

spa opportunities

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Hilton launches rooms 'dedicated to mindfulness'

Hilton has unveiled a new in-room wellness concept, Five Feet to Fitness, which brings more than 11 different wellness equipment and accessory options into the hotel room.

Ryan Crabbe, senior director of global wellness for Hilton, described the room as an "industry first."

"The room is really a personal wellbeing stage, but we like to describe it as a guestroom dedicated to movement and mindfulness," he told *Spa Opportunities*. "It really is the first of its kind hybrid room."

The new room type features an indoor bike from Wattbike, which can be used for either longer indoor-cycling type exercise sessions or focused interval-training workouts, and dynamic Gym Rax functional training stations, to deliver strength and High Intensity Interval Training.

At the heart of the concept is the Fitness Kiosk, a touch-screen display embedded



The new room type features an indoor bike from UK company Wattbike

within the Gym Rax system, from where guests can receive equipment tutorials and follow guided workout routines.

Also included in the room is a meditation chair, blackout shades for restorative sleep and Biofreeze products to ease muscle tension.

"We really wanted to reimagine the space in its entirety and make wellness, mindfulness and fitness more accessible," said Crabbe.

Crabbe said the concept was inspired by a Cornell study last year that found 46 per cent of travellers say they want to work out while they're at a hotel, but only 20-22 per cent actually do. This study inspired Crabbe to do his own guest research, and he found that a quarter of Hilton guests expressed interest in a dedicated in-room fitness concept.

This, combined with a growth in popularity for functional training, led to the development of the concept.

The Five for Fitness concept, which debuted at the Parc 55 San Francisco and the Hilton McLean Tysons Corner in Virginia, will be an upgrade for a standard room, costing around US\$45 (€40, £35) extra.

Details: http://lei.sr?a=D8P7w_S

The biostation set to franchise

Florida-based the biostation is poised to expand its functional medical services through franchising and by establishing partnerships with member-based spas and clubs.

The company has two locations in Florida, and features healthy-ageing offerings including blood panel analysis, dedicated patient advocates for individual patient support and monitoring, bioidentical hormone therapy, IV and nutrient therapy programmes, medical aesthetic services, and sexual health programmes.

Details: http://lei.sr?a=s4k2C_B

Jamie Waring joins GOCO Hospitality

Jamie Waring has been named group director of operations for GOCO Hospitality, based at the company's headquarters in Bangkok.

He will be responsible for overseeing all operating assets in GOCO's international portfolio. Waring was previously CEO of Holmes Place in Europe, and prior to that, was COO for Six Senses, managing their global portfolio of resorts and spas for five years.

"By bringing Jamie on board, we are strategically enhancing our senior leadership team in preparing the anticipated growth of our company," said Ingo Schweder, GOCO Hospitality CEO.

Waring said: "The projects delivered by GOCO Hospitality are visionary and cutting-edge. I'm thrilled to become



Jamie Waring oversees operating assets for GOCO

part of the team, and looking forward to supporting GOCO Hospitality's growth in creating wellness destinations worldwide."

GOCO designs, develops and manages spas around the world, and is also working on GOCO Retreat Wellness Communities in California, Bali and Germany.

Details: http://lei.sr?a=N3f5S_B

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Massage Envy re-aligns business

The largest massage provider in the US, Massage Envy, is to undergo a business-wide refocusing and transform 700 of its massage-focused sites into full service day spas.

Moving beyond its successful model of offering affordable massages, by the end of the year, around 60 per cent of Massage Envy clinics will offer a range of new services – such as facials, microdermabrasion, stretching, magnetic taping and chemical peels.

The selected 700 Massage Envy clinics will gradually be re-imaged with a new look and feel. Changes include a complete rebrand, with the company's new logo featuring "ME" as a visual and symbolic shift to "total body care". The change has been driven by Massage Envy president and CEO Joe Magnacca, who joined the company last year.

Since taking up the post Magnacca has prioritised innovation, setting up an Innovation Department focused solely on new way ways to move the company forward and "add value to customers and franchisees."

Magnacca said: "The overall objective of the refreshed look and new service offerings is to allow us to offer a complete total body care package to our members and ideally raise our per-location membership average.

"Our membership model transformed the



Since taking up the post of president and chief executive, Joe Magnacca has prioritised innovation at Massage Envy

wellness industry and now we are evolving our brand on all fronts to remain the industry leader in the US and around the world."

Founded in 2002, Massage Envy now has 1,170 sites in both the US and Australia. **Details:** http://lei.sr?a=B9s9x_S

Lake Garda gets 'über-luxury' retreat

A small boutique wellness retreat has opened on the shores of Lake Garda in Italy.

The Speranzina Relais and Restaurant is privately owned and operated by the Giordano family and is located at the end of the Sirmione peninsula.

Designed as an "über-luxury" retreat, the property has just three guest bedrooms – two of which are fitted with private spa areas.

The 101sq m (1,087sq ft) Royal Suite Maria Luisa offers a spa area housing a treatment area, steam bath, a Finnish sauna, an ice fountain, spa

pool and tepidarium. There is also a relaxation area, fitted with a heated spa couch, designed for "body regeneration" and relaxation.

Suite Spa Kristina, meanwhile, is slightly smaller in size (79sq m, 850sq ft) but boasts a private balcony above the waters of Lake Garda.

