

# spa opportunities

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## Leela plans four hotels in Nepal for Buddhist Trail project

Leela Palaces, Hotels and Resorts and developers Summit Group of Nepal have signed a memorandum of understanding to collaborate on the first of four hotels to be established across the country as part of a major development rollout.

The five-star Leela Kathmandu – to be designed by John Gerondolis of Smallwood, Reynolds, Stewart, Stewart & Associates from Atlanta, US – will be the first hotel created by the partners, to capitalise on tourism in India and Nepal.

The Indian Leela Group plans to pave a Buddhist Trail from Nepal to Bodhgaya, Nalanda and Varanasi in India. After the Leela Kathmandu is completed in three years time, the next hotel in the Nepalese



Vivek Nair, chair and managing director of Leela, says the portfolio is set for expansion

Gerondolis is expected to incorporate the rich Newari culture into the design of the hotel. Gerondolis has previously created the Leela Palaces in New Delhi and Chennai – which opened an ESPA spa in September. He is currently working on the Leela Palace Agra – where The Taj Mahal can be seen from every room.

“[The Leela Kathmandu] will be even brighter if Nepal augments its infrastructure in terms of enhanced hotel accommodation, world-class airports and highways,” said Vivek Nair, chair and

managing director of The Leela Palaces, Hotels and Resorts. “Given the potential of tourism worldwide, we look forward to expanding our footprint in India and overseas.”

Details: [http://lei.sr?a=S7H6p\\_S](http://lei.sr?a=S7H6p_S)

### Yoga as beneficial as high impact sport: study

Increasing evidence that yoga is at the forefront of health and wellness improvement is backed up by a new study which shows it can also help those with heart disease.

The report, published in the *European Journal of Preventative Cardiology*, details how yoga is just as effective as more strenuous activities such as aerobics and cycling at cutting risks of heart disease. And due to its low impact profile, it is seen as more accessible to those with heart conditions. The European Society of Cardiology report reviewed 37 trials involving 2,768 people.

Details: [http://lei.sr?a=F9Y6F\\_S](http://lei.sr?a=F9Y6F_S)

### Andrew Gibson details spa industry hot topics

Andrew Gibson, VP of spa and wellness for FRHI Hotels & Resorts, identified several key factors currently affecting the spa industry during a speech at Spameeting Middle East in Abu Dhabi recently.

During the twelfth edition of Spameeting – a trade industry event that allows buyers and suppliers to network and do business during back-to-back one-to-one meetings – Gibson outlined four elements impacting the wellness world: access to information; finance; time; and high expectations. Future elements he expects to affect the industry include a fitness revolution and an uptake of beauty treatments in spas.

“Access to information affects spas in hotels in a way you don’t usually think of,” said Gibson. “The whole pattern of booking your



Andrew Gibson is VP of spa and wellness for FRHI

hotel today has changed completely.” Instead of approaching a tour operator’s director of sales to sign a travel contract, the internet allows guests to book online and very last minute. “This is very significant for spas because it changes hotel priorities: it makes spas less of an important aspect,” he added.

*Continued on back cover*

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## The Burj Club health centre debuts

Dubai developer of integrated communities Emaar Properties has opened The Burj Club – an exclusive fitness and wellness retreat in Downtown Dubai, adjacent to the world's tallest building, Burj Khalifa.

The 6,320sq ft (62,028sq ft) five-storey health club comprises a fitness centre, spa, juice bar and rooftop pool. Male and female sectioned gym facilities spread across 590sq m (5,597sq ft). The equipment is all connected to the centre's 'mywellness' digital cloud platform that allows members to access updated information on their health and fitness.

The male changing room has four treatment rooms, offering sports and fitness-related massages, in addition to a steamroom and sauna.

Female members have a separate work out area measuring 220sq m (2,368sq ft). This space also includes changing rooms and four massage treatment rooms, a steamroom and sauna.

There are also two unisex exercise studios and an indoor pool with three swim lanes.



Downtown Dubai is Emaar's flagship development – home to the Burj Khalifa

The rooftop features a triangular temperature-controlled swimming pool, set amidst a garden ringed with private cabanas.

The facility's juice bar and rooftop dining venue will be served by Emaar Hospitality Group's lifestyle dining division.

Ahman Al Falasi, executive director of group operations for Emaar Properties, commented: "The Burj Club is taking the fitness and wellness experience to a new level of luxury and sophistication for the most exclusive guests."

