Health and wellness hotel specialist Henri Chenot is opening a five-star retreat in Azerbaijan in November.

Based on the holistic detox and revitalisation Chenot methods, the Chenot Palace Health Wellness Hotel Gabala will be a medical spa dedicated to improving the health, wellbeing and natural appearance of guests. Guests will undergo the Chenot method, which includes a combination of health check-ups and a detoxifying diet, along with spa treatments, such as hydro-aromatherapy, phyto-mud therapy, hydrojets, massage and cupping. There will also be advanced medical aesthetic treatments and fitness facilities.

The medical spa facility is 6,000sq m (64,583sq ft) and is dedicated to medical check-ups and state-of-the-art diagnostics that enable the medical team to assess the wellness status of the guests. A new Human Performance Department will feature a metabolic laboratory, a -110°C (-166°F) cryo chamber for whole-body cryotherapy, and a sports lab for fitness screening, antigraft technologies and normobaric hypoxic (also known as oxygen-reduced) training for physical wellness.

Set on a 26-hectare (64-acre) park in the pine woods overlooking Gabala Lake, the landscape includes ponds, lakes and waterfalls, around which walks or runs are encouraged.

Dr Chenot has frequently visited the region, as many of his clients in Italy are from the area, said Lorenzo Amaglio, general manager. "(Dr Chenot) recognised the potential hidden in Azerbaijan for such a project to materialise," Amaglio told Spa Opportunities. "...The nature, pure air and tranquility made Gabala the perfect retreat in which our guests could conduct the detox and revitalisation programmes in perfect harmony with the environment.”

Major renovation

Lanserhof Lans, the world-famous Austrian destination spa, is undergoing a major renovation until December 2016. The existing facility will be extended and a new building by German-based architect Christoph Ingenhoven will also be added. Ingenhoven is one of many regular guests to the detox retreat in the alpine state of Tyrol.

The new structure – an oval building with a wooden façade and a grassy roof – will have 16 rooms with views stretching from the Nordkette mountain range to the adjacent southern mountains. A new infrared sauna complex with saltwater pool and shiatsu pool will be located on the ground floor.

"Guests can expect to find a completely refreshed Lanserhof," Ingenhoven told Spa Opportunities. "There’ll be more space and a wealth of new details. The new bathhouse is a sensation, with its heated saltwater pool and sauna complex.”

Other new facilities include a three-room cryotherapy chamber, events space, additional treatment rooms and a retail boutique.

Details: http://lei.sr?a=j7Y2g_S

The five-star retreat is set on a 64-acre park overlooking Gabala Lake

Get a closer look, see pages 2-3 inside, as well as the back cover.

Details: http://lei.sr?a=F3T4B_S
Activities across Spain include Dive Zen (yoga and meditation underwater) in the Canary Islands, swing dance on the streets of Zaragoza, meditation inside an old mine, a hike in the Pyrenees with wine and oil tasting, free massages at the airport in Madrid, kids yoga and more.

In Caen, Normandy, Le Grande Run (The Big Run) will take place over the weekend, and will include a marathon, 10k and 20k, as well as an exhibition hall. Attendance is expected to be in the thousands. In Royan, 420 people will run a 42km relay marathon, with each person running 100 metres.

With the support of the ministry of public health, Lebanon is celebrating at the Edde Sands Hotel & Wellness Resort in Jbeil. Activities include Zumba, aqua gym, acro yoga, and sunset walks on the beach, as well as express nutrition consultations, wellness for children, life coaching, a granola station and juice bar.

In Sokolniki Park in Moscow, up to 50,000 people are expected to take place in group activities including aerobics, taebo, gymnastics, yoga, Zumba, healing dances and more. The event will also see counselling for young mothers, lectures on healthy eating, bath rituals and the psychology of wellbeing.

In Singapore, fitness workshops, wellness talks and children’s workshops will take place on 11 June, with a particularly impressive lineup of activities for kids, including yoga-nastics, Bollywood and jazz dance, mindfulness meditations, clay bank making and story time.

USA - MIAMI

The Miami Institute for Age Management and Intervention will bring guest speaker Dr Adonis Maiquez to the Ritz-Carlton Key Biscayne to speak about anti-ageing tips, followed by a cardio beach hike.

