

# European Spa

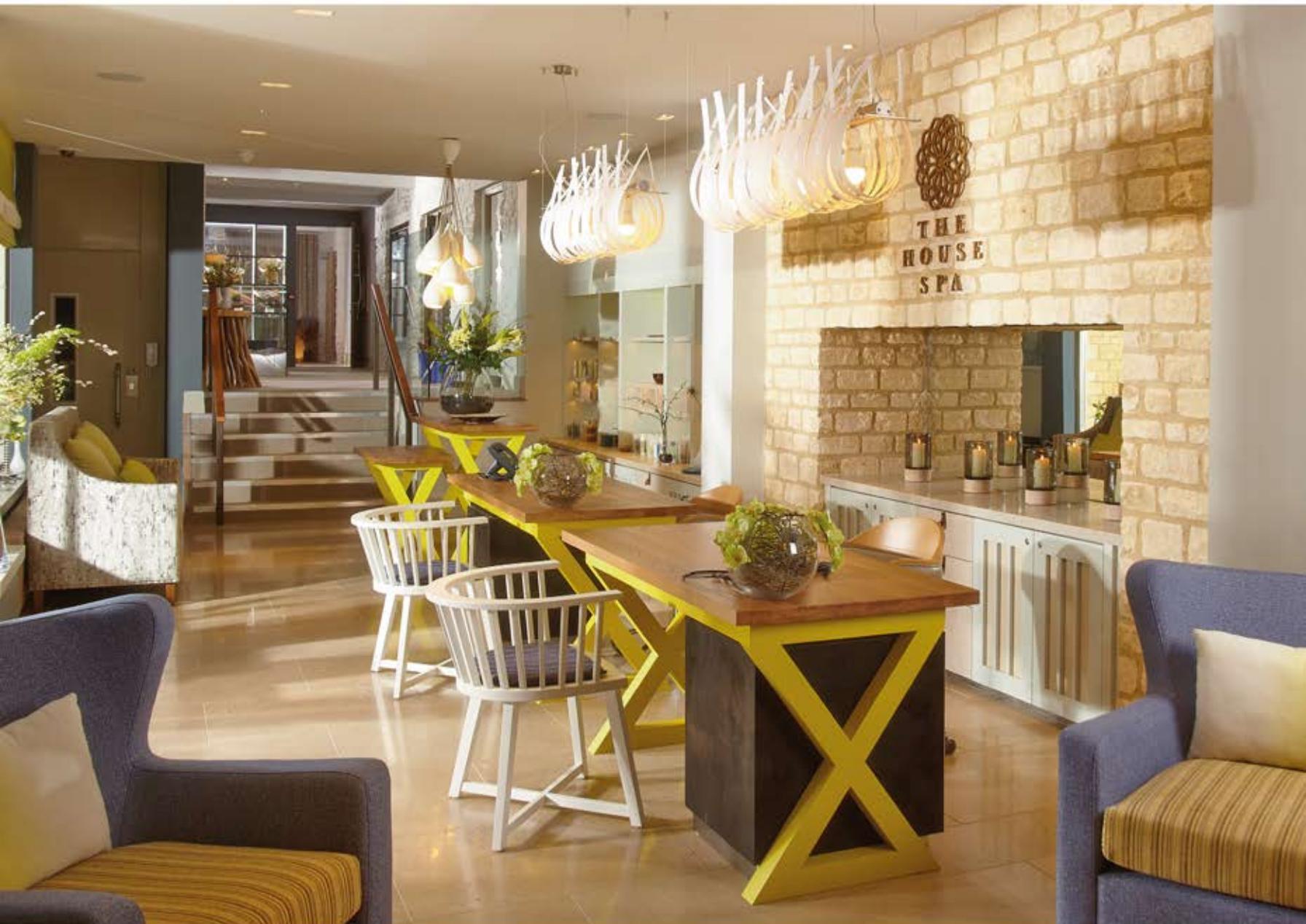
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**DORMY HOUSE SPA**  
The best of British design in  
a historic Cotswolds setting

