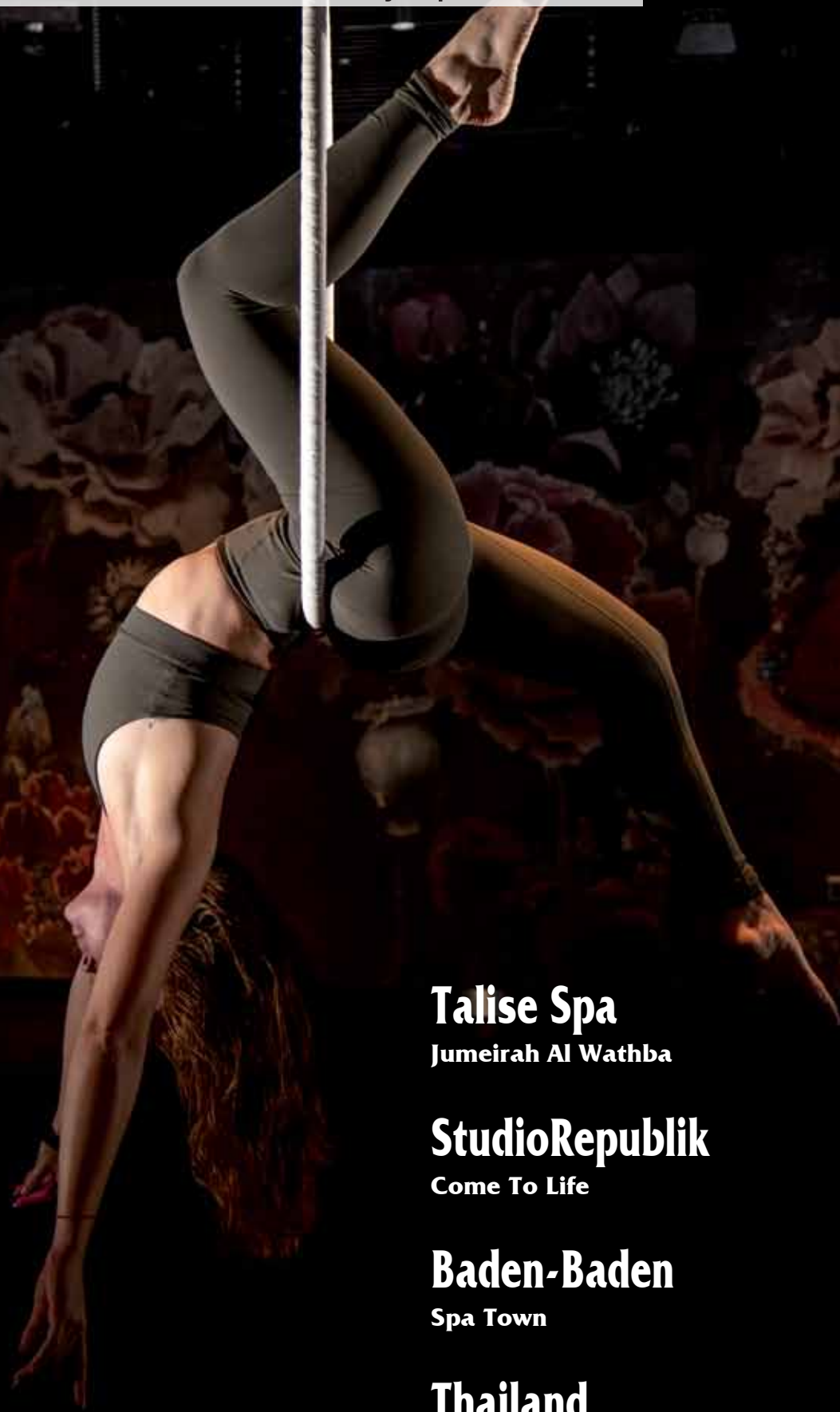


Wellness Trendz

International
a lifestyle publication

Winter 2020



Talise Spa

Jumeirah Al Wathba

StudioRepublik

Come To Life

Baden-Baden

Spa Town

Thailand

Destination Wellness



Image : StudioRepublik, Dubai

A woman's profile is shown in a three-quarter view, looking towards the left. Her hair is styled in a bun. Inside her head, a large, detailed image of a Baroque spa building, Mariánské Lázně, is visible. The building is ornate with yellow walls, arched windows, and a central dome. The scene is set against a clear blue sky.

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.

Live the Baroque through all your senses.

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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.

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 Al Bait in Sharjah and Talise Spa in the relaxing Jumeirah Al Wathba Desert Resort & Spa. We also featured have featured The Retreat Palm Dubai, a holistic wellness Resort and the famous Studio Republik situated in Dubai.

