

WHO WE ARE...

an award-winning firm of wellness architects, operational consultants, and trend experts with over 20 years of experience in developing, designing and opening some of the world's most renowned spas and wellness facilities.

we bring our expertise and insights on wellness to create well spaces throughout your hospitality, residential, and commercial projects.

OUR CORE SERVICES

Wellness architectural and interior design

we believe that good design takes into account its impact on the environment around it and on the well being of its occupants.

- by placing wellness at the heart of our design, construction, operation and development decisions, we add value to real estate assets, generate savings in personnel costs, meaningfully enhance the individual's experience, health and well-being within the space.
- our aim is to create UBERWELL™ buildings and spaces that optimize and support human health, well-being, and comfort through our 360 design approach and strategy.

Spa & Wellness Consultation and Turn-key

with over 20 years of experience in spa design, concept development, training, pre-and post opening services, we are a one-stop-source for all your spa & wellness requirements. our services includes:

- spa / gym interior design services
- hydro thermal area design and technical services
- spa concept and treatment development
- spa pre-opening set-up and post-opening assessments

Wellness trend spotting and market optimization

we research, track and curate the latest in wellness design, technology and trends to bring you game-changing innovations, ideas, and consumer trends. subscribe to our UBERWELL™ trend blog.

we offer strategic planning and consultation services on how to apply the UBERWELL™ design principles and philosophy to optimize market penetration and how to address wellness issues that greatly influence the consumers' buying and decision making process.

welcome to our world



design services

design planning

the vision: we start the design process by bringing together the project's overall vision and our creative input to produce an original design concept that is relevant to the targeted market and boosts brand value.

concept development

the heart of the design process: vision is transformed into tangible deliverables such as the submission of a market study, project concept and positioning, financial projections, and the projec's floor plan.

design development

the nuts and bolts of the project: concept is detailed and illustrated using mood boards and 3d renderings that bring design to life. operational requirements and brand standards are incorporated throughout the entire process.

construction documentation

the detailing: detailed drawings, material specifications, and other design stipulations are submitted to define the project for the tender process and actual construction.

site supervision

the work: our team of architects and project managers also provide on-site supervision and assist contractors to build to our exacting specifications.





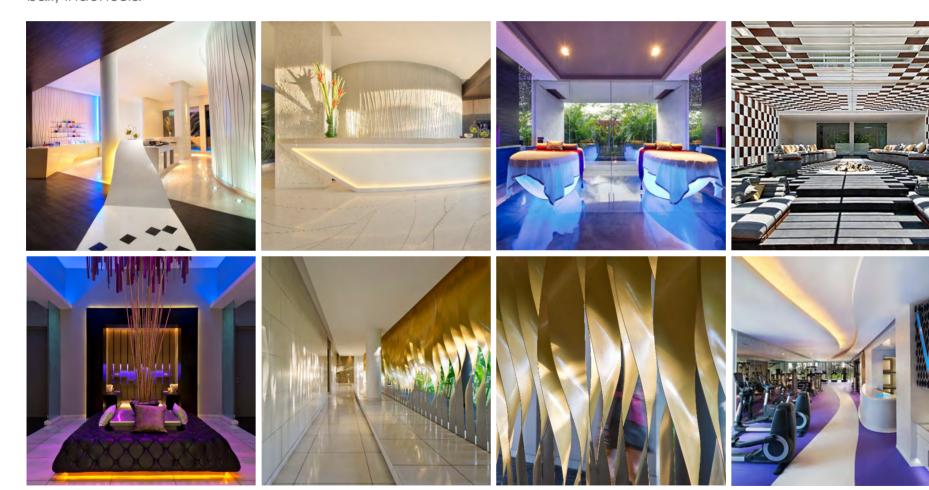




away spas for w hotels

away spa w retreat & spa seminyak bali, indonesia





away spas for w hotels

w sentosa - sentosa, singapore w guangzhou - guangzhou, china w shenyang - shenyang, china

1500 sqm- 2012

2700 sqm - 2009

1982 sqm - 2019















iridium spa st.regis zhuhai zhuhai, china













iridium spas for st regis hotels & resorts

st.regis lhasa - lhasa, tibet st.regis chengdu - chengdu, china

1981 sqm - 2011

1900 sqm- 2014











iridium spas for st regis hotels & resorts

st.regis maldives - dhaalu atoll, maldives

2000 sqm - 2015











heavenly spa for the westin hotels & resorts

heavenly spa the westin resort bali, indonesia



















luxury collection for starwood hotel group

lagoon spa luxury collection laguna bali, indonesia

1402 sqm 2012 t luxury emerging spa world luxury spa awards 2014

finalist for best luxury emerging spa world luxury spa awards 2014 winner the best spa hotel at the prestigious international hotel award 2013 winner the best spa indulgences at starwood preferred guest member 2013

















operational





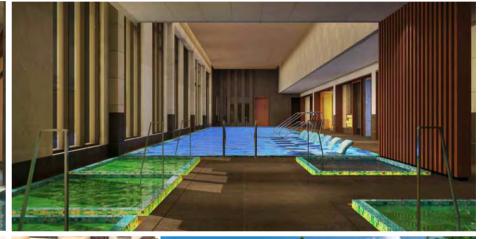
















unique spas for capella/solis managed hotels & resorts

spa & wellness, bo'ao king bay hotel - hainan bo'ao, china han yue resort and spa jiuhua mountain - jiuhua, china solís ubud resort & spa - ubud, indonesia

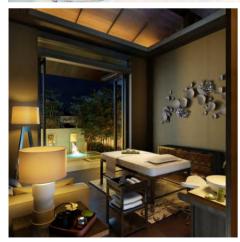
3900 sqm

2029 sqm

1214 sqm











2450 sqm 2013 operational

Urspa the puyu hotel and spa wuhan, china











the puxuan hotel and spa beijing, china











urspa for urc hotels & resorts

the ruma hotel and residences - kuala lumpur, malaysia the pushang - xiamen, china the senrong resort & residences - zhu jia jiao, china

650 sqm - 2017

2717 sqm- Q4 2016















urspa for urc hotels & resorts

the pujin - chengdu, china the puxuan hotel & spa - beijing, china

840 sqm

1000 sqm- Q4 2017













the temple house - chengdu, china













shanghai healing centre

the anandi hotel healing centre shanghai, china

2018 5000 sqm





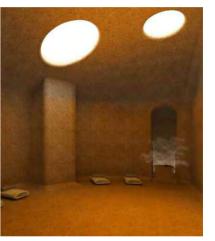


















operational

Oio

unique health and wellness center for fullshare wellness pte ltd

fullshare - 31 scotts road singapore

540 sqm 2015



operational







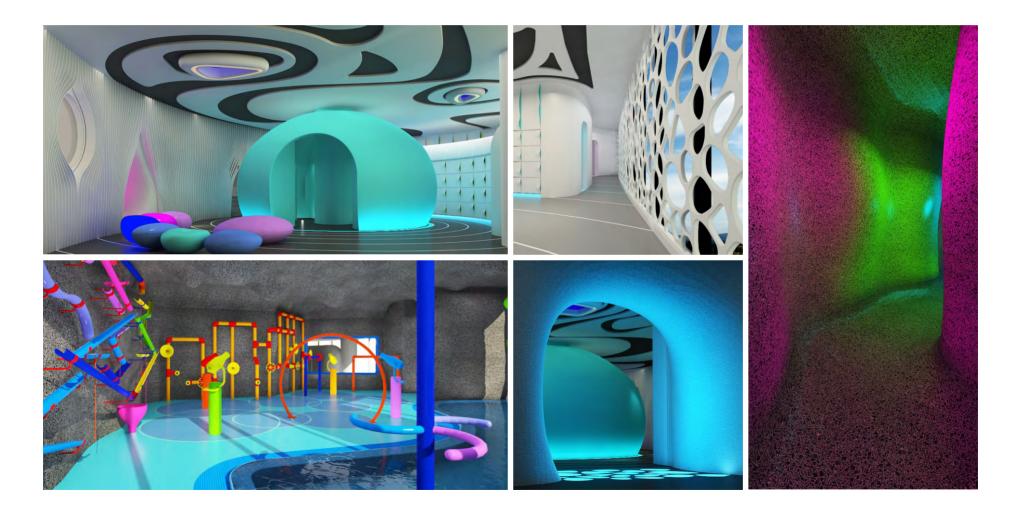






2017

kids spa - jhl solitaire gading serpong, indonesia



talise spa jumeirah hotel china



chang bai mountain international hotspring resort jilin province, china





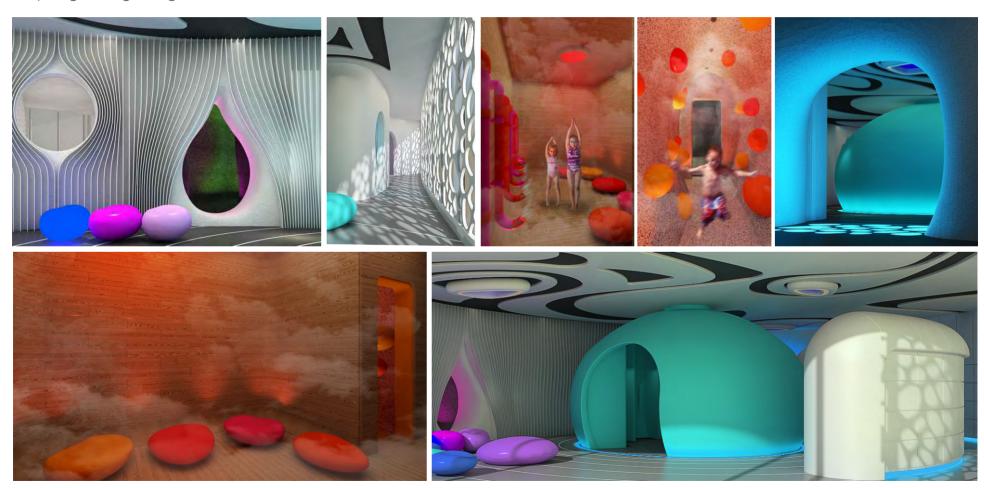




operational

operational

serpong - tangerang, indonesia

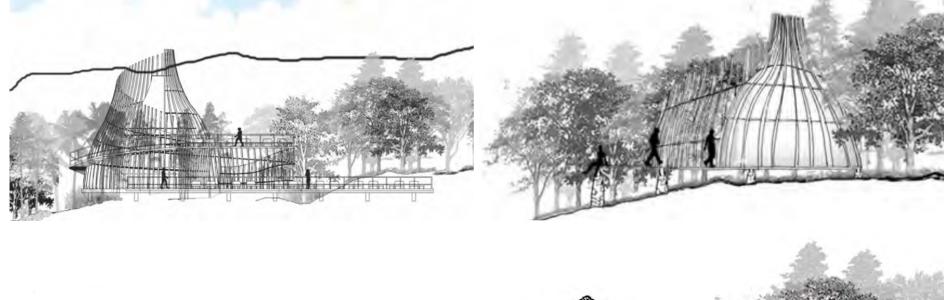


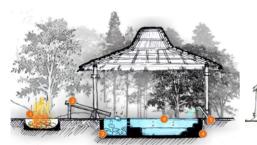
400 sqm 2014

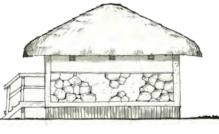
unique concept for nihiwatu

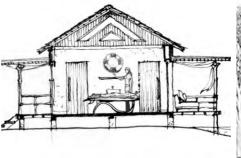
nihiwatu spa

nihiwatu resort sumba, indonesia

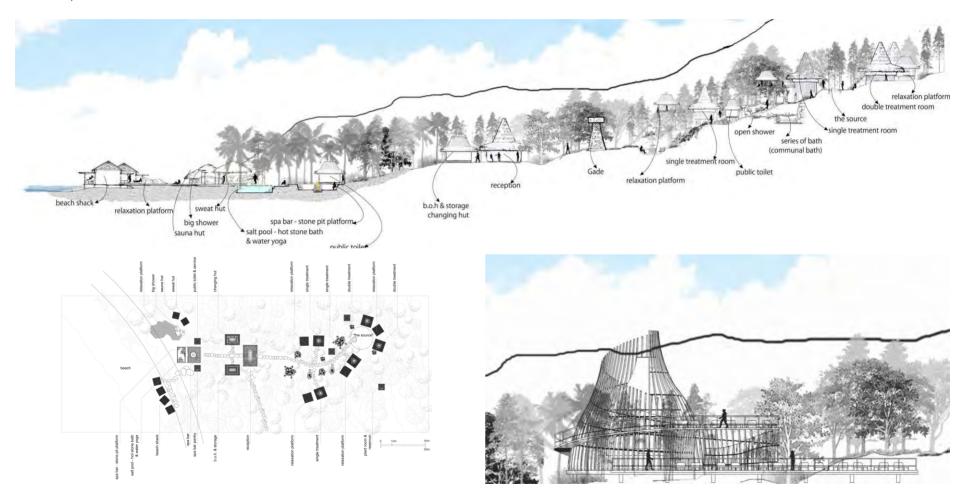














planning & set up

treatment concept

the conception of a unique and original treatment concept that reflects a deep understanding of the spa location, culture, traditions as well as market demands and expectations.

