

spa opportunities

15 AUGUST - 28 AUGUST 2014 ISSUE 196

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Ritz-Carlton Hotel Arts Barcelona launches 43 The Spa

The 44-storey Ritz-Carlton Hotel Arts Barcelona opened its doors this month, ushering guests to the 43rd floor to experience its '43 The Spa'.

Operator The Ritz-Carlton Hotel Company, changed the Barcelona hotel's spa from a Six Senses wellness retreat into a spa whose products are supplied by luxury Spanish skincare brand Natura Bissé.

"When the Ritz Carlton decided not to renew their current lease with Six Senses Spa, they turned to WTS to assist with relaunching their spa," said Susie Hammer, vice president of spa at WTS International.

"Working closely with the hotel's spa director, Alexandra Martinez, we selected the Spanish skin care line Natura Bissé to be the exclusive product line," Hammer continued.



The hotel looks out onto Frank Gehry's 'Peix' sculpture, located on the beachfront

"After menu development, WTS assisted in hiring the new team of service professionals. The spa then had a facelift and reopened in July," Hammer continued.

The facility, which already has a fitness centre, now includes eight treatment rooms – some of which have panoramic views of the waterfront. Several rooms boast natural light and all have had chromotherapy lighting installed. The spa's wet zone, supplied by Klafs, comprises saunas, colour-therapy steam-rooms, vitality pools and ice

fountains. The spa also features a relaxation room and an open terrace – both of which also look out onto the Spanish coastline. Massages include the use of small sea shells.

Details: <http://lei.sr?a=e7p6G>

15 minutes of meditation improves decision-making

Research has found that 15 minutes of mindful meditation can help people make more rational decisions, suggesting a way to boost business performance by improving employee health via corporate wellness programmes including meditation.

Researchers from INSEAD – the graduate business school with campuses in Europe, Asia and the Middle East – and the Wharton School of the University of Pennsylvania, have published their findings in *Psychological Science*. Meditation can weaken the tendency to think about the future or past, known as mind-wandering.

Continued on back cover

Bacara Resort & Spa enhances spa menu

The 42,000sq ft (3,902sq m) Bacara Resort & Spa on the Gaviota Coast in Santa Barbara, US, has enhanced its spa experience with a new menu of services and a new rooftop Mud Bar.

Located on one of the last remaining intact coastal ecosystems in California, the 354-guestroom resort's new spa menu has been developed with its beach setting in mind. Open-air treatments on the rooftop terrace are complemented by two private lounge areas for sunbathing and relaxation. Designed to be shared with friends or loved ones, the Mud Bar includes self-applied marine mud to help detox, reduce water retention and infuse the skin with antioxidants and minerals.

New European and locally-inspired spa treatments are offered in 36 indoor



There are 36 treatment rooms at the four-storey spa

treatment rooms, including the signature Babor SeaCreation Facial which uses rare extracts from micro-organisms found at the bottom of the sea. Proceeds from this treatment benefit the Gaviota Coast Conservancy.

The spa's 3,500sq ft (325sq m) fitness centre has also had its equipment refreshed.

Details: <http://lei.sr?a=a7e9k>

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Annual subscription rates are UK £31,

Europe £41, Rest of world £62, students UK £16.

Spa Opportunities is published fortnightly by The Leisure Media Company Limited, Portmill House, Portmill Lane, Hitchin, Herts SG5 1DJ, UK and is distributed in the USA by SPP, 75 Aberdeen Road, Emigsville, PA 17318-0437. Periodicals postage paid @ Manchester, PA POSTMASTER Send US address changes to Spa Opportunities, c/o PO Box 437, Emigsville, PA 17318-0437. The views expressed in print are those of the author and do not necessarily represent those of the publisher The Leisure Media Company Limited. All rights reserved. No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by means, electronic, mechanical, photocopying, recorded or otherwise without the prior permission of the copyright holder. Printed by Preview Cromatic Ltd. ©Cybertrek Ltd 2014 ISSN 0952/8210

Wellness Centre opens in Nairobi

The Revitalize Wellness Center has opened in the commercial neighbourhood of Westlands in Nairobi, Kenya, offering a new gym, group fitness classes, spa treatments, nutrition consultations, meditation, yoga, a hair salon, plus a coffee bar.

