

spa opportunities

7 - 20 JUNE 2019 ISSUE 321

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Eden Roc Cap Cana opens first Natura Bissé spa

Eden Roc Cap Cana, a luxury resort in the Dominican Republic, has announced the opening of its new 30,000sq ft spa, following a US\$2m (£1.5m, €1.7m) renovation.

The spa, called the Solaya Spa & Wellness Centre, is the world's first Natura Bissé-branded spa, and offers 12 treatment rooms with indoor and outdoor cabins, a 1,200sq ft anti-gravity yoga space with 12 individual aerial yoga structures and an indoor and outdoor Aqua Garden.

Other facilities include a Swedish sauna, hammam, rainfall showers and jacuzzi, as well as health and fitness gym, offering in-house personal training and a wellness bar with its own range of juices and smoothies.

Signature treatments, inspired by the techniques and traditions of the region, will include the Natura Bissé Quirogolf massage, an exclusive body massage performed with



The Natura Bissé Spa has been designed to evoke a sense of calm

golf balls and using movements based on four 'pillars' – relaxing, warming the muscles, therapeutic massage and improving flexibility – which work together synergistically.

The spa, which will be headed up by industry veteran Pedro Castillo, has been designed to create a sense of calm for guests

and has been built using natural materials – as part of the resort's commitment to the environment, – and is flooded with natural light.

Lush wall gardens, local fauna and greenery have been placed to serve as focal points and connect guests to nature during their stay.

Castillo said: "The Solaya Spa Fitness & Wellness has been designed to ensure every need of our guests is met, so they can unwind and recharge in the most luxurious and relaxing facilities offered by the Caribbean.

"We are dedicated to providing exceptional experiences for each guest, with close attention to detail, from champagne upon arrival to customised treatments. We know each face and each body is unique, so our goal is to surpass all expectations for unparalleled results."

Details: http://lei.sr/K9S2k_S

GLOBAL WELLNESS DAY SPECIAL

Global Wellness Day - 8 June 2019

Saturday, 8 June 2019 will mark the eighth annual Global Wellness Day (GWD), with thousands of locations across the world taking part.

With the motto "One day, can change your whole life!" the theme for GWD 2019 is community and kids' wellness, with the goal to decrease worldwide depression.

Find out more by reading the *Spa Opportunities*' GWD special on pages 6-8 – including a guide to some of the events taking place during the day.

For more, turn to page 6

Monaco – the next wellness destination?

The principality of Monaco will host its first-ever health and wellness festival, 'In Your Element', from 5-7 July, in partnership with the Columbus Monte Carlo hotel and Monaco's World Class Gym.

Both residents of and visitors to Monaco will be able to book to attend the weekend event, which will showcase the latest innovations in health, fitness and wellness.

Festival attendees can take part in workshops and panel discussions with top athletes and experts in fitness, healthy eating & nutrition, holistic therapies and beauty, including Jasmine Hemsley, Naomi Buff and Kim Hartwell.

Designed to restore bodily imbalances back to alignment, the programme for all the family will span yoga, breathing work,



The principality is famous for its wealthy residents

nutrition-based cookery sessions and holistic therapies – including Chinese medicine, bootcamps, cycling and more.

Classes will take place at Monaco's World Class Gym, with kids football coaching at former Man City football player, Richard Dunne's FMC Elite Football Academy.

Continued on back cover

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Six Senses launches 'Grow a New Body'

Six Senses is bringing together cutting-edge neuroscience, biology and ancient wisdom of shamans to create a 'Grow a New Body' programme.

The new programme has been created in cooperation with Dr Alberto Villoldo, a leader within neo-shamanism and energy medicine, and will launch this month (June 2019) at select Six Senses Resorts.

The programme is designed to help guests look within themselves and create the emotional, nutritional and spiritual conditions for health, healing and living in harmony in a joyful, playful way.

Energy Medicine, which is an important element of the Grow a New Body programme, focuses on harnessing the body's subtle energy system, allowing vitality and healing.

From the beginning, Six Senses set out to elevate all the senses so that guests could experience the elusive sixth sense, or the unperceived world, which includes the physical being and electro-magnetic field, light body or aura – things that are not part



Six Senses Kaplankaya is among the locations to introduce the service

of the anatomical systems and that cannot be viewed conventionally.

"At Six Senses, we believe wellness equals freedom," said Anna Bjurstam, wellness pioneer at Six Senses. "The step into Sacred Energy Medicine will enable our guests to embrace both what can and cannot be seen, connect with the field of magnetic energy to clear toxic emotions, and ultimately switch on longevity genes to live healthier, longer. Lives It will elevate them further on their path."

Details: http://lei.sr/Z9z2k_S

RuMa Hotel opens urban spa oasis

The RuMa Hotel and Residences in Kuala Lumpur, Malaysia, has opened a results-driven integrated spa concept conceptualised by A.W. Lake Wellness Design.

Located on the 6th floor of the hotel, the spa reflects the hotel's style while embracing the emotional, aesthetic quality and local context for which Urban Resort Concepts (URC) is known. UR Spa is designed to offer a sensorial journey and respite from the everyday grind with principles rooted in modern science and ancient healing.

Five treatment rooms, including a couple's suite, along with a dedicated foot therapy lounge, pay tribute to Malaysia's colonial heritage, while numerous relaxation spaces are available to unwind.

In keeping with URC's signature concept of Hostmanship, the spa creates a guest experience that revolves around each individual guest's needs in an environment that is personal, engaging and intuitive.



Created by by A.W. Lake the UR Spa is designed to offer a sensorial journey

"We developed and tailored the spa therapies with Comfort Zone, one of the industry's leading creators of science-based formulas, to offer supercharged treatments that can be enjoyed singularly or tailored to the individual's schedule for targeted, optimal results," said Richard Williams, A.W. Lake's consultant.

As a prelude to all treatment, guests will enjoy a ritual with Kabat stretch and a botanical inhalation, preparing both mind and body.

Details: http://lei.sr/e8n2K_S



One&Only inks deal with Chenot Group

Luxury resort brand One&Only is partnering with wellness and beauty expert brand, Chenot to develop and implement various methods to be across the One&Only portfolio of resorts.