treatment menu

the development of an innovative and imaginative treatment menu or a series of tantalizing signature treatments that engage and inspire guests and bring the concept to life.

pre-opening planning

services include the spa pre-opening critical path and time lines: a spa treatment concept tailored to the location: payroll expenses and staffing forecasts: and recruitment and selection of qualified therapists for the spa.

skills and training

Our intensive on-site and off-site skills training includes the implementation of the spa treatment protocols: training in technical skills and in-depth product knowledge: and training consultation skills and pre & post treatment guest care.











planning & set up



services include implementation of the spa operating and service procedures; the development of an on-going therapist training program. spa and membership programs, guest spa journey and after care programs, and the development of the sales and marketing plan.

on site set up & implementation program

we assist in reviewing the spa defect list, preparing the spa daily checklist, and in providing spa concept immersion to the spa team. we also offer assistance in spa menu and spa opening press release write-up.

post opening assesments

our team of senior and internationally qualified project consultants provide detailed on-site operational assessment and therapist evaluation 3 months and 6 months after implementation.











development award winning treatment concepts

nihiwatu, sumba island

on a sacred space with verdant forest, megalithic wonders, natural fauna and world heritage ocean, the spa journey shares a dialogue with nature and treatments are developed that reflect the history of the island and the natural resources found therein. sacred & iconic spaces, spiritual & shamanic journeys, martial arts with the inspiration from the great pasola warrior horsemen, botanical elements with earth healing; muds, seaweeds, waters, rock, ocean.

URC ruma, KL

in the heart of the city in a modern vibrant hotel for global nomads, lies a deep indigenous offering of culturally relevant treatments and services. modern takes on asak bidan, sarawak kendah massage, ancient urut rituals for men, exercises of warriors with women's silat dance and the traditional pre and post natal care.

yihe mansions, nanjing, china

the mansion spa's treatment menu reflects the rich and ancient history of nanjing from warmed yangtze river rock hot stone massage, a remedial bamboo ritual developed because of bamboo's innate nature to grow and perpetuate longevity, ingredients that warm and detoxify like a 5-spice massage oil, to cleansing rituals with mineral rock salt scrubs, heated compresses and massage styles that could take you through ancient silk roads from tuina, reflexology, thai, ayurvedic breathing and the herbs & spices that followed. welcome to the mansion spa journey...









four seasons sayan, ubud, bali

the five layers of being – the balinese secret to bliss. peel away the layers from internal to external, from earth to ethereal, within to without. start with the most primary need which is to "eat"; nutritionally charged spa superfoods, balinese super plants, herbs, fruits, extracts. the foundation of life "breathe"; meditation, pranayama, martial arts breathing. "feel" the wisdom and wonder with ancient rituals from powerful pre-wedding ceremonies & treatments, pre-post natal care, beauty and vitality. "learn" satisfy ones innate nature to discover with classes from cooking, herbal decoction or massage. "play" creative, explorative programs to push the envelope...cast down a ravine, master some whitewater or "sawah" run. an exploratory journey from a magical destination.

URC puyu wuhan

thermal techniques from china & japan are delivered with enzyme herbal baths, and hot stone bathing...unique to wuhan, the ganban'yoku treatment is "hot stone bathing without hot water". lay still in the stone platform and let the benefits from infrared rays and negative ions which pass through the ganban stones improve blood circulation, relieve stiff joints, and back pain. combined with a chosen body wrap it has a positive effect on metabolism, weight loss and detoxification.









away spa at w retreat & spa, seminyak, bali

detox with the quintessentially away® spa "morning after" massage and refuel with the positively invigorating "raw energy" crushed sea salt & seaweed body brushing and fresh lime margarita massage. go "ott" with the diamond dust body polish & pure gold wrap. or... indulge the senses by experiencing the sensational scent alchemist. then, there is shhhh... a secret collection of sexy, rare and exotic balinese treatments for even the most jaded spa addicts. the away® spa also features the "detox chamber" a pure oxygen filled blue room where guests are served fabulous potions and decompress before their treatments, the chill bar, the only spa bar in town (or anywhere, for that matter!) with its own "cat-walk", seven stunning treatment suites complete with their very own "glow beds™" and sweat, a 24-hour state-of-the-art gym that makes looking and feeling gorgeous easy.

heavenly spa by westin, nusa dua, bali

heavenly spa by westin, nusa dua, bali embraces the cultural heritage with a mythical legend and merges the ancient with the modern. exquisite massage techniques like shiatsu (conducted in a treatment room specially designed for this) and manual lymphatic drainage treatment with 'healing hands' in combination with exclusive wet treatment rooms, with signature therapies to exfoliate and refresh the skin make the heavenly spa by westinTM a true wellness destination. authentic local island ingredients such as locally sourced seaweed and clay body masks are infused inside a private steam room with chromatherapy lighting for optimal results – delivering a truly world class wellness experience with the best of local island offerings.









the ur spa at the puxuan beijing, china

Only minutes away from the Forbidden City and Beijing's main commercial and shopping district, The PuXuan Hotel and Spa is a true gem in the very nerve centre of the Chinese capital. The design of the hotel does not celebrate an aesthetic, but the city out of which it was born. 116 spacious and luxuriously appointed guest rooms, many with uninterrupted views of the Forbidden City, as well as two specialty restaurants and UR Spa are sure to make this a new destination for luxury business and leisure travellers alike.

The first Signature spa for Urban Resort Concepts, UR Spa brings the core principles of modern science and ancient healing to a hand-crafted luxury spa experience. Intelligent, intuitive, bespoke services are results driven and high performance, delivered in a modernist, chic sanctuary of revitalisation. Opening late 2017.

ihl solitaire serpong, indonesia

The JHL Solitaire Spa and Hydro-thermal Complex is an integrated site that offers hydrotherapy, thermal, spa & wellness services for the whole family. The facility provides services to hotel residents and to the local market. Unsurpassable experiences are available specifically to children of all ages like nothing found in Indonesia that are safe, fun, and unforgettable. Adults, naturally still require spa journeys that provide extensive treatments and efficacious products tailored to suit their every need.













award list

shortlisted the spa asia awards 2018 winner spa esc, radisson blu uluwatu, bali, indonesia	2018	new spa of the year
world spa awards 2018 winner mi xun spa, the temple house, chengdu, china mi xun spa, the temple house, chengdu, china	2018 2018	asia's best wellness retreat china's best wellness retreat
smart travel asia 2018 mi xun spa, the temple house, chengdu, china	2018	top 25 spa hotels in asia
metropolitan hotel awards 2018 mi xun spa, the temple house, chengdu, china	2018	best hotel spa
conde nast traveler awards 2018 mi xun spa, the temple house, chengdu, china	2018	world's best 100 spa (china's top 25)
world spa awards 2017 winner iridium spa, the st. regis maldives vommuli resort iridium spa, the st. regis maldives vommuli resort iridium spa, the st. regis maldives vommuli resort	2017 2017 2017	world's best spa design indian ocean's best resort spa maldives's best resort spa
prix versailles global architecture awards 2017 st. regis maldives vommuli resort, maldives	2017	the best exterior design hotel in africa & west asia
trends 7th hotel awards winner mi xun spa, the temple house, chengdu, china	2017	best spa experience hotel
spa china awards 2016 winner mi xun spa, the temple house, chengdu, china	2016	best newly opened spa of the year
spa asia awards 2016 winner the st. regis kualalumpur, malaysia iridium spa, the st. regis chengdu china mi xun spa, the temple house, chengdu, china mi xun spa, the temple house, chengdu, china	2016 2016 2016 2016	urban spa of the year spa of the year (north and west area) urban hotel of the year new spa of the year
sustainable hotel award hicap 2016 mi xun spa, the temple house, Chengdu, china	2016	sustainable project design
world spa & wellness awards 2016 finalist away spa at w retreat & spa bali seminyak, indonesia	2016	hotel spa of the year: asia & australasia







THE WORLD ARCHITECTURE AWARD FOR STORES, HOTELS AND RESTAURANTS



award list

spachina awards short listed 2015 nanjing han yue lou plaza hotel, solis manage hotel, capella hotel group iridium spa, st. regis chengdu, china	2015 2015	best spa design of the year best spa design of the year
2015 awards finalist: luxury spa w retreat & spa bali, seminyak, bali, indonesia the yihe mensions nanjing, china	2015 2015	best newcomer best newcomer
shortlisted the asia hotel design award 2015 heavenly spa by westin, nusa dua bali, indonesia the puyu, wuhan, china	2015 2015	interior design spa & wellness interior design spa & wellness
best for most unique treatment w retreat & spa bali, seminyak, indonesia	2015	detox oxygen theraphy
world luxury spa awards heavenly spa by westin, nusa dua bali, indonesia the logoon spa at laguna luxury resort & spa, nusa dua bali, indonesia duniye, maldives lagoon spa, luxury collection laguna, bali, indonesia	2014 2014 2014 2013	winner best luxury wellness spa of the year finalist for best luxury emerging spa best luxury resort spa winner the best spa indulgences at starwood preferred guest member
the prestigious international hotel award lagoon spa, luxury collection laguna, bali, indonesia	2013	winner the best spa hotel for indonesia
spa asia awards away spa at w retreat & spa, bali, starwood hotel & resort, indonesia the spa @ the edge, bali, indonesia	2011 2011 2010	winner of new spa of the year short listed for spa design of the year winner of most innovative spa of the year
spa china awards empress imperial jade journey - chi, the spa at shangri-la hotel, beijing, china white tiger autumn rites - qin, the spa at four seasons hotel, shanghai	2010 2010	best spa treatment package of the year best tcm treatment of the year
crystal awards a journey to serenity-four seasons resort maldives at kuda hura devi bhavani ritual for women - four seasons resort maldives at landaa giraavaru giraavaru sacred water ritual - four seasons resort maldives at landaa giraavaru	2009 2008 2007	best signature experience best complementary & alternative medicine wellness centre best signature experience
petal massage - the ritz-carlton, bali resort & spa, indonesia	2005	best signature treatment



















spa design & consultancy

four season resort at jeju shinwa world, jeju, south korea	2018	jeju, south korea
saranam hotel, bali, indonesia	2018	bali, indonesia
st.regis martha, marbella, spain	2018	marbella, spain
waldorf astoria hotel - haitang zhixing spa	2018	sanya, china
specialty restaurant, patina ubud resort & spa,	2016	ubud, indonesia
capella hotel group		
away spa w hotel sydney, starwood hotel group	2016	sydney, indonesia
anandi hotel healing centre	2016	shanghai, china
fullshare, 31 scotts road	2015	singapore
panbil sector v	2015	batam, indonesia
iridium spa, st. regis kuala lumpur, starwood hotel & resort	2015	kuala lumpur, malaysia
jhl solitaire gading serpong	2015	jakarta, indonesia
away spa, w shenyang, starwood hotel & resort	2015	shenyang, china
urspa, the puxuan beijing hotel, urban resort concept hotel	2015	beijing, china
spa esc, radisson blu resort uluwatu	2014	uluwatu, indonesia
rosewood tanah lot bali,	2014	tabanan, indonesia
rosewood hotels & resorts concept hotel		
away spa, w beijing, starwood hotel & resort	2014	beijing, china
panbil sector 5 batam	2014	batam, indonesia
locz incheon entertainment resort & leisure complex	2014	incheon, korea
fullshare health & wellness centre scotts road singapore	2014	singapore
the luxury collection xiamen, starwood hotel & resort	2014	xiamen, china
urspa, the pujin chengdu hotel, urban resort concept hotel	2014	chengdu, china
shine spa, xi'an terra cotta warrior sheraton hot spring resort 20	14	xi'an, china
spa, patina ubud resort & spa, capella hotel group	2014	ubud, indonesia
urspa, the pushang xiamen hotel, urban resort concept hotel	2014	xiamen, china
dazhongli hotel shanghai swire properties	2014	shanghai, china
the temple house hotel chengdu, swire properties	2013	chengdu, china
urspa, the ruma kl hotel, urban resort concept hotel	2013	kuala lumpur, malaysia
spa & wellness, bo'ao king bay hotel, capella hotel group	2013	hainan, china
iridium spa, st regis maldives, starwood hotel & resort	2013	maldives
nihiwatu resort sumba island	2013	sumba, indonesia
chang bai mountain international hot spring resort	2013	changbai mountain, china
four seasons resort bali at jimbaran bay	2013	bali, indonesia
chi spa, shangri-la hotel beijing	2013	beijing, china
gerritsen residence	2013	koh samui, thailand
heavenly spa, the westin nusa dua, starwood hotel & resort	2012	bali, indonesia
nanjing yihe mansion	2012	nanjing, china
le meridien bali	2012	bali, indonesia
world trade centre hotel nanjing	2012	nanjing, china
away spa, w goa, starwood hotel & resort	2012	goa, india
world trade centre hotel nanjing	2012	nanjing, china
away spa, w goa, starwood hotel & resort	2012	goa, india
gerritsen residence	2012	amsterdam, netherlands











