

Wellness Trendz

International

a lifestyle publication

Spring 2021

Baden-Baden

Spa & Culture

Germany

Natural Landscapes

Barcelona

The Majestic Hotel & Spa

Thailand

Destination Wellness



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A woman's profile is shown in a three-quarter view, looking towards the left. Her hair is styled in a classic, voluminous manner. Inside her head, a detailed image of the Svatopluk Thermal Spa in Mariánské Lázně is visible, showing its ornate Baroque architecture with a large arched entrance and a dome. The woman's hand is resting near her chin, suggesting a state of relaxation or contemplation.

Feel the touch of the Baroque

More than one historic figure has sought relaxation and social excitement in the Czech spas. Luxuriate in healing springs and mud baths, and give yourself over to a rewarding massage.

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We welcome all the readers to Wellness Trendz International. The publication brings the relaxation and harmony in your life with everything possible to calm you and bring a certain ease in your life by providing information about the best of Spas and Wellness Resorts from across the globe. Plus find all the healthy options available in terms of food and other lifestyle choices. Therefore, the mantra of Wellness Trendz International is relaxation, purification and regeneration.

In this issue, we have focused on Laclinic Montreux which targets beauty and wellness. The articles on Baden-Baden in Germany any and Thailand are must read. Exciting article on Slovenia. Do not miss the features on Kulm Spa St. Moritz and Hotel Royal San Remo. The article on Cook Children's Health Care System in USA is not be missed. Learn more about The Majestic Hotel & Spa in Barcelona. We have featured the five top most Spas in the Lake Geneva region.

We have also featured some of the top Spas and Spa Resorts of the region in this issue. There are comprehensive articles on the enchanting Rayya Wellness in Dubai and Evian Resort in France. We also featured have featured The Retreat Palm Dubai, a holistic wellness Resort.

So have fun with good health and enjoy yourself.

Rachel Reeds
Editor

Contents

- 08 Lake Geneva**
Evian Resort
- 10 Baden-Baden**
Spa & Culture
- 12 Barcelona**
The Majestic Hotel & Spa
- 14 Royal Hotel Sanremo**
Timeless Elegance
- 16 Retreat Palm Dubai**
Wellbeing Resort
- 20 Montreux**
Laclinic
- 22 Canton De Vaud**
Spectacular Spas
- 24 Germany**
Natural Landscapes
- 33 Thailand**
Destination Wellness



Image : Iridium Spa and Vommuli Island

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Velaa Private Island, Maldives

The Ultimate Wellness Escape



Velaa Private Island, the ultra-luxurious exclusive hideaway in Noonu Atoll, Maldives, invites guests to embrace health and wellness as a part of their luxury escape this year. Prepare to be immersed in a world of holistic wellness with Velaa Private Island's Energising Programme. Bringing wellness to new heights this year, the private island will host visiting practitioners including Hypnotherapist Malminder Gill and Chinese medicine specialist Dr Song Qingging, who will both be on the island later this year.

The energising programme is complete with a health consultation including InBody analysis and skilled advice, followed by targeted treatments which is a harmonious balance between spa treatments, mindfulness, enthralling recreational activities, tailored fitness sessions and nutritional plans. The Energising Programme will be available until October this year.

Nestled in the Indian Ocean and surrounded by pristine blue waters, Velaa Private Island is the ideal choice for those looking for a path to wellness of body, mind and spirit, whilst being a world away from home. To ensure one enjoys the very best of the Maldives, the program is developed by highly trained fitness instructors, therapists specialized in offering blissful spa treatments, exceptional food and enjoyable land and water activities. The specially designed Velaa Energising Programme is a holistic approach, which is the need of the hour and focuses on fitness such as HIIT training, stand up kayaking, snorkelling, golfing etc., nutrition to include personalized meal plans, mind such as Cloud 9, yoga and meditation sessions and spa to include body wraps, massage etc.

The programme aims to replenish energy levels and empower participants to cultivate a mind-set of wellbeing. All activities have been designed by highly qualified specialists and therapists, enabling guests to leave fully restored and relaxed. Guests will be able to seamlessly integrate the practices and knowledge they gain throughout the program into their daily lives back home.

www.velaaprivateisland.com





SUMMER AT THE EVIAN RESORT

A place to escape and revitalise surrounded
by lake and mountains

Overlooking the beauty of the crystal-clear water of Lake Geneva and the purity of the Alps, the Evian Resort enjoys an exceptional location that offers the ideal setting for a great summer vacation. Picture postcard scenery, a blend of simplicity and a relaxed way of life.



Evian, a wellness destination

In the heart of Haute-Savoie, a region blessed with outstanding natural heritage, Evian is the ideal destination to escape and revitalise. Famous for its world-renowned mineral water, this lakeside town is bursting with architectural jewels such as the Palais Lumière and Cachat Spring. Just a 2 hr 15 min drive from Lyon, 4 hrs 30 min from Paris by high-speed train, and 45 minutes from Geneva on Evian One - the Evian Resort's exclusive shuttle for a spectacular arrival via the lake - Evian is a holiday destination worth (re)discovering!

Evian Resort, a haven of peace amidst nature

Located in the hills above Evian within extensive private 47-acre grounds, the Evian Resort's two hotels afford breath taking views of Lake Geneva and the French and Swiss Alps. Two unique establishments for an unforgettable stay: the Hôtel Royal***** Palace, an exceptional place with the perfect combination of Belle Epoque charm and stylish contemporary design, and the Hôtel

Ermitage, an authentic and welcoming 4-star hotel featuring subtle touches of nature.

At both of the Evian Resort's hotels, accommodation is free of charge up to 13 years of age. Everything has been designed to offer families well-being and comfort: connecting rooms with suitable sleeping arrangements, special menus for little ones, indoor and outdoor play areas. The hotels also offer a daily programme of free activities for moments spent unwinding or bonding in a stunning setting. Activities include: Forest bathing, wine tasting, boot camp, pilates and treasure hunts.

Children can also take advantage of specially-designed activities at the Kid's Resort and have their meals there. A playground of over 1,000 m² with a private pool and age-appropriate spaces for children and teens aged 4 months to 15 years of age (a charge applies for infants aged 4 to 36 months, free of charge from 3 years of age). The perfect place for them to develop their creativity, have



fun and make unforgettable holiday memories!

Sport & Culture, tailor-made leisure pursuits

The Evian Resort's privileged location surrounded by lake and mountains provides the opportunity to partake in numerous outdoor activities. In addition to golf instruction programmes at the Evian Resort Golf Club Academy or tennis lessons in the grounds of the Hôtel Royal, the Evian Resort provides its guests with an exclusive in-house service: its Sport & Culture department. The team comprising professionally qualified activity leaders with expert local knowledge is on hand every day to organise bespoke activities tailored to each guest's desires, budget and individual ability. The Sport & Culture team takes care of everything! Services include return transportation in a private shuttle departing from the hotels along with the required equipment (an additional charge applies for some activities).

By oneself, with a partner or with friends or family: each to their own pace and desires!

Guests can enjoy a walk for fitness or contemplation in exceptional sites, breathing in the fresh mountain air; explore the history and heritage of Evian and take in a unique experience at the evian® water bottling plant discovering the water's journey from spring to bottle; sail on Lake Geneva and admire the stunning panoramic mountain views of Haute-Savoie; experience a whirlwind of emotions descending the white waters of the Dranse river while rafting; recharge one's batteries exploring the trails and undergrowth in the hills above Lake Geneva; head off on superb mountain bike rides immersed in nature; or drive along the shores of the lake into neighbouring Switzerland to visit Chillon Castle, the

historic home of the Counts and Dukes of Savoie. Guests can also choose to tranquilly admire the stunning scenery, walk long the lakeshore or enjoy days spent relaxing by the pool.