The Kristina suite's private spa has a treatment area, spa pool, a Finnish sauna, a steam bath and a chromotherapy shower.



Two of the retreat's suites have private spa areas for treatments

Therapists can be booked to administer a number of individually designed in-room treatments, ranging from thalasso therapy, mud scrubs and seaweed wraps to water treatments and ayurvedic experiences.

Italian spa specialist Wellness & Spa Solutions designed the spa areas and the hotel was created by Italian architects Studio Azzali. **Details:** http://lei.sr?a=v9v8k_S

Four Seasons Austin spa revamped

Four Seasons Hotels and Resorts has reopened the spa at the Four Seasons Hotel Austin, in Texas, US, following a complete redesign of the 291-bedroom hotel.

The Canadian hotel group appointed Michael Dalton of Whitespace Interiors to come up with a new design and layout for the day spa, with a brief to ensure it will “better take advantage of the property’s resort-like setting” on the shores of Lady Bird Lake.

The reopening of the spa completes the second and last phase in a top-to-bottom redesign of the Four Seasons Hotel Austin.

Four Seasons is looking to make the spa and wellness spaces a differentiator as competition continues to heat up in the Austin hotel market.

Austin was named the fastest growing city in the US by *Forbes* in 2016, with growth being driven by its reputation as an emerging technology hub and a host of major events.

The city’s hotel market is quickly catching up with demand, with new hotels being opened at an increasingly rapid pace.



The redesigned spa’s signature feature is a Himalayan salt wall

Last year, a 222-bedroom Sheraton and a 171-bedroom Archer Hotel were added to Austin’s accommodation stock, and wellness resort operator Miraval Group – which was recently acquired by Hyatt – is redeveloping the Travaasa Austin Resort to be Miraval Austin.

Austin is also home to the destination Lake Austin Spa Resort, which boasts a 25,000sq ft (2,323sq m) spa, and a recently opened spa at the JW Marriott Austin.

Details: http://lei.sr?a=k3F8D_S

Stockholm could get 1km infinity pool

Swedish studio Ulf Mejergren Architects (UMA) have proposed transforming a 1km (.62 mile) stretch of “mundane waterfront” in Stockholm into a public infinity pool that appears to blend with the Baltic Sea.

The unique attraction would run from the northern part of Södermalm district – which overlooks the inlet where most of the city is located – all the way to eastern point of the island. It would be built just outside an existing railing, blocking sightlines towards the



The pool would run from the northern part of Södermalm district

motorway and the unappealing infrastructure needed for the large cruise ships passing by.

“We believe this amazing location could be used without obstructing the existing views of the city,” said UMA in a statement. “It would be possible to create an extraordinary public space that would increase the attractiveness of the city, both for the inhabitants and the tourism industry. It would be a statement.”

They added that revenue generated from

visitors could fund the ambitious scheme.

Pool water would be pumped from the Baltic Sea via a small treatment plant beside one of the cruise terminals on the dock. Waste heat would heat the water, allowing it to be used for bathing until the end of the autumn.

In the winter the water level would be dropped and frozen, creating a one-kilometre-long ice skating rink.

Details: http://lei.sr?a=W4r2X_S



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Rachel Lowe-Mukherji joins Aman

Rachel Lowe-Mukherji has been named group spa operations manager for luxury brand Aman resorts.

Lowe-Mukherji joins Nichola Roche, Aman's recently appointed group director of spa, in contributing towards Aman's continuing wellness focus.

In addition to supporting Aman's spa team in the brand's wellness concept, which was launched mid-2016, Lowe-Mukherji will guide the regional directors and the spa managers in the operational aspects of Aman Spas worldwide.

She believes that helping to streamline processes enables managers to focus on the delivery of outstanding guest experiences, and her expertise in spa menu design and the creation of unique spa journeys is already proving invaluable in the ongoing development



Lowe-Mukherji most recently worked as wellness director in India

of Aman's Immersion concept, the company said. An internationally trained spa professional with almost 20 years of experience in the spa industry, Lowe-Mukherji most recently worked as wellness director for Zehen Private Member's Club at The Manor Delhi in India.
Details: http://lei.sr?a=ZAE5Q_S

Cliveden House to get garden spa

Boutique UK hotel Cliveden House in Taplow, Berkshire, will add a luxury spa to its offering later this year.

The Garden Spa will include seven treatment rooms, dedicated relaxation areas, an indoor pool and a large wet area with saunas and steamrooms.

As well as massages, facials and body treatments, the spa will offer a wide range of beauty therapies at a specialist manicure and pedicure salon.

Other wellness facilities include a new restaurant and lounge area overlooking a Spa Garden, where spa guests can opt for al fresco service.

A full treatment menu is yet to be confirmed, but the spa will use British products and take inspiration from the surrounding gardens.

The spa's opening will mark the final chapter of the property's four-year, multi-million pound refurbishment.

Cliveden House was acquired by hotelier brothers Ian and Richard Livingstone in 2012, when the property came on the market as its previous owner, the von Essen group, went into administration.



The entrance to the spa will be adjacent to the walled garden

It is part of the Relais & Châteaux group, a chain of independently-owned and operated luxury hotels and restaurants.

In preparation for the opening, Cliveden House has now started its recruitment process. There are a number of available roles and the hotel is currently seeking staff including a spa operations manager, spa therapists and a senior spa receptionist.

