

Top five spa trends for 2017

Emerging spa trends in 2017 are helping counteract the damaging effects of the relentless pace of modern and stressful lifestyles. In pursuit of ultimate relaxation, these trends sources ingredients, techniques, and philosophies from both East and West, the ancient past as well as cutting edge modern science. The top spa trends we can expect from 2017 are:



Anantara Spa hydrotherapy pool

The humble bath gets a modern revival

One of the world's oldest spa remedies is still a firm favourite among world-weary travellers. In spas around the world, the humble bath is being reborn as a luxuriant rite of passage, a time-honoured ritual of water, scent, and nourishing ingredients to help soothe away the stresses of the day.

Natural minerals

More and more, world-class spas are beginning to recognise a beauty secret that many cultures have known for millennia – some of the best ingredients can be found directly underfoot. From soaking in a scented salt-bath to being completely enveloped in a heavenly and detoxifying clay Rhassoul, mineral elements in their natural state are taking centre stage for their ability to pamper and re-beautify dull, lifeless skin.

Sleep wellness

The fatigue inherent in modern living takes a toll we are all too familiar with, and nothing rejuvenates body and mind like a truly deep sleep. Top international spas know this and are increasingly shifting sleep-focused treatments out of the spa and into the privacy of the guest room, all in the interest of a truly good night's sleep. Anantara Spa's in-villa Slumber Guru Experience, for example, combines the relaxative properties of a scented bath, calming back, neck and shoulder massage, exotic warm beverages and soothing music to ensure guests wake up truly refreshed and relaxed.

A blend of influences

A Thai massage flows seamlessly into a traditional North African clay Rhassoul. Ancient elixirs line shelves alongside the world's most advanced skincare products. The days of exclusively themed spa experiences are over, giving way to a holistic, "best-of-both-worlds" approach to beauty and wellness. Today's spa guests want what they want when they want it,

and new levels of wellness eclecticism are emerging in order to give it to them.

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