



GLOBAL WELLNESS SUMMIT 2019

# Wellness Property SHOWCASE



**GLOBAL WELLNESS  
SUMMIT 2019**  
OCTOBER 15-17 | GRAND HYATT SINGAPORE

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The co-founder and science director of Ayus Wellness is Professor Gerry Bodeker, chair of the Mental Wellness Initiative of the Global Wellness Institute.

With nature as the therapist, Ayus Wellness brings the wilderness into wellness experiences and takes wellness journeys into the wilderness.

Wilderness brings with it a sense of wonder. Wonderment has been shown to rewire the brain, to take us out of everyday ways of seeing and thinking, and this is the beginning of deep wellness.

### SIGNATURE JOURNEYS:

- **Clarity and Peace of Mind** with an emphasis on reducing stress and restoring mental and physical balance
- **Anti-aging and Vitality**, emphasizing skin rejuvenation, traditional foods, yoga for immunity, skin health and vitality, and relaxing massage
- **Energy and Strength** with a focus on rainforest and ancient cave fitness experiences
- **Peaceful Sleep**, a supplement to the three AWE signature journeys, draws Eastern and Western methods for ensuring deeply restful sleep.

# AYUS Wellness

MULU, BORNEO, EAST MALAYSIA

## Ayus Wellness

### KEY FACTS:

- Located adjoining a UNESCO World Heritage site
- The founder, Robert Geneid, is the owner of Mulu Marriott Resort and Spa.

#### LOCATION:

MULU NATIONAL PARK,  
EAST MALAYSIA

**WEB:** AYUSWELLNESS.COM

**FACEBOOK/INSTAGRAM:**  
@AYUSWELLNESS

The Ayus Wellness program operates out of Mulu Marriott Resort and Spa, in the rainforest of Mulu, Malaysian Borneo—a luxurious five-star resort, contiguous with Mulu National Park.

Guests immerse themselves in the magnificent beauty of Mulu’s primeval rainforest, a UNESCO World Heritage site, while enjoying wellness journeys inspired by Borneo indigenous knowledge of nature, nutrition and healing. Ayus Wellness cuisine draws on Borneo food traditions known for their powerful nutritional and health values.

For much of this, we have scientific understanding, which is shared in the evening knowledge programs.

Ayus Wellness’s colleague, Dr. Qing Li of Nippon Medical School, Tokyo, has found that forest immersion enhances immunity, normalizes blood pressure, reduces stress, enhances energy, and improves sleep.





### KEY FACTS:

- Three signature retreat programs, plus a collection of featured retreats
- 38 rooms total, all with private balconies, ranging from 416–720 sq. ft.
- 24 treehouses, lofted 35–50 feet into a canopy of redwoods
- Two dining options: The Hearth and The Hideaway
- Access to our team of innovative wellness experts, including life coaches, nutritionists and exercise physiologists



THOMAS KLEIN  
President & Chief Operating Officer, Canyon Ranch

**LOCATION:**  
6350 SKYLINE BLVD  
WOODSIDE, CA 94062

**WEB:**  
CANYONRANCH.COM/WOODSIDE

**INSTAGRAM:**  
@CANYONRANCH

## CALIFORNIA, USA

# Introducing Canyon Ranch Woodside

In the heart of Silicon Valley, yet seemingly worlds away, the all-inclusive Canyon Ranch® Wellness Retreat—Woodside is a place where inspiration is the currency and motivation the mantra. The newest concept from Canyon Ranch—and our first foray into California—is nestled in the hills among the ancient redwoods just outside San Francisco. Our retreat offers a collection of highly sensory, personalized wellness programs crafted by Canyon Ranch award-winning experts: Connect, a five-day journey of self-discovery; Recharge, a four-day program aimed at building resiliency; and Reset, a customized getaway where you can stay as long as you like.

These new retreats complement the transformative offerings found at Canyon Ranch Wellness Resorts, drawing on 30 years of successful programming at the Life Enhancement Center in Tucson, and concentrating these experiences into intimate itineraries to fit into your wellness lifestyle. Come with intention. Or let us help you find your way to a full rebirth of mind, body, spirit and soul.