spa design & consultancy

urspa, the puyu wuhan, urban resort concepts hotel han yue lou plaza hotel, solis manage hotel, capella hotel group han yue resort and spa, capella manage hotel,	2011 2011 2011	wuhan, china nanjing, china ijuhua mountain, chir
capella hotel group iridium spa, st. regis zhuhai, starwood hotel & resort iridium spa, st. regis chengdu, starwood hotel & resort dubai pearl lagoon spa, the luxury collection laguna nusa dua,	2011 2011 2011 2011	zhuhai, china chengdu, china dubai, uae bali, indonesia
starwood hotel & resort talise spa, jumeirah hotel guangzhou kerry hotel pudong shanghai heavenly spa, the westin pazho, starwood hotel & resort iridium spa, st. regis lhasa, starwood hotel & resort four seasons hotel hangzhou at west lake heavenly spa, the westin xian, starwood hotel & resort away spa, w singapore - sentosa cove,	2011 2011 2010 2010 2010 2009 2009	guangzhou, china shanghai, china pazhou, china lhasa, tibet hangzhou, china xian, china sentosa, singapore
starwood hotel & resort auriga spa, capella singapore, capella hotel group four seasons maldives at kuda hurra four seasons shanghai the ritz carlton jakarta away spa, w retreat & spa bali, starwood hotel & resort nyang - nyang four points by sheraton shenzhou, starwood hotel & resort shine spa, sheraton guangzhou, starwood hotel & resort the spa at the edge bali away spa, w bangkok, starwood hotel & resort away spa, w guangzhou, starwood hotel & resort talise spa, zendai himalayas hotel, jumeirah four seasons maldives landaa giraavaru bayhood no.9 spa, beijing pattra resort, guangzhou aryaduta hotel & resort medan buddha-bar hotels & resorts, worldwide the ritz carlton bali fuchun resort, hangzhou aman resorts, worldwide	2009 2009 2009 2009 2008 2008 2008 2008	singapore maldives shanghai, china jakarta, indonesia bali, indonesia shenzhou, china guangzhou, china bali, indonesia bangkok, thailand guangzhou, china shanghai, china maldives beijing, china guangzhou, china jakarta, indonesia worldwide bali, indonesia hangzhou, china worldwide











treatment development

amanyara

auberge discovery bay hong kong

auriga capella singapore

auriga pedregal cabo san lucas

ayana resort and spa bali

duniye meeru island

fivelements

four seasons jakarta

four seasons jimbaran

four seasons sayan

four seasons maldives at kuda huraa

four seasons maldives at landaa giraavaru

four seasons macao

four seasons seychelles

four seasons beijing

four seasons chiang mai

four seasons singapore

fuchun resorts

intercontinental jakarta

jari menari

karma spa bali

karma spa rottnest lodge

kerry beijing

kerry hotel pudong

losari (the hamam) spa

nanjing ningyi industrial co. Itd

paradis botanical

nikoi island

puyu wuhan

ritz carlton jakarta (pacific place)

rob peetoom

shangri-la hotel jakarta

shangri-la pudong

shangri-la jing an

sheraton bali - kuta resort

sheraton shenzhou peninsula resort

sofitel nusa dua

spa botanica - maxbright pte ltd

st. regis bali

the dharmawangsa

the edge

the royal bali beach club (jimbaran)

tirtha bridal

villa bambu indah

w hotel bali

w hotel guangzhou

w hotel maldives

westin nusa dua

radisson blu uluwatu resort

urspa the ruma kl hotel, urban resort concept hotel urspa the puxuan beijing, urban resort concept hotel

jhl solitaire

US

hong kong singapore

mexico

bali, indonesia maldives

bali, indonesia

indonesia

bali, indonesia

bali, indonesia maldives

maldives

china

china

china thailand

singapore

china

indonesia bali, indonesia

bali, indonesia

australia

china

china

indonesia china

worldwide

indonesia china

indonesia

bali, indonesia indonesia

china china

bali, indonesia

china

bali, indonesia

singapore bali, indonesia

indonesia

bali, indonesia

bali, indonesia

bali, indonesia

bali, indonesia china

maldives bali, indonesia bali, indonesia

kuala lumpur, malaysia

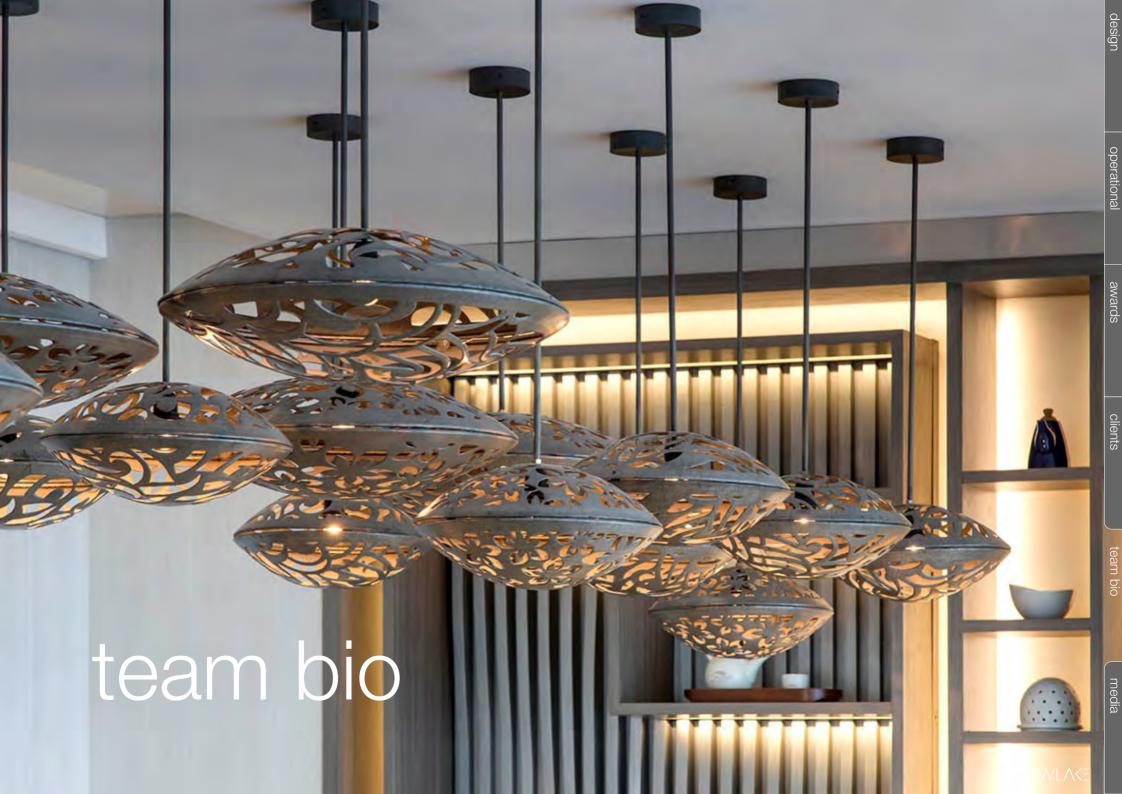
beijing, china tangerang, indonesia













ADRIA W. LAKE - FOUNDER / MANAGING DIRECTOR

Adria's approach to life and design is direct and exacting. She remains laser focused on her aim, while exploring all possible options. Her ability to adeptly spot patterns, distill information, and bring together seemingly unrelated interests has allowed her to break new grounds in all aspects of her work.

She brings her insatiable curiosity, visionary approach and creative strategies into her projects. Her relentless pursuit of excellence, sharp eye for detail, and passion for tailored experiences are the reasons her client list includes the best spas and hotels in more than 30 countries such as Aman Resorts, Bylgari, Buddha Bar, Four Seasons Hotels & Resorts, Ritz Carlton, St. Regis, W Hotels, and countless others.

As the owner, founder and Managing Director of A.W. LAKE 360 Wellness Design, Adria holds an MBA in International Business Management from the prestigious University of California in Los Angeles (U.C.L.A) and spent 8 years overseeing her family's portfolio of hotel and real estate properties in Asia before venturing out on her own.

Since its inception in 1999, Adria has built A.W. LAKE into a multi-national full service Spa Concept and Design Firm with offices and operational bases in Indonesia, Singapore, and China. Adria also writes for leading Spa & Wellness magazines, travels extensively in search of new ingredients for her line of pure and organic product range, studies various forms of traditional systems of medicines including African, Ayurvedic, Bon, Chinese, Tibetan, Tantric and Mayan. And in her increasingly limited spare time, she climbs the world's highest peaks and explores far flung and isolated locations just for fun.

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RICHARD WILLIAMS - PRE & POST OPENING CONSULTANT

Richard is a highly skilled Spa Consultant and considered one of the best in the Asian spa industry. He has over 15 years experience in all facets of the spa and wellness industry from practice, training & operations to lecturer of spa services, management and consulting and another 15 years previously in the hospitality industry internationally, in 5-star hotels & resorts in F&B/fine dining.

Richard is a certified practitioner in many modalities, some of which are; Sports & Remedial Massage, Level I Reiki, Manual Lymphatic Drainage, Myofascial Release, Cranio-sacral and Therapeutic Touch. He holds certificates from Cornell University, USA, Southern School of Natural Therapies in Melbourne, Cranio-sacral Academy Australia and is a certified Primordial Sound Meditation Instructor from The Chopra Wellness Center in La Jolla, California.

He is well versed in spa operations and pre opening with previous positions including pre opening for Hilton, Melbourne, Practitioner & Trainer for Renewal Day Spas, Singapore, Spa Manager for ChivaSom International Health Resort, HuaHin, lecturer at Chivasom Academy, Bangkok, Director of Spa for The Peninsula Hotel, Bangkok and Pre-opening and Director of Spa for The Peninsula Hotel, Shanghai, PRC, Consultant to The Private Spa Wellness Center, Bali and Karma Royal Group Int.

Richard has presented at spa conferences in Australia, Singapore, Thailand, China and the USA and is one of the founders of ASPA, the Australasian Spa Association and SWAS, the Spa & Wellness Association Singapore and Board Director, PR/MediaLiaison for APSWC, the Asia Pacific Spa & Wellness

Contact e:richard@awlakedesign.com



EGA NUGRAHA K. - HEAD ARCHITECT

With over 10 years of experience in the Spa and Wellness architecture and interior design, Ega leads the award-winning design team at A.W. LAKE in breaking new grounds and conceptualizing bold and innovative designs for our prestigious clients. Under his leadership, the A.W. LAKE design team has proudly completed high profile and distinguished projects all over Asia and beyond, including Indonesia, Singapore, Malaysia, China, India, Maldives, and Dubai.

A graduate from the notable Catholic University Parahyangan in Bandung, Ega continues to pursue his great interest in creating "well" spaces that support and improve human health and performance by incorporating the principles of Building Biology and Ecology into his designs. As a result, A.W. LAKE winning designs not only enthrall the senses, but are also healthy and kind to the environment.

