



State of Spa survey revealed

The Good Spa Guide has revealed the findings of its latest consumer survey, called the *State of Spa Report 2023*.

"The best news is that two-thirds of people expect to pay the same or more for their spa time, despite the current economic climate. This is really heartening in a time of financial instability," said director Caitlin Dalton, speaking exclusively to *Spa Business*.

"However, the most surprising news comes from the sections on wellness and sustainability. Both are key to the industry but it appears they're not such a priority for the majority of our sample, who say they're a 'nice to have', but not essential when it comes to booking."

Other key findings of the survey of 8,827 consumers included 18 per cent of respondents saying they're worried



SHUTTERSTOCK/PEAKSTOCK

■ Good Spa Guide readers expect to pay the same or more for their spa treatments



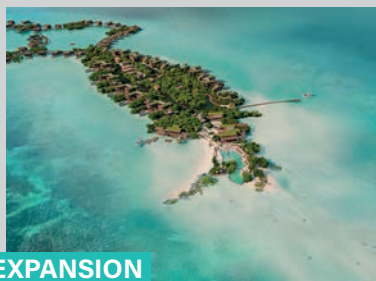
GSG

about going to a spa because they don't feel body-confident, thermal rooms being deemed the most important factor when booking a spa and the majority of the sample not seeing a couple's treatment room as a priority when booking.

MORE >>> http://lei.sr/m8J2K_B

This is really heartening news in a time of financial instability

Caitlin Dalton, Good Spa Guide



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Music star **Charlotte Church** creates wellness retreat in former home of Laura Ashley

Welsh music star, TV personality and activist Charlotte Church has opened a new wellness retreat in the Elan Valley in Powys, Wales.

Called The Dreaming, the new seven-room destination is designed to offer an escape from the complexity of modern life; connecting people back to the land, to themselves and to their journey.

Church felt the location was the perfect space to combine the three things she is most passionate about: climate action, wellbeing for all and economic equity.

Church said: "I have regularly tried to use my platform to campaign for climate action, economic equity and wellbeing for all. Some of



I use my platform to campaign for climate action, economic equity and wellbeing

Charlotte Church

that has turned out to be effective and meaningful, but I always felt there was more I could be doing.

"I think that's why I fell so utterly in love with Rhyddoldog House, as it gave me a vision of an integrated healing centre in line with my most deeply-held values.

"The realisation of that vision has completely changed my life and I hope that we can help our guests change their lives too, even if it's just in small ways."

In a nod to this, prices start at just £450 (US\$576, €528) for three nights, including all meals and activities, plus there is a "pay what you can" space on every three-day retreat.

MORE >>> http://lei.sr/v7Q9d_B



These new services are encouraging guests to book additional services and stay longer

Garnie Nygren

Garnie Nygren announces Serenbe spa more than doubled in size

Award-winning US wellness community Serenbe in Atlanta, Georgia, has expanded its spa following a jump in business over the past two years.

Thanks to the update, The Spa at Serenbe has grown from eight treatment rooms to 12 and expanded its footprint from 1,900sq ft to 3,198 sq ft.

"Over the last two years, our business at the spa doubled and we were sold out every weekend," said Garnie Nygren, Serenbe co-managing partner.

"The increased demand for signature wellness services at Serenbe that guests have come to know and love fostered the need to expand our offerings.

"With the new expansion capacity, we're increasing business by 33 per cent with the additional rooms, new lounges and sauna and steamroom amenities.

"These new services are encouraging guests to book additional services and stay longer for a more relaxing full spa experience."

MORE >>> http://lei.sr/r2N2C_B



GWS



Jeremy is a leading advocate for sustainable travel and, specifically, wellness tourism

Cathy Feliciano-Chon

Travel specialist **Jeremy Jauncey** to keynote 2023 GWS

The Global Wellness Summit (GWS) has announced that Jeremy Jauncey, founder and CEO of Beautiful Destinations, will keynote its 17th-annual event taking place in Doha, Qatar, from 6-9 November.

Jauncey, a British-born serial entrepreneur, travel writer and social media influencer with millions of followers on Instagram, is a prominent figure in the travel industry. The *Financial Times* has called him the “world’s most influential traveller” and *Fast Company* magazine voted Beautiful Destinations one of the most innovative companies in the world, with over 50 million followers on social media.

“Jeremy is not only one of the most influential individuals in international travel, but he’s also a leading advocate for sustainable travel and, specifically, wellness tourism,” said Cathy Feliciano-Chon, GWS 2023 co-chair and founder and managing director of CatchOn, a Finn Partners company.

MORE >>> http://lei.sr/t2e9q_B

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EXPANSION

Six Senses Belize to open on private island in 2025

Six Senses is set to open a new tropical island retreat on a stretch of secret beachfront in Belize by mid-2025.

Six Senses Belize will be home to 45 resort villas and 24 overwater residences set across two areas – Secret Beach and a 10-acre private island about two miles away.

According to Six Senses, a signature Six Senses Spa and Wellness Village will be the beating heart of the destination. Built around the natural lagoons to the north of the preservation area, the wellness hub will feature an Alchemy Bar, Holistic Anti-Aging

Center, fitness centre, indoor and outdoor treatment areas, Temazcal lodge and outdoor yoga pavilion.

