

spa opportunities

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Exclusive: Yelo Spa expands with franchise model

Yelo Spa founder Nicolas Ronco is taking the next step with his urban day spa model – offering it for franchise in major cities.

Yelo's flagship New York location has been operating since 2007 and Ronco has revealed that the time is right to grow the business.

Yelo's model is tailored specifically for urban centres and Ronco hopes to see locations in major US cities, along with international hotspots like London, Paris, Tokyo and Sydney. His goal is to have 150 to 200 Yelo Spa franchises within the next five to seven years and to become a "major player" in the franchise world.

"The goal is to capture a niche that is not captured today," said Ronco. "Most franchises address a very different market – the suburban market – and none of those brands have been able to be successful in these urban, high-cost centres. We've really cracked



Ronco says he has 'cracked the code' on the urban franchise spa model

the code of how to make it work in a very demanding and expensive city like New York."

Yelo's model simplifies the spa menu into three categories: massage, skincare and sleep. Ronco tapped into the idea of sleep therapy in spas 10 years ago when he opened the first Yelo location.

"When we opened initially as a spa offering napping, people thought we were crazy," he said. "Today, people see us as visionary."

The Yelo model uses a price-per-minute option which lets guests book treatments in lengths starting from 30 minutes in 10-minute increments. Clients choose the length of their session, what treatments they would like included, and what music and aromatherapy they want used.

"We want to make sure we can fit into people's schedules – and people's wallets," said Ronco.

All treatments are offered in the patented Yelo Cab – a hexagonal spa cabin developed with help from sleep experts – which features curved inside walls, LED lights, aromatherapy and special pillows. The cabins are fitted with a Yelo Chair, which is the brand's own zero-gravity treatment bed. Details: http://lei.sr?a=D6X5a_S

ISPA's spa career campaign launches

The International Spa Association (ISPA) has launched its 'Get Your Dream Job' campaign, designed to "elevate and celebrate careers in the spa and wellness industry".

The campaign has been designed in partnership with the Beauty Changes Lives Foundation and has the support of 10 partner organisations, including the Green Spa Network.

The initiative will be promoted by spas, salons, health and fitness clubs and beauty-related schools across the US to build awareness of career opportunities in the spa sector.

Details: http://lei.sr?a=a4u7b_S

Mayan-inspired spa resort opens in Belize

Architect Roberto de Oliveira Castro and interior designer Samuel Amoia have collaborated on a beach resort in Belize, described as "unlike anything travelers have ever seen in the Caribbean".

Located in the hideaway beach town of Placencia, in the south of the country, the Itz'ana Resort & Residences occupies 16 miles of a peninsula, with the Caribbean Sea on one side and a lagoon on the other.

The new resort, named after the Mayan god of day and night, features 50 suites and 46 waterfront residences, with a watersports adventure centre, spa, full-service marina and fitness and wellness centre to open in 2018.

Boutique hotel group Foundry Collective developed Itz'ana to promote "a new genre of



The resort will feature a large spa and saltwater pool

hospitality called Mission-Driven Luxury". In a statement, the company said its intention is to offer guests "authentic experiences that sustain the region's indigenous culture and natural environment, paired with unique high-design elements and experiences from a collection of the best artists, designers and archaeologists".

Continued on back cover

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Industry meets for Russian spa event

In November, almost 250 spa professionals gathered in the Caucasus thermal springs region of Russia for the 4th annual Spa & Wellness International Congress, or SWIC. Organised by the Spa & Wellness International Council, headed by Elena Bogacheva, the congress presents a wide variety of speakers and topics for the Russian and Russian-speaking spa world.

The event served as the test for the soon-to-open Green Resort Hotel & Spa, perched on the hill above the river in Kislovodsk, one of four thermal cities in this part of Russia. The hotel is a well-designed and modern space that features a large spa and pool complex on the ground floor, overlooking a rose garden.

This year, 56 speakers made presentations over three days, covering topics including staff management, wellness tourism, psychology in spas and marketing.

According to the most recent Global Wellness Institute statistics, Russia ranks 8th in the world in the number of spas, with

more than 3,000 locations, mostly in large cities, and is also 4th on the list of thermal spring areas, with over 800 establishments.

Because of visa and language issues, international tourism to Russia is flat, but domestic tourism is strong, with between 33-36 million annual travellers.

The market is very interested in wellness tourism, and the Russian Ministry of Health reports that only 30 per cent of Russians have expressed satisfaction with foreign wellness visits, feeling that their home market provides a better experience.

Details: http://lei.sr?a=J6u5m_S



The congress presented a wide variety of speakers and topics

Edition set for 'pivotal year' in 2018

Edition, the boutique hotel brand created by entrepreneur Ian Schrager in partnership with hospitality giant Marriott International, has revealed plans to open seven new hotels during 2018.

