# spa business insider

16 NOVEMBER - 29 NOVEMBER ISSUE 358

A SPA BUSINESS PUBLICATION



# Mental wellness is US\$121bn industry

Mental wellness is a new US\$121bn (€101.6bn, £91.8bn) segment of the global wellness economy, based on consumer spending in four markets in 2019.

The figure was released in the GWI's new study, called *Defining the Mental Wellness Economy*, claimed to be the first paper to define mental wellness as its own industry.

The GWI categorised the emerging industry into four main sectors:

- Self-improvement, US\$33.6bn (€28.2bn, £25.5bn)
- Meditation and mindfulness, US\$2.9bn (€2.4bn, £2.2bn)
- Brain-boosting nutraceuticals and botanicals, US\$34.8bn (€29,2bn, £26.4bn)
- Senses, spaces and sleep, US\$49.6bn (€41.7bn, £37.6bn) Due to COVID-19, mental health issues and mental unwellness are on the rise and taking their toll on individuals, families and society.



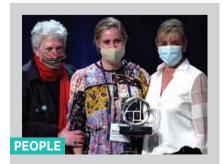
"Not enough attention is paid globally to mental wellness promotion," said co-authors, Katherine Johnston and Ophelia Yeung.

The report argues mental wellness can provide tools to help increase wellbeing.

READ MORE ONLINE



Katherine Johnston



Veronica Schreibeis Smith wins GWS award

Architect receives Leading Women in Wellness award





Dr Vivek Murthy: "Everyone has the power to be a healer"

19th US Surgeon gives inspiring GWS keynote



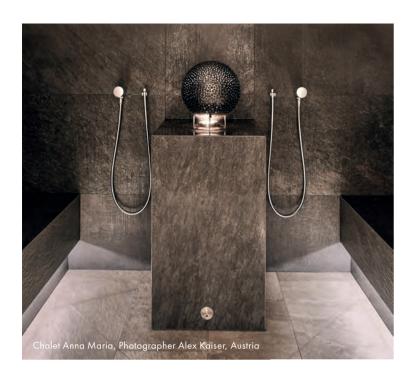


How to empower women in wellness

Marisa Peer shares advice for women in wellness

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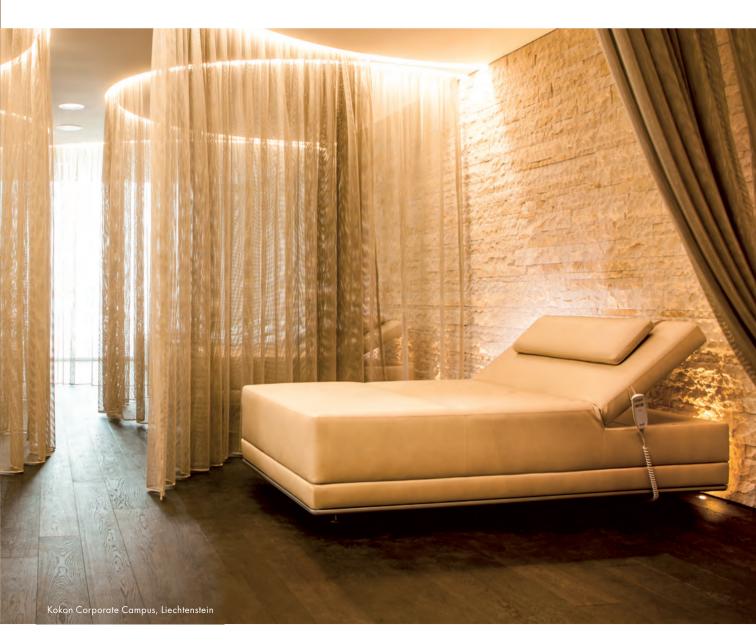






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# spa people

# Wellness architect **Veronica Schreibeis Smith** wins Leading Women In Wellness Award

eronica Schreibeis
Smith, CEO and founding principal of Vera Iconica
Architecture, was presented with the Leading Women in
Wellness Award at the 2020
Global Wellness Summit.

