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Fitness mission

*In conversation with high-profile
personal trainer Ruben Tabares*

Creative
concept

*Fitness meets spa meets
aesthetics at London's KXU*

Mountain retreat

The stunning Alpine Spa at Switzerland's Bürgenstock Resort

World Spa & Wellness organisers launch Fitness Industry Live Conference in London

The team behind the World Spa & Wellness Convention and the Professional Beauty shows is launching a new education offering, the Fitness Industry Live Conference.

The one-day conference is a reflection of the continued integration between spa, beauty and fitness and debuts at Professional Beauty in London next month.

Taking place on Monday, February 26, the conference will address a breadth of issues that are topical for fitness clubs, hotel gyms and wellness destinations with a fitness offering.

Topics include Embracing the Digital Era, on which Tom Brazier from specialist training company TB Conditioning, and Ailene Prosser, founder of fitness and coaching company Ailene Coaching, will be speaking.



Also on the agenda is Tackling the Inactivity Crisis, a session focused on making fitness more accessible, including for those who might be severely overweight or working with disabilities.

Speakers on this panel include Katie Ellis, national community engagement manager at GLL, a charity dedicated to making community spaces and services suitable for everyone.

Other topics include Emerging Trends in fitness, with input from David Staker, chief executive of the UK-based Oxygen Pro Jumping trampoline parks, among others.

To find out more about the Fitness Industry Live Conference, which targets senior fitness operators, hoteliers and spa operators, go to fitlive.co.uk. For more on Professional Beauty, see page 67.

New wellness retreat to open in Greece this spring

A new lifestyle destination, Euphoria Retreat, is scheduled to open in Greece in May.

The 45-room retreat on the Peloponnese peninsula will have a wellness philosophy rooted in medical and wellness traditions from China and ancient Greece.

The concept aims to help clients achieve balance and is underpinned by the five elements of earth, fire, wood, metal and water. Services, treatments and programmes have been developed to address clients' wellbeing on emotional, spiritual and physical levels.

The destination's signature retreat is the seven-day Physical and Emotional Transformation programme. There will also be retreats focused on emotional self-awareness and the improvement of relationships and body image, among other options.

The spa at Euphoria Retreat will span four floors with facilities including a sphere-shaped pool with in-water massage benches and hydrotherapy jets, and a watsu pool.

Among other features will be a thermal area comprising an infrared and a traditional sauna, a tepidarium, steam room, hammam and outdoor pool. There will also be a fitness centre, incorporating a studio for group classes, and a yoga and meditation hall.



Aman group to open New York hotel in 2020

The Aman resorts group has announced the opening of a new property in New York in 2020.

The 83-room hotel will occupy 22 floors in Manhattan's famous Crown building, including a three-story spa on the seventh, eighth and ninth floors. The 2,044sq m Aman Spa will feature a 25-metre swimming pool surrounded by fire pits and relaxation loungers.

Additional spa elements will include a sauna and steam room and an outdoor terrace with cabanas, daybeds and a fireplace.

Among other hotel features will be the Garden Terrace, offering views of Central Park, a jazz club, wine library, piano and cigar bars, and Italian and Japanese restaurants.

The upper floors will be occupied by 20 private residences, including a five-story penthouse with indoor and outdoor swimming pools and a terrace.

The owners of the Aman Residences will have unlimited access to all hotel services and facilities. Aman New York will be the hotel and resort group's third US property, following the Amangiri in Utah and Amangiri in Wyoming.

The Aman group, was originally best known for more remote properties but has been expanding its portfolio of urban hotels, having also opened the Aman Tokyo in December 2014.