Describing the next 12 months as a "pivotal" year in the development of the brand, Marriott said the number of properties in the Edition portfolio will increase from four to 11 by the end of 2018.

The first new launches of 2018 will see Edition open a 147-bedroom hotel in Shanghai, China and a 155-room property in Bangkok, Thailand.

They will be followed by the 99-bedroom Edition Bodrum in Turkey and the 100-room Edition Barcelona in Spain.

During the year, Edition will also open its first property in the Middle East, with the launch of the 244-bedroom Edition Abu Dhabi in the United Arab Emirates.

There are also two new properties planned for the US – at New York's Times Square



One of the new openings will be the 147-bedroom Shanghai Edition

and West Hollywood, California. Four of the new hotels – Bodrum, Bangkok, Abu Dhabi and Hollywood – will feature spas.

"All of the Edition hotels are unique, original and one-of-a-kind, embedded with a sense of time and place," said Ian Schrager.

The boutique luxury brand was unveiled in 2007 and opened its first hotel – designed by architects George Yabu and Glenn Pushelberg – in November 2010 on Waikiki Beach in Hawaii.

Details: http://lei.sr?a=h5C7R_S



Photi reveals wellness travel trends

The wellness travel market will continue the dramatic change seen over the last decade, according to Stella Photi, founder of Wellbeing Escapes. Photi spoke at the Wellness Travel Symposium – organised by the Global Wellness Institute and held as part of the World Travel Market in London in November.

Sharing her insights into consumer behaviour and interests gained from working directly with her large base of wellness travel consumers, Photi said that when she first started her business 12 years ago, much of the focus in wellness travel was about looking good on the outside. “We didn’t hear a lot about stress – stress was worn in those days as a badge of honour,” she said. “Today, that has changed so much – 50 per cent of the people who call us openly admit to suffering from huge levels of stress and burnout.”

Photi, whose London-based agency was named ‘Best Specialist Tour Operator’ by the *Daily Telegraph*, said customers today are looking for a place that they can rest and sleep.

“We have a market obsessed with wellness or wellbeing, and people are really feeling that they want a slice of it,” said Photi.

Emotional healing is also very important in wellness travel, said Photi, whose company



Stella Photi spoke at the Wellness Travel Symposium held in London

markets a series of holidays under a section called ‘Heartbreak Healers’ – consistently one of the most popular sections of the website.

“It’s a big area – people feel like they want to heal from traumatic events in their lives, and they’re looking for nurturing, caring environments,” said Photi. “Things like learning a new skill or meditation workshops are popular.”

Details: http://lei.sr?a=Y8Z7g_S



The wellness space will include seven treatment rooms with views of the city below

1 Hotel’s first Chinese resort to focus on wellness

Consultancy, development and management firm GOCO Hospitality has worked on the concept and technical design of the upcoming 2,138sq m (23,013sq ft) spa and wellness area of the 1 Hotel Haitang Bay in Sanya, China. The first Chinese development for 1 Hotels, the 280-bedroom property is being developed in partnership with Sunshine Insurance Group. It is due to open in late 2018.

The wellness area will be prominently located just off the main reception and will include seven treatment rooms with views of the surrounding landscape, each with their own outdoor terrace relaxation areas. Two spa suites also feature private gardens and outdoor whirlpools.

Details: http://lei.sr?a=n2h9n_S

Rosewood to roll out Asaya brand

Luxury operator Rosewood Hotels and Resorts is rolling out Asaya, its new holistic wellness concept, as part of an expansion which includes six new resorts in 2018.

Revealing details for the openings, Rosewood said the new openings will include a second Asaya spa, launching in Hong Kong next year. The Asaya brand made its debut on 20 November (2017) at the Rosewood Phuket.

The integrative concept centres on “self-acceptance and self-discovery”, and has been created under the direction of Niamh O’Connell, Rosewood’s group vice president of guest experience and wellness. Asaya fuses complementary therapies, lifestyle and nutrition coaching with educational wellness programming, fitness activities and specialised healing.

Spa treatments will be delivered using authentic ingredients, while designs include social spaces, as well as areas dedicated to relaxation, reflection and fitness.

Speaking to *Spa Business* earlier this



Rosewood developed Asaya under the direction of Niamh O’Connell

year, O’Connell said: “Consciously and unconsciously, wellness is becoming more significant in our day-to-day lives – in the ways we work, eat, sleep and socialise.

“Asaya is designed to assist guests in recognising areas of their lives they’d like to change and then providing the tools to make the changes. Ultimately, this enables people to adopt an enhanced lifestyle.”

Details: http://lei.sr?a=V6V7d_S

ESPA spa at Gleneagles

named top UK spa for 2017

The Spa at Gleneagles by ESPA has been named the best UK spa at this year’s 2017 Good Spa Guide Awards.

