

spa business



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Karen Roos

Owner of world-renowned hotel, The Newt

Kisawa Sanctuary

3D-printed resort planned for Mozambique

EXTREME WELLNESS

Wim Hof & Dr Marc Cohen push people to their limits

Mary Celeste Beall

ON WELLNESS THROUGH NATURE AT BLACKBERRY MOUNTAIN

Studio Apostoli designing Milanese wellness centre with green onyx cave

Italian architecture studio Studio Apostoli is designing a luxury wellness centre in a restored 20th century Milanese palazzo, scheduled to open in 2021.

The three-layer 1,000sq m facility will be a part of a boutique-hotel complex at the five-star Palazzo Bernasconi hotel, a project developed and owned by Italian hotel group Cipriani, and shall be named 'Palazzo del Sarto'.

Architect Alberto Apostoli has been commissioned to develop the interior design and project manage the wellness area, designed to emphasise the building's history through a bespoke project. Apostoli has recently been vocal about the potential



impacts of COVID-19 on spa design and has hinted he may rethink his process and approach for future designs.

Studio Apostoli will work with cedarwood, French red marble, onyx, and mosaic to realise the Milanese project.

The centre will be divided into male and female facilities and re-converge in a relaxation area designed to look like a green onyx cave. Both facilities will offer an ice waterfall, a two-level sauna, two

The wellness centre will be decorated with gold features and mosaic details



multi-sensory showers and a steambath. The spa will include nine treatment rooms, three of which will be reserved for hotel guests to request ritual massages and experience mud and thalasso treatments.

Apostoli tells *Spa Business* that he's drawn inspiration from Milan's design culture. "The attitude is that of a haute couture wellness project with a plurality of sensory experiences with references to the world of fashion."

More: <http://lei.sr/17o3b>

Canyon Ranch's Woodside Wellness Retreat



Canyon Ranch offers Brain Recharge retreat

Destination spa brand Canyon Ranch is offering a brain recharge programme at its recently launched Woodside Wellness Retreat hub in California.

The programme is designed to provide guests with practical tools to regularly refresh their brain and instil a mindset to be ready to thrive every day.

Brain training experts Dr Heidi Hanna and Dr Evian Gordon, guide the retreat which consists of eight daily workshops and seminars, with topics ranging from understanding neuroplasticity to nurturing creativity.

With a starting price of US\$3,185, the five-day retreat can be enhanced

for an additional fee with destination excursions, wellness services and visits to a performance lab – for assessment and coaching.

Guests can also upgrade with a visit to the onsite spa. The property itself has 14 bedrooms in the main lodge and 24 luxury tree houses.

More: <http://lei.sr/B0c8V>



Revamp for famous Bali spa

Four Seasons Resort Bali at Jimbaran Bay has overhauled its spa, one of the most well known facilities in the region.

Set to be unveiled imminently, The Healing Village Spa will have 10 treatment rooms and is 70 per cent bigger than the original facility, covering 2,000sq m over two storeys.

The spa, which appears to be suspended over water, focuses on seven 'healing attributes' – water, community, gemstones, light, sound, plants and love. "The seven attributes are woven into the tapestry of the new spa," says regional director of spa, Luisa Anderson.

More: <http://lei.sr/R4t8m>



“The seven attributes are woven into the tapestry of the new spa”

Luisa Anderson