

spa opportunities

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Canyon Ranch opens first location outside the US

Wellness destination Canyon Ranch has opened its first location outside the US in Kaplankaya, Turkey.

The first international location for the brand marks a significant step in Canyon Ranch's nearly 40-year history in the wellness space, and involves bringing some of the best programming from the iconic Tucson location to the Turkish Riviera, as the company aims to reach a whole new European audience.

Canyon Ranch Kaplankaya will feature a 107,000sq ft (9,941sq m) spa, fitness and Health & Healing Center, which will house 38 treatment rooms and will offer integrative wellness experiences that combine the best of traditional and eastern medicine.

The spa is using ila, Swiss Perfection and Biologique Recherche as product houses for its treatments, and is equipped with Gharieni spa tables, including the MLX Quartz.



The villas are constructed with environmentally-conscious materials

The resort will also feature the signature wellness and lifestyle programmes that Canyon Ranch is known for, offering between 30 and 60 programmes at a time.

"We'll be offering some of the best programming from Tucson," said general

manager Markus Iseli. "That said, it's a very different market than the US."

One thing the Kaplankaya resort will do differently from Tucson is to incorporate water sports and activities into the offerings, as the location features a location on the Aegean Coast. The resort will also take advantage of its location to introduce walking routes as well as mountain bike trails.

"We're taking advantage of the surroundings," said Iseli. "The sea, the climate, the environment – it's the Turkish Riviera."

Designed by Barcelona-based OAB architects, the 141-bedroom resort is

constructed with environmentally-conscious materials and finished to complement the surroundings. Principal architect Carlos Ferrater worked to honour the natural beauty of the landscape in his ultra-modern design.

Details: http://lei.sr?a=3C2E7_S

ESPA launches sleep, mindfulness therapies

Spa supplier and operator ESPA will launch a series of mindfulness and sleep therapies at its flagship spa, ESPA Life at Corinthia London, with the intention of rolling some of the treatments out across its global portfolio at a later date.

The six therapies are based on yoga breathing and visualisation techniques and include a massage and facial lasting 90 minutes which are priced at £190 (US\$280, €247).

The series also includes a Mindful Breathing and Meditation treatment, as well as Mindful Fitness.

Continued on back cover

Six Senses planned for Cambodian isle

Six Senses has announced plans for a new resort in Cambodia, Six Senses Krabey Island, which is scheduled to premiere in 2017.

Located on the island of Krabey, the resort will be comprised of 40 pool villas, all with private plunge pools and decking. Six Senses' designer team is working with DIN (Dimensional Interpretations) on the interior design of the resorts. Guests will arrive at the mainland reception before a short water transfer to the 30-acre island, where the resort is set in a natural landscape.

The spa will feature the Six Senses specialty menu, as well as ancient Cambodian healing traditions and multi-day rejuvenation journeys, along with the Six Senses Integrative Wellness programme, detox, yoga and workshops, as



Six Senses Krabey Island will open in 2017

well as an Alchemy Bar for spa personalisation.

Visiting practitioners will bring a range of alternative treatments, and the spa will also feature a meditation cave, nail bar, gym, outdoor yoga sala and outdoor treatment sala. A spa library and juice bar will incorporate a variety of fresh fruits and herbs from the island.

Details: http://lei.sr?a=K5P9h_S

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Famed Watergate Hotel gets redesign

The Watergate Hotel – the scene of the burglary which brought down Richard Nixon's administration – has been given an extensive refit and redesign by Ron Arad Associates, and debuted a new spa that pays homage to the historic building's original architect. The Washington D.C. hotel was originally built by the Italian architect Luigi Moretti in the early 1960s.

The hotel closed for renovations in 2007, and work on Arad's \$125m (€110m, £85.5m) redesign of the public spaces began in 2012.

The renovation includes the 12,500sq ft (1,161sq m) Argentta Spa, which features a modern, cutting-edge environment and fuses indulgence and efficiency. Inspired by the Italian word for silver, the name Argentta simultaneously pays homage to the hotel's original architect, Luigi Moretti, and to silver as a powerful healing agent. The spa's logo – Ag – takes its cue from the periodic table.

Argentta Spa features seven treatment suites, including one double suite, and



The hotel was the site of the 1970s political scandal of the same name

features spa treatment beds from Gharieni, including the new multi-functional MO1 Evo. The spa is using Swiss cellular and phyto-cosmeceuticals line Cellcosmet + Cellmen by Cellap Laboratoire as well as botanically-based skin and haircare line Red Flower and French skincare line Caudalie as product houses.

The spa will include 60, 90, and 120-minute treatments, as well as express treatments of 30 minutes or less.