## KEY FACTS:

- Luxurious, apartment-sized accommodations and award-winning cuisine
- The largest spa and fitness center on the eastern seaboard with a wide range of Eastern and Western medical modalities
- A curated team of board-certified physicians and practitioners whose specialties include: Oriental medicine, anti-aging treatments, energy healing, brain health, cosmetic dentistry, chiropractic, nutrition counseling and an executive coach and sex therapist.
- A 70,000 square feet wellness center, offering 160 fitness classes a week, a thermal hydrotherapy circuit included with every spa treatment, and cutting-edge, high-tech spa equipment.

*Carillon Miami*  
WELLNESS RESORT

FLORIDA, USA

# Carillon Miami

Opened in 1958 at the height of the Rat Pack years in Miami Beach, Carillon Miami was designed by Norman Myer Giller, the “father” of Miami Modern architecture. Six decades later, the resort has evolved beyond the irresistible charm of a beachfront resort in “The Magic City” to a groundbreaking example of wellness tourism at its finest.

The newly reimagined Carillon Miami Wellness Resort is an unprecedented hybrid of a destination and resort spa, offering next generation, 360-degree mind and body wellness.

Beginners can dip their toes into wellness by experiencing the spa’s lavish hydrotherapy circuit before their facial, massage or body wrap. Or those forging a specific path to wellbeing can visit the Wellness Concierge to map out an individualized sojourn that could include: needle-less acupuncture, electro-sound lymphatic drainage, cryotherapy, a salt float bath, a heated Crystal Quartz Bed by Lemi and a session in the state’s only LightStim LED Light Therapy Bed.

**LOCATION:**

6801 COLLINS AVE, MIAMI BEACH, FL 33141

**WEB:** CARILLONHOTEL.COM

**FACEBOOK/INSTAGRAM:**  
@CARILLONHOTEL





**SPA SOLANI** is inspired by Hawaii.

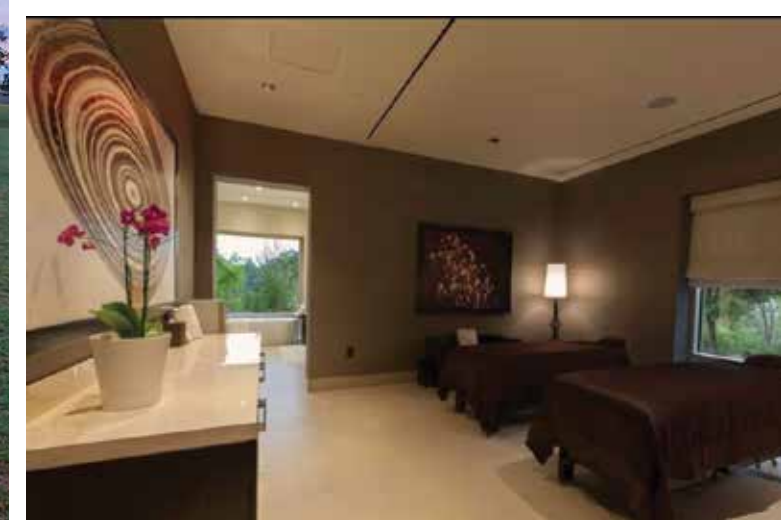
In addition to their spa business, Credo has a CIDESCO school in Japan.

They also produce amenities, which are sold in a luxury department store in central Tokyo. Besides their brands, they also sell other premium quality Japanese brands and products from overseas.

They also deliver therapists to other companies as their employee benefit so that the workers are able to have massages during their break time.

### KEY FACTS:

- Credo International is the biggest company in the hotel spa industry in Japan.
- They own five luxury spa brands located in China, NY and Sri Lanka.



## CREDO JAPAN

CHINA, NY AND SRI LANKA

# Credo International

Credo international is the biggest company in the hotel spa industry in Japan and has five spa brands. They have expanded their business overseas to China, NY and Sri Lanka.

**AN SPA** is the most luxurious brand in the company. It provides an absolute authentic Japanese spa with top quality Japanese spa services. All spa products are 100% made in Japan. Shiseido and Mikimoto are used in treatments.

