



# SPA

## THE NETHERLANDS

SPA lifestyle concept blending the knowledge, traditions and rituals from the East and the West.

Individual Spa services and the Strategies for Living Programs, designed as part of a comprehensive strategy for mental and physical renewal and rejuvenation.

Programs included strategies for detoxification, healthy diet and nutritional support, mindful exercise, stress reduction methods and biological regeneration and rejuvenation techniques.

Programs could be individually customized with personalized treatment services and therapeutic techniques:

- hydrotherapy including different methods and techniques using various herbs and minerals;
- aromatherapy;
- body treatments, such as herbal wraps, marine algae and therapeutic clay;
- massages from a variety of traditions;
- thermal therapies, including Sauna, Hammam, hydro collateral packs, hot stone therapy and moxibustion.

CONCEPT DEVELOPMENT | DESIGN, SPACE PLANNING & FF&E |  
BUSINESS PLANNING & OPERATIONS | TRAINING | MANAGEMENT  
SUPPORT