**Details:** [http://lei.sr?a=5G5Q9\\_S](http://lei.sr?a=5G5Q9_S)

## Westin resort opens in Mauritius

Starwood's Westin Turtle Bay Resort & Spa has opened in the historic Turtle Bay of Balaclava on the north west coast of Mauritius in the Indian Ocean.

Located 15km (9m) from the island's leisure hub Grand Baie and 15km (9m) from the capital of Port-Louis, the 190-key resort is spread across 10 hectares (25 acres) of land.

The resort's 1,500sq m (16,146sq ft) Heavenly Spa features 10 treatment rooms, a sauna and steamroom. Skincare products at the spa are supplied by Aromatherapy Associates and treatments incorporate Himalayan salt and marine algae. Jing Tea provides beverages and the Westin brand's signature SuperFoodsRX offers a healthy range of food for spa guests.

Richard Farnell of interior design and landscape architecture firm Burega Farnell worked on the property, which features 370sq m (3,983sq ft) of meeting and events space.



Interior design and landscaping at the property is by Burega Farnell

Other leisure facilities at the resort include two swimming pools, tennis courts, a fitness studio, sailing, kayaking, waterskiing and day adventure cruises. The nearby protected Marine National Park offers visitors the chance to snorkel and scuba-dive. The marine park is bordered by a reef running the length of the hotel coastline and is home to indigenous fish.

**Details:** [http://lei.sr?a=k6u2p\\_S](http://lei.sr?a=k6u2p_S)





# Hitler's tourism hub to be developed

Developers are cashing in on the redevelopment of a resort originally built by the Third Reich in the run-up to World War II – part of a Nazi vision for the future of tourism.

The project saw blocks of six-storey buildings, stretching 2.8 miles (4.5km), erected on the Baltic Sea and dubbed the 'Colossus of Prora'. Construction of the 10,000-key complex slowed during WWII and it was briefly claimed by the Red Army, before being turned into barracks for the East German military. After reunification, historic preservationists and government officials determined the complex was too expensive and architecturally significant to tear down. The site was sold off in various blocks to different developers.

A youth hostel opened in part of the complex – now known as New Prora – in 2011 and there are plans to build a 100-bed-room hotel and spa. Other parts of the site will be transformed into luxury beach-front flats – half of which have been sold



The question of what to do with Nazi architecture has not yet been answered

already, according to *The Independent*.

Developed in the 1930s by Robert Ley, one of Hitler's lieutenants, the site's modern-day investors are being criticised for 'cashing in' on a Nazi landmark and fulfilling the Third Reich's plan to turn the site into a giant tourism hub.

Historical architects advocate leaving Nazi architecture to decay but developer Gerd Grochowiak of Iris Gerd real estate believes there is nothing wrong with the planned commercialisation of New Prora.

**Details:** [http://lei.sr?a=a9w8v\\_S](http://lei.sr?a=a9w8v_S)

## SHA Wellness Clinic to open two mini spas in Spanish airport

The SHA Wellness Clinic, a medi-spa in Spain, is launching two new mini spas at Madrid-Barajas Airport in March 2015.

One of the two Esenza by SHA spas will be located in Terminal 4 and will measure 60sq m (646sq ft). It will feature one treatment cabin. The other spa will be in the Satellite Building, also known as TS4, measuring 100sq m (1,076sq ft) and featuring two treatment rooms.

These mini clinics will adapt treatments to travellers' demands and the amount of time they have before departure.

There will be approximately 20 of SHA's most popular therapies on offer.

**Details:** [http://lei.sr?a=r4t8n\\_S](http://lei.sr?a=r4t8n_S)



The hotel has indoor palm trees and marble floors

# Bulgarian balneotherapy criticised

Rumen Draganov, director of the Bulgarian Institute for Tourism Analyses and Assessments, has recently lamented the poor use of the country's mineral water springs, noting the country should take cues from rival EU destinations.

"Instead of building new balneotherapy centres, we destroy and close the existing ones," Draganov told *Focus News Agency*.

"When we talk about balneotherapy, the most popular destinations known for thousands of years are Hisarya, Pomorie, Velingrad, Sandanski, Kyustendil, the Starozagorski Bank (resort), Pavel Banya, Varshets, Momin Prohod, Banite – in the Rhodope mountains," added Draganov. "There are many villages with the name of Banite, which in itself tells us there are mineral springs present there."

"We still cannot say that we have reached the level at which these kinds of mineral waters are used in European Union countries," said



Rumen Draganov wants Bulgaria to make better use of its mineral springs

Draganov. "I mean Germany, France, the Czech Republic and Hungary. We do not even use the pools and baths that were built, including in the territory of the capital city Sofia."

