

# Wellness 2.0

Discover the world's most cutting-edge spa treatments, propelling the art of luxury pampering into the 22nd century

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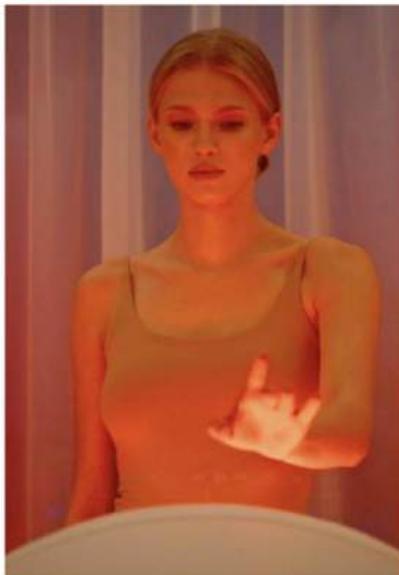
## HEALTHY LIVING

In the UAE, Dubai is fast becoming a hub for futuristic, high-concept wellness. It is home to SHA Emirates, the world's first "healthy living island", while clinics such as Skin111 deliver next-level skincare regimes using potent exosomes – nano-sized structures derived from stem cells. Head to the Talise Spa at Jumeirah Marsa Al Arab where The Remedy Suite promotes healing with touchless wellness technology, from chromospace light treatments to their "infrared triple detox". With its Circadian Balance programme, jetlag sufferers can reset with hyperbaric oxygen therapy and a stint in the far-infrared iDome, together with a nifty pair of lymphatic compression boots.

Over in the United States, robotic AI-powered Aescape massages are à la mode at a clutch of top hotels, from Lotte New York Palace to The Ritz-Carlton Orlando. Simply choose your personal preferences for pressure, muscle and muscle groups, and let two synchronised robot arms do the rest.

And in Montreux, on the shores Lake Geneva, Swiss alpine wellness Mecca Clinique La Prairie has long been renowned for its evidence-based programmes, from their longevity-enhancing Audiovitality therapy to skincare rejuvenation using your own stem cells.

Alternatively, a staycation shouldn't be sniffed at, given that the UK is making great strides in the fusion of medical innovation with luxury hospitality. Head to the capital to experience an antigravity-inspired session in a Zerobody Dry Float pod at The Bulgari Spa – just the thing for a good night's sleep – followed by a spot of sub-zero cryotherapy at Lanserhof at The Arts Club.



**High-tech health:** Six Senses Ibiza (previous). This page, clockwise from top: Surrene Belgravia's pool and steamroom; the Ritz-Carlton Orlando, Jumeirah; Marsa Al Arab, Dubai



## NEXT-GEN WELLNESS

However, no London spa weekend would be complete without a stop at Maybourne-owned Surrene, the ultra-lux, science-driven spa and health club. Guests of The Emory or The Berkeley hotels can enjoy privileged access to this exceptionally exclusive sanctuary in Belgravia – though a second outpost has just opened at The Maybourne Riviera, for those on a jaunt to the Côte d'Azur.

"Many of our members already have incredible gyms, saunas and spas in their own homes, plus their own doctors," says Hattie David-Wilkinson, Maybourne's global head of wellness and longevity. "They are very well informed about their health and are looking for results-driven treatments where they see and feel a noticeable difference."

Shaped by an all-star panel of experts – from celebrity skincare specialists to Harley Street hypnotherapists – Surrene's treatment menu includes facials enriched with lasers and frozen shots of CO<sub>2</sub>, while artful body sculpting combines radio frequency with high-intensity electromagnetic technology.

"We offer hyper personalised experiences, with everything overseen by medical professionals, so each member's journey is utterly unique," says Hattie. "We exist at the intersection between cutting-edge science and the sensorial, set within a very luxurious environment geared towards health."

As need-gut wellness offerings continue to evolve, it's tempting to ponder what kinds of pioneering innovations will be revealed next.

Explains Sevi: "Longevity labs will offer biometric-driven treatments, powered by AI and real-time health data to deliver truly customised experiences for optimal health. These technologies will enable spas to provide more individualised and effective wellness journeys."

Meanwhile, Hattie hints at intriguing developments in cognitive performance: "It's a very new area. We're looking into brain training, having just invested in a new piece of kit called Exomind. It uses transcranial muscle stimulation to help with everything from anxiety and depression to improved sleep and focus. We'll also be introducing designated cognitive performance labs."

One thing's for certain, the future of wellness looks decidedly healthy. ☺