For more information on the available roles, see the *Spa Opportunities* recruitment website.
Details: <http://lei.sr?a=u3Q0s>

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This year's Global Wellness Day will include a focus on 'how to raise happy kids'



Global Wellness Day 2017

In advance of Global Wellness Day, which takes place this year on Saturday, 10 June, Jane Kitchen talks to founder Belgin Aksoy Berkin about this year's event, the history of GWD - and what she's accomplished in six years

Please tell us about some of the highlights for this year's GWD

The theme Global Wellness Day would like to spread around the world in 2017 is 'Encourage kindness, gratitude, mindfulness and happiness!'

We're so excited to see that on June 10, companies, NGOs, schools, universities, tourism boards, spas, hotels, fitness centres, beauty salons and many more in 100 (and counting) countries and more than 4,000 different locations are going to celebrate GWD with complimentary wellness activities

Belgin Aksoy Berkin,
founder, GWD

- like zumba, yoga, pilates, dance, ballet, hiking, meditation, workshops related to nutrition, healthy eating and happiness, therapies such as breathing, laughter, art, mindfulness and beauty classes.

GWD celebration events that will be organised across the globe will help millions to realise how one day can spread inspiration for a healthy change in the world.

At the same time, it's great to see that Global Wellness Day has started to create an awareness among people in many countries that wellness is not a luxury, but rather, it is the inherent right of each and every individual - regardless of their ethnic, social or economic background.





Last year's Global Wellness Day saw celebrations around the world, in the air and under the sea, with participants holding the 'I say yes' GWD paddles



The focus of Global Wellness Day in 2017 will be to spread the fact that other than eating well and exercising, wellness is also about being kind, having gratitude and being mindful



You mention that one of the focuses this year will be on social responsibility - can you tell us about some of the activities that are set to take place?

The focus of Global Wellness Day in 2017, much as in 2016, will be to spread the fact that other than eating well and exercising, wellness is also about being kind, having gratitude and being mindful.

In 2017, Chiva-Som Health Resort in Thailand will once again take their wellness services into the remote jungle communities of the Karen tribes living along the Thai and Myanmar border. They will partner with a group called Jungle Aid who provide tropical medicine doctors and take their own team

of health advisors, acupuncturists, nurses, physiotherapists, and more, who will take food, medicines, mosquito nets, clothing, school supplies, linens and soap to the nomadic tribes. They'll arrange educational games for the children while they teach the village women the basics of first aid and natural birth control, and hold a free clinic for all who need care in the village.

This year GWD Turkey is working with The Spinal Cord Paralytics Association to create awareness on producing solutions in public areas concerning to the insufficient rehabilitation conditions and environmental conditions that deter disabled citizens from participating in public social life.

Global Wellness Day activities have also focused on helping orphaned children and the elderly in Tunisia and The Netherlands, and helping hospitals in Brazil.

There is also a new focus this year on 'how to raise happy kids' - can you tell us about this and why it's important?

There is no doubt that we all want our children to grow up in a lovely environment and to find happiness and success throughout their lives. According to a research, while we can't control our children's happiness, we are responsible for our own. And because children absorb everything from us, our moods matter.



Belgin Aksoy Berkin has worked with experts to create a wellness brochure for children this year

One of the best things you can do for your child's emotional wellbeing is to attend to yours: carve out time for rest, relaxation and love

► Happy parents are likely to have happy kids, while children of depressed parents suffer twice the average rate of depression. Consequently, one of the best things you can do for your child's emotional wellbeing is to attend to yours: carve out time for rest, relaxation, and, perhaps most importantly, love. Nurture your relationship with love.

The Global Wellness Day administration has also started to prepare a wellness brochure for children, created in cooperation with leading experts who have certificates in education and meditation from reputable universities. The brochure teaches kids how to start the day from a wellness point of view.

This is the 6th annual Global Wellness Day - how has the event grown?

Today we have 85 ambassadors, 21 key supporters and three advisors across the world who work to spread the word about Global Wellness Day. With their dedication, GWD has spread to 100 countries.

During this journey, Global Wellness Day also has had the support of the governments in the US, Cyprus, Turkey, Ireland, Serbia, Costa Rica, Thailand, Canada, Aruba, India, Nigeria, Mexico and Brazil.

At the same time, over the past two years, Global Wellness Day received the support of Hollywood stars such as Ving Rhames, Josh Charles, Ty Burrell, Jessie Taylor Ferguson, Mayim Bialik and Joe Morton; authors such as Deepak Chopra and Agapi Stassinopoulos; sports stars such as Venus Williams and Rainbeau Mars; leaders of the business world, including Richard Branson, the founder of Virgin Group and Jonas Kjellberg, co-creator of Skype; hotels and spas across the world (see list, this page); and schools and institutions.

All of these leading people from different sectors, governments, institutions, international brands and mass media platforms have helped Global Wellness Day to grow even further.

