that the company will incorporate the region’s culture and architectural styles “to create original experiences with dynamic wellbeing and personal development

programmes, one-of-a-kind spa treatments and flavourful and healthful cuisine.”

The resort will continue to operate as Travaasa Austin during the redevelopment and be relaunched as Miraval Austin in 2019.

Details: http://lei.sr?a=d3p9Q_S

Scientists reverse signs of ageing

Scientists at the Salk Institute in La Jolla, California, have found that intermittent expression of genes normally associated with an embryonic state can reverse the hallmarks of old age. The study appears in the journal *Cell*.

The approach not only prompted human skin cells in a dish to look and behave young again, but also resulted in the rejuvenation of mice with a premature ageing disease, increasing the animals’ life spans by 30 per cent.

Scientists cautioned that it will be a much more complex undertaking to rejuvenate people than mice.

Details: http://lei.sr?a=j7j6a_S

Two new roles in wellbeing at Accor

Lindsay Madden-Nadeau and Aldina Duarte Ramos will both remain with Accor after the company’s acquisition of FRHI earlier this year, working under the wellbeing umbrella of Accor’s luxury division.

Madden-Nadeau has been named director of well-being for Raffles, Fairmont and MGallery, and Duarte Ramos is director of well-being for Sofitel, Swissôtel and Pullman. They will both assist Andrew Gibson – who was named vice president, well-being, luxury brands for Accor earlier this year – in overseeing and directing the innovation and implementation of concepts for well-being within their respective brands.

Madden-Nadeau’s was previously global director of spa operations and integrations for FRHI, and Duarte Ramos oversaw wellbeing



Madden-Nadeau, left, and Duarte Ramos, right

product, luxury and upscale brands for Accor. “My goal is to establish AccorHotels as ‘the’ leader in the luxury segment; to do this, we need innovators with proven expertise to drive our key business areas, like the increasingly important wellness sector,” said Chris Cahill, AccorHotels’ CEO of luxury brands.

Details: http://lei.sr?a=9P4D9_S

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Babor teams up with Porsche Design

German skincare brand Babor will be the exclusive brand for a new spa in a high-rise building that claims to house the largest number of billionaires under one roof.

The Babor spa in Porsche Design Tower will feature three treatment rooms, including a hammam-style vichy shower, and a hair salon.

“To create this vision, we reached out to Babor to assist in the planning and development of the massage and vichy shower treatment menus, and to create signature products exclusive to the services provided,” said Andrew D. Richards, vice president, development and construction for Porsche Design.

The 57-storey, US\$560m (€535m, £456m) Porsche Design Tower in Sunny Isles Beach, Florida – just north of Miami Beach – is Porsche Design Team’s first foray into residential real estate, and will feature a unique glass elevator – for cars.

In addition to the spa, owners at Porsche Tower will also have access to an ‘adult



The 57-storey Porsche Design Tower is in Sunny Isles Beach, Florida

playground,’ featuring a movie theatre, professional car racing simulator, sports simulator and wellness and fitness centre.

“This is a marriage of two iconic German luxury brands,” said Mark Wuttke, president and COO of Babor North America. “As the authority in luxury professional skincare, Babor prides itself on being an innovative, visionary beauty pioneer committed to making a real difference in people’s lives.”

Details: http://lei.sr?a=G8G5V_S

2,000sq m spa to open at Swinton Park

Swinton Park Country Club and Spa, which incorporates renovated historic buildings within an original walled garden adjacent to a luxury Grade II-listed castle hotel in North Yorkshire, England, will open in May.

Personalised prescriptions for both exercise and treatments will be provided by specialist practitioners and therapists. The club and spa will cover more than 2,000sq m (21,500sq ft), excluding external facilities.

A spa bathing area will consist of an 18-metre swimming pool, hydrotherapy pool, foot spa, steam and salt room, aroma steam room, Finnish sauna, spa garden, as well as an outdoor natural pool and hot tub. Indoor thermal and wet facilities will be provided by Barr and Wray. The spa’s treatment suite will consist of relaxation rooms, eight treatment rooms, couple’s suites and a home-care advice centre. A Beauty



The spa incorporates renovated historic buildings and a walled garden

Cottage that will have a treatment room with manicure, pedicure and blow-dry bar. Elemis will be the main spa brand at the site, with other brand partners announced at a later date.

