

spa opportunities

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Marriott unveils new Ritz-Carlton Spa concept

Marriott has unveiled a new spa concept for its Ritz-Carlton brand, set to roll out across 60 existing properties and more than 25 pipeline projects. The concept will take the spas "from excellent to exceptional," said Kenneth Ryan, senior director of global spa operations for Marriott.

"We're putting a flag in the ground saying that we'll have the world's best luxury spas – that's our goal and we're claiming that space," said Ryan.

"What we're doing will be game-changing for the industry."

The new concept will include, among other things, redesigning the menu and developing a global collection of treatments and oils.

A big part of the Ritz-Carlton Spa concept involves raising therapists' skillsets through a training programme called Masters of Massage.

"We do around two million treatments globally each year and 65 per cent are massage,



The spa at Ritz-Carlton Bahrain is one of nine to be converted so far

yet this is the one area that has the least amount of focus in the industry," said Ryan.

The programme will be delivered by 'spa ambassador trainers,' a newly-created position for 12 specialists. In addition, Ritz-Carlton will introduce up to eight global 'spa ambassadors,'

who will visit each site every six months. Marriott has partnered with spa skincare and consultancy firm ESPA on the launch, with Marriott taking the lead and ESPA working behind the scenes. Over the last 18 months, the two companies have joined forces to develop new treatments, standard operating procedures and training programmes for the spa ambassadors and spa ambassador trainers. The ambassadors will be ESPA employees working on behalf of Ritz-Carlton.

Michael Harmsworth, CEO of ESPA said: "Designing the new Ritz-Carlton Spa concept was very much a collaboration

between us and both the Ritz-Carlton and Marriott design teams. The concept will be implemented using our operational expertise and training, and we have nine people at our UK headquarters leading the project our side."

Details: http://lei.sr?a=C9P2M_S

Kitzbühel named as GWS 2016 host city

The Global Wellness Summit will take place at KitzKongress, Kitzbühel in Tyrol, Austria, on October 17-19, 2016.

"Tyrol, Austria is an amazing example of a destination that has centred its tourism initiatives around wellness, transforming the region from a single season, ski-only destination to a year-round wellness destination," said Susie Ellis, GWS chair and CEO. "This inspirational environment will no doubt help fuel transformative thought leadership about the future of wellness during the Summit. "I can't think of a better venue for our Summit."

Details: http://lei.sr?a=g3V6q_S

Secret WWII gold bank will host spa

Hotel and leisure group Principal Hayley have vowed to create a luxury landmark hotel inside the historic Liverpool bank building used to hide most of Britain's gold reserves during the Second World War. The developers will spend £50m (US\$71.5m, €64.5m) to transform the interiors of the Grade II listed neoclassical Martins Bank building into a five-star 227-room hotel, spa, bar and fine dining destination.

Full planning and listing has already been granted and construction will start on the project this year, with a potential opening in late 2017 or early 2018. The design team working on the conversion has not yet been revealed.

Tony Troy, CEO of the Principal Hayley Group, said the hotel will give the company an important presence in the heart of Liverpool,



Herbert Rowse designed The Martins Bank building

where there is currently no full service luxury hotel for leisure visitors. "Our development will become the jewel in the crown of Liverpool's hotel offerings and we'll be working very closely with heritage experts to ensure our conversion of the building is sympathetic to its unique historic and architectural features," he explained.

Details: http://lei.sr?a=G8P7c_S

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Oberoi plans three resorts for 2016

The Oberoi Group is opening three hotels in 2016 in Morocco, India and United Arab Emirates.

Located 30 minutes from Dubai's airport, The Oberoi, Al Zorah will be a luxury eco-destination nestled within 247 acres of forest, with a long beachfront, lagoons and mangroves. The hotel will include an ultra-modern layout with 113 villas, suites and penthouses. The spa at Al Zorah is inspired by the architecture of ancient Medina, and includes private therapy suites and hammam rooms accessed along naturally lit, open-air corridors dotted with trees. There is also a 50m (164ft) pool, gym and children's activity area.

The Oberoi, Marrakech will be set within 25 acres of citrus orchards and ancient olive groves, and offers views of the Atlas Mountains. The resort will have 77 villas, and the spa at The Oberoi, Marrakech will occupy a private island on a lake within the resort, and features Moroccan hammams and ayurvedic treatments, as well as daily yoga classes.



