



THE GALLIVANTER'S GUIDE[©] TO CHEMICAL-FREE SPAS

All you ever wanted to know about spas,
but didn't know where to look.

THE DEFINITIVE GUIDE FOR HOTEL OWNERS | GENERAL MANAGERS | SPA MANAGERS | THERAPISTS
SPA CONSULTANTS | ARCHITECTS | INTERIOR DESIGNERS AND SPA PRODUCT MANUFACTURERS

The
Gallivanter's
Guide to
Chemical-Free
spas



CREDO

60% OF WHAT
YOU PUT ON
YOUR SKIN IS
ABSORBED INTO
YOUR BLOOD-
STREAM. SO, IF
YOU WOULDN'T
PUT IT IN YOUR
MOUTH, DON'T
PUT IT ON YOUR
SKIN!

Over the years, whenever we have discussed spas with Hotel Owners, General Managers, Spa Managers, Therapists, Spa Consultants, Architects, Interior Designers and even Spa Product manufacturers, time and time again, they ask us, “How do you know all this, and where can we find this information?”

Which is why we've produced this guide.

On this site, we have brought together most, if not all, of what we have learned, experienced and feel passionate about in spas and spa products. It is not a definitive work, but should go a long way towards answering most of your questions and give you an insight into where the spa industry should be going, and how you can play your part. DM

CONTENTS

- 3| Why Chemical-Free?
- 5| The 28,000 Square Foot restaurant
- 9| A Clear Case for Chemical-Free
- 10| The Organic Smokescreen
- 12| 21st. Century Spa Waters
- 15| The Non-Natural argument
- 18| Spa Design | *The Journey* | *The Spa Room*
| *Menu vs Diagnostic*
- 28| Questions to ask 'natural' spa
product manufacturers
- 31| Indigenous Treatments
- 35| The quick fix
- 38| Our approved Chemical-Free brands



Chemicals have invaded every aspect of our 21st century lives. From the food we eat, to the air we breathe, the drinks we consume; in cosmetics and deodorants, room fresheners, cleaning products, garden products, even the clothes we wear.

WHY CHEMICAL- FREE?

There are chemicals of one sort or another in all of them, and most of them are derived from petrochemical waste!

Even products that used to be made from natural ingredients, like perfumes, are now manufactured in laboratories using 'nature identical' fragrances instead of the original flower scents, such as lavender or rose.

So pervasive has this become, it





is all but impossible to avoid coming into contact with chemicals in our daily lives. Just walk down any city street, and you will be assailed by petrochemical fumes.

If you cannot avoid this chemical overload, you can at least choose not to ingest more by avoiding the use of chemically laden spa products. It never ceases to amaze us that so many spas offer de-toxing treatments using products which are themselves full of chemical toxins.

WHY CHEMICAL- FREE?

So why should you choose chemical-free for your spa? Well, according to our reading, chemical-free is where the spa market is heading; witness the results in the 2008 and 2009 Gallivanter's Guide Awards for Excellence. Out of the six top spas, as chosen by our readers in 42 countries, all were either chemical-free, or offered a chemical-free option.

Need we say more? **DM**

THE 28,000 SQUARE FOOT RESTAURANT

Most General Managers will confess to knowing next to nothing about spas, which is why the majority is happy to call in an 'expert' and hand over the entire responsibility.

Recently, I was talking to just such a GM, who was telling me about the new 28,000 square foot spa that his hotel was constructing.

'Tell me', I said. 'when was the last time you talked about a 28,000 square foot restaurant?'

He looked blank. 'You don't define restaurants by their size, do you? You tell people about what type of cuisine is on offer; who the chef is; the quality of the ingredients, and so on. Well, it's the same with spas.'

If most GMs substituted the word 'restaurant' for the word 'spa', they would have a much better grasp of what sort of spa they wanted. For instance, you may decide that you want a 3 star Michelin spa, or an all-day dining spa, that is as



