



CLP announces new UK venture

Swiss longevity clinic Clinique La Prairie (CLP) and luxury London hotel Mandarin Oriental Hyde Park have launched new wellness programming.

Called Regeneration experiences, the two new journeys feature longevity protocols and nutraceuticals to create a shift in the balance of an individual's wellbeing.

They are designed to take guests on a personalised path to recover from everyday life stressors that can physically drain them, impair their resilience and diminish the skin's vitality.

Underpinned by preventative nutrition, the launch marks the first time CLP has hosted workshops and nutritional consultations outside of its Swiss clinic and international hubs, and the first time its experiences will be available in the UK.



CLINIQUE LA PRAIRIE

■ CLP's brand of supplements Holistic Health form a part of the journeys



“Our teams have combined expert knowledge and top-tier luxury

Simone Gibertoni

The treatments have a starting cost of £910 (US\$1,120, €1,034).

Simone Gibertoni, CEO of CLP, said: “Our teams have combined expert knowledge and top-tier luxury to deliver exceptional experiences at the highest standards”

MORE >>> http://lei.sr/u5R4m_B



CONTENTO MARKETING

PEOPLE

Nancy Griffin wants to expose ageism in the industry

Griffin launches #ExposeAgeism

p05



SHUTTERSTOCK/SHURKIN_SON

RESEARCH

Harvard scientists make cell ageing breakthrough

13-year old study makes new discoveries

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BBSIPA GROUP

PROJECTS

bbspa_Group to create spa in Italian stadium

Consultancy designs urban spa sanctuary

p14



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MORE INFO

"We must view stress management as seriously as we do medical disease," says **Elissa Epel**

I'm a firm believer in retreats and spas but without the skills to deeply relax, they're of limited value," said Elissa Epel, a leading professor in psychiatry and behavioural medicine.

"Despite being physically in paradise while visiting a spa, our mind can still be working overtime panicking about the past, the future and stress we hold in our bodies even unconsciously."

Best known in the industry for her research linking stress to the shortening of telomeres and immune cell ageing, Epel has just launched a book – *Stress Prescription* – to help people to take control of their stress in just seven days.

Educated at Stanford and Yale, Epel is also a trained health



ELISSA EPEL

The vast majority of us are living with too much daily stress

Elissa Epel

psychologist, TED MED speaker and New York Times-bestselling author.

After decades of studying stress, Epel felt compelled to share her insights on how to help us reshape our relationship with stress into one that is healthy and humorous. She's broken them down into seven steps that each only require just a few minutes a day.

Epel sees the book being particularly useful to wellness lovers and operators.

"Using these techniques, people are better equipped to reap the positive effects of time at spas and even benefit from the experience for even longer, meaning that they may well return sooner."

MORE >>> http://lei.sr/K7P6D_B



ISPA

We're grateful for the commitment made by these leaders to help guide our association forward

Lynne McNees

Lynne McNees unveils ISPA's 2023 Board of Directors and officers

Lynne McNees, president of the International Spa Association (ISPA), has announced the new ISPA Board of Directors and officers for 2023.

The ISPA Board of Directors will be led by chair Patrick Huey – GM of We Care Spa – with Kellee Martin, spa director of Trellis, The Spa at The Houstonian, serving as vice chair.

Meanwhile, Michelle Adams Somerville – executive VP of operations and engagement, Woodstock Inn & Resort – will serve as secretary/treasurer.

"Interest in board service continues to grow each and every year, and we're grateful for the commitment made by these volunteer leaders to help guide our association forward and pursue our vision of elevating the spa industry to new heights," commented McNees.

ISPA has also welcomed three new members and two returning directors to the board; Taylor Fields; Jennifer Holzworth; Terry Prager; Michelle Adams Somerville; and Jessica Timberlake.

