



Global Wellness Day embraces joy

Global Wellness Day (GWD) headquarters has revealed **#ThinkMagenta** as the theme of its 2022 non-profit event scheduled for 11 June.

Originally launched in 2012, the event founded by Belgin Aksoy encourages people all over the world to champion the power of wellness. The event sees a range of free health and wellness activities held for the public, with many spas across the world are involved.

In 2022, GWD will invite people to **#ThinkMagenta**, recommending simple but effective affirmations, reminding people that living well begins in the mind.

"**#ThinkMagenta** is not about being optimistic, it's about being realistic," explains Aksoy, "things happen in our lives and we have the choice to call them good or bad things."

"Sometimes difficulties, failures or illnesses become the greatest teachers. No matter what is happening we can always find a way to choose joy."



PHOTO: GWD

PHOTO: GWD

■ GWD is celebrated in more than 170 countries

According to Aksoy, **#ThinkMagenta** is simple to do whether at home, in the office or outside. She recommends starting with three easy steps – stop, breathe and smile.

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#ThinkMagenta provides a very simple way to disperse the dark clouds

Belgin Aksoy



PHOTO: BRIAN D'SOUZA

NEWS

Brian D'Souza brings sound wellness to spa

Sounds psychologist launches new business

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PHOTO: RITZ-CARLTON

GROWTH

First Ritz-Carlton Reserve in Costa Rica to open in 2024

Resort will open with tree-house-inspired spa

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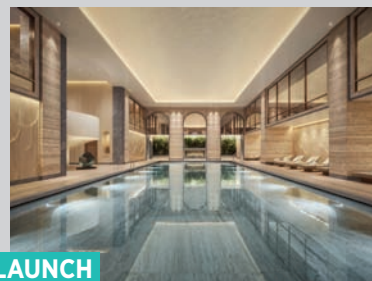


PHOTO: RAFFLES AT THE OWO

LAUNCH

Guerlain to debut first spa in London in Q4

Guerlain spa to open at Raffles at the OWO

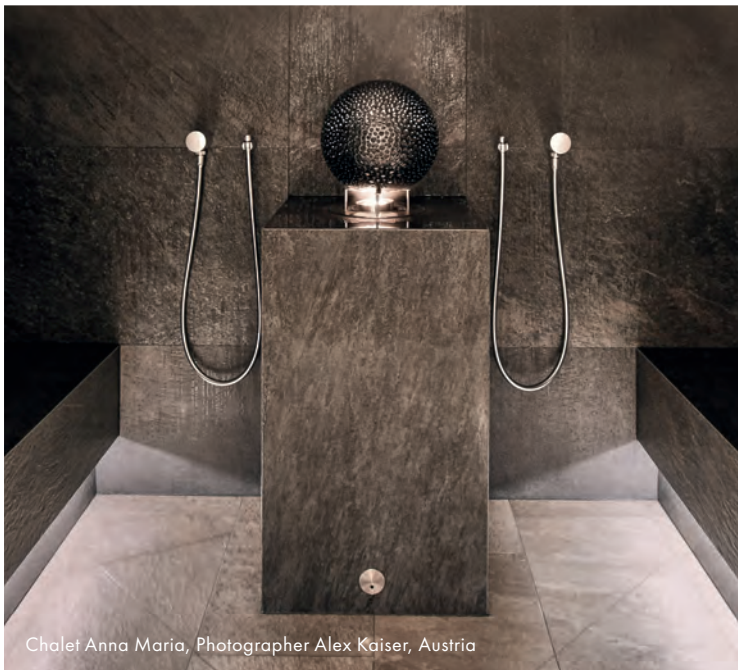
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Psychedelic healing is the focus of GWI's latest initiative announces **Susie Ellis**

The Global Wellness Institute (GWI) is launching a new initiative dedicated to psychedelic healing.

The launch of this project comes at a time when the FDA has granted some psychedelics 'breakthrough' status as new mental health treatments.

Researchers around the globe – and at some of America's most distinguished medical institutions – are looking closely at how psychedelic medicines could provide treatment for medical issues such as depression, anxiety, alcoholism, substance abuse and PTSD.

Clinical evidence increasingly indicates that psychedelics can make a difference and



■ Global Wellness Institute and chair Susie Ellis

There is potential for psychedelics to help address the global mental health crisis

policy changes throughout the US are changing the regulatory landscape.

As the world awakens to the benefits of psychedelics, among the challenges ahead

are how the psychedelic community will forge a unified and thoughtful voice to help identify and address emerging issues.

The GWI's chair and CEO, Susie Ellis, welcomed the new initiative as a wellness industry first, saying: "Psychedelic healing has arrived.

"As this movement grows and receives regulatory approvals, an initiative that brings together respected leaders to focus on evidence-based best practices, equity and accessibility, is very much needed if we want to realise the potential for psychedelics in helping address the global mental health crisis," she concludes.