The Oberoi, Al Zorah will be a luxury eco-destination in the UAE

The Oberoi Sukhvilas will be surrounded by more than 8,000 acres of protected natural forest, and features traditional Indian pavilions, and landscaped courtyards. It will include 60 villas, rooms and luxury tents with handcrafted design features. The spa will occupy a secluded space, surrounded by forest on three sides. It will offer massages, ayurvedic therapies, hydrotherapies, steamroom, ultraviolet sauna, Turkish hammam and a Roman tepidarium. Details: http://lei.sr?a=T2S3X_S

Four elements star at new Cairo spa

Spa and wellness consultancy firm Raison d'Etre is designing, consulting and managing the launch of the 3,500sq m (37,674sq ft) Ki Spa, set to open on 1 March in Cairo.

The spa is built in collaboration with Palm Hills Developments and is situated in The Palm Club, located within a high-end residential area in the upscale 6th of October district. It will include 11 treatment rooms, one double suite with en-suite steam room, a whirlpool and two double treatment cabanas.

The Ki treatment menu is themed around the four essential elements of fire, water, earth and air, with the aim of balancing these in each spa journey.

An Abhyanga massage uses ancient Indian ayurvedic herbal warm oil to reconnect to the earth roots. A Seawater Pearls facial uses algae caviar and seawater pearls to balance the water element, and the fire element is employed in a Spiced Coffee Detoxifying



The Ki Spa is designed and managed by Raison d'Etre

treatment that uses ground coffee, ginger, cinnamon and clove to exfoliate the body.

A spa cafe offers balanced healthy meal choices and a tea garden is available for clients to relax in before or after treatments. There is also a 650sq m (6,997sq ft) fitness centre with a range of cardio and strength training and access to ten personal trainers.

Details: http://lei.sr?a=F2E2B_S



New owners for Maruia Hot Springs

Maruia Hot Springs in New Zealand have welcomed new owners, who are set to undertake major redevelopment works.

James White – a hot springs research and development consultant – is now managing director of Maruia Hot Springs, and has promised a world-class bathing and well-being attraction, as well as a “total renewal of the Southern Alps bathing experience which fits harmoniously into the surrounding mountains.”

White and his partner, Kim Hamilton, are planning extensive revitalising and expansion of the open-air hot pools that will help Maruia Hot Springs “become the blissful New Zealand nature escape that it should be – one which embraces traditional and contemporary hot springs features,” he said.

Australia’s Peninsula Hot Springs, also planning an expansion, is a co-investor. PHS founder and CEO Charles Davidson sits on the board of the Australasian Spa and Wellness Association with White, and both have travelled



James White and his partner Kim Hamilton are planning renovations

extensively together, gleaning ideas and inspiration from geothermal springs around the world. White and Hamilton have been rejuvenating what was a Japanese-style bath house into two indoor bathing experiences. Other eco-resort facilities soon to be developed include thermal massaging showers, heated stone beds, new changing facilities, relaxation lounges, a sauna, steamroom and more indoor relaxation experiences.

Details: http://lei.sr?a=x3q9J_S

California mountain retreat to open

A 23-acre, seven-bedroom holistic mountain retreat located on land once owned by US President Franklin D. Roosevelt will open in the Malibu Mountains in California in Q2 2016.

Aja Malibu bills itself as a “luxury-boutique mountain retreat for the health and wellness-seeking connoisseur,” and is the lifelong dream of owner Inannya Magick, an Australian mystic and artist who has spent seven years transforming the property into a ‘Garden of Eden’ sanctuary.

The retreat features just seven bedrooms, as well as seven chakra-themed gardens – and is available for seven-day retreats. Aja’s holistic focus includes plant-based cuisine, spa therapies, rituals and ceremonies and workshops.

The spa is located in a crystal-infused cave setting, and therapies use homegrown herbs as well as a combination of flower, colour, light, sound and crystal therapies. Treatments include a Chakra-Tune Up Massage, seasonal



Aja Malibu’s holistic focus includes plant-based cuisine and therapies

Watsu Water Massage, cranial sacral therapy, acupuncture, a Crystal Cavern Ozonated Hot Plunge and dual vibration therapy. The retreat features an apothecary room where guests can play and make their own herbal elixirs as well as enjoy DIY bath, body and beauty workshops.

Aja is designed to be a “home with a heart” rather than simply a hotel, and features details like statues and artefacts collected from Magick’s global travels.

Details: http://lei.sr?a=Q6f4a_S



Sue Adkins has worked for Miraval for 17 years

Adkins named Miraval VP programme development

Resort and wellness destination brand Miraval Group has named Sue Adkins as vice president to lead programme development company-wide, notably in support of the company’s initiative to add full-service Miraval resorts in key destination markets and Miraval Life in Balance Spas in sub-markets.