The new offering at One&Only will provide a complete holistic approach to wellness. Two different wellness approaches will be introduced across the One&Only resort collection – the well-established Espace

Chenot and the new One&Only Spa by Chenot, which has been created exclusively for the ultra-luxury resort portfolio.

Henri Chenot, founder of Chenot Group, has always believed that “you need to live in harmony with yourself to be in good health,” and has dedicated more than 50 years of research and state-of-the-art medical spa programmes and products that promote wellness, successful ageing and optimal health.

In the early seventies, his approach to health wellness led to the development of Biontology - the science of living and his method of rebalancing the physiology of the body that



Two wellness approaches will be introduced across One&Only resorts

is implemented in all Chenot Health wellness retreats as the core therapeutic approach.

One&Only Spa by Chenot will open at One&Only Desaru Coast in Malaysia and Espace Chenot will be introduced at One&Only's new resort in Europe, One&Only Portonovi in Montenegro in 2020.

“We are absolutely thrilled to be announcing a global partnership with the Chenot Group,” said Philippe Zuber, president and COO of One&Only. “Like One&Only, Chenot tailors every experience to the individual guests' needs. It important for us to seek out leaders.”

Details: http://lei.sr/Z3S7v_S

Four Seasons opens second India hotel

The Four Seasons Hotel Bengaluru at Embassy One has opened in India, featuring an 11-treatment-room Infuse Spa designed by Yabu Pushelberg. The Four Seasons includes a 230-bedroom hotel and 105 Four Seasons Private Residences, the first of their kind in India.

Set on the lower level alongside the pool, the spa includes a design aesthetic with light colours and a cool, aqua colour scheme.

Minu Budhathoki has been named spa manager and signature treatments created especially for Infuse Spa include the Coffee Scrub, which harnesses the powers of locally grown coffee from nearby Coorg; the sensual Candle Massage; the Flower at Four Seasons experience, inspired by the Hotel's green setting in the Garden City; and On the Chocolate and Spice Trail.

Developed by Embassy Group, Four Seasons Hotel Bengaluru at Embassy ONE is complemented by a curated collection of



Located adjacent to the pool, the spa features 11 treatment rooms

paintings, prints and sculptures by more than 25 contemporary Indian artists.

“It's truly a milestone as we open our second hotel in India,” said Rainer Stampfer, Four Seasons President Hotel Operations - Asia Pacific. “Together with our property in Mumbai, Four Seasons reflects the vibrancy and poise of modern India through design, experiences and personalised service to meet the needs of both travellers and local residents.”

Details: http://lei.sr/D2j8H_S



Each 75-metre guest house features a private spa

Wellness villas set to open in Australia's "spa country"

Design practice CBG Architects have completed the Hepburn Springs Escape Villas – a set of fourteen short-stay pods in Daylesford, Australia. Situated on the grounds of the Hepburn Bathhouse and Spa, a historic resort that dates to the 1890s, each 75-metre guest house features a private spa, kitchen and bathroom amenities, a gas log burner, and a balcony that overlooks the surrounding bushland.

The retreat is managed by Belgravia Leisure, a division of the Belgravia Group.

“We wanted the focal point to be the landscape and this magical setting,” said Bill Katsabis, design manager at CBG. “It's about connecting to the elements here, whether it's the bush or the sound of water.”

Details: http://lei.sr/f7M3V_S

Macdonald Hotels partners with Jennifer Young

Macdonald Hotels & Resorts has partnered with specialist skincare company Jennifer Young – Beauty Despite Cancer to become one of the first hotel groups in the UK to offer spa treatments to people living with and beyond cancer.

A range of treatments and product ranges, including the Defiant Beauty and Beyond Beauty ranges, will be rolled out across Macdonald's entire spa collection throughout 2019. The first to feature the selection will be Macdonald Berystede Hotel & Spa in Ascot.

Macdonald's front of house and spa staff will undergo specialist training at Jennifer Young's accredited training school, where they will learn the treatment techniques and the appropriate language to use.

Macdonald will also be supporting Ellie's Friend, a charity dedicated to improving the lives of adults affected by cancer.

Details: http://lei.sr/N4C8K_S

Groupe Nordik reveals growth plans

Groupe Nordik will be constructing their fourth nature spa in Canada on land in Parkland County, in proximity to Edmonton and the surrounding municipalities. In total, the company plans to develop 10 spas across North America by 2027.

According to Daniel Gingras, owner and senior VP of strategy and corporate development for Grupo Nordik, the objective is to “push the industry to new heights, by offering traditional and original relaxation and rejuvenation experiences, and to make the company a global leader in wellness spas”.

“After, Quebec, Manitoba, and Ontario, we are now ready to settle in the western regions of Canada,” Gingras said. “A development in Edmonton is currently ongoing, and another in Calgary is soon to be announced. We are always on the lookout for opportunities elsewhere in Canada, and internationally soon.”

Construction will begin in June 2019 on the company’s Whitby, Ontario project, a new relaxation centre set over an area of 385,423sq ft and located 45 minutes from downtown Toronto. With a capacity of 700 guests, the



Construction on Groupe Nordik’s Whitby, Ontario project is set to begin in June 2019

spa defines itself as a multisensory relaxation experience in a soothing natural environment. It is set to open in 2020.

The new Parkland County spa is expected to create more than 450 jobs. The owners, Martin Paquette and Gingras, will collaborate with representatives of Parkland County to ensure the project adheres to the community and the county by-laws and regulations. Construction could begin in 2021.

Details: http://lei.sr/v9F4j_S

ISPA releases spa-goer insights

The International SPA Association (ISPA) Foundation has released its ninth volume of the Consumer Snapshot Initiative, focusing specifically on the spa-going experience.

Findings from the study reveal the spa experience through the lens of spa-goers by diving into their behaviours, preferences and experiences, with particular attention paid to both the role of the service provider and the use of technology at the spa.

“Providing customers with exceptional customer service and quality experiences are why spa-goers continue to visit spas in record numbers,” said ISPA president Lynne McNees.