Schreibeis Smith
is passionate about
championing regenerative
wellness architecture and
is on a mission to get it
on the agenda of the wider
architecture and spa and
wellness communities.

To realise her passion, she set up Vera Iconica in 2010 in Jackson Hole, Wyoming, with a focus on 'how environments impact human wellbeing and planet earth', and has since worked with well-known industry names,



■ Nancy Davis (L), Veronica Schreibeis Smith (M), Susie Ellis (R)

The support of the wellness community has powered and fuelled our business and inspiration

including Rancho La Puerta.

She also has global experience having previously

worked in Peru, South Korea and Germany and is the chair of the GWI's Architectural Wellness Initiative which brings together thought leaders from the sector to raise awareness on how our surroundings directly impact all aspects of our wellbeing.

GWS chair and founder, Susie Ellis, and chief creative officer and executive director, Nancy Davis, presented the award, with Davis calling Schreibeis Smith an "absolute superstar, who embodies the award and has taken the architecture world by storm."

Schreibeis Smith was humbled by the accolade and said: "This is truly an honour, thank you for all of the support you have given me, it's powered and fuelled our business and our inspiration."

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# Wellness Moonshot goes global as **Susie Ellis** reports initiative is reaching 6 million people worldwide



■ Susie Ellis, Global Wellness
Summit chair and CEO

n 2017, the Global Wellness Institute (GWI) launched the Wellness Moonshot initiative – a global commitment by the GWI to eradicate preventable, chronic diseases.

GWS chair and CEO, Susie Ellis has announced that the initiative is now reaching over six million people worldwide and has expanded its global presence.

The GWI launched the Wellness Moonshot with a focus to educate the public and private sectors about preventative health and



wellness. It provides monthly content and creates events and workplace activities, all focused on prevention.

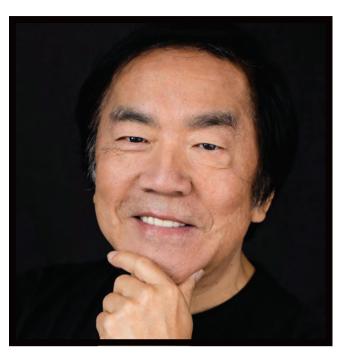
Ellis explained how the GWI has made strides in 2020 to extend the initiative's reach: "We decided to globalise the movement and form alliances with three business leaders in China, India and Israel."

In support of the Wellness Moonshot, Jessica Jesse,

CEO of BuDhaGirl, created the Wellness Moonshot calendar, to help people create a culture of wellness at work or home, by providing them with actions, resources and information to inspire a culture of wellness.

Jesse and Ellis unveiled the new look for the 2021 calendar at the summit, which uses colour-blocking to provide a fresh and optimistic feel.

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■ John Kao was appointed to the GWI advisory board in 2020

There's real potential to create new sources of value but we need a reinvention style of innovation

# **John Kao:** wellness is up for reinvention

ohn Kao, MD and best-selling author on innovation and enterprise transformation, believes the wellness market is ripe for innovation and transformation.

Speaking at the GWS, he predicted that once the pandemic resolves, there will be a massive outpouring of energy towards wellness and wanting to reinvent the way we live.

"It's been a time of figuring out what's important and what can be left behind." he said.

"This means wellness is up for reinvention and that there's real potential to create new sources of value." Kao said now is not just a time of disruption, but also discontinuity: "This implies the need for both improvement-oriented and reinvention-style innovation."

Thus, he believes there's never been a better time to be an entrepreneur and innovator because there's a palpable dynamism in the early stage venture business.

Kao's contacts in the early-stage venture capital industry say money is being invested like there's no tomorrow and that there's a major influx of people producing business plans.