MORE >>> http://lei.sr/S8K2b_B



CONTENTO MARKETING

I've interviewed 130 experts who agree ageism is one of the biggest issues standing in the way of ageing well

Nancy Griffin launches #ExposeAgeism movement

Nancy Griffin, founder of podcast Glowing Older and principal of Contento Marketing, has launched an initiative to create awareness about ageism in the spa, wellness and beauty industries.

alled #ExposeAgeism, the movement encourages beauty, spa and wellness companies to promote positive ageing, include representation of older adults in diversity, equity and inclusion (DEI) policies and eliminate the term 'anti-ageing' in product descriptions and marketing by 2025.

"As host of the Glowing Older podcast, I've interviewed 130 experts who agree ageism is one of the biggest issues standing in the way of ageing well," said Griffin, who has 30 years of experience in spa and wellness.

Since the movement's introduction at the beginning of March 2023, a dozen companies from across the globe have taken the pledge, including LaFlore Live Probiotic Skincare, Spa Technologies and Pietro Simone Skincare.

MORE >>> http://lei.sr/S8p3m_B

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Leading academic Elissa Epel launches new book, *Stress Prescription*

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EXERCISE

Exercise is 'highly beneficial' in maintaining mental health

Physical activity should be a “mainstay approach” for doctors treating patients with depression, anxiety and psychological distress. This is the evidenced-based conclusion published in a recent study from the University of South Australia, published in the British Journal of Sports Medicine, which was devised to help doctors improve management of patients with mental health disorders.

The researchers wanted to provide physicians with one body of evidence that amalgamated all previous studies, to prove the link between physical activity and its effective treatment

of mental health disorders. Overall, they analysed 97 reviews – including 1,039 trials and 128,119 patients – from eligible studies published from inception to 1 January 2022.

Ultimately, the findings showed that physical activity is “highly beneficial for improving symptoms of depression, anxiety and distress”.

When exercise was done at a greater intensity, symptoms improved even further, but the effectiveness, although still notable, was not as marked when exercise was less intense and of a longer duration.

MORE >>> http://lei.sr/6X2S6_B



■ Physical activity improves mental health



Physical activity is “highly beneficial for improving symptoms of depression, anxiety and distress”

GROWTH

Banyan Tree to debut in Spain with Le Max Club retreat



Design will celebrate and foster togetherness among friends and family amid bright, airy interiors

Hotel and spa operator Banyan Tree Group has signed a deal with La Quinta Real Estate Group to open its first resort and residences in Spain in 2026.

Located in the town of Benahavis, Angsana Real de la Quinta Benahavis Marbella will include a 90-key hotel, spa, residences, apartments and commercial spaces.

Resort guests will be get their wellness fix at a luxury health facility, managed by Madrid-based boutique spa, wellness and fitness operator Le Max Club. The modern brand runs a



■ The vision is to create a nature-centric social retreat

flagship members club at the five-star Wellington Hotel & Spa in Madrid.

Angsana Real de la Quinta’s design – led by OBMI with interiors from MKV Design and landscaping by RSR Studio – will celebrate and foster togetherness.

MORE >>> http://lei.sr/J5S3N_B

RESEARCH

Harvard reports cell aging breakthrough

A 13-year study by researchers at Harvard University has shown for the first time that the modification of gene expression can lead to cell ageing.

For years, mainstream thinking has been that ageing is caused by mutations in genetic code which causes cells to malfunction and die, however, this new study, suggests that it's the way DNA is governed that drives ageing.

In layman's terms, the researchers are suggesting that ageing doesn't mean cells are damaged and incapable of behaving like young cells,



SHUTTERSTOCK/SHURKIN_SON

but rather that something has got lost in translation in their genetic make-up.

So, in theory, if we use epigenetic interventions to get cells back on the right path, they can 'remember' how to be young and fully functioning again.

MORE >>> http://lei.sr/z9X2g_B

BRANDS

Accor launches The Handwritten Collection

Hospitality giant Accor has added a new midscale brand, The Handwritten Collection, to its global portfolio.

