spa business insider

17 JUNE 2022 ISSUE 399

A SPA BUSINESS PUBLICATION

€120m Lanserhof Sylt revealed

Medical spa brand, Lanserhof Group, has welcomed the first guests to its all-new coastal health retreat on the German island of Sylt.

With plans for the 55-key property first revealed in 2017, Lanserhof has invested more than €120m (US\$128.6m, £102.6m) to bring the property to fruition. This includes a comprehensive treatment area spanning 5,000sq m.

Programming at Lanserhof Sylt is centred around the brand's signature LANS Med Concept, as well as a distinct focus on cardiological rehabilitation for acute or chronic diseases, as well as treatment for respiratory and skin diseases.

Lanserhof Sylt joins the group's four other properties: the original, Lans, in the Austria; Lanserhof Hamburg; Lanserhof Tegernsee; and Lanserhof at The Arts Club in London.

Dr Christian Harisch, managing director of Lanserhof Group, said: "The



island of Sylt is a magical place that enchants and ensnares anyone who visits. We're proud to have brought a unique architectural vision to life nestled among the island's dunes."

READ MORE ONLINE



Sylt is a magical place that enchants and ensnares anyone who visits

Christian Harisch



Six Senses to manage Vana as of Q3 this year

Property will be renamed Six Senses Vana





Grotta Giusti reopens following investment

Guests return to Tuscan spa with ancient caves





Global Wellness Day reaches record number of countries

The 2022 event marked the 11th anniversary of GWD





VERIFIED WELLNESS TECHNOLOGIES BY GHARIENI



Body Contouring



Binaural Vibroacoustic Therapy

Potent Anti-inflammatory



Psammo Therapy
Potent Anti-inflammatory

100% TOUCHLESS TECHNOLOGIES

CAN BE INTEGRATED WITH OTHER SPA AND WELLNESS OFFERINGS



spa business people

Raffaella Dallarda and Lucy Brialey embark on sustainable UK spa tour

ndustry figures Raffaella
Dallarda and Lucy Brialey
have set out on a 12-day
tour of UK spas to raise
sustainability standards
across the industry.

Dallarda is an industry blogger, wellness specialist and qualified practitioner who travels around the world to explore and showcase different spa and wellness cultures. To get a flavour of the UK sector, she's teamed up with Brialey who is the co-founder of the Sustainable Spa Association (SSA).

Together they'll visit a selection of destination spas between and condense their findings into a report to showcase sustainability best practices in the industry.



■ Pictured: Raffaella Dallarda (L) and Lucy Brialey (R)

The main purpose of the tour is to discover the culture of ancient UK spa towns

The duo will present their highlights at Spa Life UK on 19-21 June. Dallarda commented: "The purpose of the tour is to discover the culture

of ancient UK spa towns, to understand the role of modern-day spas and look into how spa culture can support human health and wellbeing.

"We also hope to highlight how spas can influence positive outcomes for the community, drive a valuable and healthy economy and help us reconnect to the natural world."

Named InSpaTour UK, the trip is the first UK installation of Dallarda's global InSpaTour series.

During each trip, she makes her way through a designated country or region's spas to showcase its wellness culture's unique qualities and highlights.

READ MORE ONLINE

George Gaitanos is latest guest on Medical Wellness Congress digital series



George Gaitanos, chief operating and scientific officer of the Chenot Group

he team behind the Medical Wellness Congress (MWC) is adding to its online series of interviews with its speakers and sponsors with a brand new episode in conversation with Dr George Gaitanos, chief operating and scientific officer of the Chenot Group.

The interviews are designed to provide a snapshot of various topics that the real-time congress will address in its programme, between 27-28 June at Saint Martin's Therme & Lodge in Austria.

Our speaker line-up is packed with so many well-known and respected experts in the sector

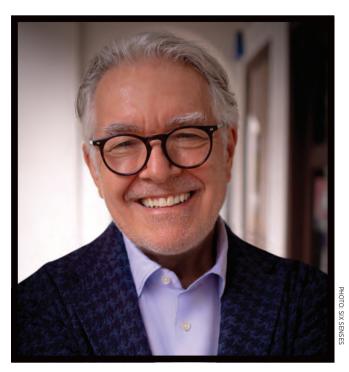
Gaitanos' feature sees him sit down with Jean-Guy de Gabriac, founder of World Wellness Weekend, and discuss his own definition of medical wellness and its scope, the specificities of each Chenot property and the innovations he identifies within this sector.