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# **CONTENTS ISSUE 358**

# 04 People

Wellness architect Veronica Schreibeis Smith wins leading Women In Wellness Award, Wellness Moonshot goes global as Susie Ellis reports initiative reaching 6 million people, John Kao: wellness is up for reinvention

# 06 News

Dr Vivek Murthy: "We can all be healers", GWI hosts global soak event, Shark Tank winner to help people eat 'food without fear' and how women can thrive in wellness

# 08 News

Optimism for industry's future at GWS, media panel predicts hottest wellness trends for 2021, sleep health is a winner for hotels and GWS crowns winner of inaugural wellness technology contest

# 10 Spa insights

The Global Wellness Institute has labelled mental wellness as an emerging industry worth US\$121bn (€101.6bn, £91.8bn)

# 14 Photography from the GWS

A selection of photos celebrating the 2020 GWS

# 21 Supplier news

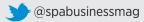
The latest in products and innovation from Dröm UK, AraSpa Consulting, Techno Alpin and Starpool

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5

## LONELINESS

# Dr Vivek Murthy: "We can all be healers"

Dr Vivek Murthy, the 19th US Surgeon General, spoke to attendees of the Global Wellness Summit about the importance of addressing loneliness on a personal level, in the workplace, in communities and society.

In a powerful interview with Dr Richard Carmona, the 17th US Surgeon General and chief of health innovations at Canyon Ranch, he said that an antidote to loneliness is human connection.

"Few medicines are more powerful than love, compassion and kindness," he said, "and all of us have the power to be healers because all of us have the power to be kind, compassionate and loving."

Murthy has just been tapped by president-elect Joe Biden to lead the USA's response to COVID-19.

Loneliness, he said, is associated with an increased risk of heart disease, dementia and premature death.

Offering advice to the spa and wellness industry, he concluded: "If you're designing your workplaces for your staff and the services you provide your community, just recognise that whenever you can, bring people together where they can understand one another more clearly by sharing, where they have opportunities to help one another which help to strengthen connection."

READ MORE ONLINE



■ Murthy believes everyone has the power to be a healer



Few medicines are more powerful than love and kindness

Dr Vivek Murthy

# INNOVATION

# Shark Tank winner to help people eat 'food without fear'



Harness the wellness community to make your ideas into a reality

Frank Pitsikalis

The Global Wellness Summit (GWS) has announced Krysta Mendes Silva as the winner of its fifth annual Shark Tank of Wellness competition.

Silva was the representative from a team of students – also including Daranie Mor and Megan Ip – from GA's Savannah College of Art and Design which was awarded first-place and US\$5,000 for its concept named Samii, a set of portable, rechargeable utensils that detect and alert users of allergenic proteins in food.

A total of three finalists presented their concept live and underwent questioning from a panel of



■ Silva (L) received the award on behalf of her team

Wellness Sharks, including Frank Pitsikalis, CEO of ResortSuite.

Pitsikalis announced the results and urged the three finalists to make use of their time at the conference, saying: "You should network with some amazing people, and see who can help you tackle these ideas and make them into a reality."

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# HOT SPRINGS

# GWI hosts global soak event

The GWI Hot Springs Initiative organised a live international soaking event to unite the world around hot springs bathing, on 13 and 14 November 2020.

Live-streamed on Facebook and Soakember.com, the event ran simultaneously at hot springs in Japan, France, Hungary, China, Germany, Austria, Australia, the US, Slovenia, New Zealand and Costa Rica. Initiative chair, Charles
Davidson, introduced the
event this week at the 2020
GWS, saying: "Though we're
all separated by oceans,
we're all connected by water.

"During these difficult times it's so important that we remember how beneficial mother nature can be to our health and wellbeing. So, let's soak together, to heal together."

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■ Marisa Peer delivered a keynote at this year's GWS

## KEYNOTE

# How women can thrive in wellness

Best-selling author and therapist, Marisa Peer, sees women as some of the best leaders in business and wants to remind them to give themselves permission to believe in their own ability.

Speaking as a GWS keynote, she explained that women have huge potential in business and have a natural capacity to be great leaders – a powerful message for the spa and wellness industry

which is predominately made up of women.

