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AUTHENTIC WELLNESS

Global Wellness Summit reveals industry predictions

APHRODITE'S ISLAND

Inside two of Thanos Hotels' sumptuous Cypriot spa resorts

A MATERIAL WORLD

High-performance uniforms and textiles in our Expert Guide

GREAT EXPECTATIONS

Celebrating a first year of success for Spa at Ramside, UK

Wellness

● THERAPIES ● HEALING ● NUTRITION ● MINDFULNESS ● MOVEMENT ● RETREATS

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Editor's choice

ESPA puts mindfulness on the menu

British brand's new approach at Corinthia London aims to maximise effect of treatments



Susan Harmsworth

A collection of six treatments has been launched at ESPA Life at Corinthia London, with yogic breathing and mindful visualisation at their core.

"Increasingly we're finding with our city spas, that guests are arriving stressed out and subsequently don't receive the full benefit of their treatment," says Susan Harmsworth MBE, chairman and founder of ESPA

International. "Therefore, we have incorporated breathing and visualisation techniques within all of these treatments, to maximise the overall benefit that the individual guest gets from each one."

ESPA's Mindful Breathing & Meditation introduces the ancient art of pranayama breathing as well as yoga nidra sleep techniques, to achieve a state of 'conscious relaxation' that provides a deeper level of awareness. Said to have a highly restorative effect on the entire being, yoga nidra is also integral to the Mindful Sleep treatment, which combines a personalised session with a body and scalp massage and hot stone therapy.

ESPA's new Mindful Massage emphasises 'being in the present' with metamorphic-zone foot massage and deep body and re-energising scalp massages using rose quartz crystals. Meanwhile the Mindful Facial uses warm herb poultices to tone contours.

Taking to the great outdoors, Mindful Fitness incorporates guided Park Power sessions in St James's



Park and a River Rush run along the River Thames, followed by yoga nidra sessions.

On ESPA Life's new mindful approach, Corinthia spa director Laura Vallati says: "Our holistic wellness offering continues to innovate by combining ancient and modern thinking for better health."

www.espalifeatcorinthia.com

Divine wellbeing at Canadian monastery



Isabelle Duchesneau

CANADA: A C\$40m investment programme at Le Monastère des Augustines in Canada has created Quebec City's first not-for-profit wellness hotel, providing holistic health packages for rest, renewal and self-discovery.

Isabelle Duchesneau, executive director of development for the 400-year-old property, part of the Healing Hotels of the World collection, tells *European Spa*: "This has taken three years of renovation and an investment of nearly C\$40m (£23.7m) by our federal, provincial and municipal governments. A further C\$10m was given by the Provincial Federation of the Augustinian Sisters, as well as private donors. This precious heritage building has now been restored and reopened to the public with a modern vision of dedication to holistic health."

With a mission to heal through meditation, massage and yoga, guests staying at the 65-room sanctuary are invited to take part in workshops and wellness packages, including Relaxation and Renewal, Energy and Vitality, and Sleep Regeneration.

"It is our hope that this wonderful place, hand in hand with other beautiful places around the world, will continue to concern itself with the health and wellbeing of individuals and of society, through the joining together of culture, heritage and holistic health," says Soeur Lise Tanguay, superior general of the Canadian Augustinian Monasteries Federation.

www.monastere.ca/en



Inside and out with Sanderson Wellbeing



Annee de Mamiel

UK: This summer sees aqua Spa at Sanderson London launch its new multi-element Wellbeing Package.

With an integrated approach to health, the new package offers expertise from nutritionalist Karen Cummings-Palmer; body and mind healing with acupuncturist, aromatherapist and healing holistic facialist Annee de Mamiel; and the option of personalised training sessions with fitness expert Jamie Baird.

Available for resident and non-resident guests at the hotel, the package includes a 'Check In, Check Up' health consultation with Karen Cummings-Palmer and offers follow up Skype sessions.

Annee de Mamiel, delivers a 60-minute de Mamiel Elixir Experience created to combat environmental stress and rejuvenate the skin, delivering the benefits of her newly launched Atmosphériques collection.