Men and women are welcome at the facility, where Elemis facial and body treatments can be enjoyed, including the Elemis Absolute Spa Ritual and Elemis Exotic Lime & Ginger Salt Glow. Other spa treatments feature local ingredients, such as the Kenyan coffee bean scrub.

“Around the world, there is a growing interest in changing the way we take care of ourselves – not just our bodies, but also our minds, spirit, society and planet,” said Susan Rodrigues, managing director and owner of Revitalize. “There is a growing impetus for a shift to a proactive and holistic approach to addressing and preventing the root causes of our personal and societal ills. This is what the Revitalize Wellness Center is about.”



Tea infused with Ganoderma mushroom extract will be available

“The global interest in, and confidence about wellness is poised to impact everything about the way we live our lives, from the products we buy to the places where we work and play,” Rodrigues continued. “The Revitalize brand here in Kenya is about to do just that.”

The coffee and juice bar will serve smoothies, gourmet coffee and tea infused with Ganoderma mushroom extract – commonly used in traditional ancient Asian herbal remedies and medicinal healing rituals.

Details: <http://lei.sr?a=d9u4q>

Langham, Sydney closes for AU\$30m revamp

The Langham, Sydney, closed its doors on 24 July to begin its AU\$30m (US\$28m, €21m, £17m) refurbishment of the lobby, dining areas, guestrooms, ballroom and the addition of signature Langham Hospitality features, such as the afternoon tea room called Palm Court and a luxury Chuan Spa.

The redevelopment is expected to last four months, led by London-based interior design and architecture firm GA Design, reopening in December later this year.

“We are so delighted to finally announce our refurbishment,” said general manager of The Langham Sydney, Sonia Lefevre. “These plans have been a work in progress since we took over the hotel in August 2012.” The property was previously called The Observatory Hotel, prior to becoming the Langham, Sydney.

The 96-bedroom hotel's existing Day Spa will be transformed into a Chuan Spa – based on the foundations of Traditional Chinese Medicine, a



The only other branded Chuan Spa in Australia is in Melbourne

philosophy of which is to create the optimal balance of the Five Wu Xing elements: fire, water, earth, metal and wood for harmony.

The spa will feature facials, massages, and body treatments using skincare line Babor. The Chuan Spa offers an all-inclusive approach to wellness with a fully-equipped health club, whirlpool, steamrooms and a 20m indoor pool.

Details: <http://lei.sr?a=G8Y3k>



ESPA offers new management course

Les Roches International School of Hotel Management has launched a specialised course in spa and health management – in collaboration with ESPA and Genolier Swiss Medical Network (GSMN).

The Bachelor of Business Administration in International Hotel Management degree offers the Spa and Health Management specialisation course, which lasts seven semesters and is based at the Les Roches in Bluche, Switzerland. The course focuses on the business and operational aspects of health and aesthetics, spa medicine and hotel spa services.

Students will visit ESPA-branded spas in London and spend two days visiting one of the GSMN's clinics in Genolier, near Geneva, to learn from experts about working in a high-end health company that offers hospital care.

The programme is designed to prepare students to enter an industry experiencing significant growth, by allowing them to apply everything they learn at Les Roches through hands-on experience and internships.



Students will benefit from expertise from renowned industry leaders

The aim is to let students experience best practice as they learn about current and future trends, sustainability and environmental issues, retail spa operations, history and philosophy, as well as the business and leadership dynamics of the spa and wellness industry.

“It is increasingly difficult to find commercial, guest and therapist-sensitive spa managers and directors who understand both the Spa and Hotel industry,” Susan Harmsworth, chief executive of ESPA told *Spa Opportunities*.

Details: <http://lei.sr?a=J5D9s>

Massage therapist advised ‘exorcism’ for teen

A massage therapist in New Zealand has been censured after sending a 16-year old client to a healer from a Maori tribe to cleanse her “auric field” without explaining that the teenager would be repeatedly dunked in a river.

Names of the parties involved in the case were not published in the Health and Disability Commissioner’s (HDC) report on the case.

The therapist, specialising in Bowen therapy – a remedial hands-on therapy applied using very gentle pressure stimulating the muscles and soft tissue of the body – carried out two successful massage treatments to alleviate the girl’s migraines, muscle pain and menstrual cramps in a month.