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Duncan Bannatyne spending £1m to realise all-encompassing health and wellbeing facility in Leeds



PHOTO: BANNATYNE GROUP

■ Duncan Bannatyne, chief executive and chair at the Bannatyne Group

Plans for a new spa in Leeds have been unveiled by The Bannatyne Group as part of a £1m (€1.2m, US\$1.3m) investment programme at its Cardigan Fields, Leeds health club, UK.

Once complete, the 10-treatment-room spa will provide a relaxing venue for guests to enjoy treatments supplied by skincare brand Elemis.

Alongside the recent and planned improvements, the club also offers a comprehensive gym floor – equipped with

Our aim with this investment is to offer guests an all-encompassing health and wellbeing facility

Technogym Skill Line equipment – as well as a pool, spa bath, sauna and steamroom.

Duncan Bannatyne, chief executive and chair at the Bannatyne Group, said: "We're very pleased to announce this investment programme at Bannatyne Health Club Cardigan Fields.

"Our aim is to offer members and guests an all-encompassing health and

wellbeing facility, with a café, gym, wet-side facilities and spa all in one location.

"So far, feedback from members on the improvements we have planned and already delivered has been outstanding. We have some fantastic partners working alongside us and I'm certain members and guests will be impressed with the new spa."

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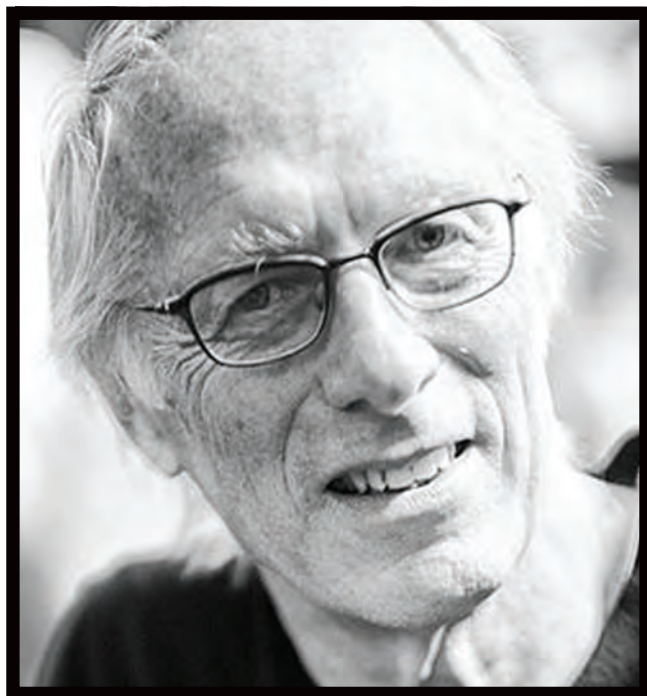


PHOTO: MIKKEL AALAND

■ Mikkel Aaland, sauna specialist, photographer and author of *Sweat*

{ **Sauna is not considered a luxury - Ukrainians call the banya their 'second mother'** }

ISA provides aid for Ukrainian refugees, says **Mikkel Aaland**

Sauna Aid is a new multi-country initiative, sponsored by the International Sauna Association (ISA), providing movable sauna facilities and supportive volunteers to displaced Ukrainians fleeing their country.

Movable sauna facilities will first be sent to select locations in Poland and Lithuania. Other countries accepting Ukrainian refugees will follow.

The sauna – or laznya/banya, as it is known among Ukrainians – is an important part of everyday life and provides a means

of hygiene, stress relief, socialisation, psychological comfort and social identity.

The initiative has been publicised by Mikkel Aaland, sauna specialist, photographer and author of *Sweat*, a classic book detailing global bathing traditions.

“Sauna is not considered a luxury, nor is it only about cleanliness,” he comments, “it’s a social event that brings together the young and the old, the rich and the poor and promotes peace and a common sense of humanity.

“Ukrainians even call the banya their ‘second mother’.”

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SOUND WELLNESS

DJ brings sound wellness to spas

Music psychology specialist, Brian d'Souza, has launched a sound wellness business to offer transformative sound experiences to the spa and wellness industries.

Called Swell, the company delivers bespoke music and sound solutions combining field recording, music composition, nature and sound therapy to improve relaxation while promoting positive listening habits for deep relaxation.

d'Souza says the traditional linear listening experience



PHOTO: SWELL



Traditional linear listening experiences can result in 'listener fatigue'

Brian d'Souza

can result in 'listener fatigue' if guests and staff hear the same music on repeat.

In light of this, Swell is aiming to provide therapists with an audio solution to elevate treatments and create more immersive environments.

