Australia’s Peninsula Hot Springs plans expansion

Things are heating up at Australia’s Peninsula Hot Springs, which has plans to grow its offerings substantially over the next two years, add overnight accommodations and create an official hot springs region near its location in Victoria.

The owners have also recently purchased an additional historic hot springs in New Zealand, which they are in the process of transforming.

Peninsula Hot Springs has plans to add 16 new pools, plus a mud area, an ice cave, a large group sauna and an amphitheatre for entertainment and education. The natural hot springs currently has 41 bathing pools and experiences, and will add the first eight new pools by the end of this year and another eight in 2017, growing its offerings to a whopping total of 57 pools.

Open since 2005, Peninsula Hot Springs’ bathing experiences currently include the Bath House, open to groups of friends and families, which features more than 20 globally-inspired experiences, including a cave pool, reflexology walk, Turkish hammam, sauna, cold plunge pools, family bathing area, massaging thermal mineral showers and hilltop pool with 360-degree views of the region. The Spa Dreaming Centre is reserved for guests aged 16 and over, with an emphasis on tranquil spaces, private pools and spa treatments, including Australian Aboriginal-inspired kodo full-body massages and facials, mud and salt wraps and ancient healing stone experiences.

“The emphasis of Peninsula Hot Springs is on relaxation and well-being for all the community,” said Charles Davidson, owner. “We want guests to relax in the natural environment and with each other.”

The company also plans to increase accommodation over the next two to three years – adding 126 bedrooms designed by Australian architect Gregory Burgess in stages. It also and hopes to expand its current one-day wellness-related programmes and Happiness Retreats with weekend and week-long retreats. Continued on back page
Skincare line ila expands branded spas

The British company is set to expand its presence with several ila only spas in the works for 2016, as well as a yoga programme designed to complement the brand’s treatments and a line of yoga clothing and accessories launching later this year.

The British company operates two ila only spas in India and one in the Maldives, with plans to open another Indian location and two to three UK locations in 2016.

“It really works well for us,” Denise Leicester, ila’s founder, told Spa Opportunities of the branded concept. “You can select the team and give them the training, and give them every single touch point... We can shape the spa more when we do it ourselves.”

Leicester said so far, she’s had 100 per cent therapist retention, and guest feedback at the ila only spas has been great. She credits that, in large part, to the training she gives therapists, which includes a focus on mindfulness, heart consciousness and transformative healing. “They’re learning to touch with awareness,” she explained. “Creating that clarity and clearness within ourselves means that that’s how we engage with the guest. It’s taking responsibility as a therapist, and it’s empowering the therapist. Being present and working in that way is so rewarding.”

Details: http://lei.sr?a=U6P2u_S

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Inbalans partners with comfort zone

Spa development company Inbalans has teamed up with skincare brand comfort zone for a new space in the heart of the Latvian city of Riga.

The Inbalans comfort zone space Riga is located in a central location and is designed to promote a holistic, healthy and sustainable lifestyle. It had a soft opening last month, with plans for a full grand opening in March.

“It felt like a perfect marriage,” said Alla Sokolova, founder and CEO of Inbalans. “We’ve been working with comfort zone for three years at Amber Spa (located in Jurmala, Latvia, which Inbalans manages), and we felt we were completely aligned in terms of philosophy, and the way we’re growing and developing and working towards a sustainable future.”

This is the first branded comfort zone space, and features two treatment rooms spread over two floors, dedicated to the Italian skincare brand – one for facial care and another large room with a shower for full body treatments. Part of comfort zone’s programme includes combining skincare analysis and recommendations with lifestyle advice, said Sokolova, including home care, food and diet plans and exercise plans with exact movements.

The space also includes an interactive wellness studio that can be used for workshops, seminars and meetings that will help promote the holistically healthy lifestyle, including corporate wellness programmes. The spa will also partner with area hotels to offer treatments.

Details: http://lei.sr?a=b4W9V_S

Chiva-Som launches five new retreats

Wellness destination Chiva-Som has launched five new retreats designed to address specific health issues. The programmes support treatment of specific conditions including cancer, migraines and high blood pressure, as well as assisting in the management of stress and excess body weight.

The addition of these five new programmes brings the total number of treatments with specific health objectives to 13 at the 21-year-old resort.

The new retreats have been developed in response to patterns in the requirements of guests, with increasing numbers looking for support for these conditions, the company said. Guests must book a minimum of 10 nights at Chiva-Som to take advantage of the new retreats.