“ISPA’s newest research provides our members with quantitative data on the real-life attitudes and opinions of spa-goers, allowing them to make informed business decisions surrounding their spa’s guest experience.”

Findings from the ISPA Consumer Snapshot Initiative show that when looking to book appointments, traditional methods are still favoured over modern appointment-making methods such as booking online or through social media. Nearly half (44 per cent) still



The consumer snapshot initiative surveyed 1,000 US spa-goers

preferred to book over the phone; intriguingly, there were almost no differences demonstrated between generations despite the tech-centric reputation of Millennials and Generation Z.

Service providers continue to play a pivotal role within the spa as they educate and advise spa-goers on a range of topics such as product suggestions, health care ideas and the benefits of spa-going. When choosing the gender of a service provider, almost half (47 per cent) of spa-goers had no preference whatsoever.

Across all generations, spas are viewed as a place to seek relaxation, which is why it is crucial that all spa-goers feel comfortable.

Details: http://lei.sr/3F6T8_S



*Mind
if we
tag
along?*

IF SUCCESS
IS YOUR
DESTINATION,
WE KNOW THE
WAY.

*Start your
journey.*

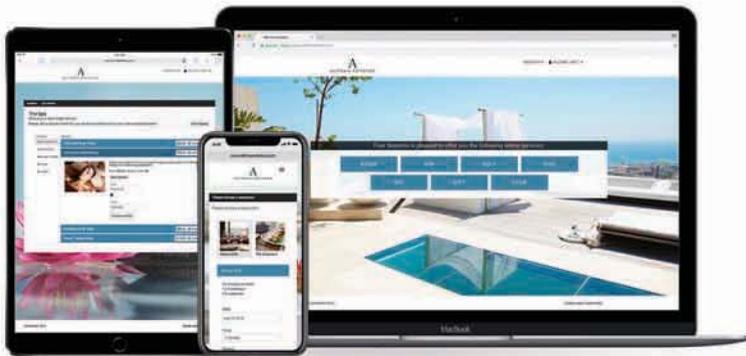


experienceispa.com/letsgo

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GLOBAL WELLNESS DAY 2019



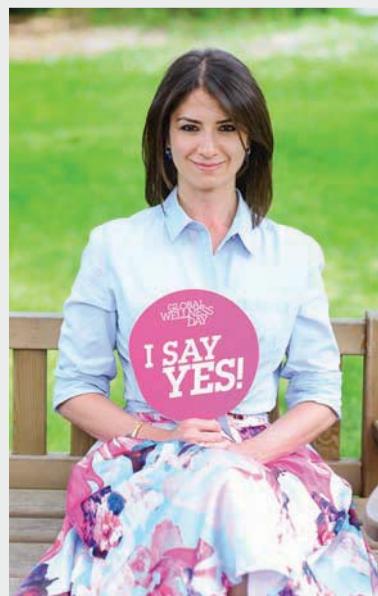
Healthy events are being organised around the world, as the annual celebration grows in importance and status

Saturday 8 June 2019 will mark the eighth annual Global Wellness Day (GWD). This year, thousands of locations across the world – including hotel/spa chains, fitness centres, yoga studios and hospitals, along with governments, businesses and celebrities – will be celebrating GWD with free health and wellness activities for the public.

First celebrated in 2012, GWD was established in Turkey as the “first” day dedicated to living well, and has now been accepted worldwide. Reflecting its success, in 2018 GWD was celebrated simultaneously in 130 countries at 5,000 locations with a wide range of events – ranging from the GWD flag reaching the summit of Mt. Everest to giving medical care to children at the Thailand and Myanmar border.



GWD events have so far included a wide range of activities, including taking a GWD flag to Mt. Everest



BELGIN AKSOY

Belgin Aksoy graduated from the Institute Hotelier Cesar Ritz in Switzerland and has spent 23 years in the tourism and hotel industries. Her mission is to create a “physically, mentally and spiritually better world for years to come”.

In 2004 she founded Richmond Nua Wellness Spa, Turkey’s first destination spa. After running it successfully for more than eight years, she founded Global Wellness Day (in 2012), bringing her vision to the world.

SPREADING WELLBEING

With the motto “one day can change your whole life!” the theme for Global Wellness Day 2019 will be community and kids’ wellness, with the goal of increasing good deeds and decrease worldwide depression.

GWD founder Belgin Aksoy’s dream of celebrating a day dedicated to wellness has inspired an international network of more than 87 GWD ambassadors, 25 key supporters and four advisors to organise complimentary wellness events around the globe. New countries taking part in the event this year include the Cayman Islands, China, Peru, Kenya, Zimbabwe and the Dominican Republic.

“In an era where global consumer culture is mostly damaging the concept of childhood and kids are ending up unhappy and unsatisfied, we want to encourage children to integrate wellness practices into their lives on a daily basis and to carry on those practices throughout their lives,” Aksoy said.

AROUND THE WORLD

Celebrations planned for GWD range from entire cities joining together with family-friendly wellness events, to hotels and community centres offering complimentary activities from hiking and ethno dance ceremonies to Tai Chi and digital detox seminars. *Spa Opportunities* has compiled a list of some of the highlights of this year’s events.

Canada – As part of the celebrations, JW Marriott Parq Vancouver and Eminences Organic Skin Care will host a rooftop workout session with Nike Master Trainer



GWD has inspired an international network of over 87 ambassadors who help organise events around the world



and fitness influencer Betina Gozo. Elsewhere, Four Seasons Hotel Vancouver and other partners – such as Lululemon, New Balance, SoulCycle, Eastwood Cycle Sanctuary – will be inviting guests to connect with their mind, body and soul during the week leading up to GWD.

Cayman Islands – This year will be the first time GWD is celebrated in the Cayman Islands. The event will start with a community-wide beach clean drive and then continue with activities such as pilates, balance and breathing exercises and mental wellness awareness seminar. A number of hotels – such as Kimpton SeaFire Resort & Spa, Ritz Carlton Grand Cayman, Grand Cayman Marriott Beach Resort and The Westin Grand Cayman Beach Resort & Spa – will be supporting the event.