Peer urged women to believe in themselves, and added that they should avoid believing that thinking or acting like men was necessary to be successful.

"You must give yourself permission to believe in your ability because the quicker you do it, the sooner everyone else will follow," she said.

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# MEET THE TEAM

For email use: fullname@leisuremedia.com



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



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



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



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



Journalist Megan Whitby +44 (0)1462 471906



Web **Tim Nash** +44 (0)1462 471917

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## EVENTS

# **Optimism for industry's future at GWS**

The idea that the global wellness and spa industry is going to come out of the coronavirus pandemic stronger than ever before was a key take-home message from this year's Global Wellness Summit (GWS).

Speaking at the summit on 9-11 November – both at the physical venue in The Breakers, Florida and virtually – sector stakeholders from across the world shared their view on what the event's theme of 'Resetting the World With Wellness' meant to them.

The overarching message was one of hope and optimism.

"For me, the currency of wellness is connection," said Marc Cohen, founder of the Extreme Wellness Institute, Australia.

"Rather than waging war on life with chlorine, disinfectants and antibiotics; and enforcing disconnection with quarantine, social distancing, masks and tracking, we can find peace with microbes and each other to foster human flourishing and connection.

"I really believe wellness can be just as contagious as illness. The wellness industry needs to be the dominant industry on Earth to regenerate clean water, food and air, to create a global wellness pandemic. That's what resetting the world of wellness means to me," Cohen concluded.

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■ GWS chair, Susie Ellis, moderated the stakeholders' discussion



For me, the currency of wellness is connection

Marc Cohen

# TRENDS

# GWS panel predicts hottest wellness trends for 2021

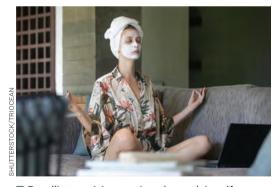
Spas have a real opportunity to enhance the at-home experience for customers

Sandra Ballentine

The 2020 GWS hosted a discussion panel about future wellness trends, where industry experts offered their take on what's in the pipeline for the spa and wellness industry in 2021.

Moderated by Beth McGroarty, GWS VP of research and forecasting, the panel agreed that immunity-enhancing treatments, nature, tackling taboo subjects and wellness at home will be major focuses next year.

The discussion on at-home wellness highlighted that spas have an opportunity for spas to leverage in 2021, through the power of digital.



■ Panellists envision continued growth in self-care

Panellist and *W magazine* editor,
Sandra Ballentine, said: "I think wellness
coaching will become increasingly
important – spa professionals have a
real opportunity to enhance the at-home
experience for customers, with things
such as virtual classes and digital
content, to maintain engagement."

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## HOTEL WELLNESS

# GWS panel say sleep health is a winner

Sleep health was the subject of a panel at the recent GWS in Florida.

Moderated by Allison Howard from Nollapelli, the panel on Sleep: The Foundation of Health and Hospitality, heard the views of Francisco Levine from smart-bed supplier, Bryte; Tammy Pahel, from Carillon Miami; and sleep researcher Dr Rebecca Robbins, with contributions from Six Senses' Anna Bjurstam.

The panellists agreed that sleep is one of the most underresearched areas in travel.



Our research found quality of sleep in hotels was generally very poor

Dr Rebecca Robbins

Robbins said: "We conducted a study of 800 recent travellers and asked them about their quality of sleep and willingness to return to a hotel.

"We found quality of sleep was generally very poor, but on the occasions when people had a better night's sleep at a hotel, they were much more likely to talk about it and return for another stay.

Pahel said Carillon has added Bryte beds to collect data on how people sleep.

READ MORE ONLINE

# TECHNOLOGY

# GWS crowns winner of inaugural wellness technology contest

The Global Wellness Summit (GWS) has announced the winner of its inaugural Call for Wellness Innovations contest, partnered with Welltech1 – a wellness fund and innovation hub in Tel Aviv.

A group of 15 international CEOs, business leaders and VCs in the wellness space named designer protein company, Amai Proteins, the winner of the contest.