Details: http://lei.sr?a=b3g2Q_S

Anantara set to open two-storey spa

Minor Hotels will debut the Anantara Kalutara Resort on Sri Lanka's southwest coast this October, featuring an extensive two-storey spa.

Designed by the late Sri Lankan architect Geoffrey Bawa, Anantara Kalutara is set between the Indian Ocean and the Kalu River, and features a simplistic elegance.

The 141 bedrooms, suites and pool villas will fuse luxury with Sri Lankan accents, and include private balconies and terraces. One and two-bedroom villas will be enclosed by a garden terrace and feature private pools.

The Anantara Spa will feature holistic ayurvedic therapies and western spa therapies, and will include two yoga and meditation pavilions. Surrounded by a lotus pond, the spa will boast 11 treatment rooms, including four for couples and one dedicated to ayurvedic therapies. Spa treatments for children have been developed, such as chocolate oil massage



The hotel will include one- and two-bedroom villas with private pools

or hair braiding, and special 'mum & me' and 'dad & me' packages are available.

The resort's gym is set with a river view, and personal trainers are available. It will also include an ocean-view pool, lagoon-side pool with water jets and children's section, three restaurants and a library dedicated to Geoffrey Bawa.

Details: http://lei.sr?a=D6F8N_S



Away Spa set for historic bank vault

The W Amsterdam, which opened last year, is to debut a new Away Spa in August, set inside an old bank vault.

The 300sq m (3,229sq ft) spa is the second to debut the refreshed Away concept, Amanda Roman Al-Masri, global director of spa development and operations for W's parent company, Starwood told *Spa Opportunities*.

The spa was conceived by 4SeasonsSpa and designed by architects Baranowitz + Kronenberg. It includes a cold pool, whirlpool, sauna, steamroom and wet area, featuring a 25m (82 ft) outdoor whirlpool with views of the Royal Palace and historic city.

The spa is set inside several historic bank vaults, which have been converted into treatment rooms, swimming pools, saunas, a whirlpool area and an auditorium. The largest safe has two floors and houses the swimming pool and auditorium.

Nestled in two iconic properties – the 'Exchange,' the former telephone exchange



The spa includes swimming pools, saunas, a whirlpool and auditorium

building, and the 'Bank,' originally the KAS Bank, the 238-bedroom W Amsterdam was designed by Office WINHOV, who were responsible for the structural design of the buildings, along with BK Architects, who created the interiors, including the spa.

The Bank building, opened in late 2015, also includes 66 bedrooms and an "immersive, creative incubator concept space that connects local design, fashion and music talents."

Details: http://lei.sr?a=N6C6N_S



Neufeld is a certified holistic health coach

Neufeld named spa director at Naturopathica

Heather Neufeld has been named spa director of Naturopathica Chelsea, the company's newest healing arts centre and spa in New York, which opened last year.

Neufeld holds a bachelor's degree in economics from Duke University and a master's degree in hospitality management from Cornell University.

In her tenure, she has managed large and small businesses in hospitality, food and beverage, growing the local presence of companies, including Whole Foods Market and The Simple Kitchen in Chelsea, New York. Neufeld is a certified holistic health coach through the Institute of Integrative Nutrition, where she served as director of the education department, and is the voice behind Inspired Organic.

Details: http://lei.sr?a=R2c7s_S

First Chanel spa debuts at Ritz Paris

The first ever Chanel-branded spa has opened at the Ritz Paris, along with the newly renovated 17,000sq ft (1,579sq m) Ritz Club Paris – two floors dedicated to beauty and wellness.

The Ritz Paris, which originally opened in 1898, closed its doors in 2012 for extensive renovations headed up by architect and designer Thierry W. Despont.

A fire broke out at the hotel in January 2016, delaying the original re-opening date from March until this month.

The Ritz Club Paris wellness space, which debuted in 1989, has been entirely rethought and redesigned. The area includes a heated indoor swimming pool, hammam, sauna, experience shower, fitness room, manicure and pedicure stations and a David Mallett hair salon.

Chanel au Ritz Paris is described as a "unique and customised sensory experience," and will be a new concept dedicated to Chanel's



The Ritz Club Paris has also been rethought and redesigned

skincare, featuring six "alcoves," each with a private bathroom, as well as a Chanel boutique with fragrance, makeup and skincare.

The iconic hotel itself – which has hosted the likes of Ernest Hemingway, F. Scott Fitzgerald, Maria Callas and Princess Diana – was once home to Coco Chanel, who lived in the hotel for 34 years.