Yoga, pilates, fitness and dance classes, as well as an agility ladder, panic healing therapy, on-site massage and shiatsu, and advice from nutritionists.

More than 100 countries will be celebrating Global Wellness Day on June 11 – here are some highlights from around the globe.
In Istanbul, as 10,000 people are expected to gather in KüçükÇiftlik Park for events including talks from wellness and nutrition experts, breathing therapies, yoga, pilates, sports activities and zumba, as well as a section for children with dance, sports and other activities.
Kempinski spa opens in Harbin, China

Resense has opened a new Kempinski The Spa at the Kempinski Hotel Harbin in northeastern China. Inspired by the European cycle of the seasons, the 2,000sq m (21,528sq ft) spa includes six treatment rooms and one luxury spa suite, as well as a foot massage zone, beauty salon, and male and female thermal areas. A Spa Club offers memberships that include fitness, spa and wellness components.

The fitness and recreation centre includes state-of-the-art cardiovascular and exercise equipment, a 25m (82ft) heated indoor pool, whirlpool, herbal sauna, steam bath, yoga/pilates studio and games room. Personal trainers are available, and there is an on-site juice bar.

“Kempinski The Spa Harbin provides a vibrant dynamic to the hotel experience, and with the concept created around a social wellness hub, we are able to attract local guests to enjoy a luxury spa and wellbeing offering delivered with European flair,” said spa manager Louise Tong. “The spa also acts as a strong draw for both leisure and MICE guests.”

A signature treatment includes a massage, sea algae mask, cranial massage and foot wrap.

Details: http://lei.sr?a=J4N8m_S

O‘ahu resort features six-storey spa

Hotel operator Four Seasons has opened its fifth Hawaiian resort; a new property on the island of O‘ahu that features a 35,000sq ft (3,250sq m), six-storey spa and wellness complex.

The Four Seasons Resort O‘ahu at Ko Olina is located on the ocean in the community of Ko Olina. At the heart of the property is a 17-storey terraced hotel – originally designed by architect Edward Killingsworth in 1998 and now renovated by Honolulu studio Philpotts Interiors – that was once the centrepiece of a previous resort.

The renovated building features 371 ocean and lagoon views and several restaurants decorated in authentic Hawaiiana style, inspired by nature and featuring traditional local woods and banana-leaf wall coverings.

The spa includes 14,200sq ft of outdoor space, and features indoor and outdoor treatment rooms with treatment menus inspired by ancient Hawaiian healing traditions. A health club and gym; steam, sauna, whirlpool facilities; an outdoor lap pool; a hair and nail salon and a barber shop round out the offerings. The resort also features access to beaches and several pools overlooking the Pacific Ocean, as well as an on-site tennis centre, expansive gardens and a custom-built wedding chapel.

“Our name ‘Ko o lina’ literally means ‘place of joy,’ a sentiment that comes to life from the moment you arrive,” said general manager Sanjiv Hulugalle. “We look forward to welcoming guests to our island ohana for the first time this summer, and then again and again.”

Details: http://lei.sr?a=j3J8T_S
Clarins No.1 Prestige skin care brand in Europe*  
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*NPD BeautyTrends*: products sold in Perfumeries and Department Stores, Luxury brands, value sales 2014 on a total 4 countries (France, Italy, Spain mainland and UK).

European experts to speak at GWS

The Global Wellness Summit’s 2016 agenda will dive into the unique integrative medical wellness offerings of Europe.

Delegates to the 10th anniversary Summit in Tyrol, Austria in October will hear from Henri Chenot, founder of the Chenot Group, which operates wellness centers around the world; Dr. Christian Harisch, CEO and owner of Lanserhof Group in Austria; Dr. Harald Stossier, Director of the Viva Mayr Medical Clinic in Austria; and Dr. Harald F. König from Brenners Park Hotel and Spa.

“Europe has a long and extremely successful history of developing life-changing wellness destinations that harness the best of modern and holistic medical approaches, creating programs so effective that clients return year after year,” said Susie Ellis, GWS chair and CEO. “Decades of positive results can’t be ignored – and the entire spa and wellness industry can learn a tremendous amount from these leaders. Hosting the Summit in the heartland of medical wellness gives us the unique ability to attract people from the very top of this field.”