**SANATIO** is inspired by Asia. SPA CEYLON and THANN are used in the treatments.

**LA VILLA** is influenced by European spas. ELEMIS is the popular range in LA VILLA.

**HAMMAM SPA**, they got the inspiration from Turkey, and the products are Melvita from France.

**LOCATION:**

CHINA, NY AND SRI LANKA

**WEB:** CRED-IN.COM

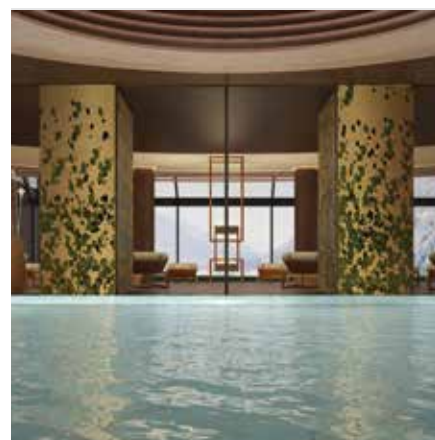
**INSTAGRAM:**

@ANSPA\_JAPAN



## KEY FACTS:

- Lefay Resort & SPA Dolomiti is set in the splendid scenery of the Dolomites, declared by UNESCO a World Heritage site.
- Lefay Resort & SPA Lago di Garda is the first luxury 5-star resort on Lake Garda, Italy.



## LAKE GARDA AND DOLOMITES, ITALY Lefay Resorts

Lefay Resorts was founded in 2006 by Domenico Alcide and Liliana Leali, founders of Air Dolomiti, to become the Italian reference brand for luxury wellness holidays through a collection of eco-resorts. After the multi-award winning Lefay Resort & SPA Lago di Garda and the launch of Lefay Resort & Spa Dolomiti, the brand has completed its portfolio in Italy and expansion in Europe.

Lefay Resort & SPA Lago di Garda is located in Gargnano, in the heart of the enchanting and renowned Riviera dei Limoni. It is the first luxury 5-star resort on Lake Garda, covering 11 hectares of natural park, surrounded by gentle hills and natural terraces rich in olive trees and woods overlooking the lake. Over the years, it has won more than 65 international accolades, becoming among the best eco-SPA destination in Europe. The highlights? A 3,800 sqm SPA, including an energy garden that follows the rhythm of life, a saltwater pool, and a one-of-a-kind infinity pool considered by the most influential magazines to be among the best in the world. Nine-



ty-three suites starting from 50 sqm, and a Mediterranean cuisine in which extra-virgin olive oil is key.

Lefay Resort & SPA Dolomiti opened on August 1, 2019, stands in the ski area of Madonna di Campiglio, in Pinzolo, the largest town in the Rendena Valley. It is the second jewel of the collection, set in the splendid scenery of the Dolomites, declared by UNESCO a World Heritage site. Its 5,000 sqm SPA is distributed onto four different levels and includes a special pearl: a sauna world of more than 1,700 sqm with nine saunas and seven relaxation areas designed according to the principles of Classical Chinese Medicine. Eighty-eight Suites starting from 57 sqm, 22 residences, two restaurants and much more.

### LOCATION:

LEFAY RESORT & SPA LAGO DI GARDA, GARGNANO, ITALY

LEFAY RESORT & SPA DOLOMITI, PINZOLO, ITALY

WEB: LEFAYRESORTS.COM

### INSTAGRAM:

@LEFAYRESORTS



MIRAVAL  
austin

### KEY FACTS:

- Miraval offers a unique kind of wellbeing space that puts purpose and people at our core, serving as a catalyst for changing lives and celebrating individuality.
- Cypress Creek Farm and Equine Center, home to the signature Miraval Equine Experience™ and on-property farm, offers fresh, local produce and sustainability programming.
- Our award-winning Life in Balance Spa draws on its nurturing setting within the Balcones Canyonlands Preserve.



AUSTIN, TEXAS, USA

## Miraval Austin

Miraval Austin rests on 220 acres in the Balcones Canyonlands Preserve, a sanctuary of ancient trees, rare song birds, and rich wildlife in Texas Hill Country overlooking Lake Travis. This experiential resort for individuals or groups boasts 117 guest rooms and two infinity pools, as well as the Cypress Creek Farm and Ranch, Hill Country Challenge Course, Body Mindfulness Center, and Life in Balance Spa.