Since its inception six years ago, Global Wellness Day has now spread to 100 countries



Some hotels and spas participating in GWD 2017

- Four Seasons
- Fairmont Hotels
- Constance Hotels and Resorts
- Royat
- Talise Spa (group of Jumeriah Hotels & Resorts)
- Lux Hotels & Resorts Group
- Grace Hotels of America
- GOCO Spas & GOCO Retreats
- Mandarin Oriental Hotel Group
- Six Senses
- Marriott Spas
- Thalasso & Spa Serge Blanco
- Richmond International
- St. Regis Punta Mita Resort
- Sense Spa
- Kurotel
- Divani Apollon Palace
- Best Alpine Wellness Hotels
- WTS International
- Hilton
- Red Door Spas
- Oberoi Spas
- Chuan Spas
- Shangri-la Bosphorus Istanbul
- Swiss Hotel



What are you most proud of accomplishing in the six years you've overseen Global Wellness Day?

I'm proud of the magic of love, sincerity and hard work. These three aspects have been the key to the success of Global Wellness Day. I'm proud that Global Wellness Day has not become commercial. Together with the Global Wellness Day ambassadors, key supporters and wellness lovers, we've changed lives and touched the hearts of millions of people all over the world. That's an accomplishment. ●

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10 June 2017

Global Wellness Day

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www.globalwellnessday.org

19-20 June 2017

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Dublin, Ireland
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Tel: 01268 745892
www.spa-life.co.uk

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Tel: + 254 72431 1755
www.spaassociationofafrica.com

10-13 September 2017

SpaTec Fall North America

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Tel: +1 843 375 9224
www.spatevents.com/northamerica-fall

14-16 September 2017

Spa China Summit

Venue TBC
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Tel: +86 21 5385 8951
www.spachina.com

15-19 September 2017

CIDESCO World Congress

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www.cidescocongress2017.com

18-19 September 2017

Professional Beauty Mumbai

Bombay Exhibition Centre, India
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Tel: +91 22 24360701
www.professionalbeauty.in



The SPATEC event offers operators one-to-one meeting with leading European suppliers

14-17 June 2017

SPATEC Europe

The Ritz-Carlton, Abama, Tenerife, Canary Islands, Spain
SPATEC Europe will bring together some of Europe's most important spa operators of leading medium-to-large

hotel resort, destination, athletic, medical and day spas to meet with key leading domestic and international suppliers to participate in a series of one-on-one meetings over two dedicated business days.
www.spatevents.com/europe

24-25 September 2017

Professional Beauty Ireland

The Royal Dublin Society, Dublin, Ireland
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Tel: +44 (0)207 351 0536
www.professionalbeauty.co.uk/ireland

16-18 October 2017

ISPA Conference and Expo 2017

Mandalay Bay, Las Vegas, US
ISPA includes three days of speaker presentations covering all aspects of business.
Tel: + 1 888 651 4772
www.experienceispa.com

1-2 October 2017

Olympia Beauty

London, UK
This year's Olympia Beauty will include a large 'Health and Beauty for Men' section at the event, revealing trends in men's wellness.
www.olympiabeauty.co.uk

17-20 October 2017

Piscina & Wellness Barcelona

Gran Via Centre, Barcelona, Spain
Piscina & Wellness Barcelona is a trade show for wellness and public swimming pools.
Tel: +34 93 233 20 00
www.piscinawellness.com

9-11 October 2017

Global Wellness Summit

The Breakers, Palm Beach, US
The Global Wellness Summit is an international organisation that brings together leaders and visionaries
www.globalwellnesssummit.com