Contact e: ega@awlakedesign.com

Education Parahyangan University, Indonesia

Bachelor degree in Technical Design and Architecture



PANDU PEBRUANTO - PROJECT MANAGER

With his technical and engineering background and 7 years experience as ID Engineer at the Shangri-La International Hotel Management and A.W. LAKE, prior to taking on the role of Senior Project Architect, Pandu provides valuable insights and offer practical solutions to the projects he manages. He has made great contributions and actively managed prominent projects such as:

- Away Spa W Hotel Seminyak Bali
- Away Spa W Hotel Sentosa Singapore
- Heavenly Spa Westin Nusa Dua Bali
- Fullshare 31st Scott Road Sinagpore
- Lagoon Spa at Laguna, Nusa Dua Bali
- Han Yue Lou Solis Nanjing
- Panbil Sector V Batam

Contact e : pandu@awlakedesign.com
Education Diponegoro University, Indonesia

Bachelor degree in Technical Design and Architecture



MAGGIE GUNNING – CONSULTANT

Maggie has spent the last 24 years in both Europe and Asia, honing her skills in all aspects of spa consultancy from concept design through to spa set up and operations. Maggie was the founder and managing director of consulting firm Spa Synergy and succeeded in establishing the brand as the industry professional and trusted advisor to look to, for delivering world-class standards in spa excellence.

In the initial years of her career Maggie's focused efforts were spent on setting up and managing spas for clients such as, Pacific Club Kowloon in Hong Kong, Rockwell Land Corporation in the Philippines and St. Gregory Day Spas in Singapore. A fully qualified aesthetician in face and body treatments, Maggie has also coached both the practical and theoretical side of spa related treatments and acted as international examiner for the Confederation of Beauty Therapy and Cosmetology, UK. Maggie was the first person in Asia to receive a Spa Management Diploma from Derby University, UK.

For the last 10 years Maggie spent her time working on a variety of spa developments for hotel groups including Starwood Hotels & Resorts - Asia Pacific region, Jumeirah Hotels - UAE, ITC.

Welcomgroup - India, Ishin Hotels - Japan as well as exclusive, highly prestigious projects such as Zaya Retreats group from Abu Dhabi and various boutique hotel spa projects in the Maldives.

Maggie's services have ranged from developing spa concepts through to spa pre-openings and training. Her work has taken her to countries such as India, China, Thailand, Indonesia, Dubai, Kuwait and Turkey where she worked closely with investors, designers, project managers etc, to turn their spa visions into a reality.

In May 2010, Spa Synergy was acquired by A. W Lake Spa Concepts Pte Ltd. Maggie continues to work in the capacity as a consultant with Adria Lake and her spa design team.

Contact e: mg@spasynergy.com

skype: maggie8885778



SHEREN CHEUNG - PROJECT MANAGER

Sheren is an Architectural and interior designer with over 17 years of experience, during her professional career; she has worked in a number of projects in the United States and aboard. The wide range of high- end hospitality projects, range from boutique hotels in California to 5 stars resort hotel in Asia and the Caribbean, furthermore her experience cover high end residential towers in the US and Europe.

In addition to her design abilities, Sheren utilizes her exceptional management and organizational skills to lead project teams, while keeping an open and translucent communication between consultants, contractors, owners/clients and operators.

The knowledge and experience that she has, makes her an integral part of the team, and as a leader, she is responsible to manage, coordinate and deliver a project as design and approve by the client. She travels extensively to assure the integrity of the design and the quality of the project is kept to the highest level possible.

Contact p: (1).415.994.9368

e: sheren@awlakedesign.com

skype: sheren.cheung

Education University of California_Berkeley, USA

Bachelor of Architecture, 2000

Organizations American Institute of Architects (AIA)

US. Green Building (USGBC)



DEREK BARTON - CONSULTANT

As the Managing Director of Barr & Wray's operations in HK, Derek has 18 years experiences in the provision of swimming pool water treatment systems, water features and wave machines. His primary focus, however, is the development of a distinguished Spa Projects Portfolio offering products and services in Spa Engineering Design, Vitality Pools and Thermal Suites.



march 2019

spa opportunities urspa at ruma hotel kualalumpur

may 2019

spa bussiness

Acquaree hydrothermal kids spa, JHL Solitaire Hotel

Spa opportunities Spa news and jobs in association with Spa Business magazine

Kuala Lumpur's Ruma Hotel opens 6th urban welness oasis



Conceptualised by A.W. Lake Wellness Design, the UR Spa is designed to offer a sensorial journey and respite from the everyday grind, with principles rooted in modern science and ancient healing

The RuMa Hotel and Residences in Kuala Lumpur, Malaysia, has opened a results-driven integrated spa concept conceptualised by A.W. Lake Wellness Design Located on the 6th floor of the hotel, the spa reflects the hotel's style while embracing the emotional, aesthetic quality and local context for which Urban Resort Concepts (URC) is known. UR Spa is designed to offer a sensorial journey and respite from the everyday grind with principles rooted in modern science and ancient healing.

In keeping with URC's signature concept of Hostmanship, the spa creates a guest experience that revolves around each individual guest's needs in an environment that is personal, engaging and intuitive.

"We developed and tailored the spa therapies with Comfort Zone, one of the industry's leading creators of science-based formulas, to offer supercharged treatments that can be enjoyed singularly or tailored to the individual's schedule for targeted, optimal results," said Richard Williams, A.W. Lake's pre-opening consultant.

As a prelude to all treatment, guests will enjoy a welcome ritual with Kabat stretch and a botanical inhalation, preparing the mind and body to fully benefit from the treatments that follow.

Five signature core therapies include UR Ageless, a rejuvenating advanced natural facial for those desiring effortlessly radiant beauty; UR Active, an invigorating and fortifying ritual for globe-trotting individuals seeking vitality and revival of the spirit; UR Vital, incorporating a full-body scrub.





New hydrothermal children's spa opens in Jakarta



Designed and engineered with child-safety in mind, the Acquaree hydrothermal circuit is a fully quided experience, where trained

Acquaree, a hydrothermal kids' spa, has opened within the JHL Solitaire Hotel in Jakarta, Indonesia. Designed and conceptualised by AW Lake and engineered by Barr +Wray, the 820sq m (8,000sq ft) hydrothermal circuit offers extensive hydrothermal experiences to children from toddlers to pre-teens.

"Aqcuaree is a fully integrative, stand-alone hydrothermal circuit designed with the children's development and wellbeing in mind," said Adria Lake, founder of AW Lake. "The circuit provides multi-sensorial experiences that engage and expand a child's imagination and introduce the health benefits of a hydrothermal experience to children."

The main hydrothermal circuit for kids aged 5 – 12 includes a long, winding cavernous water and heat tunnel; a rock sauna with climbing walls, a rasul-like mud room where different types of organic and freshly prepared therapeutic clays are provided and Octopi tentacles blow warm air to dry the mud; and a Rainforest chamber with scented rain showers, rinsing water buckets and shower hoops.

A separate water playground designed specifically for toddlers aged 3 – 5 features fun and educational hydro experiences such as a bubble pool, water guns, slides, mushroom shower and more.

An outdoor playground located on an adjacent roof terrace serves as a "pre" and "post" circuit area for the children.

The Hub is a dedicated children's check in/check out lounge featuring healthy refreshments, light snacks and games; Acquaree also features organically designed and shaped boys' and girls' locker rooms with luminous, colour-changing LED lighting, private changing rooms, WC and showers.



may 2018

spa opportunities

Center for Wellness Strategies and resilience camp

clad news

Center for Wellness Strategies and resilience camp



A.W. Lake launches Center for Wellness Strategies and resilience camp in the Rocky Mountain wilderness



The monolithic steel building, called the Center for Wellness Strategies, stands 2,000m (6,800ft) above sea level on a 40 acre (16 hectares) site

Wellness design firm A.W. Lake has opened its new headquarters in Northern Colorado, with the building set to become a hotbed of wellness research in the wilderness of the Rocky Mountains.

The monolithic steel building, called the Center for Wellness Strategies, stands 2,000m (6,800ft) above sea level on a 40 acre (16 hectares) site bordering a vast swathe of national forest land.

may 2018

The building will serve as a hub for individuals and companies to come together and share ideas for the development of disruptive technologies, products and services "that boost our health, happiness and humanity."

It will also serve as a base for A.W.Lake's Resilience Training and Wilderness Camps, which expose participants to unfamiliar and unpredictable conditions and new sensations, "because evolution favours adaptation, rather than prevention or avoidance."

Facilities include a maker's studio and gallery, a demo kitchen and cooking school, an outdoor wood-fired sauna and steam cabins and ice baths. There is also access to more than 350 miles (563km) of hiking trails, white water rafting, canoeing, skiing, snowboarding, swimming, rock climbing, fishing, forest foraging and wildlife tracking.

Designed and built by architect MAAD design, the HQ's frontage features two sets of 8m (26.2ft) long panoramic windows to take in the mountain views. A sloped roofline allows high wind to glide over the building and sends melted snow into a 5.000-litre underground concrete cistern.

CLADnews for architects, designers, investors & developers

A.W. Lake launches Center for Wellness Strategies and resilience camp in the Rocky Mountain wilderness

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66 Our HO embodies the philosophy of Resiliencebased Wellness It is built to last and thrive in any condition, not by force or concessions, but through an ongoing conversation and

collaboration with nature 55

- Adria Lake



apr 2017

spa opportunities

irridium spa at st.regis maldives vommuli resort

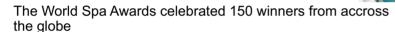
dec 2017

spa bussiness

Interview with Adria W. Lake, Founder and Managing Director of A.W LAKE 360° Wellness Design

spa opportunities

Spa news and jobs in association with Spa Business magazine





The winners of this year's World Spa Awards have been announced during a gala reception held at the JW Marriott Phu Quoc Emerald Bay resort in Vietnam

Held for the third time, the awards celebrate and reward spa industry excellence across a number of categories, and also name best spas for individual countries.

There were more than 150 winners on the night, with Morocco was deemed the world's best spa destination for 2017, edging out eight other nominees, including Dubai, Jamaica. the Maldives and Vietnam.

The Talise Ottoman Spa at Jumeirah Zabeel Saray, Dubai, was named the world's best resort spa, while The Gaia Retreat and Spa in New South Wales, Australia, was given the award for best day spa.

The award for the world's best hotel spa went to The Spa at Beverly Wilshire, Beverly Hills (A Four Seasons Hotel) in California, US, while Anantara was named as the world's best hotel spa brand.

Iridium Spa at The St Regis Maldives Vommuli Resort won three awards: for best spa design, Maldives' best resort spa and Indian Ocean's best resort spa, with a concept and design created by AW Lake in conjunction with Singapore-based WOW Architects.

Other winners included Lanserhof Tegernsee (best medical spa); QMS MediCosmetics (best spa brand); and CrassulaECO Spa at Cornelia De Luxe Resort (best ecospa).

"It has been a pleasure to recognise so many industry leaders here this evening and I hope their recognition, both







Adria Lake founder, A.W. Lake Design

here is plenty of evidence that exposure to cold is beneficial to our overall health. Recent scientific studies have shown that sustained and regular exposure to cold increases metabolic rate and calorie expenditure; reduces systemic inflammation; strengthens the nervous and immune systems; heals injuries and speeds recovery; regulates blood sugar



or low) and environments

6 Any exposure to discomfort builds up our physical and mental resilience

systems. So one sure benefit of cold-water bathing or any type of cold exposure is the most obvious: discomfort.

Any exposure to discomfort strengthens our body's defence mechanisms and builds up our physical and mental

the trendy snow/ice room that is often nothing more than a glorified and expensive chilled room – all of which often become under-utilised once their novelty wears off.

Often, the most effective cold therapies are best

oct 2017

wellness today (korean)

new H.Q and resilience-based wellness colorado

oct 2017



A.W. LAKE Establishes New H.Q. and Resilience-Based Wellness Concept in Colorado

A.W. LAKE, an award-winning wellness design firm based in Singapore, has recently acquired 16 hectares (40 acres) property in Colorado as the site of its new headquarters in the US. We are fortunate to catch up with Adria Lake to discuss their move as well as their focus on Resilience-based Wellness.

[Wellness Today Korea] You have recently relocated to Colorado. What are your immediate and long terms plan for A.W.LAKE?

[AL] We recently purchased a 16- hectares (40 acres) mountain top property bordering an additional 300,000 hectares (800,000 acres) of forest land and Rocky Mountain wilderness and are currently busy constructing our new Headquarters and Resilience Training and Wilderness Camp. After spending the last twenty years in the spa/wellness and luxury hospitality industry, we are exploring a new concept and approach to wellness, one that is based on our inherent resilience and evolutionary hard-wiring.