The awards, organised by The Good Spa Guide in partnership with *Spabreaks.com*, saw a total of 21 winners honoured during a gala event as part of the Spa Life conference, held at the Hilton Birmingham Metropole Hotel on 14 November.

As well as 12 regional winners, awards were handed out in nine categories – ranging from ‘Customer Service and Design’ to ‘Top Newcomer’ – as part of the Readers’ Choice National Awards.

The regional awards were based on audit scores from reviews conducted by The Good Spa Guide’s mystery shoppers, while the Readers’ Choice National Awards were based on feedback from more than 101,000 spa customers.

Details: http://lei.sr?a=x9T3j_S



Tolga (left) and Mehmet Er will help with the international expansion of Vinoble Cosmetics

Mehmet and Tolga Er join skincare brand Vinoble

The father-and-son-team of Mehmet and Tolga Er have joined Austrian skincare brand Vinoble Cosmetics. Mehmet has been named VP global sales manager and Tolga is global business development manager, with both previously working for spa equipment provider Gharieni.

"I've successfully worked with established industry leaders for years," said Mehmet. "I can now implement all my experience and shape the whole process of international expansion from scratch. My strong relationships with key accounts and strategic partners globally will help to establish Vinoble as an international brand."

Mehmet Er has worked for 15 years in the spa and wellness industry, and he and Tolga will play a key role in the international expansion of Vinoble. The line is currently available in eight European countries.

Details: http://lei.sr?a=e8r3K_S

Aerobic exercise helps maintain brain health

Activities such as cycling and running can improve memory function and help maintain a healthy brain as we get older, according to an international study.

Researchers from Australia's Western Sydney University and the UK's University of Manchester examined the effects of aerobic exercise on a region of the brain called the hippocampus, which is critical for memory and other brain functions.

The brain's health declines with age, with the average brain shrinking by approximately five per cent every decade after the age of 40. The researchers reviewed 14 clinical trials which examined the brain scans of 737 people before and after exercise.

Participants ranged from 24 to 76 years old and the results, published in the journal *NeuroImage*, showed that exercise reduced deterioration in brain size.

Details: http://lei.sr?a=X2h4F_S

Amrit Resort to focus on wellness

Developer Dilip Barot, founder of Creative Choice Group, is building what he calls an "urban destination spa resort" on Singer Island in Palm Beach, Florida with a 100,000sq ft ESPA spa. Spread across seven acres on the Atlantic shoreline, the Amrit Ocean Resort & Residences will have a focus on wellness lifestyle, taking inspiration from Patanjali yoga, and is due to open in 2019.

The one million sq ft development, designed by S&E Architects with interiors by Bilkey Llinas Design, will focus on mindful living, bringing Eastern traditions and Western luxury.

Two towers – named Peace and Happiness – will house 150 hotel guest rooms, 359 residences, and a four-storey spa designed in collaboration with ESPA. Practitioners will focus on preventative maintenance and personalised wellness, and industry veteran Alison Howland – who was part of the original vision team – has been named vice president of wellness programs and resourcing for Amrit.

Tower P (Peace) will be a resort residential tower with features such as posture-supportive heat reflexology floors, mood-enhancing



Two towers – named Peace and Happiness – will house 150 hotel guest rooms and an ESPA spa

aromatherapy, vitamin C-infused showers, exterior sound-extrusion block, and dawn simulation that gently increases the amount of light in the bedroom at wake-up time.

Tower H (Happiness) will offer a hotel/residential mix, and will house the 100,000sq ft ESPA spa, which will include both indoor and outdoor yoga studios, a meditation garden, whirlpool spa and private beach club.

Details: http://lei.sr?a=U4Z8K_S

'Hidden spa' opens in Germany

German architecture firm GRAFT have completed work on a timber hotel and spa hidden in the woodland of Nohfelden, Germany.

Designed as a product of the surrounding topography, the 12,860sq m (138,400sq ft) Hotel Bostalsee rests above a pair of green hills, overlooking Lake Bostalsee.

Guests arrive through oak woodland, with the water hidden from view. The lobby is situated in the natural gap between the hills and reveals a panoramic view over the lake

as people enter the building. A terrace with fireplace offers guests an opportunity to watch the sun rise and set over the scene.

A restaurant, bar, reading room, conference space and 2,000sq m (21,500sq ft) spa and wellness area are embedded in the hilly landscape, with the latter facing the surrounding trees to create a sheltered, private environment. Above them, a total of 100 hotel rooms and suites are located on the two upper floors, and a penthouse and bar are due to be constructed on the roof.

The woodland on the west side of the hotel has been thinned out to provide more



The hotel includes a secluded 2,000sq m spa and wellness area

views of the lake, with the wood used for the façade of the hotel. Timber slats have been charred to create a silvery-black shine.