Nick Holmes, formerly of Rockcliffe Hall, and Liz Holmes of Commercial Spa Strategies have worked on the project. The spa is currently recruiting a spa manager (see p 15).

Details: http://lei.sr?a=M2F6q_S



Sanya Edition opens 2,000sq m spa

Hotel visionary Ian Schrager – considered by many to be the founder of the boutique hotel category – has opened his first hotel in China, the Sanya Edition.

Located on Hainan Island, the hotel is the latest addition to Edition hotels – the brand Schrager conceived in a partnership with Marriott International – and includes a 2,000sq m (21,528sq ft), two-storey spa with extensive gardens.

Tracy Lee of TLee Spas consulted on the spa, which focuses on a connection to

nature and has an approach to beauty, wellness and wellbeing that is attuned to modern living and local customs, with treatments using both global and Asian healing traditions.

The spa features a total of 11 treatment rooms and suites, as well as extensive heat and water therapies and an expansive relaxation area with tea bar, massage lounge and seating and resting areas. The massage lounge has four semi-private treatment stations and encourages guests to sample an assortment of massage,



The hotel includes a 20,000sq m (215,278sq ft) 'private ocean'

bodywork and wellness services. Each of the 11 private treatment rooms features custom millwork and on-demand music content.

They include five single rooms, three multipurpose suites with private changing area, indoor/outdoor steam shower and lounge; and three spa pavilions, which are free-standing spa retreats secluded within lush landscaping. The outdoor area also includes an outdoor whirlpool and Thai massage cabana. *Details: http://lei.sr?a=x4e5T_S*

Waldhaus Flims debuts new Alpine spa

The iconic Swiss hotel Waldhaus Flims Alpine Resort & Spa has reopened after a four-month renovation, which saw its bedrooms and suites redeveloped, along with a new 2,800sq m (30,139sq ft) spa.

The new spa is part of a CHF40m (US\$40m, €36m, £28m) renovation by Hong Kong-based interior design firm Peter Silling & Associates, which aims to maintain the property's Belle Epoque heritage while enhancing the resort to a luxury alpine hotel.

The 11-treatment-room Waldhaus Spa includes an indoor swimming pool, heated outdoor pool, and a natural swimming pond, and offers regional and traditional treatments.

A sauna landscape features various aroma and steam baths, including a glass-encased Finnish sauna with waterfall shower, hammam steam bath, in-ground sauna, Swarovski Physiotherm cabins with infra-red beams and a women's sauna areas. In the winter, when the pond freezes, an ice hole is made, so guests can



The spa includes a natural swimming pond and a glass-encased sauna

combine an icy natural dip with the in-ground sauna. Quiet resting rooms with views of the swimming pond are available, along with a new fitness centre and a private spa suite with its own whirlpool, sauna and massage area.

"We are pleased that in the magnificently updated hotel premises, we have created a place to pursue the renowned tradition of Waldhaus Flims and combine it with first-class wellness offerings," said Peter Schoch, managing director. *Details: http://lei.sr?a=U8g6B_S*



Perkins has worked in the industry since 1987

Paula Perkins launches new spa consultancy

Former ESPA director of spa development Paula Perkins – who has been in the spa industry since 1987 – has launched a new spa consultancy, based near London.

Paula Perkins Spa Consultancy (PPSC) will provide services for the creation and development of new facilities, working alongside architects and interior designers and providing essential guidance for a refurbishment. The company will also assist with the pre-opening and training requirements for a new launch and reviewing existing businesses' strategies and ways to improve ongoing performance.

Initially, PPSC will focus on the UK and Europe; however, Perkins told *Spa Opportunities*: "I would be open to any location dependent on the project."

Details: http://lei.sr?a=B5Q5V_S

Spa Connectors works on Movenpick's Bali spa

Training and recruitment company Spa Connectors is working on the spa concept for the upcoming 297-bedroom Movenpick Resort & Spa Jimbaran Bay in Bali.