Programming will focus on natural healing, energy medicine and traditional Mayan practices.

"We've drawn inspiration from local craft and Belizean life, capturing the spirit and history of Mayan architecture and local heritage," said Neil Jacobs, Six Senses CEO.

"Everything has been done to embody a new generation of travellers, eager to make memories, while preserving the island for future generations."

MORE >>> http://lei.sr/x3b7H_B



■ The resort will open on Ambergris Caye

SIX SENSES

“
We've drawn inspiration from Belizean life and local heritage

Neil Jacobs

SOUTH AMERICA

Minor Hotels planning second Anantara Resort in Brazil



MINOR HOTELS

“
We look forward to working with Grupo Carnaúba to bring this new resort to fruition

Dillip Rajakarier

Hotel owner, operator and investor Minor Hotels has announced plans to unveil a second Anantara property in Brazil.

Slated to launch in 2026, the new-build Anantara Preá Ceará Resort will be located in the state of Ceará on the country's northeast coast.

To be built within the high-end Vila Carnaúba real estate development, the 60-key Anantara Preá will be home to a signature Anantara Spa which will offer a wide range of spa treatments and wellness programmes.



■ Minor says the property will open as an eco-resort

MINOR HOTELS

Dillip Rajakarier, CEO of Minor Hotels and Group CEO of Minor International, said: "We're excited to demonstrate our commitment to expanding our footprint in Brazil with quality projects focused on preserving nature and the surrounding landscapes."

MORE >>> http://lei.sr/Y8J8d_B

OVERHAULS

Luton Hoo to rebrand as Fairmont

Five-star luxury spa retreat Luton Hoo Hotel, Golf & Spa is due to be redeveloped under the premium Fairmont Hotels & Resorts brand following a recent deal between Accor and Arora Group.

Dating back to 1601, the 228-room estate spans 1,100 acres and is home to a Manor House, country hotel and spa.

Thanks to the deal, the property will undergo a multi-million-pound redevelopment and rebrand. As part of the overhaul, the spa will be given a comprehensive makeover.



ARORA GROUP

We're excited to have this historic hotel join our other flagship properties



Surinder Arora

Surinder Arora, founder and chair of Arora, said: "We're incredibly proud to bring the Fairmont brand once again to Arora's portfolio of hotels. We're excited to have this historic hotel join our other flagship properties."

MORE >>> http://lei.sr/T6z6h_B

PLANNING

Therme Manchester's new design submitted

Following a public consultation, Therme Manchester, the UK's first city-based wellbeing resort, has submitted a new design for approval to Trafford Council.

The concept for the project has transitioned, from primarily a single building with zones and an undulating roofline, to a flowing pavilion-style concept and will contain wellness, health and fitness, a waterpark, arts installations and a hydroponic farm.

This new design features separate connected structures that are immersed and enveloped in a natural landscape, with a revised location for car parking and enhanced



A rendering of the proposed new design

THERME GROUP

connectivity with public transport. At the heart of the new design lies an urban wellbeing garden, inspired by an English meadow.

Pending planning approval, the £250m (US\$317.8m, €291.4m) construction is set to commence later this year, with an estimated build time of 24 months.

Therme Manchester has enlisted Fletcher Priest – a London-based architectural and design firm – as collaborating architects.

MORE >>> http://lei.sr/2d2G4_B

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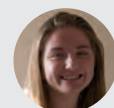
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Spa Business insider is published fortnightly by The Leisure Media Company Ltd, PO Box 424, Hitchin, SG5 9GF, UK.

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.

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ISSN: Print: 1753-3430 Digital: 2397-2408
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PARTNERSHIPS

Crystal Cruises refreshes spa concept with OneSpaWorld

Crystal Cruises has appointed cruise ship and resort spa operator OneSpaWorld as its exclusive spa and wellness partner for the next five years.

OSW will operate all spa, salon, medi-spa and fitness services onboard Crystal's newly updated *Crystal Serenity* and *Crystal Symphony* liners, as well as any additional vessels coming into service during the term.

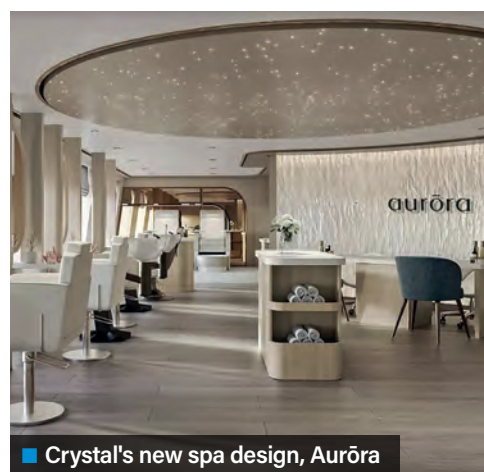
"Our renewed partnership with Crystal brings us great joy at OSW," said Leonard Fluxman, executive chair, CEO and president of OSW. "We have carefully crafted unique

services and first-at-sea wellness experiences for Crystal's guests, and we look forward to continuing our 20+ year relationship."