For guests booking an overnight stay, a healthy breakfast is served from the new Wellbeing menu, as well as a two-course lunch or dinner.

www.sandersonlondon.com



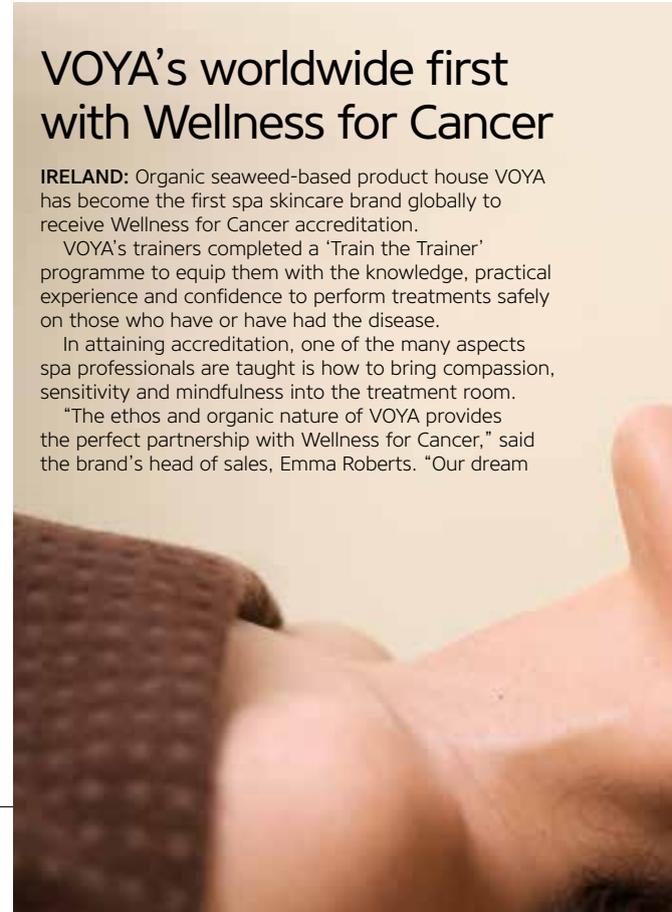
VOYA's worldwide first with Wellness for Cancer

IRELAND: Organic seaweed-based product house VOYA has become the first spa skincare brand globally to receive Wellness for Cancer accreditation.

VOYA's trainers completed a 'Train the Trainer' programme to equip them with the knowledge, practical experience and confidence to perform treatments safely on those who have or have had the disease.

In attaining accreditation, one of the many aspects spa professionals are taught is how to bring compassion, sensitivity and mindfulness into the treatment room.

"The ethos and organic nature of VOYA provides the perfect partnership with Wellness for Cancer," said the brand's head of sales, Emma Roberts. "Our dream





Wellbeing Escapes expands global portfolio with exclusive agreement

COSTA RICA: The Retreat, created by the award-winning author of raw foods cookbook *Get Naked Fast*, Diana Stobo, has signed a new destination agreement with Wellbeing Escapes as its exclusive UK travel arm.

The luxury boutique resort, created following Stobo's journey of discovery to restore her own health and vitality, is also presenting its new Balance & Disconnect programme with daily wellness activities, group hikes, yoga classes and farm-to-table cuisine.

"We are delighted to have added The Retreat to our portfolio as its ethos of providing an experience of peace, harmony and relaxation in order to nourish both mind and body, firmly fits with our brand," says Stella Photi, founder and managing director of Wellbeing Escapes. "We applaud Diana for setting up such an innovative and personalised space."

www.wellbeingescapes.com

www.theretreatcostarica.com

is to have all VOYA spas around the world offering treatments to those who are receiving treatment for cancer as well as cancer survivors."

VOYA is currently distributed throughout 37 countries at leading spas and hotels, including Burj Al-Arab, Ritz Carlton, Relais and Châteaux, Six Senses, Waldorf Astoria, The Landmark London, The Mirage and Four Seasons properties.

www.voya.ie

www.wellnessforcancer.com



Wellness masters

Fitness travel to Olympic standards

Inspired by the 2016 Rio Olympics and Paralympics, worldwide wellbeing and activity destinations are working alongside champion athletes and Olympians to provide high-level motivational training for the rapidly growing wellness trend.