Costa Rica – GWD has the support of San José and Curridabat municipalities, alongside many other associations and foundations. Activities such as forest therapy, yoga, breathing exercises, aromatherapy, walks along the beach, beach cleaning, bike rides with children, planting trees and mindfulness will take place throughout Costa Rica to raise awareness and bring communities together.

Kenya – Another of the “first timer” countries to join the GWD family this year. GWD Kenya has partnered with The Wellness Project Africa to run free wellness checks throughout the event for all participants. Two panel discussions on

In an era where consumer culture is damaging the concept of childhood, we want to encourage children to integrate wellness into their lives

“Physical Health & Inner Health” will be held – as well as yoga and zumba classes.

South Africa – Rated the “unhealthiest and most stressed country in the world”, the South Africa GWD team is working towards changing these statistics. This year GWD will be focusing on community and the team will be attending schools to speak about wellness, mindfulness, nutrition and good deeds and also visiting elderly people’s homes to pamper them with special massages. GWD will be celebrated across South Africa with the support of spa groups such as Camelot, Gingko, Amani, Guvon, Spa & Wellness Association South Africa and Isa Castens Academy.

Turkey – At the “home of GWD”, a special event will take place on the Aegean coast of Turkey at Kusadasi. The celebration at the beach will feature yoga, pilates, zumba, crossfit, kids’ fitness and all day fun activities – such as kite-making workshops. Events will take place around the country, with the support of brands such as Park Hyatt, Radisson Blu, Hilton, Swissotel, Mandarin Oriental, Four Seasons and St. Regis.

Vietnam – Activities such as dance, pilates and yoga are planned to take place on rooftops, parks and the beach. Events will also take place at Pullman Vung Tau, Caravelle Saigon, Alba Wellness Valley and InterContinental Da Nang.



AS

Wellness for the young

Universal Companies are investing in Global Wellness Day 2019
by sponsoring wellness circles at a school

Universal Companies has partnered with Moonflower Montessori School in Abingdon to host wellness circles for students. The circles are intended to get children learning about breathing exercises to improve their health and manage their stress; mindfulness to improve emotional and physical wellbeing; and self-love to let go of shame, anger, and blame, and to feel at peace and accept themselves and others. Through holistic practices of mindfulness, meditation, movement, and nutrition, the hope is to teach children in the formative years the benefits of being healthy. “We want to encourage children to integrate wellness practices into their lives on a daily basis and to carry on those

practices throughout their lives,” GWD founder Belgin Aksoy explained.

STARTING THEM YOUNG

For the Universal-led project, students are broken into two groups and then led through a series of mindfulness and breathing activities. Cory Scott – a yoga instructor and licensed child and family therapist – leads the circles with fellow yoga teacher Breece Bryan, who helps with the breathing exercises.

“It is our hope that this idea will stick and even spread to other schools,” said Karen Short, CEO of Universal Companies – which provides a wide variety of products, equipment and education for the spa and

wellness industry. “We’d love to continue our partnership with Moonflower and are so grateful to be able to lead wellness initiatives that impact future generations.”

WELLNESS EDUCATION

The Universal project follows on from GWD’s Wellness for Children initiatives introduced during last year’s event. These included the development of a curriculum that was implemented in the 2018-19 school year.

For preschools, the curriculum outlines a daily, five-minute wellness circle session each morning. At primary/elementary schools it suggests a one-hour wellness class per week. **The project is based on three key areas:**

1. **Self-Love**, to let go of shame, anger, blame and to learn to accept themselves and others, even fighting depression
2. **Breathing**, to improve their health and manage their stress and learn self-control
3. **Mindfulness**, to improve their emotional and physical wellbeing.

A NEW APPROACH

“We go to school from the age of two, hoping that the education system is going to help prepare us for our future,” said Belgin Aksoy.

“Nobody, however, is teaching us how to live, how to breathe, how to be mindful and how to love ourselves. Kids never learn in schools the fact that people can’t love others without loving themselves first.

“Focusing on physical and mental wellness at such an early age is so important that it can even help decrease the worldwide depression and obesity rates, even future crime rates.”

At school, kids seldom learn the fact that people can’t love others without loving themselves first



The Universal project is based on three key areas: self-love, breathing and mindfulness

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- Optional with magnifying lamp
- Available in many wooden decors



CALENDAR

8 June 2019

Global Wellness Day

Locations worldwide

With the slogan "One day can change your whole life, Global Wellness Day is an entirely not-for-profit day, a social project dedicated to living well. First celebrated in 2012, Global Wellness Day was established in Turkey as the "first" day dedicated to living well, and has now been accepted worldwide. In 2018 Global Wellness Day was celebrated simultaneously in 130 countries at 5,000 different locations.

www.globalwellnessday.org

19-22 June 2019

Spatec Europe

Grand Hotel Dino, Baveno, Italy

Spatec Europe will bring together Europe's spa operators of hotel resort, destination, athletic, medical and day spas to meet with key leading domestic and international suppliers.

www.spateceu.com

4-6 August 2019

American Spa CBD Conference

A first-of-its-kind event is for those in the spa industry to learn information, best practices, and solutions from industry experts on CBD-infused experiences.

www.americanspacbdsummit.com

5-7 September 2019

Annual SWAA Conference

Sarova Whitesands Beach Resort & Spa, Mombasa, Kenya

The event will look to define Africa's role in the global wellness phenomenon.

www.swaafrika.org

5-7 September 2019

CIDESCO World Congress & Exhibition

Chicago, United States

The show offers wellness, beauty and spa professionals interact and network with each other during three days.

www.cidesco.com/events

11-13 September 2019

ISPA Conference and Expo 2019

The Venetian, Las Vegas, US

The annual ISPA Conference & Expo brings professionals from all spa industry sectors together in one location.

www.attendispa.com



GWS aims to provide a high-level dialogue among the decision-makers in attendance

15-17 October 2019

Global Wellness Summit

Grand Hyatt Hong Kong

The Global Wellness Summit (GWS) is an invitation-only international gathering that brings together leaders and visionaries to positively impact and shape the future of

the dynamic \$4.2 trillion global wellness economy. The summit and its seminar programme are based around the aim of challenging delegates to look at the way business is done and to create new, collaborative models for the future.