Currently being refurbished in Trieste, Italy, *Crystal Serenity* and *Crystal Symphony* will debut later this quarter with Crystal's newly redesigned spa concept *Aurōra*, inspired by the Goddess of Dawn.

A collaboration between Crystal and Tillberg Design of Sweden, the *Aurōra* spas will be characterised by light-bright neutral colours, an illuminated fibre-optic starlight ceiling and organic materials.

MORE >>> http://lei.sr/A2w3c_B



■ Crystal's new spa design, Aurōra



We've crafted unique services and first-at-sea wellness experiences

Leonard Fluxman

EVENTS

Good Spa Guide crowns best British spas



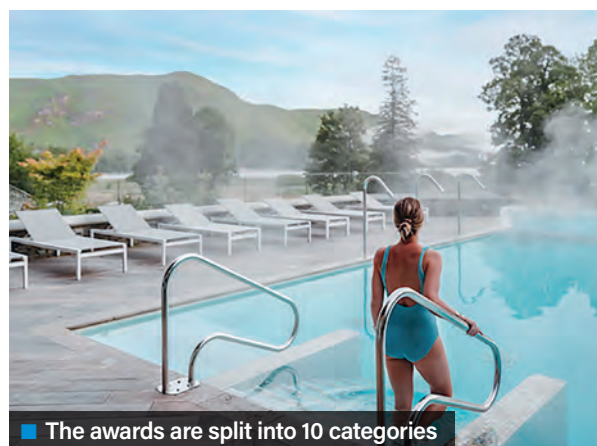
We received a record-breaking 412,526 consumer votes

Caitlin Dalton

The Good Spa Guide unveiled the results of its 14th annual awards at Spa Life UK's annual two-day conference in the Cotswolds, UK.

The awards celebrate the very best in spa excellence across the UK and how they play an increasingly vital role in supporting our health and wellbeing.

Best Day Spa was awarded to The Spa Hotel at Ribby Hall Village, Best Hotel Spa was given to The Woodland Spa and Best Spa for the Eco-conscious was awarded to Rudding Park Spa.



■ The awards are split into 10 categories

Caitlin Dalton, director of The Good Spa Guide, said: "We were delighted to receive a record-breaking 412,526 consumer votes in the Good Spa Guide Awards this year – confirming just how important our much-loved spas are for our health and wellbeing."

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■ Delegates connected over two days of networking, education and meetings



Spa Life UK 2023

The Spa Life UK Convention was developed to support and nurture the spa industry and the 2023 event sought to reunite people and inspire attendees with insights into the power of resilience

Spa Life UK is a staple of the UK spa industry calendar and for 2023, the event was hosted from 2-4 July at the De Vere Cotswold Water Park Hotel, in South Cerney.

The annual event is organised to equip attendees with valuable insights, educational content and knowledge that they can apply to elevate and strengthen their spa businesses.

In addition to a keynote speech and breakout sessions, there were structured business development opportunities via a speed-networking forum, plus informal networking opportunities in the Expo Arena where brand partners and sponsors showcased their latest products and innovations. Brands in attendance included Elemis, Germaine

de Capuccini, Gharieni, Hydrafacial, Temple Spa and many more.

"This year's Spa Life UK was just magical," said Spa Life founder Andrew Hammond.

"When delegates tell us that it's their favourite event of the year, we assume they're wrapped up in the emotion of the moment, but when you see so many hugs and smiles all day long, then we start to believe it too!"

As in previous years, a highlight of the event was the annual gala where delegates could reconnect and also discover the best of British spas following the announcement of the Good Spa Guide awards.

The Good Spa Guide also unveiled the findings of its 2023 White Paper which investigated the changing

behaviour and attitudes of UK spa-goers. Check out the key findings in our *Spa Business* report at www.spabusiness.com/GSGsurvey2023.

The speakers

Headlining Spa Life UK 2023, with a keynote on resilience, was Dr Glenda Rivoallan, DBA – a speaker, consultant, author and professional wellbeing strategist, with over 28 years' experience in the fitness and wellness sector.

In addition, SpaLife engaged a lineup of key industry figures to host breakout sessions.

The team is now gearing up for its next event which will be held in Ireland from 12-14 September and preparing for the next UK Spa Life in early July 2024. ●



■ The event seeks to reunite spa professionals to foster innovation and strengthen and inspire the UK spa industry



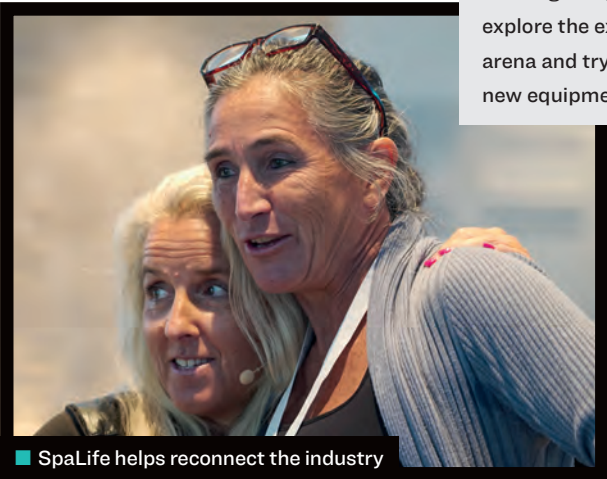
■ Spa Life founder, Andrew Hammond (pictured above) described the 2023 event as 'magical' and said there was strong energy and excitement among delegates to be back together