In creating the retreats, Chiva-Som’s health and wellness team takes into account the latest research and a review of the most effective programmes and treatments, the company said.

The Cell Vitality programme is for guests who have recovered or are in remission from cancer, and is fine-tuned by wellness experts for each individual, while Cranial Relief is a dedicated retreat for guests who suffer from migraines. Emotional Wellbeing was created for guests who feel over-stressed and Tension Release is designed to help guests who suffer from high blood pressure. Sustainable Slimming aims to help guests lose weight.

Details: http://lei.sr?a=X3f3z_S

Online booking company

Wahanda gets new name

Online booking platform Wahanda is rebranding as Treatwell, the Dutch company it acquired in June 2015 for €3m (US$3.8m, £2.5m). The rebrand is part of a strategy to unify the company under one umbrella as it continues to accelerate its international expansion.

“As we continue to pursue our global ambitions, it makes sense to operate under one brand,” said Lopo Champalimaud, founder of Wahanda and CEO of the newly-named Treatwell Group. “But we didn’t stop there. We also took the opportunity to improve the experience for both our customers and business partners.”

Treatwell will be unveiling new product developments to its diary and client management system, including its of point-of-sale functionality, resource management capability and improved email marketing.

Details: http://lei.sr?a=S7C9W_S

Magnacca named CEO of franchisor Massage Envy

US massage franchise operator Massage Envy has named Joseph C. Magnacca as its new chief executive officer. Massage Envy’s former CEO Dave Crisalli will continue to serve the business as a member of its board.

Magnacca has held top leadership positions at large retail and franchise brands such as Loblaw, Walgreens, Duane Reade and RadioShack.

“I am truly excited to join this terrific business,” said Magnacca. “Massage Envy is a pioneer and leader in the wellness space. The leadership team, our franchisees and the Massage Envy community have done an outstanding job in developing the brand. I look forward to leading the team as we position the business for future and further success.”

Details: http://lei.sr?a=E4H7B_S

Joseph C Magnacca is Massage Envy CEO
Replay to develop Antiguan resort

Italian architect Stefano Boeri has lined up his latest forest-inspired project: a resort property in China’s Guizhou province. The Cachet Hotel Group has announced Boeri will partner with acclaimed local artist Simon Ma to build the centrepiece of Cachet Wanfeng Valley – its first resort development in Asia.

The resort will feature a Cachet Hotel cSPA, a new environmental and design-led concept created by consultancy and management company WTS. The group has unveiled renderings of the pair’s design for a striking “lifestyle destination” with trees on every terrace. The building will feature a 182-bedroom Cachet Resort Hotel and a 71-bedroom URBN hotel, two restaurants and lounges, a swimming pool, spa and fully equipped fitness centre. The Wanfeng Valley resort is being developed across 49.4 acres (199,915 sq m) in the Xingyi City by its owner, the Guizhou Wanfeng Valley Ecological Cultural & Tourism Development Company. It will be located close to major shopping, dining, convention and entertainment outlets, the city’s airport and a high-speed rail station set to open in 2020. Boeri has built a reputation for his use of plants and flowers in urban environments, and his famous residential Vertical Forest in Milan was named the ‘Best Tall Building Worldwide’ for 2015 by the Council on Tall Buildings and Urban Habitat.

“Travellers can look forward to an unrivalled dimension of authentic local discovery, new experiences and innovative designs from the iconic Cachet and eco-friendly URBN brands,” said the group’s co-chair, Liang Shang Yan.

Cachet resort to feature WTS spa

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Half Moon Bay Resort has stood vacant since 1995’s Hurricane Luis

Vancouver-based development company Replay Resorts has acquired one-zero-eight acres of oceanfront land from the Government of Antigua on the site of the former Half Moon Bay Resort. Originally built in the 1950s, the resort has been abandoned since Hurricane Luis devastated the island and the property in 1995.

“Over the past 18 months, we have met with developers from around the world who have shown great interest in redeveloping Half Moon Bay, but Replay Resorts stood out for its expertise in resort place-making and, as importantly, its ability to put these places on the world map,” said Antiqua Prime Minister Gaston Browne.