Accor already has over 110 Handwritten leads globally – many of which will include spa and wellness amenities – including 12 secured signings, five of which will debut throughout the first trimester of 2023.

The brand describes the new launch as an international "selection of charming bespoke hotels that offer an intimate and stylish hospitality experience".

Handwritten Collection properties will open in China,



ACCOR

France and Australia, over the next several months.

The portfolio is expected to reach more than 250 hotels by 2030.

With the creation of Handwritten Collection, Accor is broadening its brand portfolio and midscale hotel offerings and will look to replicate the success it has achieved with the Group's other collection brands across other segments; MGallery Hotel Collection and Emblems Collection.

MORE >>> http://lei.sr/y3D9u_B

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WORKPLACE WELLNESS

Technogym Corporate Club launches

Technogym has launched a connected ecosystem for corporate wellness.

Called Technogym Corporate Club, the service is driven by the Technogym App Plus that uses AI to deliver a range of services, including hybrid workouts and guidance on nutrition and meditation.

The move will deliver new services to a sector where the company is already working with the likes of Google, Meta and Armani.

"Whatever the goal of the individual – to lose weight, boost



Whatever the goal of the individual, the ecosystem accompanies them on their journey

“
Nerio Alessandri

athletic performance or improve health – the ecosystem accompanies them on their training journey with custom calibrations at the gym, at home or while travelling," says Technogym president and founder, Nerio Alessandri.

MORE >>> http://lei.sr/Y3x5q_B

ACTIVE LIFESTYLES

First 'Skills Garden' to open in Portsmouth, UK

A new type of multi-activity, outdoor exercise space – designed to get people moving by challenging them to think outside the box – is being built in Portsmouth.

Called Playce, the Skills Garden will use a pioneering scientific model for movement with the intention of anyone being able to use the space, from young and old and all skill levels, including those with disabilities and additional needs.

The space will have no separate play areas for different groups, but will be an integrated play space for all. The layout encourages fundamental forms of movement,



■ The space will be an integrated "Playce" for all

including balancing, climbing, throwing, frolicking and jumping.

The Playce concept was created by Netherlands-based Athletic Skills Model Company (ASM).

In the Netherlands, ASM has helped create more than 40 Playces and Skill Gardens – mostly in schools, hospitals, sport clubs, and public spaces.

The UK's first Playce will be constructed at Lords Court, in Portsmouth's Landport area.

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Star-power

A new beachfront St. Regis resort and spa inspired by constellations has opened in Mexico, suspended above a mangrove forest



St. Regis Hotels & Resorts, part of Marriott International, has opened a new luxury resort and wellness retreat in Mexico called St. Regis Kanai Resort, Riviera Maya.

Built above a natural mangrove reserve, the 143-key oceanfront resort in Playa del Carmen is connected by elevated walkways with ocean views and is home to a St Regis wellness facility.

Called the Iridium Spa, the wellness area is home to eight treatment rooms, a steamroom, plunge pools, foot baths and separate male and female relaxation lounges. The space is designed to connect guests with nature by bringing the lush outdoors inside with treatments inspired by ancient practices and featuring local ingredients.

Treatment highlights range from Ayurvedic rituals to massage lessons, as well as a selection of couple's experiences, hair and scalp treatments, scrubs, facials and wraps

Signature rituals include the 90-minute Secret Garden journey which sees guests hand-select ingredients from the hotel's garden to personalise a body scrub and mask – as well as a 90-minute Celestial Energy treatment inspired by Mayan cosmology.

Beauty services for makeup, hair and nails are also available at the hotel's

Built above a natural mangrove reserve, the resort is connected by elevated walkways with ocean views



■ The resort is the second property to open in the new 680-acre Mexican multi-resort complex – named Kanai

ST. REGIS

The resort's design is inspired by the geometry of the local mangroves and the celestial birthplace of the Mayans

salon, plus guests have access to a fitness centre decked out with an outdoor yoga platform as well as cardio and strength-training equipment.