■ The event feature numerous networking opportunities

“ Delegates engaged in both structured and informal networking ”



■ Delegates got to explore the expo arena and try out new equipment

■ SpaLife helps reconnect the industry





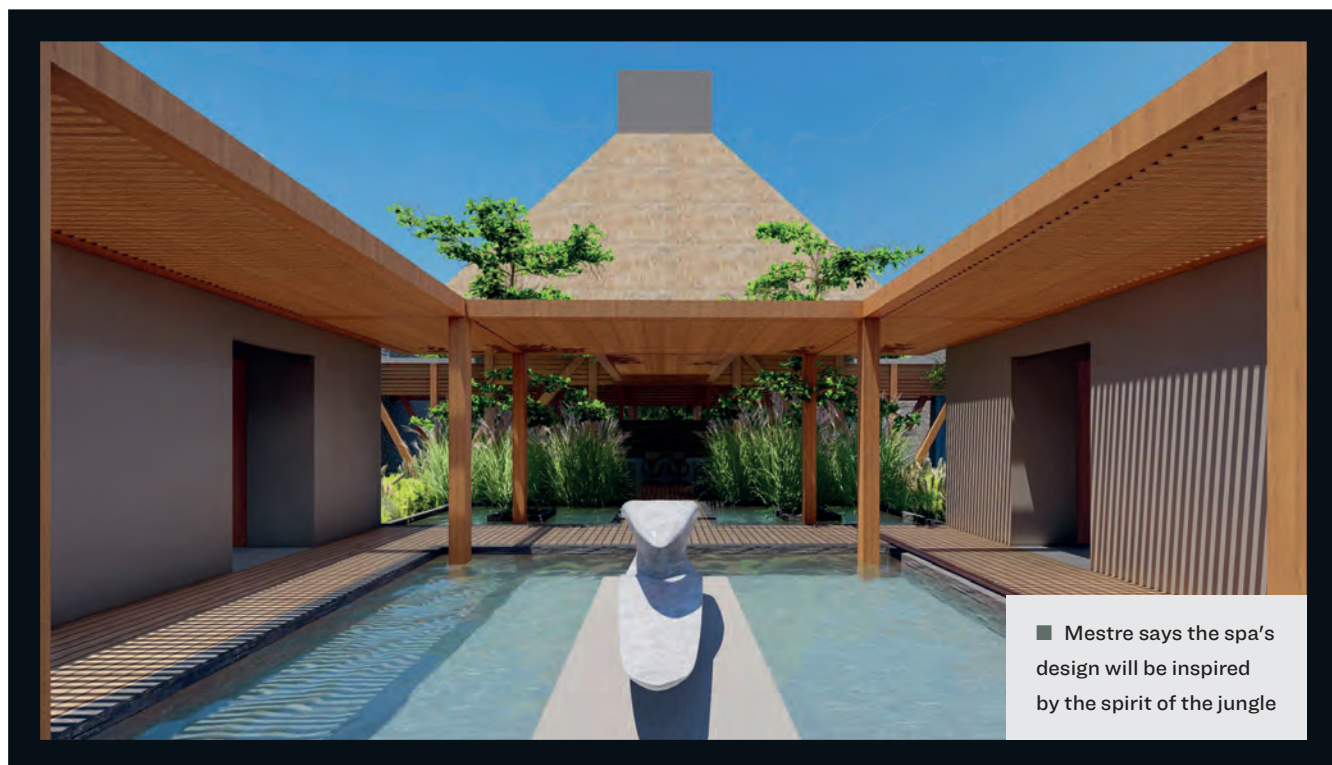
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Jungle wellness

Diana Mestre talks to *Spa Business* about devising a new temple of wellness spa concept for a Belizean jungle resort

Spa consultant Diana Mestre and design firm Saballos Architects have partnered to create a wellness temple concept for five-star boutique resort Ka'ana in San Ignacio, Belize.

Mestre – of Mestre & Mestre Spa & Wellness Consultants – says the spa will open at the end of 2024 and showcase ancient Mayan traditions in an indoor-outdoor setting.

True to its Mayan name, Ka'ana meaning, 'heavenly place', the resort is nestled in the heart of the tropical jungle of western Belize.

"The spa will bring the spirit of the jungle to Ka'ana's guests," explained Mestre, "the facility will be woven into temple-like structures and constructed



The spa will bring the spirit of the jungle to Ka'ana's guests

Diana Mestre

using light wood and bamboo materials that blend in with the surroundings."

The upcoming 1,800sq m spa will feature two couple's treatment rooms, two individual treatment rooms and one VIP Suite with a private pool. Each one will be named after Mayan Gods and accommodate treatments inspired by ancestral Mayan traditions.