The masseuse then explained that she was concerned about the girl’s lack of progress and said the pain could have a non-physical cause. She observed the teen had “six entities” inside her “auric field”. The girl was reportedly visibly distressed and the therapist recommended



The victim told the Commissioner: “I felt like I was being drowned”

further treatment with a tohunga (healer) from a local Iwi (one of the largest Maori tribes).

Accompanied by the therapist and her aunt, the teenager met the tohunga by a river. The tohunga didn’t explain what was going to happen during the treatment, but “immediately started chanting.” She was taken into the deepest part of the river and was then “made to go under” multiple times without explanation.

Details: <http://lei.sr?a=c2n7D>

Intravenous hydration therapy grows in popularity in the US

Intravenous treatment ‘bars’ are growing in popularity in the US, offering customers ‘hydration therapy’ for ailments ranging from acute illnesses to hangovers.

Customers are pricked in the arm with a needle and hooked up to an IV bag containing saline solution laced with vitamins and assorted other ‘wellness’ ingredients for around 30 minutes, according to today.com.

Examples of such facilities include a one in Tampa, Florida, called HangIVer Bar – owned by an anaesthesiologist. There are five drips on the menu: RevitalIV, Hair of the Dog, Chicken Soup, Finish Line and Fountain of Youth. Prices vary from US\$115 (€86, £68) to US\$159 (€119, £94).

“The concept is based on a modern wellness spa that allows people to get treatment for not just hangovers but for acute illnesses,” said Dr Uhuru Smith, the owner.

Details: <http://lei.sr?a=h6y9Z>



Guests have access to a 64m (210ft) Lido Pool

Regent Porto Montenegro debuts in marina resort

The Regent Porto Montenegro Hotel and Residences are now open in Tivat, in the exclusive 250-berth super-yacht marina resort of Porto Montenegro – the second Regent Hotel property in Europe.

The 51-bedroom and 35-suite property was designed by ReardonSmith Architects, inspired by the area’s 400 years under Venetian rule. The terracotta-roofed property’s interior design is by Tino Zervudachi – creating the feeling of being on a luxury ship. Each bedroom looks out onto either the fjord called Boka Bay or mountains.

The Regent Spa features four individual treatment rooms, a relaxation room, experience shower, sauna, steamroom, hammam, two swimming pools and a fresh juice bar. International European and Asian-inspired therapies will be on the spa menu.

Guests will also have access to the Regent Porto Montenegro’s fitness centre.

Details: <http://lei.sr?a=m3a8a>

WSWC to pair with Beyond Beauty ASEAN event, Bangkok

The third edition of the World Spa and Wellbeing Convention 2014 (WSWC) will be held at the Impact Muang Thong Thani Convention and Exhibition Centre (MTT) in Bangkok, Thailand, in conjunction with the Beyond Beauty ASEAN (Association of South East Nations) networking event.

This year organisers are expecting approximately 15,000 guests, visitors and buyers to attend the three-day event between 18-20 September in exhibition space that measures 20,000sq m (215,278sq ft) with space for 500 stalls. Last year's edition of WSWC featured 175 booths across 5,000sq m (53,820sq ft), according to Pornphan Bulner, assistant director of MTT's exhibition project department.

"It makes sense to combine the two as both events have similar, if not complementary, target groups," Bulner said.

Details: <http://lei.sr?a=e2U6v>



30 per cent of adults in England eat five-a-day

No clear benefits to eating more than your five-a-day

There are no added benefits to eating more than five 80g portions of fruit and vegetables daily, according to researchers from Chinese and US universities including the Harvard School of Public Health.

The research, published in the British Medical Journal (BMJ), has pulled together the results from 16 worldwide studies involving 833,234 participants – of whom 56,423 had died during the follow-up period. The Chinese and US researchers conducted an analysis of these studies, finding that the average risk of death from all causes was reduced by five per cent for each additional daily serving of fruit and vegetables and the specific risk of cardiovascular death – from heart disease or stroke – was reduced by four per cent. The risks did not, however, drop any further for those people who ate more than five portions a day.

The British public, however, is still not reaching the five-a-day target, say officials.