Adkins has been with the company’s flagship resort in Arizona for 17 years, most recently as director of programmes and assistant programme director. In her new role, she reports to Steven A. Rudnitsky, Miraval Group president and chief executive officer.

“Sue Adkins excels at producing award-winning integrative wellness and active-health programming,” Rudnitsky said. *Details: http://lei.sr?a=a3h8U_S*

Klafs to move Thermarium division to German HQ

Spa equipment manufacturer Klafs will integrate its Thermarium division into the company’s corporate structure and headquarters in Germany, closing Thermarium’s Tirol, Austria location. Klafs acquired Thermarium – which also manufactures spa equipment, but has a planning and consulting arm as well – last year, but has continued to operate it independently.

“For reasons of efficiency, the spa division of Klafs will act solely from Schwaebisch Hall, Germany,” said Stefan Schoellhammer, CEO of Klafs. “Nevertheless, the company Thermarium will remain as an independent company, and will fulfill their obligations towards their clients.”

Adrian Egger, who has been managing director of Thermarium, will step down from that position mid-year due to the changes, he said.

Details: http://lei.sr?a=D9J5s_S



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Bain looks to grow Japanese onsens

In February 2015, private investment firm Bain Capital Partners (BCP) bought a 100 per cent stake in Japanese hot springs and hotel operator Ooedo Onsens Holdings, in a move to capitalise on tourism ahead of the Tokyo 2020 Olympic Games.

Ooedo Onsen Holdings runs the Ooedo Onsen Monogatari chain of hot springs and hotels – including 23 onsen inns and six onsen theme parks across Japan.

“This is a very scalable business,” said David Gross-Loh, managing director, Bain Capital. “Ooedo Onsen has enormous growth potential, both in existing branches and through expansion. There’s a lot that Bain Capital is equipped to help with, including looking at the cost base and finding ways to improve it, looking at pricing, and looking at how we attract and retain customers.”



Bain Capital Partners bought Ooedo Onsens Holdings last year

Bain has started building out the pipeline of new sites, and has identified and conducted due diligence on 17 new sites over the past few months. It has also built and implemented a strategy to drive growth, profitability and market share.

Details: http://lei.sr?a=X7H9v_S

Langham to expand US presence

Hong Kong-based Langham Hotels & Resorts is expanding its US presence with three new hotels in Texas, California and New Mexico.

Langham Place, Wade Park will be located in Frisco, Texas and will open in early 2018 as part of a US\$1.6bn (€1.4bn, £1.1bn), 175-acre development created by Thomas Land & Development. Designed by Dallas-based 5G Studio Collaborative, the 35-storey hotel will have a sleek, modern feel and will incorporate 10 floors of residences. The 250-bedroom hotel will include a full-service Chuan Body + Soul spa, featuring the brand’s signature treatments based on Traditional Chinese Medicine.

The Langham Place, San Francisco will be part of the US\$4.5bn (€4bn, £3.1bn) Transbay Transit Center Project in downtown San Francisco, due to be completed at the end of this year and dubbed the “Grand Central Station of the West,” encompassing 11 local and regional transit systems. Langham will bring a full-service luxury hotel to the development in 2019, which will include its Chuan Body + Soul spa.



The Langham Place, Wade Park will have a sleek, modern feel

The Langham, Bishop’s Lodge, Santa Fe, will re-open in 2018 after a multi-million dollar renovation. Located in the foothills of New Mexico’s Sangre de Cristo range of the Rocky Mountains, the historic resort was first opened in the 1920s.

The Langham, Bishop’s Lodge, Santa Fe will be Langham’s first resort in the US, boasting 317 acres, including private stables and trails for horseback riding. The renovation will include new construction to expand the hotel to 139 bedrooms and add a Chuan Body + Soul spa.

Details: http://lei.sr?a=K6x7n_S



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Does variable pricing work in spas?



**LINDSAY
MADDEN-NADDEAU**
Director, spa integration
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At the latest Professional Spa and Wellness in Dubai we had a fantastic interactive panel that touched the surface of variable pricing. It was very thought-provoking, as each panellist came from a different business structure that was unique. So I left with the question...does variable pricing work? Can we compare the luxury of a spa treatment to the art of booking a hotel room or seat with an airline?