In addition, guests will have access to a sensory relaxation room surrounded by an organic herbal garden, an outdoor experience area for steam and sauna experiences and a traditional Temazcal, as well as a Fire Circle, a Yoga Deck, rain showers and outdoor cenote-like pools.

To complete the offering, the spa will also be home to a health bar and an apothecary-style boutique for guests to create their own elixirs.



■ The spa will be anchored by a sensory relaxation room surrounded by an organic herbal garden and thermal and hydrotherapy experiences



Lessons from nature

Taichi Kuma, son of celebrated Japanese architect Kengo Kuma, has created a seashell-inspired sauna on Japan's famous art island



■ The 150-layer wooden sauna is built from 5,000 pieces of stacked plywood

KEISHI HOKKOSH/SS

Taichi Kuma, son of the celebrated Japanese architect Kengo Kuma, has designed a striking new sauna for the Sana Mane glamping destination in southern Japan.

Nestled between a forest and a beach, the 150-layer wooden sauna is built from 5,000 pieces of stacked plywood and curves upwards into a spiral shape inspired by the geometry of seashells and fishtails. In a nod to this, the structure – called Sazae – is named after the Japanese word for the horned turban sea snail's shell.

Intricate craftsmanship

Inside the sauna, the pleats of wood are gently shaped to provide a comfortable seating space. The interior is illuminated by natural light from an oculus in the ceiling as well as specialist durable LED lighting.

The temperature and humidity are kept at an optimum level, despite the high ceiling, thanks to environmental simulations and a unique design which forces ventilation.

Taichi became a partner at Kengo Kuma and Associates (KKA) in 2020. His father Kengo founded the practice and has worked with leading hospitality brands around the world such as Six Senses, Capella and St Regis.

When you bathe in plenty of moisture and heat, the air you feel afterwards is something else



■ Taichi describes the sauna as a “cave-like space with many twists and turns, cut off from the outside world by a thin wall”

KEISHIN HOKOSHI/SS

I like saunas where you can detox yourself from digital gadgets, internalise and confront yourself

Kengo's wellness projects range from one of the largest spas in the Caribbean at Mandarin Oriental Dells Cay and the pixelated stone design of the Yunfeng Spa Resort in China to skincare packaging for Aman and a specialist meditation house at Das Kranzbach spa hotel in Bavaria.

Taichi collaborated with Japan-based sauna brand TTNE to realise the design of Sazae. According to KKAA, Sazae's linear pleats were pieced together like a puzzle and draw on biomimicry.

The eye-catching sauna has been brought to life on Naoshima island, a creative hotspot known as 'Japan's art island' thanks to its abundance of art museums, sculptures and architecture.

Taichi describes the sauna as a “cave-like space with many twists and turns, cut off from the outside world by a thin wall”. For him, its most important advantage is its ability to help people

experience Naoshima's nature more deeply and profoundly once they make their way out of the sauna.

“Personally, I like saunas where you can detox yourself from digital gadgets, internalise and confront yourself. Saunas have the effect of attracting such natural charm. When you bathe in plenty of moisture and heat, the air you feel afterwards is something else.”

He encourages bathers to use the sauna as part of a contrast thermotherapy cycle and cool off by swimming in the nearby sea.

Reserved for hotel guests only, Sazae must be booked in advance. Guests are allowed to eat and drink inside and are offered bath towels, sauna hats, sauna mats and sandals for free.

They can also upgrade their experience by selecting either a herbal or citrus aromatherapy oil to scent the sauna and use a traditional Finnish vihta. ●



KOKI SATO

■ Taichi Kuma (pictured), the son of the famous architect Kengo Kuma



First published in *Spa Business* Issue 2 2023

Mind expansion

With the quest for better mental wellness growing ever stronger in the wake of the global pandemic, we ask Gharieni CEO Sammy Gharieni how the company's wellness technologies are helping spas to meet this consumer demand

As a supplier, how is Gharieni addressing the shift towards treatments that better support mental health?

Today's spa visitors are now looking for both mental and physical benefits. Pampering is no longer the sole objective of the spa experience. The shift is towards a wellness experience, where guests seek multiple benefits from their spend – mental fitness, health optimisation and take-home value. These are all benefits that should extend way beyond their stay, and our mind/body wellness technologies enable spas to provide enhanced and accelerated results.

Can you outline in more detail how your spa models help to improve a client's mental wellbeing?

All of our Mind/Body Wellness Technology beds are developed to enhance mind and body, and in particular, the following are focused on the support of mental wellness.