The ideal playground for sports enthusiasts with water sports on the lake (stand-up paddle boarding, water skiing, rowing, kayaking, sailing, catamaran...), white water sports (rafting, hydrospeed, canyoning), sports in nature (tree-top adventure course, mountain biking, pot-holing, horse-riding), airborne sports (paragliding, microlight). Not forgetting golfing on the stunning course at the Evian Resort Golf Club or at the Academy.

Discovering the wealth of cultural offerings around Lake Geneva

On the Swiss side: the Lavaux vineyards (UNESCO world heritage site), the Pierre Gianadda foundation in Martigny, Chillon Castle, the Chaplin Museum in Vevey, visiting Lausanne or Geneva...

On the French side: visiting the town of Evian, exhibitions at the Palais Lumière centre, Ripaille Castle, the medieval town of Yvoire...

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Baden-Baden

The elegant spa & culture town in the Black Forest

In Baden-Baden, the city's rich history blends seamlessly with a highly contemporary lifestyle. Over the centuries, Baden-Baden has evolved into an enchanting destination, offering a spectacularly diverse range of opportunities for relaxation and excitement. Located in the Black Forest, Baden-Baden is an oasis for spa and wellness, but also a great destination for culture lovers, art enthusiasts and foodies.

Baden-Baden is well known as a health and spa destination thanks to its curative thermal water that bubbles upwards from twelve springs. For guests and locals who are seeking wellbeing, the city's two thermal baths offer soothing recreation in the warm thermal waters as well as high quality wellness and beauty treatments. Baden-Baden is also home to a variety of spa- and wellness hotels including the Villa Stéphanie, part of the five-star superior Brenners Park-Hotel & Spa. This luxury health resort is a mansion solely devoted to the individual's spa experience. A holistic approach focusing on beauty, detox & nutrition, emotional balance and medical care make the Villa Stéphanie special.



In Baden-Baden, being “properly treated” has a long tradition. Whether it is preventative or rehabilitation medicine or a medical check-up, the well-being of the whole person is at the forefront of every treatment. The clinics and medical spas of Baden-Baden are equipped with all the latest technology.

It has been known for thousands of years that sea salt has a healing effect, especially on the respiratory tract. The newly renovated Salina salt cave in Baden-Baden, which celebrates its reopening in April, offers exactly this effect of Dead Sea and Himalayan salt.

Apart from wellness seekers, also shopping enthusiasts will love their time in Baden-Baden and enjoy the plenty high-class shopping opportunities. Numerous exquisite boutiques invite visitors to luxurious shopping in the picturesque streets and shopping boulevards in the neo-baroque old town. Guests looking for luxury-brand products, international labels and individual antiques, jewelry and presents will adore roaming through Baden-Baden.

For families, couples or friends, for younger or older guests: there is no boredom in Baden-Baden. Throughout the whole year there is a variety of events in and around the town. From international horse races to vintage car meetings, food and music festivals, summer concerts, operas and many more.

Nature lovers find numerous well-maintained parks and gardens in the “green city of short distances”, where exotic varieties of flowering plants and trees are growing. The car-free city center as well as the “Lichtentaler Allee”, a 2 km long green parkway, invite for relaxing walks or romantic horse carriage rides. And as the home to Germany’s largest municipal forest, Baden-Baden is the ideal starting point to explore the surrounding mountains and enjoy outdoor activities such as hiking, mountain biking and paragliding. Baden-Baden is the gateway to the Black Forest Panoramic Route which impresses with a beautiful nature and breath-taking views over the mountains and the Rhine Valley. Furthermore, Baden-Baden is the perfect starting point for many different day trips. For example, to the castle in Heidelberg or Germany’s biggest theme park, the Europa-Park. It offers more than 120 attractions and shows and is fun for the entire family. The theme park can be reached in less than an hour from Baden-Baden.

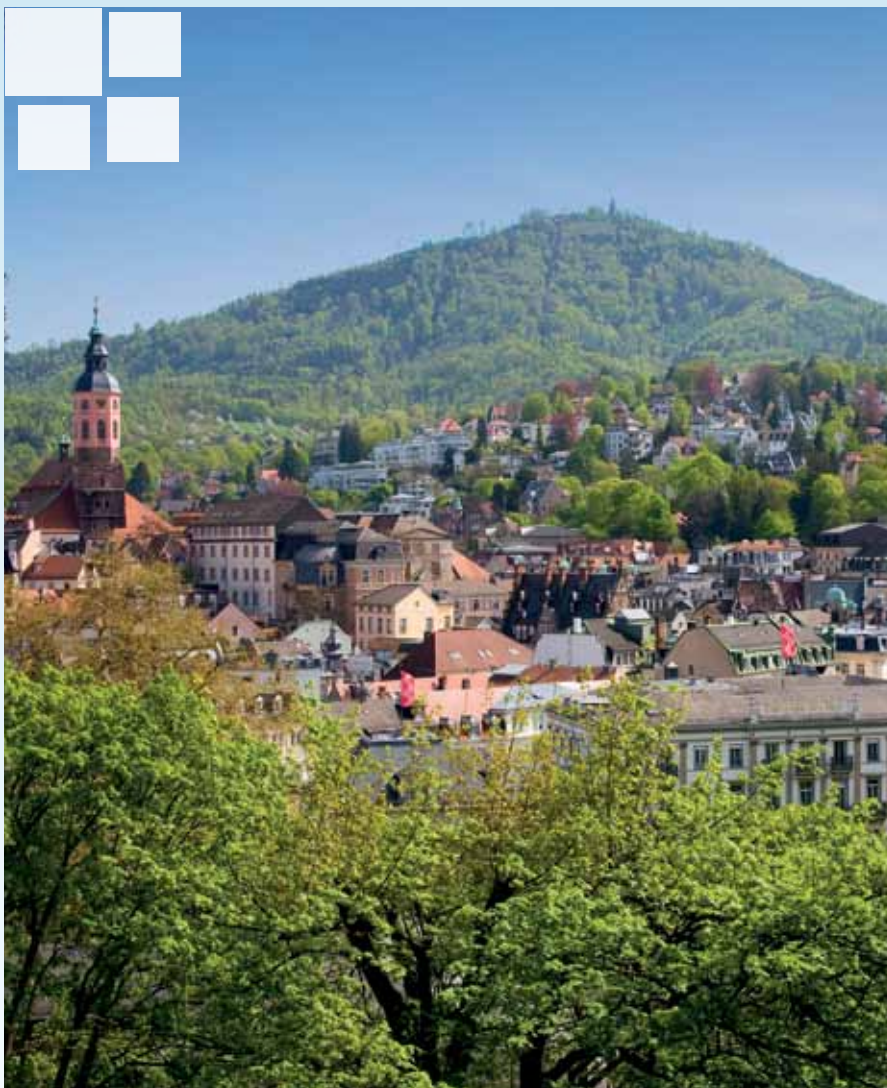
Baden-Baden, the elegant spa- and culture town, offers a variety of wellness, cultural and culinary highlights in a spectacular natural setting on the foothills of the Black Forest. Best of all, almost everything is within walking distance and no car is needed while being in Baden-Baden.