Kathryn Moore, founder and managing director for Spa Connectors, told *Spa Opportunities* that she is working on the concept development, signature treatment creation, menu development, recruitment, private label product development and on-property training.

"It's a great gig for us and we are very excited," she said.

The spa is due to open in March, 2017, and will include seven treatment rooms, a blend bar, relaxation lounge, sauna and steam facilities, and will feature Balinese massages and Indonesian healing rituals.

A fitness centre and tropical yoga garden round out the wellness offerings.

Details: http://lei.sr?a=z8v4K_S

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King Spa looking to take DC crown

King Spa, a Chicagoan concept with a Korean slant, is to open an outlet in South Riding, a suburb of Washington DC.

Presently, the main spa in the area is a Spa World by Chantilly; however, the opening of the King Spa brings some competition to South Riding – and at 62,500sq ft (5806 sq m), spread over three floors, the development is not an insignificant rival.

Rachel Kim, King Spa's broker in the land transaction to build the property, noted that King Spa is similar to its competitor, but added that it's "more upscale".

Construction is due to begin in the near future at the East Gate Marketplace shopping centre, where the spa will be located, and will take about two years. The shopping centre's owners, Atapco Properties, sold the space 4-acre parcel to King Spa for \$3m (€2.9m;



King Spa will bring 62,500sq ft of Korean spa-ing to Washington

£2.4m) last year. The facility will house a number of recreational and therapeutic pools, an 8,000sq ft (743sq m) dry sauna space and a 2,000sq ft (186sq m) restaurant.

King Spa's other outlets are outside of Chicago in Niles, Illinois, and in Dallas, Texas. *Details: http://lei.sr?a=G2A5w_S*

JW Marriott opens in Singapore

Hotel giant JW Marriott has opened its first hotel in Singapore across several buildings brought to life by designer Philippe Starck and architects Foster + Partners.

The high-profile creative team have designed two new hotel blocks and restored three heritage buildings to create the 634-room Singapore South Beach hotel.

Contemporary architecture, restored heritage and a multi-million dollar collection of more than 30 works and installations have been combined to create a "multi-sensory cultural experience".

Wellness offerings include a Spa by JW, set to open in the second quarter 2017, which is created "to demystify and reimagine the spa experience with treatments based on four benefit states." It comprises 10 treatment rooms, including two private and two express treatment suites.

The centrepiece of the hotel is the 520sq m (5,600sq ft) Grand Ballroom housed in the 1930s historic Drill Hall – the birthplace of the Singaporean armed forces – which features a dramatic Starck 'Forest of Light'



Foster + Partners designed the 634-bedroom hotel

installation of 11,520 lights hanging from the ceiling. The building, engineered by Arup, also includes a 280m-long (918ft) ribbon-like canopy inspired by the natural form and function of a tree. This floats across the entire structure to filter sunlight, solar glare and channel wind breezes into the public spaces.

Other facilities and amenities across the South Beach complex include 15 meeting rooms, a 24-hour fitness centre, two sky gardens, two outdoor swimming pools and nine restaurants.

Details: http://lei.sr?a=m4k4M_S



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Atlantis opening resort in Hawaii

China Oceanwide and Kerzner International Holdings will develop a multi-million dollar mixed-use resort in Hawaii, with the expansive 642-acre project the latest in Kerzner's global expansion of its Atlantis brand.

Located in Ko Olina, the mega-development will be the first Atlantis-branded resort in the US, following on from the landmark The Palm in Dubai and the upcoming Sanya Hainan in China, which opens in 2017.

Overlooking the Honu and Kohola Lagoons, 26 acres of the Atlantis development will be dedicated to entertainment and experiences, with plans for an Aquaventure Waterpark, The Ambassador Lagoon and The Lost Chambers Aquarium. The resort will be made up of 800 guest rooms and suites, with 524 luxury residences also planned. The resort will house



The mega-development will be the first Atlantis resort in the US

a spa, which will fuse traditional and holistic practices with modern therapies, as well as a state-of-the-art fitness centre. The ocean-themed destination will also include fresh and saltwater pools, and marine exhibits, including an open air marine habitat.