www.globalwellnesssummit.com

14-16 September 2019

SpaChina Summit

Venue TBC, China

The event provides delegates a unique insight into the growing Chinese market.

www.spachina.com

19-20 September 2019

Termatalia

Expourense, Ourense, Spain

Officially entitled the *19th International Fair of Thermal Tourism, Health and Welfare*, the event aims to be the "thermal bridge between Euroasia and America".

www.termatalia.com

21-22 September 2019

World Wellness Weekend

Locations worldwide

On the third weekend of September, 2,000+ spas, yoga studios and fitness clubs in 100 countries open their doors to boost wellness.

www.world-wellness-weekend.org

25 September 2019

Asia Fitness & Wellness Summit

Mira Hotel, Hong Kong

Exclusive thought leadership and business development conference for the owners, managers and investors of wellness brands.

thefitssummit.com/events/asia

29-30 September 2019

Olympia Beauty

Olympia Exhibition Centre, London

Now in its 15th year, the show attracts around 20,000 beauty professionals to London.

www.olympiabeauty.co.uk

12 October 2019

Women in Wellness Leadership Conference

The Waterfront Beach Resort, California, US

A conference for women who aspire to leadership in the wellness industry. The sessions will address some of the most pressing issues facing women leaders and leaders-to-be.

www.americanspawiw.com



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The hotel is expected to cost £500m to build

Louis Vuitton plans design hotel with underground spa

Details have emerged of a new hotel being planned by French luxury conglomerate, Louis Vuitton Moët Hennessy (LVMH).

According to documents recently submitted to a local council, the 83-key Cheval Blanc hotel in London, UK will be designed by famed architects Foster + Partners. The estimated £500m (US\$636.3m, €570m) property will feature an underground spa, a restaurant, a rooftop bar, six residential units, and retail shops.

The spa wing will boast multiple treatment rooms, a 25-metre swimming pool and a gym. Additionally, the development will include a variety of outdoor “oasis” areas and an “accessible streetscape” with public art installations.

LVMH, which currently operates four Cheval Blanc hotels, recently acquired Belmond Hotels for a reported £2.3bn.

Details: http://lei.sr/GAP4e_S

Grayshott spa launches Health Regime experience

Grayshott Health Spa, a luxury spa resort and the former home of poet Alfred, Lord Tennyson, in Surrey, UK, is set to introduce the Health Regime experience, a seven-day programme designed to balance and restore the digestive system.

The Health Regime is built around four main principles: Resting the digestive tract, replenishing the gut’s microbiome, stimulating cellular cleansing and ‘De-sugaring’ the diet.

Guests will eat a diet free from grains, dairy and starchy vegetables, to give the lining of the gut the chance to heal and regenerate. The 5:2 method of intermittent fasting will detox and aid regeneration, while the elimination of sugar will improve cognitive function, boost energy levels and aid weight loss. Launching alongside it is Regime Gastronomy, a cookery school in partnership with Applegarth Farm.

Details: http://lei.sr/9p8x4_S

Processed foods cause overeating

People eating ultra-processed foods ate more calories and gained more weight than when they ate a minimally processed diet, according to results from a National Institutes of Health study.

The difference occurred even though meals provided to the volunteers in both the ultra-processed and minimally processed diets had the same number of calories and macronutrients.

The results were published earlier this year in the journal *Cell Metabolism*.

This small-scale study of 20 adult volunteers, conducted by researchers at the NIH’s National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), is the first randomized controlled trial examining the effects of ultra-processed foods as defined by the NOVA classification system.

The system considers foods as “ultra-processed” if they include ingredients



Participants gained 0.9 kilograms while on the ultra-processed diets

predominantly found in industrial food manufacturing processes – such as hydrogenated oils, high-fructose corn syrup, flavouring agents and emulsifiers.

“Though we examined a small group, results from this tightly controlled experiment showed a clear and consistent difference between the two diets,” said Kevin D. Hall, Ph.D., an NIDDK senior investigator and the study’s lead author.

Details: http://lei.sr/F2m2G_S

Rosewood Ningbo to set ‘green landmark’

Rosewood Hotels & Resorts is continuing its strategic growth in China with the announcement of Rosewood Ningbo, set to open in 2024.

This latest project adds to Rosewood’s growing pipeline in China’s megacities, including Guangzhou, Shanghai, Chengdu and Shenzhen, further expanding the brand’s established presence in Beijing, Sanya and the recently opened Rosewood Hong Kong.

The hotel will feature Sense, A Rosewood Spa, designed as an urban haven to unwind from the hustle and bustle of the city, on the 55th floor. An indoor pool and a fitness centre will complete the wellness offerings.

Rosewood Ningbo will be the main anchor of the integrated property complex Ningbo New World Plaza, a CNY15 billion worth project encompassing 100,000 square meters, in the city’s central business district of Sanjiangkou (Three Rivers Junction), owned by New World China Land. Developed in three phases, Ningbo New World Plaza will comprise Rosewood Ningbo, the latest K11 Art Mall, K11 Atelier offices, high-end residences and the first art park in the city.



The Ningbo New World Plaza is located in an eco-friendly environment

“Ningbo is a vibrant city attracting a growing wave of young entrepreneurs and technology companies and is at the heart of innovation in China,” says Sonia Cheng, chief executive officer of Rosewood Hotel Group.

“Combined with its rich history, the destination makes an ideal choice for Rosewood’s growing presence in China.

“Rosewood Ningbo will join its sister properties across the country to create a rich collection of distinct and unique properties, which will cater for our affluent, explorer-type guests who want to access the rich diversity of China’s local cultures.”

Details: http://lei.sr/4F2B6_S



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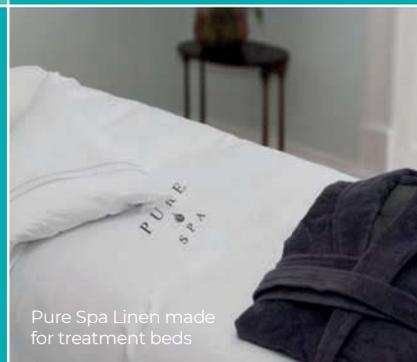
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Frella expands into global spa market



Frella, a Sri Lankan wellness brand specialising in holistic beauty products, has expanded into the global wellness market.