Event founder Vladi Kovanic says delegates will hark from a variety of specialities in the industry, including medical spa owners, aesthetic surgeons, clinic directors, practitioners, doctors, spa and sports therapists, dietitians and hydrotherapists.

She says: "I'm enthusiastic about organising this international event with a speaker line-up packed with so many well-known and respected experts."

READ MORE ONLINE

spa business people



■ Neil Jacobs, CEO of Six Senses



I see no reason why Six Senses Vana will not become the most iconic wellness retreat in the world



Six Senses to manage Vana as of Q3, reveals **Neil Jacobs**

stablished Indian destination spa and retreat Vana will be taken over by global hotel group Six Senses in Q3 of 2022.

Launched in 2014 by Veer Singh, Vana is a wellness destination surrounded by clusters of Sal forest, and set within mango and lychee orchards. The retreat draws on ancient healing modalities from Ayurveda, Tibetan healing traditions and yoga to create bespoke schedules for every retreat attendee.

Six Senses' goal is to work with Vana's team to weave in new experiences to the existing formula and bring it to a broader global audience. The hotel group will operate the property, which will be renamed Six Senses Vana from Q3.

"With its ancient healing traditions and spiritual practices, India has long been heralded as the ultimate wellness gateway and, in a gentle but intentional way, this plays to who we are too," says Neil Jacobs, CEO of Six Senses.

Singh adds: "I see no reason why Six Senses Vana will not become what we set out to be when Vana first opened: the most iconic wellness retreat in the world."

READ MORE ONLINE

spa business insider

CONTENTS ISSUE 399

- O4 People news
 Raffaella Dallarda and Lucy Brialey
 embark on sustainable UK spa tour
- O6 Reconnecting
 European spa and wellness
 industry gathered in Paris for
 14th Forum HOTel&SPA event
- O8 Research
 Obesity causes 1.2m premature
 deaths a year in Europe, says
 World Health Organization

SPA BUSINESS INSIGHTS

- 10 Global Wellness Day 2022
 The Spa Business album celebrates
 the 11th annual Global Wellness
 Day which took place on 11 June
- 12 **Consumer insights**New ISPA research shines spotlight on consumers' spa habits and concerns following Covid
- The latest in products and innovation from Lemi,
 Mosaïque Surface, J Grabner,
 TechnoAlpin and Phytomer

Sign up to Spa Business insider:

Online: www.leisuresubs.com Email: subs@leisuremedia.com Tel: +44 (0)1462 471930

Annual subscriptions: International £114, UK £80 and UK students £42.

🌺 @spabusinessmag

Read Spa Business and Spa Business insider free online: www.spabusiness.com/archive

5



THE INSIGNIA COLLECTION

MULTI-PURPOSE TREATMENT TABLES

REPLACEABLE STRATA CLOUDFILL™ MATTRESS

THERMASOFT™ DUAL-ZONE EMBEDDED WARMER

ERGONOMIC, EXTENDED LOW HEIGHT RANGE

SUSTAINABLY BUILT HARDWOOD CABINETRY

FLO-TECH™ PROGRAMMABLE LIFT SYSTEM



spa business news

EVENTS

Industry gathers at 14th Forum HOTel&SPA

After a two-year hiatus due to the pandemic, the 14th annual Forum HOTel&SPA event returned last week, bringing together top hospitality and spa executives from across Europe and beyond for a day of talks and networking.

The one-day event took place at the Four Seasons George V Hotel in Paris, and included participants from France, the Netherlands, Belgium, Italy, Switzerland, Germany, Austria, Morocco, Portugal, Hungary, Luxembourg, UK and the US.



This year's theme explored 'Thinking Outside the Box'

Vladi Kovanic

Forum HOTel&SPA is organised by Vladi Kovanic, and this year's theme was 'Thinking Outside the Box.'

Keynote speeches were from Roger Allen, CEO of Resources for Leisure Assets; Cornelia Kausch, managing director and leadership coach at CK Hospitality Advisors; Jean-Luc Pleuvry, director of Relais Thalasso; and Franz Linser, CEO of Linser Hospitality

Next year's event will be held on 1 June, 2023.