Details: http://lei.sr?a=a8N9x_S

Starwood makes history with first Cuba opening

Starwood Hotels & Resorts has opened the Four Points Havana – a historic milestone that makes it the first US-based hospitality company to enter Cuba since Fidel Castro took control in 1959.

Owned by Grupo Hotelero Gaviota and managed by Starwood, the Four Points Havana includes 186 bedrooms, a 24-hour fitness centre and a full-service spa offering massage treatments, a sauna and steam bath.

The hotel, which was previously the Quinta Avenida, is located in the business and financial district of Miramar.

"We are thrilled to once again be pioneers with our groundbreaking entry into Cuba, offering our guests a way to stay with Starwood in this sought-after destination," said Jorge Giannattasio, Starwood's senior vice president and chief of Latin America operations.

Details: http://lei.sr?a=T2J7H_S



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Center Parcs to debut 'Forest Spa'

Center Parcs has revealed plans to reinvent its Sherwood Forest location's Aqua Sana's 'World of Spa' concept as 'Forest Spa,' a nature-inspired collection of spa experiences.

The company is spending approximately £3m (US\$4m, €3.5m) on the project, which is due to be completed in early 2017. Work is now underway on the project, and the spa will remain partially open while the changes are implemented.

The new spa concept marks a significant move forward for its Aqua Sana Spa brand, which brings experiences inspired by spas from Turkey to Japan. The brand will now bring the essence of nature into the thermal and cooling experiences at Sherwood Forest, with more than ten experience rooms, relaxation areas and a treetop sauna.

"Aqua Sana has been such a huge success over the years and we like to continue evolving



The new spa concept will include a dramatic treetop sauna

so we continue to offer high quality, inspiring experiences," said Sue Goddard, group leisure manager at Center Parcs. "The natural setting has always been a very special aspect for Aqua Sana and we feel now is the time to really celebrate this element by bringing it into the experiences at our Sherwood Forest spa."

Details: http://lei.sr?a=r5G9j_S

Tokyo spa merges tradition, luxury

Western and Japanese concepts of spatial definition and materiality merge in a newly opened spa and health club in Tokyo.

Designed by COE Architecture, Aqua Sports & Spa is a six-storey, 6,000sq m (65,000sq ft) building in Setagaya-Ku ward. It replaces a 1980s facility, and has been designed to promote personal sports training, Japanese bathing and social activities "within a sophisticated environment equal to a five-star hotel."

Fitness facilities include a 50-metre (164ft) swimming pool, a gym, a spa lounge and traditional Japanese baths fed by onsen spring wells. Social elements include a lounge, bar, dining room and cafe.

Sports and social spaces are divided into white and dark grey concrete volumes, which vary in scale related to their function to bridge the wide gap between a utilitarian fitness club and a luxurious hotel.

"We know there's a big expectation of newness and hospitality in Japan," studio founder Christopher Coe told *Spa Opportunities*. "When you're in Tokyo in



The spa blends sports training, Japanese bathing and social activities

particular, the buildings that are most attractive to people are wonderful hotels and shopping centres because of the out-of-home experiences they offer. We wanted to create that feeling. This is not just a sports centre, and it's not just a cafe. It's an opportunity to consolidate all those interesting social space together."

The architects included many windows and used semi-transparent and welcoming materials for the building's exteriors to create "a public presence" in response to the project's dense urban site.

Details: http://lei.sr?a=J6P4A_S

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It's time for revenue management in spas



FRANK PITSIKALIS
Founder and CEO
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The airline industry, hotels and car rental companies would not dream of operating without revenue management as a core business practice.

Like the spa industry, they all have perishable inventory. If a day goes by and a hotel doesn't sell a room, that revenue opportunity is gone forever. If a plane takes off with a seat unfilled, it is a lost revenue opportunity — the plane's fixed costs to operate are still the same and the variable cost to fill one more seat is very low.

These are perfect candidates for revenue management and these industries do it masterfully. But why not the spa industry? Every hour that goes by where a treatment room is unfilled is a lost revenue opportunity.

The spa industry, like the others mentioned, has periods of variable demand. Sometimes the spa is empty, and at other times, the demand is so high that even if the spa had triple the number of treatment rooms, they could fill them all.

Yet the spa industry, with very few exceptions, continues to book all the services that they offer – at the same price – during their high-demand periods.

My philosophy is that people in the spa industry immediately think, “we have a published menu and it would be unethical to change the price” (known as dynamic pricing), and they dismiss the strategy before any further consideration.

But what if you could use dynamic availability instead? An example might be shortening your menu (to higher margin services) or not offering 90-minute or longer services during peak times – you will serve more guests in the spa, creating more retail opportunities, and likely earning more profit per minute on a shorter service than a longer one.

