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# spa opportunities

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## Industry remembers Ruth Stricker

Tributes have been flowing in from people across the spa and wellness sector for industry icon, Ruth Stricker, who died on 14 April aged 85.

Michael Tompkins, Hutchinson Consulting partner, told *Spa Opportunities*: "Ruth was an industry luminary and trailblazer and was often referred to as the conscience of the spa industry.

"She played a crucial role in mentoring so many people and spreading the importance of conduct, intentions and character, together with the feeling of the obligation to do the right thing."

In 1985, Stricker founded The Marsh which is based on the philosophy that 'real fitness involves the mental, spiritual and emotional, as well as the physical aspects of an individual's life'.

Stricker had degrees in physical education and philosophy and believed in the positive benefits of combining wellness and fitness to improve quality of life.



■ Stricker supported the power of blending allopathic medicine and eastern philosophies

She was a strong advocate of blending western medical practices with allopathic philosophies, having spent time travelling through China where she studied ancient cultural healing arts.

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**Ruth was the conscience of the spa industry**

Michael Tompkins



NEWS

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INSIGHT

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Balans Spa at Museum Hotel Antakya

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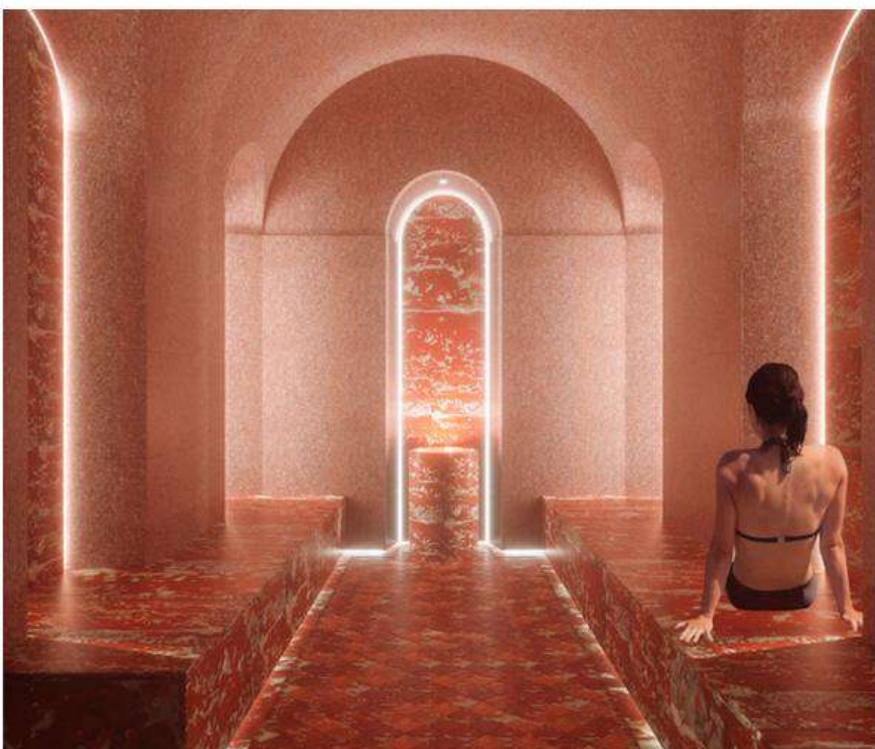


The project has a plurality of sensory experiences with references to the world of fashion

Albert Apostoli, Studio Apostoli founder

# Studio Apostoli

In 2021, a Studio-Apostoli designed wellness facility and spa will open in a restored twentieth century building in Milan