[편집자 주: 성가포르 소재 헬니스 디자인 전문 기업 A, W, Lake가 최근 미국 콜로라도에 약 4만 8천 평 넓미의 부지를 매입하고 본사를 미국으로 이전했다. 본지는 과거 흥미로운 헬니스 디자인 컨셉으로 인터뷰를 한 바 있는 아드리아 레이크 (Adria Lake)를 다시 접촉해 최근의 상황, 특히 그녀가 전파하고 있는 〈회복탄력성 기반 헬니스〉(Resilience-based Wellness)의 미모저모에 관해 물대 보았다. 인터뷰는 헬니스투데이 요청으로 미국에 있는 빌 컬리(Bill Healey) 통신원이 미국 현지에서 진행했다. - 반역/정리: 웰니스투데이 손기영 기자]



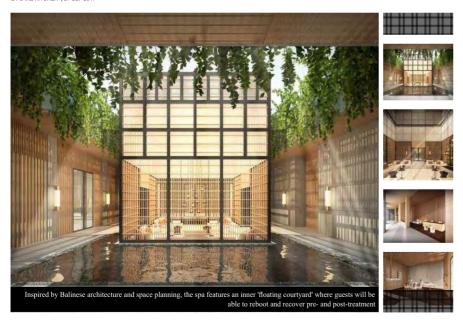
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spa business radisson blu uluwatu

CLADnews for leisure architects, designers, investors & developers

Adria Lake creates '21st century spa' for Radisson Blu's first Bali location

BY JANE KITCHEN | 21 SEP 2017





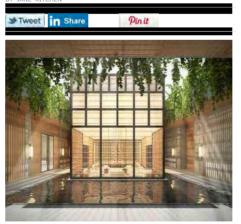




sep 2017

21 Sep 2017

Adria Lake creates '21st century spa' for Radisson Blu's first Bali location



Inspired by Balinese architecture and space planning, the spa features an inner 'floating courtyard' where guests will be able to reboot and recover pre- and post-treatment

Adria Lake of wellness and spa design company A.W. Lake Design has created a new Balinese spa for the Radisson Blu Uluwatu – the first Radisson Blu in Bali, which is set to open in December.

The 633sq m (6,814sq ft) SpaEsc will include seven treatment rooms, including two doubles with private steam showers and two express massage rooms. A beauty area, "floating" courtvard relaxation room, fully equipped gym, yoga and stretching room, boutique will all also be available.

Lake told Spa Opportunities that in conceptualising the spa, she sought to "create a dynamic, non-conventional, 21st century spa that is fully integrated into the resort's impressive offerings and one that caters to the lifestyle of Radisson Blu's core consumers, while remaining distinctively 'Balinese."

Inspired by Balinese architecture and space planning, the spa features an inner "floating courtyard" where guests will be able to reboot and recover pre- and posttreatment

Radisson Blu will be managing the complex under its SpaEsc label, with the principles of 'escape, reboot,

The interior of the spa are designed to provide an escape



iul 2017

may 2017

petrie PR

the temple house, chengdu

MALDIVES ---INSIDER---maldives.net.mv

ST. REGIS MALDIVES WINS CONTINENTAL TITLE AT PRIX VERSAILLES GLOBAL ARCHITECTURE AWARDS

ALI NAAFIZ MAY 24, 2017

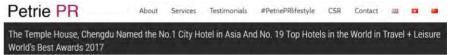


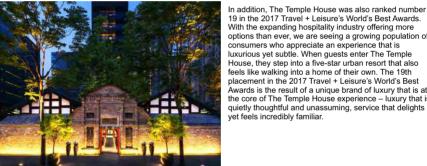
St. Regis Maldives Vommuli Resort has been named the hotel in Africa and West Asia with the best exterior design, at Prix Versailles 2017.

The continental Special Prize for Exterior - Africa and West Asia in the Hotels category was presented at the grand finale of Prix Versailles held on May 12 at the UNESCO headquarters in French capital Paris.

St. Regis Maldives Vommuli Resort was amongst 70 continental winners. Properties from six major regions around the globe — Africa and West Asia, North America, Central America, the South and the Caribbean, Central Asia and the Northeast, South Asia and the Pacific, and Europe competed for the continental titles.







19 in the 2017 Travel + Leisure's World's Best Awards. With the expanding hospitality industry offering more options than ever, we are seeing a growing population of consumers who appreciate an experience that is luxurious vet subtle. When quests enter The Temple House, they step into a five-star urban resort that also feels like walking into a home of their own. The 19th placement in the 2017 Travel + Leisure's World's Best Awards is the result of a unique brand of luxury that is at the core of The Temple House experience - luxury that is quietly thoughtful and unassuming, service that delights yet feels incredibly familiar.

14 Jul The Temple House, Chengdu Named the No.1 City Hotel in Asia And No. 19 Top Hotels in the World in Travel + Leisure World's Best Awards 2017

Posted at 15:03h in News: Our World. PetriePRlifestyle by : Samantha Chung Share

The Temple House, Chengdu, part of The House Collective by Swire Hotels, has been recognised as the number one City Hotel in Asia by the influential lifestyle and travel publication, Travel + Leisure. The result was announced last night as part of Travel + Leisure's World's Best Awards. The Temple House. which opened its doors almost 2 years ago -built within the prestigious Sino-Ocean Taikoo Li development in Chengdu, China- has developed an undeniable reputation with local and international guests for celebrating the city's unique identity, while redefining luxury hospitality for modern Asia



SpaChina

oct 2015

Interview with Adria W. Lake, Founder and Managing Director of A.W LAKE 360° Wellness Design

孙开艳 编译

Wellness on the Move

Interview with Adria W. Lake, Founder and Managing Director of A.W. LAKE 360° Wellness Design



hen speaking of how emerging global trends and new market demands will change the way we design and operate spas, "To stay relevant we must understand and meet the demands of the 21st century Wellness consumer", said Adria W. Lake, Founder and Managing Director of A.W. LAKE 360° Wellness Design

What is the 21st century Wellness consumer and how do spas cater to their new demands? To solve the problems and stay abreast of the new trend, UberwellTM, a fully integrated WELLNESS - driven products, technology, and services is created at A.W. LAKE. SpaChina interviewed Adria for more details about her new innovation.

What is your inspiration to create the idea of UberwellTM?

Two things: the fundamental shift in consumers' attitude and outlook on health and well-being and the accelerated development in technology to support them. When you see two global trends converging, then you know

something big is coming and you'd better act or miss out on a monumental opportunity.

Less than a decade or so ago, we relied on doctors to tell us what is wrong with our health and what to do about it. Now, we have unlimited access to data and information and, most of us want control over or play an active role in maintaining and safeguarding our own health. Of course, we still need to know what to do with the information or how to apply them, but we have also become much more inquisitive to find answers from sources such as blogs, on-line communities and other sources for advice to educate ourselves.

We coined the term Uberwell™ to encapsulate the aspirations of this new consumer group. And we are developing Uberwell™ products and services to keep our clients at the forefront of this global mega-trend.

How do you rate the market potential of mobile spa services?

Mobile spa services are inevitable. And the trend is only the tip of a huge iceberg. Many more mobile health/beauty/wellness related services are flourishing and will become the new 'norm'. The potential of the "on-demand" market is huge and it is just a matter of time before we can get any services we want wherever we want them. This. however, is not necessarily a threat to hotel services. Travelers are not the key target market for most mobile services. And the majority of hotel guests prefer to use services offered by the hotel

as long as they meet their needs and expectations. Hotels consumer is anyone and everyone who is should see this

a great opportunity to position their services as the 'best' and most dependable choice.

What's the development status for UberwellTM?

We have been working on the concept and idea behind UBERWELL™ for more than three years now. The way hotel spas are we designed and operated is outdated and others it is about peak performance, mental is an unsustainable business model. At the same time, independent spas outside the hotels are thriving, offering similar services at much lower rates. The first of our Uberwell™ products and services is the Uberwell™ trend why, an Uberwell™ space is designed so that you blog - which was launched in September 2015, and is already going through a major makeover that will make the blog much more dynamic, interactive, and useful with features such as practical trend applications, UBERWELL™ design standards, consultancy services. app, and much more.

How do you plan to work with wellness partners such as hotels and spas?

Hotels and spas are our core clients, and the UBERWELL™ concept has been designed and created with their requirements in mind. We aim to work with different hotel brands in creating Uberwell™ spaces and experiences throughout the hotel, and in doing so, we will optimize space utilization, profitability, and most important, the guest's overall experience.

Who are the target users for UberwellTM Generation?

The Uberwell™ generation spans age groups. demographics, and economic divides. The Uberwell™

interested in living happy, active, and fulfilling lives. But they are also tech-savvy, socially connected, and skeptical and/or pragmatic. They are the "show-me" generation that seeks tangible proof or result, rather than fluff. Wellness means different things to this generation. To some, it means looking good and feeling confident; to clarity, and productivity; there are those who simply want to stay engaged, connected, and have the energy to enjoy an active lifestyle. This is can create your own experiences.

How do you see the China market?

The Chinese consumer is one of the most health conscious in the world. China is also the birthplace of one of the most complex, complete, and holistic systems of wellness: the traditional Chinese medicine (TCM). So, I have no doubt that the Uberwell™ principles will resonate with the Chinese consumer and it is our great hope that it will be well received here.

SpaChina • 2015 | 55



aug 2015

clad news

wellness design firm A.W. Lake has launched uberwell a wellness design, technology and trend blog

clad news the puxuan hotel & spa

sep 2015

CLADnews for leisure architects, designers, investors & developers

A.W. Lake launches Uberwell blog for wellness design and trends

BY JANE KITCHEN | 09 SEP 2015



Wellness design firm A.W. Lake has launched Uberwell - a wellness design, technology and trend blog - intended to keep hotel and commercial property owners, developers and operators at the forefront of the wellness trend. "Recently valued at US\$3.4tn (€3tn, £2.2tn) dollars, wellness has gone mainstream," said Adria Lake, owner and managing director of A.W. Lake. "Spanning across generations and market demographics, the wellness consumer is anyone and everyone who aspires to be healthy, happy and have plenty of energy for an active lifestyle."

Uberwell curates articles from across the internet which are relevant to the wellness consumer, whom Lake describes as health conscious, but also tech-savvy, socially connected and skeptical.

"Understanding the complex mindset and evolving expectations of the Uberwell consumer gives any business a substantial advantage over the competition," said Lake.

"But staying ahead of the curve is even more relevant within the hospitality, commercial and residential development arena where consumers' concern over their wellbeing - while travelling, and at home - is at an all-time high." The Uberwell blog can be found at www.uber-well.com

CLADnews for leisure architects, designers, investors & developers

Beijing Guardian Art Centre by Büro Ole Scheeren will have spa by Remedios Studio

BY HELEN ANDREWS | 14 AUG 2015





aug 2015

spa business handbook 2015 changbai mountain hot spring resort

2015

spa opportunities





Büro Ole Scheeren's Beijing Guardian Art Centre to receive Remedios Studio-designed spa

Wellness hospitality and spa design firm A.W. Lake is working on a new spa to be located in the Guardian Art Centre Beijing, China – the project that has been masterplanned by Büro Ole Scheeren.

Expected to open in Q1 2017, the 120-bedroom hotel called Puxuan Beijing Hotel & Spa is being constructed within the new home of auction house China Guardian. The Urban Resort Concept-operated hotel will have views of the Forbidden City – the Chinese imperial palace from the Ming dynasty to the end of the Qing dynasty. Other facilities planned at the site include a museum, courtyard, event space and several restaurants.

Owned by Beijing Huangdu Real Estate Development, the hotel's URSpa will span 1,000sq m (10,764sq ft) across two floors. The spa journey, designed by A.W. Lake, begins with a signature heat experience, including a quick body scrub or stretching movement exercises with a therapist to get the body warm in preparation for a massage.

The interior design of the hotel has been conceptualised by Hong Kong-based Remedios Studio. Minutes away from Beijing's main commercial and shopping district, the hotel will house two restaurants.

A.W. Lake is also collaborating on another project with operator Urban Resort Concept for a URSpa in Xiamen China. Büro Ole Scheeren's design for the Guardian Art Centre has sought to inscribe the building into the surrounding context, fusing history and tradition with a contemporary vision for the future of a cultural art space. The 'pixelated' volumes of the lower portion of the building are designed to echo the grain, coloyr and scale of Beijing's hutongs (narrow alleys), while the upper portion of the building responds to the larger scale of the surrounding contemporary city.