After much thought, I felt that we needed to compare necessity versus luxury, and by luxury I mean we don't *need* this service, we *want* this service. Airlines and hotel companies utilise the strategy of demand pricing, where prices change from one minute to the next, but these requirements are based on schedule and convenience, whereas when booking a spa treatment or a "treat," time is more flexible.

If we look at the resort model, where we have seasonal peaks of steady business, I agree we should look at increasing the prices during this time to maximise on revenues in peak season. In the off-season, when business demand on property drops along with hotel rates, I can understand having to adjust our pricing to be in line with our current guest mix. Having seasonal prices is less likely to upset the guest compared to coming in on a Monday and having a treatment at one price and then again a couple days later getting charged a higher rate.

I asked one of our spas in California who practices weekday versus weekend prices and wanted to understand if guests were ever upset that they had to pay different prices. The answer was no, and they felt this was based on the way they explained it to the guest. Their normal asking price was the weekend rate; however, during the week they provided a lower selling rate, which was perceived as a discount.

It definitely made me stop and consider the different spa models and what works in particular environments. If you are utilising your discounts properly in off-peak periods and practicing yield management in peak times with a RAM strategy, this can also be interpreted as variable pricing. Food for thought!

Lakeside sauna wins competition

London-based architecture firm Fox Fernley Landscape Office has designed a three-person, translucent sauna as part of a winning design in the Winter Stations Design competition in Toronto. The Winter Stations design competition had a theme of Freeze / Thaw this year, and asked designers and artists to respond to the changing conditions and transitions of the Toronto winter.

"Most of the artists took this to be something about the natural landscape freezing and thawing, but we suggested that the most interesting thing to see on the beach is people, so our competition entry was for a human freezing and thawing process: Sauna and plunge pool," said James Fox, partner at FFLO.

The sauna is a simple timber construction with tiered seating for three, and the



The sauna is fuelled by a wood-burning stove and was built for £5,000

polycarbonate outer skin of the sauna gives winter walkers a steamy glimpse of the bathers within. At night, solar-powered lights illuminate the scene. It is fuelled by a small wood-burning stove and was constructed for £5,000 (US\$7,064, €6,398).

Details: http://lei.sr?a=W3j4Z_S

Fortresses inspire Omani Anantara

A new luxury Anantara hotel and spa complex will open later this year in Dhofar, Oman, with a design inspired by the region's coastal fortresses.

The Anantara Salalah Al Baleed Resort is a joint venture between Omran – the state-owned company currently investing huge sums of money into the country's hospitality sector – and property developer Musstir.

The resort will be located in the Salalah, the capital of Dhofar province, between a natural lagoon and the beach. The design features numerous low-lying, white-clad buildings featuring intricate artistic flourishes popular in traditional Omani architecture. These are flanked by a turreted fortress-style entrance and a large tropical garden containing flowers, palm trees and an expansive moat-like water feature.

The Salalah Al Baleed Resort will have 136 guest rooms and pool villas, and an Anantara Spa and hammam offering both signature and local spa treatments.

Other leisure facilities will include tennis courts, a children's club, an outdoor activity



The design features numerous low-lying, white-clad buildings

centre, a Middle Eastern beach bar, and a signature Asian restaurant. The resort will also offer boat rides to nearby cultural landmarks, including the Al Baleed Museum of Frankincense and Al Baleed's UNESCO-protected Citadel and Grand Mosque.

International contractor Carillion is constructing the resort, which is scheduled to open by the end of Q3, and the developers are collaborating with Omran's Tourism College to assist in pre-opening training programmes for potential staff.