The company designs, develops and supports its own software platform and apps which enable the user to sync music selections and compositions to therapeutic journeys.

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DESIGN

New project for Studio Apostoli on Italian spa island

Italian wellness architecture firm Studio Apostoli is on board to renovate the Terme di Grado wellness facility in the Italian spa town of Grado.

Located on an island in the North-East of Italy, Grado has a historic reputation as a bathing hotspot thanks to its marine thermal springs.

Originally built in the 1970s, Terme di Grado is being extended, restructured and modernised by a team of design studios – including Studio Apostoli – which is being led by Archest.

The overhaul is projected to cost nearly €25.4m (US\$27.8m, £21.4m)

and be completed in three years' time.

Once complete, the facility will be home to a spa, extensive experiential wellness space with thermal and wet areas, a beauty facility, salon and fitness hub.

Studio Apostoli has recently begun construction to realise the first-floor wellness area within a glazed space leading onto a rooftop terrace.

The studio is creating eight treatment rooms where

guests will be able to opt for a range of spa rituals inspired by the location. To differentiate the offering, one treatment room will be kitted out with a Turkish bath while two other suites will serve as couples' cabins.

The spa journey will be topped off with an outdoor green terrace which, during the summer, will become a space for outdoor spa treatments.

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PHOTO: STUDIO APOSTOLI

■ The facility will blend the indoors and outdoors

REFURBISHMENTS

Conrad refreshes over-water Maldives spa

The Over-Water Spa at Conrad Maldives Rangali Island has a new look following a multi-million dollar refurbishment project by architects Yuji Yamazaki and WATG.

Of the Over-Water Spa's three areas – a reception, lounge area and treatment suites – the refurbishment effort concentrated on breathing new life into the reception area.

The facility has also gained two indoor and outdoor relaxation lounges as well as changing rooms and showers.



PHOTO: CONRAD MALDIVES RANGALI ISLAND



I'm thrilled to be joining at such an exciting time for the resort and guests

Ida Ayu Nyoman Widiaptini

To further upgrade the wellness offering, the spa has partnered with organic Japanese beauty brand Isun to create 17 rituals to refresh the spa menu.

To guide the spa on its new path, Conrad Maldives Rangali Island has appointed Ida Ayu Nyoman Widiaptini as spa director.

She comments: "I'm thrilled to be joining Conrad Maldives Rangali Island at such an exciting time for the resort, the team and guests."

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GROWTH

Banyan Tree debuts new wellness resort concept in Phuket

Hospitality group Banyan Tree has launched a new wellbeing brand in response to the pandemic.

Veya aims to address a world with an urgent need for reconnecting mind and body on a daily basis.

The flagship Banyan Tree Veya in Phuket is a wellbeing-centred resort that offers bespoke programmes, built within Banyan Tree's existing Phuket resort. The Veya experience is based on a three-step protocol of awareness, discovery and sustenance.

Veya is one of five new brands launched by Banyan

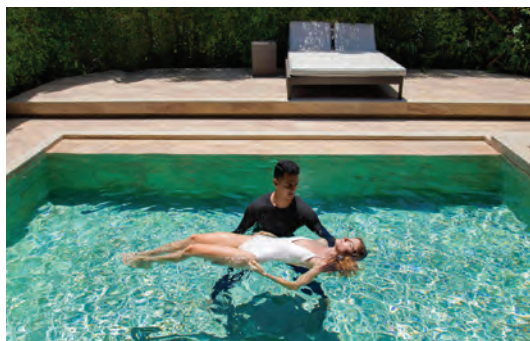


PHOTO: BANYAN TREE

■ Banyan Tree will open two further Veya locations



PHOTO: BANYAN TREE



Guests will discover a new way of living

Lee Won Hoe

Tree in 2022. Throughout the year, it will also introduce new brands Garrya, Homm, Escape and Folio.

Lee Woon Hoe, senior assistant VP and executive director of wellbeing, says: "The Banyan Tree Veya team of resident wellbeing specialists and external experts aim to guide, encourage and celebrate with our guests in discovering this new conscious way of living."

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EXPANSION PLANS

Ritz-Carlton to debut in Costa Rica

The first Ritz-Carlton location in Costa Rica will launch in 2024, situated within the private club and resort community Peninsula Papagayo.

The exotic new coastal retreat will be called Nekajui and include a Ritz-Carlton Reserve with a luxury spa, plus an exclusive set of residences.

The design vision for Nekajui's spa is inspired by treehouses and seeks to realise a spacious open-air wellness environment with a



PHOTO: GENCOM



Nekajui will offer a highly personalised experience

Simon Cooper

low impact on the surrounding natural environment.

Facilities will include outdoor water gardens, warm and cold pools, a salon, gym, studio, changing rooms and lounge decking.

