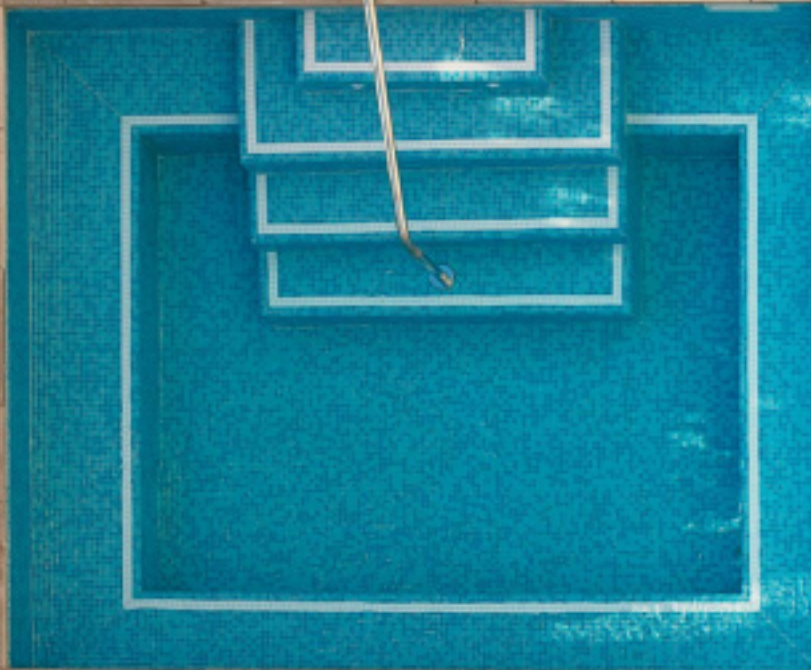


THE SPA PROFESSIONAL'S CHOICE

# american spa

JUNE 2017



IMMERSION  
*therapy*

THE RITZ-CARLTON SPA AT  
THE RITZ-CARLTON RESIDENCES,  
WAIKIKI BEACH (HI)

[www.americanspa.com](http://www.americanspa.com)



## wellness revolution

On June 10, Global Wellness Day (GWD) will be celebrated in more than 90 countries at approximately 4,000 locations worldwide with the leadership of 85 ambassadors, 20 key supporters, and three advisors. A variety of complimentary healthy activities, such as meditation, nutrition workshops, and yoga, will be offered to celebrate the day, which focuses not only on wellness activities but also on being kind, grateful, and mindful. A key tenet of GWD is that all activities should be free and open to the public. Says founder Belgin Aksoy "It is a complete honor and joy to know that GWD keeps spreading love and kindness, believing in miracles and mindfulness."—*H.M.*



Last year, GWD celebrations took place at the Four Seasons Hotel Los Angeles (above) and in Cyprus.

### GWD 7-step manifesto

In order to make wellness a lifestyle, GWD encourages spa-goers to adopt these seven simple steps:

1. Walk for an hour.
2. Drink more water.
3. Don't use plastic bottles.
4. Eat healthy food.
5. Do a good deed.
6. Have a family dinner with your loved ones.
7. Go to sleep at 10 pm.

### healthy celebrations

Here are just a few of the ways spas plan to celebrate GWD this year.

Mandarin Oriental will be hosting a Digital Wellness Event to encourage guests to disengage from and re-evaluate their relationship with technology. Various Mandarin Oriental hotels will also offer a Movement in the Garden event featuring Tai Chi.

Four Seasons Hotel Los Angeles at Beverly Hills will start the day with morning yoga on the helipad with instructor Nikki Sharp followed by a wellness breakfast with celebrity nutritionist Kimberly Snyder, an eco-beauty panel, a discussion with celeb naturopath Nigma Talib, ND, a plant-based lunch, an afternoon astrology session, and a sunset meditation.

GWD Brazil will highlight a series of educational sessions for guests at **Kurotel Longevity Medical Center and Spa (Gramado)** June 3 to 10. An event featuring stretching sessions, a guided

walk, meditation and yoga sessions, dance classes, and a nurse station for checking vital signs will also be held in Gramado on GWD.

**Chiva-Som International Health Resort (Hua Hin, Thailand)** will take its wellness services into the remote jungle communities along the Thai and Myanmar border. Partnering with Jungle Aid, which provides medical aid, education, and support to displaced people in and around Thailand, a team of health advisors, an acupuncturist, nurses, and other staff members will take food, medicine, supplies, and more to the nomadic Karen tribe. They will also offer educational games for the children while also offering a free clinic to those in need.

For more on how spas are celebrating, go to [www.americanspa.com](http://www.americanspa.com) or [www.globalwellnessday.org](http://www.globalwellnessday.org).—*H.M.*