Replay has completed preliminary planning for the new Half Moon Bay Resort, which includes an internationally-branded luxury hotel as well as oceanfront villas, a retail village and ocean-view cottages. The company plans to make the new resort an active place, with bike and walking trails, beach activities, interactive guided experiences, an edible landscape, pools, spa and fitness components.

Details: http://lei.sr?a=v3a3K_S

The forest-inspired hotel is designed by Italian architect Stefano Boeri

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Opinion

DR HOWARD MURAD
Board certified dermatologist and founder of Murad skincare

How to help clients with ‘Cultural Stress’

With society’s extreme dependence on digital devices and ‘over-connected’ living, it’s not surprising we are seeing a rise in stress levels. The constant and pervasive stress of everyday life that has become a normal part of our society is what I like to call Cultural Stress.

Whether it’s a long commute, a never-ending to-do list, worries about job loss or global conflict, it’s the unnecessary stress we put on ourselves in our attempt to live up to everyone’s expectations.

Stress is an inevitable part of life – the key is how you handle it. I advise my patients to identify their stressors and do what they can to keep them at bay. Through my years of research I have discovered a strong link between Cultural Stress and ageing. Not only does it affect us visibly as signs of ageing on the skin and body, but also emotionally with increased feelings of isolation, lack of confidence and a lack of creativity.

To survive the assault of ‘Cultural Stress’, I advise my patients to adopt my Inclusive Health approach to wellbeing – which looks at emotional, nutritional and topical care – in an attempt to help minimise the impact Cultural Stress has on their lives.

This can be in different ways, depending on the person. I might encourage them to let go of the need to be perfect, help them to improve their health at a fundamental level by eating hydrating foods and savouring sleep, or to embrace the power of movement.

By taking healthy measures to eradicate Cultural Stress, we can dramatically increase the odds of unlocking our potential to look younger, feel younger and live healthier, happier and more rewarding lives.

“Through my years of research, I have discovered a strong link between Cultural Stress and ageing.”

Oman port project gets green light

Some of the world’s best-known hospitality operators are vying to open hotels in a new mixed-use waterfront destination in Oman, which will regenerate one of the oldest ports and market districts in the Arab world. Brands including Hyatt, Hilton, Four Seasons, Mandarin Oriental, Banyan Tree and Viceroy have declared their interest in opening hotels in the Mina Sultan Qaboos Waterfront Project, which will enter the first phase of construction in June 2016.

The state-owned Oman Tourism Development Company (Omran) will establish a new company to develop the OMRscheme – which it says will “set new standards for authentic waterfront destinations in the region” – on a 101 hectare site in the centuries-old Sultan Qaboos Port in the province of Muscat. It has formed an investor relations task force to identify funding and project partners from the private and public sectors, who will hold 49 per cent ownership in the project to Omran’s 51 per cent.

Details: http://lei.sr?a=E7f9t_S

Year of the Fire Monkey at Mandarin

To celebrate Chinese New Year, which begins this month, Mandarin Oriental has launched the Year of the Fire Monkey Spa Experience. The Fire Monkey year is said to be one of change, requiring strength and agility in order to succeed. Available year-round at all of its spas globally, the treatment has been designed to inspire renewal, energy and determination.

The treatment incorporates a number of traditional elements to stimulate the senses, relax the mind and rejuvenate the body.

Guests are welcomed with hot or cold towels infused with mandarin orange or tangerine oil, both of which symbolise good tidings. They are then invited to enjoy a welcome drink of Chinese red dates, honey and goji berries, which help to de-stress and encourage sleep. Traditional sweet treats popular during Chinese New Year festivities will be available to enjoy in the spa’s relaxation area, including sweetened tangerine, coconut and ginger from the customary ‘Tray of Togetherness.’

The Year of the Fire Monkey Experience begins with a foot ritual with rose oil, followed by a full body exfoliation incorporating chrysanthemum flowers. A warm shower with the addition of ‘pomelo water’ – traditionally used to wash away negative feelings – is followed by a short, guided singing bowl session. The body massage that follows combines the effects of oriental meridian massage with a blend of ylang ylang, rose and calming chamomile oils to encourage joy and emotional release.

Finally, guests are offered a sweet plum tea, and on leaving the spa will receive a traditional Chinese ‘lai see’ lucky red packet.

