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Hilton launches rooms 'dedicated to mindfulness'

Hilton has unveiled a new in-room wellness concept, Five Feet to Fitness, which brings more than 11 different wellness equipment and accessory options into the hotel room.

Ryan Crabbe, senior director of global wellness for Hilton, described the room as an "industry first."

"The room is really a personal wellbeing stage, but we like to describe it as a guestroom dedicated to movement and mindfulness," he told *Spa Opportunities*. "It really is the first of its kind hybrid room."

The new room type features an indoor bike from Wattbike, which can be used for either longer indoor-

cycling type exercise sessions or focused interval-training workouts, and dynamic Gym Rax functional training stations, to deliver strength and High Intensity Interval Training.

At the heart of the concept is the Fitness Kiosk, a touch-screen display embedded



The new room type features an indoor bike from UK company Wattbike

within the Gym Rax system, from where guests can receive equipment tutorials and follow guided workout routines.

Also included in the room is a meditation chair, blackout shades for restorative sleep and Biofreeze products to ease muscle tension.

"We really wanted to reimagine the space in its entirety and make wellness, mindfulness and fitness more accessible," said Crabbe.

Crabbe said the concept was inspired by a Cornell study last year that found 46 per cent of travellers say they want to work out while they're at a hotel, but only 20-22 per cent actually do. This study inspired Crabbe to do his own guest research, and he found that a quarter of Hilton guests expressed interest in a dedicated in-room fitness concept.

This, combined with a growth in popularity for functional training, led to the development of the concept.

The Five for Fitness concept, which debuted at the Parc 55 San Francisco and the Hilton McLean Tysons Corner in Virginia, will be an upgrade for a standard room, costing around US\$45 (€40, £35) extra.

Details: http://lei.sr?a=D8P7w_S

The biostation set to franchise

Florida-based the biostation is poised to expand its functional medical services through franchising and by establishing partnerships with member-based spas and clubs.

The company has two locations in Florida, and features healthy-ageing offerings including blood panel analysis, dedicated patient advocates for individual patient support and monitoring, bioidentical hormone therapy, IV and nutrient therapy programmes, medical aesthetic services, and sexual health programmes.

Details: http://lei.sr?a=s4k2C_B

Jamie Waring joins GOCO Hospitality

Jamie Waring has been named group director of operations for GOCO Hospitality, based at the company's headquarters in Bangkok.

He will be responsible for overseeing all operating assets in GOCO's international portfolio. Waring was previously CEO of Holmes Place in Europe, and prior to that, was COO for Six Senses, managing their global portfolio of resorts and spas for five years.

"By bringing Jamie on board, we are strategically enhancing our senior leadership team in preparing the anticipated growth of our company," said Ingo Schweder, GOCO Hospitality CEO.

Waring said: "The projects delivered by GOCO Hospitality are visionary and cutting-edge. I'm thrilled to become



Jamie Waring oversees operating assets for GOCO

part of the team, and looking forward to supporting GOCO Hospitality's growth in creating wellness destinations worldwide."

GOCO designs, develops and manages spas around the world, and is also working on GOCO Retreat Wellness Communities in California, Bali and Germany.

Details: http://lei.sr?a=N3f5S_B

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This year's Global Wellness Day will include a focus on 'how to raise happy kids'



Global Wellness Day 2017

In advance of Global Wellness Day, which takes place this year on Saturday, 10 June, Jane Kitchen talks to founder Belgin Aksoy Berkin about this year's event, the history of GWD - and what she's accomplished in six years



Belgin Aksoy Berkin, founder, GWD

Please tell us about some of the highlights for this year's GWD

The theme Global Wellness Day would like to spread around the world in 2017 is 'Encourage kindness, gratitude, mindfulness and happiness!'

We're so excited to see that on June 10, companies, NGOs, schools, universities, tourism boards, spas, hotels, fitness centres, beauty salons and many more in 100 (and counting) countries and more than 4,000 different locations are going to celebrate GWD with complimentary wellness activities

- like zumba, yoga, pilates, dance, ballet, hiking, meditation, workshops related to nutrition, healthy eating and happiness, therapies such as breathing, laughter, art, mindfulness and beauty classes.

GWD celebration events that will be organised across the globe will help millions to realise how one day can spread inspiration for a healthy change in the world.

At the same time, it's great to see that Global Wellness Day has started to create an awareness among people in many countries that wellness is not a luxury, but rather, it is the inherent right of each and every individual - regardless of their ethnic, social or economic background.



Last year's Global Wellness Day saw celebrations around the world, in the air and under the sea, with participants holding the 'I say yes' GWD paddles



The focus of Global Wellness Day in 2017 will be to spread the fact that other than eating well and exercising, wellness is also about being kind, having gratitude and being mindful

You mention that one of the focuses this year will be on social responsibility - can you tell us about some of the activities that are set to take place?

The focus of Global Wellness Day in 2017, much as in 2016, will be to spread the fact that other than eating well and exercising, wellness is also about being kind, having gratitude and being mindful.

