

asiaSpa

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the eco ISSUE

THE RISE OF THE EARTH-FRIENDLY SPA
myth or reality?

MINDFUL CONSUMERISM
thinking green

TOP10 ECO WARRIORS

how to...
be socially
responsible

bangkok's newest spas
discovering southern hainan

Hong Kong, China HK\$48
Singapore S\$6 (inc GST)
Malaysia M\$15 • Thailand B200
China Rmb60 • Philippines P220
Indonesia RP35,000 (inc tax)
Japan ¥1,500 • Korea ₩6,000
Taiwan, China NT\$200 • Australia AU\$58
New Zealand NZ\$8

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top10

top 10 ECO-WARRIORS

writer JUDY CHAPMAN

It's not only Al Gore and Leonardo de Caprio who are making a world of difference when it comes to all things green. From ethical spa products, organic treatments, greening hotels and improving the carbon footprint of spas, there's more than a few eco-minded heroes in our global spa community. Small changes make a world of difference. Here's a few of our favourites...



thora klein-gibaud

"I see a huge connection between human health and the wellbeing of our planet," says Thora Klein-Gibaud, CEO of the ThoSona, the newly opened wellness and lifestyle sanctuaries located in Australia. The daughter of the founders of Jurlique International, it's little wonder eco has long been part of her life. "Living consciously has always been second nature to me," she says. "Recycling, composting, growing our own veggies, eggs, using green power, grey water and energy efficient globes." With over 15 years in the natural health and skincare industry, she describes ThoSona as one-stop sanctuaries for preventative medicine that offer spa treatments, complimentary therapies and education, while representing the start of a new era of integrated health in Australia. "If we take responsibility for our own destiny, and are conscious about our daily actions and their impact then there is little chance of being negligent of how we treat the planet and those around us." www.thosona.com

ted ning

"I must walk my talk," says the newly appointed director of LOHAS (Lifestyles of Health & Sustainability). Growing up in the mountains of Colorado, USA, Ning says he always had an affinity for nature. Ning's home is as green as they come with 3.5 kilowatt solar power, energy efficient appliances and recycled newspaper used for insulation. He gets to work via bike or by diesel VW (46 ml per gallon), eats all organic foods, wears organic clothing most of the time and a solar powered watch too. His cupboards are stocked with organic shampoo and skin care products. "Green business is not just another way of doing business but is emerging as the next steps of and leading edge of innovation. Those that choose to ignore this will be left behind."
www.lohas.com



sonu shivdasani

"Our 2020 vision is not to become carbon neutral, not carbon positive, not zero carbon, but de-carbonising," says Sonu, CEO of Six Senses Resorts and Spas. Since 1995 Sonu and his wife, Eva have dreamt up fabulous concepts for their high-end sustainable destinations. Think permaculture gardens, edible spa food, a ban on bottled water at all their resorts plus they offset all guests and employee's carbon emissions. Now the goal of Six Senses is not just to be zero carbon on site by 2020, but to achieve net absorption of carbon dioxide. In other words, renewable energy will be used to provide neighbouring communities with a zero carbon emission source of power. As well, Six Senses will manage the local plantation of trees, supervised and monitored by the team on-site so that CO2 is absorbed. What's next? The unveiling of an Eco-Suite at Soneva Kiri that is entirely green in construction, design and operation.
www.sixsenses.com

stewart moore

"Clearly the future of tourism, and the planet, depends on how we manage our environment," says the CEO of EC3 Global, an international environmental management and advisory company. EC3 promotes, markets, develops and manages the Green Globe programme for Green Globe Asia Pacific that is the leading environmental benchmarking, certification and performance improvement program with partnerships including the new Evason Phuket and Six Senses Spa. As father of five boys, he says he faces quite a challenge in minimising the family's environmental footprint. Recycling is second nature and energy efficient appliances have been fitted throughout the house. He has installed a rainwater tank and mulches the garden with sugar cane straw to reduce evaporation, plus planted native plants and trees that need minimal water. Moore is currently driving 'Green Globe Lite', an online program that provides an affordable entry point for tourism operators to measure and benchmark their environmental footprint.
www.greenglobe.org