Details: http://lei.sr?a=r4e4B_S

Spa by Clarins makes Indian debut

Spa by Clarins has marked its Indian debut, opening at the new W Hotel in Goa.

Spread over 14,000sq ft (1,300sq m) of land, the Spa by Clarins at W Goa houses eight treatment rooms, special couples' rooms, a heated indoor vitality pool and a wet section complete with steam, sauna, and experience showers. There is also a relaxation area and waiting lounge.

Treatments will incorporate Clarins's range of products, and all massages will use the 'Clarins touch' massage method.

Clarins global ambassador Prisca Courtin-Clarins said: "Clarins is enjoying a growing reputation in Asia and Australia, as it continues to gain market share. We are extremely elated to have entered India with our signature Spa by Clarins with the W group of hotels that redefines lifestyle hotels world over. We have a plethora of treatments at the newly launched spa. All our therapists and masseurs are trained to use effective techniques along with the renowned Clarins skin care products that provide complete rejuvenation."



Designed by Eco-ED, the spa features eight treatment rooms

Earlier this year, Spa by Clarins debuted in Mallorca, Spain at the Gran Melia de Mar.

Designed by architects Eco-ID with interiors from Design Wilkes, the W Goa is set on the Indian coast with a private beach and features 160 bedrooms with design elements that evoke eclectic local traditions.

Spa consultant Adria Lake of AW Lake Design also worked on the project, which features Indo-Portuguese design influences, as well as elements inspired by Mughal forts in the walkways and near the vitality pool.

Details: http://lei.sr?a=7y3J8_S



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CALENDAR

19-22 January 2017

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Paris, France

French water and wellness show with a focus on thermal spas and thalassotherapy.

Tel: +33 (0) 1 45 56 09 09

www.thermalies.com

30-31 January 2017

Professional Spa & Wellness Convention

The Meydan, Dubai

A two-day conference with presentations and networking opportunities.

Tel: +971 (0)4 375 7300

www.professionalbeauty.ae

31 January - 2 February 2017

Spatex

Ricoh Arena, Coventry, West Midlands, UK

A UK exhibition for the wet leisure sector.

Tel: +44 (0)1264 358558

www.spatex.co.uk

16-18 February 2017

ForumPiscine

Bologna Fiera

Bologna, Italy

Focus on the technology, design, installation and management of pool systems.

Tel: +39 051 255544

www.forumpiscine.it

26-27 February 2017

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ExCel, London, UK

International spa figures convene for two days of conferences, a trade show and networking sessions. Also includes the World Spa Awards.

Tel: + 44 (0)207 351 0536

www.professionalbeauty.com

March 2017

Washington Spa Alliance Symposium

Washington DC, US

An interactive day-long event for national and international spa professionals

Tel: +1 917 797 7410

www.washingtonspaalliance.com

6-7 March 2017

Healing Summit

Berlin, Germany

Inspirational talks for like-hearted spa professionals organised by the Healing Hotels of the World consortia.

Tel: +49 221 20531175

www.healingsummit.org

For the first time this year, ISPA will host a spa forum during a two-day conference at Cosmoprof

17-20 March 2016

Cosmoprof Worldwide

Bologna, Italy

One of the world's biggest beauty trade fairs, covering 90,000sq m (968,752sq ft). For the first time this year, The

International SPA Association (ISPA)

is collaborating with Cosmoprof and focusing on leveraging the assets of each organisation. ISPA will host a spa forum during a two-day conference hosted on March 17 and March 18, 2017.

Tel: +39 02 796 420

www.cosmoprof.com

12-14 March 2017

IESC New York

Javits Convention Center, New York

See products, trends and new techniques at this spa and beauty show.

Tel: +001 203 736 1699

www.iecsc.com/ny

16-17 March 2017

APSWC Roundtable

Bangkok, Thailand

The first annual Asia Pacific Spa and Wellness Coalition Roundtable.