"I feel fortunate to have the opportunity to design this Art Center, which allows me to pay tribute to a country and city where I have now worked for over a decade," said Ole Scheeren.

"The building is located at a historic site that holds special significance to China, at an intersection of two streets, and two worlds: Beijing's most famous commercial street Wangfujing and Wusi Dajie, the site where the New Cultural Movement originated after the Qing Dynasty.

"It explicitly pays respect to its context and location but also comes to embody the nature of an auction hose at the intersection of culture and commerce.

spa business

2015 HANDBOOK

Changbai Mountain International Hot Spring Resort

China

Opening: 2015

A hydrothermal kids spa is just one of the elements planned at the 6,200sq m (67,000sq ft) wellness facility at the Changbai Mountain International Hot Spring Resort in China.

The AW Lake-designed spa will be divided into five zones with natural spring water of varying temperatures. Areas includes a Forest zone with healing herbal pools and a Mountain zone with therapeutic hot stone baths. There will also be five express treatment rooms and a wet area with Korean scrub stations.

AW Lake also conducted the feasibility of the spa and consultancy owner Adria Lake says: "In the first year, the hot spring expects 168,570 guests – inclusive of in-house hotel guests and walk-in visitors."



The 300-bed InterContinental resort will operate under the Crowne Plaza brand and is located in China's largest nature reserve near the Korean border.

■ http://lei.sr?a=A4S6K

spa opportunities swire daci temple

July 2015

spa opportunities urc pushang xiamen

sep 2014

Spa news and jobs in association with Spa Business magazine

Mi Xun Spa opens in restored monastery at The **Temple House hotel**



The Temple House – an urban hotel in Chengdu, China. The spa includes relating to surface textures, internal light and shadow effects, 11 treatment areas, a gentleman's barbershop, and a teahouse, as well as and interior views, the company said. This means that rooms

Operated in-house by Swire Hotels, the 2,000sq ft (186sq m) spa uses products from Natura Bisse, Mesoestic, Themae and Refinery, and Coates also works to match treatments to the wellness benefits of different teas in the tearoom

"It's so unique to be able to offer modern-day treatments in such an old, characteristic and beautiful building," spa director Kelly Coates told Spa Opportunities.

This is the third in Swire's House Collective portfolio, following The Opposite House in Beijing and The Upper House in Hong Kong. The hotel is located in the heart of Chengdu within the Sino-Ocean Taikoo Li

The three-dimensional woven façade combines modern design with the traditional Chengdu architectural elements of timber, brick and step stones, the company said. Bamboo trees frame the hotel's entrance, which is set in a restored hundred-year-old Chinese courtyard building.

Swire said The Temple House is an "understated luxury experience," designed to evoke the modest houses provided for scholars who came from all over the world to study at the temple. Creating a welcoming, "local" quality was key to the design

"The design was not a linear process," said Katy Ghahremani, Make partner and lead architect on the project. "It was an iterative dialogue with Swire Hotels, which made the process more interesting. We could look at the design holistically, and this created a really dynamic relationship between the design of the hotel's external and internal spaces

The hotel has a typical Siheyuan, or 'courtyard house' design, with a sequence of courtyard gardens bordered by two L-plan medium-rise buildings that house the hotel rooms and apartments. A Qing Dynasty heritage building is the anchor and entrance point for the hotel

The Mi Xun Spa opens this month in a restored monastery at Swire Hotels' undertook rigorous testing of visual and experiential possibilities with city-facing views are solid and brick-built, for instance, while courtyard-facing facades are sheer curtain-walls of subtly fritted glass, designed to maximise the reflection of light into the

> The city-facing brick façades of the hotel were inspired by the local production of brocade, and feature woven-in brass elements, combining modern design with the traditional Chengdu architectural elements of timber, brick and step stones. The courtvard section includes stepped elements designed to be reminiscent of the terraced paddy fields of Sichuan's hillsides when seen from beneath, an effect also echoed in the design of the grand staircase.

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photo: A.W. Lake and Lavan Design

Water Palace Spa planned for hotel in Xiamen, China, by A.W. Lake

BY HELEN ANDREWS

The Urban Resort Concept-operated (URC) PuShang Hotel and Spa in Xiamen, China, is set to open in Q4 of 2016 with a Water Palace Spa, based on the importance of bathing in Chinese culture

The 175-bedroom hotel's 3,200sq m (34,445sq ft) URSPA will include 12 treatment chambers – two of which are double treatment suites. The chambers, which occupy 2,717sq m (29,246sq ft) of the spa, are lantern-like cubes dispersed throughout the whole of the water palace. Spa consultancy A.W. Lake is responsible for the spa concept, design consultancy - in collaboration with hospitality architecture firm Layan Design – and pre-opening and

The extensive wet zone facilities will include separate baths with the following ingredients: salt, ice, hot stones, herbal, detox tea and scented dew. There will be a hydro circuit including a swan neck jet, a hydro-massage chair and a separate hydro-jet circuit.

Korean-style scrub tables will also feature in the spa, as well as a heated stone relaxation platform and an Indian rope massage chamber.

There will also be a retail area, a salon with a hair station, a mani-pedi section and a gym with both cardio stations and a yoga/Pilates studio. The male and female locker rooms will be complete with a sauna and steamroom.

Adria Lake - founder and owner of spa consultancy A.W. Lake - told Spa Opportunities that the Water Palace Spa is a 21st century interpretation of the ancient Imperial Chinese baths. "Although the benefits of hydrotherapy are well understood, hydropools are usually tucked away in lockers as more of an afterthought than as a main feature



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A.W.LAKE's hydro-thermal kids spa concept for children ages 3-9 years

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A.W. Lake reveals plans for mammoth Changbai Mountain Hot **Spring Resort**

BY HELEN ANDREWS













Located in the southeast of the Chinese Jilin Province, the 300-key resort is being developed on the northern slope of the Changbaishan mountain. The hotel on the premises will be operated by IHG's luxury brand Crowne Plaza. The resort, which overlooks Tianchi – the Heavenly Lake – is owned by ChangBai Mountain Tourism.

The luxury spa is hoping to attract both families and business professionals, according to Adria Lake, founder and owner of spa consultancy A.W. Lake

The IHG-operated Changbai Mountain International Hot Spring Resort will open in 2015 in China's largest nature reserve near the Korean border, home to the rare Manchurian tiger, snow leopards and wild ginseng. The area is also part of a UNESCO 'man and biosphere' environment programme.

Nestled within the 2,000sq km (772sq miles) natural zoo of changbal Mountain Nature Reserve, the resort will feature a 6,200sq m (67,000sq ft) natural hot spring spa conceptualised by spa consultancy A. V. Lake. Investment figures for the resort's development have not been

Divided into five zones with varying temperatures of 38– 42°C, (100–108°F) the restorative hot spring water contains minerals such as calcium sulphate, magnesium and potassium. The first 'Lake' zone is an indoor-outdoor potassimi. The list case value is all misur-vocation tranquil pool; the "Forest" zone features healing herbal pools; the 'Mountain' zone has therapeutic hot stone baths. A 'Waterfall' zone is also included, in addition to a private, VIP-only hot spring area called the 'Hidden Valley'

There will also be five express treatment rooms, a wet area with Korean scrub stations, sauna and steamroom, plus a plunge pool.

Other facilities include an indoor and outdoor hydro-thermal kids spa, a lounge called the 'Mahjong room' and retail area.

Speaking exclusively to *Spa Opportunities*, Adria Lake – founder and owner of spa consultancy A.W. Lake – sald her company is in charge of the hot spring spa's interior design as well as the provision of a feasibility study with a threeyear projection, plus treatment development.

"In the first year, the hot spring expects 168,570 guests – inclusive of in-house hotel guests and walk-in visitors," said Lake, "In high season, we estimate 360 in-house guests, plus 467 predicted walk-in guests will use the spa daily



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News, features and products for spa consultants

14 Jul 2014

A.W. Lake develops childspecific spa concept

BY HELEN ANDREWS



The kids spa menu includes salt body scrubs, a hydro jet massage and mud bath body wraps.

SpaTrends

Old Spas, New Tricks



Over the years, the spa industry has developed a lot of catch phrases, throwing around words like 'medi-spa' and 'wellness'. But for the already established, which of these, if either, is the way to go? "After two decades of commercial success, the industry is struggling to find its purpose and identity in a spa-treatment express pods for facials or mani-pedis, or treatment savvy market," says Adria Lake, Founder and Managing Director of spa design and rooms that let customers plug in and access emails on their iPads consultancy firm A W Lake Spa Concepts. "Do we offer prevention or cure? A spiritual "The possibilities are endless. sanctuary or a body repair shop? Boot camps or palaces of indulgence? Whatever the claim, most spas over-reach and under-deliver.

Urban spas in particular are under pressure. Unlike resorts where guests have usually already allotted time to relax in

the spa, urban spas need to find and keep their city-dwelling customers, many of whom have limited time and are looking Menus: Simplify vs. ExpandIn many ways, a menu makes a spa and it is the signature treatments that a spa becomes known for. At

Aramsa – The Garden Spa in Singapore, a standalone spa uniquely set in a sprawling park in the city, guests can rest assured that the menu is to their liking. "Every three months we offer treatments as part of 'The Escape Series,'" says founder Jazreel Low. "For example, we worked with Chinese brand Eu Yan Sang to create TCM-based treatments. We take feedback very seriously, and if they like them enough, we'll consider making them permanent on the menu." But Lake believes that less is more. From a customer's point of view, it's not as intimidating," she says "In particular, five-star hotels should look at how a smaller menu can result in a more curated experience for guests. It's not about time or money, but more about what they are getting out of it. Then you're doing the thinking for the guest, and for me that's luxury. that's service. Then you're not putting the responsibility on the guest to choose the right treatment."

may-june 2014

For a brand like ESPA, whose partner hotels have worked with the brand for up to 15 years, innovation is important. "Unlike other companies, we only launch products when we discover a breakthrough in ingredients or science, or a gap in the market. says Tracey Chappell, Global Director of Spa Operations of ESPA International. She also cites consistency as a major issue. "It is equally important to maintain consistency in service standards and treatment quality. Our training extends beyond the fundamentals of technical treatment protocols, to luxury brand standards and standard operating procedures. For treatments, we have an on going development programme for the for results as much as relaxation. For Lake, this means spas need to start offering services that customers see as part of their everyday life. "Many spas are still being designed using an outdated blueprint with ensuite treatment rooms, dimly-lit relaxation lounges, underdeveloped and/ or poorly designed wet areas inside locker rooms, small and uninviting retail spaces -all of which discourage social interaction between quests and can be intimidating and/or unappealing to those who preferto relax and share the experience with friends or don't have much time to spare and want to get some work done while being 'worked on'." Her suggestions include multi-

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entering the spa market. We work with

McLaren, Baccarat, as well as bespoke

brands in Asia in developing their Spa

global brands such as BuddhaBar,

brand philosophy, signature

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heavenly spa by westin





Heavenly Spa by Westin opens at five-star Westin Nusa Dua resort in Bali

BY CHRIS DODD



A luxury Heavenly Spa by Westin has opened at the five-star Westin Nusa Dua resort in Bali, Indonesia.

Opened earlier this month, the 1,538sq m (16,555 sq ft) facility provides visitors with a leading luxury experience, offering five express treatment rooms, as well as five single and two couples treatment rooms with outdoor relaxation platforms.

Set within the luxury surroundings of the beachside resort, the Heavenly Spa features its own consultation, foot reflexology and physiotherapy rooms, with the facility also housing a dedicated shiatsu treatment room and a hair salon.

Other technologies incorporated into the site include separate male and female wet treatment rooms, which use heated marble Hammam-style tables and steam showers with chromatotherapy.

The centre's interior has been designed by A.W. Lake Spa Concepts, with the hosting resort being created by Jakarta-based architects Denton Corker Marshall.

In addition, spa engineers Barr + Wray designed, supplied and installed a range of equipment, including the salt baths, aroma steam baths, VIP steam showers and vitality pool plants with UV treatments.

To accompany offerings provided in a specialist beauty treatment room, the spa also includes a full spa menu with treatments ranging from preparation rituals, scrubs and facials through to specially tailored massages and hydro treatments. Westin also offers its own range of spa treatments for children.