For more information:

Baden-Baden Tourism Board

info@baden-baden.com

www.baden-baden.de/en



THE MAJESTIC HOTEL & SPA BARCELONA

The hotel is the first of its kind
on the Paseo de Gracia

The Majestic Hotel & Spa Barcelona reopens its doors after being temporarily closed due to COVID-19 restrictions. Located in the heart of the Paseo de Gracia, the emblematic hotel is the first and only in its category to return and does so with more strength and enthusiasm than ever to fill the days and nights of Barcelonians and, of course, of all the tourists who visit the Condal city.

The hotel has been working hard to continue offering all its guests the same quality standards and those tiny touches of luxury and comfort that have characterized this hotel throughout its more than 100 years of history. Nonetheless, given the current situation, it also guarantees, from the very day of its reopening, compliance with the health measures established by the Ministry of Health. Among these, the rigorous measures of hygiene in the rooms stand out, which include the deep cleaning of all fabrics, changing the filters in the air



conditioning after each client leaves, and the delivery of a “COVID-free set” that includes a mask holder, face masks, hydroalcoholic gel, and disinfectant wipes.

In addition, the guests’ temperatures will be measured once they walk into the establishment and the employees will give them a mask holder at the hotel bar to prevent them from leaving their masks on the table.

To celebrate its return, the Majestic Hotel & Spa Barcelona is reopening with special prices that range from €159 for the Deluxe double room or from €249 for the Junior Suite, as well as unique conditions and prices in La Dolce Vitae and El Bar del Majestic. Without a doubt, this is a wonderful opportunity to enjoy the hotel and celebrate an anniversary or a birthday, or to simply indulge in a moment of joy in one of the most emblematic hotels in our country.

To the wonderful news of the reopening can be added its recognition from Condé Nast Traveller Middle East – Readers’ Choice Awards 2020, where the hotel has been nominated under the categories of Best International Urban Hotel and Best International Hotel for Business, and, at the same time, the jury of the Beyond Luxury Awards awarded the Majestic Hotel & Spa Barcelona two of its coveted awards: Best Guest Experience 2020, for the exclusive experiences we offer our guests, and Best Hotel Suite 2020, for the Majestic Royal Penthouse. This is certainly another reason that inspires and gives a great boost of encouragement and positivity to the entire tourism industry.

In addition, the La Dolce Vitae terrace will also remain open offering its culinary selection under the supervision of the establishment’s consultant chef, Michelin-starred Nandu Jubany, giving rise to a fresh and upscale selection. Looking out over an impressive skyline with the most emblematic architectural icons of Barcelona, such as the Sagrada Família, Gaudí’s Casa Batlló, and Jean Nouvel’s Torre Agbar, La Dolce Vitae is the perfect terrace to escape from the monotony and slip away with your partner or friends.

Since its opening, the Majestic Hotel & Spa Barcelona has been an emblematic place for Barcelonians as well as national and international travelers, a witness to and protagonist in important political and historical events, welcoming the most important names in the social, cultural, political, and artistic fields.

www.hotelmajestic.es





ROYAL HOTEL

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The Royal Hotel Sanremo is an exclusive 5-star hotel rich in history and tradition, just the ideal choice for guests seeking luxury, intimacy and relaxation. Inaugurated in 1872, it has been home to famous European royalty, celebrities and discerning travellers worldwide and is still the place to stay on the charming Italian Riviera of Flowers offering guests a perfect blend of timeless elegance, modern comforts, warm hospitality and personalised service.

Only 45 minutes from Nice International airport and 25 minutes from Monte-Carlo, it enjoys a unique location in its own subtropical park with a scenic heated sea-water swimming -pool with children's section designed by the famous architect Gio Ponti and splendid views of the Mediterranean Sea, only moments from the sandy beach and the centre of town with its Casino and shopping area.

It features 127 individually decorated rooms including exclusive suites, a spacious lobby with panoramic view, piano bar, smoking lounge, three restaurants serving excellent regional, Mediterranean and international cuisine to enjoy a refined gastronomic experience.

At guest's disposal also children's playroom and playground with entertainment programme in high season, sun terrace, tennis court, mini-golf, parking area and free use of a sandy beach opposite the hotel with bathing huts, umbrellas and sunbeds, from June to September.

A wide range of sports, outdoor activities and leisure opportunities in the town at walking distance and its fascinating surroundings nearby, blessed by a mild climate year-round.



Timeless elegance

A unique and prestigious setting with 147 years of history for an unforgettable stay





The state-of-the-art Royal Wellness SPA, made up of two sections dry zone with high-end treatments for ladies and gentlemen signed "Mei SPA"; 7 treatment and massage rooms, performed by the qualified staff and "no prescription" wet zone including a hydromassage pool, emotional showers, Turkish bath, Vitarium and relaxation area, plus a fitness room to ensure a perfect remise en forme and to discover a new dimension of well-being in a stylish atmosphere

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THE RETREAT PALM DUBAI MGALLERY BY SOFITEL, THE MIDDLE EAST'S FIRST HOLISTIC WELLBEING RESORT

The Retreat Palm Dubai MGallery, the newest addition to AccorHotels' distinctive MGallery collection of contemporary boutique hotels worldwide, welcomes guests from across the globe to the region's first 360-degree holistic wellbeing resort, located on the iconic Palm Jumeirah.

DISCOVER THE UNIQUE QUALITIES OF THE RETREAT

As is characteristic of MGallery's 'Serenity' properties within its portfolio of over 90 hotels, The Retreat Palm Dubai MGallery by Sofitel allows guests to embark on a transformative journey. Tucked away on the exclusive coastline of Palm Jumeirah's East Crescent, the beachfront destination houses 255 picturesque rooms and suites, all designed with natural elements, earth tones and a harmonising Feng Shui philosophy throughout.

The infinity pool rises serenely above the pristine beach where guests can enjoy sunrise yoga or dip a toe into the Arabian Gulf. Air conditioned cabanas line the water's edge with uninterrupted views of the Dubai skyline providing the scenic backdrop. Healthy cold pressed juices are served on the hour, every hour to nourish the body while every evening the lobby is transformed with a candlelight ritual to calm the mind; each finer detail exemplifying the philosophy of pureness and wellness that runs throughout the resort.

360 DEGREE HOLISTIC WELLNESS SOLUTIONS

At the heart of the resort is the Rayya Wellness Centre, inspired by a 360-degree holistic wellness concept, offering organic based products and an uplifting relaxation and rejuvenation experience. The Retreat's wellness experts are on hand to advise and guide guests through every aspect of the wellness journey - from lifestyle coaches to expert nutritionists, a dedicated wellness chef, and a doctor of naturopathy.

Six tailor-made Retreats have been expertly designed to improve mind, body and spirit. Packages range from three to fourteen nights including programmes such as: Renew - focused on detox and cleansing; Revive - centered around emotional wellbeing; and Reshape - a dedicated fitness and nutrition package to attain a healthier, more complete lifestyle.

RAYYA SPA

A tranquil sanctuary to escape the vibrant city, Rayya Spa's peaceful surrounding features lush greenery creating an oxygen rich haven in which to enjoy a plethora of treatments. With a unique approach to holistic wellbeing Rayya Spa prides itself on bespoke offerings using the finest organic materials for the most decadent rejuvenation experiences imaginable. All treatment rooms are designed to create a cocoon of peacefulness, with specialist patented Dream Mattresses for ultimate comfort. The Quartz Crystal Suite promotes health and healing while guests looking for a unique sensory experience can enjoy a selection of spa treatments in open air cabanas positioned on the waterfront overlooking the Arabian Gulf. From Cryotherapy rooms to Ayurveda treatments, Rayya Spa showcases the utmost in holistic wellbeing expertise. One of the favorites of spa lovers is 1001 Arabian Nights - including desert scrub, relaxing massage and camel milk facial - through to detoxifying facials and the traditional Hammam. Spa treatments are personalised for guests to achieve truly lasting benefits.