"GRAFT's design is a response to the spirit of the place," said the practice in a statement. "It builds on its qualities to create a new harmonious whole. The result is a travel destination with a special identity of its own."

The firm are currently finalising several major projects in Germany, including a new museum celebrating the art of graffiti in Berlin, a horse theme and adventure park in Munich and a new ice rink in the Harz Mountains.

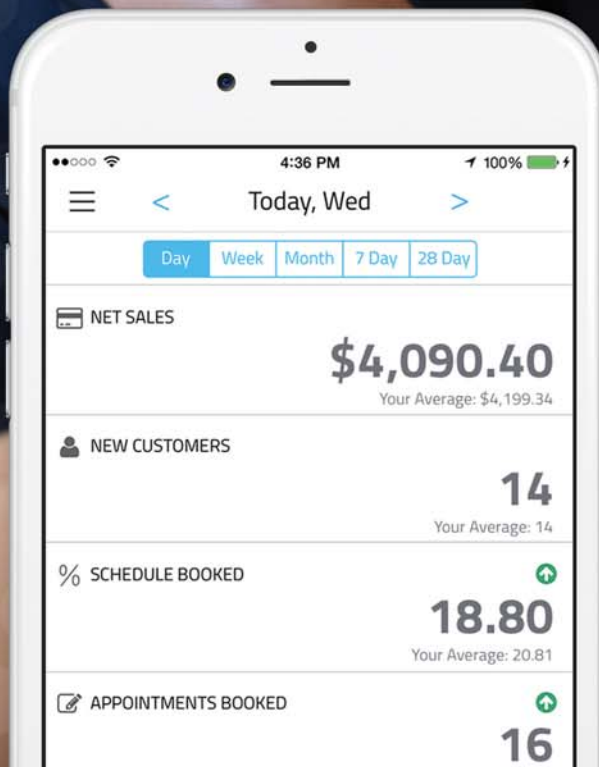
Details: http://lei.sr?a=m5E5d_S



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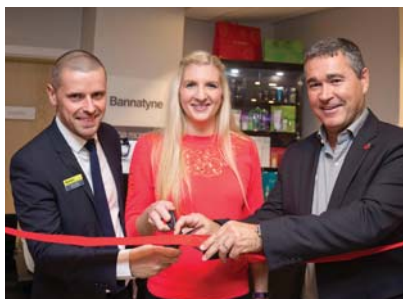
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The spa was opened by Olympian Becky Adlington

Bannatyne spa reopens after refurbishment

Double Olympic champion swimmer Rebecca Adlington has cut the ribbon to reopen the day spa at the Bannatyne Health Club in Mansfield following a £1m (US\$1.3m, €1.1m) redevelopment project.

The spa has been redesigned to cater for growing demand – increasing the number of treatment beds from seven to 12 and adding a new relaxation room with eight heated mosaic loungers and four water beds.

A mezzanine floor incorporates two new fitness studios and café bar, adding to the club's existing sauna, steamroom and swimming pool. Olympic champion Adlington has signed a deal with Bannatyne Group to run SwimStars at the site – a programme she created to tackle the shortage in swimming teachers and promote swimming as a crucial life skill.

Details: http://lei.sr?a=7w7u4_S

Study suggests health benefits of mushrooms

A team of researchers at Penn State University in the US has found that mushrooms contain unusually high amounts of two antioxidants that could help fight ageing and bolster health. The study showed that mushrooms have high amounts of ergothioneine and glutathione, both important antioxidants, said Robert Beelman, professor emeritus of food science and director of the Penn State Center for Plant and Mushroom Products for Health.

“We found that, without a doubt, mushrooms are the highest dietary source of these two antioxidants taken together, and some types are really packed with both of them,” said Beelman.

Beelman said when the body uses food to produce energy, it also causes oxidative stress because some free radicals – which cause damage to cells, proteins and DNA – are produced.

Details: http://lei.sr?a=x7r4c_S

Oberoi expands to the Americas

India-based luxury hotel operator Oberoi Group has signed a deal with Mexican real estate firm Grupo GDI to operate properties in the US, Canada, Mexico, Latin America and the Caribbean.

The deal will see Oberoi make its debut in the Americas and expand the reach of its Oberoi Hotels & Resorts brand, which currently operates more than 30 sites across the world.

According to a spokesperson, Grupo GDI has already secured the first two properties to be operated by Oberoi at a cost of around US\$100m (€85m, £76m). A formal announcement and further details regarding the location of the hotels – and their facilities – is expected by early 2018.

Grupo GDI will handle all aspects of real estate ownership and development while the Oberoi Group will be responsible for branding and management.



Oberoi operates more than 30 luxury properties around the world

“We are delighted to partner with Grupo GDI to bring the Oberoi brand to the Americas,” said PRS Oberoi, executive chair of The Oberoi Group.