So have fun with good health and enjoy yourself.....

Rachel Reeds
Editor

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Destination Wellness

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THE LEADING HOTELS
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Talise Spa

Jumeirah Al Wathba Desert Resort & Spa

Set deep within the mesmerizing desert landscape of Abu Dhabi, Talise Spa is a luxurious wellness retreat with the exceptional service. Located at the Jumeirah Al Wathba Desert Resort & Spa and suffused with natural beauty and serene tranquility, it is an ideal intimate getaway for a journey of self-discovery.

Tucked away within the lush gardens of the desert resort, this award-winning sanctuary features ten state-of-art treatment rooms and two couples' suites with private terraces. Relaxing tailor-made body treatments and Arabian-inspired rituals will help you achieve balance of mind, body and spirit.

The signature experiences at the Talise Spa include the special Al Wathba Revitalizing Massage and the Hammamii Desert Massage ritual, a journey that features deep breathing meditation and uses nourishing local Hammamii oils, as a part of healing trigger-point therapy and deep tissue massage. The range of beauty treatments highlights the famous Red Carpet Facial by Margy's Monte Carlo. This anti-aging facial guarantees skin transformation and glow, thanks to the precious active ingredients and high purity biologically active collagen.

Calm the mind and try a new short cut to Zen with the signature Sound Therapy. It uses rhythm, frequency and various sensory tools to improve your physical and emotional health and well-being.

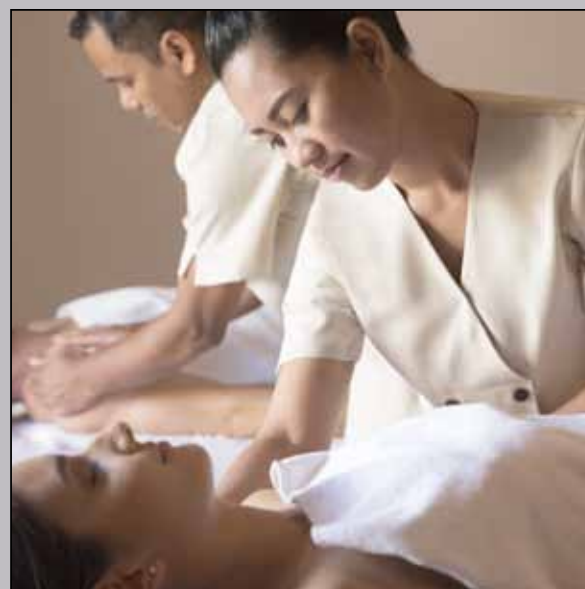
For a rejuvenation journey indulge in the luxurious Turkish Hammam, inspired by the traditional bathhouses. This foam ritual begins with the eucalyptus therapy to awaken the senses and is followed by aromatic rosemary exfoliation. A healing white clay mask infused with mint and a luxurious body oil, applied after the treatment, will leave you refreshed and glowing.

After your rejuvenating treatment feel free to enjoy the relaxation areas, that include private male and female changing rooms, a healing crystal salt sauna, steam rooms, plunge pools, snow caves and an invigorating ice bucket shower. Another standout feature of Talise Spa is the revitalizing IceLab Cryo Therapy, where exposure to -110°C (-166°F) invigorates the mind, relaxes muscles and supports anti-ageing.

For the wellness and fitness enthusiasts the Talise Spa offers a comprehensive range of exercise equipment and exclusive memberships. The open-air yoga pavilion is ideal for anyone who wishes to embrace their inner desert spirit.

Embark on an individual wellness journey or escape the city with your beloved ones to enjoy the pampering as calming as the setting itself. Step away from your worries into an exclusive natural environment, with the space to reconnect and the freedom to lose yourself at this World's Best Desert Spa.