As a country well-known for its mineral water resources and rich spa traditions, Bulgaria is eager to capitalise on its balneotherapy potential. There are currently more than 600 mineral springs in operation.

**Details:** [http://lei.sr?a=k8U5E\\_S](http://lei.sr?a=k8U5E_S)

## The Miami Beach EDITION by Ian Schrager & Marriott launches

The Miami Beach EDITION – a collaboration between entrepreneur Ian Schrager and operator Marriott International – has launched in the thriving Florida city.

Located on a 3.5 acre (1.4 hectare) enclave stretching from Collins Avenue to the shoreline, the 294-key property and its 28 bungalows are an interlinked complex of structures that have been designed by Schrager to embody a "lifestyle revolution" – blurring the lines between work and play. The resort is a renovation of the landmark 1955 Seville Hotel, originally designed by architect Melvin Grossman.

"We're rethinking the relationship between a resort and a business person," said Schrager.

The spa at the property features nine treatment rooms, a custom hammam, a detox room with a steam shower and an infrared sauna, a beauty lounge for nail, hair and makeup services, a separate steamroom and a spa shop. There is also a central relaxation area with custom-designed beds, surrounded by drapery and vintage Moroccan rugs.

**Details:** [http://lei.sr?a=W6N3u\\_S](http://lei.sr?a=W6N3u_S)

## Sheraton Noosa Spa Resort sold to Sydney-based investors

Arthur Laundy, owner of Laundy Hotel Group, and the former liquor-shop chain owner turned property investor Theo Karedis have partnered to purchase the Sheraton Noosa Spa and Resort in Queensland, Australia, for AU\$110m (US\$90m, €72m, £57m).

Blackstone-controlled Valad Property Group originally failed to sell the resort in 2011, after spending AU\$10m (US\$8m, €6.6m, £5m) on renovations. Earlier this month the group finally sold the 176-key resort with help from McVay Real Estate. The reported price represents a rate of AU\$615,000 (US\$504,000, €404,000, £320,000) per room.

In August 2014, another Starwood-managed property was put on the market – the 296-key Gold Coast Sheraton Mirage – for AU\$170m (US\$139m, €112m, £87m).  
*Details: [http://lei.sr?a=m9Q6s\\_S](http://lei.sr?a=m9Q6s_S)*



The Perch café serves tea, coffee and pastries

## Cedar Spa by L'Occitane opens at Himalayan JW Marriott resort

The Cedar Spa by L'Occitane has launched as part of the JW Mussoorie Walnut Grove Resort & Spa opening in the hill stations – high-altitude settlements in the Indian Himalayas.

The 115-key project marks the first JW Marriott resort to open in India and is being touted as a destination wedding venue due to its high-end facilities.

The property's Cedar Spa by L'Occitane features five treatment rooms and offers therapies inspired by the indigenous cedar trees – including one called the signature cedarwood body massage. There is also a fitness centre and indoor heated swimming pool on-site, in addition to a salon by Warren Tricomi.

Located 60km (37m) from Dehradun, the resort's 3,300sq ft (307sq m) Grand Orchard Ballroom is among the largest in the city and includes a pre-function area and three break-out rooms.

*Details: [http://lei.sr?a=e7P8E\\_S](http://lei.sr?a=e7P8E_S)*

## Brenners Park Hotel's health spa to open

The Brenners Park Hotel in Baden Baden, Germany – the flagship property of the Oetker Collection – will launch its destination health spa Villa Stéphanie on 15 January 2015.

The spa will feature 15 treatment rooms overlooking the Park's gardens, a 500sq m (5,382sq ft) sauna, kneipping baths, a plunge pool for recovery, a hammam, ladies spa and sauna, a fitness centre plus physio and spinal treatment facilities. The spa uses products by its main partner Sisley, in addition to Anika Organic Luxury and SkinCeuticals.

The spa equipment is supplied by Gharieni.

Directly connected to Villa Stéphanie, the 1,700sq m Haus Julius is the home of Brenners Park's medical care. There are 20 medical specialists – ranging from physical therapists, cardiologists, gynaecologists, nutritionists to dermatologists. These staff members have been retained from the former Brenners spa clinic.

The new Bergit Countess Douglas-designed spa will be managed in-house according to Brenners Park's 30-year-old four pillars of



The hotel is part of the Oetker Collection, owned by food family empire Oetker

wellbeing – beauty, detox and nutrition, medical care and emotional therapy. Bergit Countess Douglas has been responsible for the continuous refurbishment of Brenners for the past 25 years. The resort will match each client with a designated host who will act as a guide for activities so that the resort becomes a one-stop shop for guests. The 100-bedroom Brenners Hotel is part of the Oetker Collection, which is owned by the family food empire Oetker.