This unique Spa features a distinctive array of wellbeing therapies and signature spa treatments using the finest organic products exclusive to the resort, from Altearah, a French brand of organic cosmetic products for specialised colour therapy through to Salt of The Earth, a Utah based company whose salts are produced through the natural evaporation of the water from the ponds along the Great Salt Lake.

www.theretreatpalmdubai.com





Cook Children's Health Care System



Every parent dreads the part of the winter season where all children start getting sick and grumpy. Pediatric clinics are filled with children suffering from sore throats, ear infections and croup coughs.

So, how can parents keep their children away from sickness and have a relaxing winter break? Well, it is easier than you might think. Dr. Justin Smith, an experienced pediatrician in Cook Children's says that the best way for your child to avoid getting ill, is to not be (as) gross.

Tell your kids to stop licking and chewing the stuff around them. Nothing should be chewed except for the food you give them, not the furniture, not their clothes, not their friends.

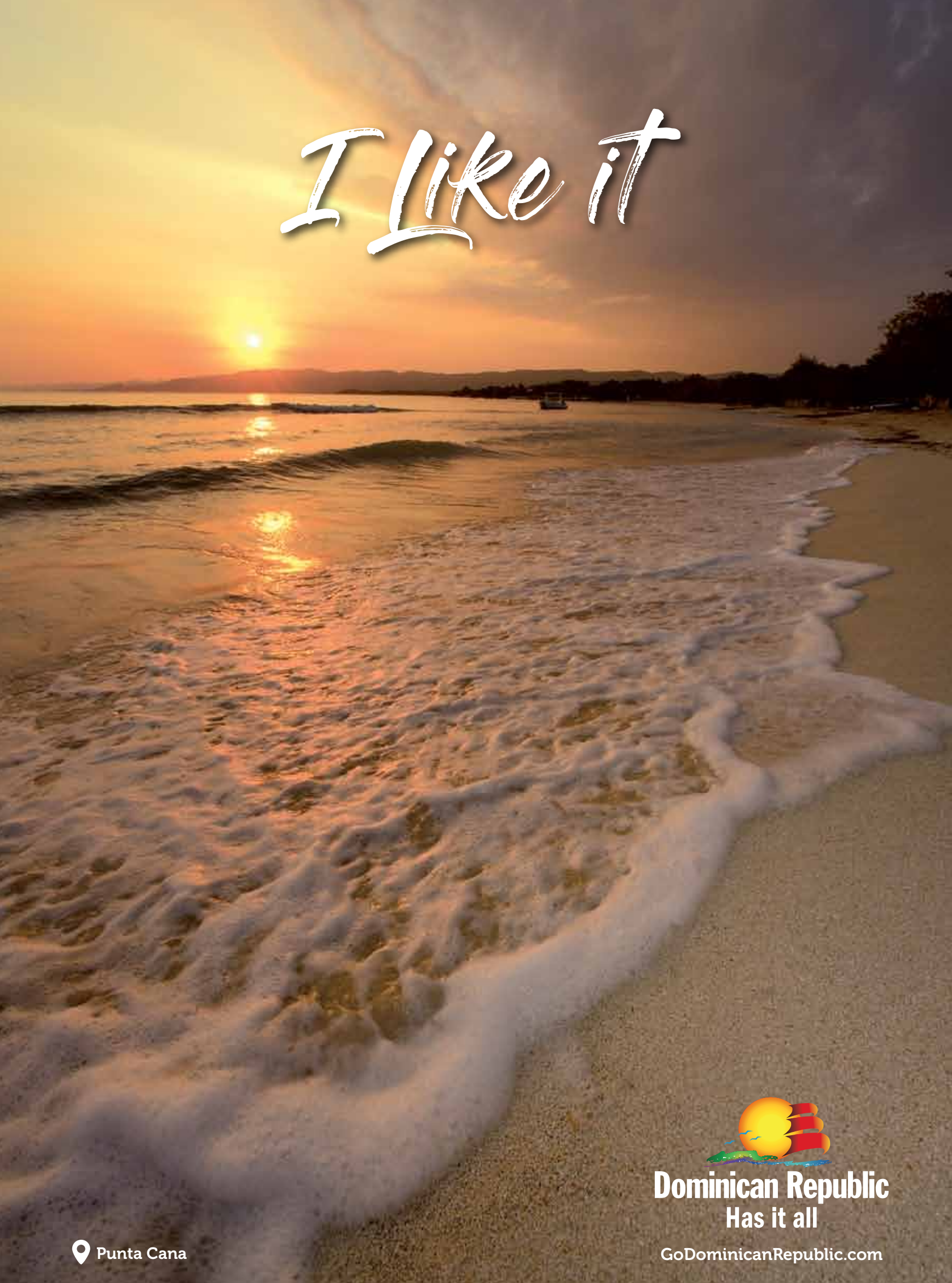
Teach them to wash their hands several times a day. After eating, when leaving the bathroom or whenever just to remove those stinky germs. Show them how they can cough into the crook of their elbows instead of coughing on their hands or on the people standing around.

Also, it is important to advise them not to suck the snot back into their nostrils. Because it is disgusting and bad for them. They must learn to get it out of their noses and their bodies.


More importantly, if your children are sick then please let them skip school until they feel better. It is the best thing you can do to fasten recovery and to prevent the illness from spreading to other children.

cookchildrensinternational.org

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ENHANCING YOUR QUALITY OF LIFE AT LA CLINIC MONTREUX

A PERFECT ADDRESS TO BEAUTY AND WELLNESS



Since time immemorial our lives have been a challenge; to provide for our loved ones, to improve our social status and to be remembered after we are gone. But perhaps, our greatest desire, often hidden behind the façade of the struggle for life is to effectively improve the quality of our lives. The framework for this is empowerment. From time to time we might find ourselves requiring assistance in regaining our once steadfast inner confidence – and this is where LaClinic Montreux steps into the spotlight. LaClinic Montreux offers a holistic approach to fortify our physical image by bringing together beautification, lifestyle management and medical sculpture. The clinic directed by world-renowned aesthetic surgeon Dr. Michel Pfulg together with his expert medical team, intricately combines art and science to offer a bespoke treatment plan, individually tailored to patients' medical needs and emotional desires. Dedicated consultation is the fundamental start of the process at LaClinic, where an expert aesthetician assesses the patient's condition and provides the best treatment plan.

Aside from wholesome beauty solutions, importantly, LaClinic Montreux also houses one of the world's most renowned re-constructive aesthetic surgeons Professor Philip Blondeel – who, by all measures offers inner healing by rebuilding one's own beautiful body. Complex reconstructive surgery has always been the best school for aesthetic surgery, which is why he is an integral part of the dynamic team at LaClinic Montreux. He chose to be at the forefront in the field of plastic surgery research in order to improve the standard surgical procedures of today. By doing so, he is able to offer cutting edge procedures that have fewer complications, with minimum impact to the body whilst simultaneously providing natural results.

Professor Blondeel specialises in complex transplantation of human tissues within the same body and between different human beings, for example when he and his team performed Belgium's first face transplant. Besides this, he focuses on breast reconstruction after breast cancer, repair of failed aesthetic breast surgery and primary aesthetic surgery of face. He has co-founded BeautifulABC which is a non-profit organization that provides patients access to objective and reliable information allowing them to tackle their diagnosis in a positive manner. The association gives patients the tools they require in order to assess their current situation and their overall goals before, during and after breast cancer.