The brand combines natural ingredients with state-of-the-art technology and was initially created for spas in the the Maldives.

It now has a presence in a number of high-end spas around the world and exports globally.

Frella attributes its growth to an increase in demand for holistic wellness products,

A spokesperson for the brand said: "True beauty and wellness lie in natural ingredients, hence the trend for natural and organic cosmetics we see currently."

KEYWORD: FRELLA



Vinésime targets ageing with new eye emulsion

Vinésime, a professional vino-cosmetics brand, has launched a new eye emulsion that is designed to combat the signs of ageing.

Called Élixir Du Temps, the eye emulsion is enriched with sea water with microalgae and is formulated with active ingredients harvested from the vineyard, such as vine flower extract, ice wine extract and silk tree extract.

It also contains Vinésime's A2OC Complex, formulated with antioxidant-rich pinot noir grapes and blackcurrant.

KEYWORD: VINESIME

Supplier Spotlight

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



POWERED BY spa-kit.net

Gharieni unveils Vintage collection



Gharieni has launched a series of spa and wellness furniture inspired by the current trend for retro furniture.

Called the Vintage Collection, the range is a throwback to the industrial and functional furnishings of the 40's and 50's. It was inspired by patchwork, a technique used in textile making that involves the cutting and stitching together of smaller pieces of fabric to create a larger piece. Gharieni designers reimagined this technique by piecing together different types of wood and

other panels to create unique pieces with contrasting colours and textures.

The collection is available in a host of finishes, offering almost limitless customisation options to suit any design aesthetic. It consists of three pieces: the MLR-Select Vintage treatment bed, matching sideboard and trolley.

Described as a 'design highlight', the MLR-Select Vintage bed combines functionality with a high-end appearance.

KEYWORD: GHARIENI

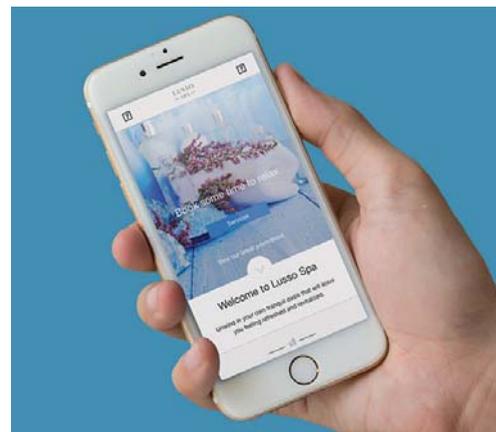
Book4time announces partnership with CardConnect

Wellness resource management software provider Book4Time has announced a new partnership with CardConnect, that will see the addition of an all-in-one payment system.

The new partnership will create a fully-integrated solution that provides a platform where spa, salon, hotel and health club operators can manage both their business and payments, enabling them to streamline operations and reduce costs.

The software offers a host of features including; intuitive pricing, multiple payment options and real-time reporting.

Roger Sholanki, CEO and founder of Book4Time, said: "We began this integration with the entire business ecosystem in mind."



KEYWORD: BOOK4TIME



Caudalie sun care protects the skin and the environment

Caudalie has created a sun care collection that protects the skin and the environment.

Consisting of five products, including facial and body sunscreens, the collection uses patented 'ocean protect' formulas that have been in development for several years.

All chemical sun filters, including Oxybenzone and Octinoxate, have been eliminated from the formula, leaving only water-resistant and biodegradable filters which offer maximum UVA and UVB protection while reducing environmental damage.

The range is certified by Professor Piccerelle of the Mediterranean Institute of Biodiversity and Ecology and bears the Ocean Protect logo, which guarantees its responsibility.

KEYWORD: CAUDALIE

RKF launch inspired by traditional Mediterranean cloth

RKF Luxury Linen has created Fouta, a new range of Hammam towels inspired by traditional Mediterranean cloth.

Fouta, also spelled Futa, is a lightweight piece of patterned fabric that has been used in traditional dress in the Mediterranean and Middle East for centuries.

More recently fouta have been used as towels in Hammams. RKF's luxe version are custom-created on a client-by-client basis, and are made from 100 per cent cotton and are very absorbent thanks to a thick sponge underside.

Riadh Bouaziz, chairman and CEO of the RKF Group, says: "RKF is all about customer

experience. A terry towel is too heavy for a hot and moist Hammam, our Fouta are as absorbent as terry towels but weigh less."

KEYWORD: RKF



Phytomer mist transports users to the seaside

Phytomer has launched a new professional facial spray that will become an integral step in all Phytomer treatments.

Called the Marine Mist, the spray is formulated with Oligomer, a sodium-

reduced seawater concentrate exclusive to Phytomer, and is designed to hydrate, refresh and revitalise tired skin.

The mist is subtly fragranced with woody base notes of amber, patchouli and musk, and floral top notes of cypress, mugwort and clove to reinvigorate and relax the skin.

KEYWORD: PHYTOMER

KLAFS improves sauna experience with Mollis



KLAFS has launched Mollis, a new textile solution for saunas that is designed to make the sauna experience more comfortable.

Mollis, taken from the Latin word for 'soft' and 'comfortable', was in development for two years and features a series of mats, and cushions in a range of sizes and colours.

Made from Oeko-Tex 100-certified Tencel fibre, an eco-friendly alternative

to viscose, Mollis is designed to overcome the challenges presented by a sauna - heat, moisture, etc. - whilst being practical, comfortable and hygienic.

Benno Kirschenhofer, corporate communications manager at KLAFS, says: "Mollis, in every regard, is simply more than just putting a pillow in the sauna."