Details: http://lei.sr?a=m8m6q_S

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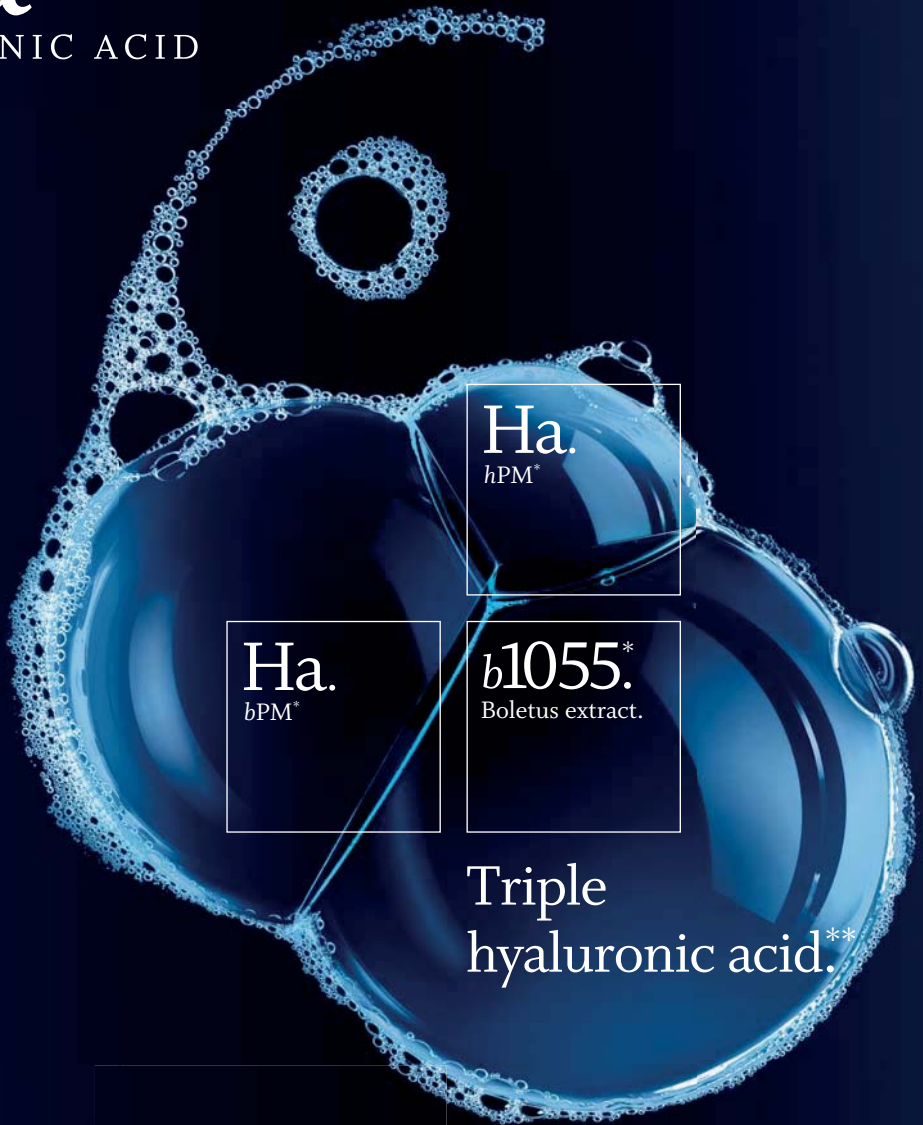
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Global Wellness Day will be celebrated in cities and resorts around the world on 11 June

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Worldwide
Spa ambassadors around the world encourage people to change one aspect of their lives for the better. The event, founded by Belgin Aksoy, has the

support of more than 500 properties in 73 countries, as well as the backing of brands within the wellness industry, and increasingly – support from elected government officials.
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Sereno debuts 16th century villa

Sereno Hotels is opening a second property on the shores of Lake Como at Villa Pliniana, a 16th century Italian palazzo set on 18 waterfront acres. This marks Sereno Hotels' third location, and second on Lake Como after the recently-announced Il Sereno, Lago di Como, located less than 1,000 yards from Villa Pliniana and set to open in July 2016. The company also owns Le Sereno in St. Barths.

Villa Pliniana is due to open this month, and will feature 19 bedrooms in the main villa as well as three additional stand-alone villas. The villa will also have event halls, vast gardens and its own private spa with large swimming pool, whirlpool, rain showers, sauna, steam bath, solarium and relaxing lounge mezzanine. The site is filled with history, having acquired its name from its first mention by Pliny the Elder in



The site is filled with history and was once visited by Napoleon

the 1st century. Villa Pliniana's land was originally built on in 1573, and has been visited by the likes of Lord Byron and Napoleon.

Sereno Hotels has once again partnered with Milan-based designer Patricia Urquiola to redesign Villa Pliniana's interiors.

Details: http://lei.sr?a=Z5N3h_S



The wellness area has been upgraded

Zambian luxury safari tent resort adds riverside spa

Luxury safari operator Wilderness Safaris has rejuvenated the health and wellness offerings at its Toka Leya Camp, rebuilding the spa and gym within Zambia's Mosi-oa-Tunya National Park. The upgraded wellness area now includes a separate spa treatment room with outdoor decking overlooking the Zambezi River, where guests can also enjoy Pilates or yoga. The treatment room's location means guests can enjoy their spa experience while listening to the sounds of the river. Holistic, eco-friendly product house Africology is used for massages, scrubs and facials.