READ MORE ONLINE

INVESTMENT

Grotta Giusti refreshes spa and ancient thermal cave

Italian destination spa Grotta Giusti Thermal Spa Resort has begun a new chapter following the completion of a two-year-long resortwide refurbishment.

Located in the Tuscan spa town of Montecatini Terme, the historic 19th-century property has been a popular wellness hotspot for more than 150 years thanks to its natural underground thermal cave – thought to be 130 million years old and the largest of its kind in Europe.

After being acquired by Marriott International and inaugurated into its Autograph Collection, Grotta



■ Guests can experience watsu in the thermal water

Giusti underwent a refurb by London-based architecture firm Richmond International. The extensive project has recently been completed and involved the renovation of the spa, guestrooms, restaurants and hotel bar.

Grotta Giusti's two-floor spa now features 13 treatment rooms and has been updated with new interiors using a palette of neutral colours and natural materials to reflect the caves' rugged formations. The refresh has also added a new seven-step indoor contrast bathing path named the Meditarium, as well a refreshed reception, and a new relaxation area and spa garden.

Meanwhile, the resort's underground thermal cave was completed with a new lighting system to emphasise the unique natural rock formations and illuminate the thermal pools.

READ MORE ONLINE

spa business news

SUSTAINABILITY

GSN launches spa sustainability calculator

Spa teams can now measure and improve their sustainability credentials following the launch of Green Spa Network (GSN) Planet's new sustainability calculator.

The measurement tool is packaged as a mobile app and designed to bring spas' sustainability performance into focus.

Free to download, the GSN Planet Greenspa Calculator has been created to provide the tools and guidance to help spas operate as sustainably as possible.





The tool has been designed by GSN to help spas operate as sustainably as possible

The app allows users to:

- Learn about different sustainability criteria, ranging from consumables, water and energy reduction measures to spa fittings and more.
- Calculate a sustainability score for their spa and observe how it changes with each intervention.
- Compare performance by category with other likeminded spas using the app.
- Enrol in a mentorship programme to help guide teams through the process.

READ MORE ONLINE

spa business insider

MEET THE TEAM

For email use: fullname@leisuremedia.com



Editorial director **Liz Terry** +44 (0)1462 431385



Spa Business editor **Katie Barnes** +44 (0)1462 471925



Publisher **Astrid Ros** +44 (0)1462 471911



Head of news **Tom Walker** +44 (0)1462 431385



Assistant editor Megan Whitby +44 (0)1462 471906



Head of digital **Tim Nash** +44 (0)1462 471917

Spa Business insider is published fortnightly by The Leisure Media Company Ltd, PO Box 424, Hitchin, SG5 9GF, UK.

The views expressed in this publication are those of the author and do not necessarily represent those of the publisher The Leisure Media Company Ltd.

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by means, electronic, mechanical, photocopying, recorded or otherwise, without the prior permission of the copyright holder, Cybertrek Ltd. Printed by Preview Cromatic Ltd. Distributed by Royal Mail Group Ltd and Whistl Ltd in the UK and Total Mail Ltd globally.

©Cybertrek Ltd 2022.

ISSN: Print: 1753-3430 Digital: 2397-2408 Subscribe to Spa Business and Spa Business insider at to www.leisuresubs.com, email: subs@leisuremedia.com or call +44 1462 471930.

7

HOSPITALITY

Paris hotel unveils luxury NFTs to combat plastic waste

Parisian boutique hotel, Hotel Lancaster, has partnered with plastic recovery marketplace Plastiks to launch a range of NFTs (non-fungible tokens).

The 15 NFTs were created to support a reverse logistics startup in Brazil named Green Mining, which focuses on plastic recovery.

Each NFT is linked with a hotel room that will contain the room's graphics and a Plastic Recovery Guarantee which indicates that plastic has been removed from the environment in Brazil.

This means anyone who buys one of the NFTs will be directly funding the recovery



■ Green Mining has collected 4.25m kgs of recyclables



Sustainability is becoming an important part of the hospitality industry

Lydérick Jadaud

of harmful plastic while also supporting the employment of waste pickers. In addition, buyers will receive a twonight hotel stay plus a range of additional benefits

Lydérick Jadaud, hotel director, said: "Sustainability is becoming an important part of the hospitality industry. These NFTs demonstrate to guests that we share a commitment to solving the climate crisis."