Details: http://lei.sr?a=X8d4q_S
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Have a family dinner.
Drink more water.
Do a good deed.
Don’t use plastic bottles.
Eat organic foods.

www.globalwellnessday.org
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Twitter: /wellness_day
Instagram: /globalwellnessday
Wellness design goes beyond spa

Andrew Gibson, vice president of spa & wellness for FRHI – parent company of Swissotel, Raffles and Fairmont – spoke at the London Health Show last month about trends in the spa industry. He highlighted the fact that wellness is moving beyond the confines of spa, and affecting the entire hotel, in everything from air quality to lighting to building materials.

“This is a rapidly changing market,” said Gibson. “Wellness is no longer a basement operation – the whole hotel is about wellness...Wellness is not just treatments and services you provide to guests.”

Because of this, said Gibson, more and more of his work is helping design departments integrate wellness throughout the hotel through what he calls “imperceptible wellness.” With Swissotel, Gibson said the focus is on wellness through fitness, while with Raffles, it’s the “overall feeling” of the hotel, and Fairmont stresses the socialisation aspect of wellness. Not all hotel developers are willing to look at wellness holistically, said Gibson, as there’s a cost involved – but the ones that do, get it.

Details: http://lei.sr?a=f5p3w_S

Six Senses programme pays off

Six Senses’ Integrative Wellness programme is increasing spa revenue, said Anna Bjurstam, vice president of spa and wellness, who detailed results of the initial two months of the programme at the London Health Show last month.

Six Senses engaged with “some of the best experts” said Bjurstam – prominent doctors Dr Mehmet Oz (known for his popular US television show), Dr Michael Breus and Dr Steven Gundry – to create the Integrative Wellness programme, which recently launched at eight Six Senses locations.

Bjurstam said that education is a huge component of the programme’s launch, and the company has put together a series of short, focused, educational videos featuring the doctor partners, which help guests understand a variety of wellness topics.

The programme itself includes medical screenings such as blood pressure, oximeter, BMI, stress levels and cardio levels, Doctor Oz’s RealAge Test, and Fusionetics, a performance healthcare system. A personalised Integrative Medicine programme is then created for each guest, including sleep, nutrition and fitness, as well as advice and tools on how to continue at home.

In the first two months, spas have averaged around 20 screenings per month, with some locations doing as many as 50 screenings.

“It’s better than we had hoped for,” said Bjurstam. “Every screening means an extra $800 to $2,000 in revenue, booked programmes, retail and more... It has helped with spa revenue – some spas are meeting their budgets in 20 days.”

Details: http://lei.sr?a=b4K8Y_S

Technology is changing today’s spa operations: panel

A panel of global spa professionals at the London Health Show last month said technology is rapidly changing the way spas operate.

“If I look at technology today, it certainly is taking over,” said Andrew Gibson, vice president of spa & wellness for FRHI. “... We always wanted to be low-tech, high-touch – Now, we’re high-tech, high-touch.”

Envisioning the spa of the future, Anna Bjurstam, vice president of spa and wellness for Six Senses Resorts and owner of Raison d’Etre Spas, said, “Tech will have taken over.” Customers will book treatments online, choose what kind of music they like, inform therapists what sort of pressure they need, and they’ll even pay with their phones, said Bjurstam.

Details: http://lei.sr?a=y6F2K_S
Carmenta Wellness has launched a new range of small steam, shower and sauna cabins. The Sensation range is designed to let spas offer more treatment choices with its flexible and affordable cabins. With clean, sharp lines and six modular possibilities, the cabins are suitable for all types of space. Materials include high-pressure laminates on the walls and roof, and Corian and stainless steel benches and columns.

Apparel brand Noel Asmar – which has both equestrian lifestyle and spa uniform divisions – has been selected as the official apparel partner of Equine Canada, and will be fitting the Canadian Equestrian Team at the Rio 2016 Summer Olympics.

Caudalie has launched a new 25-minute Anti-Ageing Eye Treatment specifically designed to care for the delicate eye area. The techniques and products used are designed to make skin brighter, smooth lines and wrinkles and substantially reduce puffiness and dark circles, while lifting the eye contour and enhancing the eyes. Caudalie’s Resveratrol Lift Eye Lifting Balm has been created in conjunction with Harvard Medical School, and combines Caudalie’s patented Grape Resveratrol with micro hyaluronic acids for plumping and lifting. It’s also packed with peptides and an anti-puffiness plant complex derived from the silk tree.