The MLX i3Dome combines far infrared technology with plasma and light

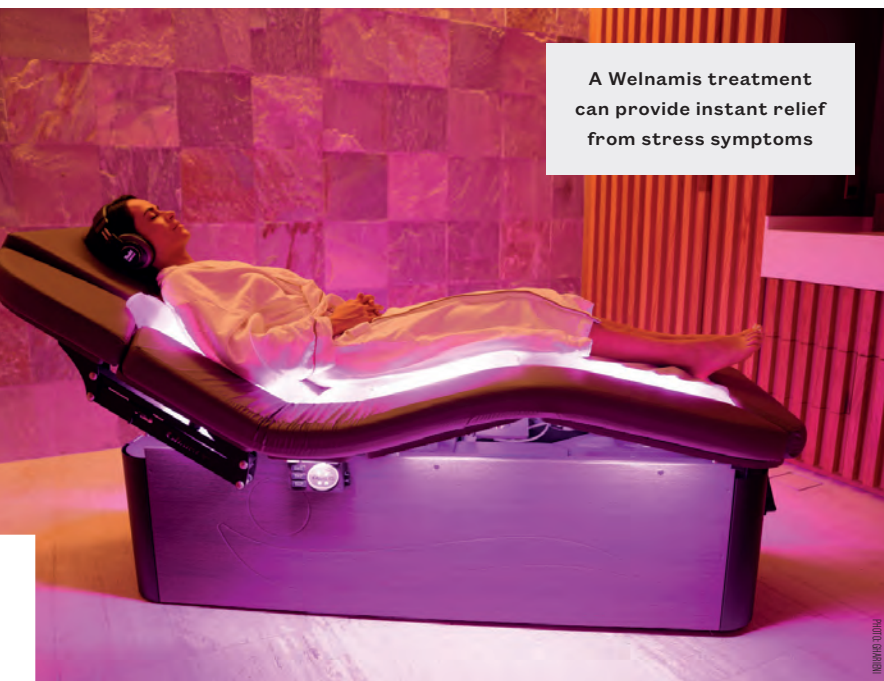


PHOTO: GHARIENI

PHOTO: GHARIENI



RLX Aurasens transports guests to another dimension



A Welnamis treatment
can provide instant relief
from stress symptoms



*Consumers are looking
for evidence-based
claims to ensure value
for their wellness spend*

*Sammy Gharieni,
CEO, Gharieni*

Our **Welnamis** bed is designed to offer deep relaxation for busy minds. Its binaural acoustic and dynamic stimulation comprises a computer-controlled acoustic and vibrational technology that trains the brain to relax and benefit from deep relaxation techniques.

Similar to meditation, specific sounds slow down mental activity and vibrational frequencies act on specific parts of the body.

A **Welnamis** treatment can provide instant relief, and if repeated as little as once a week for three weeks – for just 22 minutes a week – can create optimal and longer-lasting results.

For clients suffering from low-energy, lack of sleep, anxiety and stress, our **RLX Satori Wellness Lounger** uses natural vibrational and binaural sounds to fully synchronise body and mind.

This vibro-acoustic treatment has been clinically proven to have positive effects on mood states and support behavioural change in people recovering from anxiety, sleep disorders and addiction states, as well as in people looking to reduce stress in their lives.

RLX Aurasens is our immersive sound and haptic augmented experience that delivers the magic of music and pulsating haptic sensations to transport guests to another dimension.

As a non-visual, multi-sensory experience, it's designed to help users escape from reality into their imagination, enabling them to re-awaken their senses and create a deeper connection to mind, body and spirit.

Gharieni places great importance on validated scientific research to support the development of its wellness technologies. What are some of the standout study results that link your models to improved mental wellbeing?

There is much evidence to support this and the scientific database is growing day by day.

A study into our **MLX i3Dome** (combining far infrared technology with plasma and light) showed reduced levels of cortisol (stress hormone), improved immune systems function, lower anxiety and depression score states, elevated wellbeing ratings, improved mood states, reduction in muscle and joint pain and decreased insomnia states.

Results from the first part of a two-part study into the **MLX Quartz** (integrating sand therapy, aromatherapy, inversion therapy and undulating massage) and the Welnamis have indicated that both these beds improve the regulation of the autonomic nervous system (ANS), responsible for both sympathetic and parasympathetic responses, which is the primary mechanism in control of the body's fight-or-flight (stress) response.

How do you see the future developing with regard to wellness technologies and mental wellbeing?

Today's consumers are looking for evidence-based claims to ensure value for their wellness spend – and mental wellness is a key part of this. Brands will need to work even harder to deliver reliable information about the promises they make and to balance scrutiny and authenticity.

We're also in the middle of a convergence of traditional spa and wellness practices with the integration of medical and wellness practices – Integrative Wellness. This means that the industry must continue to work with the latest science to deliver more targeted and bespoke experiences to educate wellness consumers. ●

More: www.gharieni.com



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SUPPLIER NEWS

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SUBTLE ENERGIES

■ Made in Australia, Subtle Energies products are created to promote authentic wellness through vibrational medicine

Subtle Energies debuts in Italy at the Mandarin Oriental, Milan

Luxury Ayurveda aromatherapy brand Subtle Energies has made its first foray into the Italian wellness market and partnered with The Spa at Mandarin Oriental, Milan.

The Australia-based spa and wellbeing brand has introduced a full collection of facials, therapeutic body treatments, advanced holistic massages and wellness programmes to the Italian spa's menu.

"Our products and treatments not only solve skin and body ailments but also empower one's physical, mental and emotional wellbeing," said Nick

Irani, Subtle Energies director of operations and brand development.