"The Zambezi region offers guests some of the most spectacular natural wonders and adventure activities," said Ron Goatley, managing director of Wilderness Safaris, Zambezi Region. "By enhancing our spa and gym at Toka Leya, the camp is now equally as appealing as a standalone destination, where guests can choose from a wide range of activities, or simply relax and enjoy the spectacular setting for a few days before or after a safari."

Details: http://lei.sr?a=s7y6x_S

Study looks at workplace wellness

Whether employees consider their companies to be genuinely caring about their wellness is key to boosting worker health and productivity, according to new research from the Global Wellness Institute (GWI).

The GWI has released two new pieces of research on the global wellness industry, which is estimated to be worth around US\$3.4tn (€3.1tn, £2.4tn).

The first, *The Future of Wellness at Work*, looks at unwellness in the global workforce and forecasts how work and workplace wellness concepts will change dramatically in the future. The paper explores the challenges of improving worker health when 52 per cent of the world's 3.4bn workers are overweight/obese and only 9 per cent have access to some form of wellness programme at work.

The report estimates that the cost of unwell workers represents 10-15 per cent of global economic output. It posits that workplaces of the future will primarily require qualities not replicable by machines (collaboration, creativity, empathy, constant learning, etc.) – qualities that demand the highest level of mental and physical wellness – and explores how companies can work to foster greater



'Caring companies' are key to workplace success, the study says

engagement with workplace wellness schemes.

The second research paper, *Unlocking the Power of Company Caring*, gauges how employees feel about many aspects of their work culture and wellness programmes. The paper concludes that the pivotal factor in the success of workplace wellness initiatives is whether an employee identifies their company as "caring about their health/wellness" – when they did, their overall health, stress levels and job engagement improved significantly.

Details: http://lei.sr?a=b4K8Y_S

Costa del Sol property gets new Spa by Clarins

A new Spa by Clarins has opened at the Gran Melia Don Pepe in Marbella, Spain. Set along the seaside promenade at the foot of the Sierra Blanca Mountains and across from the Sierra de las Nieves National Park, the hotel features views across the Mediterranean.

The 150sq m (1,615sq ft) Spa by Clarins has four treatment rooms, three pools, a sauna, Turkish bath, Scottish shower and two whirlpools. It will feature Clarins products and treatments, including the company's Tri-Active facials.

An on-site clinic offers weight loss and anti-ageing advice, and the resort also has a fitness room and personal trainer.

Details: http://lei.sr?a=z6Q9u_S

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New dry skin rescue cream joins Phytomer's lineup

Phytomer has launched a new dry skin rescue cream, Nutritionnelle, designed to bring comfort, hydration and protection.

The soft, rich cream incorporates a cocktail of marine and plant oils to combat dry skin, and remains comfortable from morning to night. The expert marine formula includes a quartet of lipid-replenishing oils, including buckwheat oil, apricot kernel oil, dictyopteris oil and glasswort oil. It also includes ceramides which aid skin protection.

KEYWORD: PHYTOMER



Saltability adds reflexology bowls to its Himalayan line

Saltability's new salt reflexology bowl includes warmed Himalayan salt balls that can be held in hands for grounding, used for arthritis or other pains, or alternatively rolled on feet for a reflexology treatment.

"So many clients are looking for multiple ways to get healthy in one treatment, and Himalayan salt stone is a great way to do that," says Ann Brown, founder of Saltability and 20-year veteran of the spa industry.

The bowl can be used professionally or sold to clients. It doubles as a salt lamp with an emotionally uplifting, earthy glow that releases anti-microbial negative ions, which purify the air and skin while providing a soothing sense of wellbeing.

KEYWORD: SALTABILITY

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Biotec from Elemis is 'biggest launch since Pro-Collagen'

In what has been hailed as its "biggest launch since Pro-Collagen," skincare brand Elemis has unveiled its new Biotec energising skin care system, due to debut at retail in April.

The initial line includes a cleanser, day cream and night cream, though "it's such a key focus that within this system, there will be further launches," said Nicci Anstey, head of training and education for Elemis.

Biotec has been in development with Elemis's cosmetic scientists for more than three years, and the system aims to re-boot

skin's performance with a patented technology that includes encapsulated zinc and copper to increase cell energy.

"Cell energy is crucial to skin health," said Noella Gabriel, co-founder and creator of Elemis therapies.

"I wanted to create a system that would turbo-charge the skin from within, delivering true vitality to the complexion. This is ground-breaking technology, where the best of science and the best of nature are harnessed for extraordinary results," she continued.