You can do all this with the same published menu you have today. The time has absolutely come that we reach our financial potential as an industry. The ironic thing is that airlines now serve a much wider demographic than before revenue management. So you can do right by your business *and* do the right thing for your guests too.

Former spa bought by Chi Center

The 79-acre Vista Clara Ranch Spa Resort in Santa Fe, New Mexico, has been bought by California-based The Chi Center, which will transform the spa into The Center for Wisdom Healing Qigong.

The new centre will open in October, with the first healing-intensive retreat slated for 7 October to 4 November.

“This will be a unique environment for connection to inner wisdom and healing,” said master Mingtong Gu, founder of The Chi Center. “People will come from all over the world; there is nothing quite like it in North America.”

Wisdom Healing Qigong is described as an integration of East/West, mind/body and science/spiritual teachings for better happiness and health.

The new centre will be dedicated to the practice and teaching of Wisdom Healing



The Center for Wisdom Healing Qigong will open in October

Qigong, which is based on the practices of 19 Qigong traditions and first developed by Dr Ming Pang in China in the 1980s.

The Chi Center will also introduce new online courses to coincide with the opening of the new centre.

Details: http://lei.sr?a=x7c4Z_S

Open-air spa to debut on Pantelleria

A new boutique hotel on the Italian island of Pantelleria is opening this month with plans for an open-air spa.

Sikelia is a luxury retreat created from an ancient dammuso – the original stone houses built on the volcanic island. The 20-suite hotel, is located 100km (62 miles) southwest of Sicily on the island known as the ‘black pearl’ of the Mediterranean.

The hotel has been created by Giulia Pazienza, owner of Pantelleria's Coste Ghirlanda Estate and producer of its Zibibbo and Grenache wines, and features monastic African architecture.

“The idea for Sikelia came to me some time ago,” said Pazienza. “Pantelleria has so much to offer and it needs to be shared with people who care about fine things.”

The Sikelia Spa will open next year, and will feature natural hot springs, mud from the Lago di Venere, and the Benikula Cave natural sauna. It will incorporate Zibibbo grapes in its treatment menu, and will also include an outdoor fitness area.

The conversion and extension of the property was done by Italian architect



Sikelia is created from an original stone house built on the island

Gabriella Giuntoli, and the interior design was a shared effort between Pazienza and Katherina Pazienza Gelmetti, who share a taste for simple elegance.

“For the last 10 years, I have worked to create an artistic and emotional residence that reflects the wild beauty of Pantelleria, using metal, glass and the highest quality fabrics,” said Pazienza. “Each of the 20 suites has its own unique design and identity, which links the property's original monastic architecture with refined contemporary elegance.”