**OAKWORKS' ROOTS**  
Furniture maker's growth from  
small acorn to top of the tree

**CLINIQUE LA PRAIRIE**  
Inside the refurbished medical  
spa with a wholly holistic heart

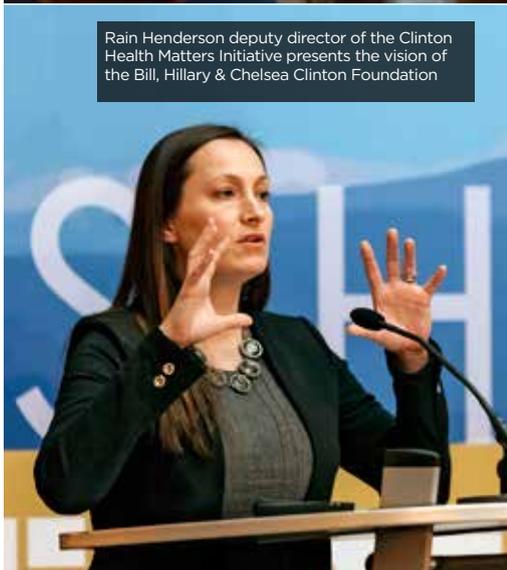
**TANTALISING TANS**  
Our Expert Guide to flawless  
tanning and skin-finishing



On stage: event organisers Anne Biging (2nd left) and Dr Elisabeth Ixmeier (4th left) and team celebrate the inaugural Healing Summit



Time to enjoy and network for Natalia Wörner and Tanya Pergola



Rain Henderson deputy director of the Clinton Health Matters Initiative presents the vision of the Bill, Hillary & Chelsea Clinton Foundation



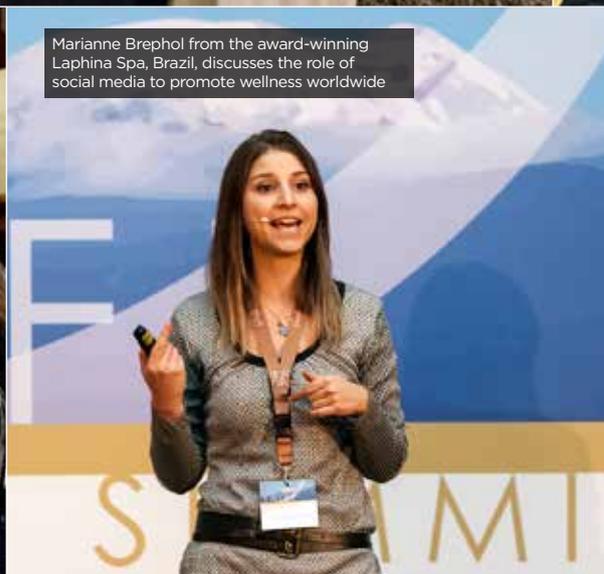
Patricia Thielemann of Spirit Yoga shares ideas with Claudia Roth of ConsciousLab



Founder and CEO of The Soneva Group Sonu Shivdasani extols the virtues of the 'SLOW LIFE' approach to holistic luxury



Kathrin Boerger-Bechtold of Grand Resort Bad Ragaz with Anni Hood of KIS Lifestyle



Marianne Brehphol from the award-winning Laphina Spa, Brazil, discusses the role of social media to promote wellness worldwide



# Holistic evolution

The first Healing Summit in Berlin saw a gathering of international delegates share intelligence on the paradigm shift to embrace holistic lifestyle choices

[Report by Jo Foley]



Inspirational speaker Kathy LeMay, CEO of Raising Change, helps organisations and individuals raise capital to advance social change agendas



Traditional Shamanic Energy Medicine specialist Beth Galis with Jean-Guy de Gabriac of Tip Touch consultancy



Global Healer panel (from left): Dr Petra Müller-Rupprecht, Natalia Wörner (moderator), Beth Galis and Nicola Wohlgemuth

The brainchild of Healing Hotels of the World co-founders Anne Biging and Dr Elisabeth Ixmeier, the inaugural Healing Summit, aptly named SHIFT, took place in March under a banner to explore the possibilities of ‘creating a paradigm shift through a holistic lifestyle’.