*Details: [http://lei.sr?a=c6d9T\\_S](http://lei.sr?a=c6d9T_S)*

## Nikki Beach plans first resort in Middle East

Nikki Beach Hotels & Resorts – a division of Nikki Beach Worldwide – plans to open its first Middle Eastern property in Dubai, working alongside local development company Meraas Holding.

DSA Architects and interior design firm Gatserelia Design will create the 52,000sq m (560,000sq ft) five-star resort on Pearl Jumeirah – set to open in Q3 of 2015. It will include 117 rooms and suites, 14 beach villas, a separate 1,350sq m (14,531sq ft) beach villa and 61 branded residences.

There will be a Nikki Spa by ESPA, a Tone Fitness Centre, a Nikki-branded Beach Club, a tennis court and a range of watersports – which will take place off the 400m (1,312ft) beachfront.

On the second floor of the main beach club and restaurant building – which will host three dining venues – there will be an 'ultra-VIP lounge', featuring a caviar and champagne bar.

"We have been waiting for the right



The resort will feature a Nikki Spa by ESPA and a Nikki Beach Club

time, location and partners to expand our brand in Dubai and after 10 years of waiting, I am happy to announce that we have finally done just that," said Jack Penrod, founder and owner of Nikki Beach.

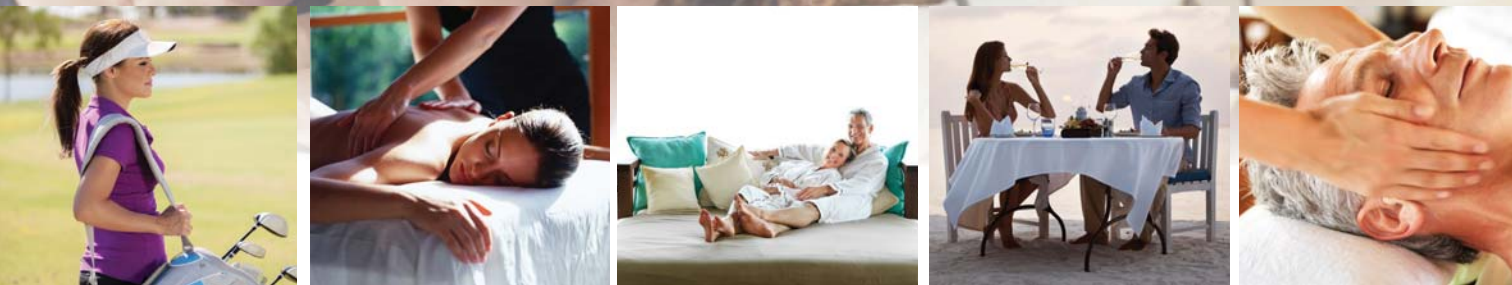
The creation of Nikki Beach is in line with Dubai's Tourism Vision 2020, says Cherif Hosny, chief hospitality officer for Meraas.

*Details: [http://lei.sr?a=b7J3a\\_S](http://lei.sr?a=b7J3a_S)*



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## WTS International teams up with hair expert Paul Labrecque

Global spa and leisure consultancy WTS International has teamed up with luxury hair care brand Paul Labrecque (PLB) to provide customers of spas in five-star destinations with expert hair treatments.

While most spa management companies do not have expertise in the area of hair care, WTS has identified this as an area with significant potential for growth in the spa industry.

The alliance will allow WTS to compete in the salon market and PLB to enter other markets. The Paul Labrecque brand has been selected to serve as WTS' salon experts due to its worldwide appeal and reputation. This tie-up follows the success of the recently launched Rittenhouse Hotel in Philadelphia, US, where the two companies collaborated on a 3,000sq ft (279sq m) Paul Labrecque Salon. **Details:** [http://lei.sr?a=v6r4N\\_S](http://lei.sr?a=v6r4N_S)



NJSR architecture firm is working on the project

## Country club and spa project in the UK gets green light

A planning application by Swinton Park for a 2,700sq m (29,063sq ft) country club and spa extension in North Yorkshire, UK, has been approved.

The £5.5m (US\$8.6m, €7m) project at the estate, which has been owned by the Cunliffe-Lister family since the 1880s, will be designed by Manchester-based architecture firm NJSR. It will involve the restoration of traditional workshops and garden buildings that are adjacent to the Grade II-listed 31-bedroom castle hotel, in addition to the creation of a new wing that is to be built within a walled garden.