Co-owners of Peninsula Papagayo, Gencom and Mohari Hospitality, are working together to create a 107-key beachfront sanctuary with highly personalised service, says Simon Cooper, Gencom board member and lead advisor to Peninsula Papagayo.

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NEW OPENING

Nature-inspired spa opens celebrating the great outdoors

The new Holte Spa has opened at the historic Swan Hotel and Spa in England's Lake District as part of a multi-million-pound investment in the property.

The 8,000sq ft destination spa has six treatment rooms, along with a spa boutique and SOLE Cafe (sustainable, organic, local, ethical) which serves light healthy dishes, while produce from the hotel's kitchen garden will be available from a new deli.

Bringing the outdoors in, Holte Spa has been designed to offer a multi-sensory wellness journey, blending modern spa treatments with



PHOTO: THE HOLTE SPA

■ The Holte Spa draws inspiration from the outdoors



PHOTO: THE SPA CONSULTANCY



The spa celebrates the core elements of the Lake District

Kirsty MacCormick

authentic bathing traditions that connect guests with some of the core natural elements of the Lake District – woodlands and lakes, fog and rain, fresh air and wood fires.

Kirsty MacCormick of The Spa Consultancy helped bring the wellness facility to life.

She says the concept draws inspiration from the wild, with an emphasis on natural materials, holistic treatments and sustainable practices.

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Sky's the limit

Award-winning German architect Ole Scheeren is planning a vertical jungle resort complex and wellness sky deck in China

Architect Ole Scheeren has recently won a design competition for his vision for a tropical resort complex in the beachfront city of Sanya, on the Chinese island of Hainan.

Scheduled to open in 2026, Sanya Horizons has been designed for developer CDF Investment & Development and will be sited on 83,500sq m of lush beachfront property.

The property will consist of two hotels under IHG luxury brands – The Regent

Sanya Bay and Hotel Indigo Sanya Bay. The hotels will sit on top of each other to occupy a smaller footprint and also match Scheeren's signature architectural style of stacked cube formations.

Technical drawings indicate plans for wellness facilities and a pool spread across a public Sky Deck with impressive oceanfront views.

Pitched to become one of the largest in the world, the infinity-edge pool will span 153 metres in width and cantilever above the ocean, projecting bathing guests

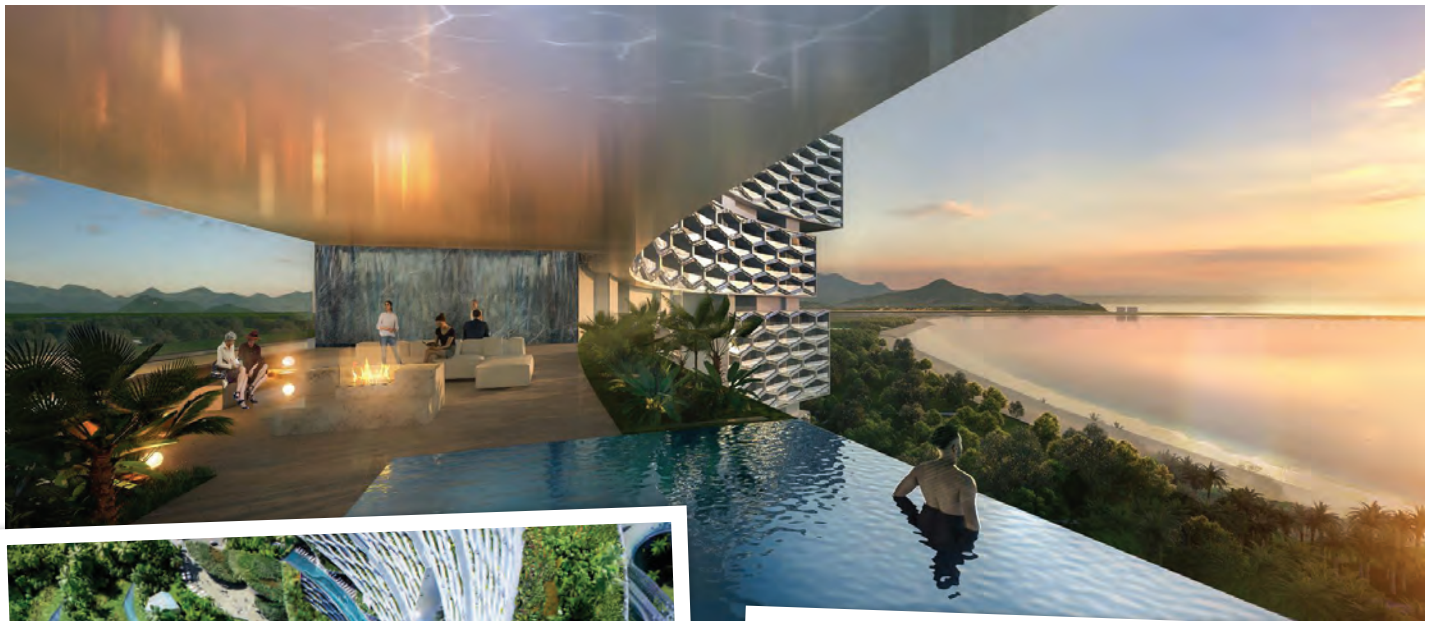
towards the surf of the beach in mid-air.