28-31 October 2017

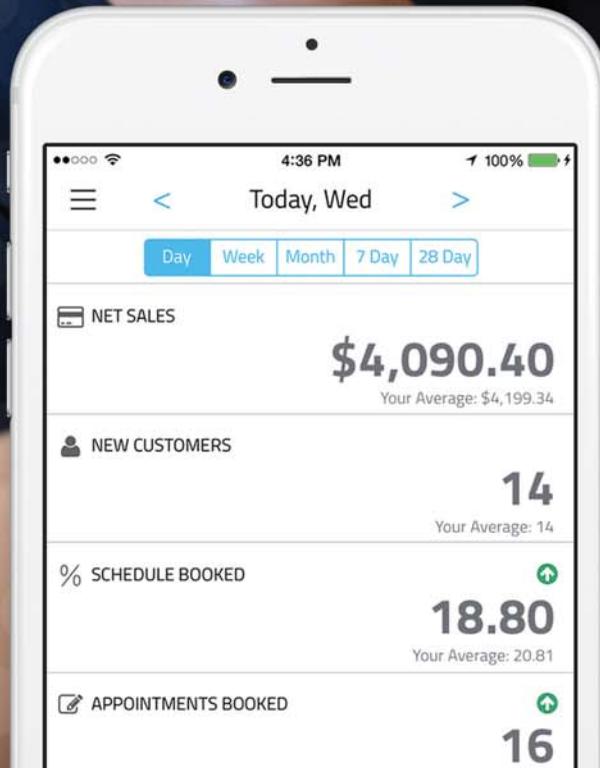
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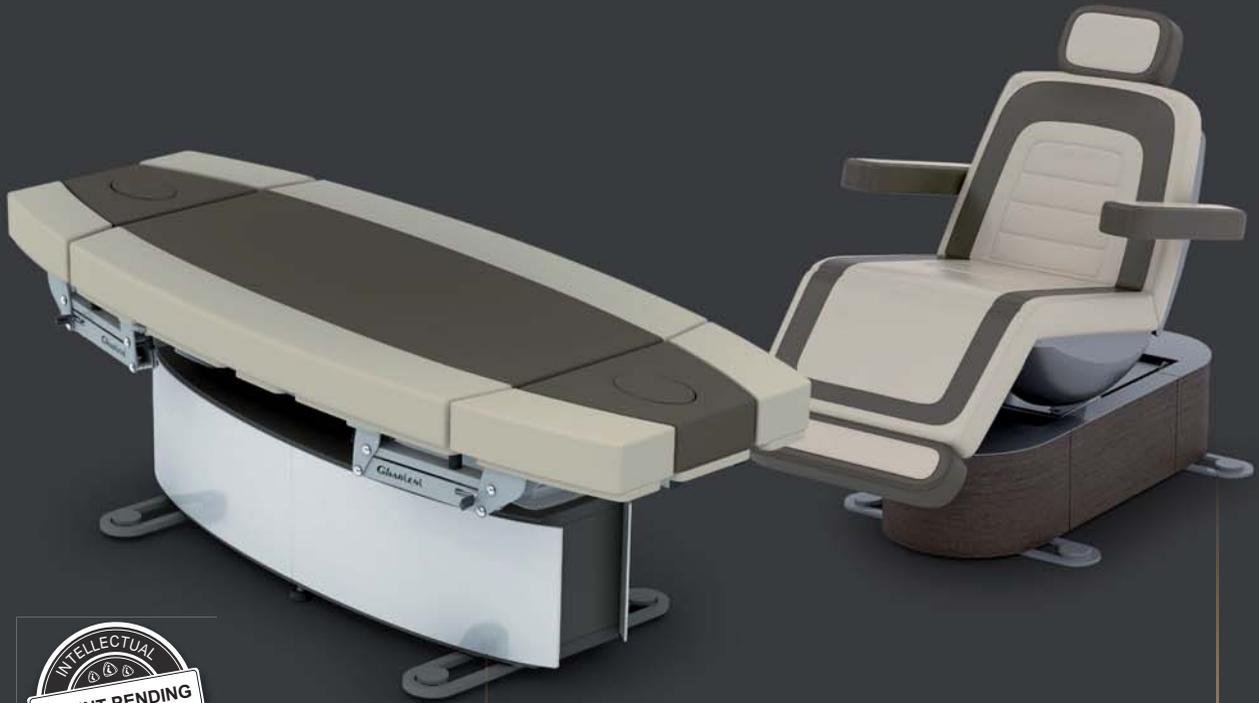


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SPA TABLES 2.0

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SPL SPHINX

NOVEL CONCEPT DESIGN

The SPL Sphinx is the first fusion of two different types of Gharieni treatment tables: it combines the practical functionality of a facial treatment chair with the pleasant comfort and the individual design of a spa table.



Dusit to make Nepalese debut

Thailand-based hospitality company Dusit International has signed a management agreement with property investor Omstone Asia Capital Nepal to operate its first property in Nepal.

The Dusit Thani Himalayan Resort & Spa – which will house 44 bedrooms and 20 exclusive villas – is scheduled to open in 2020.

While the exact wellness facilities are yet to be confirmed, a spokesperson confirmed the property will have a Devarana-branded spa, providing personalised treatments designed to “promote emotional and physical wellbeing.”

Other facilities will include an all-day-dining restaurant, a bar and lobby lounge, meeting spaces and a swimming pool.

According to Vishnu Mor, principal partner of Omstone Asia Capital Nepal, the resort



The Dusit Thani Himalayan Resort & Spa is set to open in 2020

is the first of a number of properties that will be operated by Dusit on behalf of Omstone.

“This is not just a commercial relationship, it is more of a spiritual collaboration between two companies that share the same beliefs and values,” Mor said.

Details: http://lei.sr?a=T5e7Y_S

Search begins for new GSN director

Paul Schmidt has left nonprofit trade association Green Spa Network (GSN) after three years of service. The sustainability organisation’s board of directors announced his departure “with sadness and gratitude.”

“During his three-year tenure, Paul provided our organisation with dedicated service, which involved many significant accomplishments, including growing the network to over 1400 members; bringing the Sustainability Assessment Tool (SAT) to market; and producing six industry events,” it said.

Schmidt said: “It’s truly been an honour to serve the greater spa and wellness community through my work with GSN. I’ve been humbled by the opportunity to steward GSN’s incredible vision of vital people, vital planet. Thank you for supporting the heart in our spa community and having the courage to stand for a future we can all live with.”

Green Spa Network is searching to identify a new executive director. In the interim, the immediate point of contact is membership coordinator Kate Sornson.



Schmidt has been executive director of the Network for three years

Green Spa Network has also announced a date and location for its next industry conference, set to take place 11-14 March 2018 at Carmel Valley Ranch in California.

Earlier this year, the network announced it had appointed Adar Venyige and Amber Marie Beard to its board of directors.

Venyige is currently director of sales at VB Cosmetics, while Six Senses Hotels Resorts Spas vice president of sustainability Beard has spent 11 years working globally through sustainable architecture.

Details: http://lei.sr?a=m6n6Q_S

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1. NPD BeautyTrends®; products sold in Perfumeries and Department Stores, Luxury brands, value sales 2015 in a total 4 countries (France, Italy, Spain mainland and UK). 2. Lifting Replenisher and Power Firmer Treatments.

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2016 RKF's Muse
Aelle (aelle-music.com)
Photographer : Vanessa Moselle



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Phytomer releases new 2-in-1 Peel and Slim cream

French marine skincare brand Phytomer has created the ResurfaSlim 2-in-1 Peel and Slim Cream.