The spa, co-ordinated by spa consultant Helen Merchant, will have six treatment rooms and one private therapy suite. There will be three heat experiences, a rasul treatment room, relaxation room and a pool.

The health club, comprising a fitness studio and pool. The spa, will open in Q3 2015. **Details:** [http://lei.sr?a=q4j9y\\_S](http://lei.sr?a=q4j9y_S)

## 'Everyone needs a daily dose of touch'

A cuddling shop has opened in Oregon, US, charging US\$60 (€48, £38) for an hour of hugging – highlighting the potential for the spa industry to cash in on physical contact.

The shop, called Cuddle Up To Me, is located in Portland. It offers hour-long sessions of platonic touching that includes hair strokes, hand-holding and a range of different cuddle positions. Sessions are filmed to ensure the safety of the cuddler and the cuddled. Clients sign a waiver agreeing they will be clean, courteous and will keep their clothes on. Founded by Samantha Hess in November, she says that the business is in no way adult-oriented.

Massage therapy and platonic touching are becoming increasingly popular ways to destress and calm the nervous system, according to Tiffany Field PhD – director of the Touch Research Institute at the University of Miami/Miller School of Medicine.

Touch deprivation can lead to aggression, depression, pain and health problems



Touch therapy makes us healthier according to studies by Tiffany Field

according to Field – writing in *The Guardian*. "An extreme example of touch deprivation can be seen in orphanages where children who receive less physical affection fail to thrive and are developmentally delayed," said Field.

The benefits of touch therapy, studied by Field, have included reductions in aggression, decreased prenatal depression and lower pain in people with arthritis, back pain and headaches. "Touch calms the nervous system, which lowers blood pressure," said Field.

**Details:** [http://lei.sr?a=u9J4W\\_S](http://lei.sr?a=u9J4W_S)

## Hyatt acquires full ownership of resort

Hyatt Hotels Corporation has announced that a Hyatt affiliate has acquired its partners' 92 per cent interest in the 291-bedroom Hyatt Regency Lost Pines Resort and Spa in Austin/Bastrop, US, for approximately US\$143m (€116m, £91m).

Hyatt also assumed approximately US\$65m (€53m, £42m) of property-level debt. The total price, inclusive of debt, implies a valuation of approximately US\$450,000 (€370,000, £290,000) per key.

The resort has operated as Hyatt Regency Lost Pines Resort and Spa since it opened in 2006 and was developed by Woodbine Development Corporation of Dallas – also one of the original co-owners of the property.

"This transaction is consistent with our strategy to focus our investing in key areas such as resorts and group-oriented hotels," said Steve Haggerty, global head of capital strategy, franchising and select service for Hyatt. "The resort's



The resort's 18,000sq ft (1,672sq m) Spa Django features 18 treatment rooms

financial and operating success has made it a key asset in our portfolio and whole ownership affords us greater control of its future."

The resort's Spa Django features 18,000sq ft (1,672sq m) of wellness, which includes 18 treatment rooms, male and female relaxation pools, saunas, whirlpools and an outdoor pool.

There is also a 'Wild Hare Youth Spa' menu for guests aged 17 and under.

**Details:** [http://lei.sr?a=y7Q5v\\_S](http://lei.sr?a=y7Q5v_S)





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# DIARY DATES

**22-25 January 2015**

**Les Thermalies**

Carrousel du Louvre, Paris, France  
Les Thermalies, the French water and wellness show, features eight exhibition areas themed around sectors such as thalassotherapy, French thermal springs, balneotherapy design, day spas, foreign destinations, and beauty. There will even be yoga workshops at the event, in addition to cooking workshops, a herbal tea room and swimsuit fashion shows.

Tel: +33 1 45 59 09 09

[www.thermalies.com](http://www.thermalies.com)

**22 January 2015**

**Spa & Wellness Africa Association (SWAA) Network event**

Sarova Whitesands Resort & Spa, Mombasa, Kenya

Led by SWAA president Elaine Okeke-Martin, the network event – which is set to take place on a yearly basis – will include speeches and roundtable discussions.

[www.swaa.org](http://www.swaa.org)

[www.spaassociationofafrica.com](http://www.spaassociationofafrica.com)

**1-3 February 2015**

**Spatex**

Ricoh Arena, Coventry, West Midlands, UK

A trade show for pool, spa and wet zone facilities – the catchphrase of which is ‘by the Industry, for the Industry’. Now in its 19th year, the event is host to the Institute of Swimming Pool Engineers (ISPE) Workshops – which relays valuable business and technical expertise to attendees. There is a gala dinner at the end of the event for continued networking opportunities.