Sanya Horizons will rise 160m above the waterfront and is being conceptualised to embrace, integrate and amplify the surrounding nature to create a unique ecological leisure destination.

Hanging gardens

Every hotel room at the property will be given its own private terrace with unobstructed sea views.

Within the horizontal openings, additional exclusive Horizon Villas



■ Views of the hanging gardens will be available on every floor in Sanya Horizons and from every guest room

will feature their own private terraces and swimming pools.

Through the offsets and openings between the stacked volumes, a variety of natural plantings and gardens will emerge throughout the building.

Providing a vertical jungle, the 'hanging gardens' will be experienced on every floor and from every guest room, to provide a more holistic resort experience.

The property will be complete with experiential amenities dispersed across the Sky Terrace and Sky Deck,



Sanya Horizons will respect the planet and the beautiful nature surrounding the property

including a selection of restaurants, lounges and verdant landscaping.

Sustainability

"Through a variety of strategic measures – combined with the integration of abundant greenery throughout the building – Sanya Horizons will yield a highly environmentally responsible and sustainable performance out of respect for the planet and the beautiful nature surrounding the project," explained Scheeren. ●



With wellness taking on new meaning in a post-lockdown world, the need for overall wellbeing and its positive effects cannot be understated

Emlyn Brown, Accor's global VP of wellbeing



Hallowed halls

Guerlain has announced plans to launch its first London spa at the much-anticipated Raffles London at the Old War Office



PHOTO: RAFFLES AT THE OWO

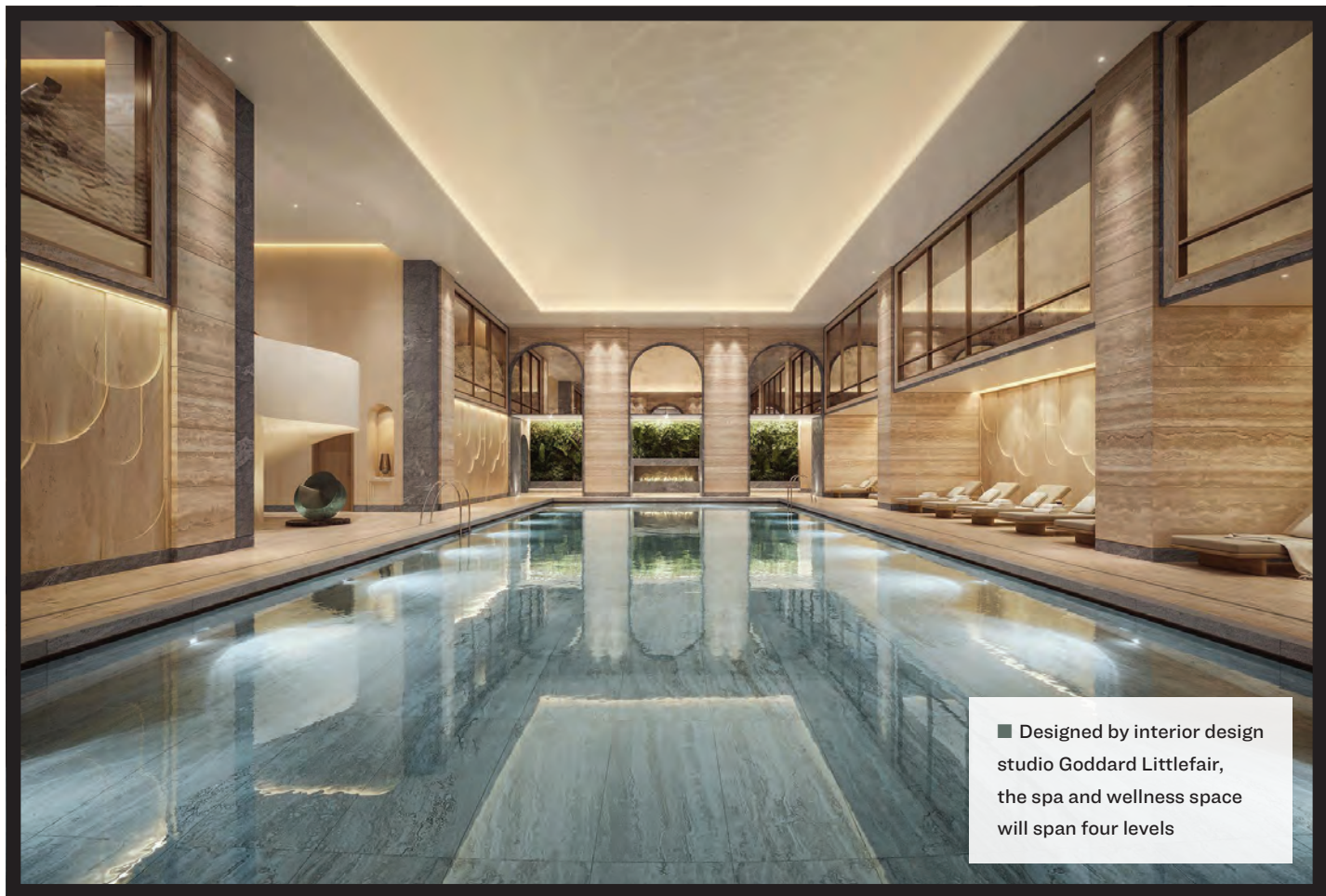
■ The building was formerly the site of the original Palace of Whitehall, home to Henry VIII and other monarchs

