

# europaean Spa

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## ITALIAN INSPIRATION

'Psycho-emotional' awakening at Vair Spa, Borgo Egnazia

## ATTRACTING TALENT

Recruitment and retention tips in our Spa Careers Masterclass

## AN ISLAND OF CALM

The new spa for all seasons at Serenitas, Park Hyatt Mallorca

## FINISHING TOUCHES

Our Expert Guide to the best in tanning, brows and makeup

# Wellness

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

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Editor's choice



## Rosewood's Asaya concept set for rollout

New philosophy offers a comprehensive selection of programmes tailored to help guests rebalance



Niamh O'Connell

**GLOBAL:** Defined as an integrative wellness philosophy 'rooted in self-acceptance and self-discovery,' Hong Kong-based Rosewood Hotels & Resorts has unveiled a new wellness concept, Asaya, to be rolled out from April.

The holistic programme combines complementary therapies, healing treatments, fitness activities and nutrition coaching, starting with wellness workshops upon the guest's arrival.

To provide an exclusive, yet social experience

Asaya also introduces signature suites and villas for private use by small groups of friends with dedicated treatment areas and hydrotherapy zones.

Niamh O'Connell, Rosewood's group vice-president of guest experience and wellness, says Asaya's individualised programmes aim to help guests find a way to disconnect from technology and reclaim a sense of their personal space. "We recognise that guests are seeking the opportunity to rebalance, however, while people have the desire the 'how to' is not so clear cut," she explains. "Asaya is designed to support these individuals in recognising opportunities that will enhance their wellbeing."

The Asaya experience offers activities ranging from yoga and Tai Chi to boxing and bootcamps, while a partnership with Technogym fitness centres provides hi-tech indoor exercise opportunities. The brand's educational programmes will also see visiting experts, local practitioners and Asaya professionals share knowledge to enable guests to continue their wellness journey beyond the environment. [www.rosewoodhotels.com](http://www.rosewoodhotels.com)







## Kata rocks new hi-tech rituals

**THAILAND:** Infinite Luxury Spa (IL Spa) at Phuket's Kata Rocks resort is the first in Thailand to provide hi-tech nap pods and sensory water massage beds. The new installations complement the spa's eight treatment suites, which blend 'beyond organic' British brand ila and IL Spa's own Me Time philosophy to create bespoke rituals

"We believe technology can be combined with traditional therapies to advance the holistic spa experience," says general manager Scot Toon. "Investing in the latest Italian-made ISO-Benessere water massage beds and MetroNaps EnergyPods was crucial to the creation of our personalised treatments as it gives IL Spa a highly flexible product offering."

"The sensory water beds provide excellent body support, temperature control and chromotherapy during treatments, especially with our Kundalini Ritual; a nurturing massage that uses chakra and sound healing to activate and channel the Kundalini dormant energy at the base of the spine."

[www.katarocks.com](http://www.katarocks.com) | [www.metronaps.com](http://www.metronaps.com) | [www.isobenessere.com/en](http://www.isobenessere.com/en)



## South Kensington Club's 360° plan

**UK:** To boost the health, nutrition and mindfulness of its members, London's South Kensington Club has launched a new 360° wellness approach that provides a spectrum of services including treatment rituals from [comfort zone].

"Following a 45-minute consultation, members are presented with a tailored programme, which is then put into action and fully supported by our experienced personal trainers, performance coaches and physical therapists," says wellness manager, Kalista Badenhorst.

Facilities at the private members' club include a sky-lit gym, fitness studios, a saltwater Watsu pool and a traditional bathhouse with a hammam and banya. These holistic spaces work in harmony with a wellness menu that features [comfort zone] treatment rituals for men and women, including its Sacred Nature organic range.

[www.southkensingtonclub.com](http://www.southkensingtonclub.com)



## A Strong following

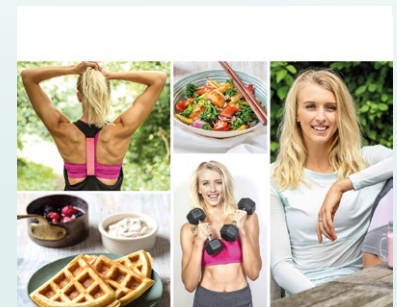
Between the covers

**EUROPE:** Instagram influencer Zanna Van Dijk, who has an active 150,000-fan following, has launched a book, entitled *Strong*, to inspire women and girls to lead healthier lives without resorting to fad diets.