Presently, disruptions to one's schedule and lifestyle can be challenging to overcome and so the clinic prides itself on always preferring non-invasive treatments that employ the latest scientific breakthroughs. Non-invasive procedures provide gentle support to people even as young as 30, just as the first signs of life's struggles appear. A few examples are: Non-surgical facelifts which combine the effects of fillers together with Botulin toxin (Botox) to combat wrinkles and to firm



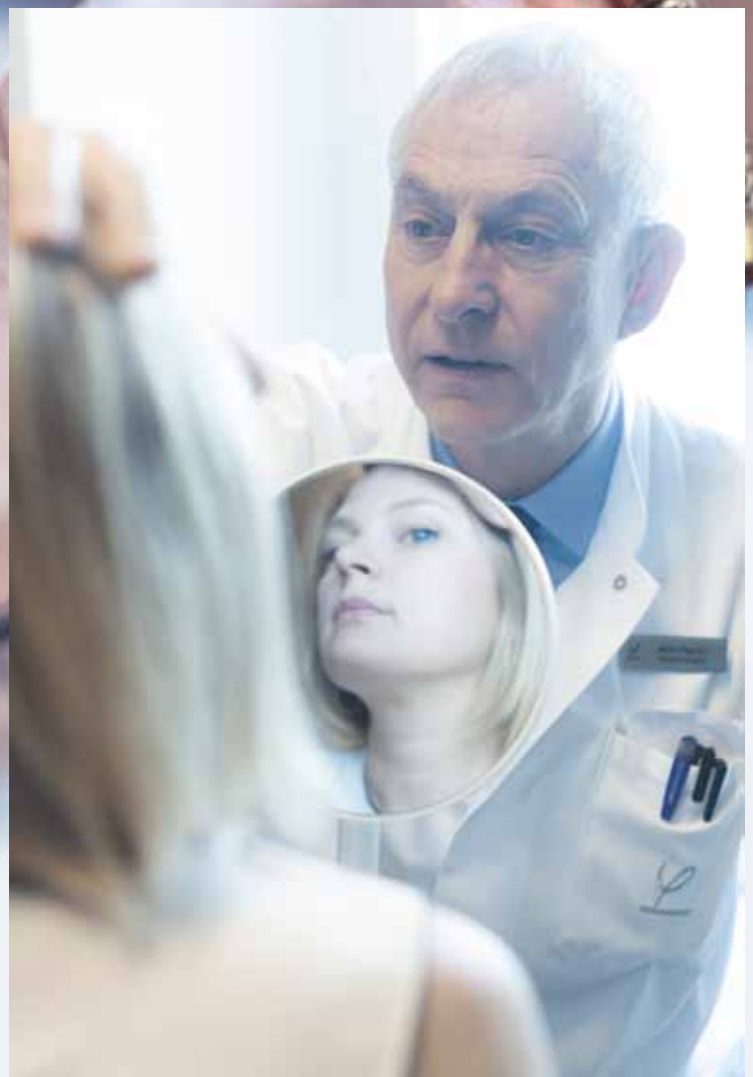
up facial skin.; Infra-red skin-tightening which causes immediate collagen contraction resulting in tighter, firmer skin; Permanent hair removal through special flash lamp lasers and a vast array of laser treatments for innumerable skin concerns such as age spots, blotches and dilated pores. In tandem with Biolux Medical the clinic offers photo-therapy based treatments to stimulate and heal the hair and skin – all with a hands free approach. The use of cosmetic products to maintain and refresh is of equal importance and with Helena Rubinstein client's benefit from perhaps the world's most advanced ultra-potent pure cosmetic products.

All services provided are focused on enhancing patients' overall image, so only when the need truly arises; the option of surgery is explored. Almost every part of the body is available as the canvas for the surgeons at Laclinic ready to bring out patients' prime physical attributes. Liposuction, bust augmentation, hair transplantation, dental treatments, and body sculpting are a few examples of the surgical corrections offered. To ensure that all procedures have their intended long-lasting effect, co-operative life management programs are available that allow patients to revise their approach towards nutrition, weight management, anxiety and mental well-being.

With an outstanding Swiss ambience and top-notch amenities it is easy to forget that Laclinic Montreux is a centre for aesthetic excellence rather than a palatial resort. Patients are welcomed like celebrities with the utmost importance given to luxurious privacy. Eight stunning suites are available with terraces overlooking a picture perfect backdrop of Lake Geneva and snow-capped mountains. To complement this gorgeous view a private chef is on call to prepare the finest culinary delicacies.

Forever enhance the quality of your life at Laclinic Montreux and reveal your own perfect beauty. In the words of the founder Dr. Michel Pfulg "Embellishment and rejuvenation are not intended to disguise nor distort. Their purpose is to enhance."

Learn more about Laclinic Montreux and the Beauty Suite
Lausanne –Switzerland
Call +41-21-966-7000 or visit www.laclinic.ch





Canton de Vaud, The Lake Geneva Region

Five Most Spectacular Spas

Discover luxurious wellness, modern therapies and global treatments

There is no place like Switzerland for relaxation, wellness, and healing getaways. Set in the picturesque region where nature abounds, travellers can combine the comfort of isolation with the majesty of nature. Relaxing the body and the mind in a luxurious surrounding with the backdrop of the breathtaking Alps, is the perfect escape we have all been longing for. Many hotels in Canton de Vaud region of Switzerland have their own spas with unique treatments that cannot be found anywhere else in the world. Here are 5 spectacular must- visits spas in Canton de Vaud, Lake Geneva Region of Switzerland:

Puressens Destination Spa, Hotel des Trois Couronnes

In Vevey, The Hotel des Trois Couronnes, this world class resort offers an innovative approach to well-being. Based on three fundamental pillars - the body, the mind and nutrition - the Puressens Destination Spa offers five treatment programmes centred around purification, weight loss, beauty, relaxation and renewed energy which offer lasting effects.



Dr. Burgener Switzerland Care & Spa, Grand Hotel du Lac

Also located in Vevey, the Grand hotel du Lac is launching its new spa this year; Dr. Burgener Switzerland Care & Spa which applies the Haute Couture concept. Juxtaposing customised beauty practices with the very latest technology, the result is a fully customised cosmetics programme combining an in-depth knowledge of skin care with personalised cosmetics and treatments adapted to the needs of each client.

Mirador Resort & Spa

Perched on the hilltops of Vevey, on Mont-Pèlerin, the hotel boasts a surface area of 1,750 m² and enjoys breathtaking views of the Lake Geneva and the Alps. Created by the Maison Givenchy, all treatments are performed by therapists trained by the Spa Givenchy Paris teams. The spa comprises a total of 11 treatment rooms, a heated indoor swimming pool, sauna, jacuzzi, hammam and a foot balneotherapy area.

The Willow Stream spa, Fairmont Le Montreux Palace

The Willow Stream spa at the Fairmont boasts 2,000 m² of space dedicated to weight loss, relaxation, and beauty. After a relaxing dip in the outdoor or indoor pool; facial care, body wrap treatments or massages provide the perfect finishing touch to this relaxation-filled experience. Willow Stream Spa was voted Europe's Best Luxury Spa Hotel at the World Luxury Spa Awards 2018.

