

Spa Trends Feature More Sleep, More Green, And More Accessibility

In search of affordable and cutting-edge medical procedures for the fraction of its cost in the United States, more and more Americans are traveling abroad to places like India or Bangkok, creating the new trend of Medical Tourism. Hotels and resorts are now in great position to offer themselves as pre- and post-operation stays.

The spa lifestyle has never been easier now that more spa lifestyle communities have recognized that many parents want to raise their children in a communal environment that provides an active, healthful lifestyle. Structured outdoor/exercise activities and healthy eating options are now being addressed by these communities just for children. Grandparents too benefit from this shift in focus as they can involve their grandchildren in healthy activities in the lifestyle communities in which they live as well.

The original spa experience, "taking the waters" has been around for hundreds of years, serving as the social event for many cultures. SpaFinder predicts more spas, recognizing the need for social interaction and its important health aspects, will begin shifting away from just solo services and offer more communal services.

As can be seen in much of today's marketplace, consumers seek services which align with a green philosophy of life. More and more consumers are considering a spa's green commitment when they choose a spa. Look for a more serious commitment on both the part of consumers and spas when it comes to terms such as "eco-friendly," "holistic," "natural," and "sustainable." Additionally, spas are incorporating authentic indigenous treatments, hiring local staff, and contributing to the community. Consumers are eager to embrace a spa's holistic commitment to the sustainability and health of guests, themselves, and the planet at large.

Spas continue to lead the innovation in skincare technology and programs that address the reality that beauty is more than skin deep. Spa guests will continue to focus on one's overall beauty regimens, which include anti-aging foods as well as natural and organic products. As the science of beauty continues to evolve, new products including DDF's RMX Maximum and Remergent's DNA Repair target the building blocks of the skin fibroblasts, and DNA. SpaFinder asks: "Will invasive face-lifts and cosmetic surgery soon be obsolete?" On the outside, the cosmetic continues to develop natural products that not only enhance appearance but feed the skin with mineral essentials so beneficial for the skin.

Terms such as "watsu" (water and shiatsu), "wellness" (well-being and fitness), and yogalates (yoga and pilates) are examples of spa fusion that have taken separate elements to create more powerful results. Predictions expect an acceleration in these sorts of combined modalities. Examples of other popular fusions will include facials with breathwork, jazzcuzzis with light therapy, massage with sound therapy, and Kinesis, which is a combination of mind/body exercises.

Many of these trends which seem new and unfamiliar SpaFinder predicts will soon become mainstream - helping people to live healthier, happier lives. Spa buzz words to be on the lookout for include anti-aging, bespoke spa treatments, body facials, Body/Mind/SPIRIT, energy medicine, express services, and holistic, to name a few.

About the Author

Geologix Inc. manufactures products using a proprietary formula featuring 34 natural minerals contained in the ancient sea water from the famous Michigan Basin -- a concentration of minerals higher than that found in any known body of water in the world. Mineral Essentials focuses on spa, skin care, and massage products to moisturize and provide anti-aging protection for great skin. [Mineral Essentials](#)

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