“We look forward to bringing Oberoi's distinct culture of personalised service and commitment to excellence to the region, as part of our plans to expand its global footprint in select destinations.”

Details: http://lei.sr?a=s7Q2N_S

Wellness hotel for Midtown Athletic

US-based Midtown Athletic Clubs, which manages a portfolio of premium health, fitness and racquet clubs, has opened its first hotel at the site of its flagship club in Chicago.

The 55-bedroom Hotel at Midtown is the company's first venture into the hospitality space and is the final element of a US\$85m (€73m, £64m) redevelopment of the Chicago club – one of the world's largest indoor tennis centres, housing 16 indoor courts.

Designed by Chicago-based DMAC Architecture, the Hotel at Midtown will have a focus on wellness and features a luxury spa with a number of treatment rooms and a customised menu of signature treatments and services, as well as a full-service hair and nail salon.

One of the hotel's signature features is the V Suite, designed by tennis legend Venus Williams' design firm, V STARR Interiors. Created to “invoke a sense of relaxation and rejuvenation”, the V Suite features a private bedroom, calming textures, floor-to-ceiling windows with blackout curtains and marble bathrooms. Williams has also designed the tennis lounge at Midtown Athletic Club.



Venus Williams' firm V STARR Interiors designed one of the suites

Other facilities at the hotel include Shave & Tonic, a gentlemen's barbershop, two meeting rooms, an executive conference room and a variety of event spaces.

“We began this project 5 years ago, with the goal of creating a health-and-fitness property unlike anything else,” said president and CEO of Midtown Athletic Clubs Steven Schwartz.

“We believe this pioneering project fills a niche within both the fitness and hospitality industries and it represents an entirely new opportunity for Midtown to serve and interact with guests and members worldwide.”

Details: http://lei.sr?a=z4n8x_S



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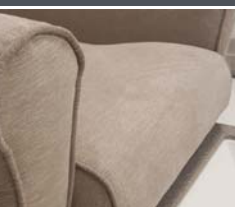
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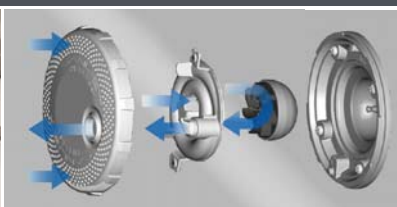
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www.livelovespa.com

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www.probeauty.org/issellb

5-6 February 2018

Professional Beauty GCC

The Meydan, Dubai, UAE

Professional Beauty is one of world's leading trade expos, showcasing products and services for beauty and wellness.

www.professionalbeauty.ae

5-6 March 2018

Healing Summit

Hotel de Rome, Berlin, Germany

The summit is a two-day global conference designed to share wisdom and experiences about what healing can do for the wellness industry and its customers.

www.healingsummit.org

6 March 2018

Women in Wellness Leadership Conference

New York, US

Curated by *American Spa*, the event is for female leaders and women who aspire to leadership in the wellness industry.

<http://lei.sr?a=J7f3m>

9-11 March 2018

Beauty Düsseldorf

Düsseldorf Exhibition Centre

Düsseldorf, Germany

The leading international trade fair for cosmetics, nail, foot, wellness and spa – exhibiting the latest beauty products, current trends and popular treatments

www.beauty-duesseldorf.com

11-14 March 2018

Green Spa Network Congress

Carmel Valley Ranch, California, US

Now in its 10th year, the congress covers sustainability in the spa industry.

Tel: +1 800 275 3045

www.greenspanetwork.org



The strategy-focused event attracts leading CEOs and owners across the global wellness industry

25-26 Feb 2018

World Spa & Wellness Convention

ExCeL London, United Kingdom

The convention is a leading networking event for CEOs and owners of spas, hotels and wellness centres. Attracting a global following and gathering delegates across

from Europe, Asia, Middle East and America, the strategy-focused convention allows executives to share experiences of operating successful spas. Also includes a gala dinner and awards.

Tel: +44 207 351 0536

www.professionalspawellness.com

15-16 March 2018

APSWC Round Table 2018

Singapore

The event is being marketed as Asia's only roundtable event to tackle the issues in the Spa & Wellness Industry.

www.apswc.org

15-19 March 2018

Cosmoprof Worldwide Bologna

Fair District, Bologna, Italy

The exhibition covers the various sectors of the beauty industry – from perfumery and cosmetics to beauty, spa and raw materials.

www.cosmoprof.com

26 Mar 2018

WPSA Symposium

The Watergate Hotel

Washington D.C., United States

The interactive event explores the way the spa industry engages with its customers.

www.washingtonspaalliance.com

15-17 May 2018

Asia Pool & Spa Expo

Poly World Trade Expo Center,

Guangzhou, China

A leading industry trade fair for the spas, sauna, bath and water parks.

www.poolspabathchina.com

20-23 May 2018

SPATEC Spring North America

Ritz Carlton Sarasota, Florida, US

The event will bring together America's most important spa operators to meet with key leading domestic and international suppliers.

www.spatecevents.com

21-22 May 2018

World Spa & Wellness Asia

JW Marriott Resort, Phuket, Thailand

The new one-to-one event will consist of an inspirational conference, intimate brand showcase and a networking programme.

www.worldspawellness.com

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The Sock Room at Spa 15 includes a collection of hand-knitted socks from artist Akane Ono

Underground, artistic spa opens in Bath, England

Hidden below the streets of Bath, a quirky new spa has opened that celebrates the ancient city's spa and wellness heritage.