Details: http://lei.sr?a=Y8s9P_S

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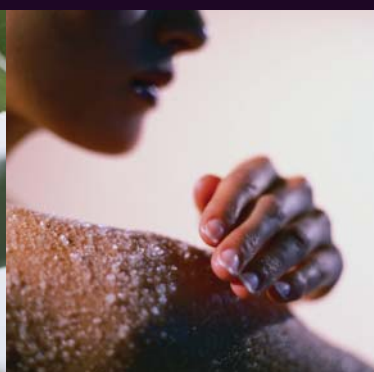
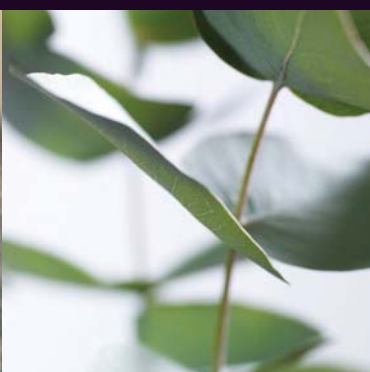
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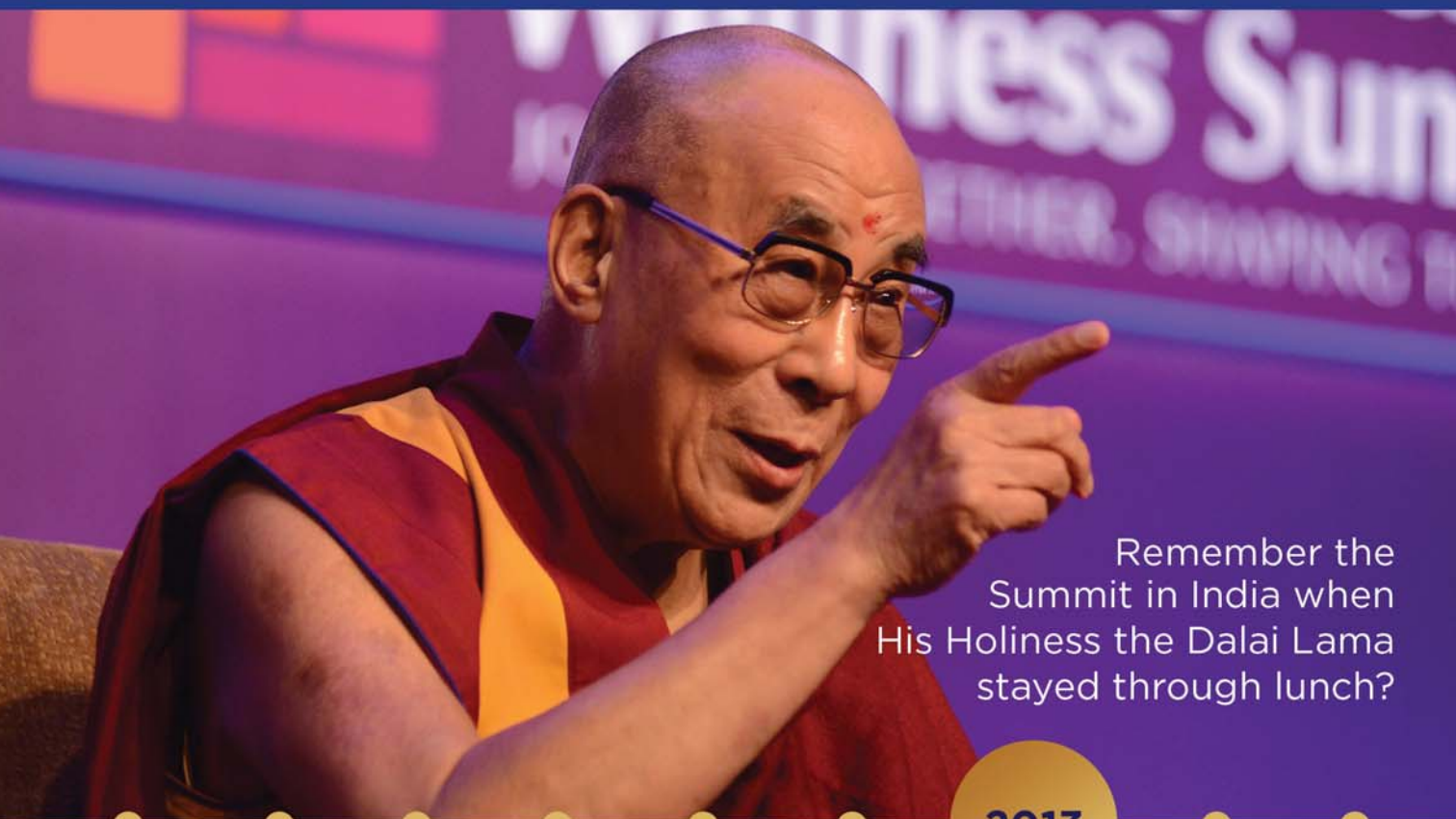
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Historic pousadas get new spas

Pestanan Hotel Group has launched new signature spas for its Pousada Mosteiro do Crato and Pousada Convento de Arraiolos properties.

Twenty years after its opening, Portuguese architect João Luís Carrilho da Graça has revisited the original Mosteiro do Crato and designed a spa featuring a Turkish bath, whirlpool, sauna and treatment rooms.

Built within a century-old convent, the Pousada Convento de Arraiolos now boasts an indoor pool and contemporary spa with a sauna, gym and massage treatment rooms.

Both spas are using Magic Spa products and feature a programme of experiences inspired by therapeutic techniques from around the world.

Pousadas de Portugal has more than 33 locations across the country, and dates back to the 1940s, when the first regional



The contemporary spa boasts a Turkish bath, whirlpool and sauna

Pousadas were built to provide visitors with accommodation and food according to the style and traditions of the region.

In the 1950s, the concept extended to include historical Pousadas, including buildings such as castles, monasteries and forts.

Details: http://lei.sr?a=u4a3V_S

Large spa to feature at Unico Hotel

Miami-based AIC Hotel Group – whose properties include Miami Beach's iconic Eden Rock Hotel and Nobu Hotel, as well as several Hard Rock properties – has launched a new adults-only, all-inclusive brand, Unico Hotels. The first location is set to debut in the Riviera Maya on Mexico's Yucatan Peninsula.

The brand is designed to reflect each property's locale and native culture, and the nomenclature will play on the latitude and longitude of each hotel, with the first location, 20° 87°, set to open in Q1 2017.