Tel: +44 1264 358 558

[www.spatex.co.uk](http://www.spatex.co.uk)

**8-10 February 2015**

**ISWKC Annual Spa Convention**

Thermae 2000 in Valkenburg, The Netherlands

The International Spa & Wellness Knowledge Centre's (ISWKC) annual convention will revolve around the theme “The agenda for the future – there's no time to waste!” The European-centred event will feature a programme with industry leaders providing keynote speeches, best practice discussions and an ‘experience centre’ – demonstrating the latest innovations and trends in the hospitality industry.

Tel: +31 4335 61091

[www.iswkc.com/events](http://www.iswkc.com/events)



The Healing Summit 2015 will be held at the Hotel de Rome in Berlin, Germany

**3 March 2015**

**Healing Summit**

Hotel de Rome, Berlin, Germany

Spa professionals convened at the first Healing Summit last year with a view to exploring ideas of how to “create a paradigm shift through a holistic

lifestyle.” Topics for debate included a caring economy, sustainability, personal wellbeing and the future of the wellness industry. The event is organised by Healing Hotels of the World consortium.

Tel: +49 221 2053 1175

[www.healinghotelsoftheworld.com](http://www.healinghotelsoftheworld.com)

**22-23 February 2015**

**Professional Wellness & Spa Convention**

ExCel, London, UK

A two-day convention for international spa leaders which focuses on practical business solutions. Attracts some 300 delegates and speakers. On the first day, many delegates will also attend the annual World Spa & Wellness Awards, which had 11 categories last year. The convention and awards will take place alongside the two-day Professional Beauty exhibition.

Tel: +44 20 7351 0536

[www.professionalbeauty.co.uk](http://www.professionalbeauty.co.uk)

**27 February - 1 March 2015**

**Kosmetic Expo**

Crocus Expo, Moscow, Russia

Around 250 Russian cosmetics and perfumery companies exhibit at this main part of the Kosmetik series for beauty professionals. It is held alongside Nail Expo – a dedicated event for the nailcare sector. Exhibition divisions include areas dedicated to equipment for spas, medi-spas, clothes for cosmetologists and education centres.

Tel: +495 937 13 18 19 21

[www.ki-expo.ru](http://www.ki-expo.ru)

**2-3 March 2015**

**Beautyworld Japan Fukuoka**

Fukuoka Kokusai Centre, Japan

A key event for the beauty and spa industries in the region, this event showcases the latest beauty products, equipment, services and ideas in the sector. Highlights include exhibitor presentations, special seminars and nail make-up demonstrations on stage. Attendees are representatives from beauty salons, spas, hotels and resorts, beauty schools, health institutions & manufacturers.

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[www.beautyworldjapan.com/fukuoka](http://www.beautyworldjapan.com/fukuoka)

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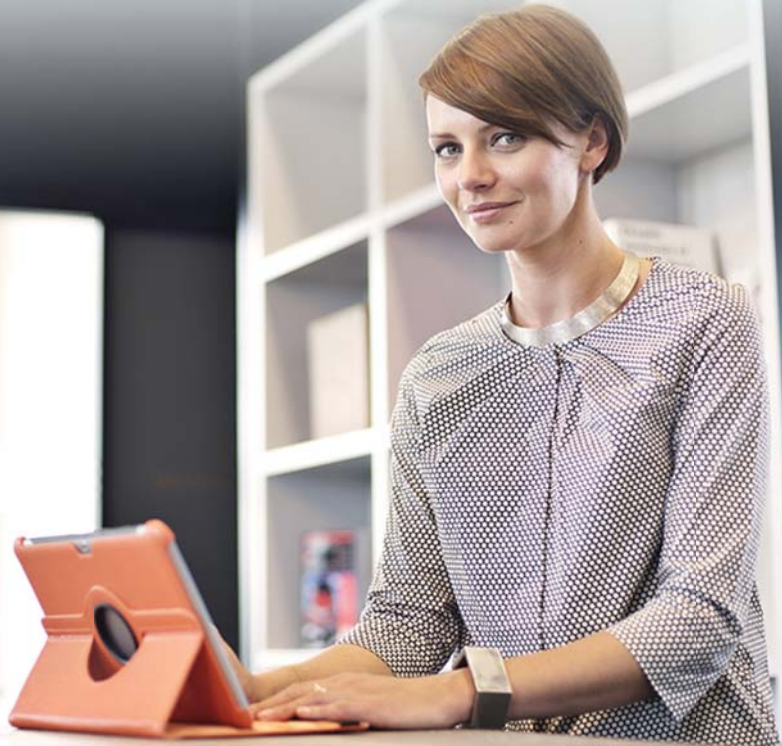
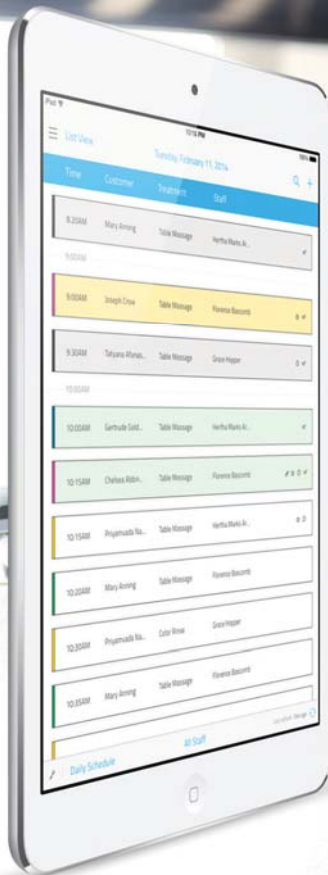
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## South Korea's US\$1.7bn resort set for 2017