"I love talking with my followers online every day about fitness," says Van Dijk. "But I want to remind them that being in great shape doesn't mean depriving themselves or running their body into the ground. This book is all about balance – it's designed to provide practical tools and motivate new thinking."

The London-based personal trainer, also co-creator of the GirlGains community, details effective exercise routines, including a guide to lifting weights – currently a leading trend for women – and shares her passion for food with an achievable approach to eating well. Naturally, all of this is also available to download.

[www.zannavandijk.co.uk](http://www.zannavandijk.co.uk)  
[www.girlgains.co.uk](http://www.girlgains.co.uk)



**STRONG**  
 ZANNA VAN DIJK

OVER 80 EXERCISES AND 40 RECIPES FOR  
 ACHIEVING A FIT, HEALTHY AND BALANCED BODY





## Amanoi unveils flagship spa houses

**VIETNAM:** Furthering the brand's commitment to wellness connection, Aman has unveiled its first Spa Houses at Amanoi, the company's meditative outpost in Núi Chứa Chúa National Park, in which guests are guided through a bespoke programme of treatments, nutrition, exercise and healing therapies.

"This is a milestone for Amanoi," says Nichola Roche, group director of spa for Aman, which has a 31-strong portfolio of hotels and resorts located across the globe. "The Spa House concept presents a new experiential space with private facilities and two specialist therapists who consult with guests on a daily basis, overseeing every detail of their immersion to ensure a very personalised offering."

Each spa house has a double treatment room, a steam room, an ice fountain, a cold plunge pool and an outdoor infinity pool with either a hammam or banya thermal facilities.

To coincide with the Spa House launch, Amanoi has also introduced three individual wellness packages, entitled: Eastern Approaches to Weight Management; Movement, Mindfulness & Stress Control; and Longevity, Rejuvenation & Detoxification.

"The carefully calibrated, three-to-ten-day programmes aim to gently steer participants on a new path, enabling them to reach personal goals so they leave feeling happier and healthier with a renewed outlook on their wellbeing," says Roche.

[www.amanoi.com](http://www.amanoi.com)

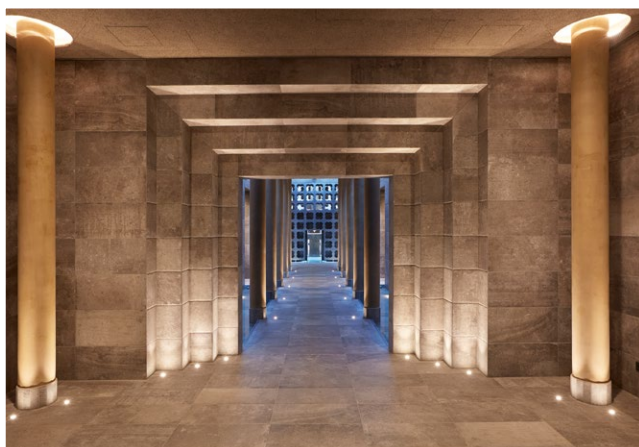
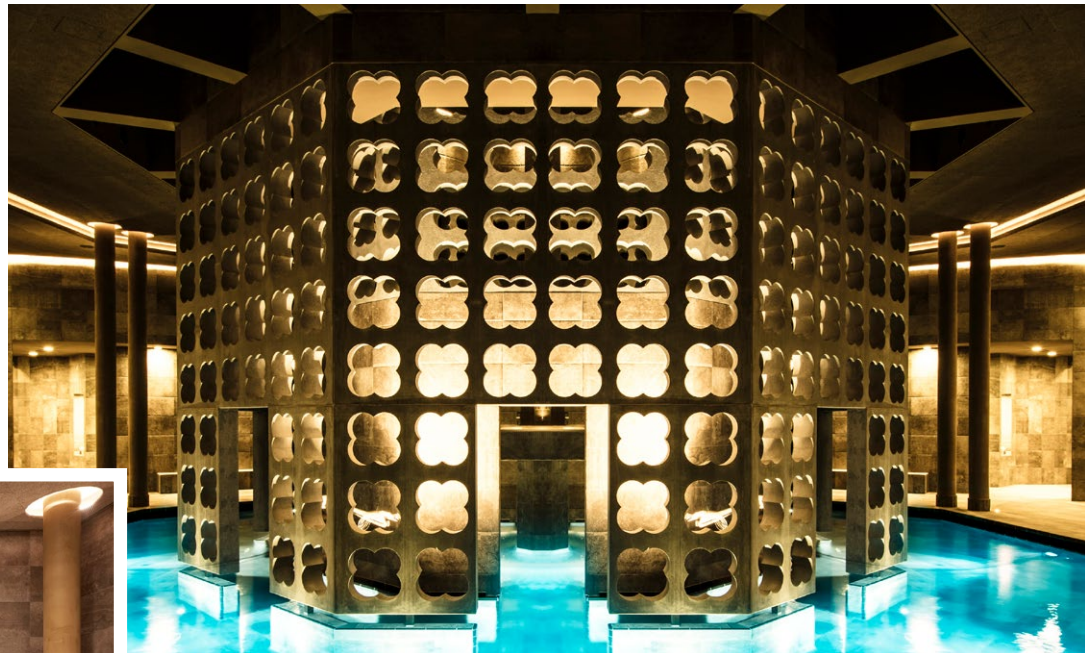
## Listening to the sound of silence