Details: http://lei.sr?a=A2u5B_S

Mandara Spa celebrating 20 years

Mandara Spa, a division of global spa provider Steiner Leisure, is celebrating 20 years in business this year with special offers, seminars, classes, a charitable programme and a world tour anchored by a Balinese healer.

Mandara has grown from its first spa opening in Bali in 1996 to a global spa brand with its footprint in four continents, 22 cities and two cruise ships. President and COO of Mandara Spa Asia Jeff Matthews has been an integral part of the brand since its inception.

“Celebrations are a wellspring of life and a benchmark of longevity,” said Matthews. “Turning 20, the Mandara Spa brand is youthful, accomplished and has staying power. Twenty has never looked better on any spa brand.”

Thomas Gottlieb, founder of Mandara Spa, was at the forefront of launching the brand before Steiner acquired it 14 years ago.

“This celebration is about a dream and a dream team,” said Gottlieb. “A spa brand conceived in a dining room in Batu Jimbar and a global spa industry leader that nurtured it to the phenomenal concept it is today. The dream is now being celebrated. May Mandara Spa continue on its journey.”

As part of the 20th anniversary celebrations, Mandara will be launching a world tour with Balinese healer Guru Made Sumantra, who will visit six countries in four months to introduce energy and yoga healing, and to “bring Bali and Balinese healing to the world.”

The schedule for the anniversary includes stops in Kuala Lumpur, Dubai, Abu Dhabi, London and the United States.

Details: http://lei.sr?a=Z8f6V_S
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www.cidescoireland2016.com

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www.messe-stuttgart.de/en/interbad/

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ESPA at Resorts World Sentosa
Royal Crescent unveils upgrades

A hotel in Bath, England has unveiled an extensive renovation of its spa facilities as it bids to become one of the top spa destinations in the UK.

Bath is famous for its hot springs and spa culture, and boasts many of the country’s most popular spa destinations. In order to remain competitive, The Royal Crescent Hotel & Spa has invested in renovating its spa facility The Bath House into a “state-of-the-art spa complex.”

Mark Green of Curveline Design was responsible for the light-filled, calming design.

In addition to the spa’s existing Relaxation Pool, The Bath House has been installed with a Vitality massage pool, a Himalayan salt-infused sauna and a new Blossom steam inhalation room with fresh aromas of eucalyptus and menthol. The hotel’s spa therapists use the Bath Spa Skincare and ESPA brands.

The Grade I-listed property, which dates from the 1700s, also recently opened a 156sq m (1,679sq ft) Tattinger Spa Garden at the Spa & Bath House. The spa garden serves as both a relaxation room and a space to have a meal from the property’s spa menu. 

Details: http://lei.sr?a=b9G5M_S

Channing Tatum teams with Runa

Hollywood A-lister Channing Tatum is teaming up with Tyler Gage, co-founder and CEO of organic tea company Runa, to champion a native healing centre deep in the Amazon rainforest.

Tatum is a brand ambassador and investor in Runa, which sources guayusa, its key ingredient, from the indigenous families in the Ecuadorian Amazon such as the Sapara. The company has launched an initiative to help create new value for the tropical forests that benefits local people.

Opening in mid-2016, the Naku healing centre will see scientists working alongside native healers to highlight the efficacy of traditional treatments and ingredients.

The healing centre is inspired by Sapara building techniques and utilises the latest in ecological design. It will have eight rooms where patients will be given a course of treatments, including whole plant remedies, diet guidelines and dream and sleep therapies that the Sapara have used for centuries.

“W e’ll have patients from all over the world suffering from a variety of illnesses already described by western doctors,” said Gage. “The Sapara healers will do their own diagnostics before patients go through the Amazonian healing process. We’ll record not only physical but also psychological wellbeing data, and track their progress for improvement or change. This will lay the foundation for further phytochemical studies and clinical trials.”

Gage is also working on a similar project with the indigenous Shipibo people in Peru, the Rios Nete healing and research centre; he hopes spas can learn how reconnecting with nature and community can help with wellbeing.