doug m^ccord

"As I look around me, I can't comprehend why our species has become so disconnected from our planet," says Doug McCord, Principle and Director of Design Moran Architects, a company dedicated to green spas and design. McCord is passionate about creating sustainable spas that truly reflect the healing environment and enrich one's body, mind and soul. He and his design team strive to create spas rooted in place with a strong sense of natural materiality. Resource efficiency, non-toxic interiors and daylight filled spaces are just a few of the foundation principles woven into every design. At home, he and his wife Carolyn maintain a carbon neutral household, recycle everything and he rides his bike to work. His vision for the future? "To enjoy and experience this planet with the people I care about and to leave it better than when I arrived is my humblest purpose," he says. www.moranarchitects.com



adria lake

"My life, work and passion are all about exploration. Life is too rich and I am too restless to leave anything unexamined," says Lake who has been creating petrochemical-free spa products for The Four Seasons, Aman Resorts and The Ritz Carlton for the past decade. When not in the boardroom, Lake can be found trekking the mountains of the Himalayas to deepen her understanding of ancient medicine systems. Currently she is working on two new lines of products where most of the ingredients will be harvested at the 'source' in the mountains of Bhutan and the Amazon rainforests. "The health and wellbeing of our planet is a direct reflection of our own wellness or lack of it," she says. "If we take better care of ourselves, stay engaged and productive, use our energy to explore and innovate, be a source rather than consumers these are the ways we can truly take care of our earth."

www.awlakeonline.com



mark wuttke

"My purpose is to inspire and lead others and myself to think, feel and act fully as one in the moment, in relationship with my family, my creator and the natural world," says Mark Wuttke who heads up The Wuttke Group, LCC, a company dedicated to sustainable luxury, spa, boutique retail, organic luxury and eco-chic. An environmentalist practitioner for over 25 years, at home its all about certified organic foods, household and personal care products, recycling 80 percent of household waste plus making his house as energy efficient as possible. As for the future of the spa industry he says: "We have the opportunity to be green alchemists for the future, but first we need to reframe our thinking. I am concerned that we will not just regret what we did do, but what we didn't do. I feel it is not important where we start, as long as we start."

www.wuttkegroup.com



frederic flageat-simon

"Alila's decision to go carbon neutral is in line with its long-held vision and corporate philosophy that commerce, conservation and the community can be integrated," says the Managing Director and CEO of Alila Hotels & Resorts, a boutique hotel brand based in the Asia Pacific. Working with The GreenAsia Group, a specialist in carbon management in Asia, Alila is taking steps to measure, reduce and offset the greenhouse gases emissions its business creates. "From our head office in Singapore to our properties across Asia, this means taking further steps to ensure our management team, including myself, becomes more energy efficient and environmentally aware." The group is also offsetting emissions by purchasing carbon credit certificates from green projects based in Asia. "We hope to eventually operate at the best standards of environmental and sustainable development in combination with good business economics," he says. www.alilahotels.com



motti essakow

"The Spa industry needs to view water as an endangered species," says Motti Essakow, founder of OmWard Bound, a company dedicated to creating sustainable spas, hotels and resorts. "For the past 12 years, Motti has been involved in developing and implementing sustainability principles into hotels, resorts and spas including ecological footprinting, responsible business, sustainability benchmarking and eco-certification. Esteemed clients include Six Senses Resorts and Spas, Inter Continental Hotels, Resorts and Spas, Sheraton Hotels & Spas (Europe and Israel), Radisson Edwardian Hotels and Spas in the UK and Andaz (a new eco luxury brand of Hyatt hotels). In his personal life, Motti chooses to buy local organic produce, doesn't own a car and sleeps on an earth friendly bed. "We are the eco custodians of water and should lead the way towards improving the overall water footprint in our spas and beyond," remarks Essakow.

ute leube

"The world is my classroom and the earth is my inspiration. I have a deep appreciation and love for the planet," so are the words of the co-founder of Amala and Primavera. For the 25 years Ute Leube has been collaborating with organic farming communities around the world to produce certified organic essential oils and plant oils. Primavera is amongst the largest and most respected suppliers of premium certified organic essential oils while Amala is a new certified organic skin care line that is on the menu at Grand Floridan Spa and Health Club, The Spa at Saratogo Springs and ThoSona Wellness Sanctuaries in Australia. Residing in the foothills of the German Alps, her other loves include music, gardening, meditation and living a healthy lifestyle. "My philosophy is to seek out and sponsor organic cultivation projects, in optimal growing regions, including the pristinely organic lands of Peru, Turkey and Provence to name a few," says Leube.

www.amalabeauty.com