**AUSTRIA:** Thermal wellness resort operator Vamed Vitality World has invested €14m (£12m) in a stand-alone Silent Spa development, which opened earlier this year.

The 3,600sqm spa addition to Therme Laa, located in the Weinviertel region of Austria, will offer guests quiet spaces and time for silent contemplation.

"We recognise that guests' interests are changing and that special architecture creating unique surroundings are becoming more important," explains general manager Florian Perteneder. "We have focused on a totally new offering with five-star service quality."

Conceptualised with architect Wolfgang Vaneck, who was inspired by elements of sacred architecture, the Silent Spa's centrepiece tower with four ellipses provides an atmospheric walk-in water landscape with a three-storey cascade



fountain. Each ellipse has different relaxation and recuperation facilities including a saltwater pool, a salt chamber, spa suites and a steam bath. The building also has a 400sqm sauna area with special infusion ceremonies and 100sqm of treatment space.

While speaking is not forbidden throughout the spa, those who wish to remain silent during their stay can use the services of spa butlers who will communicate on their behalf. In addition, a more high-tech form of distraction is offered with the

intention of allowing guests to shut off from their surroundings and enjoy their own company.

"Guests are issued with a Samsung Galaxy tablet containing SuitePad software from Germany, which gives access to more than 200 magazines and newspapers, music and films," reveals Perteneder. "It also enables them to arrange treatments, order refreshments and offer feedback."

[www.silentspa.at](http://www.silentspa.at) | [www.therme-laa.at](http://www.therme-laa.at)

Images: Thomas Smetena





## Puente Romano is a fit with 38 Degrees North

**SPAIN:** Marbella's Puente Romano resort, in conjunction with its Six Senses spa, has initiated its first wellness season in collaboration with leading fitness provider 38 Degrees North.

Together with five-and seven-day programmes for mind-body connection through Sleep-centric, Detoxing and Integrated Wellness packages, the new collaboration will provide five-star holistic retreats for weight loss and wellbeing journeys at the resort.

"We are proud to offer our guests world-class fitness and collaborations like this to ensure every element of wellness is being offered," says hotel general manager Jorge Manzur.

[www.puenteromano.com](http://www.puenteromano.com)  
[www.thirtyeightdegreesnorth.com](http://www.thirtyeightdegreesnorth.com)



## Ring for the 'beditation' butler



**UK:** Dukes London is addressing the so-called 'beditation' trend – a watchword for free-thinking relaxation practices before or after sleep to improve clarity of mind – with its new bedtime service.

The add-on package, available for guests staying in its Duchess rooms, provides in-room podcasts and playlists with tips on calm breathing exercises and meditation guidance. These combine with the signature scent of Dukes'



Florin London Hyacinth & Bluebell candle, herbal teas and Floris bath essences.

"We aim to equip guests with all the tools they need to go from feeling frantic and frazzled to calm and composed," says Debrah Dhugga, managing director of the Dukes Collection. "Our new mindful room service with a dedicated 'beditation' butler is a London first, designed to help guests feel happier, calmer and ready to face business meetings or enjoy the city from a fresher perspective."