This new 2-in-1 product is designed to contour the body, blur stretch marks and reduce cellulite.

The innovative formula's key ingredients include pepper slimactiv, a pink pepper oil that claims to limit the production of fat cells, and global marine resaper, a marine organism designed to firm and tone the skin.

To deliver the peel effect, ResurfaSlim is formulated with AHA acid exfoliants including glycolic, lactic and citric acid and Phytomer innovation porphyra conchocelis, an acid exfoliant extracted from red algae.

KEYWORD: PHYTOMER

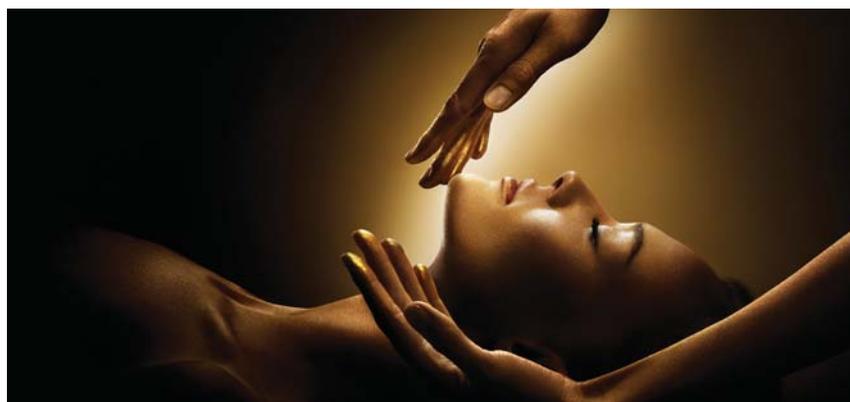


Supplier Spotlight

Industry suppliers tell *Spa Opportunities*' Lauren Heath-Jones about their latest product, treatment and equipment launches.



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Decléor's newest treatment inspired by Pilates

Decléor has debuted Facial Pilates, a brand new facial massage technique that claims to visibly lift, remodel and re-densify the skin.

Created by Decléor massage development specialist Chico Shigeta, Facial Pilates is designed to stimulate the core muscles in the face and claims exceptional results. The facial uses movements inspired by Pilates, and features four types of facial massage – including a deep pressure massage that targets the core muscles in the face – to revive the skin and boost circulation.

The treatment starts with a warm-up, where pressure is applied to warm the skin, increase circulation and prompt drainage. The face is then given a 'workout' where core muscles are stretched, to redefine the facial contours and firm the skin.

Shigeta said: "I got inspired by deep-pressure massage and Pilates techniques on the core muscles to create the new ritual."

The treatment includes a back massage to aid relaxation and relieve tension.

KEYWORD: DECLÉOR



Gharieni introduces the MLX Limber massage table

Spa equipment specialist Gharieni has launched a new multi-functional massage and wellness treatment table, the MLX Limber.

The innovative new table is equipped with six motors that allows it to be used in multiple positions, and offers unrivalled flexibility.

The table is available in three different models: Limber Pro, Limber Classic and the reported 'star' of the line up, the Limber Flex.

Each model features an inclinable headrest with a nose slot and lowerable armrests.

KEYWORD: GHARIENI

Comfort Zone launches anti-ageing sun protection range

Comfort Zone has created a line of sun protection products for face and body.

Sun Soul is a biomimetic, anti-ageing range, designed to protect the skin from sun damage and offer UVA and UVB protection.

The 10-piece collection features a tan-activating gel cream, anti-ageing sun creams, sun stick and anti-ageing after-sun lotions.

The range was developed using 90 percent natural ingredients, and is free from silicones, parabens and mineral oils.

The formula is rich in antioxidants and includes a DNA-Defence biomimetic peptide, which is designed to activate the skin's natural protection and repair mechanisms before, during and after sun exposure.



KEYWORD: COMFORT ZONE



BC Softwear celebrates its 15th anniversary

UK-based luxury towelling specialist BC Softwear (BCS) has been supplying to spas across the UK and Europe since 2002.

The company has created a pair of bespoke 15th anniversary flip-flops in black and silver to mark the occasion.

BCS has also reported a successful year in the French market following a partnership with agent Corinne Fejoz.

BC Softwear France launched last year, following a launch at Equip' Hotel, a bi-annual trade fair for the hospitality industry, in late 2016, and now boasts more than 100 customers in France.

KEYWORD: BC SOFTWEAR



Elemis debuts Life Elixirs to complement skincare line

Elemis has launched its new Life Elixirs range, a line of bath and shower oils, perfume rollers and scented candles, available in five aromatics.

The line is designed to complement the brand's skincare lines by providing multi-layered scents using essential oils, which aim to have an effect on both the body and mind.

Available in five scents – Calm, Clarity, Fortitude, Embrace and Sleep – each has a specific need that the scent is designed to target, from quieting the mind to focusing it.

Noella Gabriel, co-founder and creator of Elemis, said: "Life Elixirs has been created to restore harmony, settle the mind, quiet the body and harness your inner dynamism."

KEYWORD: ELEMIS

Babor unveils rejuvenating Skinovage sheet masks

Professional skincare brand Babor has recently launched a range of limited edition intensive treatment sheet masks.