The hotel will include a wellness centre that will include a spa with 18 treatment cabanas, hydrotherapy features with a plunge pool and hammam, steam and sauna room. It will also feature a fitness facility with specialty classes, a visiting instructor programme and personal training sessions.

With exteriors designed by Mexican architecture firm Artigas and interiors conceptualised by New York-based AvroKo, the hotel will feature 448 bedrooms with plunge pools, hydro-spa tub options and a crafted mini-bar with essentials for make-your-own cocktails.



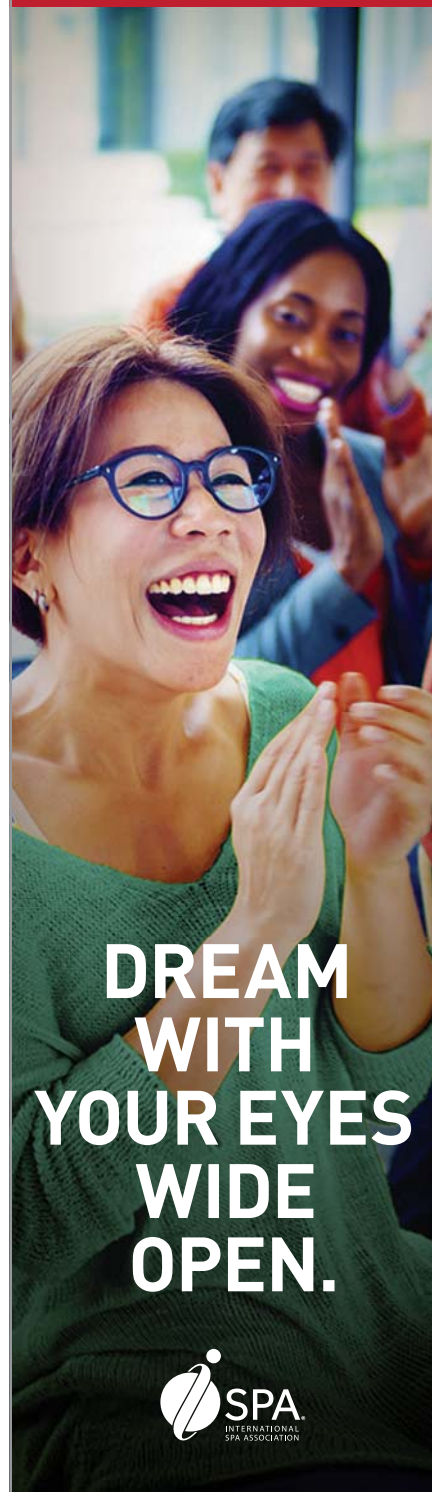
The new hotel brand will open its first location in Mexico

The hotel will include signature guest experiences, such as an in-room gallery with art to purchase from local artisans and an 'experience room,' where guests can select their own beach gear and personalised in-room amenities sourced from local craftsmen.

Food and beverage offerings will include four globally-infused gourmet restaurants, five bars and lounges, and an on-site distillery or brewery that incorporates local flavours and ingredients from the region.

Details: http://lei.sr?a=p6n6B_S

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Location: Edinburgh, UK

Spa Therapist

The Balmoral Edinburgh -
Rocco Forte

Location: Edinburgh, UK

Spa Therapist

Bedford Lodge Hotel

Location: Newmarket, UK

Head Spa Receptionist

Bedford Lodge Hotel

Location: Newmarket, UK

Spa Therapist / Esthetician

Equinox

Location: London, UK

Spa Therapist

Lifeforce Spa and Hotel

Location: Essex, UK

For more details: www.spaopportunities.com

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the spa BEDFORD LODGE HOTEL

The Spa at Bedford Lodge Hotel (Newmarket) is looking for experienced Beauty Therapists to join their expanding and highly successful team. Situated adjacent to the stylish, award-winning Bedford Lodge Hotel, The Spa is housed in a Georgian built property nestles in an idyllic location and beautiful grounds.

The Spa offers the very highest standards in luxurious and relaxing spa experiences, with an extensive menu of professional Epsa, Jessica, Lycon and signature treatments. View 'The Spa' website to find out more.

Awarded 5 Bubbles by the 'Good Spa Guide' and creating a buzz in the press, you'll have the opportunity to progress your career in one of Suffolk's premier Spas.

Spa Therapist

Location: Newmarket, United Kingdom

Salary: Competitive

Hours: Part Time & Full Time Available (40 hours)

Working Pattern: Monday to Sunday, 5 days out of 7.

Must be available to work some evenings and weekends, on a rota basis.

We are looking for friendly, dedicated and highly professional therapists with a genuine passion for offering 5 star client service and exceptional treatments.