Raffles' debut London property Raffles London at The Old War Office (OWO) will be home to a brand new destination spa and health club partnered with beauty brand Guerlain and movement and nutrition specialist Pillar.

Opening Q4 2022, the first Guerlain spa in London will offer a holistic wellbeing experience, focused on restorative wellness and active training.

The Guerlain Spa at Raffles London will be situated at the heart of the landmark Grade II* listed former Old War Office on Whitehall, completed in 1906 by British architect William Young.

The building was formerly the site of the original Palace of Whitehall, home to Henry VIII and other monarchs. It's also witnessed world-shaping events while influential political leaders – including Winston Churchill – held office.



■ Designed by interior design studio Goddard Littlefair, the spa and wellness space will span four levels

PHOTO: RAFFLES AT THE OWO

Serenity, harmony, relaxation, recovery and pleasure are the touchstones of wellness at Raffles

The spa at Raffles London OWO

Designed by interior design studio Goddard Littlefair, the spa and wellness space will operate on four levels. Exclusive to Raffles London will be a signature wellness menu created by Guerlain, in addition to Pillar's bespoke training, nutrition and recovery programme.

The Guerlain Spa will feature nine treatment rooms, a barber and salon, beauty treatment spaces and a Guerlain boutique, as well as a separate VIP area and two couple suites.

Guests will be offered a comprehensive menu of Guerlain treatments in the comfort of the two couple's suites, as well as private training and nutritional menus by Pillar. They will also feature an open space for yoga as well as light training equipment.

Now operating 40 branded spas and institutes worldwide, the Guerlain

company was founded in 1828 and ran as a family business up until 1994 when it was acquired by the luxury goods conglomerate Môt Hennessy Louis Vuitton (LVMH).

Open to guests at Raffles London, residents of The OWO Residences by Raffles, as well as spa members and day guests, the spa will join the hotel's 120 rooms and suites, 85 branded residences and 11 destination restaurants and bars.

Emlyn Brown, Accor's global VP of wellbeing, says: "Serenity, harmony, relaxation, recovery and pleasure are the touchstones of wellness at Raffles. They will be infused within every inch of the Guerlain Spa experience at Raffles London.

"With societal habits shifting and wellness taking on new and further-reaching meaning in a post-pandemic world, the desire and need for overall wellbeing and its positive effects cannot be understated." ●



PHOTO: RAFFLES AT THE OWO

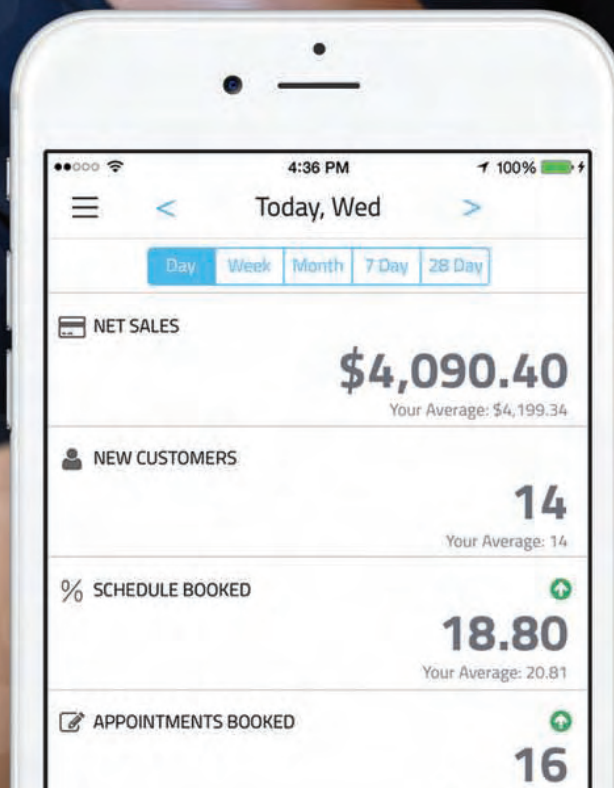
■ The spa menu has been devised exclusively by Guerlain for Raffles London at the OWO