KEYWORD: ELEMIS

Fashionizer's new fabrics inspired by martial arts

Luxury uniform designer Fashionizer Spa has added three new fabrics to its portfolio and belts for the brand's spa outfits, inspired by martial arts attire.

The new fabrics have been sourced and developed to address the specific needs and challenges faced by staff working in spas. For example, the Beautiful Bamboo Fabric contains 60 per cent bamboo and 40 per cent polyester – making it absorbent, breathable and soft.

KEYWORD: FASHIONIZER





Biologique Recherche's new Seconde Peau Treatment uses 3D printing

The new Biologique Recherche Masque Seconde Peau Treatment – or Second Skin – is a lifting and regenerating treatment that's been ten years in the making. Seconde Peau also uses a 3D-printing methodology to create electrosun patches made up of 80 per cent hyaluronic acid and a serum formulated with lifting and regenerating active ingredients.

The production of the patches starts with the injection of pure hyaluronic acid into the electrosun machine; the hyaluronic acid nanofibers are then woven into the patches used in the treatment, making the hyaluronic acid 40 times more concentrated than in traditional cosmetics.

KEYWORD: BIOLOGIQUE RECHERCHE

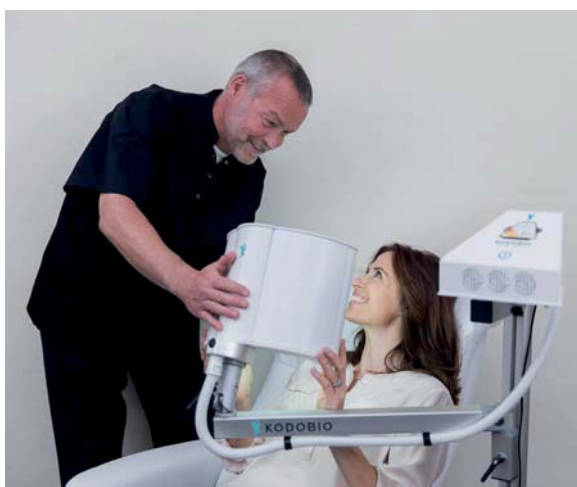
Kodobio Sensory Therapy uses light and scent to boost mood

A device which harnesses light and scent stimuli to boost mood is to be used by European spa group Aspria in Brussels.

Kodobio Sensory Therapy, created by Professor Tim Jacob of Cardiff University, UK, uses a device placed in front of the face for 15 to 30 minutes. It emits bright white light (similar to sunshine) up and down during a 60-second cycle. At the same time, pleasant essential oil aromas such as lemon, are emitted.

Jacob claims that as well as enhancing mood, the machine has a relaxing effect on blood pressure and can lower the heart rate.

He says: "I've spent many years researching light and smell and their effect on human



psychophysiology. Combining the two sensory stimuli, each of which on their own induce positive benefits, has synergistic and profound effects."

KEYWORD: KODOBIO

Spiezia Organics partners with Pukka Organic Teas

The Cornish skincare brand Spiezia Organics' Made for Life range has announced a collaboration with Pukka Organic Teas for 2016 – celebrating the efficacy of herbs through both skincare and herbal tea.

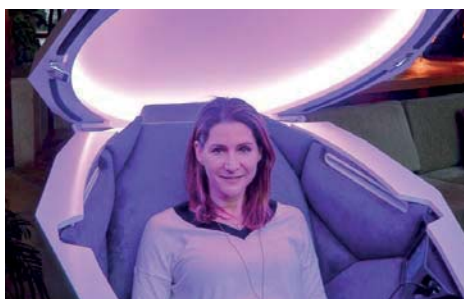
Launching online, in shops and spas this month, a free Pukka Tea sachet will be packaged with Made for Life products ordered by customers. Each teabag has been chosen to complement the organic herbs which have been used to create the skincare range.

Spiezia's Made for Life Daily Radiance Facial Cleansing Balm – made with chamomile, clove, eucalyptus and coconut oil – comes with a Pukka Herbs' organic Love tea sachet.

This tea is a blend of rose, elderflower, chamomile and lavender.

Made for Life's calendula and rose Skin Solve product will be accompanied by a sachet of Pukka Herbs' Chamomile, Vanilla and Manuka Honey tea.

KEYWORD: SPIEZIA



Somadome rolls out colour therapy pods worldwide

Somadome, the company behind a colour therapy meditation pod, has announced plans for international growth with new worldwide distribution.