Spa 15 – located in the No. 15 Great Pulteney hotel on Great Pulteney Street – includes four themed treatment rooms, a large cedarwood hot tub within exposed stone vaults, a barrel-shaped sauna and a steam room. In keeping with No. 15's celebration of local up-and-coming artists, the treatment rooms showcase local artworks to give each its own personality.

The Tapestry Room is designed as a warm, cocooning space where artist Emma Nicole Straw's landscape-inspired tapestries adorn the walls in shades of burnt orange, blue and cream. The Sock Room includes a collection of hand-knitted socks from artist Akane Ono's 'Sock Diary'.

Details: http://lei.sr?a=s3j5s_S

Male-only spa Gents Place to open first franchised site

US-based male-only day spa and grooming chain, The Gents Place, has opened its first franchised location.

The brand, which markets itself as a 'lifestyle club', launched a national franchising programme in 2016, and the Chicago site is the first to open its doors under private ownership.

Since launching its franchise offer, the chain has signed 10 deals.

The Gents Place operates four corporate-owned sites – in Dallas, Texas and Kansas City – and has further sites under development in Austin, Houston, San Antonio and Illinois.

The business is backed by Elevated Brands, a brand management and development company established by US massage franchisor Massage Heights. The Gents Place Chicago will be owned and operated by entrepreneur Peter Terracina.

Details: http://lei.sr?a=2a9M5_S

Marriott to operate Okinawa resort

Marriott International has secured a management contract for its first luxury resort on the Japanese island of Miyakojima. Owned by real estate giant The Mori Trust Group and scheduled to open in late 2018, the new Iraph Sui spa resort will be operated under Marriott's The Luxury Collection brand.

Located on the southwestern coastline of Miyakojima – one of the hundreds of islands which form the Okinawa prefecture – the resort will offer 57 guest rooms, nine suites with private plunge pools, 10 luxury junior suites and an executive suite.

A large spa will anchor the resort's wellness offer, with facilities including a 72ft (22m) outdoor swimming pool and a health club. According to a spokesperson, the exact details of the development will be confirmed in early 2018. Mitzi Gaskins, global brand leader of The Luxury Collection, said the



The coastal resort will house a large spa overlooking the East China Sea

island resort is part of Marriott's plans to tap into the growing Asian luxury travel market.

"The luxury vacation market in Japan is a well-established one, and travelers are always looking for new destinations and authentic experiences," Gaskins said.

"This latest addition to The Luxury Collection in Japan will enhance the brand's position and provide an indigenous experience to luxury travelers."

Details: http://lei.sr?a=8e7W5_S

Massage helps muscle re-growth

Researchers from Colorado State University and the University of Kentucky have published a "groundbreaking" study, which shows that massage can increase the re-growth of muscle tissue after an injury – even when applied to the opposite, uninjured limb.

In a paper published this month in *The Journal of Physiology*, the researchers showed that muscle grew faster after a massage because protein production in cells was improved. They

also showed that when one leg was massaged, muscle in the other leg also grew faster.

The discovery could spell improvements for people on bed rest, the elderly or those having a prolonged hospital stay, as muscle is lost quickly during periods of disuse and is difficult to grow back – particularly in the elderly.

Karyn Hamilton and Ben Miller, faculty members at CSU's Department of Health and Exercise Science and authors of the paper, said the concept that massaging one limb might also lead to benefits in another non-massaged limb is groundbreaking.

"For instance, if you injured one leg and couldn't massage it because of that injury,



Researchers hope to duplicate the effects in human studies

we now have evidence suggesting that massaging the other non-injured leg could lead to benefits in the injured leg," said Hamilton. "That's a novel finding with potentially very important implications."

The researchers used rats, which underwent a period of inactivity to decrease muscle mass, and then were allowed to recover. During the recovery period, the rats were massaged every other day for a week, and the researchers analysed the muscle for the size of muscle fibres, protein production, presence of other cells (such as muscle stem cells) and communication in the cells that programmes them to grow.

Details: http://lei.sr?a=Q3U8b_S

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Spa Therapist

Hand Picked Hotels is a collection of 20 country house hotels throughout the United Kingdom and the Channel Islands. With a welcoming and charming service delivered in inspirational surroundings, our guests are encouraged to feel at home, relax, kick off their shoes and indulge!