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PHOTO: VALMONT

■ The range is blended with white mulberry, an ingredient revered in Japanese skincare, to help smooth the skin and enable it to reflect light

Valmont's new Luminosity spa collection designed for the next generation of women



PHOTO: VALMONT

■ Sophie Guillon, Valmont CEO

Swiss skincare and spa brand Valmont has launched the Luminosity line powered by plants and inspired by the luminosity of ice.

The product line features four components: LumiPeel, a rich exfoliating fluid; LumiMask, a creamy resurfacing mask; LumiSense, a pore-refining serum water; and LumiCream.

The skincare collection works on tone and texture to help reveal glowing skin and is produced within 100 per cent recyclable packaging.

Sophie Guillon, Valmont CEO, comments: "I created Luminosity with a specific

audience in mind: the new generation of women who're in absolute harmony with their environment and themselves.

"Unlike previous generations, she refuses to hide behind layers of makeup. Aware that truly embracing her skin without artifice calls for an immaculate approach to beauty care, she has built a routine in her image. Minimalist but effective, and of course rich in sensory pleasure."

The range's formula is underpinned by a cocktail of seven Swiss-grown plants known in pharmaceutical science for their benefits on the skin.

Valmont has also incorporated white mulberry, an ingredient revered in Japanese skincare, to help smooth the skin and enable it to reflect light.

The Luminosity spa ritual

The collection has been launched in combination with a 60-minute Luminosity of Ice facial, complemented with a brand new exclusive product reserved for beauty professionals – named Lumi Boost.

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Espe unveils nutritional supplement range



■ Daniel Golby, Espe managing director

PHOTO: ESPE

Espe has launched a line of nutritional supplements to promote beauty and wellness from the inside out.

Created with the help of nutritional experts, dietitians and biological studies, the phytoactive collection is designed to nourish the body and complement Espe's skincare range to offer consumers a complete wellness regimen.

The vegan-certified range is made up of four new products and includes one powder and three elixirs. Each one targets a wellbeing concern

PHOTO: ESPE



■ The range includes three elixirs and one powder

ranging from skin hydration and defence against ageing to complexion and immunity.

Daniel Golby, Espe managing director, explained: "Our mission at Espe is to empower people to embrace a wellness lifestyle and offer everyone the chance to find total skin, body and mental wellbeing."

"We're deeply dedicated to being a true, modern-day

360 wellness brand, and our new range of supplements is the key to a state of harmonious, total wellbeing."

The naturally-flavoured supplements are enriched with vitamins, nutrients and antioxidants and can be mixed into water or smoothies.

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bbspa_Group lands in South East Asia

Global spa consultancy bbspa_Group has broadened its horizons with a new Asian branch based in Singapore.

The branch has been launched to export the group's consultancy method into South East Asia, and propel it to become a leader in the field of wellness and spa.

Over the next three years, the consultancy outpost will target high-end hotel chains wishing to open a spa with a distinctive wellness concept.

Bbspa_Asia's challenge will be to realise spa concepts with a strong European matrix that reflect each location's traditions. In addition, the branch will distribute technologies developed by bbspa_Tech and



SHUTTERSTOCK/TRAVELPIX



■ Regis Boudon Doris, CEO of bbspa_Group

its partners, such as Aquaform shower systems and spa CUBE.

The move has materialised thanks to bbspa's partnership with consulting company Bonucchi e Associati, present in Singapore and Milan since 2011.

Helmed by CEO Rita Bonucchi, The company deals with international marketing, export and globalisation strategies, with a long and solid presence in South East Asia.

"Together with Rita, we developed bbspa's original

brand identity and since then, we've breathed life into countless international spa projects," says Regis Boudon Doris, CEO of bbspa.

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Yon-Ka declares war on blemishes with new SOS Spot Roll-On

When it comes to imperfections, there are no rules. Pimples, excess sebum, blackheads, dilated pores, affect both teenagers and adults.

They're now a universal problem, which have been amplified by the consequences of COVID: both stress and prolonged wearing of protective masks.

To answer this problem, phyto-aromatic skincare specialist Yon-Ka has launched a portable anti-blemish skincare solution; the SOS Spot Roll-On.

