



PRESS RELEASE

**HEALING HOTELS OF THE WORLD MEMBERS  
OFFER INNOVATIVE FAMILY WELLNESS PACKAGES**

20 MAY 2009: TWO OF HEALING HOTELS OF THE WORLD'S AFRICAN MEMBERS ARE OFFERING INNOVATIVE PACKAGES THIS SUMMER THAT FOCUS ON THE WELL-BEING OF CHILDREN, AS MUCH AS OF ADULTS: KARKLOOF SPA IN SOUTH AFRICA HAS A JENERGY PROGRAMME THAT IS SPECIFICALLY DESIGNED FOR MOTHERS AND DAUGHTERS, WHILE THE RETREAT IN TANZANIA HAS A LAUGHING WITH HIPPOS PACKAGE THAT IS RECOMMENDED FOR ALL THOSE AGED 12 YEARS OR OLDER.

KARKLOOF SPA, RECENTLY NAMED THE BEST NEW DISCOVERY OF 2009 AT THE TATLER SPA AWARDS, IS WORKING WITH THE INTERNATIONALLY RENOWNED JENNI RIVETT, A PERSONAL TRAINER TO THE STARS, WHO FOUNDED HER OWN FITNESS CONCEPT JENERGY, BASED ON PERSONAL CONSULTATIONS, PERSONAL TRAINING AND NUTRITION, IN 1990. HER ONE-OFF JENERGY PROGRAMME FOR MOTHERS AND DAUGHTERS, WHICH RUNS FROM 31 AUGUST TO 4 SEPTEMBER, AIMS TO EDUCATE TEENAGE GIRLS TO PREVENT THEM FROM FALLING INTO THE DIETING TRAP AND FROM HAVING UNREALISTIC EXPECTATIONS OF THEMSELVES. JENNI WILL SPEND INDIVIDUAL TIME WITH THE DAUGHTERS AS WELL AS WITH THE MUMS, LEAVING THEM WITH PLENTY OF BONDING TIME AT MEALS AND DURING SPA SESSIONS. THE COST OF THIS FIVE-DAY PROGRAMME IS SOUTH AFRICAN RAND 15,960 (APPROX £1,240) PER PERSON.

THE RETREAT IN TANZANIA HAS PUT TOGETHER A REALLY FUN PACKAGE, LAUGHING WITH HIPPOS, WHICH TAKES PLACE AT THE RETREAT IN THE SELOUS GAME RESERVE. PARTICIPANTS WILL LEARN ALL ABOUT THE BEHAVIOURAL PATTERNS OF HIPPOS, BEFORE SPENDING SEVERAL MORNINGS AND EVENINGS WITH THEM, INTERACTING THROUGH LAUGHING SESSIONS. LAUGHING TOGETHER UNLOCKS ANY EMOTIONAL BLOCKAGES SO THAT FAMILIES AS A WHOLE HAVE AN OPPORTUNITY TO RE-CONNECT AND LEARN MORE ABOUT EACH OTHER. GUIDED WALKS, GAME DRIVES, CAMP FIRE SUPPERS, TRACKING ANIMALS AND SPA

TREATMENTS ARE ALL PART OF THE PACKAGE. THE COST OF THIS WEEK-LONG PACKAGE IS US\$3,600 (APPROX £2,360) PER PERSON.

HEALING HOTELS OF THE WORLD IS THE LEADING INTERNATIONAL HOLISTIC AND WELLNESS GROUP, WHICH WAS FOUNDED IN 2007 TO OFFER A COMPREHENSIVE COLLECTION OF LUXURY HOTELS SPECIALISING IN THE WELL-BEING OF GUESTS, WHILE GUARANTEEING SUPERLATIVE STANDARDS OF SERVICE AND FACILITIES.

ANNE BIGING, FOUNDER AND MANAGING DIRECTOR OF HEALING HOTELS OF THE WORLD, SAID, "WE HAVE CREATED THIS COLLECTION IN RESPONSE TO THE RAPID GROWTH OF FIVE-STAR PROPERTIES INCORPORATING, WHAT WERE ONCE CONSIDERED 'ALTERNATIVE', HEALTH PROGRAMMES INTO THEIR SPAS. SPAS ARE NO LONGER JUST ABOUT BEAUTY TREATMENTS OR RELAXATION; THEY AIM TO BRING LONG-TERM BENEFITS TO THEIR CLIENTS' HEALTH.