READ MORE ONLINE

SBinsider ISSUE 399 @Cybertrek Ltd 2022



WELLBEING

Kids' mental health app raises €3m

Aumio, a new sleep, relaxation and meditation app for children has raised €3m to drive market expansion across Europe and the US. The seed funding round was led by investment platform Partech and venture capitalist fund byFounderS.

The team is aiming to treble its team of psychologists, educators, and tech experts over the next few months and develop new language editions. Currently Aumio is available in English, German and Ukrainian – the company recently released a version to help Ukrainian children affected by the war.

With a vision for creating the first global mental health platform for the entire family, the founding team of Aumio worked in collaboration with psychologists and tech experts, at the Free University of Berlin, launching the app in 2021.

Since its launch, more than 200,000 families have used Aumio – and, having developed an "At School" section, the app is now also available in schools.

"Mental health will become as important as physical health in the coming years," said Finn Weise, investor at Partech. "After tremendous growth in the company's first phase, we're proud to be on board as a key investor, supporting its ambitious mission."

READ MORE ONLINE



■ The founders of Aumio (pictured)





Finn Weise

HEALTH

Obesity causes 1.2m premature deaths a year in Europe



Obesity poses an increasing challenge in Europe

Dr Hans Henri Kluge

According to The World Health Organization's (WHO) recently-released research study, WHO European Regional Obesity Report 2022, a third of children and almost two-thirds of adults in Europe are obese.

The research found obesity causes 1.2m deaths each year across WHO's 53 member states in Europe. Researchers recorded a drop in physical activity levels during the pandemic, along with an increased intake of fatty, sugary and salty foods, but, although obesity levels were amplified by the pandemic, their cause runs far deeper in society.



■ Obesity causes 1.2m deaths each year in Europe

"Obesity poses an increasing challenge in Europe, with one in three school-aged children, one in four adolescents and almost 60 per cent of the adult population now living with being overweight or obese," explained Dr Hans Henri Kluge, WHO's regional director for Europe.

READ MORE ONLINE



RKF Luxury Linen created beautiful high-end linen for the Valmont Spa of the Chateau de Versailles that reflects the splendor of the place. The luxurious fabrics offer a real cocoon of softness during the different treatments.



Photo credit: Renée Kemps



CHÂTEAU DE VERSAILLES

Le Grand Contrôle

www.rkf.fr



Global Wellness Day 2022





Come together

Now in its 11th year, Global
Wellness Day (GWD) was
set up to highlight the
importance of wellness
to a wider audience, with
the motto "one day can
change your whole life."
Complimentary wellness
activities were organised
on a huge scale across
the globe on Saturday
11 June, with many spas
and hotels taking part



TOS :GWD



■ This year's special day was celebrated with thousands of in-person activities, workshops and talks across the globe incorporating the theme #ThinkMagenta













11

SBinsider ISSUE 399 ©Cybertrek Ltd 2022 www.spabusiness.com

Crucial insights

ISPA's latest research shines a spotlight on consumers' spa habits and concerns for a post-COVID world



6

Consumer attitudes, like so much else, have shifted significantly in the last two-plus years



he International Spa
Association (ISPA) Foundation
has released the 11th volume
of its Consumer Snapshot
initiative titled New Era,
New Consumer. The study
examines the habits, attitudes
and expectations of consumers as
they consider the pandemic's lingering
effects and continue to evaluate
concerns surrounding both their
physical and mental wellbeing.

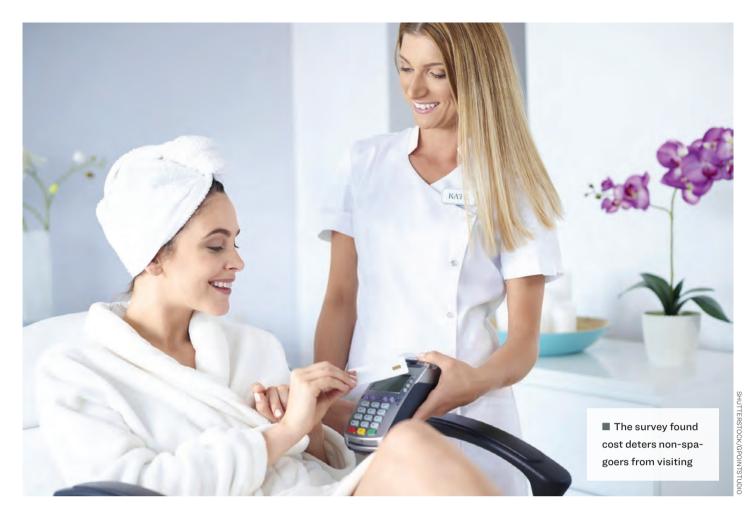
The initiative surveyed 1,000 people across the US during March 2022 and, as in previous years, was conducted in partnership with PricewaterhouseCoopers (PwC).