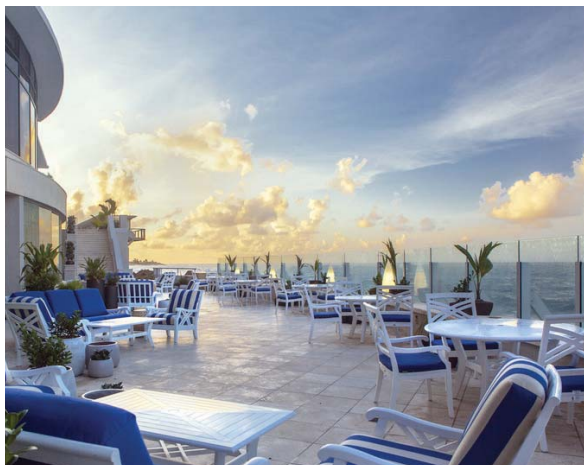
Details: <http://lei.sr?a=W6s7G>

Puerto Rico hotel to reveal spa haven

The Condado Vanderbilt Hotel in San Juan, Puerto Rico, will unveil the second stage of its long-awaited revival, including lavish guestrooms, a spa sanctuary and what it claims to be the first hammam on the island.

By December, the US\$200m (€149m, £118m) revitalisation of the five-star property, built in 1919 by Frederick William Vanderbilt, will be complete. Originally designed by Warren and Wetmore, the architectural firm known for Grand Central Station and the New York Biltmore Hotel, the 319 guestrooms and two newly-constructed suite towers have been reimagined and refurbished by architects Wilson Associates.

Designer Jorge Rossello envisioned the 10,000sq ft (929sq m) spa and fitness facility that will be located directly in front of the hotel's West Tower pool. The spa will house a sauna, steamroom and robe room, in addition to a customised Aroma Blending bar where guests can create their own signature fragrance blend from the Red Flower organic beauty line.



The oceanfront terrace provides a pathway to two new pool lounges

The spa's hammam will have a marble-slab heated massage bed and marble benches.

The spa will have seven individually-designed treatment rooms, while a separate outdoor terrace will include two showers, a lounge and open-air treatment spaces.

Product lines at the facility will be supplied by Germaine De Capuccini skincare and Red Flower body care – both of which are unavailable at any other spa in Puerto Rico.

Details: <http://lei.sr?a=u7u9s>

Dusit International increases African portfolio

Bangkok-based Dusit International has signed a management contract for a new hotel, the Dusit Thani Samara Beach resort, in a mixed-use development in Sousse, Tunisia, as part of its plans for expansion.

The 307-bedroom five-star Dusit Thani Samara Beach resort will be the result of the complete reconstruction of an existing property, scheduled to open in mid-2018. The new hotel will feature a private beach area, a number of food and beverage outlets – including Dusit's branded Benjarong Thai restaurant and an additional 18th floor panoramic bistro. There will also be a Dusit Devarana Spa at the hotel, within the resort.

The spa measures 1,600sq m (17,222sq ft) and will feature the largest pool and solarium in Sousse, spanning a total of 2,600sq m (27,986sq ft), according to *HotelierMiddleEast.com*.

'Devarana' comes from Thai sanskrit, meaning 'garden in heaven' – dating back to ancient



The mixed-use development includes a shopping mall and apartments

Thai literature written by Phraya Lithai, whose garden description inspired the spa.

"We feel it is an excellent time to enter this new market, as prospects are exciting and political stability is back in place here in Tunisia," said Dusit International managing director and CEO Chanin Donovanik in a statement. "We expect the market to recover sharply."