One particular highlight of the Heavenly Spa sees the use of male and female thermal areas with hydro-jet hydrotherapy pools, steamrooms and Himalayan salt saunas, while visitors can also enjoy a relaxation lounge before or after treatments.

For those who wish to take their experience outdoors, Heavenly Spa also has a dedicated relaxation platform surrounded by a lagoon.

The spa is located on the site of Bali's five-star Westin Nusao Dua beach resort, which is built alongside the white sand beaches of the region's southern coastline. The resort offers a range of guest rooms and luxury suites, while also playing host to conferences and weddings - See more at: http://www.spaconsultancy.biz/detail1.cfm?pagetype=det

http://www.spaconsultancy.biz/detail1.cfm?pagetype=det ail&subject=news&codeID=307658&site=SC&dom=N#st hash.pE3z6aQM.dpuf



Adria W. Lake, Founder/Owner/Managing Director

Adria W. Lake, Founder/Owner/Managing Director



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Wuhan spa gets ready for launch

BY KATH HUDSON



The finishing touches are being put to a spa at The PuYu Hotel & Spa in Wuhan, China.

The 332-bed hotel launched at the end of November and has a gym, indoor pool and pool lounge, three restaurants, two bars, a ballroom, function room as well as seven meeting rooms and a business centre.

The 2,700sq m, designed by A.W. Lake and Layan, has 10 treatment rooms, sauna, steamroom, manicure/pedicure salon, relaxation and retail area, a foot massage room, as well as rooms for the speciality treatments: Ganbanyoku, Akasuri and an enzyme bath.

Akasuri is a Japanese treatment which starts with a brief visit to the steamroom or sauna, to soften the skin in preparation for a scrub. After a loofah scrub removes the dead skin, there is a restorative hot oil massage.

Gabanyoku is "hot stone bathing without hot water". Clients lie on a stone platform and feel the benefits of infrared rays and negative ions, which pass through the ganban stones to improve circulation, relieve stiff joints and back pain. Combined with a wrap, it is good for detoxification, weight loss and metabolism.

"This is a pioneering urban spa," says spa manager, Sunny Zhang. "We offer culturally inspired and cutting edge Asian water treatments, results-driven face and body therapies, and interpret time honored traditions in a modern, but classically designed, fully equipped spa." -

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Bali resort to unveil Indonesia's first Heavenly Spa by Westin

BY AOIFE DOWLING



The Westin Resort Nusa Bali is set to reveal Indonesia's first Heavenly Spa by Westin within a new wing of the resort in early December 2013.

Heavenly Spa by Westin is a nature-inspired spa that aims to provide body, mind and spirit renewal.

It will offer a menu that combines traditional spa services and ancient healing practices with a holistic approach to wellness. There will be 16 treatment rooms and a luxury spa.

Facilities will include separate his and hers thermal facilities with hydro-pools, salt-wall saunas and steam rooms as well as an inner relaxation lounge with elixirs and SuperFoodsRX snacks.

The spa will offer customised wet treatment facilities with a chromatherapy shower.

'Purify' treatments will include clay infusions in the steam room designed specifically for the wet rooms.

A daily holistic activity calendar is to focus on meditation, yoga, Bangau Putih and Balinese rituals. With a semi-open Wellness Platform, dedicated programs and visiting practitioners will be available to both in and out of house quests. - See more at:

http://www.spaconsultancy.biz/detail1.cfm?pagetype=det ail&subject=news&codeID=307466&site=SC&dom=N#st hash.L3a7vsmd.dpuf



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years the company has opened offices in Hong Kong
and Dubai to serve its clients in those regions, such as Burj Khalifa in Dubai and the Jumeirah Messilah

as Burj Khailfa in Dubai and the Jurneirah Messilah Beach Hotel and Spa in Kurwait. Barr + Wray Hong Kong's managing director Derek Barton reveals how the W Singapore hotel's AWAY Spa, on Sentosa Island, recently called on the

What was your project brief for AWAY Spa? What was your project brief for AWAY \$5m8^* The layout and equipment defined within the spa had been fully developed by AW Lake \$5m2 Concepts, who delivered the brief for the client. We received a copy of the equipment specification, a plan drawing and a series of 3D rendering for bespoke equipment which we were required to design before we were able to

"We supplied and installed separate male and female vitality pools, herbal pool bubblers, infra-red cabins, vitality pools, herbal pool bubblers, infra-red cabins, steamrooms, rain pods, experience showers and cold mist showers. We also installed the UV treatment plants for the vitality pools and herbal pool bubblers. Each feature compliments the last and is designed to work together to rejuvenate the body."

What makes AWAY Spa unique? What makes AWAY Spa unique?

The compact wet area manages to squeeze in many features that provide the guests with a series of different experiences. The vitality pools have specifically-designed water and air experiences including bubble massage. The smaller pools

bubbles to soothe the body. bubbles to soothe the body.

"We also designed and constructed unique rain pod showers with multi-function showering and lighting on a purpose-buil, fit, wet massage table. The unique, colourful design of these pods provides a stimulating atmosphere and they were designed to work well with the spa's means of revitalising treatments."

by the time we won the contract, the pools had be constructed with no penetrations for pipework and we were not allocated any space for the treatment plants. The lower levels beneath the pools had been earmarked for parking and our installation then

became far more complex. "Many designers forget that pools and thermal many designers roger that poots and therman equipment also require technical plant which has to be located adjacent to them and with sufficient access for operation and maintenance. "We had to come up with a solution and we decided

to split the plant into three separate areas in order to install each feature treatment."

"We are very proud of the overall wet experience. It has many functional, high quality elements and absolutely no gimmicks. Many spas contain features which could be regarded as little more than a novelty, adding no value to the spa experience.

Why are wet spa areas worth the inves Thermas and hydro experiences provide an extensit to the spa experience and add to guests' enjoyment. Many day spas offer a full range of massage therapies but do not go as far as providing wet facilities which could attract guests.



[Interview] Ms. A.W. Lake, Founder & Managing Director of A.W.Lake Spa Concepts

2013년 04월 05일 (금) 01:50:59

Bill Healey a edit@wellnesstoday.kr

Wellness Today is pleased to have the opportunity to speak with Adria W. Lake, Founder and Managing Director of internationally renowned A.W.Lake Spa Concepts.

[WT] You have quite an extensive background in the Spa & Wellness industry. Could you summarize your industry background?

I founded A.W. LAKE in 2001 while I was still managing one of my family's hotel properties. We were opening our first spa, and I was looking for a spa product company that would be able to formulate high quality organic products for us. This was a tall order, as most product manufacturers require a very high minimum order for custom formulation. It was then that I decided to start my own product

We work with some of the best skin care labs in the US to create small batches of pure and organic skin & body care products that are



▲ Ms. A.W. Lake, Founder & Managing Director of A.W.Lake Spa Concepts

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A Place for Exotic Escape in the Island of Gods AWAY Soa at W Rereat & Soa Bali

2013년 01월 02일 (수) 21:25:43

WT Global Writer Bill Healey info@wellnesstoday.kr

The ultra-trendy, super-chic W Retreat & Spa Bali is located in the upscale enclave of Seminyak, where the island's designer boutiques, diverse galleries, lively restaurants, and fashionable lounges and clubs are found. The first W Hotel in Indonesia, W Bali brings a level of sophistication to the island through its modern design and signature bars and restaurants that allow quests and locals alike to mix and mingle.

W Retreat & Spa Bali features Indonesia's first
AWAY® Spa, providing jetsetters and well-connected
locals with an exotic escape, a place where the



As a resident of Seminyak, I pass by the designer boutiques and shops on a very frequent basis. As a frequent runner on the famed Bali beaches, I find that I pass the W Retreat most frequently on the windswept beaches endlessly stretching in both directions from the resort. Its a regular treat to enjoy the sandy beaches at the W Bali whether it's during an early morning run as the sun comes up, or in the evening as the soft tunes from the Woo Bar float over the waves as the sun sets for the day.



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HOUSE OF SHAMBHALA, TIBETAN TANTRIC SPA

The super-boutique House of Shambhala of only nine rooms has a connection to the 13th Dalai Lama. The hotel's Tibetan Tantric Spa connection to the 13th Dalai Lama. The hotel's Tibetan Tantric Spa connections a Naga Pool and a sauna in a replica meditation cave, treatments starting with a bath filled with blessed water and oils or steam fragarant with local herbs. Follow these with a Chakra Massage or Tibetan Tantric Massage, all using products created by monks at the Shambhala Tibetan Medical Clinic at the Tashigang Monastery. There is also free yoga, daliy, www.shambhalaserai.com

THE ST REGIS LHASA RESORT, IRIDIUM SPA

Within the St Regis, overlooking the Lhasa Valley, the Iridium Spa is an opulent space of culture and class. Aromatherapy Associates treatments are designed to aid acclimatisation to the high altitude, with the Jet Lag and Deep Sleep treatments especially realigning. Local esperiences get a look in – the Tibetan Journey of hot stone foot ritual, Tibetan Boli compress and massage, and guided Shambhala meditation epitomise the location. www.streek.com/flasa

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W Singapore Sentosa Cove Unveiled



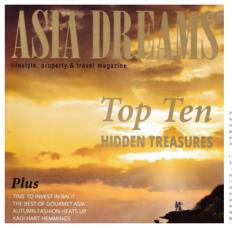
W has come a long way since the 1998 conversion of Manhattan's old Doral Inn on Lexington Avenue, which first announced the upstart brand to the emerging boutique hotel scene. Launched just a year before the more sober refinement of St Regis, today Ws can be found in some of the world's most fetching destinations—from the Ricardo Boffil-designed W Barcelona, to W Istanbul at the city's Akaretler Row.

The opening of W Singapore-Sentosa Cove—the 43rd W in the world, and the seventh in Asia—brings W's sense of flare and unfettered fun to the Lion City. Singapore's national flower—the Vanda Miss Joaquim orchid—can be found throughout the hotel and serves as the design anchor point for the guest rooms, while guests will be met on arrival by projections of graphic patterns on a waterfall, as well as grass-shaped lights and a rock garden at the terrace, to reflect Sentona's landscape.

The hotel's signature restaurant, The Kitchen Table, is quite the multi-tasker—wood-fired pizza, sushi, tandoori, Thai, dim sum... it's all there at the various cooking stations—while Woo Bar's offerings to go with its cocktail menu include goose fole gras with mustard miso on Kata fipastry.

Ws spa brand Away is there, as are the usual sauna, steam room, and vitality pool with body jets. Each private treatment room is 112 square meters and offer ILA-Spa products or OPI nail products, while the hotel also features a 1,300-square-meter outdoor pool with 24 underwater speakers.

If guests are in need of something extra, W's Whatever/Whenever personal concierge service will be on hand to ensure that need is met—from daily newspaper delivery to yacht reservations.





and a children's spa menu — complete with a complite delicious milk shake! The spa's reception, chic and cosmo showcase a retail outlet featuring designer javellery, products and a selection of other natural care products.

aug - sept 2012

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With sight massage auther — all noned after references is loads, aqua, dev, cresis, spring, lash, flow and fountier) howe the choice of double or single rooms, with some off mannersing view of the lappon, and designer massage if for repolity. Represents include contamized massages scrubs, facilities, signature menicures and pedicures chacolatin teatment, where nature's super-antioxident in a number of applications, from a chacolate oil reside.

Refreshing ginger tea, fruit-infused water and fresh fin, that touch of Zen. Stylish change rooms, complete with lackers, body care products and rabes; The Lagoan Spa





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A.W. Lake completes Lagoon Spa redevelopment in Bali

The Lagoon Spa at The Laguna resort in Nusa Dua, Bali, Indonesia, has reopened following a complete redesign and upgrading of its facilities.

The Lagoon Spa now spreads across 900sq m (9,700sq ft) and includes eight large treatment rooms; extensive wet areas; two outdoor spa pools; and indoor and outdoor relaxation areas - including tropical gardens located at the centre of the resort.

Spa design firm A.W. LAKE Spa Concepts completed the new design, with German product house Babor appointed to provide the treat-

ments. The Lagoon Spa now takes centre stage within the resort and is surrounded by Bali's first lagoon-style pool - a prominent feature within the resort.



Facilities at the redesigned spa include eight treatment rooms and extensive wet areas LAKE was appointed mas-

tor of A.W. LAKE, said: "The inspiration for ect in Dubai, which include international this project came from the resort itself, which reflects the cultural richness of Bali.

"The spa is our modern interpretation of the familiar Balinese-style architecture and interior. Every spa needs a soul and be a living space, and we have integrated that into the spa design."