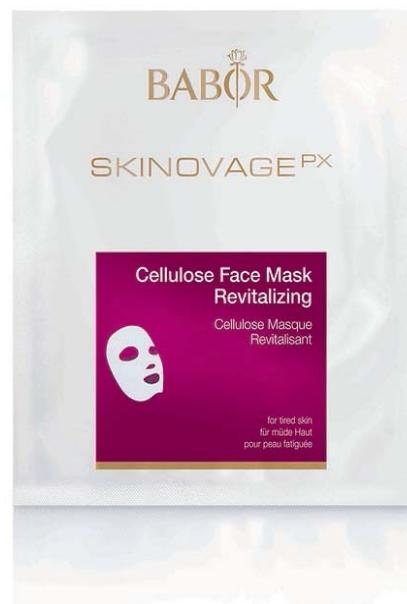
The three-piece collection consists of the Skinovage cellulose hydrating mask, the Skinovage cellulose hydrating eye mask and the Skinovage cellulose revitalising mask.

The hydrating face and eye masks are formulated with hyaluronic acid and coconut extract, and are designed to intensely moisturise and smooth the skin.

The revitalising mask is designed to rejuvenate, and contains lime extract, Chinese magnolia vine extracts and hyaluronic acid to renew the skin.

The masks are made from bio-cellulose, a fine natural fibre that can hold over 100 times its own weight in water.

KEYWORD: BABOR



Eastern Vibration introduces 'balancing' massage tool

Eastern Vibration has launched the Ayur Kāsā, a hand-crafted tool designed to be used in facial and body massage.

Used for both deep tissue and lymphatic drainage massage, the Ayur Kāsā features a hand-crafted bronze bowl (kāsā) attached to a teak handle. It is adorned with sacred rudraksha seeds, which are believed to shield against negative energy.

The Ayur Kāsā is designed to help balance the subtle energies of the body and improve overall health through vibration therapy.

It is made from high-quality bronze, selected for its high copper levels.

Copper is believed to enhance circulation, reduce inflammation, ease pain and relieve arthritis and rheumatism.

KEYWORD: EASTERN VIBRATION

For more info, or to contact any of these companies, log on to www.spa-kit.net and type the company name under 'keyword search'

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Matteo Thun and Antonio Rodriguez partner with furniture producer Ethimo

Italian outdoor furniture specialist Ethimo has partnered with product design and architectural firm Matteo Thun and Antonio Rodriguez to create the Allaperto furniture collection.

Designed for the hospitality industry, the collection consists of four mini-collections: Urban, Mountain, Grand Hotel and Camping Chic.

Each collection consists of three pieces: a lounge chair, a small dining armchair and an adjustable sun lounger, reimagined in different fabrics and materials.

KEYWORD: ETHIMO

Kemitron's new online shop helps modernise the company

Kemitron, a manufacturer of spa, sauna, and wellness products, has launched a new online shop, as part of a comprehensive restructuring and modernisation of the company.

The company has made its diverse range of products available to purchase online.

The product ranges include: Technico - a range of technology products; Aromee - a fragrance range; Cultura - a cosmetics range; and Pure - a range of cleaning products.

Stephan Mayer-Klenk, CEO and owner of Kemitron, said: "The webshop provides our customers with the option of buying our products online. We are taking a multichannel approach to call attention to ourselves via this medium, as more people are shopping online."

All products are manufactured in Germany, and are adaptable to suit the customer's needs.

KEYWORD: KEMITRON



Sothys releases high-performance youth serums

Luxury french skincare brand Sothys has launched a range of high-performance serums.

Inspired by dermo-aesthetic techniques, the six-piece collection is designed to combine high-performance, concentrated formulas with active ingredients to target different skincare concerns.

The lineup includes a unifying youth serum, a firming-specific youth serum, a reconstructive youth serum, a detoxifying anti-free-radical youth serum, wrinkle-specific youth serum and perfect shape serum.

The unifying youth serum features a cream-gel texture and is designed to reduce the appearance of wrinkles, pores and dark spots.

The firming specific youth serum has a stretch-effect gel texture and is designed to firm and visibly lift the skin.

The reconstructive youth serum has a gel-oil consistency that is designed to intensely nourish and revitalise the skin.

The detoxifying anti-free radical youth serum has a fast absorbing formula that is designed to protect the skin from free radicals, optimise cell renewal and add radiance.

The wrinkle-specific serum has a melting texture that is designed to fill existing wrinkles and smooth the skin.

The perfect shape youth serum is designed to redefine facial contours.

Sothys says that the serums are most effective when combined with a complimenting cream; for this reason they feature innovative fast-absorbing textures that can be layered beneath other products.

KEYWORD: SOTHYS

RKF Luxury Linen among European Product Design Award winners

French spa and hospitality textile specialist RKF Luxury Linen has been awarded a prestigious silver award at this year's European Product Design Awards.

RKF received the 'other products' award for its Timeless by RKF line of eco-friendly fabric.

Christophe Dijoux, RKF Linen's creative director, said winning the award, which was presented at the European Parliament, will help the company get its product noticed.

"This award is a testimony of RKF creativity and forward-thinking attitude," Dijoux said. "We are proud that our eco-friendly fabrics are being recognised by a wider audience."

RKF provides custom-made lines for each brand it serves, and its products include massage table covers, bath sheets and towels, oshiboris, bathrobes and relaxing eye masks.