Amai – translated as sweet from Japanese – is in the R&D process of producing sweet designer proteins which offer a healthy, tasty and sustainable alternative to sugar and



■ Amai is designing a healthy alternative to sugar



We will bring a healthy sweetener to the world for the first time

Dr Ilan Samish

artificial sweeteners.

Welltech1 co-founder and GWS board member, Amir Alroy, presented Amai's founder and CEO, Dr Ilan Samish, with the award.

"I'm humbled by this vote of confidence. The contest was a challenging and serious multi-tier competition.

"For the first time, Amai Proteins is going to bring a healthy sweetener into the world!"

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# A new insight

In a new report, the Global Wellness Institute has identified mental wellness as its own industry – worth US\$121bn



6

Not enough attention is being paid globally to mental illness prevention and mental wellness promotion



ue to COVID-19, mental health issues and mental unwellness are on the rise and taking their toll on individuals, families and wider society.

In response, the GWI's new report argues mental wellness can provide strategies to help increase wellbeing and be used as a pathway to ease the financial burden caused by mental unwellness and illness – a point it hopes will incentivise governments and businesses to promote and invest into mental wellness.

"Clearly, the human suffering and economic dislocations caused by COVID have increased demands for mental wellness pathways and solutions on a global scale," said Johnston and Yeung.

"Not enough attention is being paid globally to mental illness prevention and mental wellness promotion.

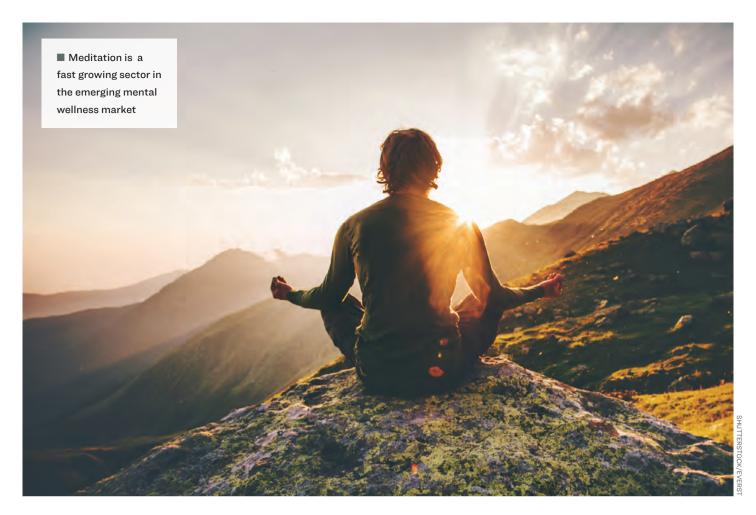
"Practices that improve our mental wellness don't only lessen the symptoms of mental illness, but they also reduce the risk of developing a mental illness."

The GWI has since added mental wellness as a new industry bubble to its Global Wellness Economy framework,.

#### THE FOUR MAJOR SECTORS

## ■ Senses, spaces and sleep,

The largest mental wellness sector, this category covers products, services, and





# Practices that improve mental wellness not only lessen mental illness symptoms, but reduce the risk of developing mental illness



11

design that target both our senses and the mind-body connection, with the growing understanding that environmental stimuli have a major impact on our mood, stress levels and sleep. Sleep is the Goliath sub-segment of the research, with an exploding array of sleep- and sleep environment-optimising solutions.

#### ■ Self-improvement

This category spans a wide range of activities associated with selfhelp and personal development, including books, media, video, apps and online platforms; self-help gurus and influencers; organisations delivering classes, workshops and retreats; cognitive enhancement and brain training products/services; and creative organisations and interventions combating loneliness and isolation.

#### ■ Meditation and mindfulness

The smallest - but perhaps fastest growing market – because while millions practice meditation, only a small fraction spend money on it.

The category includes all forms of meditation practice, related mindfulness practices and products and services that support these practices.