The survey establishes a wide spectrum of habits, concerns and preferences for both spa-goers and non-spa-goers, evaluating them in the context of respondents' income levels, age and gender.

Spa Business has wrapped up the key findings from the report below.

A new era of consumers

Results suggest the pandemic and its effects have inspired a new wave of consumers to make their way to spas, with nearly six in 10 (58 per cent) of current spa-goers surveyed stating that they visited a spa for the first time at some point in the last two years.





This research will allow our members to make datadriven decisions for their spa and wellness businesses



13

Moreover, nearly half (48 per cent) of current spa-goers reported visiting a spa for the first time specifically as a result of the pandemic. Almost eight in 10 respondents who said they're visiting the spa more often also indicated that they first visited because of the pandemic.

Combined with respondents' apparent dedication to their health and wellbeing (65 per cent of spa-goers noted they'll focus more on their health and wellbeing now), these figures suggest the industry is in a strong position.

"Consumer attitudes, have shifted significantly in the last two-plus years," said ISPA president Lynne McNees.

"This research provides insight into those shifts and will allow our members to make data-driven decisions for their businesses as they seek to bring the benefits of spa to more people and continue the industry's robust recovery."

Motivation behind spa visits

The study also explored respondents' top reasons for visiting a spa and found that improving appearance (24 per cent) came out on top. This was closely followed by 17 per cent stating that reducing stress was their primary motivator for a visit.

Findings highlight there was some variation in responses between genders, with female respondents more likely to visit to relieve stress but men choosing to do so to improve their appearance.

To keep a balanced outlook, researchers investigated factors that contribute to individuals' reluctance to visit a spa. Across the board, cost was the top issue for current spa-goers (40 per cent), non-spa-goers (54 per cent) and lapsed spa-goers (57 per cent).

Other frequently cited factors include not having enough time to visit, COVID concerns and a lack of comfort in spas.

Availability

Cost played a part in causing availability issues – even for regular spa-goers – as 31 per cent reported they faced a price that went beyond what they were willing to pay.

Similar numbers of spa-goers faced availability issues booking an appointment due to being unable to get the time slot (35 per cent) or the day (30 per cent) they wanted. These latter issues most likely relate to the well-documented staffing challenges facing the spa industry.

The report concludes: "Ultimately, the data in this report reveals spa-goers have a positive outlook on the future and an increased level of attention to their health and wellbeing, which suggests an opportunity for the spa industry to serve their needs and, as a result, continue the industry's strong recovery from the lows in 2020."

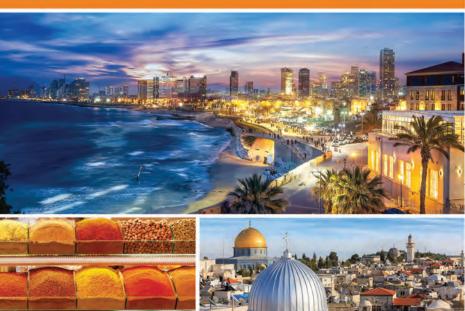
SBinsider ISSUE 399 ©Cybertrek Ltd 2022 www.spabusiness.com







OPEN HEARTS.















OPEN MINDS.