Five Worlds Spa, The Beau-Rivage Palace

Secretly nestled in a green setting, the new Five Worlds Spa at the Beau-Rivage Palace has recently been given a stunning renovation. In addition to its magical setting, it has new features including an exceptional double suite and a yoga and meditation studio that can accommodate group classes.

Germany

GCC Travellers to Explore its Natural Landscapes

Germany encourages GCC travellers to consider its natural parks, outdoor activities, and wild spaces when planning their next travel destination

Germany is firmly establishing its position as a leading destination for outdoor tourism, encouraging travellers to consider its nature and outdoor activities following the lift of post pandemic travel measures, with the German National Tourist Board leading the charge in presenting the country's offering to GCC travellers.

The European country is the ideal travel destination for its array of outdoor locations, wildlife, sports, and adventure tour offerings, favoured by both domestic and international travellers. Germany's tourism sector is inviting visitors to explore its parks, nature trails, and other open spaces with all the family.

The rise of holidaying in Germany for its natural landscapes has been growing evidently since the global pandemic began. Germany's bountiful trails, waterfalls and national parks continue to be a key attraction, with areas across the country providing the perfect getaway.

Top 10 landscapes to visit when in Germany

Lüneburg Heath (Lüneburger Heide), south of Hamburg: Stretching more than 223 kilometres, the beautiful Lüneburg Heath transforms into a lilac wonderland, connecting both the north and south heathlands. In addition to the many walking, cycling and horse-riding trails, there are numerous sites to explore, including the idyllic car-free village of Wilsede.

Malerweg Trail, Saxony: The Malerweg Trail guides visitors through a fairy-tale like path along intriguing rocky worlds. It has historically inspired many artists, painters, and poets from across the globe, giving it the nickname, Painters Way. There are also a

number of attractions that can be found along the route, including the Hohnstein Castle.

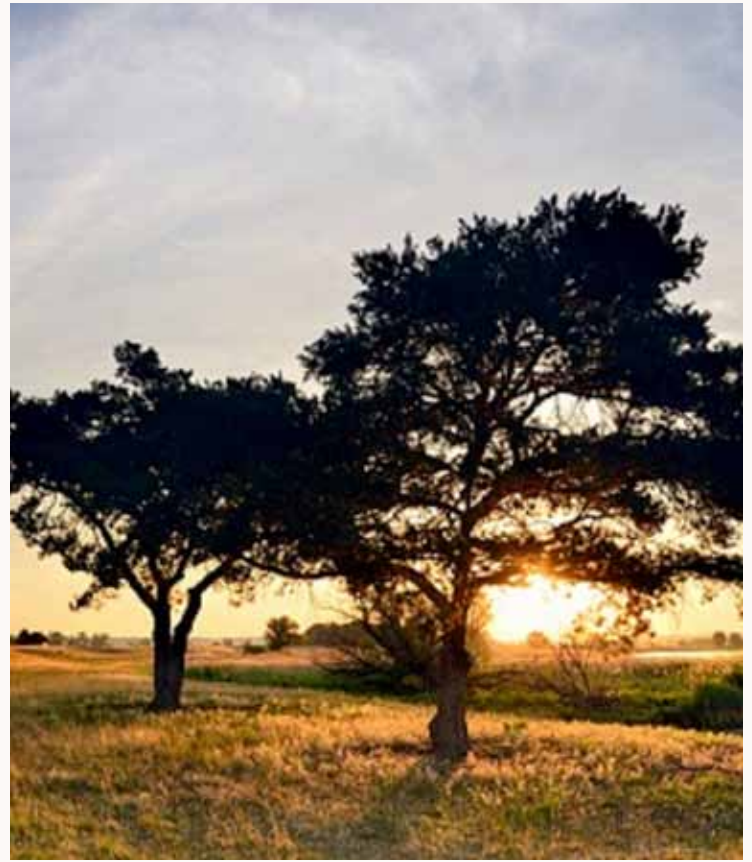
Goethe's Path, Harz Mountains: Up on a hilly landscape in northern Germany, Goethe's path has a peak of 1,141 meters high. It is noted as one of the most hiked trails in the country, with an estimate of 200,000 people visiting it a year.

Oder Valley Park, Brandenburg: Covering 60 kilometers across both the German and Polish banks of the Oder river, Lower Oder Valley Park is the ideal escape for picture-perfect views. Wildlife can be found across the land, scattered between the castles, churches and medieval towns, perfect for an unforgettable experience.

Röthbach Waterfall, Berchtesgaden: The divine Röthbach Waterfall is possibly the most scenic location in the country. It is noted as the highest waterfall in Germany at 470 meters with mirror-like clear streams surrounded by the calm mountains of the Obersee lakes. Close by is one of Germany's oldest salt mines, with tours taking visitors into the depth of the mountains to see its water wheels and extensive network of tunnels.

Kellerwald-Edersee National Park, North Hesse: The luscious greenery of Kellerwald-Edersee National Park has turned it into a popular tourist location. Found right in the heart of Germany with more than 50 hills and clear streams of natural spring water. Tourists can take guided walks or cycle through the stunning purple meadows of orchid flowers.

The Triberg Waterfalls, Baden-Württemberg: The Triberg Waterfalls is one of Germany's highest waterfalls. Located in the



Black Forest, it is favoured for its deep valley forms and steep free flows, right on top of a V-shaped rock valley. Visitors are encouraged to climb across the bridge above to have a birds eye view down the cascading waterfall.

Bavarian Forest National Park, South-Eastern Germany: The Bavarian Forest National Park, which was the first National Park of Germany, provides more than 80 kilometers of ski trails during the winter season, and over 500 kilometers of marked lush mountain forest trails during the spring and summer.

The Saarschleife Tafeltour Trail, Saarland: One of the most beautiful trails in Germany, it takes in the equality memorable Saar Bow river loop at its heart and provides an opportunity to explore the area's forests and valley and enjoy its treetop trail with observation tower at 42 meters.

Bad Urach Waterfall, Bad Urach: For a vibrant, mossy, mystical trail, the Bad Urach Waterfall is fit to entertain the entire family. Long grass-like plants grow across a 37-meter waterfall in effortless beauty.



Slovenia

Camping and Caravanning at Health Resorts

Enjoy the beneficial effects of thermal mineral water in Slovenian spas and wellness centres while staying in an eco-hotel, apartment, caravan or tent in the middle of a green fairy tale.

Enjoy the beneficial effects of thermal mineral water in Slovenian spas and wellness centres while staying in an eco-hotel, apartment, caravan or tent in the middle of a green fairy tale. The modern Ortenia eco-apartments are inviting you to Terme Olimia, while Sonna hiša ("Sun House") boutique hotel awaits you in Banovci. The campsite at Terme Ptuj, which is open throughout the year, is located in the oldest Slovenian town with the oldest wine cellar, in eastern Slovenia, where traditional Prekmurska gibanica (layer cake), Terme 3000 and Terme Lendava await you.

Everyone who enjoys green travels and pampering in thermal mineral water is invited to camping sites, eco-hotels, and apartments near Slovenian natural spas. The resorts are offering numerous possibilities for active and relaxed vacation throughout the year. Experience excellent health programmes, water adventures, fresh air and peace at Terme Olimia in Podetrtek. The resort is particularly attractive due to the innovative Orhidelia wellness centre with the largest world of saunas in Slovenia. It's home to a wide range of Finnish and steam saunas, themed rest areas, sauna programmes and swimming pools on a sunny patio. Somewhat more private pampering and the feeling of floating on the clouds is conjured up by the nearby Ortenia eco-apartments. Cleanse and pamper your body with herbal teas and take a bite of juicy autochthonous Kozjansko apples, which are always at one's fingertips in this region.