In 2017, Chiva-Som Health Resort in Thailand will once again take their wellness services into the remote jungle communities of the Karen tribes living along the Thai and Myanmar border. They will partner with a group called Jungle Aid who provide tropical medicine doctors and take their own team

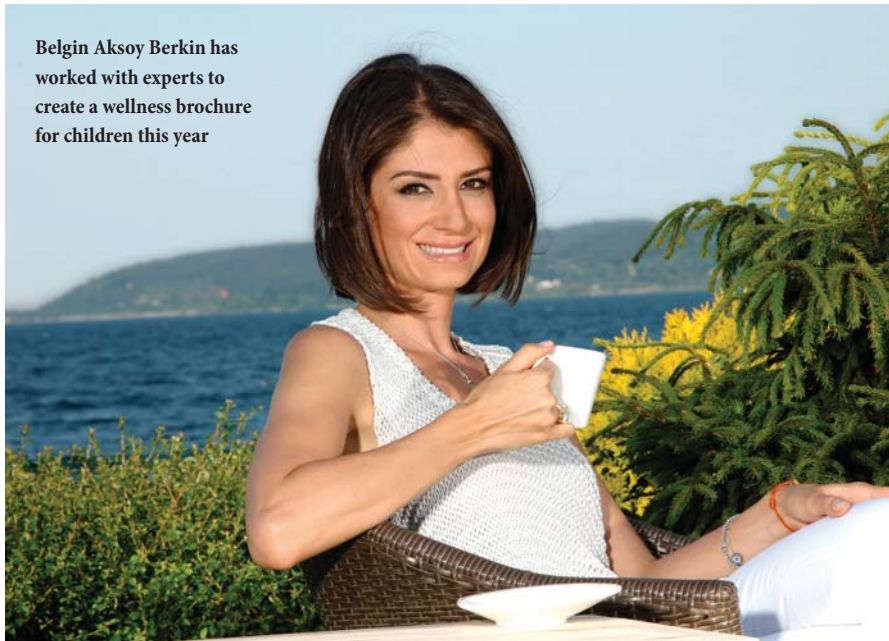
of health advisors, acupuncturists, nurses, physiotherapists, and more, who will take food, medicines, mosquito nets, clothing, school supplies, linens and soap to the nomadic tribes. They'll arrange educational games for the children while they teach the village women the basics of first aid and natural birth control, and hold a free clinic for all who need care in the village.

This year GWD Turkey is working with The Spinal Cord Paralytics Association to create awareness on producing solutions in public areas concerning to the insufficient rehabilitation conditions and environmental conditions that deter disabled citizens from participating in public social life.

Global Wellness Day activities have also focused on helping orphaned children and the elderly in Tunisia and The Netherlands, and helping hospitals in Brazil.

There is also a new focus this year on 'how to raise happy kids' - can you tell us about this and why it's important?

There is no doubt that we all want our children to grow up in a lovely environment and to find happiness and success throughout their lives. According to a research, while we can't control our children's happiness, we are responsible for our own. And because children absorb everything from us, our moods matter.



Belgin Aksoy Berkin has worked with experts to create a wellness brochure for children this year

One of the best things you can do for your child's emotional wellbeing is to attend to yours: carve out time for rest, relaxation and love

► Happy parents are likely to have happy kids, while children of depressed parents suffer twice the average rate of depression. Consequently, one of the best things you can do for your child's emotional wellbeing is to attend to yours: carve out time for rest, relaxation, and, perhaps most importantly, love. Nurture your relationship with love.

The Global Wellness Day administration has also started to prepare a wellness brochure for children, created in cooperation with leading experts who have certificates in education and meditation from reputable universities. The brochure teaches kids how to start the day from a wellness point of view.

This is the 6th annual Global Wellness Day - how has the event grown?

Today we have 85 ambassadors, 21 key supporters and three advisors across the world who work to spread the word about Global Wellness Day. With their dedication, GWD has spread to 100 countries.

During this journey, Global Wellness Day also has had the support of the governments in the US, Cyprus, Turkey, Ireland, Serbia, Costa Rica, Thailand, Canada, Aruba, India, Nigeria, Mexico and Brazil.

At the same time, over the past two years, Global Wellness Day received the support of Hollywood stars such as Ving Rhames, Josh Charles, Ty Burrell, Jessie Taylor Ferguson, Mayim Bialik and Joe Morton; authors such as Deepak Chopra and Agapi Stassinopoulos; sports stars such as Venus Williams and Rainbeau Mars; leaders of the business world, including Richard Branson, the founder of Virgin Group and Jonas Kjellberg, co-creator of Skype; hotels and spas across the world (see list, this page); and schools and institutions.

All of these leading people from different sectors, governments, institutions, international brands and mass media platforms have helped Global Wellness Day to grow even further.

Since its inception six years ago, Global Wellness Day has now spread to 100 countries



Some hotels and spas participating in GWD 2017

- Four Seasons
- Fairmont Hotels
- Constance Hotels and Resorts
- Royat
- Talise Spa (group of Jumeriah Hotels & Resorts)
- Lux Hotels & Resorts Group
- Grace Hotels of America
- GOCO Spas & GOCO Retreats
- Mandarin Oriental Hotel Group
- Six Senses
- Marriott Spas
- Thalasso & Spa Serge Blanco
- Richmond International
- St. Regis Punta Mita Resort
- Sense Spa
- Kurotel
- Divani Apollon Palace
- Best Alpine Wellness Hotels
- WTS International
- Hilton
- Red Door Spas
- Oberoi Spas
- Chuan Spas
- Shangri-la Bosphorus Istanbul
- Swiss Hotel



What are you most proud of accomplishing in the six years you've overseen Global Wellness Day?

I'm proud of the magic of love, sincerity and hard work. These three aspects have been the key to the success of Global Wellness Day. I'm proud that Global Wellness Day has not become commercial. Together with the Global Wellness Day ambassadors, key supporters and wellness lovers, we've changed lives and touched the hearts of millions of people all over the world. That's an accomplishment. ●