Growth plans

Owned by Grupo Alhel, St. Regis Kanai marks the third destination in St. Regis' Mexican portfolio, joining its Mexico City and Punta Mita locations.

Built from white concrete and reflective semi-transparent crystal, the new resort has a circular exterior design inspired by the geometry of local mangroves and the constellation Pleiades – known as the Mayan's celestial birthplace.

The destination was brought to life by Mexican architectural firm Edmonds International with interiors by Chapi Chapo Design.

St. Regis has plans to further expand in Mexico in 2023 with a St. Regis Los Cabos Resort and spa.

The bigger picture

St. Regis Kanai is the second property to open within the new 680-acre Mexican multi-resort complex named Kanai.

Kanai is a gated community nestled among a jungle and mangrove reserve that's been designed to respect its natural surroundings and take up only nine per cent of the location once finished.

Expected to be completed in 2025, Kanai will encompass four luxury hotels and a selection of branded residences.

The first hotel in the complex opened in 2022, Etéreo Auberge Resorts Collection, complete with a luxury wellness sanctuary inspired by Mayan mysticism.

The third 180-room property has been confirmed as an Edition. The Riviera Maya Edition at Kanai is anticipated to open in Q2/3 of this year, complete with a destination spa.

The fourth hotel operator is yet to be announced. ●



EDMONDS INTERNATIONAL

■ Edmonds International directed the resort's design



The future spa will provide
a wellness experience
strongly imbued with
Sardinia's DNA

Régis Boudon Doris,
CEO of bbspa_Group



BBSPA_GROUP

Sporty spa

bbspa_Group announces its plans to realise an urban destination
spa inside new state-of-the-art Sardinian football stadium



BBSPA_GROUP

■ The stadium project recently received
€50m (US\$54.5m, £44.3m) in funding
from The Regional Council of Sardinia

International spa and wellness consultancy bbspa_Group has been appointed by Italian football club Cagliari Calcio to create an urban destination spa inside the club's upcoming new stadium.

Cagliari Arena will open with a 4,000sq m spa rooted in Sardinian healing traditions, following an agreement between Cagliari Calcio, industrial holding company Costim, bbspa_Group and Snow Group (of which bbspa_Group is a shareholder).

With a capacity of 25,000 seats, the stadium will be located in the Sardinian city of Cagliari.

The new property is being built by Italy-based architectural firms Manica Architecture and Sportium on the site of Cagliari Calcio's former home turf, Stadio Sant'Elia, and is projected to open in 2025-2026.



BBSPA_GROUP



The biggest challenge was to come up with a concept that was both innovative and functional



Wellness vision

bbspa_Group says its vision for the stadium spa is to create a central urban sanctuary that makes wellness available all week long for city dwellers.

The spa will be home to 10 single treatment cabins, two couples cabins, two spa suites and one Watsu suite.

Wet and thermal facilities will consist of a 50sq m panoramic Finnish sauna with a frigidarium and relaxation area; a 150sq m hammam with a relaxation area, hot steam area and soap and scrub area; two kaolin mud paths; two volcanic mud paths; a cold plunge pool; an indoor pool with a whirlpool; and an outdoor relaxation pool.

The management of the spa will be overseen by Snow Group Italia, the Italian branch of bbspa_Group that manages over 60 spas in Europe. bbspa_Group told *Spa Business* the spa

treatment partner is yet to be confirmed, but it will definitely be one of the Snowgroup's three skincare brands; Cinq Mondes, Deep Nature and Algotherm.

"The biggest challenge was to come up with a concept that was both innovative and functional," commented Régis Boudon Doris, CEO of bbspa_Group.

"We wanted to create a spa with its own sense of place, despite being in an unusual setting for a wellness facility."