The new product contains an alcohol-free concentrate suitable for all skin types and ages. Formulated without preservatives, it's



PHOTO: YON-KA

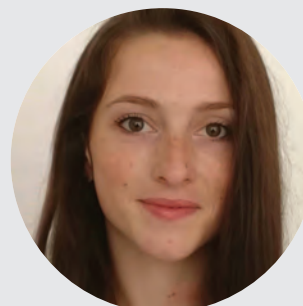


PHOTO: YON-KA

■ Luna Armand, product manager at Yon-Ka

composed of 95 per cent of natural ingredients and is vegan, gluten-free and dermatologically tested.

"We wanted to create the ideal solution for people who want to react at the

first sign of a pimple," explained Luna Armand, product manager at Yon-Ka.

"With SOS Spot Roll-on, we have the perfect product, practical to have on hand in your bag, effective in 24 hours,

and precise for a localised application without constraint.

"It's truly the best partner for perfect, blemish-free skin."

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From 2022, Comfort Zone products are plastic neutral



PHOTO: COMFORT ZONE

■ Davide Bollati, Davines Group chair

Davines Group has extended its commitment to sustainability and renewed its partnership with social enterprise Plastic Bank.

This comes after the conclusion of the global campaign "Rethinking Plastic" in 2021, under which 100 tons of plastic were collected from the coastal areas of Brazil, the Philippines and Indonesia.

The target for 2022; for every product sold by Davines Group, an equal amount of ocean-bound plastic will be collected.

Thanks to its partnership with Plastic Bank, by the end of the year the Group will collect and remove the equivalent amount of plastic derived



PHOTO: COMFORT ZONE

■ Plastic Bank collectors exchange ocean-bound plastic for bonuses

from sales of products by both brands, Davines and [comfort zone] from the environment.

This means it will neutralise its plastic emissions and obtain the Plastic Neutral certification from Plastic Bank.

"Our brands are present in more than 90 countries," says Davide Bollati, Davines

Group chair, "this is why our commitment extends beyond our borders and is focused on doing everything possible to reduce our footprint and transform it into a positive impact on the planet."

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*Les Mills 2021 Global Fitness Report



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WEB ADDRESS BOOK

Connect with spa organisations from around the world.

We welcome your entries – write to spatteam@leisuremedia.com

Asia-Pacific Spa & Wellness Coalition (APSWC)

■ www.apswc.org

Association of Malaysian Spas (AMSPA)

■ www.amspa.org.my

Bali Spa and Wellness Association

■ www.balispawellness-association.org

Brazilian Spas Association

■ www.abcs spas.com.br

Bulgarian Union for Balneology and Spa Tourism (BUBSPA)

■ www.bubspa.org

Association of Spas of the Czech Republic

■ www.jedemedolazni.cz

Estonian Spa Association

■ www.estonianspas.eu

European Historic Thermal Towns Association

■ www.ehtta.eu

European Spas Association

■ www.espa-ehv.com

Federation of Holistic Therapists (FHT)

■ www.fht.org.uk

FEMTEC (the World Federation of Hydrotherapy and Climatotherapy)

■ <https://www.femteconline.org/m>

French Spa Association (SPA-A)

■ www.spa-a.org

German Spas Association

■ www.deutscher-heilbaederverband.de

Global Wellness Institute (GWI)

■ www.globalwellnessinstitute.org

Green Spa Network (GSN)

■ www.greenspanetwork.org

Hungarian Baths Association

■ www.furdoszovetseg.hu/en

Hydrothermal Spa Forum

■ www.hydrothermal-spa-forum.net

The Iceland Spa Association

■ www.visitspas.eu/iceland

The International Medical Spa Association

■ www.dayspaassociation.com/imsa

International Sauna Association

■ www.saunainternational.net

International Spa Association (ISPA)

■ www.experienceispa.com

Irish Spa Association

■ www.irishspaassociation.ie

Japan Spa Association

■ www.j-spa.jp

Leading Spas of Canada

■ www.leadingspasofcanada.com

National Guild of Spa Experts Russia

■ www.russiaspas.ru

Portuguese Spas Association

■ www.termasdeportugal.pt

Romanian Spa Organization

■ www.romanian-spas.ro

Salt Therapy Association

■ www.salttherapyassociation.org

Serbian Spas & Resorts Association

■ www.serbian spas.org

South African Spa Association

■ www.saspaassociation.co.za

Spanish National Spa Association

■ www.balnearios.org

Spa and Wellness Association of Africa (SWAA)

■ www.swaafrika.org

Spa Association of India

■ www.spaassociationofindia.in

Spa Industry Association

■ www.dayspaassociation.com

Spa & Wellness International Council

■ www.lswic.ru

The Sustainable Spa Association (SSA)

■ www.sustainable spas.org

Taiwan Spa Association

■ www.tspa.tw

Thai Spa Association

■ www.thaispaassociation.com

The UK Spa Association

■ www.spa-uk.org

Ukrainian SPA Association

■ www.facebook.com/UASPA