Its spa clients include Bulgari in London, Guerlain in Moscow, Spa My Blend by Clarins in the Maldives and Liv Nordic in Dubai. Other winners include Japanese architectural firm Kengo Kuma and Associates.

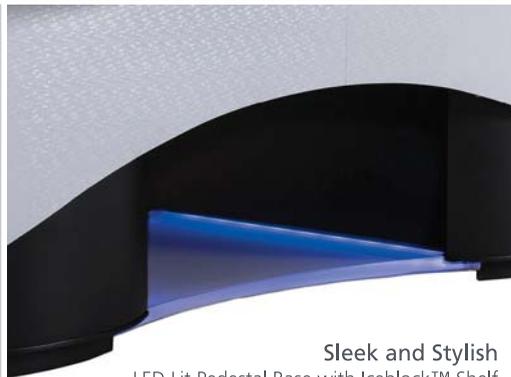
KEYWORD: RKF



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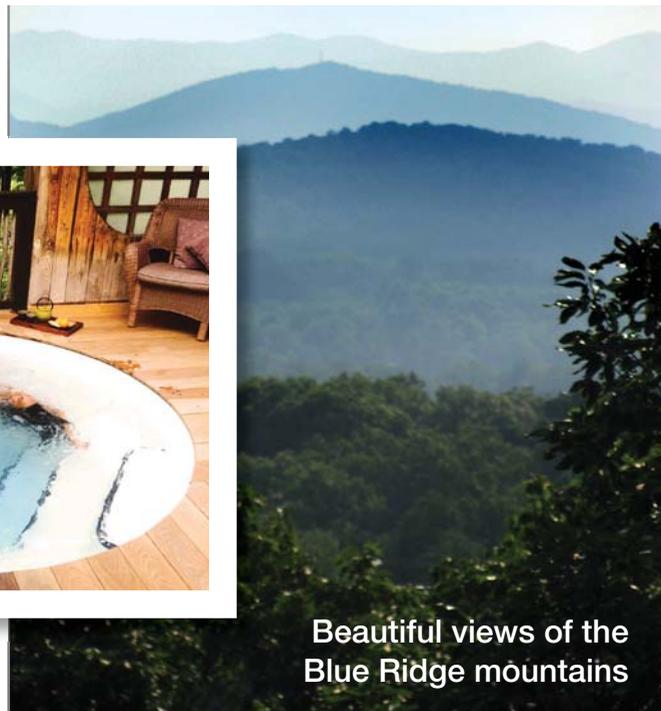
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Tired brain can begin 'attacking itself'

Chronic sleep deprivation could cause the brain to begin "eating itself" – resulting in significant amount of healthy neurons and synaptic connections to being destroyed.

The findings come from a study, led by neuroscientist Michele Bellesi from the Marche Polytechnic University in Italy, which examined mammalian brains and their response to poor sleeping habits.

During normal sleep, a mammal's brain clears away some of the toxic byproducts of neural activity left behind during the day.

The process, called phagocytosis, involves older neurons in the brain being regularly refreshed and cleared out by microglial cells – the first and main form of immune defense in the central nervous system.

The study – conducted on mice – found that this process of "cleaning up" is accelerated during periods of sleep deprivation, resulting in the brain becoming overactive



Prolonged periods of disrupted sleep can lead to permanent damage

and clearing out neurons indiscriminately, – including new, healthy ones.

"The results suggest that chronic sleep loss, through microglia priming, may predispose the brain to damage," the report states.

"Chronic sleep restriction activates microglia, promotes their phagocytic activity, and does so in the absence of overt signs of neuroinflammation."

Details: http://lei.sr?a=m6n2r_S

Longevity targets wellness break sector

Portugal-based spa specialist Longevity Wellness Worldwide will open a new resort in the resort town of Vilamoura on the Algarve coast on 1 July. The 32-bedroom Longevity Cegonha Country Club will target the growing wellness holiday market segment.

The resort's Longevity Spa will house 14 treatment rooms and provide guests with a holistic approach to wellness. Facilities include an infra-red sauna, steamroom, saltroom, sensations showers tunnel experience, outdoor pools and a relaxation area. As well as spa treatments, it will offer an array of other body and mind activities – ranging from nutritional advice and personal fitness training sessions to stress management and meditation.

A selection of complementary and alternative medical treatments will also be on offer – including osteopathy, cranio sacral therapy and energetic rebalance therapy. All resort guests will be given complimentary access to the spa's detox and relax wet area circuit and the Longevity Vitality Activity Plan, which includes a wide range of daily activities, from yoga to bike tours.

The resort will also offer guests wellness meals and special detox diet plans, as well as cater for those with special dietary needs and tastes – such as vegan and gluten free diets.



As well as spa treatments, the resort will offer an array of other body and mind activities

Longevity CEO Nazir Sacoor said: "We believe the wellness holiday market segment is increasing fast and new sub-segments are emerging. Namely, those who wish a wellness (medical or non-medical) retreat in a leisure resort; those who prefer a softer, non-medical approach to wellness breaks; and those who are in search of fully focused health and wellness hotels. Longevity wants to be in these segments. Our presence in Vilalara is a great product, with a unique combination of Thalassotherapy with med spa."

Details: http://lei.sr?a=u8e2Y_S

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The Iceland Spa Association

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