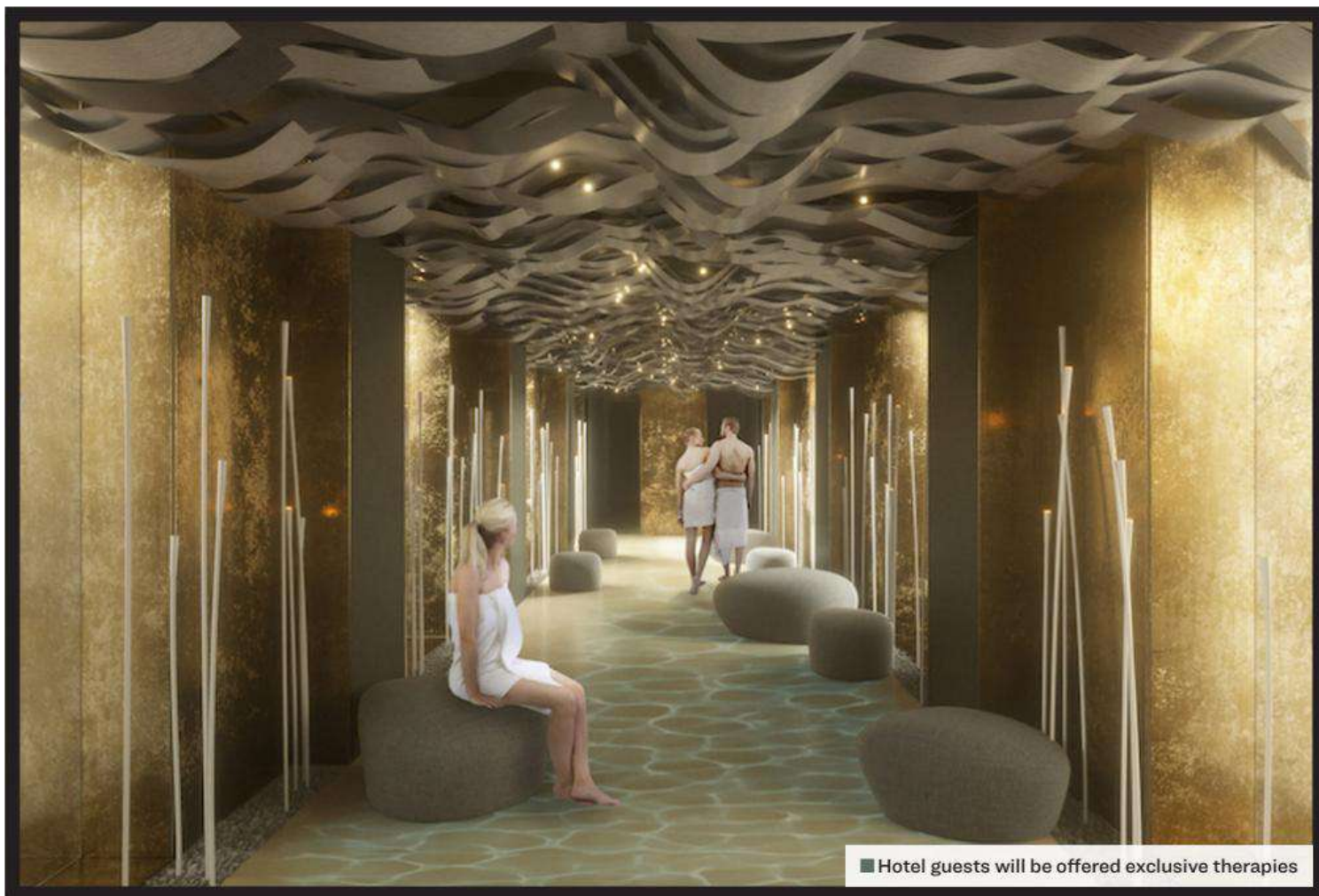
■ The wellness centre will provide separate male and female facilities

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

The three-layer 1,000sq m facility will form 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 Albert Apostoli has been commissioned by the client to develop the interior design and project manage the wellness area, which will be designed to emphasise the building's history through a detailed bespoke project.

Studio Apostoli will use cedarwood, French red marble, onyx and mosaic, gold finishes and cashmere fabrics to recall the ancient destination of Palazzo Bernasconi.



■ Hotel guests will be offered exclusive therapies

“ The aesthetic language we’ve created is enriched by refined materials and finishes including gold and green onyx ”

The wellness centre will be spread across three floors divided into male and female facilities and re-converge in a relaxation area designed to look like a cave, decorated with green onyx.

The experience will be designed to complete guests’ wellness journeys with a period of relaxation and will feature a saline pool and saline nebulizer.

Both separate-sex facilities will offer an ice waterfall, a large two-level sauna – which will offer Aufguss rituals and salt sauna therapy – two multi-sensory showers and a steambath.

The female wellness area will also feature a large ladies-only hammam used for scrubs and traditional Turkish bathing rituals.

Palazzo del Sarto will include nine treatment rooms, three of which will be exclusively for hotel guests where people will be able to request ritual

massages and experience a tank for mud and thalasso treatments.

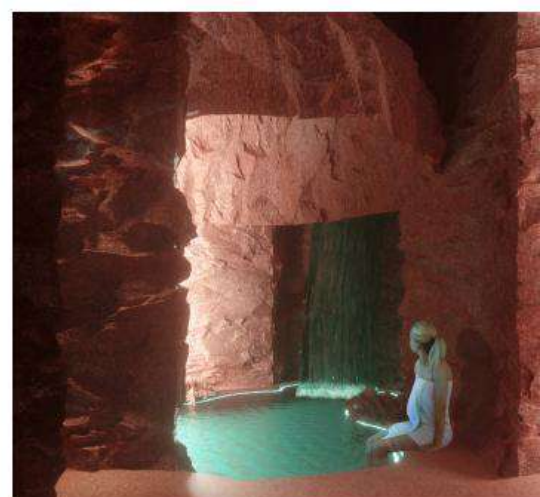
The facility will also cater to fitness with a gym as well as cryotherapy room on the first level to aid recovery.

“We’re proud to be part of this group project and to have been involved in the development of the wellness areas of this new facility,” said Apostoli.

“We’re already working in an integrated way with the support of our collaborators.”

The studio told *Spa Opportunities* that: “The aesthetic language we’ve created comes from a balance between geometric volumes and essential lines, enriched by refined materials and finishes.

“The attitude is that of an haute couture wellness project with a plurality of sensory experiences with references to the world of fashion.”●



■ The facility will provide guests with mud therapy, thalasso treatments and cryotherapy