Details: http://lei.sr?a=u3F8w_S
Leading skincare range, Dr Burgener Switzerland, is renowned for the true customisation of skincare. Founded in Lausanne in Switzerland in 1955, the luxurious and innovative brand combines natural ingredients with advanced technology products and treatments.

With its spa line firmly established at a number of exclusive hotels, namely in Cap-Ferrat, Dubai, Moscow, St Petersburg, Seychelles, Beirut and Switzerland, mainly in Four Seasons as well as other luxury hotels; Dr Burgener is set to launch the Haute Couture range in mid 2016.

Three years in the making, the focus of Haute Couture technology is to personalise products and treatments specific to the client’s skin needs. Dr Pauline Burgener, co-founder and CEO, explains: “Haute Couture is a revolutionary skin treatment that personalises products and treatments to each person’s skin, using cutting edge technology.”

Every Haute Couture product contains natural extracts of iris and cedar wood, powerful anti-ageing ingredients. High tech ingredients include ceramides, specific peptides to relax facial muscles and chronopeptides to stimulate the natural defences of the skin, enriched with vitamin D.

Dr Burgener adds: “We’re working on restoring the mechanisms of the skin by adding elements that will improve the reaction and full functioning of the cells.”

Custom-made

A Haute Couture treatment begins with an in-depth analysis of the skin, including an individual genetic pattern defining the hereditary ageing predispositions of each skin. Using special equipment in a controlled temperature and hygrometry room, depth of wrinkles, skin capillaries quality, hydration, lipids, and melanin are measured.

Dr Burgener says: “I look at the needs of the skin and the level of ingredients that are required for that skin type. The findings go to my laboratory in Switzerland and we produce a personalised product range for the client based on these results.”

The Haute Couture service continues for the client with monthly treatments, during which products are activated into the skin, improving microcirculation and boosting cell regeneration. A full re-analysis of the skin takes place every three months and Dr Burgener adapts new products to the client’s needs.

Spa requirements

A spa needs to allocate two rooms to provide a complete Haute Couture service. One is for a private consultation and skin analysis and the second is dedicated to the tailor-made treatments.

Quality of excellence is also expected from the spa therapists, who will receive three months training at the Dr Burgener centre of expertise in Switzerland. “These high-end treatments are a blend of dermatology and cosmetics and the therapist should have a high level of education in dermatology and aesthetics,” Dr Burgener adds.

The Haute Couture range will launch in mid 2016 at the Dr Burgener Haute Couture Spa at the Relais & Châteaux, Grand Hôtel du Lac in Vevey, Switzerland this summer as well as the Four Seasons Grand Hôtel du Cap-Ferrat on the French Riviera. The Four Seasons in Moscow has also engaged in advanced discussions to host the concept this year.

Dr Burgener hopes to continue to forge partnerships with other high-end hotel spas in locations like Hong Kong and New York, with plans to be in 10-15 countries by the end of 2018.

The Haute Couture range will launch in mid 2016

Dr Pauline Burgener
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- **Director of Spa**
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The world gets ready to celebrate
Global Wellness Day

The theme of this year’s Global Wellness Day is “Wellness for Everyone” and major hotel brands across the world are planning free activities to celebrate an international day of health and wellness. Below, we look at some of the highlights of what major hotel brands around the world are doing for GWD 2016.

Anantara
To celebrate living well, Anantara properties will be hosting a variety of exercise and movement classes and special events. The Anantara Mai Khao Phuket Villas in Thailand will feature sunrise yoga, a Thai massage workshop and raw food wellness cuisine cooking class. Poolside yoga and herb planting will take place at the Anantara Hoi An Resort in Vietnam, while guests at the Anantara Bazaruto Resort in Mozambique can help plant a vegetable garden at a local school, to be used for healthy snacks.

Four Seasons
In celebration of GWD, Four Seasons will introduce a range of activities and amenities to spur health and wellness. In Los Angeles, the Four Seasons Beverly Hills will offer sunrise yoga with famed yogi Rainbeau Mars on the property’s rooftop helipad. At the Four Seasons Resort Bali at Jimbaran Bay, activities include Sanskrit chanting with Jimbaran Spa Angels, AntiGravity yoga, a chakra blending class, and evening meditation and blessings, while at the Four Seasons Resort Chiang Mai, guests can take part in a 60-minute “Tour De Mae Rim.”