"We're delighted to partner with Mandarin Oriental, Milan and bring these healing therapies and products to the Italian market, and we look forward to developing the team to deliver our rejuvenating, restorative and healing therapies."

In other news, the brand has announced that Alisha Shroff has joined its senior leadership team as global marketing director.

As the head of all Subtle Energies global customer-centric initiatives, Shroff will focus on driving global

omnichannel growth, content and digital marketing strategies, as well as helping the company's loyalty and CRM programmes.

With more than 17 years' marketing expertise in luxury fashion, Shroff has previously spearheaded omnichannel and consumer communication and has global experience with a diverse portfolio of brands. She also holds a Master's Degree in International Marketing Management and is based between Hong Kong and the UK.

MORE ON spa-kit.net

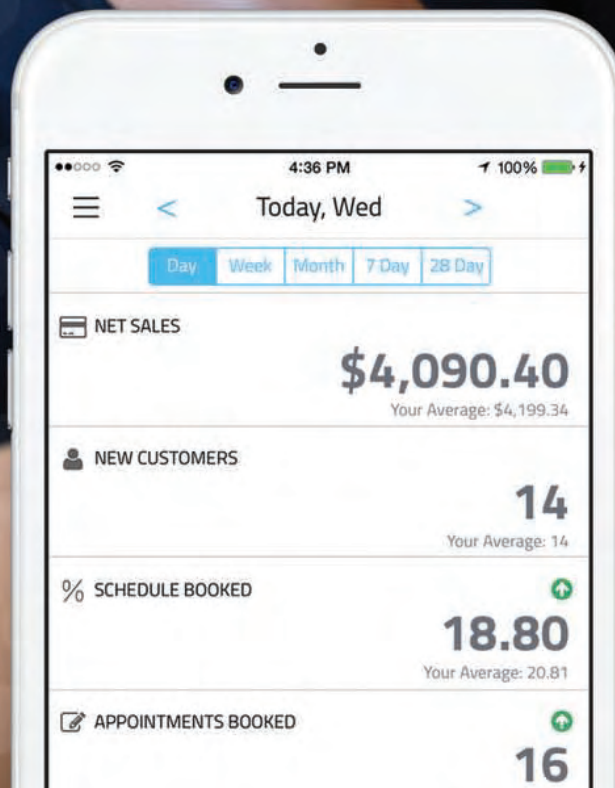
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Edeniste launches active wellbeing fine fragrances backed by neuroscience

Edeniste is a new fragrance brand infusing scientifically proven molecules into an active fine fragrance collection, proven to improve emotional wellbeing.

"Edeniste is the first perfume with active molecules, offering a 'psycho-physiological effect' – an

emotional fragrance experience offering greater wellbeing," says Edeniste founder Audrey Semeraro.

Following input from leading neuroscientists and a partnership with Japanese fragrance company Takasago, the brand has created a two-step olfactory process.

First, users pick one of seven active wellbeing fine fragrances – called Eau de Parfums – formulated to regulate and rebalance stress levels, each one containing a patented olfactive compound proven to have a regulating impact on mood.

Scents include Rose Délice, Vetiver Imaginaire, Jasmin Cruel, Néroli Sensuel or the Eau de Parfum Intense: Vanille Irresistible.



■ Audrey Semeraro
company founder



EDENISTE

■ Users pick one of seven perfumes before choosing an active essence

Next, consumers pick one of six Lifeboost active essences that have been proven to stimulate areas of the brain; Happiness, Energy, Dream, Wellbeing, Relax and Seduction.

MORE ON spa-kit.net
<http://lei.sr/K0j3f>

Fashionizer Spa unveils new Kinthia spa robe

Uniform specialist Fashionizer Spa is launching its first garment – a kimono-style robe – for guests.

"No luxury experience is complete without a good welcome routine and a luxurious robe," says MD Debbie Leon, adding that the new Kinthia gown is designed for use in hotels and spas and as a VIP or retail offering.

The wrap-around robe has been made to be comfortable and chic and features thoughtful details such as carefully designed sleeves, a detachable belt and two pockets.

It comes in a green leaf print or a plain/undyed version and can be personalised with logos and trims. Kinthia is underpinned by Fashionizer's



FASHIONIZER SPA

■ The kimono-style robe is fully biodegradable

strong focus on sustainability. It's crafted from 100 per cent organic cotton, is fully biodegradable and uses less energy and water during the washing and drying process as it only weighs 350g.

MORE ON spa-kit.net <http://lei.sr/8c7r7>

Voya launches biodegradable eye masks and marine bath salts

Voya, known for its sustainable seaweed spa lines, has created two new retail products.

"The launches are the perfect way to try out the unique Voya wellbeing experience and the benefits of seaweed at home," says company founder Mark Walton.

Its new biodegradable Renewal Eyes Seaweed Eye Masks are made from 100 per cent laminaria digitata seaweed. They're designed to cool and soothe the delicate under-eye area, offer hydration and elasticity and help to improve dark circles and puffiness.

The masks come in dried form, but spring back to life with health-giving properties when prepared in warm water.