Apply now: <http://lei.sr?a=q1w8r>

Head Spa Receptionist

Location: Newmarket, United Kingdom

Salary: Competitive

Hours: Full Time (40 hours)

Working Pattern: Flexible to work a range of shifts, as per rota

We are looking an enthusiastic Head Receptionist with a passion for exemplary guest service, to join our high performing Reception & Reservations Team.

Apply now: <http://lei.sr?a=h6F8H>

For more information on each post, please visit www.leisureopportunities.co.uk

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Hand Picked Hotels is a collection of 21 country house hotels located throughout the United Kingdom and Channel Islands.

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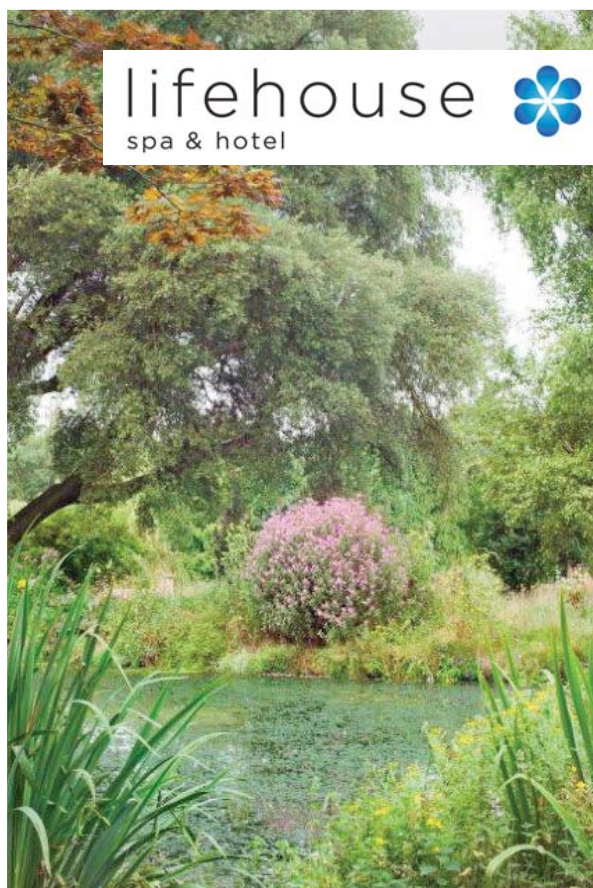
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SPA THERAPISTS

Location: Essex, United Kingdom

Salary: Competitive

- Experienced spa therapists, ideally having worked in a highly customer service oriented spa environment.
- Outgoing, nurturing and friendly towards their customers.
- Passionate about the health and well-being industry and be able to communicate that passion appropriately to our guests.
- Able to provide excellent customer service to our guests.
- CIDESCO/BABTAC qualified (or equivalent) and experienced (NVQ level 3 or similar).
- Flexible in approach and work best in a team-working environment.
- Have excellent communication skills.
- Fluent in spoken English.



Apply now: <http://lei.sr?a=3C5a9>

Part time self employed massage therapist

pure massage™
LIMITED

Pure Massage is a global massage provider specialising in research, development and education of massage. Our success is built upon its commitment and passion for excellence.

As a work provider, we seek individuals who share these values as well. If you are a motivated individual with a passion for health and wellness, eager to develop your skills and want either:

- to add massage therapy to your knowledge [you might have studied physiotherapy or osteopathy and wish to extend your skills towards therapeutic massage that recognises the body mind and soul unity]
- you are a massage therapist and want to benefit from a continuous education plan giving you the tools to become one of the best in the industry

We now require urgently candidates to work on a self-employment basis between 15 and 21 hours per week at our 2 locations in London : Chelsea and Westminster,

You will need to pass our Pure Massage Training Method® including Body Pure Massage, Revitalising Face Pure Massage and Body Balance Pure Massage in order to be able to work with us. Our training method will help you to further develop your career and avoid the well known burn out syndrome!

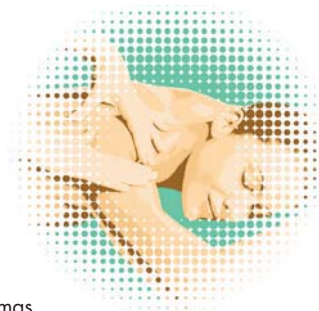
We offer:

- a unique advanced training program which will put you ahead in the industry and the opportunity to develop your skills
- expert continuous guidance and certified diplomas with maximum CPD points
- team support
- flexible working hours to fit around your current commitments

We ask:

- that you are qualified and insured by governing bodies of the United Kingdom and member of CThA
- you are able to commit to a minimum of a one year agreement
- available to work weekends and between 15 and 25 hours per week
- excellent general health and physical fitness
- a very good level of spoken and written English
- joy for life

The Initial Pure Massage Training will be held in London SW during July & August. All terms will be finalized during the interview process.