Grand Jersey Hotel & Spa is a stylish and contemporary 5 Star Hotel, guaranteeing guests an exceptional experience. The hotel offers the ultimate in comfort and glamour through a combination of award-winning restaurants, an exclusive, atmospheric Champagne Lounge and the luxurious, award-winning Spa. Grand Jersey Hotel & Spa also features the innovative Park Suites - a dedicated business centre with private cinema, meeting rooms and flexible event spaces. The hotel couldn't be better situated in St Helier, overlooking the majestic St Aubin's Bay and within a few minutes walk of the beach, shopping and leisure.

Our values support a family approach; we are passionate about our people as well as our hotels/clubs and welcome those who share our enthusiasm to join us. We seek vibrant people who believe that providing the highest level of guest service is the key to success.

We are currently recruiting for a Spa Therapist to join our team at the 5* Grand Jersey Hotel and Spa.

Duties and responsibilities of a Spa Therapist include conducting all spa treatments to the highest standard whilst ensuring guest comfort and welfare at all times. You will also have to develop a good understanding of all treatments and products enabling you to actively encourage sales and inform clients about treatments.



The ideal candidate will also have excellent customer service skills and be polite and friendly.

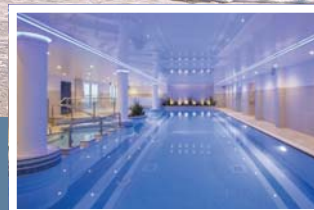
BENEFITS:

- Holiday entitlement increasing with service
- Employee Assistance Programme
- Recognition and incentive schemes
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- Training opportunities
- Staff consultative committee/team member forum
- Live-in accommodation

Candidates must have NVQ levels 2 & 3 in beauty therapy and ideally 1 to 2 years' experience with ESPA, Jessica product training an advantage but is not essential.

Candidates must be able to legally work and live in the UK.
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St Michael's Hotel & Spa is a stylish and contemporary, "coastal chic" AA 4-star hotel overlooking a blue flag beach and ocean views. Falmouth is a vibrant community where you can live, work and enjoy the charms of the Cornish coast all year, and recently voted one of the top ten areas to live in the country in the Sunday Times Newspaper.

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This is a career for you!

We are looking for a Spa Therapist who is professional, reliable and confident, who is able to provide 5-star treatments and excellent customer service to our clients. We are seeking someone who will enhance our award-winning team. Experience of additional well-being treatments would be an advantage.

You must be fully qualified to a minimum of NVQ level 3 Beauty therapy, with excellent retail sales experience. Preferably your experience will be based in hotels or on cruise-ships and the ideal candidate will have a flexible approach to working hours, which will include evenings and weekends.

Spa Therapists receive incentive bonuses, commissions and a staff well-being scheme full of great benefits

Our ideal Spa Therapist candidate: -

- Elemis trained is preferable although full training will be given by the South West's only in-house Elemis trainer.
- Have excellent communication skills and be able to learn our products and services in order to be able to provide wellness solution to meet the needs of your guests.
- Encourage repeat booking of clients.
- Be able to provide professional massage, body, facial and nail treatments to our guests.
- Maintain high standards of treatments and ensuring exceptional levels of customer satisfaction at all times.
- Efficiently and effectively handle customer queries in order to maximise customer satisfaction.
- Ensure all aspects of the spa guest's journey is adhered to all times.

Rate per hour plus additional benefits: -

The rate per hour will be £8.00 and is weekly paid. We provide your meals while on duty as well as staff discount on Spa treatments and Spa products. There is also a staff discount for our award-winning restaurant and a great incentive programme plus a discounted membership in our new Health Club.

We want our interactions with guests to be memorable, so please make your email memorable as well. Tell us about how you match up to the role and characteristics, and what makes you the right person to join our team.

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New team members are invited to join us in providing superb service, working for the exceptional Cliveden House name, recently awarded Favourite UK Holiday Hotel by the Condé Nast Traveller...

Join Cliveden House as a Spa Therapist, providing exceptional treatments to all guests and members ensuring smooth operation, record keeping, and client well-being. To give continuous and consistently high standards.

Responsibilities include;

- Carry out all treatments to the required standard and as booked by Reception.
- Work within the time guidelines of each treatment ensuring that the highest standard of client care is practised.
- Ensure that product knowledge is well known and that the client's time is educative, therapeutic, and relaxing.
- Greet the client warmly and by their name, show them to the therapy room and indicate where everything is, ensuring the highest client care is given out at all times.
- Be knowledgeable on all facilities, products, and treatments offered with in the Spa, informing the client of availability when requested.
- Ensure that high standards of cleanliness and tidiness are adhered to in the treatment rooms

and grooming lounge at all times.