Key spending categories include classes, teachers, retreats, books and online platforms with mobile apps acting as huge drivers of consumer adoption.

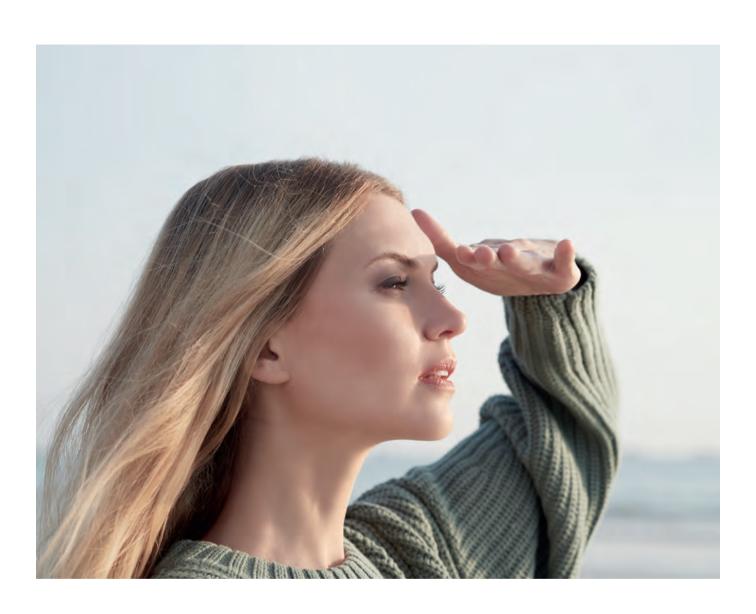
# ■ Brain-boosting nutraceuticals and botanicals,

This covers ingestible products developed with the specific goal of improving mental health and wellbeing, including natural supplements, herbal and botanical products and functional foods and beverages. These often claim to boost brain health, sleep, memory and energy.



Ophelia Yeung (pictured) co-authored the report with Katherine Johnston - both are GWI senior research fellows

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# GWS 2020 Photo album

The Global Wellness Summit took place at the Breakers in Florida, US, last week. Spa Business insider gives a flavour of this groundbreaking hybrid event









■ Lisa Starr of Wynne Business Consulting reporting for *Spa Business insider* 





Social events and wellness breaks at the GWS gave delegates a chance to meet and network, with COVID-19 precautions by Dr Richard Carmona





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16

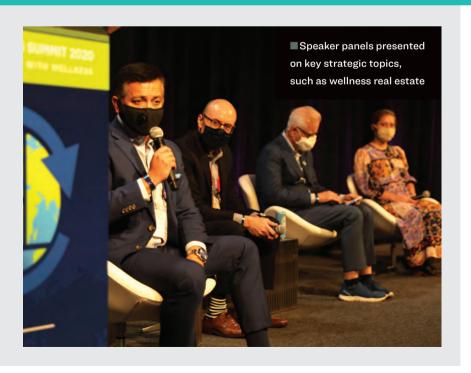
■ Exhibitors such as Gharieni,
Therabody, Bio
Station and Pure
Wave presented
their new products
to delegates in the special GWS Tech
Innovation Pavilion