Terme Banovci welcomes you in the north-eastern Slovenia, near the Mura River. The resort is rich in the thermal water of the former Pannonian Sea, which originates from a depth of 1,700 m. It gives water to indoor and outdoor swimming pools, which are open until late evening hours. Can you imagine swimming and enjoying a water bubbles massage while overlooking a sky full of stars? Wake up energized in Sun House, a short walking distance away from the resort. You will forget all about everyday obligations and stress in the intimate boutique hotel. You will be served healthy meals and fine tastings of local specialities, presented with ideas for exploring the surrounding areas, and pampered in the wellness centre.

The Pannonian plains are hiding the riches of the black thermal mineral water and paraffin thermal water. Its energy and beneficial effects are pumped at Terme 3000 Moravske Toplice and at Terme Lendava. Discover the far north-east corner of the country while caravanning or camping. Stay at Camping Terme 3000 and Camping Terme Lendava, both of which offer access to all health resort and wellness services to its guests and are open throughout the year. Get to know the idyllic surroundings on a bike or enjoy a round of golf.



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Ramada by Wyndham Downtown Dubai Relax and rejuvenate at Rayya Wellness

Ramada by Wyndham Downtown Dubai enhances its wellbeing offers for guests and Downtown residents, with the opening of Rayya Wellness.

Rayya Wellness at Ramada by Wyndham Downtown Dubai presents an array of enriching spa treatments – facial, massage, meditation, cleansing and weight loss program, using the state-of-the-art equipment, techniques and recipes that transcend time. It offers its visitors bespoke individual and couples packages from 30 to 120 minutes of organic, detoxifying, fusion, customized, or its own Ramada Ritual therapy, alongside Rayya's exclusive spa rituals like oxygen therapy and use of singing bowls. The venue also features modern furniture with meditation swing and an arts & crafts corner for therapeutic zone.

Samir Arora, general manager, commented: "Prioritizing our health and wellbeing has become more important than ever before and with the launch of this new facility, the hotel will be able to provide the opportunity for our guests to rejuvenate and focus on wellness, whether they are on holiday or simply getting a break from their daily grind in the city."

Located at the hotel's third floor overlooking the Burj Khalifa, The Rayya Wellness Lounge is open from 1:00 pm to 10:00 pm from Sunday to Thursday, and from 2:00 pm to 12:00 am on Friday and Saturday.

Email info.rdt@rayyawellness.com,
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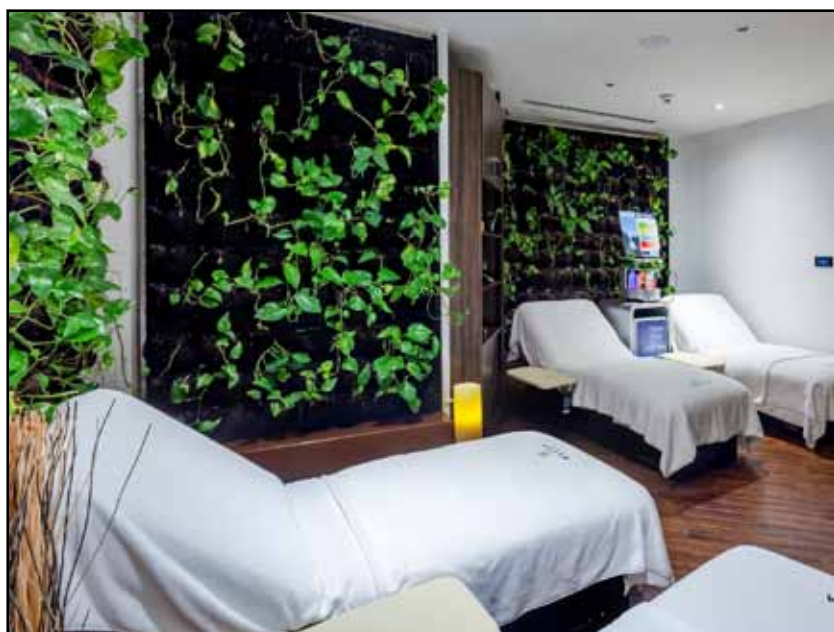
From resorts with wellness to resorts of wellness: How tourists can make most of Dubai's health and wellness industry

The global wellness tourism market is a rapidly advancing niche within the tourism economy. The increase reflects the rising demand for health and wellness services worldwide.

The travel market is rapidly adapting to the needs of travelers who are looking for fitness and well-being services. Dubai, which appeals to a wider range of people, has its unique offering for health tourists that combines leisure, health, and wellness.

The emirate's industry caters to the different requirements of its diverse types of travelers. The Dubai Government has been putting in a great deal of effort to reinforce tourism, including health tourism, in key source markets. According to Dubai Health Authority (DHA), 337,011 international health tourists availed of various health tourism-related services in the city in 2018.

Many key elements contribute to Dubai's attractiveness and status as a preferred health and wellness tourism destination. For one, it is home to several international healthcare facilities offering services in an extensive range of specialties, including



dentistry, cosmetic, dermatology, orthopedics and sports medicine, and fertility treatments. Hospitals, clinics, medical spas, fitness centers, health retreats, health and wellness centers, and yoga studios offer special packages designed to provide both medical and well-being-related treatments.

From resorts with wellness to resorts of wellness, Dubai is now setting a trend in holistic wellness resorts, with the opening of first-of-its-kind The Retreat Palm Dubai MGALLERY by Sofitel Retreat. It offers 360-degree wellness and is home to the world's first Raya Wellness Center.

These are just some of the fundamentals behind Dubai's growing health and wellness industry. As the government remains on track of its goal to boost the emirate's economic strength, with tourism as one of the key economic development pillars, the city is poised to carve a unique niche in the global health and wellness tourism sector.

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The Spa

Address Dubai Mall

Indulge in the latest Arabian-inspired spa ritual at Address Dubai Mall

Address Dubai Mall has partnered with Cosmeticq to offer the 'Arabian Escape Treatment', an ultimate luxurious and sensory spa experience that leaves you feeling relaxed and rejuvenated.

Inspired by the Arabian cultural traditions and its rich heritage, the 120-minute indulging ritual incorporates use of natural ingredients such as henna, dates and camel milk.

Henna, a century-old medicinal herb, has long been known to brighten the skin with its healing and de-toxifying attributes. The experience begins with an invigorating henna body scrub that help slough away dull, dead skin cells from the surface to reveal a radiant and refreshed skin.

The exfoliation is followed by a renewing date facial and an indulging camel milk body wrap, with the latter renowned globally for its anti-ageing properties. The three treatments combine in perfect unison to pamper your skin and leave it glowing radiantly, reminiscent of a majestic desert sunrise.

All products are brewed with tantalising oud, saffron, musk, amber frankincense and rose oil, thus exuding an exotic and rich aroma that leaves your five senses utterly soothed.

Recognised time and again for its outstanding approach to holistic wellness, The Spa at Address Dubai Mall is an award-winning retreat for blissful experiences of refinement and rejuvenation that nourish both mind and body.

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Thailand

Destination Wellness



Thailand, as a travel destination, is well-known for its pristine shores and clear blue waters. Featuring some of the world's most famous island getaways, endless boutique accommodations, luxury resorts, first-class hospitality and all the latest technologies – it's not hard to see why Thailand is at the top of the list when it comes to wellness escapes.