Miraval's core is mindfulness, and its motto, "life is better when in balance," guides each visit. Activities include fitness, meditation, yoga, wellbeing, equine, hiking, biking, and Austin-inspired offerings, such as line dancing. Culinary programming partners with farm-to-table experiences and our 10-acre Cypress Creek Farm, featuring chickens, ducks and honeybees.



**LOCATION:** AUSTIN, TEXAS

**WEB:** MIRAVALRESORTS.COM

**INSTAGRAM:**  
@MIRAVALRESORTS





**KEY FACTS:**

- A relaxing environment for in-depth diagnostics and medical health boosting therapies
- Proprietary all-natural infusions
- Miskawaan Embedded Stem Cell Therapies
- Customizable wellness offerings
- Personal chef, yoga, meditation, massage, cooking classes, hiking, deep-sea diving, and various water sports



**KOH SAMUI, THAILAND**  
**Miskawaan Health Medical Wellness Retreat**

Miskawaan Health Group's Medical Wellness Retreat is discreetly tucked away on Koh Samui's (Thailand) unspoiled north coast. Located on Maenam Beach, the retreat features luxury villas offering customizable medical health and wellness stays. It's a place where you can undergo performance-focused treatments, indulge in a stress-free wellness getaway, or recuperate and recover from more severe health issues.

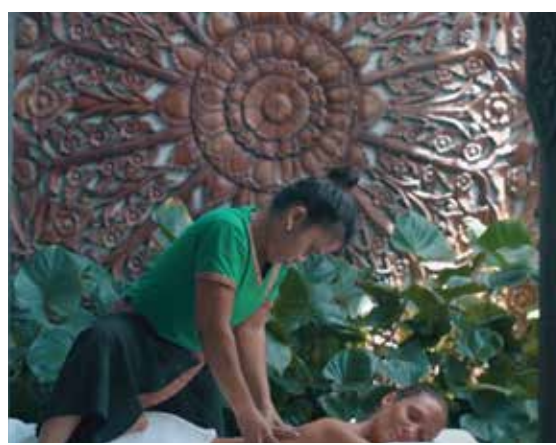
We offer our cutting-edge German medical wellness technologies, therapies, and treatment protocols in our beachside based, state of the art clinic. Treatments at the retreat are customized for you by our doctors; they're designed to help you improve performance, maintain optimal health, or recover from existing ailments in a private, relaxed, stress-free tropical setting. Whether you're an athlete or a weekend warrior looking to improve performance and recovery, someone seeking a wellness holiday with a health boost, or recovering from something more serious and seeking a haven, we have you covered.

DR. JOHANNES WESSOLLY, PHD  
 Chief Medical Officer, Miskawaan Health Group

**LOCATION:** MAENAM BEACH, KOH SAMUI, THAILAND

**WEB:** MISKAWAANHEALTH.COM

**INSTAGRAM:** @MISKAWAANHEALTH





PARK HYATT MALLORCA™

LUXURY IS PERSONAL

### KEY FACTS:

- 126 spacious guest rooms and 16 exquisitely designed suites
- Serenitas Spa
- Four fine dining venues
- Vegetarian and vegan options
- Yoga and Pilates
- Bicycle rental
- Bespoke experiences to explore the uncovered East Coast
- Private transfers



MALLORCA, BALEARIC ISLANDS, SPAIN

## Park Hyatt Mallorca

Framed by pine trees, hills, and the crystal-clear waters of the Mediterranean Sea, an indulgent escape awaits at Park Hyatt Mallorca. Here, wellness has been refined to an art using the rejuvenating power of the island. Designed in the style of a traditional Majorcan hilltop village, the intimate retreat is gemmed with ample local accents that bring the authentic charm of the island alive. Serenitas Spa offers treatments that are individually tailored and enriched with the finest local ingredients, and the resort’s outdoor pools open up a world of laid-back relaxation. The culinary offer includes healthy options, fine dining and a Michelin-star awarded chef. The Cap Vermell Country Club has the latest technology for indoor sports, a very complete program of guided courses and personal training, and boasts a 25-meter covered pool.

Park Hyatt Mallorca is at one with nature—an oasis of calm offering an authentic and exclusive wellness experience.