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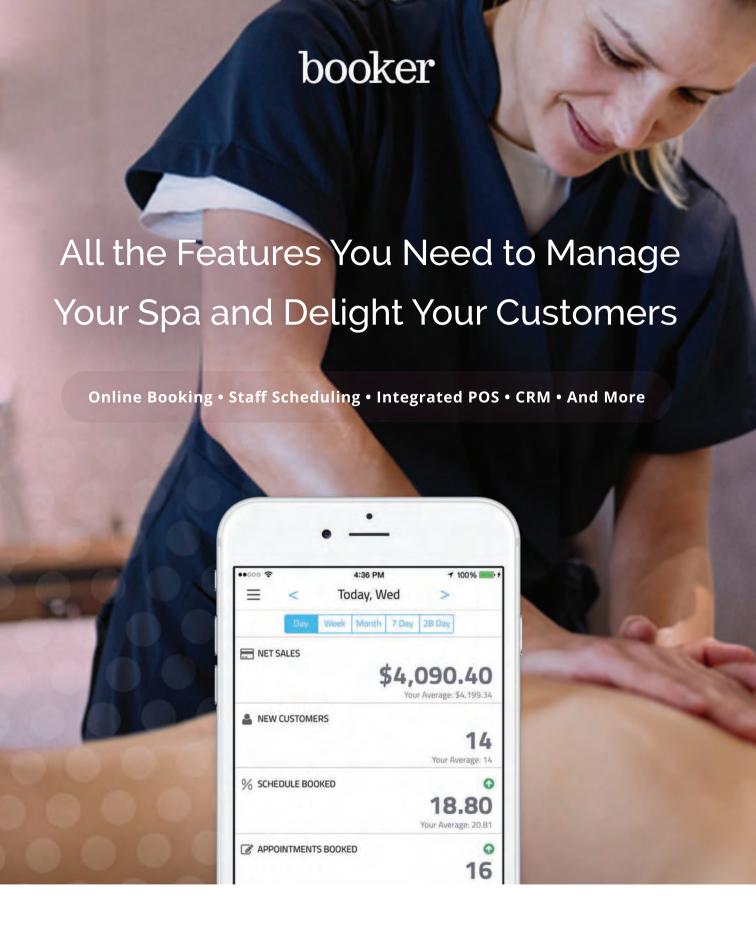


17

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# SUPPLIER NEWS

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





Healing vibrational sound therapy can be streamed into the sauna to activate a certain chakra or energy centre in the body

# Dröm UK and AraSpa Consulting unveil multi-sensory hydrothermal experience, powered by Aromatherapy Associates



Sara Jones, founder of AraSpa Consulting

B arry Smith, CEO of Dröm UK, has teamed up with Sara Jones, founder of AraSpa Consulting and Spa & Wellness MexiCaribe, to produce a new concept sauna and steam installation, incorporating sound frequencies, aromatherapy and chromotherapy.

The product has been designed to create an elevated wellness experience using vibrational frequency sound healing with the hydrothermal elements of sauna and steam, plus chromotherapy and aromatherapy.

A range of programmes are on offer and use different

vibrational frequencies for healing, designed to activate a certain chakra or energy centre in the body.

This is combined with corresponding chromotherapy and aromatherapy blends, supplied by Aromatherapy Associates, to create a complete holistic experience.

"I knew incorporating the additional vibrational healing dimension within a hydrothermal facility would create an exceptional experience," said Jones, "and who better to partner with than Dröm, an innovator in the hydrothermal industry."

In addition to vibrational frequencies, instrumental sounds such as gongs, Tibetan or Himalayan singing bowls, crystal bowls, tuning forks or chimes can be added to the experience, along with any other musical track preferred by the guest.

When offering this experience in a larger or busier spa, the SoundSauna or SoundSteam can be programmed to cycle through each of the programmed tracks with corresponding light and aroma every 20 minutes.

**SPA-KIT DROM UK** 

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21

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# SUPPLIER NEWS

# TechnoAlpin and Snøhetta create 3D cube-style SnowRoom



■ Sara Brenninger,
TechnoAlpin product manager

echnoAlpin has unveiled a new SnowRoom, called the Cubic Design, designed by Snøhetta Studio and inspired by landscapes after a fresh snowfall.

"In nature, snow acts like a soft-focus, transforming hard, angular rocks into a soft, calm landscape," says Sara Brenninger, product manager at TechnoAlpin.

"In the Snøhetta SnowRoom mountain landscapes are stylistically represented by small cubes on three- dimensional walls, which visually create the topographic 'ups and downs'."



■ The 3D cube-style Snow Room

The 3D structure represents a completely new style of the interior in the market, through both its modern geometry and the choice of materials, while various colour options also allow for individual design.