Paradise Sega Sammy – South Korea's first integrated resort – has been given an opening date of March 2017 following a groundbreaking ceremony for the US\$1.7bn (€1.4bn, £1.1bn) casino, hotel, spa and theme park project.

A joint venture between Japanese entertainment company Sega Sammy Holdings and Korean casino operator Paradise Group, the resort will cater to both business visitors and tourists. It will offer a five-star hotel, a foreigner-only casino, convention centre, retail, an indoor theme park, restaurants and a standalone healing spa where foreign visitors will be able to experience a Korean public bathhouse or "jjimjilbang".

Included in the hotel will be 711 bedrooms, some of which will be pool villas. There will also be both indoor and outdoor pools, a fitness centre and a spa. The hotel will also house the casino – the largest in South Korea – with VIPs given access to an exclusive, private casino on the hotel's top floor. A boutique



The US\$1.7bn (€1.4bn, £1.1bn) project has been in the works since 2011

hotel with 103 bedrooms is also planned.

K-Plaza – a complex housing multiple visitor attractions – will include a theme park using 3D hologram technology, and a museum dedicated to South Korean culture.

A total of 330,000sq m (3.5m sq ft) of land for the project is being leased from Incheon International Airport for 50 years, with Paradise and Sega Sammy holding a 55 per cent and 45 per cent stake in the venture respectively. Details: [http://lei.sr?a=e3p5r\\_S](http://lei.sr?a=e3p5r_S)

## Obesity cuts lives short by 'up to eight years': study

Being severely obese can cut a person's life short by up to eight years and cause decades of ill health, according to a study carried out by researchers from McGill University in Canada.

The findings, published in the *Lancet Diabetes and Endocrinology* journal, showed that being obese at a young age is more damaging to life expectancy.

The data highlights an opportunity for the spa industry to offer its expertise in providing comprehensive preventative care – particularly for youngsters – in the form of lifestyle interventions. For adults, detoxes and body wraps could also be effective.

A computer model was used to calculate the impact of weight on life expectancy throughout life, which uncovered a clear gender difference in terms of vulnerability.

In comparison to 20-39 year-olds of a healthy weight, severely obese men lost 8.4 years of life and women lost 6.1 years.

Details: [http://lei.sr?a=wzdgw\\_S](http://lei.sr?a=wzdgw_S)

## Karma Royal Group plans UK spa hamlet

Karma Royal Group recently announced the introduction of its first property in the UK – the only hotel on St Martin's island, part of the Isles of Scilly archipelago off the most westerly point of England.

Renowned UK interior designer Nicky Haslam is in charge of fully refurbishing the interiors of the 30-key luxury resort, called Karma St Martin's, which is nestled on 2.8 hectares of sloping terrain and overlooks the waters of Tean Sound and Tresco.

The sea-facing hamlet of cottages will feature a Karma Spa, which is set to open on 1 May 2015, but details of the facility have not yet been announced. This information will be revealed shortly, Judy Chapman – spa and wellness curator for Karma and former editor-in-chief of *Spa Asia magazine* – told *Spa Opportunities*.

"I am currently curating a boutique range of spa products made on the Isles of Scilly with a local farmer who distills his own essential



Boat trips to nearby islands to view seal and puffin colonies are on offer

oils," continued Chapman. "He blends these with local sea salt harvested on St Martin's too."