Tel: +91 916 827 8669

www.apswc.org

26-29 March 2017

Green Spa Buyers Conference

Lodge and Spa at Calloway Gardens

Pine Mountain, Georgia, US

A green buying event.

Tel: +1 800 275 3045

www.greenspanetwork.org/2017-buyers-conference

30-31 March 2017

European Spa Congress, Poland

Warsaw, Poland

European spa figures exchange industry ideas and experiences at this congress.

www.fundacjaspa.pl

31 March-4 April 2017

Beauty Dusseldorf

Messe, Dusseldorf, Germany

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Tel: +49 211 45 60 01

www.beauty.de

20-22 April 2017

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Hoshino opens first Bali resort

Hotel management company Hoshino Resorts is all set to open its first Hoshinoya branded hotel outside of its native Japan in 2017, in Bali.

Yoshiharu Hoshino, president of Hoshino, told *Spa Business* that the company must adapt to the needs of the modern day traveller, as well as marking out plans for this first Bali resort.

Based in Ubud, Hoshinoya Bali will overlook the Pakerisan river and will have sacred water canals running through the property – “all part of the island’s age-old water temple network recognised as a UNESCO World Heritage Landscape.”

The resort’s spa is located in the river’s valley, providing guests with traditionally developed treatments using “ancient wisdom and methods.”

Custom-designed treatment courses that



Hoshinoya Bali will overlook the Pakerisan River

incorporate natural ingredients will be on offer, from body relaxation to a treatment based on Balinese traditional massage, which is crossed with Hoshinoya’s original massage method.

The resort will also offer spa programmes designed to “bring balance to mind and body.”

Details: http://lei.sr?a=z9R6F_S

Comfort Zone awarded B Corp

Skincare brand Comfort Zone’s parent company, Davines Group, has been awarded a B Corporation certification (B Corp) – an award only given to companies that use the power of business to solve social and environmental problems.

There are currently almost 2,000 Certified B Corps from more than 130 industries and 50 countries with one unifying goal – to redefine success in business. B Corp is a certification, like Fairtrade, but it goes to whole companies.

“We believe that business has a higher social purpose beyond simply profit,” said Comfort Zone general manager Brian Brazeau. “Companies have more than ever a big responsibility, and they can truly shape the world.” Additionally, Brazeau said, “professional clients and consumers are looking for honest, sustainable products ‘with a soul.’ Being a B Corp implies measuring and communicating what we do in a very rigorous and transparent way.”

Davines Group was founded in Parma, Italy as a research laboratory, before



General manager Brazeau said business has a ‘higher social purpose’

launching two brands – Comfort Zone and Davines, a haircare range. Its aim was – and is – to be a business with a positive impact both on people and the environment.

“[The certification] is a validation that Davines Group... is doing something great and effective not just for us, but for all of our stakeholders,” said Brazeau. “[It is] a key step in certifying our long-term commitment in creating a 360-degree sustainable business model and a new starting point towards excellence.”

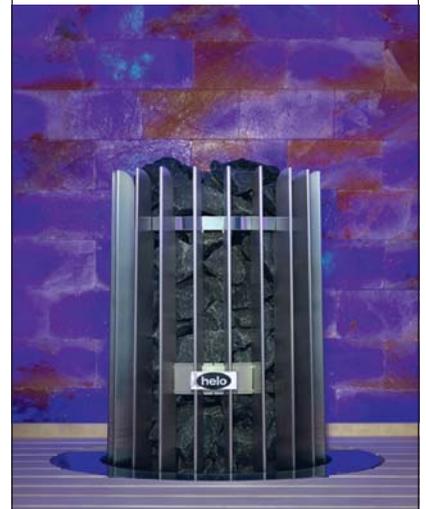
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Spa Therapist



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What we are looking for:

Skills:

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- Excellent customer service, communication skills
- Efficient, organised and motivated
- Knowledgeable, enthusiastic and passionate about developing skills
- The ability to delivery an exceptional spa treatment going beyond the guest's expectations

Duties:

- Perform all related treatments – facials, body rituals, massage, manicures and pedicures
- Ensure that the brand standards, customer journey and treatments are exceptional at all times
- Keep confidentiality of the company and clientele information at all times
- Adhere to all SOPs and ensure that all targets are met
- Support marketing activities and assist in events held in Spa when necessary
- Act as an ambassador for the company at all times



To apply for this position, please send an up-to-date CV and covering letter gemma@thyme.co.uk

the future spa leader

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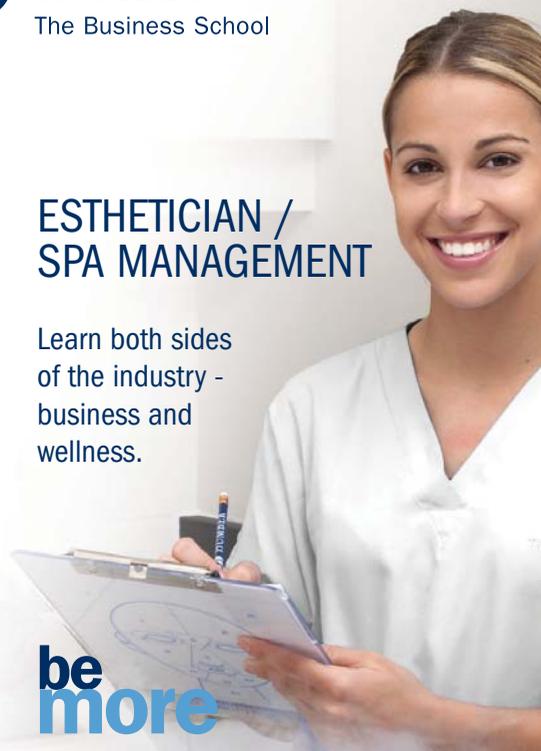


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ITEC/NVQ L3-Qualified Head Spa Trainer



Salary: 1,600 monthly basic + 10% commission
Location: Malta

M Spa Academy Malta is an institute focused on excellence in spa training. We are seeking to engage a qualified ITEC (or similar level) trainer to run short and long courses.

The ideal candidate will be expected to:

- Maintain exceptional treatments and training standards ensuring the Myoka brand is represented and facilitated within our Training School.
- Communicate at all business levels and be able to adopt varied teaching techniques to accommodate different learning styles and cultural nuances.
- Keep updated on new techniques, changes to procedures and ensure consistent communication when delivering training, in order to assist with the continual development of beauty treatments and training – and to develop your own learning skills further.
- Be responsible for updating yourself with all company information.
- Support other Managers and assist in presentations or demonstrations when required. Be responsible for keeping all training areas immaculate and hygienic, and ensure all necessary stock levels are maintained.
- Be flexible and fully prepared when off-site training is required.

For more information or to apply - <http://lei.sr?a=r8Y8q>



SPA MANAGER

Location: Swinton Estate, nr Ripon
Salary: £35k Contract type: F/T 40 hours

The Job: Leading and growing an exceptional team of therapists, wellness specialists and hospitality professionals through the launch of the new spa facility (due to open in May) and delivering a strong revenue performance through quality management strategies. Overseeing membership, day-spa and treatment functions and leading the vision to become a leading wellbeing destination. Demonstrating open communication and acting as an ambassador; this person must combine commercial acumen with a passion for wellbeing and be able to take people with them.

ESSENTIAL SKILLS & EXPERIENCE INCLUDE:

- Minimum 3 years in a management position within the spa industry
- NVQ 3 Beauty Therapy, or equivalent, and practical experience
- Ability to identify creative commercial opportunities and convert them to revenue enhancing strategies
- A high degree of organisation, prioritisation and time management
- Self-Motivated, enthusiastic and flexible

Swinton Country Club and Spa, due to launch in spring 2017, is part of a luxury castle hotel in the Yorkshire Dales, with fine dining, cookery school and extensive grounds. Owned by the Cunliffe-Lister family since the 1880s, and the ancestral seat of the Earl of Swinton, guests at the hotel enjoy an authentic stately home experience and, with the addition of the new Country Club and Spa, will also benefit from an extensive range of spa facilities and wellbeing treatments.