Mandarin Oriental
Mandarin Oriental hotels around the world are offering a variety of complimentary wellness activities for guests, including a guided jog around the Imperial Palace in Tokyo, a pilates class in the spa garden at Marrakech, a high fitness training circuit with harbour views in Hong Kong and a guided singing bowl meditation in Miami. To complement this, many of the group’s restaurants will offer healthy juices and wellness menus.

Rosewood
Twelve of Rosewood’s hotels will offer spa treatments, fitness classes and wellness seminars. Sample activities include a masterclass on healthy living in Abu Dhabi, along with a formaldehyde-free paint party and recycled sculpture-building session for children; A nature walk and apothecary healing workshop at Rosewood Tucker’s Point in Bermuda, along with foraging and gardening lessons; and a tea tasting and talk with a local tea master at the Rosewood Beijing.

Shangri-La
Shangri-La Hotels and Resorts around the world will invite guests to find their #ParadiseWithin on Global Wellness Day, with 10-minute massages, juice bars, beachside yoga, healthy cooking demonstrations and other free wellness activities. The Shangri-La Dubai is hosting special activities for children of the UAE Down Syndrome Association. Details: http://lei.sr?a=C4T9s_S

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T: +55 11 3357 3595 W: www.abecspas.com.br
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T: +359 2 942 7750 W: www.bubspa.org
China Spa Association
T: +86 21 5388 8951 W: www.chinaspaassociation.com
Association of Spas of the Czech Republic
T: +420 606 063 145 W: www.jedemodolami.cz
The Day Spa Association (US)
T: +1 877 881 8908 W: www.dayspaassociation.com
Estonian Spa Association
T: +372 526 9006 W: www.estonian spas.eu
European Spa Association
T: +32 2 284 0554 W: www.espa-europe.com
Federation of Holistic Therapists (FHT)
T: +44 20 8026 4350 W: www.fht.org.uk
French Spa Association (SPA-A)
W: www.spa-a.com
German Spa Association
T: +49 30 24 63 692-0 W: www.deutscher-heilbaederverband.de
Hungarian Baths Association
T: +36 1 321 2283 W: www.fuрудoszovetseg.hu/en
The Iceland Spa Association
W: www.visitispas.eu/iceland
The International Medical Spa Association
T: +1 877 881 8908 W: www.dayspaassociation.com/imsa
International Spa & Wellness Association (ISWA)
T: +49 69 130 186 0 W: www.iswa.de
International Spa Association (ISPA)
T: +1 859 226 4326 W: www.experiencespa.com
Japan Spa Association
W: www.j-spa.jp
Leading Spas of Canada
T: +1 800 764 8393 W: www.leadingspasofcanada.com
National Guild of Spa Experts Russia
T: +7 495 226 4289 W: www.russiaspas.ru
Portuguese Spas Association
T: +351 217 940 574 W: www.termaisportugal.pt
Romanian Spa Organization
T: +40 21 322 01 88 W: www.romanian-spas.ro
Salt Therapy Association
W: www.salttherapyassociation.org
Samui Spa Association
T: +66 7742 08712 W: www.samuispasassociation.com
Serbian Spas and Resorts Association
T: +381 36 611 108 W: www.srbienspas.org
South African Spa Association
T: +27 11 427 9069 W: www.sasspasassociation.co.za
Spanish National Spa Association
T: +34 922 476 22 W: www.balnearios.es
Spa Association of India
T: +91 995 889 5151 W: www.issasdofindia.in
Spa Association Singapore
T: +65 6232 1358 W: www.sasspasassociation.org.sg
Spa & Wellness Africa Association
W: www.spaassociationofafrica.com
Spa & Wellness International Council (SWIC)
T: +1 877 851 8998
Taiwan Spa Association
W: www.tspa.tv
Thai Spa Association
T: +66 2688 7091 W: www.thaispasassociation.com
Turkish Spa Association
T: +90 216 615 2201 W: www.spa-turkey.com
The UK Spa Association
T: +44 8702 800 787 W: www.spaassociation.co.uk
Ukrainian Spa Association
T: +380 44 253 74 79 W: www.spa.ua