Apply now - <http://lei.sr?a=E3q6l>

Job opportunities with Aqua Sana at Center Parcs

AQUA SANA



Center Parcs is the leading provider of short break holidays in the UK, delighting generations of guests for the past 27 years. Each of our Villages is set in beautiful forest locations with over 200 activities and after recently opening our fifth Village, we now employ a team of more than 7,000 people.

Aqua Sana is our award winning spa which welcomes guests who are on short breaks as well as spa day clients. As well as 'World of Spa' there is a full treatment menu, using Elemis, Decléor and our own signature ranges. We also have an Express Beauty area, a fully stocked Boutique, and Vitalé Café Bar. Aqua Sana is a high quality, continually evolving spa concept.

If you're as passionate as we are about the benefits that spa can bring, why not be part of our evolution?

We are currently recruiting for:

● BEAUTY THERAPISTS

within our Aqua Sana teams across the 5 villages.

If you're interested in a career within Aqua Sana, please visit the Center Parcs Careers Website and select 'Job Search'.

Here you can select the Village where you are interested in working and see what opportunities are currently available. You can also register for 'Job Alerts' and we will contact you as and when opportunities become available.

www.centerparcscareers.co.uk



ESPA debuts new mindfulness treatments

Continued from front cover:

“One of the reasons we’ve introduced these treatments is because we see people coming into our city spa who are so stressed and their body is holding so much tension that they’re not getting the benefits they should from their treatment,” said Sue Harmsworth, ESPA founder.

The two-hour, tailor-made Mindful Sleep session – offered to day spa customers or residential guests in their bedrooms – includes a soothing scalp massage, hot stone therapy, mindful breathing techniques and a personalised yoga nidra session.

Harmsworth and Laura Vallati, the spa director at ESPA Life at Corinthia, have been working on the treatments for the past six months. Vallati, who’s worked for ESPA for a number of years – including at the company’s Asian flagship spa at Resorts World Sentosa in Singapore – also has an impressive background as a yoga teacher.



Spa director Laura Vallati helped to create the treatments

“We’re very excited about these treatments,” she said. “There’s now so much scientific research coming to light which shows how simple, slow breathing has a powerful effect on the central nervous system and a very soothing, calming effect.”

The Corinthia has also developed a ‘sleep menu,’ with foods that are designed to be easily digestible, calming and help to promote sleep.

Details: http://lei.sr?a=k2S7n_S

Biomimicry inspires Seychelles spa

International design studio Architects of Invention have released a concept proposal for a resort and spa created by biomimicry.

Located on Mahe Island in the Seychelles, the Coral Hotel would feature several restaurants, apartments, a club-house with a pool, a private marina and a spa complex housed within a structure that resembles a sea creature or coral formation. If built, the hotel will have four floors and a gross floor area of 15,000sq m (161,500sq ft).

“This is a new type of a biomimetic architecture that seeks solutions for sustainability in nature, not by replicating natural forms, but by understanding the rules governing those forms – it follows a set of principles of combination of unit through a script translated into a form,” said the studio.

The designers began the project by examining coral, and its processes of growth. The resultant form has no beginning or end; it forms a line of different curving shapes, each of which acts as an individual organism.



The architecture was inspired by studying coral and how it grows

Architects of Invention have collaborated on the project with architecture studios DSA and WOW, landscape designer HED and structural engineering firm Engenuiti. The proposed budget has been set at US\$10m (€8.8m, £6.7m).

The possibilities offered by biomimicry are increasingly being explored, and a sub-species of sea urchin recently inspired a group of German architects, designers, engineers and biologists to develop an intricate robotically-produced pavilion.

Details: http://lei.sr?a=c4z6k_S

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Association of Malaysian Spas (AMSPA)

T: +603 4253 3478 W: www.amspa.org.my

Australasian Spa Association

T: +61 4 3003 3174 W: www.spaandwellness.com.au

Bali Spa and Wellness Association (BSWA)

W: www.balispawellness-association.org

Brazilian Spas Association

T: +55 11 2307 5595 W: www.abcspas.com.br

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T: +359 2 942 7130 W: www.bubspa.org

China Spa Association

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Association of Spas of the Czech Republic

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The Day Spa Association (US)

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Estonian Spa Association

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European Spas Association

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Federation of Holistic Therapists (FHT)

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French Spa Association (SPA-A)

W: www.spa-a.com

German Spas Association

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Hungarian Baths Association

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The Iceland Spa Association

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