[www.dukescollection.com](http://www.dukescollection.com)



Wellness masters

## Emotional renewal with Thought Field Therapy

Global wellbeing specialist Akcelina Cvijetic has helped thousands of people overcome significant health and life challenges by harnessing the power of therapies such as Thought Field Therapy (TFT). Having just announced a collaboration with One & Only's Reethi Rah Resort, Maldives, *European Spa* asks Cvijetic how the practice of TFT can help spa guests.

### What is Thought Field Therapy?

It is a highly effective treatment that can be used to overcome anxiety, compulsions, addictive urges, grief, PTSD, obsessions, depression, physical pain, guilt, shame, anger, phobias and many life-limiting problems that stifle personal performance or block healing. As a drug-free method it provides emotional renewal quickly and safely, with no side effects and without having to go through years of therapy.

### Does it work with other therapies?

Used alongside Neuro-Linguistic Programming and Ayurveda or hypnotherapy, TFT can help clients release the emotional charge associated with past hurts or traumas to overcome emotions that hold them back. Its far-reaching effects are now more sought-after than ever before because they can be truly life-changing.

### How is TFT performed?

TFT techniques for resolving emotional issues utilise acupressure points, which the client learns to activate by simply tapping with their fingertips while thinking about the specific problem, this process has the capacity to disable and often completely eliminate difficult emotional and physical responses.

### Can therapists use this wellbeing tool?

TFT taps into the body's own healing system to empower control of emotions and improve quality of life. It is about reprogramming the mindset and is particularly useful for people going through periods of anxiety or emotional trauma. Therapists can connect with clients to create bespoke wellness solutions.

[www.akcelina.com](http://www.akcelina.com)



## Es Saadi moves Marrakech to another level



Caroline Bauchet-Bouhlal

**MOROCCO:** The award-winning Es Saadi Resort has unveiled a new range of wellness experiences to enhance its 3,000sqm Palace Spa.

Built around a 100-year-old eucalyptus tree (pictured) and set over three floors, the spa has introduced a new spa suite as well as hydrotherapy four-hand treatments, a new gut massage and a selection of cleansing and relaxing spa therapies.

Palace Spa also offers organic slow-food gastronomy and yoga retreats in partnership with the exclusive Le Tigre Yoga Club of Paris.

"In order to really take wellness to the next level, we have focused on cross-offering packages, from specific spa treatments to slow cuisine and international visiting yoga practitioners," says Caroline Bauchet-Bouhlal, group development director.

"Our world-class Dior Institute, the only one outside of France, provides glamorous and efficient anti-ageing Dior treatments alongside our diverse range of new activities, fitness, health and spa retreats, to ensure Es Saadi remains a magnet for luxury spa aficionados," she adds.



[www.essaadi.com/en](http://www.essaadi.com/en)

### Igniting retail

## The hydration generation

Moving beyond the physical boundaries of spas to take wellness home, we look at innovative retail products that harness the power of H<sub>2</sub>O.

**ULLA** (right) is a smart hydration reminder designed to dramatically improve the hydration habits of its users. The on-trend USB-sized gadget, which simply fits to the outside of drinking-water bottles, follows Ulla's optimal hydration cycle and blinks to indicate when the user requires more water. It also works for wellness corporate branding, as seen with the successful #Elemiseveryday campaign.



[www.ulla.io](http://www.ulla.io)

**THALGO's** first supplement to correct circulation concerns and reduce the feeling of 'heavy' legs is enhanced with vitamins B2 and C as well as marine magnesium. The Coach Light Legs take-home



programme, which complement the brand's Silhouette Shape & Correct range, can be taken one phial per day diluted in a glass of water or fruit juice to help reduce the sensation of swelling.

[www.thalgo.co.uk](http://www.thalgo.co.uk)

**VOYA** extends its organic reach with a range of newly designed herbal seaweed tea blends. Packed with antioxidants and minerals, as well as being organic, the natural lifestyle collection is also gluten and caffeine-free. The range, which includes Peppermint Pleasure, Camomile Calm and Fennel Fusion, is produced using sustainable seaweed harvesting practices.



[www.voya.ie](http://www.voya.ie)

**CONSCIOUS WATER'S** 100% natural flower essence water enhancers have been launched at The Langham's Chuan Spa. Created in six flavours to help inspire moods and aspirations, the in-spa essences are dissolved in pure vegetable glycerine and dispensed from a neat blister pack. Spa guests can select from Serenity, Rejuvenation, Sweet Dreams, Clarity, Happiness and Love to heighten their hydration.



[www.consciouswater.com](http://www.consciouswater.com)