jumeirah.com





StudioRepublik

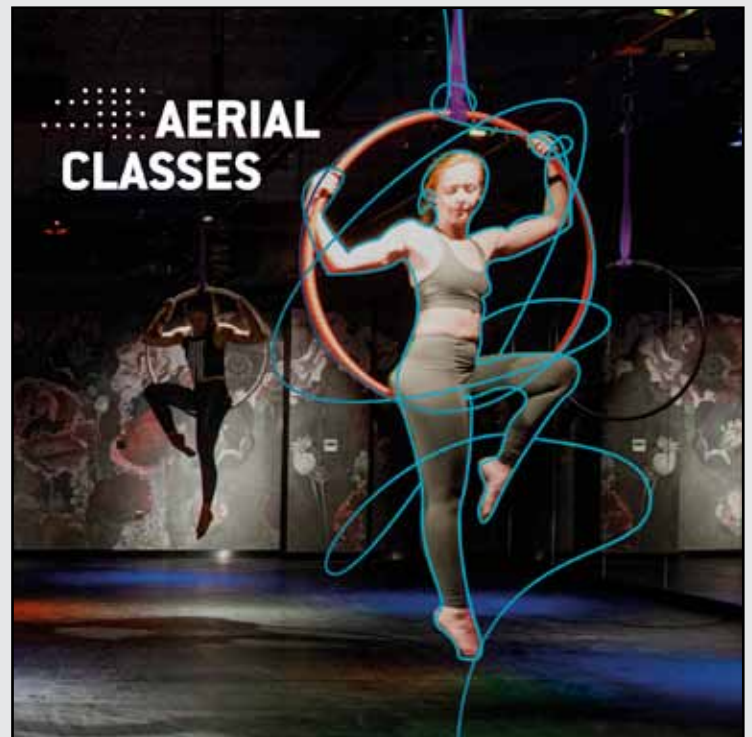
Where Science And
Expertise Fulfil The
Self, Empower the
Community and
Liberate Creativity

StudioRepublik, the impressive 65,000 sq. ft. facility located on Sheikh Zayed Road is home to Dubai's latest and most exciting community, a sanctuary where people of all ages and abilities come to express, come to evolve and come to life.

Harnessing the finest talent and technology from across the world, StudioRepublik enriches lives across three platforms: The Lab, The Stage and The Arena.

The Lab has been devised to optimize Integrated Wellness, combining prehab, rehab, nutrition and personal training to ensure clients are in their peak condition, both physically and mentally.

Dedicated movement and manual therapy specialists are masters of the art and science of preventative wellness.



World-class physios and massage therapists have a broad, in-depth knowledge of rehabilitation, applying rigorous methodology supported by constant research. The integrated therapy space allows for combined advanced science and best practice to rehabilitate the individual. The Lab's dieticians have both the breadth of experience, knowledge, and most importantly respect for individuality, that allows them to tailor science to each unique person that they work with. Adopting evidence-based, 'no-nonsense' methods promotes long-term change over quick fixes applying nutrition by tailoring dietetic methods to a well-informed individual.

Personal training is taken to new heights by selecting industry-leading, certified trainers who are fascinated by human development. They are drawn from a broad mix of disciplines: strength and conditioning, hypertrophy specialization, transformation, functional





training, sports performance and biomechanics.

The Stage is not just a performing arts school, nor is it solely a performance space. The Stage is a platform, essential to a healthy, happy life, that brings together the best people in the fields of Music, Drama and Dance to nurture the creative force within everyone, child or adult.

StudioRepublik will offer Music Tech classes targeting both performance and production, ensemble classes in Contemporary Music and Songwriting classes in a state-of-the-art facility, with exceptional craftsmen.

The Stage's dance studio will impart high-calibre dance instruction to tots, juniors, teens and adults of all levels, from the absolute beginner to advanced. The facility features a spacious, sprung, and column-free studio, allowing students to discover their inner expression in a nurturing, professional environment.

From young children learning to trust their imagination to corporate professionals learning public speaking, The Stage's drama department instils an awareness of body, space and self; of voice, posture and movement; of persuasive powers, confidence and empathy.



Through fun and creative classes with some of the finest craftsmen in the business, students of all ages learn storytelling, projective play, purposeful improvisation, performance, rhetoric, and much more. But most importantly, they learn to master themselves.

While The Lab is for integrated wellness and The Stage purposefully built for Performing Arts, The Arena is the platform that will offer group exercise classes and an exceptional gym.

From ultimate Cycling & GX classes to the best Bootcamp workouts, The Arena is a brave new world of Group Exercise, where people come together in an environment of expertly produced visuals, music and lighting.

An inviting facility to help develop strength, endurance, power and fitness, The Arena offers a wide range of group classes. To help achieve fitness goals, the platform offers an array of class options to suit each individual - be it fast-paced, intense sessions or a low impact yet full-body workout. Classes cater to all fitness levels and interests, including Bootcamp, Aerial, Cycling & GX, Mind & Body classes (Pilates, yoga and meditation) as well as an extensively equipped gym.

www.studio-republik.com



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.