World-renowned wellness retreats and services can be found dotted across Thailand's vast landscape. From the spectacular mountains and lush valleys of Northern Thailand to the palm-fringed islands of Southern Thailand, there is something to suit every desire, making Thailand the ultimate destination for those seeking to improve their health and wellness.

Looking for state-of-the-art medical treatment? Bangkok should be number one on the list. Offering a wide array of procedures, treatments and services, including programmes, operations, dental, fertility treatments, as well as surgical procedures such as laser, cosmetic and cardiovascular. Popular treatments range from simple treatments including laser teeth whitening and bodytite liposuction, to more complex treatments such as hip

replacements, heart surgery and hair restoration. Whatever the desire, Thailand is fully equipped with highly experienced Doctors with international expertise, extensively reduced prices and shorter waiting times.

Thailand is also famous for its array of holistic wellness and healing offerings, resulting in a burgeoning rise of tourism solely for wellness purposes. Thailand provides a multitude of offerings, with many packages being able to be tailored personally to meet individual needs and desires. Thailand's wellness destinations, whether located in the hustle and bustle of Bangkok or on a remote private island, provide guests with services, amenities and treatments that help relax, rejuvenate and refresh the mind, body and soul. Thailand offers a range of holistic therapies from Eastern and Western traditions all aiming to promote wellness while focusing on the mind, body and spirit. Yoga, meditation, acupuncture, naturopathy, colon hydrotherapy, infrared sauna treatments and Reiki are just some of the offerings available at Thailand's specialized retreats and resorts.

In addition, Thailand is also fully equipped with a range of health and fitness retreats for those seeking a body overhaul and interested in learning the tricks to becoming the best version of themselves. Whether it be a boot camp with a view, a Muay Thai Camp with the highest caliber of trainers, or a week of clean eating or detoxing, Thailand has something for the beginners, the intermediates and the professionals alike.

Thailand, a land blessed by nature, year-round sunshine and smiling hospitality, is undoubtedly the ideal destination for those seeking to improve their health, both physically and mentally. Whether travelling alone or with a family, whether on a budget or looking to splurge, an endless array of health and wellness options awaits in the Land of Smiles.

Kulm Spa

Relaxation,
Purification
and Regeneration

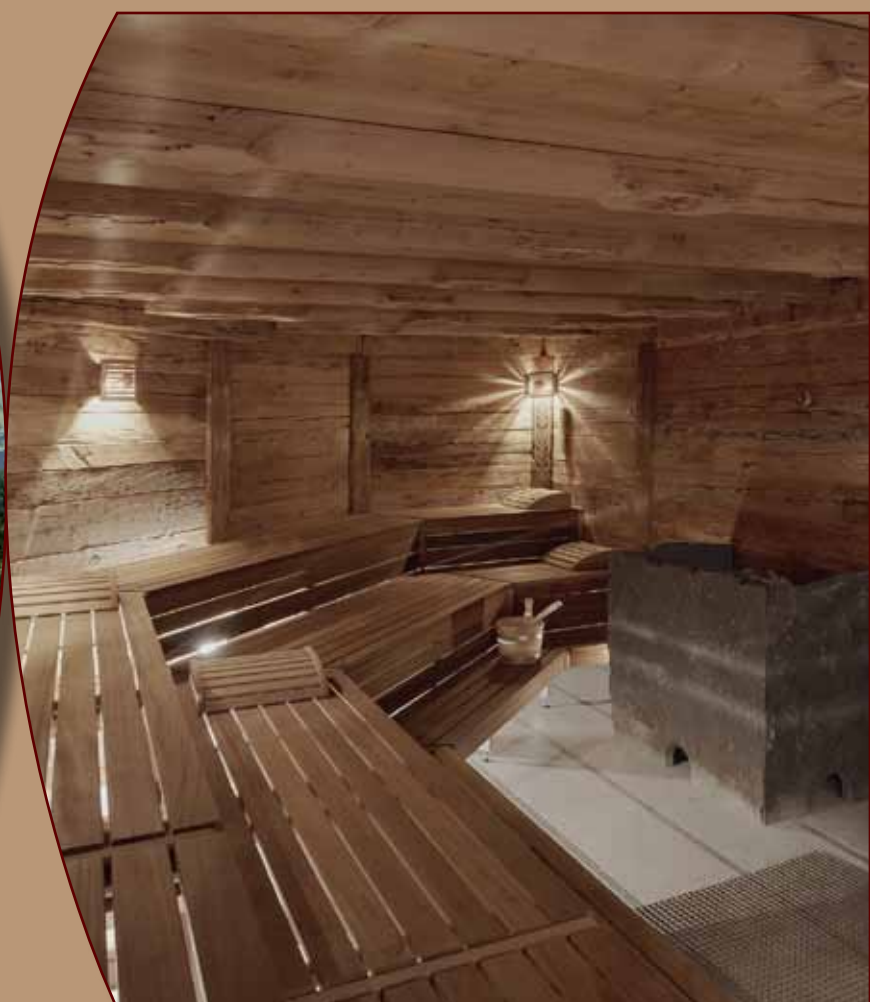
The philosophy of the Kulm Spa St. Moritz is based on a three-pillar concept – Relaxation, Detox/Purification and Regeneration – which can be enjoyed individually or in combination to cater to each individual guest's needs.

Calming spa treatments, such as the signature Kulm Massage, aromatherapy, manicures and pedicures, coe under the Relaxation theme, while Detox/Purification offers deep-reaching body treatments, such as wraps, and facials, and Regeneration is all about rejuvenating the body through nutrition, personal fitness sessions and lymphatic drainage treatments. All of the spa treatments focus on incorporating the five senses, with a view to transporting guests away from their fast-paced daily lives and returning them to inner harmony.

There is a large private spa suite for two people seeking to enjoy quality time together, such as a newly-married couple or a mother and daughter; in addition to use of their own steam bath, bio sauna, double water-jet bathtub, heated waterbed and lounge, these guests will receive Champagne and healthy nibbles. Spa treatments designed specifically for both men and teenagers are also available.

Most of the spa treatments in the Kulm Spa St. Moritz make use of organic products, some of them from the Alps. For example, Alpine lotions made from wild Alpine plants are used for massages and NIANCE, the genuine Swiss premium anti-aging brand, is applied during facials. Similarly, the interior of the Kulm Spa St. Moritz is reflecting its location, with walls clad in natural materials from the Engadine region, such as pale grey granite and larch and white spruce woods. The end result gives guests the feeling of being at one with the Kulm Spa St. Moritz natural environment.

www.kulm.com





KULM HOTEL ST. MORITZ

★★★★★



kulm spa st. moritz

Based on the three-pillar concept of relaxation, detoxification and regeneration, the Kulm Spa St. Moritz offers a new dimension of wellness adapted to the individual needs of the guest.

Featuring a spectacular open-air swimming pool offering breath-taking views of the mountain scenery, a luxurious fitness area and a private spa suite for relaxing moments for two, your perfect stay is guaranteed at this state-of-the-art wellness facility.

Kulm Spa St. Moritz - experience your new self.



When it comes to your child's health care, you want one thing... *the best.*

And sometimes finding the best pediatric specialty care means traveling outside of the country. Located in Fort Worth, Texas, Cook Children's has been serving patient families for more than 100 years. Just minutes from the Dallas-Fort Worth International Airport, Cook Children's is a renowned integrated pediatric health care system in the United States.

At Cook Children's, each child's team of caregivers is connected to a system of pediatric specialists, clinics, and award-winning medical center. Children see the same specialists every day while an international care coordinator focuses on all the family's needs. From flight scheduling to accommodations to recreation, our dedicated international team handles every detail.



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