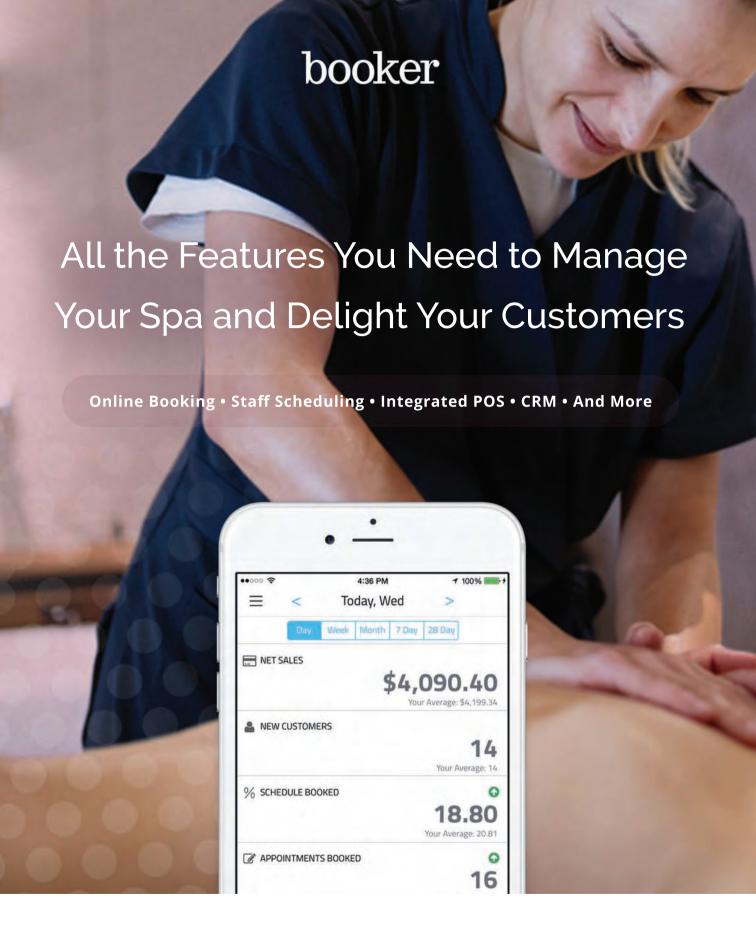
OPEN FOR BUSINESS.



JOINING TOGETHER. SHAPING THE FUTURE.

Reserve your place at the leading conference in the business of wellness and prevention to experience the latest in technology innovation, expand your network and propel your business—and the industry—forward.

TO LEARN MORE, VISIT GLOBALWELLNESSSUMMIT.COM



Learn why Booker is the leading spa management software mindbodyonline.com/spa-software

SUPPLIER NEWS

Suppliers tell Spa Business insider about their latest product, design and technology launches

For the latest supplier news and company information, visit spa-kit.net



■ Designed with versatility in mind, the table consists of a traditional massage bed equipped with a built-in pedicure station

Lemi unveils multifunctional Amalfi table to help spas enhance revenue



■ Matteo Brusaferri, Lemi GM

malfi is the latest massage bed developed by spa and wellness equipment supplier Lemi.

Designed with versatility in mind, the table consists of a traditional massage bed equipped with a built-in pedicure station. The mattress features a removable section for quick and practical access to a pedicure tub which is equipped with a pipeless hydromassage system.

Matteo Brusaferri, Lemi GM, told *Spa Business* that the new bed provides an allin-one-solution for spas.

"We know pedicures are a very popular choice so we

created Amalfi to allow spas to conduct the service inside the treatment room without sacrificing space for a dedicated pedicure workstation.

"Amalfi's flexibility means it appeals to a wide range of spas – including smaller businesses with a reduced number of treatment rooms – because it allows for a whole range of programming to be conducted from just one room."

Brusaferri claims the bed can help potentially improve spas' revenue because if several therapists work at the same time, Amalfi can enable the spa to provide multiple treatments. The bed is controlled via a wireless foot pedal which allows therapists to adjust the height, back position and seat angle. They can work with the traditional AUT and END settings as well as a new Memory function allowing Amalfi to retain up to two customisable preset positions.

Amalfi consists of a bi-material base with both a central wooden finish – which can be customised in a variety of colours – as well as an outer metal base that can be finished in gold or rose gold.

More on spa-kit.net

READ MORE ONLINE

17

SBinsider ISSUE 399 ©Cybertrek Ltd 2022 www.spabusiness.com

OUTSMART SKINSTRESS

To defeat someone (or something) you need to play smart.

This is true in life... and in skincare.



INTELLIGENT INGREDIENTS:
MADECASSOSIDE, ECTOIN®, ATP, NMF, SQUALANE AND CERAMIDES

ALL YOU NEED TO OUTSMART SKINSTRESS - THE KIND OF STRESS YOU SEE IN THE MIRROR!

swiss line

DERMALAB S.A. I Dufourstrasse 20 | 8702 Zollikon, Switzerland Tel: +41 44 396 15 51 E: info@swissline-cosmetics.com | www.swissline-cosmetics.com | @swissline.skincare

SUPPLIER NEWS

Mosaïque Surface introduces elegant Gem Glass range

orth American mosaic manufacturer, Mosaïque Surface, has announced the release of its new Gem Glass collection.