Paul Joseph is co-founder of Health and Fitness Travel, which has seen a 50% business growth in the past two years with company turnover rising from £1.5m in 2014 to £3.8m in 2015, and an estimated £5.4m for 2016. He says: "We send thousands of clients around the world to focus on their health and fitness with programmes including Fusion Fitness, BodyBreaks and Discover Recover collections running at 80 hotels globally." www.healthandfitnesstravel.com

Here are some of the best opportunities to get you out of the blocks quickly:

St Lucia

The BodyHoliday's WellFit Retreat invites guests on a bespoke course with four-time Olympic runner Donna Fraser who will develop a personalised programme combining beach fitness and athletic skills training.

www.thebodyholiday.com

Tri St Lucia puts fitness fans of all ages through their paces with beach runs, aquathlons and masterclasses from two-time decathlon Olympic gold medallist Daley Thompson, CBE, and Olympic swimmer Jamie Peterkin. www.tristlucia.com

Turkey

At D-Hotel Maris Fusion Fitness guests can learn ace techniques at a tennis school headed by Wimbledon champion and Olympic medallist Goran Ivanišević. The healthy retreat on Turkey's Datça Peninsula also provides one-to-one activities, fitness-boosting sessions, five natural private beaches and treatments within the Espace Vitalité Chenot spa. www.dhotel.com.tr/en

Greece

Wildfitness Crete provides bootcamp training with world-class fitness gurus and coaches, including competitive national Kenyan sprinters. Guests can run wild on mountain sides and along rugged coastlines, with hill sprints and sea swimming. Learn how to achieve personal bests with educational workshops in movement, metabolism and healthy eating, plus receive assessments of running patterns or postural imbalances. www.wildfitness.com

Thailand

Olympic and Paralympic swimming coach Miguel Lopez oversees aquatic excellence at Thanyapura Fusion Fitness, a 23-hectare specialist sports retreat set in the Phuket National Park with world-class facilities including a 50m Olympic pool.

Hailed as a training ground for the next generation of Olympians the destination provides all aspects of fitness from circuit training to guided meditation. www.thanyapura.com

Wellness wisdom



The metabolic might of magnesium

FRANCE: According to leading marine cosmetics company Thalion, magnesium connects with more than 300 metabolic reactions each day to maintain good body function, most crucially in the nervous system.

Research undertaken by the French brand reveals that 68-75% of the population is deficient in magnesium, which can affect the brain by way of sleep disorders, stress, anxiety, fatigue and headaches. It can also cause muscle spasms, cramps, pain and eyelid twitching, as well as heart palpitations and chest tightness.

SPAIN: In partnership with Thalion, the privately owned five-star Princesa Yaiza on Lanzarote has launched its first Fatigue and Stress Magnesium

Cure at the resort's Thalasso and Spa Centre (left and below). The two and five-day rebalancing programmes are designed to help guests overcome aspects of magnesium deficiency and include full body, hydro bath and cranial massages and algae wraps. The treatments incorporate marine magnesium oil in a concentrated solution to facilitate greater absorption.

US: International spa brand Kerstin Florian, which uses magnesium as a key ingredient in its Mineral Collection, states that the element is essential to good health and plays a very big part in combating stress by reducing cortisol levels.

The brand adds that clinical evidence shows magnesium levels can be boosted transdermally with lotion, oil or its Mineral Wellness Soak.

Experts add that mineral baths work through the skin and it is believed that some mineral salts and trace elements penetrate into the system. No one knows the exact pathway, but research supports an overall improvement in wellbeing from bathing in quality mineral water and hot springs.



www.thalion.com
www.princesayaiza.com
www.kerstinflorian.com

Yoga hits new heights

USA: The High Roller in Las Vegas has launched in-cabin yoga on the world's tallest observation wheel. Billed as 'an elevated journey', visitors can now experience a one-hour, two-rotation, yoga session while rising 167m above the Las Vegas skyline in one of 28 glass-enclosed cabins.

Up to six yoga enthusiasts per cabin are equipped with a headset that guides them through the journey with instruction from Las Vegas-based Silent Savasana, working in partnership with High Roller Vegas, Caesars Entertainment and lululemon athletica.

"This is truly a first-of-its-kind experience for Las Vegas," says Bob Morse, president of hospitality, Caesars Entertainment. "We have found a new opportunity to take the High Roller experience to the next level for our visitors."