The pods are designed to use colour, binaural beats and special tiles (often used by acupuncturists) to alter disruptive EMF

frequencies to help one achieve peacefulness of mind and body.

Six Somadomes were installed in US spas last year including at the Ojai Valley Inn, California and the Surrey Hotel, New York.

Founder and Somadome CEO Sarah Attia says: "The vision for Somadome is for it to be a way we can access ourselves and quiet the mental clutter."

KEYWORD: SOMADOME

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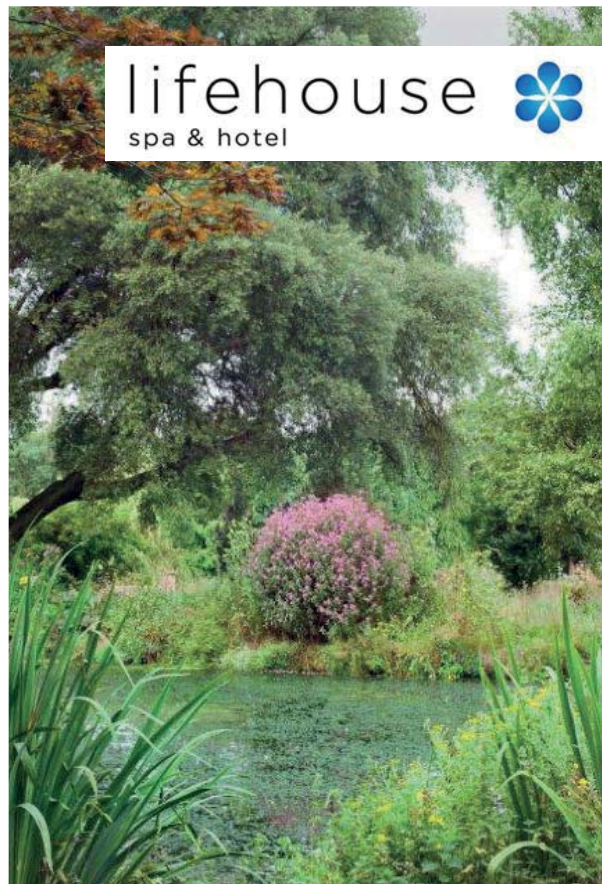


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Ushvani Spa hosts hormonal yoga session

In celebration of International Women's Day on 8 March, London's Ushvani Spa will be hosting a unique hormonal yoga workshop.

The 90-minute yoga workshop will be open to all levels, and taps into the unique feminine energy fields, balancing and restoring hormonal levels in the body – which Ushvani said offers a host of benefits, from the reduction of painful periods and PMS to improving fertility and promoting harmony within the body.

The workshop will focus on a woman's innate strength and power, soothing, healing and centring the focus, and will feature a series of fluid movements, sacred breath work and spiral movement.

The workshop will focus on several key areas to promote hormonal balance throughout the body, including asanas that open hips, elongate the spine and support key areas of hormone production throughout the body,



The workshop focuses on several areas to promote hormonal balance

as well as balance poses, such as the tree pose, which stimulates the pituitary gland.

Ushvani Spa said that hormonal yoga is particularly helpful during PMS, perimenopause, menopause and for women with polycystic ovary syndrome where the key poses and deep focused breathing leads to improved blood flow, symptom relief and mental alertness.

Details: http://lei.sr?a=J5k4z_S

Meditation + exercise helps depression

Meditation and aerobic exercise done together helps reduce depression, according to a new Rutgers study.

The study, published in *Translational Psychiatry* this month, found that this mind and body combination – done twice a week for only two months – reduced the symptoms for a group of students by 40 per cent.

“We are excited by the findings because we saw such a meaningful improvement in both clinically depressed and non-depressed students,” said

Brandon Alderman, lead author of the research study. “It is the first time that both of these two behavioural therapies have been looked at together for dealing with depression.”

Alderman, assistant professor in the Department of Exercise Science, and Tracey Shors, professor in the Department of Psychology and Center for Collaborative Neuroscience, discovered that a combination of mental and physical training enabled students with major depressive disorder not to let problems or negative thoughts overwhelm them.



The study suggests that the two therapies work well together

“Scientists have known for a while that both of these activities alone can help with depression,” said Shors. “But this study suggests that when done together, there is a striking improvement in depressive symptoms along with increases in synchronised brain activity.”

The men and women in the Rutgers study who completed the eight-week programme reported fewer depressive symptoms and said they did not spend as much time worrying about negative situations.

Details: http://lei.sr?a=m9k3Q_S

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