- Sell the products during the treatments and ensure that the client receives your enthusiasm and knowledge.
- Be flexible if colleagues need help within other areas of the Spa i.e. Reception, Changing Rooms.
- Responsible for replenishing towels in the treatment rooms and taking the dirty towels to the laundry.
- Attend any necessary training courses in-house or external.
- Ensure that Company Policies are followed at all times.

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WTS International, one of the world's leading spa, fitness and leisure consulting and management firms, is seeking a Project Interior Designer for our corporate office in Rockville, MD. The Project Interior Designer will be responsible for providing design assistance specific to spa, fitness or other recreation/leisure portions of hospitality projects. They will also be responsible for the identification and procurement of specialized equipment that such facilities require.

RESPONSIBILITIES

- Prepare and submit space programming documents, equipment layouts and specifications as well as other project-specific input to architects, interior designers and/or other members of the project team.
- Specify specialized fitness and spa equipment and provide layouts and equipment lists to architects, engineers, interior designers and other project team personnel for assigned projects.
- Secure bid/quotes on above equipment as needed for assigned projects and coordinate the procurement of said equipment with the appropriate disciplines on the project team.

- Establish and maintain knowledge of sources, technical specifications and availability of pertinent equipment and materials. Stay abreast of trends and innovations in the leisure industry.
- Responsibilities may require an adjusted work schedule, travel, and evening/weekend hours in order to meet deadlines.

QUALIFICATIONS

- Bachelor's degree in Interior Design from an accredited institution.
- A minimum of three years experience working as an interior designer in the field of Hospitality.
- Must possess an interest in fitness, spa and recreation activities.
- High level of proficiency in AutoCAD required. Experience with Revit a plus.
- Skilled in Microsoft Office, Bluebeam, Photoshop and Sketch Up.
- Effective oral and written communication skills.
- Professional appearance, communication and demeanor at all times.
- Must be self-directed, exhibit efficient time management, organization and analytical skills.
- Proven ability to work in a fast-paced, rapidly changing environment.

Belize spa to feature Mayan treatments

Continued from front cover
Colin Hannan, the resort's co-founder and MD, added: "We're committed to going above and beyond what's expected of a beachfront resort, and we believe that giving back to the local community and environment while also offering an enhanced luxury experience will make Itz'ana unlike any other hotel."

The architectural team were tasked with creating "a chic, tropical ambience", and have taken inspiration from the colours and materials found in the nearby beaches, rivers and barrier reef.

To enhance its sustainability, the resort has an organic garden, designed by landscape architect Matthew Lewis, which serves the kitchen and spa; comprehensive wastewater management and rainwater collection systems; and LED lighting systems by Eli Porres.

Leisure amenities include the Biblio Bar, inspired by Ernest Hemingway; a Rum Room



The resort occupies 16 miles of a peninsula on the Caribbean Sea

serving the largest collection of rums in the country; a private cinema and an infinity pool.

The spa will feature five treatment rooms, a meditation room and saltwater pool. Spa services will showcase locally sourced rainforest botanicals and Mayan-inspired treatments, and yoga will be offered on a rooftop deck overlooking the sea.

Details: http://lei.sr?a=d5A5R_S

'Sound therapy' launched by Indian hotel

The owners of Svatma, the experiential boutique hotel in Thanjavur, India, have created a new sound healing therapy which they will market as a new "destination experience" for the property.

Described as the first of its kind in India, the treatment will look to tap into the healing qualities of music through a vibrational sound therapy session, which will be offered at the hotel's Soukyaam Spa.

The treatment is based on the Veena, a string-instrument used in traditional Indian music and dance. According to Svatma, the number of frets on the Veena equals that of the human vertebrae and when the instrument is played, each note "stirs a physical connection".

To mimic the frets on a Veena, the Soukyaam Spa has created a new 'sound bed', in partnership with musical instrument specialist Svaram. The massage table, which has 50 strings, has been carefully tuned and stretched underneath.

Therapists administering the treatment will use a resonator to create vibrations and an acoustic massage, which "nurtures the emotional-physical system".

"The session will create a deep harmonising effect of pure sound and a deep state of relaxation," a spokesperson for Svatma said.



Therapists giving the treatment will use a resonator to create vibrations and an acoustic massage

"The aim is for the sound bed to project the individual into a deeper, dreamlike, relaxed alpha state, which will alleviate stress and relax the muscles, re-aligning the body to stimulate inherent self-healing transformative powers – leaving the client content, clear minded, positive with a new-found sense of energy."

The sound bed therapy is the latest offering at the hotel's Soukyaam Spa, which specialises in offering treatments and therapies using the ancient siddha school of wellness.

Details: http://lei.sr?a=M8n9V_S

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Australasian Spa Association

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French Spa Association (SPA-A)

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