Due to the region's microclimate, cacti and subtropical plants – normally found in Africa and southern Europe – thrive in the resort's landscaped gardens, which lead to the property's private beach and boat jetty. There are three food and beverage outlets at the resort and guests have access to a swimming pool.

Details: [http://lei.sr?a=f7p8J\\_S](http://lei.sr?a=f7p8J_S)



The Tideline spa features products by Yonka Paris

## Kimpton launches resort & spa property in Florida, US

San Francisco-based Kimpton Hotels & Restaurants has launched an ocean-front hotel in Florida on Palm Beach – the Tideline Ocean Resort & Spa – following a series of property enhancements and the soon-to-be-completed expansion of the spa.

The 136-key property, formerly known as The Omphoy Ocean Resort, will launch the 5,900sq ft (548sq m) spa – which will include seven treatment rooms for a variety of treatments, body scrubs, facials, massages, salon and nail services.

The Tideline spa, inspired by the healing properties of the Atlantic Ocean, features products by Yonka Paris and Jurlique. Treatments have been designed for men, women and couples. Bath products in the hotel rooms are supplied by Paya Organics.

Details: [http://lei.sr?a=b5Y5Q\\_S](http://lei.sr?a=b5Y5Q_S)



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[www.centerparcscareers.co.uk](http://www.centerparcscareers.co.uk)



## Five Four Seasons hotels to open in 2015

Four Seasons Hotels & Resorts has five new openings planned around the world for 2015 in Hawaii, Morocco, Korea, the Kingdom of Bahrain and Florida.

The first to open, in early 2015, is the Four Seasons Hotel Bahrain Bay which will feature the largest spa in the Four Seasons portfolio.

Launching in mid-2015, the Four Seasons Hotel Casablanca, Morocco, will be part of Anfa Place – a mixed use development near the upscale Corniche District. The 186-bedroom property – being designed by GA Design – will be the second Four Seasons hotel in Morocco and will feature a 700sq m (7,535sq ft) 10-treatment room spa. This includes a couples' room, a Moroccan hammam, male and female relaxation areas, each with a steam-room, sauna, plus hot and cold plunge pools.

The Four Seasons Resort O'ahu at Ko Olina will open late in 2015, at the existing Ilihani Resort, designed by architect Edward Killingsworth. The resort will feature 365 hotel bedrooms and 180 private residences. Spa



Four Seasons Resort O'ahu at Ko Olina in Hawaii is set to open in late 2015

details have yet to be revealed for this property.

Four Seasons' first hotel in Korea will open late in 2015 in the Central Business District of Jongno-gu. The hotel is a 317-key, 25-storey building site. There will be a total fitness and spa facility space measuring 765sq m (8,234sq ft), which will also include a gym, juice bar, indoor pool and 3D golf simulators.

The second Four Seasons in Miami – the brand's fourth property in Florida – will open at the end of 2015 at the landmark Surf Club.

Details: [http://lei.sr?a=2s4r9\\_S](http://lei.sr?a=2s4r9_S)

## Spameeting speeches outline industry issues

*Continued from front cover*

The financial performance of spas has become the main focus of operators and developers, Andrew Gibson, VP of spa and wellness for FRHI told attendees at Spameeting Middle East in Abu Dhabi.

He also noted that the pace of life has sped up and guests want quicker treatments. Gibson added that these shorter treatments must also meet the modern guest's requirements for effective results too – highlighting increasingly high customer expectations.

"There is a fifth element that is affecting the industry: people's interest in their health is being taken more seriously," said Gibson. "It's not just enough to maintain one's health anymore – we are looking for more and more ways to enact preventative measures."

These factors, combined, will change the future of the industry, according to Gibson. "The word 'spa' itself has plateaued and will no longer be the dominant word used in the industry – we are moving towards using 'wellness'.



Spameeting Middle East took place at the St Regis Hotel in Abu Dhabi

This term has multiple positive meanings and its multitude of definitions must be reflected in the numerous ways spa can be offered in hotels, outside a property's wellness facility.

"I think there's going to be a resurgence of the element of fitness," he added. "There's going to be a renaissance. Interactive walls and using gaming software is the next step for fitness."

"Spas can also no longer shun beauty," said Gibson. "Beauty treatments provide a visible result, but spas give an emotional experience."

Details: [http://lei.sr?a=Z9j2x\\_S](http://lei.sr?a=Z9j2x_S)

### Argentina Spa Association

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