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Global Spa Trends in November

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Hotel Matilda in San Miguel de Allende, Mexico, has unveiled a prototypal spa concept called "Spa en Vivo" – a "living spa" that offers guests a unique new set of sublime experiences shaped by a beautiful nature setting with therapeutic thermal waters. Located on a private hilltop in the countryside, boasting mineral-rich thermal springs, lush gardens and expansive panoramas, Spa en Vivo embodies the belief that direct interaction with nature generates unique opportunities for personal discovery, transformation and well being. Therapeutic soaking, massages, treatments, fitness classes, and time for relaxation and meditation – all in tranquil, verdant outdoors – are the integral components of Spa en Vivo. Guests enjoy pools with thermal waters; a contemporary interpretation of a temazcal sweatlodge that cleanses and detoxes; A range of massages and therapies experienced in outdoor treatment rooms enclosed by bamboo for privacy; a comfortable changing area with bathrooms and outdoor showers; a Yoga Pavilion where various classes are conducted; and an array of resting and gathering areas with overviews of the bucolic landscape and perfectly positioned for watching colorful sunsets.



Spa En Vivo

A new 11,840-square-foot spa overlooking the Gulf of Thailand has officially launched at the [Conrad Koh Samui Resort and Spa](#) development on Thailand's Aow Thai Beach. The spa offers treatments influenced by traditional Thai healing practices and was developed in collaboration with Dr. Buathon Thienarrom, a leading authority on holistic therapies. Facilities at The Spa at Conrad Koh Samui include a VIP water/rock treatment room and two double treatment rooms, as well as five single treatment rooms and a relaxation lounge. Two Thai massage rooms; a hydro steam zone; a stone changing room; and a manicure and pedicure salon also feature at the spa, which uses Aromatherapy Associates products.

From www.spaopportunities.com

The 50-villa [Park Hyatt Maldives Hadahaa](#) resort in the Gaafu Alifu Atoll, which was taken over by the Hyatt Group earlier this year, has announced the launch of its new Vidhun Spa. Guests at the spa will be able to benefit from the traditional Maldivian medicinal practice of Dhivehibey, which has roots in Ayurvedic, Chinese and Tibetan medicine. The Vidhun Spa, which means "to shine", aims to generate Sehathu (good health) through the balancing the three humours of the body: Hoonu (hot); Fini (cold); and Hiki (dry). Vidhun-branded products will be used, along with June Jacobs. Visitors start their Vidhun "journey" by walking through lush gardens to a tranquillity pool that marks the entrance to the spa village, which consists of five treatment villas. The 'experience' starts with the application of the signature Meeruvas (scent) to the wrist of the guest, who is also offered the customised Maldivian drink Kurun'baa Fani. Treatments begin with the Meeruvas Lonu (aromatic salt) ritual, with visitors invited to soak their feet in warm peppermint salt water to stimulate the nerve endings. Guests then receive pressure point stimulations on the scalp, shoulder, back and legs, as well as spinal stretching. Treatments culminate with the Loa Faruaa eye-care ritual.