Skincare brand Elemis is supporting Women for Women International with the launch of a Special Edition Pro-Collagen Marine Cream Ultra-Rich next month. Women for Women International works with women whose lives have been torn apart by conflict in countries such as Rwanda, Syria and Kosovo. The organisation helps female survivors of war reclaim their lives by providing the resources for learning and developing skills that get them and their families out of poverty.
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Aqua Sana is our award winning spa which welcomes guests who are on short breaks as well as spa day clients. As well as ‘World of Spa’ there is a full treatment menu, using Elemis, Decléor and our own signature ranges. We also have an Express Beauty area, a fully stocked Boutique, and Vitalé Café Bar. Aqua Sana is a high quality, continually evolving spa concept.

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We are currently recruiting for various roles within our Aqua Sana teams across the 5 villages, including:

- LEISURE SERVICES MANAGER
- GROUP SPA MANAGER
- BEAUTY THERAPISTS

If you're interested in a career within Aqua Sana, please visit the Center Parcs Careers Website and select 'Job Search'. Here you can select the Village where you are interested in working and see what opportunities are currently available. You can also register for 'Job Alerts' and we will contact you as and when opportunities become available.

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In addition, they will require also to have previous direct experience in managing and overseeing the activities for both the Health Club and a Spa operation.

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▶ Reality Based Online Spa Management Course
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Salary: Competitive
Job location: Bournemouth, UK

▶ Spa Therapists
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Job location: Various, UK

▶ Beauty Therapists
Center Parcs Ltd
Salary: £8.25/hour + Bonus
Job location: Woburn, UK

▶ Group Spa Manager
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- Passionate about the health and well-being industry and be able to communicate that passion appropriately to our guests.

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- Experienced spa therapists, ideally having worked in a highly customer service oriented spa environment.
- Outgoing, nurturing and friendly towards their customers.
- Passionate about the health and well-being industry and be able to communicate that passion appropriately to our guests.
- Able to provide excellent customer service to our guests.
- CIDESCO/BABTAC qualified (or equivalent) and experienced (NVQ level 3 or similar).
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Apply now: http://lei.sr?a=3C5a9
Australian hot springs plans new pools

Continued from front cover
General manager Brook Ramage, founder of Golden Door Australia, joined the team about six months ago, and will help create the retreat programming.

“Brook has an incredible amount of knowledge and experience in the wellness industry, particularly with wellness retreats,” said Davidson. “He brings that knowledge to the hot springs industry that will help raise the bar of wellness, bringing the best of health and wellness retreats to the natural health-giving powers of thermal mineral waters.”

Davidson is also working with several groups in the area that are interested in starting hot springs in order to create the Mornington Peninsula hot springs region, similar to the Rotorua hot springs district in New Zealand, where Davidson was involved with the master planning. “The concept in Rotorua and in our region is to offer the full range of hot springs offerings that will help deliver an experience for all customer groups,” said Davidson.

The company has also recently purchased Maruia Hot Springs in New Zealand, a natural hot springs resort with overnight accommodations and more than 100 years of history.

“We are in the process of transforming this facility to become synonymous with ‘Pure New Zealand,’” said Davidson.

Details: http://lei.sr?a=W5K3j_S

Former concentration camp to be resort

A former fortress and concentration camp on an island in Montenegro is set to be turned into a luxury resort and spa after a controversial planning proposal was accepted by the government.

Local news reports state that the five-star development – located on Lastavica Island, better known as Mamula, in the Adriatic Sea – will include a hotel complete with a marina, wine bar, restaurant, VIP terrace, open air dance floor, beach bar and spa.

Serbian architects Salt & Water and Juan Navarro Vallejo from the Sima Multimedia company in Gibraltar have designed and produced renderings for the reconstruction of the island’s ruined 19th century Austro-Hungarian fortress.

“The original idea was to completely preserve the existing exterior, known as one of the biggest and best preserved fortifications on the Adriatic Sea, and also as one of the most impressive Austrian architecture landmarks of Montenegro,” said the architects in a statement. The project has been developed by the Swiss-Egyptian developer Orascom. Some local groups have protested the development due to the site’s violent history. The fortress was occupied by Italian forces under the rule of Mussolini during the Second World War and thousands of local people were imprisoned there. Last year, former UN Secretary General Boutros Boutros-Ghali wrote a letter to Montenegro’s government calling for the fortress to be transformed “into a facility and institution of peace and international cooperation.”

Details: http://lei.sr?a=m8R2g_S