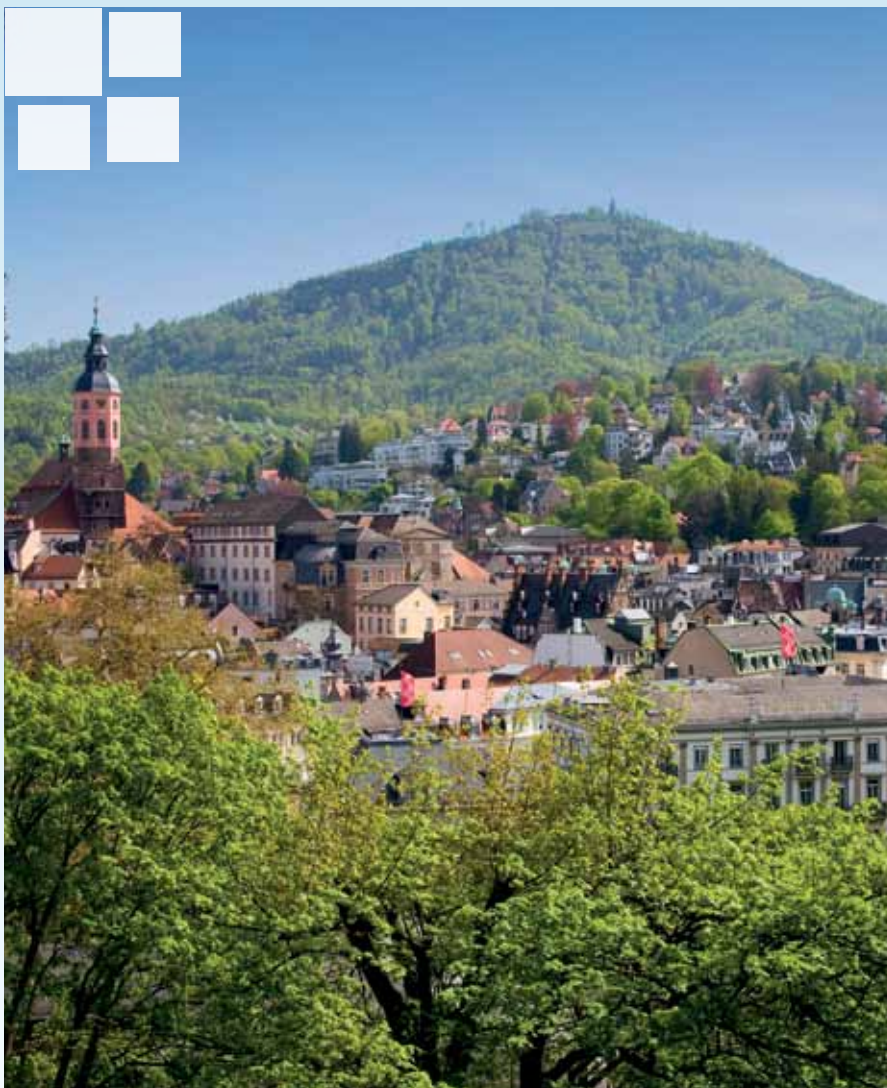
Baden-Baden, the elegant spa- and culture town, offers a variety of wellness, cultural and culinary highlights in a spectacular natural setting on the foothills of the Black Forest. Best of all, almost everything is within walking distance and no car is needed while being in Baden-Baden.

For more information:

Baden-Baden Tourism Board

info@baden-baden.com

www.baden-baden.de/en



Splendid Spa @ Breathtaking Bait

By Fouzia Sohail

The cultural destination of wellbeing and traditional/personalised treatments that leave you submerged in splendour at Sharjah's first luxury resort. 'The Spa' at Al Bait, is a must on your bucket list of wellness.

Without question and with experience it truly is a benchmark of luxury treatment at par with Sharjah's chic 'Cultural Capital' title.

The spa is affiliated to the GHM family of hotels and its first hammam treatment for men and women in the UAE. For the privileged, the whole resort can be booked for an exceptionally exclusive, elaborate and enchanting experience in élan and exquisite wellbeing.

'The Spa' uses an array of aromatherapy and holistic rituals based on Ayurveda and herbalism taken from Bali, Tibet and, India and incorporated with Arabian signature touches.

From botanical facials, purifying body polishes, therapeutic massages to deep cleansing hammam, full body exfoliation and relaxing bathing ceremonies, along with fitness centre facilities, a swimming pool and sunrise yoga classes that truly heals both the body and the mind.

As is with the hotel's service of genuine personalised conduct- the spa carries this warm and natural demeanour with extra care in its choice of special products that are used in liason with either stone massage, foot reflexology, acupressure techniques to head massages and even 'Mother-to-Be-Massage' that is performed on a portable pregnancy massage bed.

Here manicures and pedicures are given with only vegan, wild crafted organic Spa Ritual products that do not contain parabens or toluene (chemicals which easily penetrate into our bodies when used through any form).