**LOCATION:** MALLORCA, BALEARIC ISLANDS, SPAIN

**WEB:** PARKHYATTMALLORCA.COM

**INSTAGRAM:** @PARKHYATTMALLORCA





FLOREAL, MAURITIUS  
**SALT of Palmar**

**KEY FACTS:**

- 59 ocean-oriented rooms
- Zero single-use plastic and zero food waste
- A SALT bakery and three bars
- Wide selection of natural, locally made toiletries in refillable containers

**LOCATION:** PIERRE SIMONET STREET, FLOREAL, MAURITIUS

**WEB:** SALTRESORTS.COM

**INSTAGRAM:** @SALTRESORTS

SALT originates from our belief in meaningful travel, that is, travel that connects people to local people and places. Our beautiful bases give you everything you need to discover the place you're in. But also everything you need to relax, escape and recharge.

Our SALT Equilibrium concept is not a run-of-the-mill thing. It's based on our belief that simplicity holds the answer to happiness. There's the spa with its halotherapy, salt room, four treatment rooms, universal room, hydro lounge and shop. Salt, humble salt, is the central ingredient. There's also a yoga mat in your room.

Then, outside, the slow sports, run routes, and location-inspired action get your body active. Our wellness coaches Jonathan, a national sprinter, and Stewart, Mauritius' bodybuilding champion, will teach you one thing: fitness is fun. We even created our own guidebook and

bicycle map so our guests can set off to explore the hidden gems of the east coast.

We're big on making local ingredients shine. Our chefs are constantly creating, but the menus always offer the super-healthy and the downright indulgent. A whole section of our menu is devoted to raw, plant-based foods. It's seasonal, fresh-as-can-be, sustainable and delicious. Good food makes people happy—and that's the point of SALT of Palmar.

We want people to feel different when they leave us. Different because they learnt new things and broadened their horizons. When you stay with us, you can share one of your skills with a local and learn a new one in return. We'll find your match on our Skill Swap platform.

We can't transform guests. That's their journey. But we can authentically connect them with the source of inspiration.

**SIGNATURE JOURNEYS:**

- **SALT Retreats:** Led by some of the people who inspire us the most, they bring the spirit of SALT to life. Think restorative workshops, inspiring talks, plant-based food, local culture, spirituality, nature and fun.
- **Monthly Full-Moon Yoga and Meditation Evenings** with Rishi, our Yoga Master, followed by a raw, vegan dinner at The Restaurant.

A BRAND FROM **THE LUX COLLECTIVE**





音晷OCTAVE  
Institute

AT ONE Clinic; AT ONE Healing Spa, which offers an extensive spa treatment menu and hydrotherapy circuit; THOUGHT FOR FOOD restaurant, a culinary program that is overseen by a two-star Michelin chef; and the Living Habits program, a seasonal schedule of wellness practices designed around the body's circadian rhythm for optimal health.

## KEY FACTS:

- Founded by Fred Tsao, international business leader and wellness pioneer
- The retreat is located in the beautiful ancient city of Suzhou, China, home of UNESCO World Heritage sites.



**FRED TSAO**  
Founder of SANGHA Retreat  
by OCTAVE Institute

## SUZHOU, CHINA

# SANGHA Retreat by OCTAVE Institute

SANGHA Retreat combines Eastern philosophies backed by Western science to help people awaken to a life of greater purpose and personal wellbeing, leading to a new level of consciousness.

Through the innovative and extensive health and wellness programs offered by SANGHA Retreat, guests are encouraged to rewire, reframe and renew their mind, body and spirit, reskilling themselves for lasting transformation.

SANGHA Retreat includes a full medical and wellness assessment by an international team of experts at the

**LOCATION:** SUZHOU, CHINA

**WEB:** SANGHARETREAT.COM

**INSTAGRAM:**  
@SANGHARETREATBYOCTAVE-  
INSTITUTE

AYUS  
Wellness

  
CANYON RANCH®  
WOODSIDE

*Carillon Miami*  
WELLNESS RESORT

  
SANATIO SPA  
  
SPA SOLARI  
  
A N S P A  
  
HAMMAM SPA  
  
LA VILLA  
CREDO JAPAN

LEFAY

MIRAVAL  
austin

  
MISKAWAAN  
HEALTH GROUP  
VISIONARY HEALTHCARE. LIFELONG WELLBEING

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