Some 90 delegates from around the world gathered at Hotel de Rome in Berlin for the one-day seminar. This city of change and transformation seemed a fitting place in which to discuss the future of the wellness industry, with Biging stating in her opening address that its development depended upon a shift in attitude to take personal responsibility in business, local communities and the wider world.

Hosted by trainer and coach Michaela Merten, speakers at the event addressed a wide range of topics.

Marianne Brehphol from Laphina Spa, Brazil, took up the subject of technology in her talk on the ability of social media to uplift the world, while Kathy LeMay, CEO of Raising Change focused directly on people’s ability to inspire change. Expanding on the subject of humanity’s role as a driver of business success, LeMay delivered a moving and challenging account of her personal experiences in Bosnia and how they had changed the course of her life, bringing delegates to their feet in affirmation.

## Where there’s a will...

Each speaker had their own take on what changes were needed and how they could be introduced into working lives and platforms. As cultural communication coach Velleda Dobrowolny pointed out, the collective wisdom in the room was sufficiently powerful to make any shift happen, if the intention was there. However, as Rain Henderson, deputy director of the Clinton Health Matters Initiative of the Clinton Foundation, said, change cannot be made in isolation – peer groups and partnerships are vital.

As an example, Henderson wondered why, given there is not a place in the world where you can’t get a bottle of Coca Cola, life-saving drugs remain unavailable in many parts of emerging countries? The answer, she suggested, was to engage the goodwill and expertise of the soft drink’s distribution network, as the Clinton Foundation has indeed done.

Elsewhere, there was general agreement that while 24-hour access to technology is mostly unavoidable, it

should be used productively, especially when it came to post-stay care. “Habits are difficult to change and that’s when technology can become an enabler”, said Kirsten Feld-Türkis of KFT Brand&Business Solutions.

Dr Mariela de Silveira of Kurotel Longevity Medical Center and Spa, in Brazil, said clients should have continued access to what they learn during their stays.

## Oneness and co-operation

Another topic implicit in many discussions was the need to help spa guests take time out. Meditation and mindfulness were seen as vital, with keynote speaker, astrologer Shelley von Strunckel, pointing out that reading the 55 words she is allowed for each star sign in her daily horoscopes, was often the only time her readers were connected with their own stillness.

After the event, Anne Biging told *European Spa*, “The Healing Summit is a milestone for us, personally and professionally. It was so moving to see how the speakers and the delegates together created an atmosphere of oneness, of co-operation and total openness to move forward.

“The Summit showed that personal healing, caring for other people and respecting the planet are all connected and these concerns can be expressed on personal, business and political levels.”

The new annual Healing Summit is organised by Healing Hotels of the World. For more information, visit: [www.healinghotelsoftheworld.com](http://www.healinghotelsoftheworld.com)

IMAGES: Ralf Müller: [www.fastimage.de](http://www.fastimage.de)

## HEALING SUMMIT PANEL DISCUSSIONS

Two well attended panel discussions also took place during the Summit, allowing delegates to probe deeper into specific topics:

### The future of Holistic Healing in Hotels and Resorts

Chaired by Claudia Roth of ConsciousLab, participants included Alfredo Bataller, SHA Wellness Clinic, Spain; Kirsten Feld-Türkis, KFT Brand&Business Solutions; Karl Matthias Rolle, Hotel Océano, Tenerife; Dr Mariela de Silveira, Kurotel Longevity Medical Center and Spa, Brazil; and Patricia Thielemann, CEO Spirit Yoga, Brazil

### Global Healer panel

Moderated by Natalia Wörner, participants included Dr Petra Müller-Rupprecht, shamanic energy master Beth Galis; Tanya Pergola, Voice for the Indigenous Healing Wisdom of Africa; and medium and energetic healer Nicola Wohlgemuth