All applications (CV and references) to be emailed to Andrew@swintonestate.com

Job opportunities with Aqua Sana at Center Parcs



Center Parcs is the leading provider of short break holidays in the UK, delighting generations of guests for the past 27 years. Each of our Villages is set in beautiful forest locations with over 200 activities and after recently opening our fifth Village, we now employ a team of more than 7,000 people.

Aqua Sana is our award winning spa which welcomes guests who are on short breaks as well as spa day clients. As well as 'World of Spa' there is a full treatment menu, using Elemis, Decléor and our own signature ranges. We also have an Express Beauty area, a fully stocked Boutique, and Vitalé Café Bar. Aqua Sana is a high quality, continually evolving spa concept.

If you're as passionate as we are about the benefits that spa can bring, why not be part of our evolution?

We are currently recruiting for:

- **BEAUTY THERAPISTS**

within our Aqua Sana teams across the 5 villages.

If you're interested in a career within Aqua Sana, please visit the Center Parcs Careers Website and select 'Job Search'.

Here you can select the Village where you are interested in working and see what opportunities are currently available. You can also register for 'Job Alerts' and we will contact you as and when opportunities become available.'

www.centerparcscareers.co.uk



Can sauna bathing help with dementia?

A new study carried out at the University of Eastern Finland suggests that frequent sauna bathing can reduce the risk of dementia.

In a 20-year follow-up, men taking a sauna 4-7 times a week were 66 per cent less likely to be diagnosed with dementia than those taking a sauna once a week. The effects of sauna bathing on the risk of Alzheimer's disease and other forms of dementia were studied in the Kuopio Ischaemic Heart Disease Risk Factor Study (KIHD), involving more than 2,000 middle-aged men living in the eastern part of Finland.

The more frequently saunas were taken, the lower was the risk of dementia. Among those taking a sauna 4-7 times a week, the risk of any form of dementia was 66 per cent lower, and the risk of Alzheimer's disease 65 per cent lower than among those taking a sauna just once a week. The findings were published recently in the *Age and Ageing* journal.



The more frequently saunas were taken, the lower the dementia risk

Previous results from the KIHD study have shown that frequent sauna bathing also significantly reduces the risk of sudden cardiac death, the risk of death due to coronary artery disease and other cardiac events, as well as overall mortality. According to Professor Jari Laukkanen, the study leader, sauna bathing may protect both the heart and memory to some extent via similar, still poorly known mechanisms.

Details: http://lei.sr?a=u9B4X_S

Salk scientists reverse signs of ageing

Scientists at the Salk Institute in La Jolla, California, have found that intermittent expression of genes normally associated with an embryonic state can reverse the hallmarks of old age.

This approach – which not only prompted human skin cells in a dish to look and behave young again – also resulted in the rejuvenation of mice with a premature ageing disease, countering signs of ageing and increasing the animals' life spans by 30 per cent.

“Our study shows that ageing may not have to proceed in one single direction,” said Juan Carlos Izpisua Belmonte, a professor in Salk's Gene Expression Laboratory and senior author of the paper, which appears in the December 15, 2016 issue of *Cell*. “It has plasticity and, with careful modulation, ageing might be reversed.”

Izpisua Belmonte cautioned that mice are not humans, and that it will be a much more complex undertaking to rejuvenate a person. “This study shows that ageing is a very dynamic and plastic process, and therefore will be



The research prompted human skin cells to look and behave young

more amenable to therapeutic interventions than what we previously thought.”

The researchers believe that induction of epigenetic changes may be the most promising approach to achieve rejuvenation in humans. However, they caution that due to the complexity of ageing, these therapies may take up to ten years to reach clinical trials. “This work shows that epigenetic changes are at least partially driving ageing,” said co-author Paloma Martinez-Redondo, Salk research associate.

Details: http://lei.sr?a=j7j6a_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.jedmedolazni.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/imsa

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

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Portuguese Spas Association

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Romanian Spa Organization

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Salt Therapy Association

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Spanish National Spa Association

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Spa Association of India

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Spa Association Singapore

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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

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