He added: "Our local approach has seen us engage in an in-depth strategic audit of Sardinian culture and traditions, which has allowed us to devise a unique concept that's appropriate for the site

Boudon Doris concluded: "The future spa will provide a wellness experience strongly imbued with Sardinia's DNA and make it possible for the whole world to tap into the wellness secrets of this land." ●



BBSPA_GROUP

■ Cagliari Arena will open with a 4,000sq m spa rooted in Sardinian healing traditions



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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



SKINHAPTICS

■ Both the lotion and cream contain provitamin B5 which is known for its soothing properties

Skinhaptics range grows with trio of soothing handcare products

Skinhaptics has developed three gentle products to soothe irritated and dry skin.

The three new handcare launches – called Delicious Body Lotion, Smooth Cream and Washing Care for delicate hands – have all been created as solutions for sensitive skin.

Blended with cotton and plum oils, both the lotion and cream contain provitamin B5 which is known for its soothing properties.

Meanwhile, the gel soap gently cleanses hands to nourish the epidermis and protects it from daily aggressors.

More about Skinhaptics

Skinhaptics is a Paris-based brand headed up by Sandrine Dahan, director and founder. A biochemist and mother of three, Dahan is passionate about the importance of safe skincare.

With a focus on pre- and postnatal massage as well as children's massages, Skinhaptics now encompasses an allergen-free, vegan range of nine professional spa and at-home skincare products, as well as its own massage training school and a suite of branded treatment protocols.

"I launched these three handcare products in response to demand from spa and salon professionals," Dahan explained to *Spa Business*.

"Since Covid, people are using more and more hydro-alcoholic sanitising gel which causes hand irritation.

Plus, beauticians and spa therapists use a multitude of skincare products during treatments every day which can be tough on their hands."

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France

REM unveils Signature Range with two new luxury pedicure chairs

Spa, salon and barber equipment manufacturer REM has launched a new Signature Range.

Designed and manufactured in the North of England, the collection features 10 new products. According to REM commercial director Trevor Lingard, the range's new Sienna



■ Trevor Lingard, REM commercial director

Pedicure Chairs is one of the most exciting products for the spa industry.

"The Sienna model is a new top-of-the-range unit that provides style and comfort to any spa environment," says Lingard.

"The seat swivels 90 degrees to both sides for easy client access, with the height-adjustable footrest offering extra comfort."

The chair also features an integrated ceramic basin with a whirlpool function, push-button for waste and a one-lever tap with a pull-out hand spray.

The pedicure station can be finished in any laminate and fabric from the REM range, with the option to embroider a logo onto the chair.



REM UK

■ The Sienna Pedicure Chair is the range's premium model

In addition to the Sienna chair, REM has also unveiled the Fantasy pedicure unit – a flexible piece of spa and salon equipment, that requires no plumbing.

MORE ON spa-kit.net
<http://lei.sr/C9X8w>

Circadia develops serum to honour founder

Circadia's first new launch of 2023 is Serum 71, a product designed to deliver brightening, lightening and tightening effects for all skin types.

With the strapline "a nod to the past, with an eye on the future", the new serum is a tribute to Circadia's founder Dr Peter Pugliese's contributions throughout his career as a chemist. It's named after the year he joined the Society of Cosmetic Chemists – 1971.

Pugliese conducted clinical studies and made major discoveries which have informed skincare product formulations to this day.

"There are many ingredients that have become traditional features in skincare formulations, but



■ Pugliese is honouring his grandfather's legacy

the history behind them is still really important," says Michael Pugliese, CEO and grandson of Peter Pugliese, "each of these came from a person or group of people who were passionately pursuing them."

MORE ON spa-kit.net **<http://lei.sr/I5K5i>**



CIRCADIA

SkinCeuticals reformulates A.G.E. Interrupter Advanced

SkinCeuticals has relaunched its signature A.G.E. Interrupter Advanced moisturiser with an all-new formula.

The product is described as a multi-corrective hydrating cream that targets the signs of visible ageing caused by collagen decline and glycation.