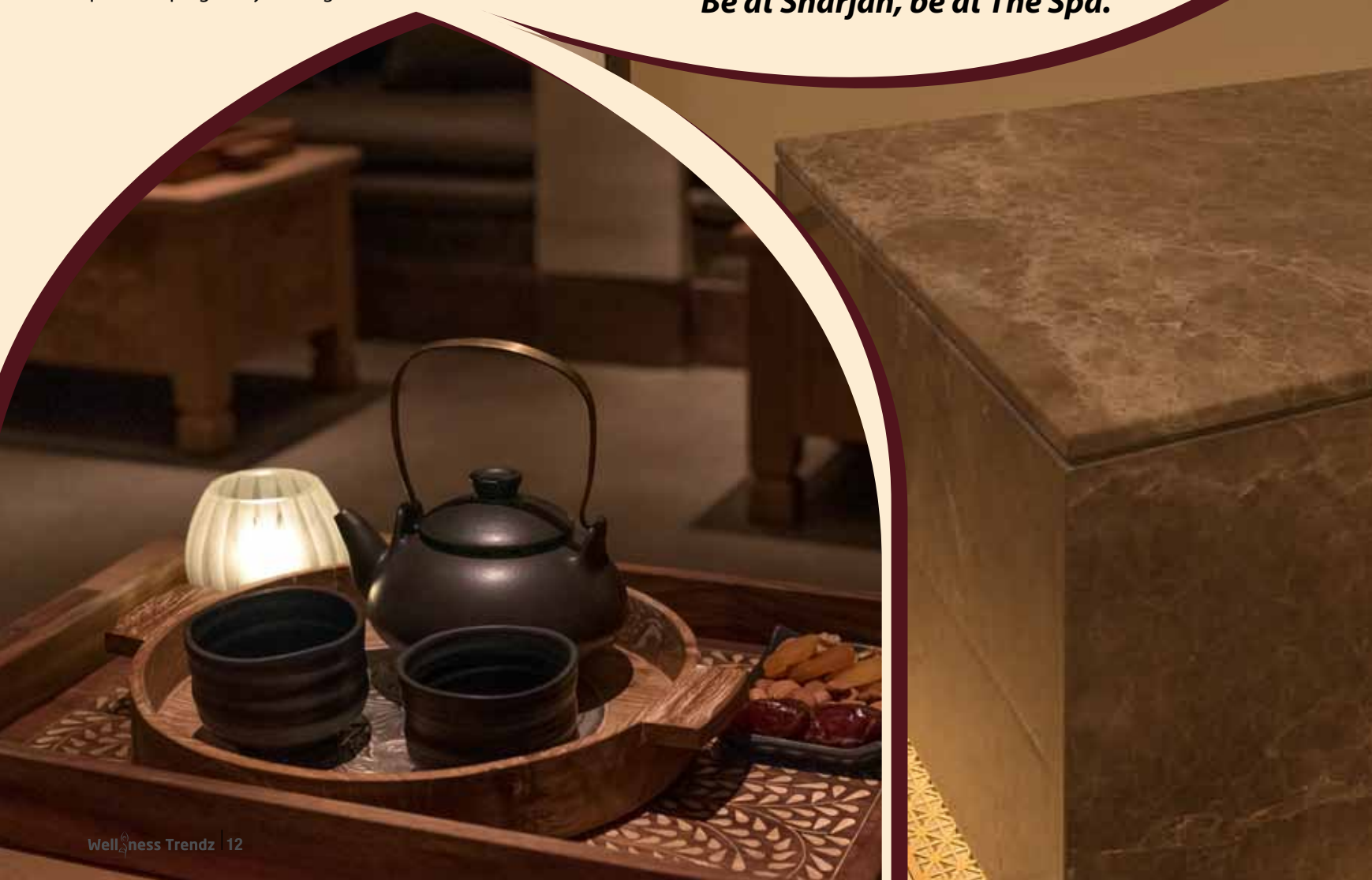
I was truly inspired with The Spa's exclusive utilisation of "ila" and "VOYA" products.

VOYA is an Ireland certified organic seaweed based care range that epitomises in exceptional organic standards of green commitment and conservative harvesting/handpicking practices. Seaweed bathing is an age old tradition of the native Irish therapy as it contains antioxidants and helps the function of our immune system. ila is the other luxury organic product based on natural plant and minerals that specialises in nature's vibrations to affect our spiritual welfare as well.