KEYWORD: KLAFS

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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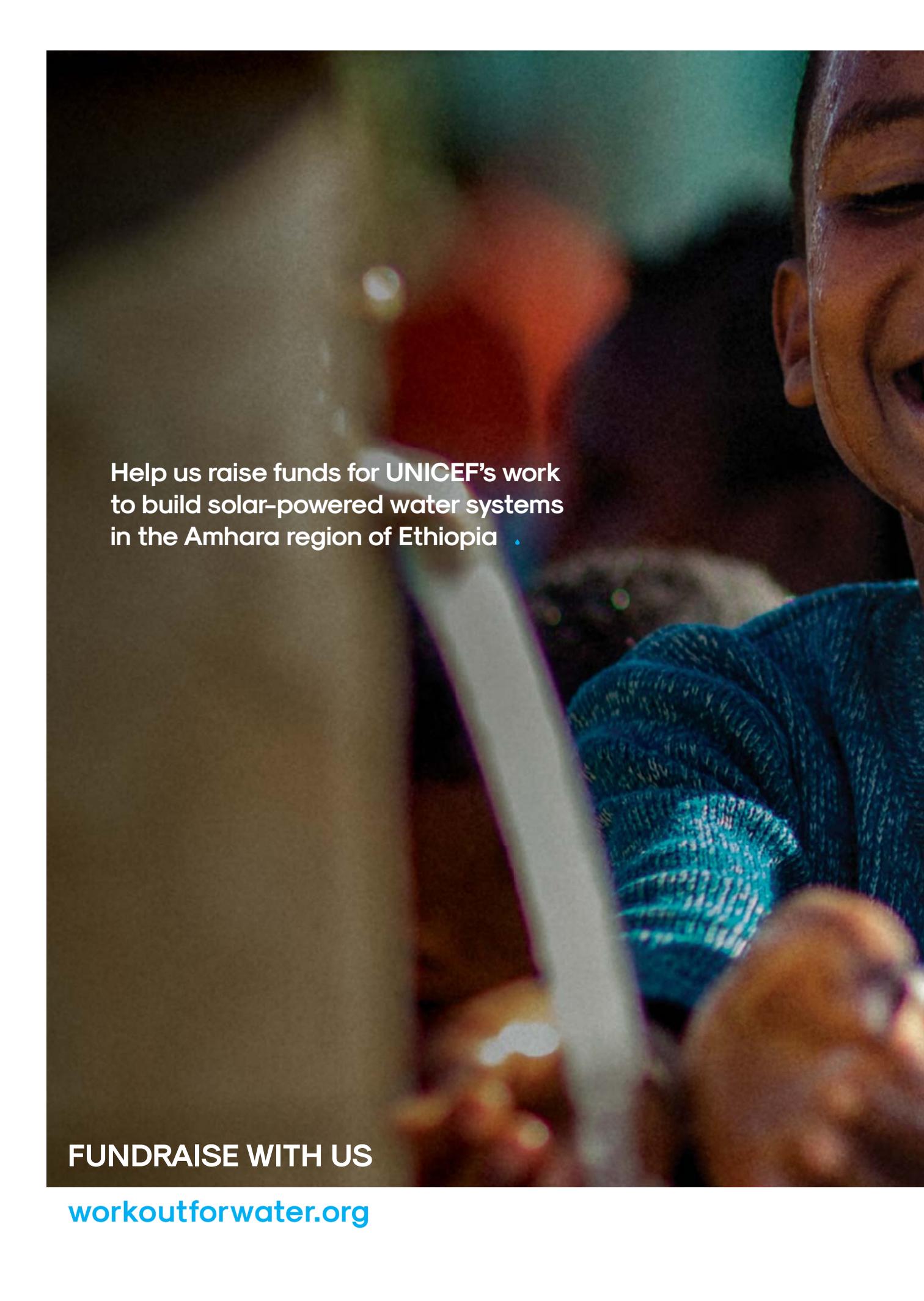
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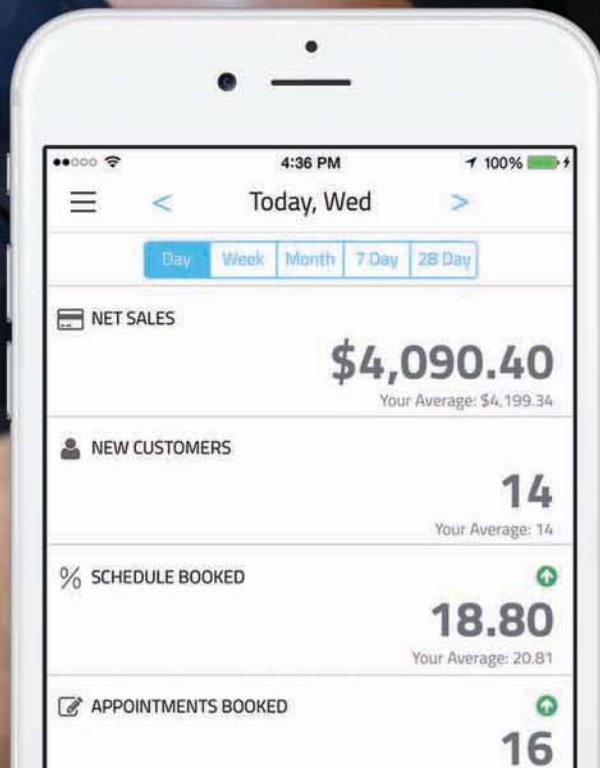


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Working at the spa is fun and we want you to love your job and embrace the warm, friendly personalities of our guests and be focused on delivering first-class experiences and exceeding their expectations at every turn. We are a family and we treat our team like family.

What we need from you:

- To be passionate about delivering the very best spa experience each and every day
- To be smart and well presented
- To have previous experience in a similar role or a real desire to prove yourself as a first-time therapist
- NVQ Level 3 or similar level spa related qualifications and be fully qualified as a minimum in manicures, pedicures, waxing, massage and facials
- Excellent level of spoken and written English
- To be able to work shifts as required that will include weekends and bank holidays
- Proof of eligibility to live and work in the UK



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SPA MANAGER



Location: Newquay, Cornwall **Salary:** £30,000 + bonus + benefits

The iconic 4* Headland Hotel is in a world class location on the North coast of Cornwall and attracts a wide range of interesting business all year round. Many guests come from afar to celebrate special occasions and create lasting memories.