Details: <http://lei.sr?a=m9b9S>

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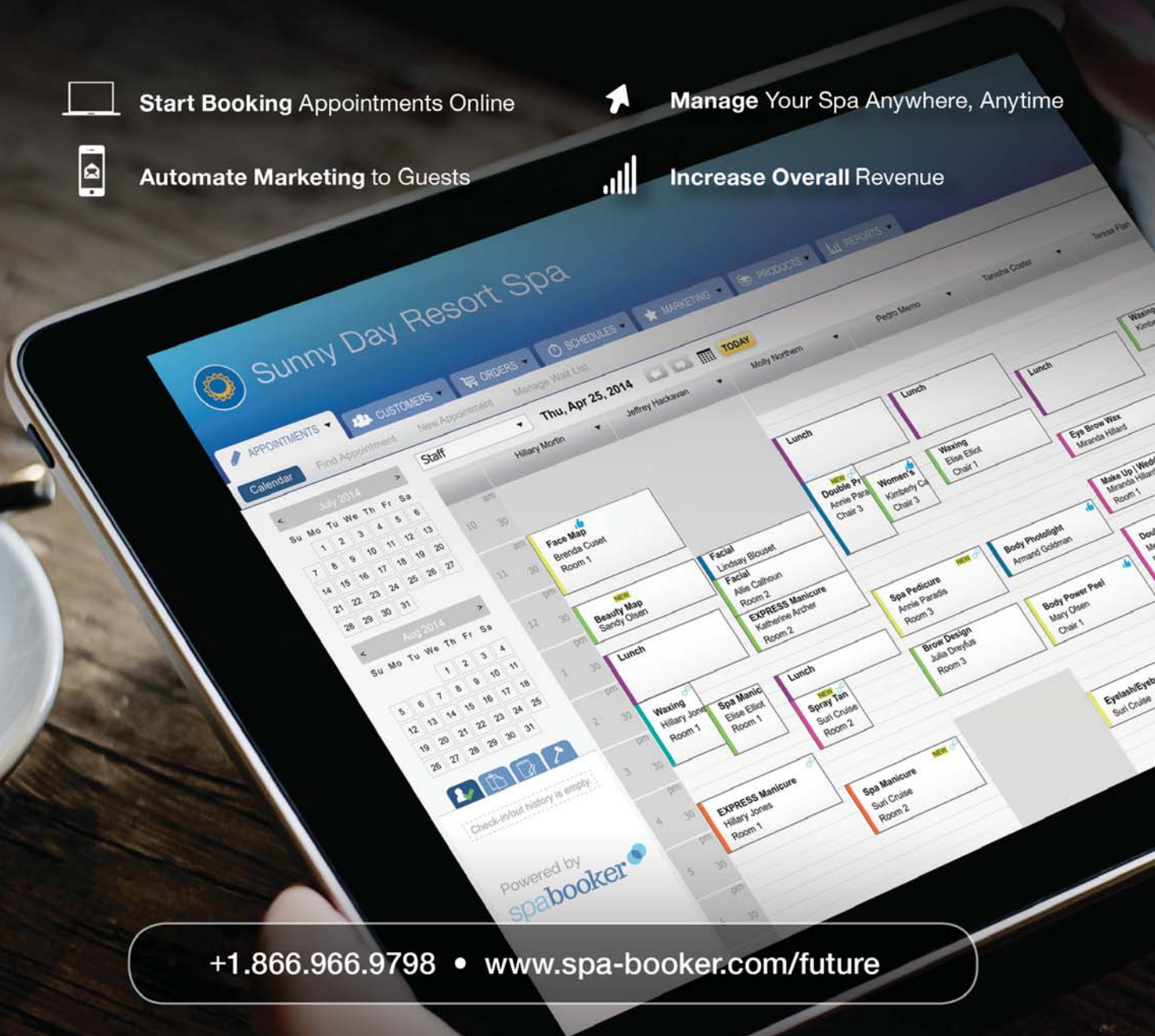
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SLS Las Vegas' Ciel Spa to be unveiled

The Ciel Spa at SLS Las Vegas Hotel & Casino, US, is now accepting reservations in preparation for the resort's debut on 23 August. The property is set to become part of hotel operator Hilton Worldwide's latest luxury collection of hotels under the Curio brand. It is the first property to become part of the Curio Collection.

Designed by SLS Las Vegas creative director Philippe Starck – consulting through Gensler – the property's Ciel Spa features 10 treatment

rooms, a relaxation lounge, a couples' massage suite, herbal steamrooms, oversized experience showers and custom massage beds.

The spa menu includes massages, facials and body treatments in addition to signature additions such as aromatherapy journeys and teas designed to improve the skin's clarity.

Products are supplied by premium skincare lines such as Kinara, created by facialist and skincare expert Olga Lorecin-Northrup.

The 1,600-guestroom resort, with three distinct accommodation towers – Story, Lux and



The SLS Las Vegas hotel has undergone a three-year renovation

World – will also include a fitness centre. The Ciel Spa will be located on the second floor of the Lux Tower – one of three hotel buildings.

The SLS Las Vegas is located on the northern end of the Las Vegas Strip at the site of the former Sahara Hotel & Resort and will be operated by SBE. The hotel and casino has undergone a three-year US\$415m (€305m, £248m) renovation, which included the total redevelopment of three Sahara towers – the Lux Tower, Story Tower and World Tower.