Every piece offers a unique blend of colour within a semiopaque mosaic tile material. and can be used to enhance spa or wellness environments from simple to sophisticated.

A selection of Mosaïque Surface's quintessential patterns are featured in new Gem Glass colourways, as well as an entirely new design



Gem Glass is Mosaïque Surface's latest collection



A range of tiles are available in a wide variety of colours

made specifically for the launch of this collection.

According to Mosaïque Surface, Gem Glass is highly adaptable in its application thanks to the range's wide selection of both vibrant hues and delicate tints.

Gem Glass can be used on its own or can elevate the design effect of other materials within the Mosaïque Surface catalogue – including natural stone, Venetian glass, metal, Terrazzo and mother of pearl tile products.

Traditionally, thin glass mosaics can be difficult to mix with thicker surfaces, such as stone or metal, however, Gem Glass can be customised to align with any materials within the Mosaïque Surface range.

More on spa-kit.net

READ MORE ONLINE

Mother nature inspires J Grabner's embossed sauna panelling

Intricate textures found in nature have inspired J Grabner's new 3D embossed Saunaboard Arte range.

The company is producing the wooden boards in four types of wood and in three different designs, including Ammonite, which depicts the traditional spiral structure of prehistoric fossils, as well as a coral-reef-inspired finish – named Coral. A third Timber design mirrors the natural look of end-grain wood slices.

J Grabner worked with students to generate ideas for the natureinspired sauna boards.

"We already offer four types of embossing, so we were searching for some bold new motifs," comments



Christian Baumberger, head of sales at Saunaboard.

"Since we work in wellness, we wanted to work with natural designs which would create a calming atmosphere while also offering a unique aesthetic feature."

Produced in Austria, all collections are water- and heat resistant, formaldehyde-free and have been temperature tested up to 90°C.

In addition, the panels smooth surface makes them easy to clean.



Christian Baumberger, head of sales at Saunaboard

J Grabner is a wood veneer production specialist that works in sauna construction, the furniture industry and creates interior wall finishes.

More on **spa-kit.net**

READ MORE **ONLINE**

19

SBinsider ISSUE 399 @Cybertrek Ltd 2022 www.spabusiness.com

Customise a bespoke SnowRoom with TechnoAlpin's new tool

talian SnowRoom specialist
TechnoAlpin has developed
a new interactive tool
to help clients virtually
simulate and design their
own SnowRoom before
committing to purchase.

The configurator allows clients to get to grips with the product and explore a range of styles and design options.

Users begin by choosing their desired SnowRoom size and can then customise it with different wall covering textures, a selection of motifs, floor and ceiling designs, door positioning and a variety of accessories.

"The configurator was developed out of the need for a better online presence



during the pandemic, and the recent demand for hyperpersonalisation," explained Sara Brenninger, product manager at TechnoAlpin.

"As our sellers couldn't show potential clients a SnowRoom

in-person, the need arose for a tool that could realistically simulate what a SnowRoom looks like and convey just how many opportunities there are to personalise the experience room."



Sara Brenninger, product manager at TechnoAlpin

TechnoAlpin's portfolio includes different types of snowmaking equipment for outdoor and indoor applications.

More on spa-kit.net

READ MORE **ONLINE**

Phytomer launches prebiotic Oligo 6 serum



Mathilde Gédouin-Lagarde,
 Phytomer deputy GM

ligo 6 is Phytomer's first ultra-vitamin marine formula – offering a boost of vitamins, minerals and trace elements the serum is designed to help re-energise tired skin and promote a healthy radiance for all skin types.

Made from 94 per cent natural ingredients, the serum combines a gel texture with a silky-smooth finish and offers a fresh fragrance that's evocative of the seaside.

According to Phytomer, Oligo 6 contains a rich blend of minerals and trace elements – including vitamin C – to provide an antioxidant effect that helps protect the cell and skin tissues against free



■ The formula is packed with trace elements, vitamins and prebiotics

radicals while also revitalising the skin's appearance.

Phytomer has completed the serum's formula with a prebiotic complex containing algae extracts and marine spring water to help rebalance the skin flora.