At 'The Spa' be convinced of ceaseless care, calmative and curing techniques and very capable staff that continue to display their champion skills be it in the form of Marine Eye Treatment, a Defence Facial, a Jetlag Bio Rhythm to a Spiced Mud Bathing, a Himalayan Crystal Body Polish, a Gold Age Restore Facial or a Bladderwrack (seaweed) Body Buff from an impressive and exciting list of healing treatments.

The Spa is a classic case of chic care and class that is sure to be cherished.

Be at Sharjah, be at The Spa.



AL BAIT

SHARJAH, UAE





ROYAL HOTEL

★★★★★ L

SANREMO

Timeless elegance

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

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.





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.

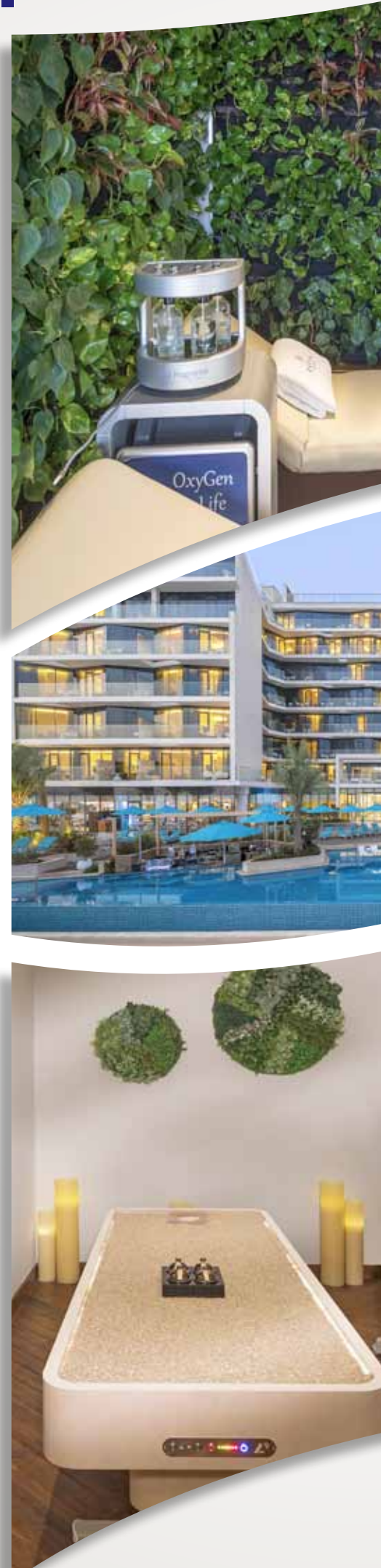
Six tailor-made Retreats have been expertly designed to improve mind, body and spirit. Packages range from three to fourteen nights including programmes such as: Renew - focused on detox and cleansing; Revive - centered around emotional wellbeing; and Reshape - a dedicated fitness and nutrition package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



Teach Your Kids to Avoid Their Gross Habits to Avoid Getting Sick This Winter

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

CookChildren's

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



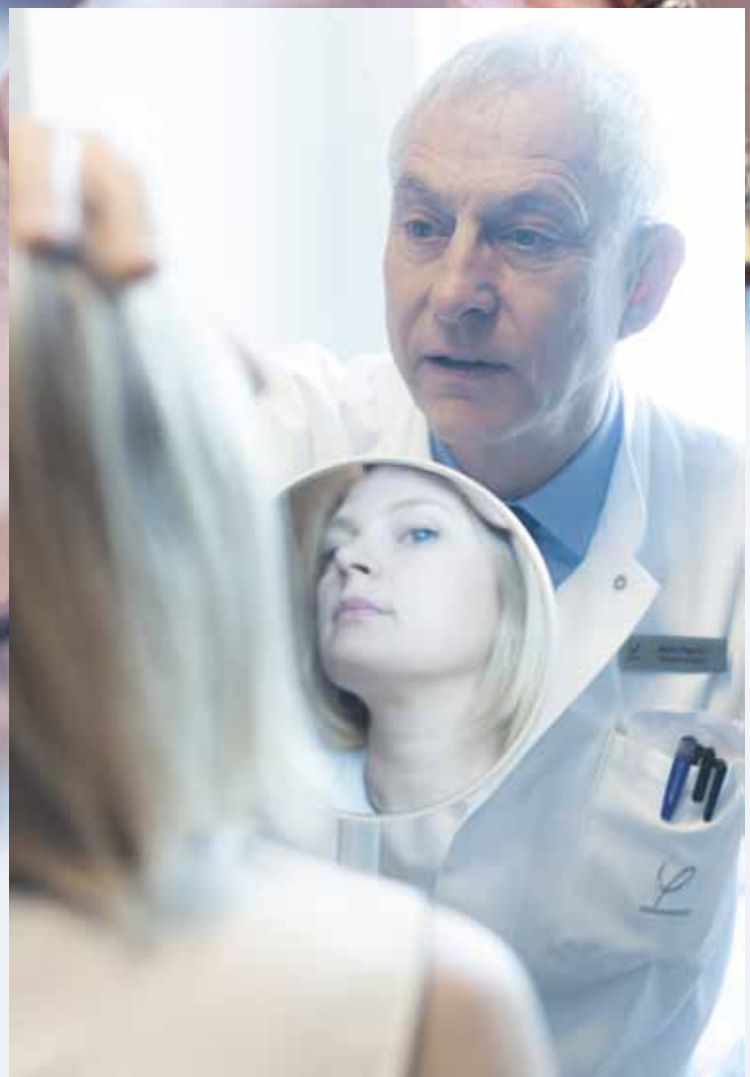
up facial skin.; Infra-red skin-tightening which causes immediate collagen contraction resulting in tighter, firmer skin; Permanent hair removal through special flash lamp lasers and a vast array of laser treatments for innumerable skin concerns such as age spots, blotches and dilated pores. In tandem 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