Details: <http://lei.sr?a=8S2q5>

Indian hospital chain under fire for on-site spa

One of India's leading hospital chains, Fortis, has allegedly violated the terms under which it was allotted land in the city of Gurgaon on subsidised rates for the construction a medical facility, by constructing a luxury gym and Pevonia-branded spa within the facility's structure.

Fortis has partnered with wellness brand Pevonia to operate a high-end gym and spa which measures nearly 12,000sq ft (1,115sq m) within the hospital's premises in the northern state of Haryana, according to Dr Dilpreet Brar, regional director of Fortis Gurgaon operations.

Officials of the Haryana Urban Development Authority (HUDA) allotted Fortis 11.5 acres, where the hospital now stands, at a heavily subsidised rate of Rs 3,552 (US\$59, €43, £34) per square yard, in 2004 – according to *The Times of India*. Real estate experts say the price per square yard in the region was close to Rs10,000 (US\$166, €122, £97) for other developments.



Other hotel chains are suspected of possible violation of land use terms

Clauses 3,4 and 5 of the HUDA Act 1977 states the rules about land use: "The site shall not be used for the purpose other than the one for which the land is allotted. If you do not use the land for the specified purpose, it will revert to HUDA along with the structure, if any."

If the violations are confirmed, the government could close down that section of the hospital – which sees itself as a five-star facility. **Details:** <http://lei.sr?a=X7K5D>



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DIARY DATES

23-24 Aug 2014

Sydney International Spa & Beauty Expo

Sydney Exhibition Centre, Glebe Island, Sydney, Australia

The Sydney International Spa & Beauty Expo is a key event for the country's spa and beauty industries. Professionals from both sectors and at all levels have a unique opportunity to source and experience the latest beauty products, treatments, ideas and equipment from buyers and suppliers.

Tel: +61 2 9422 2535

www.internationalbeautyexpo.com.au

9-11 Sep 2014

HBA Global Expo

Javits Convention Center, New York, United States

HBA is a B2B event that provides personal care and beauty manufacturers with a spectrum of new ingredients, solutions, supplier resources and education to help bring innovative concepts to market.

Tel: +1 609 759 4700

www.ubmlive.com

10-12 Sep 2014

Global Spa & Wellness Summit

Four Seasons Resort Marrakech, Morocco

The annual GSWS will bring together the leaders and figureheads of the spa industry to help guide and shape the future of the spa and wellness industries in years to come. Sessions include panel-led discussions, general sessions, small group breakout sessions and dining debates.

Tel: +1 212 716 1202

www.globalspaandwellnesssummit.org

10-12 Sep 2014

Cosmeeting Paris

Porte de Versailles, Paris, France

A Spa Corner will be incorporated into this trade show featuring over 230 exhibitors. Other zones will include Nat&Bio, for natural products; the Cosmeeting showcase; Zoom for new emerging brands; and Cosmeeting Colour for ethnic beauty suppliers.

Tel: +33 1 44 69 95 69

www.cosmeeting.com

14-17 Sep 2014

SPATEC Fall North America

Scottsdale, US

SPATEC Fall 2014 will bring together the operators of the US's leading hotel resort, destination, athletic, medical and day spas with key domestic and international



Spa China Summit 2014 brings suppliers to meet with hotel Spa, day Spa and medispa project holders

21-23 Aug 2014

SpaChina Summit & Awards

The Ritz-Carlton, Chengdu, China

The seventh Spa China Summit is a three-day event aimed at the country's spa professionals, owners, investors and suppliers. It will include speeches by

top experts, workshops and networking sessions. Held alongside the summit, the fifth SpaChina Awards ceremony recognises leaders and innovators in China's growing spa industry.

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www.spachina.com

suppliers to participate in a series of one-to-one meetings over two business days.

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www.spatecna.com

17-18 Sep 2014

Hotel Investment Conference (Hot.E)

Jumeirah Carlton Tower, London, UK

Hotel Investment Conference Europe (Hot.E) sessions focus on two things, the capital markets (debt and equity) and where the investment opportunities across the length and breadth of Europe are today. One third of attendees in 2013 represented debt, equity and development companies.

