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Aether Haus adopts Wim Hof way

Aether Haus, a 31,000sq ft contrast bathing facility inspired by the Wim Hof method, has opened in the West End of Vancouver, Canada.

Owned by founder Kevin Frank, the studio has been designed as an inclusive space for the public and members, with an ethos of warm hospitality.

Aether Haus offers a range of semi-guided and self-guided sessions in addition to a cold plunge programme led by Wim Hof-certified instructors.

In order to foster connection and allow guests to create deeper relationships with themselves and the community, the space is a phone-free environment.

Frank said: "We created Aether Haus to welcome everyone, not just the hyper health-conscious. This is a space for people to



PHOTO: AETHER HAUS

■ The property has a large Himalayan salt sauna, supplied by Vancouver Sauna



PHOTO: AETHER HAUS

simply show up as they are and experience the power of stillness."

A spokesperson told *Spa Business* that Aether Haus would like to expand across British Columbia and is aiming to open a second location in 2027.

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We created Aether Haus to welcome everyone, not just the health-conscious

Kevin Frank, owner and founder, Aether Haus



PHOTO: CHRIS WERNER

RETREATS

Resurface to host non-traditional therapy retreats

Groups to surf and beat burnout in Morocco

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PHOTO: SAXON SPA

NEW OPENING

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PHOTO: HOSPITALS UNIVERSITARIO SAN ROQUE

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Scientist and resort partner to improve guests' sleep

Dr Rodríguez-Ulecia leads sleep retreat study

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Alberto Apostoli and studio create medi-spa for Terme Preistoriche in Montegrotto Terme

Terme Preistoriche Resort and Spa in Montegrotto Terme, Italy, is due to open an additional wellness clinic designed by Alberto Apostoli and his team in Q4 of this year.

The new medical area will be called Neró Clinic: Wellness Revolution and it isn't the first time Apostoli has worked with the thermal spa resort.

He designed the property's existing 1,200sq m spa called Neró Spa, which opened in 2019.

Known for its approach to wellness architecture, Studio Apostoli also created a collection of zero-emission suites in 2023 and is working with the resort to redesign the property's 47 guestrooms and upgrade the dining spaces.



PHOTO: STUDIO CULONA

This facility is the result of complementary additions over time

Alberto Apostoli

The new 550sq m medi-spa will have two floors of treatment spaces for rehabilitation and physiotherapy.

The design draws inspiration from the resort's Art Nouveau architecture and is intended to broaden the spa's appeal to more diverse clientele seeking medical and health-focused services.

The materials used include dark wood panelling, wallpaper with natural motifs with etched metal trim accents. The effect is a cocooning and serene environment.

The treatment rooms will have metal and glass partitions that separate to provide private access to the surrounding 50,000sq m Colli Euganei Regional Park.

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PHOTO: KENT RICHARDS

We bring together a wealth of experience, having operated facilities in almost 30 countries

Kent Richards

Kent Richards sets up spa operations consultancy Wellness World Global

Kent Richards has announced a new business venture called Wellness World Global after more than 11 years at Six Senses, most recently as global corporate director of spa and wellness operation.

He has spent 20 years working in fitness and more than 20 in spa and wellness, in senior operations roles.

Richards told *Spa Business* exclusively, "My time with Six Senses gave me the opportunity to work with some of the best experts in the business, while being responsible

for performance at both in-house and partner spa and wellness facilities around the world."

His new team at Wellness World Global will provide services internationally, including pre-opening and daily operations leadership for spas, health clubs, residential developments, social clubs and hotels.

Richards says he has already received interest from potential partners in Asia, Europe and the Americas.

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PHOTO: THE CLASS



These practices are short, intentional and designed to meet you exactly where you are

Taryn Toomey, founder, *The Class*

Taryn Toomey's The Class partners with Viceroy hotels

Guests of select Viceroy Hotels and Resorts now have access to exercise sessions provided by The Class – a music-driven somatic movement practice founded by Taryn Toomey.

Toomey developed the method in 2011 to regulate the nervous system and release “stuck” energy by moving the body. The Class is offering Viceroy guests a series of video lessons led by trainers, which combine movement, breath, music and sound release to nurture a mind-body connection.

Designed for all levels of ability, guests at certain Viceroy properties will have the opportunity to do six in-room on-demand video modules and some exclusive on-property experiences will take place later in the year.

Toomey said: “Bringing The Class to Viceroy Hotels and Resorts is a beautiful meeting of intention – two brands rooted in creating spaces that invite presence, depth and meaningful experience.”

MORE >>> http://lei.sr/H8J4Q_B

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Alberto Apostoli creates medi-spa for Italian thermal resort as part of a continued design partnership

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