Meanwhile, the Indulgent Sea Marine Bath Salts combine chunky bath salts with nourishing fucus serratus seaweed and detoxifying minerals – magnesium, zinc, calcium and potassium. They're completed with uplifting lime and mandarin essential oils to revitalise the body.



VOYA

■ Fr Urem quo quo velique as mi, as dunt laciand, qui

Both types of seaweed used in the products are believed to help collagen production and protect against free radicals.

Like all Voya ingredients, they're hand-harvested off the coast of Ireland.

MORE ON spa-kit.net http://lei.sr/X2s6f_B

Foreo's new anti-ageing brand FAQ Swiss launches LED masks

Medical skin-tech brand FAQ Swiss – owned by Foreo – has expanded its collection with the FAQ 200 Collection of smart silicone LED face masks.

Launched in January, the FAQ Swiss brand has unveiled two LED devices – the FAQ 202 and FAQ 201.



FAQ SWISS

■ Filip Sedick, Foreo and FAQ Swiss founder

Both are wireless, with an open-eye flexi-fit silicone design and a non-slip headband. The smart face masks are also app-connected and feature pre-programmed treatments (up to 15 minutes long) as well as the option to design your own treatments.

"We were always told we need to book appointments to get the best anti-ageing results," said FAQ Swiss founder, Filip Sedick, "we decided to be the one to change that belief and to make professional-level anti-ageing treatments available to people around the globe."

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<http://lei.sr/S0X3B>



FAQ SWISS

■ FAQ 202 uses 600 light replicators and eight wavelengths of LED light

sponsored

Five unique product ranges span skincare, body care and home fragrance



PHOTO: ELEMENTAL HERBOLOGY

PHOTO: ELEMENTAL HERBOLOGY

In an ideal world, all five elements exist in a state of perfect balance and harmony

Antonia David, Elemental Herbology

You can bring Five Element Theory to your spa or salon with Elemental Herbology, says Antonia David

Wood, fire, earth, metal, water – ancient Chinese philosophy tells us that everything in life is composed of and influenced by these five natural elements. They influence who we are and what we feel.

Our moods can also be affected by many different factors, such as our lifestyle, diet, stress levels, routine and the seasons.

At Elemental Herbology, we embrace the elemental way of life. With five unique product ranges spanning skincare, body care and home fragrance – alongside a carefully curated treatment menu designed to balance both body and mind – our therapeutic aromatherapy blends, performance-driven ingredients and skilful techniques offer spas, salons and customers the ultimate Five Element experience.

The Five Element Face & Body Profile is a consultation process based on the ancient principles that asks each client a series of questions around their emotional and physical needs, as well as their lifestyle preferences.

This moment of calm and self-reflection before each treatment gives the client an opportunity to look within themselves, to determine how they're feeling and how they want to feel after their Elemental Herbology treatment.

After completing the Face & Body Profile, the therapist will determine the client's most 'dominant element' and select products and techniques to re-balance and restore mind and body for a truly bespoke elemental treatment.

Our five aromatherapy massage oils – Rejuvenate, Zest, Harmony, Detox and Soothe – are 100 per cent natural and plant-based. Recently reformulated to be nut-free, these indulgent oils are blended using coconut oil and skin-friendly essential oils to ensure they are irritant-free and gentle on therapist's skin.

About the elements

Those dominant in Wood will enjoy lightweight, balancing skincare and an invigorating aromatherapy massage oil to rejuvenate tired, aching muscles.

Fire elements will benefit from clarifying skincare and a zesty

aromatherapy blend to re-fuel and energise a tired mind.

Those in the Earth element will enjoy brightening, antioxidant-rich skincare and a blend of balancing aromatherapy oils to restore harmony and emotional equilibrium.

Metal elements will benefit from age-defying skincare and a detoxifying massage oil to banish feelings of sluggishness while decluttering a busy mind.

Those dominant in Water will enjoy deeply hydrating skincare and the relaxing benefits of a soothing aromatherapy blend, perfect for encouraging a good night's sleep.

Antonia David, head of education at Elemental Herbology, says: "The Five Element Theory runs throughout everything we do. In an ideal world, all five elements exist in a state of perfect balance and harmony, leading us to experience good physical, mental and emotional health. However, modern living often knocks our balance of the five elements off-kilter, and if one or more becomes either deficient or excessive, then this can lead to dis-ease and eventually disease.

"We must work to harmonise the elements ourselves, through a combination of good lifestyle choices.

"At Elemental Herbology, we aim to bring about a better state of balance with the elements through our products, aromas and spa treatments."

More: www.elementalherbology.com

 spa-kit.net keyword: Elemental Herbology

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

Australasian Wellness Association (ASWELL)

■ <https://aswell.au>

Bali Spa and Wellness Association

■ www.balispawellness-association.org

Brazilian Esthetics & Spas Association

■ www.abesbrasil.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

Hot Springs Association

■ <https://hotspringsassociation.com>

Hungarian Baths Association

■ www.furdoszovetseg.hu/en

Hydrothermal Spa Forum

■ www.hydrothermal-spa-forum.net

Icelandic Spa Association

■ www.hlsi.is

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.swaafrika.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

■ <https://www.twspa.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