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www.europhotelconference.com

18-20 Sep 2014

World Spa & Well-being Convention 2014

Bangkok, Thailand

A three-day trade exhibition and a two-day congress, focusing on Education and Standards & Innovation, the WSWC is setting new operational standards, helping to strengthen the industry for the future.

Tel: +66 2833 5126

www.worldspawellbeing.com

20-23 Sep 2014

SPATEC Middle East 2014

Dubai, UAE

SPATEC Middle East 2014 offers the most important spa operators from the Middle East region a place to meet with key domestic and international suppliers.

Tel: +356 9944 8862

www.spatecme.com

30 Sep-1 Oct 2014

Spameeting Europe 2014

Radisson Blu Hotels & Resorts, Dubrovnik Sun Garden, Croatia

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4-5 Oct 2014

Camexpo 2014

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Wellness upgrade for Mövenpick Spa

The spa director at Mövenpick Resort and Spa Dead Sea in Jordan, UAE, has plans to introduce new wellness programmes and facilities to the property's existing Zara Spa and Climate Therapy Centre – through specialists in dermatology and rheumatology.

“We will introduce several new services at Zara Spa in phases to keep pace with evolving wellness trends and in line with being a leading spa destination for a global audience,” spa director Suraj Jokhushankar Dubey told *Hotelier Middle East* in an interview.

To upgrade the current facilities, an Indian Therapy block is planned. Ayurveda wellness suites and a consultation room are also to be constructed. In addition, there will be a Zara Herb Garden, a wellness library, an organic food café and meditation corners.

A Mövenpick spokesperson told *Spa Opportunities* that the resort intends to add lifestyle wellness programmes to the spa's offering including those aimed at weight, sleep and



The resort features 3,000sq m (32,292sq ft) of swimming pools

stress management and emotional healing.

“Our long term goal is to establish our spa facilities as a pioneering research and development institute for Dead Sea therapies that can assist skin and musculoskeletal disorders,” Dubey added. The existing 6,000sq m (64,583sq ft) Zara Spa features 31 treatment rooms, 70 à la carte treatments and massages and a variety of Dead Sea saline bathing experiences with different salt concentrations.

Details: <http://lei.sr?a=n3c8a>

US\$2.5bn Polynesian resort gets approval

The French Polynesian government has approved plans for a hotel and resort complex on the island of Tahiti, which is expected to cost US\$2.5bn (€1.9bn, £1.5bn).

A jury of nine – comprising ministers from the government, the local mayor, a member of the country's airline company Air Tahiti Nui and other advisors – backed the project led by Hawaiian architecture company Group 70 International, to develop the Tahiti Mahana Beach Resort and Spa on 52 hectares on the island's west side. The resort will be situated in the commune of Punaauia.

In line with efforts to create a sustainable resort, the project is set to include US\$130m (€96m, £76m) Sea Water Air Conditioning (SWAC), which pumps cold water from the oceans depths around the facility.

The resort and spa will feature five hotels of three, four, five and six stars, in addition to condominiums with a total of 3,128 rooms.



The government plans to double Polynesian hotel capacity in five years

Other facilities include a public park, a marina, an authentic artisan Tahitian marketplace, a casino, a waterpark, a golf and tennis club, a bowling alley, a cinema complex and a spa.

A six-star hotel and casino will feature 277 bedrooms and a six-star hotel and spa will include 108 rooms. The resort's five-star hotel will offer 322 bedrooms and the two four-star hotels will comprise 370 and 339 rooms each.

Details: <http://lei.sr?a=X9d8X>

GSWS to provide first ever data on hot springs market

The Global Spa & Wellness Summit (GSWS) has announced that its centrepiece research initiative – to be released at its 2014 conference in Morocco – will provide fresh data on three global industry sectors.

The “Global Spa and Wellness Economy” research – undertaken by GSWS' long-time research partner SRI International – will focus on the wider wellness industry, the spa industry and finally the wellness tourism market – having gathered global data.

The wider wellness industry section of the report will provide information on the individual market clusters in the sector, including stats on fitness-mind and body, nutrition and weight loss, alternative medicine, beauty and corporate wellness.

Global and regional spa industry statistics will be recorded in the study, including information about spa revenues and the first ever research on new sub-segments such as the global hot springs market.