Timeless Spa

Al Maha Desert Resort

Timeless Spa at Al Maha with its team of gifted international Spa therapists specializes in a wide range of wellness, rejuvenation and beauty therapies. Offering a fusion of healing practices drawn from cultures around the world, the treatments are truly representative of Dubai's cosmopolitan nature.

Our signature treatments draw on the wisdom of Middle Eastern and South East Asian aromatherapy traditions. At Timeless Spa we are offering beauty and relaxation treatments, private massage rooms for couples, in-suite massage, private Rasoul chamber, Hydrotherapy bath, a sauna and steam room including a cold plunge pool, Jacuzzi, swimming pool and a fully equipped fitness centre.

Timeless Spa at Al Maha is set against tranquil and inspiring natural environments. We are committed to offering you the finest in holistic treatments within a luxurious setting, which echoes the locality and embodies the culture of the region, together with our Timeless Spa signature products.

Making the most of its mystical surroundings, Timeless Spa is taking its wellness offerings up a notch, with an assortment of signature treatments under the vast desert skies, overlooking endless golden dunes. Staying true to the desert environment, Al Maha invites guests to de-stress with "Wellness in the Dunes" day package in a Bedouin-inspired Wellness tent to fully imbibe in the ambience of the most exquisite desert landscape. Also on offer is the Saturday Pool package allowing guests to relax and enjoy pool and spa facilities, and be inspired by the panoramic view across the golden sand dunes and a three-course set lunch menu inclusive of soft beverages.

Call +971 4 809 8771
www.al-maha.com



Spa Al Aqah

Le Meridien Al Aqah

High-performance formulas, exclusive 100% manual methods a magical experience every time...this is the promise of Spa Al Aqah, home to signature treatments from world-class beauty brand Clarins and highly-acclaimed Softouch AyurvedaSignature aromatic facial treatments, body treatments, specific treatment for the eyes and stopover treatments, including Anti Jet Lag Stopover, anti sun stopover and after sport stopover, are all available to you at Spa Al Aqah. The expert hands of Spa Al Aqah's therapists, who have gone through the Clarins training, hold the supreme power of touch to tone, relax, firm, contour and rejuvenate your skin.

Spa Al Aqah is designed to immerse you into its soothing, sensorial atmosphere with our wide range of treatments includes body massages and facials using Clarins and Phytomer premium products. Spa Al Aqah also has a Salon to look after your aesthetic needs.

Call +971 9 244 9000
www.marriott.com/hotels





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 Son na 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 Pod etrtek. 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.



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 Rayya 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.

DXH.ae





Inspired Spa Indulgences

Rixos Bab Al Bahr

Revel in Rixos Bab Al Bahr's newly-launched sensational spa special, enticing locals and travelers to wallow in some pampering, complete with spa services and tantalizing food selections.

Guests in search of rejuvenation or a nourishing revitalization can reignite their zen with a blissful spa treatment. Experience a deep state of relaxation by immersing your senses in the sauna, steam room, and the traditional Ottoman Hammam before taking a dip in the lavish spa pool. What's more, guests may relish in a sumptuous dining experience at Seven Heights Restaurant where you are treated to a luscious lunch or dinner buffet, entailing endless specialties representing cuisines from east to west.

Spa-goers looking for a well-deserved break from all the stress and worries can step into the serene world of Anjana Spa. The Turkish inspired spa is an ideal escape that provides gratifying relaxation, with its extensive selections of spa services including traditional Hammam treatments, specialty massages with healing and stress-relieving properties originating from Thailand, Morocco, Turkey, India, and results-driven beauty treatments.