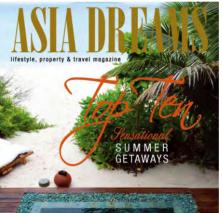
Operated by Starwood Hotels, the Laguna Resort and Spa features 287 bedrooms and suites, as well as 10 villas.

The hotel features six restaurants, including the celebrated Arwana - considered to be among the premier seafood restaurants in Bali.

· Earlier this year, A.W.

ter spa strategist for the Adria Lake, founder and managing direc- US\$4bn (€3bn, £2.5bn) Dubai Pearl projbrands such as Baccarat, Bellagio, and MGM.

Details: http://lei.sr?a=B5U2Y







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spa business dubai pearl feb 2012

spa opportunities

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A.W.Lake to draw up Dubai Pearl strategy

Consultancy A.W.LAKE Spa Concepts (A.W. Lake) has been appointed master spa strategist for the US\$4bn (€3bn, £2.5bn) Dubai Pearl development in Dubai.

The company has been tasked with designing the strategy for all of Dubai Pearl's world class spas, which include international brands such as Baccarat, Bellagio, and MGM.

When completed, the 1.86 million sq m (20 million sq ft) destination will feature 1,500 luxury residences; five-star hotels; more than 60 restaurants; art galleries and theatres as well as office and retail space.

The number of spas is yet to be confirmed, but A.W. Lake will position each within their



Dubai Pearl will include a number of branded spas

brand while aligning them with the overall vision of Dubai Pearl.

Located within the Dubai Media and Technology Free Zone (TECOM) overlooking Palm Jumeirah, Dubai Pearl will be owned by Pearl Dubai FZ LLC, a consortium of investors led by the Al Fahim Group.

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The number of spas has yet to be confirmed, but A.W. Lake will position each within their brand while aligning them with the overall vision of Dubai Pearl.

Adria Lake, managing director, said: "Our strategy focuses on bringing new and untapped markets to the spas by creating synergies not only amongst the spas but also by integrating them with Dubai Pearl's extensive retail, F&B, and lifestlye offerings."

Located within the Dubai Media and Technology Free Zone (TECOM) overlooking Palm Jumeirah, Dubai Pearl will be owned by Pearl Dubai FZ LLC, a consortium of investors led by the Al Fabrim Group.

The first hotels are scheduled for opening in 2013.

Abdul Majeed Ismail Al Fahim, chair of Pearl Dubai, said: "As construction continues on the project, Dubai Pearl has brought together the top consultants in their sector, the best in class.

"This goes from the master plan to the construction down to the smallest details which includes the healthcare and the wellbeing services that will be provided in the development".

Established in 2001, A.W. Lake's previous projects include the Away Spa at W Retreat & Spa Ball and St. Regis Lhasa Tibet. Current projects include W Quayside in Singapore opening April 2012, St Regis Zhuhai and other spa destinations in China.

Details: click here for A.W. Lake and here for Dubai Pearl-See more at:

http://www.spaconsultancy.biz/detail1.cfm?pagetype=det ail&subject=news&codeID=299976&site=SC&dom=N#sth ash.wML0qwTM.dpuf



nov - dec 2011 asia spa

designing spa menus











nefore getting into choosing the treatment, whether consciously or not, the very first impressions are gleaned from the look of the actual menu. The quality, condition, design and readability are all important. A certain amount of flowery description is to be expected, unless this is a men's spa or a men's treatment, but descriptions that don't actually tell you what you're going to get are extremely frustrating. "From research we have done, women (and many leisure guests) like to understand the details and story," says Anne McCall Wilson of Fairmont Raffles Hotels and Resorts, "while men simply want to know the result."

nov 2011

Above all else, spa-goers appreciate descriptions that are honest. This is the prelude to your treatment, so starting with unrealistic expectations created by the menu only leads to disappointment on the table. "Even the most hardened spa skeptics appreciate originality and honesty," says Adria Lake of A.W. Lake Spa Concepts. "The best spa menus are easy to read and understand, clearly outlining what is to be expected without promising miraculous transformations. At the end of the day, a treatment is only as good as the actual experience - no matter how well or beautifully it is written or described on the menu."

Treatment names add more than you would think to the overall attractiveness of the treatment, again possibly subconsciously. But it is the intelligent, humourous titles (think Bliss Spas) that attract attention. "Creativity goes a long way in naming and describing treatments, as well-written menus are more interesting to read and can engage the intellect and emotion of the reader," says Lake. "Use humour and don't take yourself too seriously."

For men's spas, while descriptions are shorter and more to the point, names are still significant. "The packages that we created are inspired by and named after different historical



jul - aug 2011

AHCT away spa at w retreat & spa, bali asiaspa away spa at w retreat & spa, bali



has the power to make or break it,





oct 2011







WAY Spa is open 24-hours, so npered around-the-clock.

jun - aug 2011

conde nast traveler st.regis Ihasa

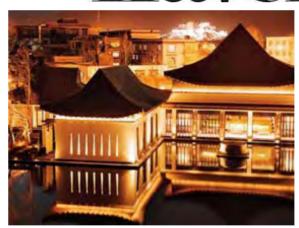
may 2011







CONDÉ NAST



Luxe Comes to Lhasa

What's a Hot List hotel doing in a place like Tibet? Our Global Affairs Editor finds a culture fighting to survive and a Chinese Buddhist hotel owner trying to do the right thing.

When I set out to review the St. Regis Resort in Lhasa for this year's annual Hot List of the world's best new hotels, I had my doubts. It was my first trip back to Tibet since I was sent there by Newsweek in 1987 to cover an uprising by monks, and knowing that there had been a brutal crackdown on rioting again in 2008, I wondered how a luxury hotel might fare in such a besieged place.

The magnificent hotel is an homage to Tibetan design, with such modern amenities as heated bathroom floors and private butlers who'll unpack for you (no, thanks!). The spa wasn't open yet (sigh), but I tested the delicate Tibetan petits fours in my room and sampled nouvelle cuisine in

the Western restaurant. The presence of luxury here a 15-minute walk from Tibet's holiest spot, the Jokhang Temple, where throngs of pilgrims dressed in sheep's wool, coral, and turquoise mingle with nervous young Chinese soldiers in full riot gear reflects far more than the desire to make a quick buck. Eight years ago, the Hong Kong Chinese (and Tibetan Buddhist) owner of the property, Peter Kwok, and his family went to Tibet on a spiritual pilgrimage. It was a graduation trip for Kwok's son, but "I decided on the spot to do something for the Tibetan people," says Kwok "Zero due diligence."

High life and high-mindedness need not be a contradiction: Kwok believes that the way to help Tibetans is by offering them training and employment. Fifty percent of his staff are Tibetan albeit in the lower echelons and Kwok says he will increase that to 75 percent this year. In the hotel lobby one afternoon, I asked an eager Tibetan concierge named Frank what he thought about his job. He explained that his nomad parents have no idea what life in Lhasa is like, let alone the luxuries of the St. Regis. "They cannot really understand what I am doing," he said. "But this is a huge opportunity for me. Someday I would like to

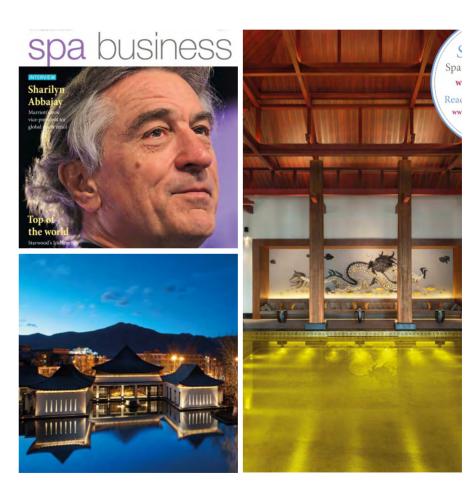
There is no denying the tension between Tibetans and the Han Chinese who have colonized their land. And after the 2008 riots, the Chinese government, suspicious that foreigners were involved, threw out the international organizations that had been trying to preserve Tibetan culture and help the local people. But Tibetans told me that they want foreigners to come, to learn about their culture and spread a little wealth. I did my bit for the economy at the Dropenling Handicraft operation so much so that I had to have my loot shipped home. Set up by one of the nonprofits that has left, it sells elegant hand-stitched leather bags, carpets made with vegetable dyes, and boxes painted with Tibetan tigers. Big spenders have never had anyplace to stay in Lhasa, and the St.

mar 2011

mar 2011

spa business the st. regis lasha, tibet





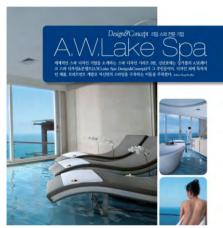
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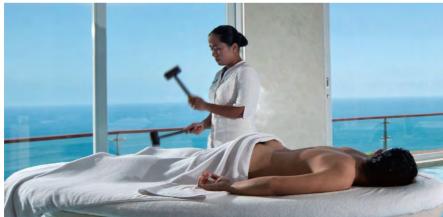
ageless

the truth about organic products by adria w. lake

What is it about the idea of "organic" that we find so alluring? We believe that organic products are superior to their non-organic counterparts. But is it?

















ageless

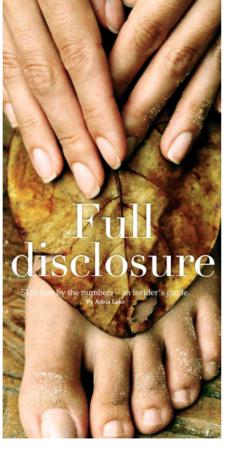
full disclosure by adria w. lake

We are surrounded by chemicals, made of chemicals, and ingest and breathe chemicals. We cannot escape them.

may 2009 luxury spa finder rituals rethought









Rituals Rethou



(left) and Komang Lanus Sudria perform yogic breathing, their Ananga-Ojas and Atma Ritual for Men at the Four Seasons Landas

a spa than the word to a treatment that it element such as foot laudable, but most spa rituals are lit nished with anthropology. So I wer Ananga-Ojas and Atma Ritual for sons Landaa Giraavaru in the Mald duty, wishing I could just have a ma

mar - apr 2008

Ojas translates as "vitality" and at goal of the treatment is to strengthe ing energy channels that connect to derived from Tantra, an Asian phile attainment of blissful self-awarenes channels called nadis. My therapists and Komang Lanus Sudria, said the selves by performing yogic breathin

The two stood back-to-back, har touching, and breathed in sync. faste and deeper, until they sounded like I sat in astonishment—these two w drove out my disbelief and opened i find myself sitting in the lotus positi

out a shred of self-consciousness an even absorbing) the beatific calm and contentment these tv

Rituals are a case of efficacy of belief. Buy in and they cine. That's why Ojas worked on me: Dekwan and Koma they were living their philosophy. Devotees of Siddha Tai from an ashram near Jakarta. At the ashram they rose at a (offerings), study, meditate, and receive instruction in Ay

The treatment was daring for Four Seasons, admits N the senior vice president of Asia-Pacific operations. Deky received 1,200 hours of training in this and two other Ay developed for Landaa Giraavaru, according to spa consul helped bring them to the resort. "But they are first and fo therapists. The treatments they give are performed as a fi devotion. This, I hope, is what you experienced." Exactly,

THE DETAILS US\$295, 800-332-3442, www.fourseason



may - jul 2007

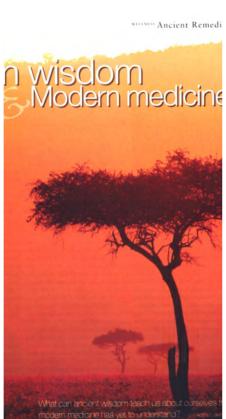
spa asia

african wisdom & modern medicine by adria w. lake

As I continue my research, I reflect on how the traditional views on healing and medicine may be applied to modern science. I wonder if our insistence on empirical data, rationalism, and emphasis on cellular and molecular study had shifted our vision from the macro to the micro scale. What impact does this shift have on our 'whole' being?







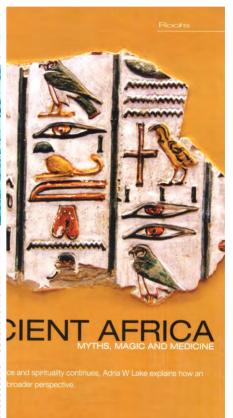
may - jun 2007

spa arabia

ancient africa by adria w. lake

As the debate between science and spirituality continues, Adria W Lake explains how an extraordinary culture offers a broader perspective.





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