Details: <http://lei.sr?a=K4r3d>



The Linka Spa offers a Tibetan Butter massage

Two L'Occitane-branded spas open their doors in China

Two spas have opened in China with products provided exclusively by L'Occitane – the Linka Spa at the Shangri-La MGallery-branded Songtsam Retreat in Yunnan and the water-inspired Emperor Spa at the Emperor Hotel Qianmen in Beijing.

The Linka Spa features five cabins. Three of these cabins are for couples and each of these has a traditional Tibetan bathtub. Operated in-house, this spa uses L'Occitane products in addition to local ingredients such as yak butter and Tibetan herbs. The exclusive signature treatment at this spa is the Tibetan Butter body massage.

The 450sq m (4,844sq ft) Emperor Spa comprises three cabins and two Vichy shower rooms. There is also a large pool with a waterfall included in the spa's design. Treatments include facials and massages.

Details: <http://lei.sr?a=q5V4T>



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Resplendent Ceylon’s maiden venture, Ceylon Tea Trails, is the world’s first tea bungalow resort, perched at an altitude of 1250 metres in Sri Lanka’s panoramic Ceylon tea region. It is acknowledged as the best small luxury resort in the country.
www.teatrails.com

Opening August 2014 is the 40-suite Cape Weligama, perched dramatically atop a palm-studded headland. Cape Weligama sits in 12 acres of landscaped gardens and enjoys striking 270-degree panoramas of the Indian Ocean and cove sprinkled Weligama coastline. Clusters of standalone villas and high standards of personalised service emphasise the residential aspect of a stay.
www.capeweligama.com

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spa@capeweligama.com and/or
farida@salamanderspa.net

*Thank you and we look forward to hearing you soon! -
The Cape Weligama Team*

Permission sought for US destination spa

The NZ\$500m (US\$435m, €321m, £254m) dream of a lifestyle resort development in Otago, New Zealand, is over, after a local council withdrew its approval for the venture which has been in the works for more than six years.

Slated to be one of Central Otago's biggest developments at McArthur Ridge, 6km (4 miles) north of the town of Alexandra, the project was to include a five-star hotel, a 200-hectare Pinot Noir vineyard and up to 1,376 residential units. Leisure facilities were to include a golf course, cheesery, equestrian centre and a health and wellness spa.

The McArthur Ridge resort development had fallen victim to the global financial crisis of 2008 and subsequent property slump.

The Canterbury Mortgage Trust, mortgagee for two companies which own about 77 per cent of the land within the area – Central Otago Pinot Noir Estates and Thyme Field – told The Southland Times that the trust wanted to cut ties with the development and the land should be returned to a rural resource area that



MRIGL has 30 days to appeal the decision via the Environment Court

will be a cheaper project for the council. The current zoning was described by the Trust as preventing alternative developments for the site such as rural residential purposes.

The McArthur Ridge Investment Group Ltd (MRIGL), formerly known as Melview McArthur Ridge, owns the remaining 23 per cent of the area but the company is insolvent, according to a report by *The Otago Daily Times*.

Consultant for MRIGL, Warwick Goldsmith, insisted a less lavish project was still feasible. *Details: <http://lei.sr?a=h5C7U>*

Meditation makes staff more rational

Continued from front cover
Research published in *Psychological Science* shows that 15 minutes of mindful meditation improves rational decision-making.

Building one's awareness of the present moment and letting go of other thoughts during meditation means the decision-maker can be more balanced in problem-solving. The study suggests that this mindful meditation can reduce the tendency to fail to admit initial decisions that lead to undesirable outcomes were wrong.

"People don't want to feel wasteful or that their initial investment was a loss," said lead author Andrew Hafenbrack from INSEAD. "Ironically, this kind of thinking often causes people to waste or lose more resources in an attempt to regain their initial investment or try to 'break even.'" The researchers refer to this tendency as the 'sunk-cost bias' – meaning 'throwing good money after bad'.

Co-author Zoe Kinias added that subjects were able to disassociate decision-making from



Employees can use meditation to prevent poor decision-making

negative emotions: "Meditation reduced how much people focused on the past and future, and this psychological shift led to less negative emotion. The reduced negative emotion then facilitated their ability to let go of 'sunk costs'."

Co-author Sigal Barsade emphasised the benefits for employee health and business acumen: "Our findings hold great promise for research on how mindfulness can influence emotions and behaviour, and how employees can use it to feel and perform better."

Details: <http://lei.sr?a=8D8j6>

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