"Our new re-energising serum is a tribute to the sea and its

fascinating powers," explained Mathilde Gédouin-Lagarde, Phytomer deputy GM, speaking exclusively to *Spa Business*.

"At Phytomer, we feel Oligo 6 is just like the sea captured in a bottle."

More on spa-kit.net

READ MORE **ONLINE**



LesMills

Transform Hotel and Spa Wellness

Enhance your guest experience and transform your facilities with our world class fitness and wellness solutions.

lesmills.com/hotel-fitness-programs



A 26 year-old legacy of building the best quality solutions for whole-body cryotherapy is the foundation to offer our electricity driven high performance cryo chambers - The Art of Cryo Vaultz $^{\circ}$. Offering real room temperatures of -75 $^{\circ}$ C, -85 $^{\circ}$ C & -110 $^{\circ}$ C our products are 100% made in Germany and are made to the highest quality standards - extremely efficient and eco-friendly. Vaultz $^{\circ}$ - keep your health safe.

COOL. COOLER. VAULTZ.







hole-body cryotherapy (WBC) is a natural 'cold' remedy with more than 50 areas of application. It can be used to treat anything from sleep disorders, rheumatism, arthritis, pain syndromes and inflammation, to anxiety, depression, psychosomatic disorders and numerous chronic health disorders.

solutions with intermittent vacuum therapy to offer a complete and effective whole-body wellness experience

Initially adopted by medics, cryotherapy has been taken up by high-performance sportspeople as well as spa, wellness and fitness operators.

Skip to the present day and pioneers in the wellness industry are now looking to enhance the effects of WBC by combining it with intermittent vacuum therapy (IVT).

IVT was first developed by NASA and the German Aerospace Center and is claimed to complement WBC by enhancing its capacity to promote recovery, contour the body and strengthen connective tissue.



For our lifestyle customers, the most important effects are prevention, regeneration and strengthening of connective tissue

Rainer Bolsinger

How it works

Cryotherapy works by forcing the body to send blood to the brain and the core in a process called vasoconstriction. Afterwards, vasodilation takes place, whereby blood, with its enriching load of oxygen, nutrients and enzymes, flows back into the peripheral tissue.

According to WBC specialist, Art of Cryo, a subsequent session inside one of its IVT models will amplify these benefits by promoting capillarisation.

Although this sounds futuristic, Art of Cryo is ahead of the curve and already providing spa operators with the means to provide WBC and IVT experiences, both of which are touchless therapies.

The company offers a range of cryotherapy chambers, as well as a dedicated IVT solution, in the form of the compact Art of Cryo Vacu model.

About the experience

Art of Cryo suggests the combined experience should last 45-60 minutes, with guests spending between 1.5 and five minutes inside one of its Vaultz cryotherapy chambers – depending on personal preference and the model in question – and then completing a 30-minute Art of Cryo Vacu session, with accompanying rest periods.

Art of Cryo's Rainer Bolsinger says: "For our lifestyle customers, the most important effects are prevention, regeneration and strengthening of connective tissue."

Today there are increasingly more lifestyle centres combining cryo-chambers with Art of Cryo Vacu, such as Coolzoone in Cologne (www.coolzoone.de) and Cryodukt in Zurich (www.cryodukt.ch/en).

If you're interested in tapping into this high-performance wellness trend and offering your spa guests a new way to refresh their wellbeing, contact Art of Cryo for more information.

Art of Cryo specialises in the creation of cryotherapy experiences

spa business insider

WEB ADDRESS BOOK

Connect with spa organisations from around the world.

We welcome your entries - write to spateam@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.abcspas.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.europeanspas.eu

Federation of Holistic Therapists (FHT)

www.fht.org.uk

Federterme

www.federterme.it

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

GSN Planet

www.gsnplanet.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

Sauna from Finland

www.saunafromfinland.com

Serbian Spas & Resorts Association

www.ubas.org.rs

South African Spa Association

www.saspaassociation.co.za

Spanish National Spa Association

www.balnearios.org

Spa and Wellness Association of Africa (SWAA)

www.swaafrica.org

Spa & Wellness Association of Canada

www.spaandwellnessassociationofcanada.com

Spa Association of India

www.spaassociationofindia.in

Spa Industry Association

www.dayspaassociation.com

The Sustainable Spa Association (SSA)

www.sustainablespas.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

Wellness Tourism Association

www.wellnesstourismassociation.org

OTTERS OCK/ANDREYOR