With spacious ground floor public rooms, our two rosette Sapphire Restaurant and our one rosette Terrace Restaurant, 95 bedrooms and suites, 39 5* self-catering cottages, plus a 5 Bubble Spa, Spa Lounge and gym, there are so many reasons to choose the hotel. We have also commenced a brand-new build, a multi-million pound 'Aqua Club' due for completion Spring 2020.

We now have a fantastic opportunity within our 5 Bubble rated Spa for a Spa Manager to lead our amazing team to deliver ultimate relaxation and wellbeing to our guests and visitors.

About the role...

Deep at the heart of the hotel lies the entrance to another world. A world of balance, pampering and wellbeing, where the emphasis is on delivering flawless Spa experiences. Our spa team really love what they do; full of energy and enthusiasm, they have a genuine desire to deliver the very best treatments.

The spellbinding natural beauty surrounding The Headland Spa starts to work its magic as soon as our Spa guests arrive. As the Spa Manager your aim will be to continually surpass

expectations, to lead and inspire the team to deliver outstanding comfort and seamless attention to detail to every guest, every time!

Sharing your personal passion and knowledge you will develop and manage a dedicated Spa team, encouraging personal progression and training opportunities. As the Spa Manager, you will contribute to budget management, stock control and monitoring and reporting on the Spa's financial performance, to include: treatments, retail and food & beverage.

Our ideal candidate...

The successful candidate for this role will be professional, knowledgeable and committed to delivering 5* experiences to both guests and visitors to the Spa. You will have progressed from a therapist background into a Management role and hold an NVQ Level 2 & 3 qualification.

You will be highly attentive, intuitive with strong communication and interpersonal skills and be confident building relationships with Spa members and hotel guests alike. You will be friendly, enthusiastic and driven to ensure our Spa thrives. Experience working with our current product houses (OPI, Elemis, Delilah & Natural Spa Factory) would be an advantage.

Click the link below to see what fantastic perks we offer with the job.

For more information and to apply:
<http://lei.sr/g4n3U>

Monaco hosts wellness festival

Continued from front cover

The festival will be based on the four elements, Earth, Air, Fire and Water, designed to serve as guides on how to live in synergy with nature. Classes and workshops by element will include:

Fire classes and workshops

Aimed to enhance energy and strength, guests can expect to recharge and revitalise with activities such as dynamic mat Pilates and a morning bootcamp session, as well as a total body fitness classes.

Earth classes and workshops

Those looking to heal and nourish their bodies can enjoy panel discussions and workshops based on healthy nutrition, including an 'Eating for More Energy' workshop with Naomi Buff, founder of Naomi's Kitchen.

Water classes and workshops

Designed to boost creativity and improve the natural flow of the body, visitors can enjoy activities such as an anti-ageing and movement workshop and an ice-bath challenge.



Water classes offered during the festival include an ice-bath challenge

Air classes and workshops

Air classes will help recalibrate festival goers with relaxing activities focusing on breathing techniques, including yoga classes, sound bath healing, an innovative 'Aromalates' session combining aromatherapy with Pilates and 'Reiki Reset and Recharge' treatments. Children will also have the chance to take part in specialist 'Mini-Mindfulness Meditation and Yoga' sessions.

Details: http://lei.sr/A8P8G_S

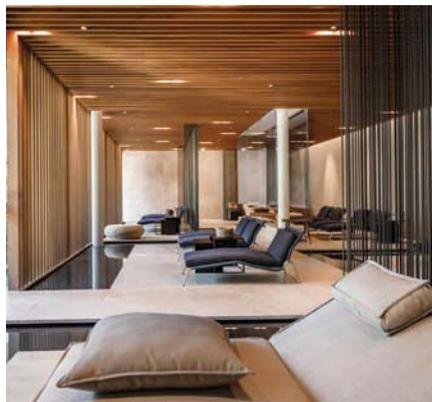
Albaro spa opens at Rovinj Grand Park

The Grand Park Hotel Rovinj, a new ultra-luxury five star hotel in Croatia, has opened a 3,800sq m spa, Albaro Wellness & Spa.

Drawing from thousands of years of local seafaring history, and soaked in more than a little grappa, the spa menu at Albaro Wellness & Spa uses forgotten secrets of Istrian wellness.

"When I researched local folk medicine, rakija – grappa with herbs – came up every time," said Gregory Ugrin of Illyria Wellness, the consultants who crafted the spa concept. "We uncovered intriguing ingredients prized here since antiquity, including Artemesia absinthium, cannabis, laurel, cypress, and the world's best olive oil. Putting rakija on the feet, or massaging sore muscles with red oil of Saint John's Wort, are time-tested remedies of Rovinj that we are upgrading with world-class therapeutic massage."

Signature Spa Treatments begin with a shot of local rakija and include the Pelinkovac Rakija Ritual, an aromatherapy massage and sugar scrub inspired by the notorious Absinthe of Istria, which contains allegedly psychoactive Artemesia absinthium; Olive Press Ceremony, a relaxing massage with local Extra Virgin Olive Oil followed by a skin-smoothing olive crush body scrub from local groves; and Batana Bodywork, a cannabis-infused



The spa concept is based on seafaring history and has been created by consultants Illyria Wellness

massage inspired by the wooden boat of Rovinj featuring hemp balm and deep tissue work with a real batana oar.

The Thermal Zone features botanicals of the adjacent forest park with five saunas, two cool plunge pools, tea lounge, ice fall, wellness garden, and experience showers.

In addition to signature spa treatments by Illyria Wellness based on local traditional remedies, Ugrin selected seaweed rituals with Voya Organic Beauty.

Details: http://lei.sr/9k3B6_S

Argentina Spa Association

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Association of Malaysian Spas (AMSPA)

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Australasian Spa Association

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Bali Spa and Wellness Association (BSWA)

W: www.balispawellness-association.org

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China Spa Association

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Association of Spas of the Czech Republic

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Estonian Spa Association

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European Spas Association

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Federation of Holistic Therapists (FHT)

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International Spa & Wellness Association (ISWA)

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