The sessions will run seven days a week with premium sunset and private one-to-one yoga options at specified times. Measuring 159m in diameter, the High Roller eclipses both the London Eye and Singapore Flyer in size.

www.caesars.com/linq/high-roller
www.silentavasana.com



Resense's new social spa hub



Emlyn Brown

CHINA: Kempinski The Spa Harbin at the Hotel Harbin in north-eastern China has been designed by Kempinski to deliver treatments inspired by the European cycle of seasons in an engaging, sociable environment.

"The spa and health club is designed as a social 'hub' extending the concept of spa to encourage a broader platform of wellness experiences," says Emlyn Brown, managing director, Asia, for Resense Spa. "Through an active calendar of member events, specialist classes, luxury product launches and guest lectures we are focusing on engagement and interaction."

The 2,000sqm spa has six treatment rooms, a luxury spa suite, male and female thermal areas, and services based on the elements of nature, physical restoration and healing through the use of natural or organic products.

"With the increasing interest in natural beauty solutions, treatment efficacy and product sourcing, we have witnessed our Chinese consumers actively embrace our menu philosophy," says Brown.

www.resensespas.com

www.kempinski.com



Meditate on the latest tech trend

The new era of meditation awareness is seeing consumers tap into mindfulness online. Here are four apps to set you on the journey to enlightenment:



THE MINDFULNESS APP

– Inviting users to 'come into contact with the stillness and clarity within yourself', this app provides instruction and inspiration for daily mindfulness. Developed by a team of Dutch psychologists, it offers users a total of 16 guided meditations and enables customisation of the time and type of activity required.

www.mindfulness-app.com



HEADSPACE – With five million users, Headspace offers the fundamentals of meditation, requiring a

commitment of just ten minutes a day while listening on the move or offline. Billed as 'your gym membership for the mind', the programme enables users to map their journey with a 'buddy-up' system to help motivate friends and reminders to help stay on track.

www.headspace.com



BUDDHIFY – This award-winning app has more than 80 guided meditations custom-made

for dealing with daily life situations, such as travelling, going to sleep, waking up, negative emotions, stress or pain and illness. Described as 'the mindfulness app for modern life', it also provides stats and graphs to track your progress.

www.buddhify.com



WHIL – Designed to promote 'mindfulness for the modern age'

Whil partners with trainers, teachers and experts to present 1,250 guided sessions. With mindfulness training for teens, mindfulness and yoga training for adults, and emotional intelligence and leadership for professionals, each programme aims for specific health, work and relationship outcomes.

www.whil.com

Meditation is of the moment

UK/GLOBAL: Spiritual teacher Sri Sri Ravi Shankar, identified by *Forbes* magazine as one of the top five most powerful figures in India, addressed Members of Parliament and the House of Lords in London on a five-city tour of the UK under the banner 'Meditation 2.0 – Go Deeper'.

The renowned humanitarian was working to address people's understanding of meditation.

As part of the tour he also gave a keynote address to business leaders at the Institute of Chartered Accountants for England and Wales entitled 'Leadership, Mind or Matter?'

www.artofliving.org

Right: Matthew Offord, MP with Sri Sri Ravi Shankar at the House of Commons London



Now spas can think inside the box



GLOBAL: The SoulBoks concept from international spa company SoulHouse is based on the conscientious re-use and redesign of shipping containers to create accessible wellness facilities, beauty boxes, fitness zones and spa relaxation spaces.

Its latest innovation, HotBoks, offers sauna and hot tubs integrated into a 12m container that can be placed in various locations, including alongside hotels as a lucrative add-on.

"The concept first came about in England at a time when many leisure centres were preparing to close in order to rebuild or create new wellness offerings," says Daniella Russell, spa development and operations director for SoulHouse. "We spoke with developers who were concerned about losing services and provided a solution to deliver 'drop-in' facilities."

The versatility of the SoulBoks

formula means it can metamorphose into an urban wellness area or a spa space at major events and SoulHouse has already established strategic partnerships with investors from Dubai, London and Argentina to set up such facilities.

"Trying to be sustainable is often expensive, so we want to maximise ethical opportunities, efficiently and cost-effectively by mixing innovative designs with intelligent function," says Russell.

"SoulBoks can drop in a completely fitted container, with staff training and luxury elements to specification, enabling interchangeable opportunities that provide a short-term return on investment within two years as well as the long-term ability to adapt with shifting trends and demographics."

www.soulhouse.ae