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Six Senses Zighy Bay

Float away your tension

Home to the only salt water pool in the Arabian Gulf, Six Senses Zighy Bay has completed the refurbishment of its stunning saline soaker. The freeform pool is shallow and thanks to salt recycled from the reverse osmosis plant at the resort can recreate the feeling of floating on the Dead Sea. Floating in salt water is renowned for its wellness properties, helping to detoxify the body and soothe muscle tension. So whether you're looking to simply float away or ease aches and pains, the salt water pool at Six Senses Zighy Bay is right on your doorstep.

Six Senses Zighy Bay is located on the northern Musandam Peninsula in the Sultanate of Oman. The 82 pool villas are set in a spectacular bay, between the dramatic Hajar Mountains and private sandy beach.

Guests have a diverse selection of memorable dining experiences including Sense on the Edge, a contemporary fine dining venue with the best views of the Arabian Gulf and Dining Beyond the Bay,

located on a wow-worthy private sandbank. Regional specialties are served up at the Shua Shack, Spice Market, and Wine Cellar. For a change of pace, in-villa dining is an intimate and enjoyable experience, which GEMs (guest experience makers) will be pleased to arrange.

Adventures start with an adrenaline-charged paraglide arrival into Zighy Bay, which provides guests with a birds-eye view of the resort's dramatic setting and breathtaking scenery. Dhow cruises, trekking, mountain biking, rock climbing and customized tours await active guests. Those who prefer to sit back and relax, can take in the rich and vibrant culture of the destination at their own pace. Six Senses Spa Zighy Bay is a refuge for mind and body, a sanctuary of ultimate well-being committed to delivering integrated wellness experiences. The spa combines peace, tranquility, fitness and health with ancient and modern holistic treatments from expert in-house and visiting practitioners.

www.sixsenses.com



iSpa

Your Home, Your Spa Home-grown Beauty Brand iSpa Celebrates 10 Years in UAE



iSpa, a premium UAE-based beauty salon and spa, celebrates 10 years of operations in the region. In this age of modern beauty, clients are spoilt for choice when it comes to where they can have their spa and beauty treatments. With iSpa's home beauty services, expert beauticians, massage therapists and salon technicians are just a phone call away.

Clients can relax and sit back in the comfort of their home to be pampered from head to toe. They are no longer subjected to hassles of booking appointments, braving the traffic, finding a parking spot and physically wasting time to find a salon's location.

Ms. Maria Arianne Gabredo, CEO of iSpa, says: "We are delighted to toast to 10 years of operations as one of the leading beauty salons in the UAE. Our discerning clients have given us a good opportunity to serve them and with their trust in our brand, we have grown by leaps and bounds. We strive to continue providing them our best services with our well-trained, professional and friendly staff. We look forward to expanding our business in the next five years."

Visiting a salon is a thing of the past, now clients can enjoy relaxing spa treatments in the privacy of their homes. Booking with iSpa means you absolutely don't have to make any preparations whatsoever. The staff clad in professional uniforms are so well equipped that they bring all the needed beauty equipment and needed products in the comfort of your home! A luxury salon with reasonable prices, their treatments are trustworthy and they have services all around Dubai.

If you are thinking of organizing a bachelorette beauty day with your girl friends or a pampering package for you and your significant other, iSpa is just a phone call away.

Please call 052 812 2995

Visit the iSpa salon at: Shop #10, Jumeirah Lakes Towers, Cluster T, 1 Lake Plaza, Ground Floor.





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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.

SPA.ADDMH@ADDRESSHOTELS.COM



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.



Our specialty programs, services and procedures include:

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Level 4 Epilepsy Center

- Epilepsy Monitoring Unit
- Robotic surgery

Heart Center

- Cardiac MRI
- Fetal echocardiography
- 3-D technology
- Surgical repair of the most complex heart defects

Hematology and Oncology Center

- Bone Marrow and Stem Cell Transplant Program
- Investigational MIBG therapy for neuroblastoma

Urology/Genitourinary Institute

- Ambiguous genitalia/ disorders of sex development
- Anorectal malformation
- Bladder exstrophy
- Cloaca
- Hypospadias
- Kidney transplant
- Urogenital sinus

Neurosciences Center

- Deep brain stimulation
- Motion analysis lab for patients with cerebral palsy and movement disorders
- Stroke and Thrombosis program

Orthopedic Surgery

- Amniotic band
- Arthrogyrosis
- Hand and foot abnormalities
- Hip dysplasia
- Limb length discrepancy