Originally launched 14 years ago, the main ingredients in the new A.G.E. Interrupter Advanced are:

- Wild fruit flavonoids: an antioxidant blend of blueberry and pomegranate extracts.
- Glycyrrhethinic acid: liquorice root extract used in formulas for its soothing properties.
- Concentrated proxylane (20 per cent extra than the previous formula): Proxylane is a patent active ingredient used in formulas targeting the appearance of wrinkles, laxity, firmness, smoothness and elasticity.

"The new A.G.E. Interrupter Advanced is underpinned by the innovative science of targeting collagen degradation on a multi-dimensional level," said Dr Ana Mansouri, aesthetic doctor and medical



SKINCEUTICALS

■ The face cream first launched 14 years ago

director at Dr Ana • The Skin Clinic (partnered with SkinCeuticals). "Having reviewed the new formula, I'll be recommending my patients implement this into their maintenance regimens post-procedure alongside in-clinic collagen induction procedures."

MORE ON spa-kit.net <http://lei.sr/J2l8z>

Mii Cosmetics develops new Bright Eyed Revitalising Balm

Spa and salon cosmetics brand Mii Cosmetics has introduced a new product to brighten, depuff and hydrate the delicate under-eye area.

Called Bright Eyed Revitalising Balm, the new launch is described as a multifunctional product that's

designed to instantly cool the under eye from the first glide.

The formula's star ingredient is hyaluronic acid which is known for its ability to boost the skin's hydration levels.

The balm is also infused with phytosphingosine – an ingredient naturally found in the outermost layer of the skin with antimicrobial and anti-inflammatory properties. It's claimed to support the skin's barrier function and consequently minimise dark circles and brighten and tighten the skin around the eyes.



MII COSMETICS



■ Susan Gerrard,
company founder

MORE ON spa-kit.net
<http://lei.sr/5u4o7>

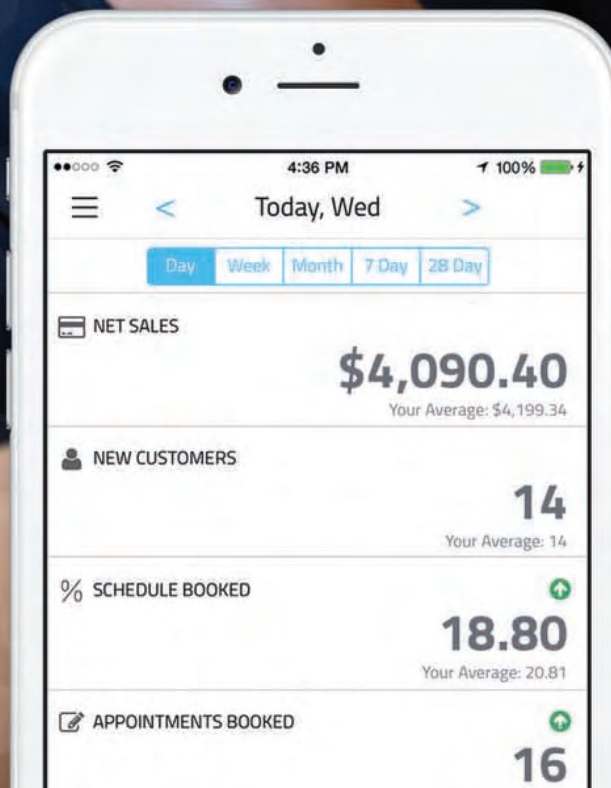
■ The formula is enriched
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Asia-Pacific Spa & Wellness Coalition (APSWC)

■ www.apswc.org

Association of Malaysian Spas (AMSPA)

■ www.amspa.org.my

Australasian Wellness Association (ASWELL)

■ <https://aswell.au>

Bali Spa and Wellness Association

■ www.balispawellness-association.org

Brazilian Spas Association

■ www.abcpas.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.femteonline.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

Hot Springs Association

■ <https://hotspringsassociation.com>

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

Latin American Spa Association

■ www.spalatinoamerica.com

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

Saudi Arabian Wellness Association

■ www.saudiwellness.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.swafrica.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