"MANY TRAVELLERS TODAY ARE LOOKING FOR SOMETHING MORE MEANINGFUL IN THEIR LIVES; THEY WANT TO GET IN TOUCH WITH THEIR BODIES AND LEARN MORE ABOUT THE ANCIENT CULTURES THAT ENCOURAGED HOLISTIC KNOWLEDGE. PEOPLE ARE ALSO LOOKING FOR MEDICAL FACILITIES IN HOTELS TO COMBINE THEIR HOLIDAY WITH HEALTH EVALUATION, SCREENINGS AND TREATMENTS. HEALTH IS ONE OF THE MOST PRECIOUS ASSETS WE HAVE AND WE NEED TO MAINTAIN IT."

BEFORE BEING ACCEPTED INTO THE COLLECTION, EVERY MEMBER OF HEALING HOTELS OF THE WORLD MUST HAVE MET STRICT CRITERIA COVERING EVERY ASPECT OF THE PROPERTY INCLUDING AMBIENCE, STAFF ATTITUDE, HEALTHY FOOD IN THE ROOMS AS WELL AS THE RESTAURANTS, AND WORLD-CLASS SPA AND HEALTH TREATMENTS. A KEY SERVICE OFFERED BY HEALING HOTELS OF THE WORLD MEMBERS IS A PERSONAL CONSULTATION WITH EVERY GUEST AT THE START OF THEIR STAY TO HELP THEM FOCUS ON THEIR HEALTH AND TO GAIN MAXIMUM BENEFIT FROM THEIR HOLIDAY.

FOR MORE INFORMATION OR TO BOOK EITHER OF THE PACKAGES ABOVE, PLEASE VISIT [WWW.HEALINGHOTELSOFTHEWORLD.COM](http://WWW.HEALINGHOTELSOFTHEWORLD.COM).

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## **NOTES TO EDITORS**

HEALING HOTELS OF THE WORLD WAS FOUNDED IN COLOGNE, GERMANY IN 2007 BY ANNE BIGING AND DR ELIZABETH IXMEIER, WHO HAVE OVER 20 YEARS OF EXPERIENCE IN THE INTERNATIONAL TOURISM AND DESTINATION MARKETING FIELDS. HEALING

HOTELS OF THE WORLD ASSISTS MEMBERS WITH MARKETING, A HOLISTIC HEALTH AND SPA CONSULTANCY, AND A TRAINING PROGRAMME FOR HOTELS WANTING TO DEVELOP AN INDIVIDUAL APPROACH TO HOLISTIC HEALTH. HEALING HOTELS OF THE WORLD ALSO OFFERS A SERIES OF RETREATS AND MASTER PROGRAMMES CONDUCTED BY WORLD LEADERS IN THEIR FIELDS.

HEALING HOTELS OF THE WORLD CURRENTLY REPRESENTS 40 PROPERTIES ACROSS ALL FIVE CONTINENTS.

MEMBERS INCLUDE:

**AFRICA:** KARKLOOF SPA, SOUTH AFRICA AND THE RETREAT, TANZANIA

**AUSTRALIA:** GAIA RETREAT AND SPA, NEW SOUTH WALES; THE LYALL HOTEL AND SPA, VICTORIA; THE RICHARDSON, WESTERN AUSTRALIA; AND LAKE HOUSE, VICTORIA

**BALI:** COMO SHAMBHALA ESTATE

**BHUTAN:** UMA PARO

**INDIA:** THE ANANDA, HIMALAYAS

**ITALY:** AROSEA LIFE BALANCE HOTEL AND VILLA EDEN

**SEYCHELLES:** FRÉGATE ISLAND PRIVATE

**THAILAND:** MANDARIN ORIENTAL DHARA DHEVI; ANANTARA SI KAO RESORT & SPA; SIX SENSES PHUKET AND CHIVA SOM

**THE AMERICAS:** PARROT CAY, TURKS AND CAICOS; ROSEWOOD MAYAKOBÀ, MEXICO; TABACÓN GRAND SPA THERMAL RESORT, COSTA RICA; THE SULLIVAN ESTATE & SPA RETREAT, HAWAII; AND HERMITAGE BAY, ANTIGUA

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