In addition to the Cubic Design, TechnoAlpin offers further options, including The Forest Design and The Rock Cave.

TechnoAlpin can also whitelabel, brand and customise its snowrooms, as well as sourcing suitable accessories for things such as snow removal.

**SPA-KIT TECHNOALPIN** 

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# Starpool unveils headquarters after extensive transformation

talian wellness supplier,
Starpool, has revealed its
newly renovated headquarters
in the heart of Trentino –
called Casa Starpool.

Overseen by design studio, aledolci&co, the renovation of Starpool's existing headquarters in Ziano di Fiemme has been a longterm plan and resulted from a desire to expand the workplace of the growing company.

The core building has been re-imagined, which made it possible for the company to integrate nearly all the various complementary production

■ The headquarters' renovation has been a long-term plan

units that developed over time into one single area, with only the carpentry production remaining decentralized.

The production departments are now all on one single floor, designed as light airy spaces, which are now open to guests and visitors to experience the realization phases of Starpool's products.

The pivotal idea underlying the renovation works was to make the original buildings and the following expansions of 2006 and 2019 identifiable as a single unit in terms of function and appearance.

Starpool CEO, Riccardo Turri, said: "This special place has always been our home. Now we're letting natural light in, creating a place where air



Riccardo Turri, Starpool CEO

and ideas can circulate freely, just like our guests can too

– as now they can visit and find out where and how our products are developed. This transparency is a way for us to communicate and make the values of our company visible."

**SPA-KIT STARPOOL** 

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# Asia-Pacific Spa & Wellness Coalition (APSWC)

www.apswc.org

# Association of Malaysian Spas (AMSPA)

www.amspa.org.my

#### Bali Spa and Wellness Association

www.balispawellness-association.org

#### **Brazilian Spas Association**

www.abcspas.com.br

# Bulgarian Union for Balneology and Spa Tourism (BUBSPA)

www.bubspa.org

# Association of Spas of the Czech Republic

www.jedemedolazni.cz

## The Day Spa Association (US)

www.dayspaassociation.com

#### **Estonian Spa Association**

www.estonianspas.eu

## European Historic Thermal Towns Association

www.ehtta.eu

#### **European Spas Association**

www.espa-ehv.com

## Federation of Holistic Therapists (FHT)

www.fht.org.uk

# French Spa Association (SPA-A)

www.spa-a.org

## **German Spas Association**

www.deutscher-heilbaederverband.de

#### Green Spa Network (GSN)

www.greenspanetwork.org

#### **Hungarian Baths Association**

www.furdoszovetseg.hu/en

## Hydrothermal Spa Forum

www.hydrothermal-spa-forum.net

#### The Iceland Spa Association

www.visitspas.eu/iceland

# The International Medical Spa Association

www.dayspaassociation.com/imsa

#### International Sauna Association

ww.saunainternational.net

# International Spa Association (ISPA)

www.experienceispa.com

#### Irish Spa Association

www.irishspaassociation.ie

# Japan Spa Association

www.j-spa.jp

#### Leading Spas of Canada

www.leadingspasofcanada.com

## National Guild of Spa Experts Russia

www.russiaspas.ru

# **Portuguese Spas Association**

www.termasdeportugal.pt

## **Romanian Spa Organization**

www.romanian-spas.ro

#### Salt Therapy Association

www.salttherapyassociation.org

## Serbian Spas & Resorts Association

www.serbianspas.org

#### **South African Spa Association**

www.saspaassociation.co.za

#### **Spanish National Spa Association**

www.balnearios.org

# Spa and Wellness Association of Africa (SWAA)

www.swaafrica.org

#### Spa Association of India

www.spaassociationofi ndia.in

## Spa & Wellness International Council

www.1swic.ru

## The Sustainable Spa Association (SSA)

www.sustainablespas.org

#### Taiwan Spa Association

www.tspa.tw

## Thai Spa Association

www.thaispaassociation.com

#### The UK Spa Association

www.spa-uk.org

# **Ukrainian SPA Association**

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