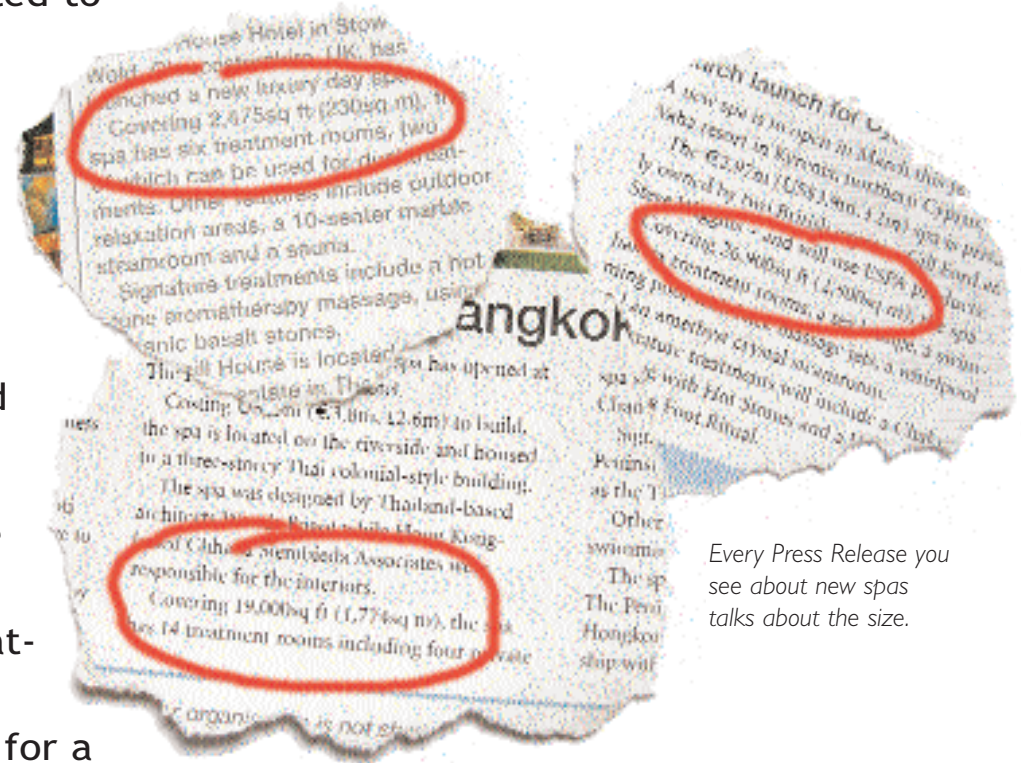


THE 28,000 SQUARE FOOT RESTAURANT

much to do with fitness as facials. Perhaps an Asian/Fusion type spa would be better suited to your guests. Think F&B, and you're thinking Spa!

Spas are not about their size, they are about the treatments offered (the cooking), the therapists (the chefs), and the products used (the food ingredients).

Unlike restaurants, which are high priority to hoteliers, a vast majority of spas are located in the basement of the hotel; hardly the first choice for a fine dining restaurant! Restaurant design is all about creating the right ambience, yet arriving at your average spa reception is more akin to walking into your local supermarket, with products on sale at every turn.



Every Press Release you see about new spas talks about the size.



THE 28,000 SQUARE FOOT RESTAURANT

Applying our restaurant analogy once more, we see that the ambience, the lighting, the 'table settings' are crucial in creating the right mood for the guests to benefit from their spa treatments. Just like a restaurant, your spa will be judged on the quality of the cooking (**the treatments**), which is why you cannot expect an 18 year old girl, with 3 weeks of training, to be able to 'cook'. Just as you respect the years of dedicated work put in by a French pastry chef, so too should you respect the unique expertise of an experienced therapist.

Maybe if more GMs applied their F&B experience to their spas, we would not have so many identikit spas in the world. You would not call in McDonald's to create your restaurant, so why would you allow the equivalent spa 'expert' to design another me-too spa?

It is high time that GMs took back responsibility for their spas and made them as individual as their hotels and restaurants.

In this instance, size does not matter; quality does. **DM**

A
CLEAR
CASE
FOR
CHEMICAL
-FREE



It is a fact that around 60% of what you put on your skin is absorbed into your bloodstream.

It is how anti-smoking patches work and is also the reason why we say that if you would not put it in your mouth, then don't put it on your skin!

When we challenge spa product manufactures regarding their use of certain petrochemical ingredients, such as Parabens, they invariably counter our concerns with a denial that they are harmful, and that only a tiny amount of these ingredients is used, adding up to no more than 1% or 2% of the total.

To avoid scrutiny like ours, some devious manufacturers, to get around the labelling laws that state that any ingredient constituting 1% or more of the total must be shown on the label, resort to putting more than one type of Paraben in their product, each below the 1% threshold, but adding up to a worrying 3 or 4% in total. If these tactics do not concern

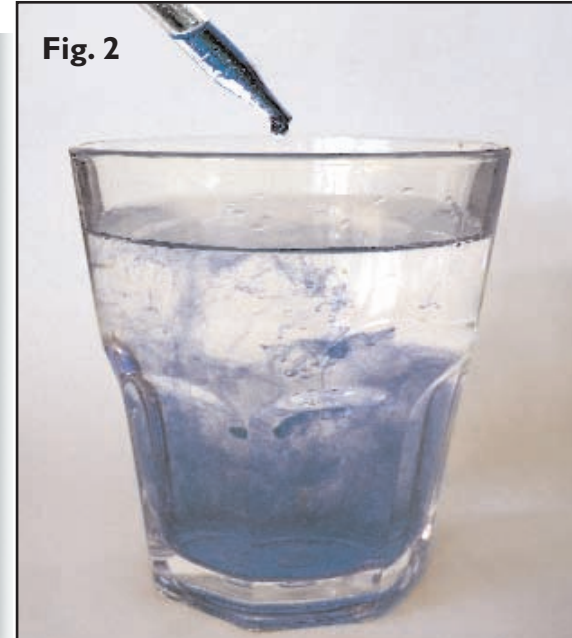


you, then take a look at Figs.1 & 2.

Fig.1 shows a glass of pure, chemical-free mineral water.
Fig.2 is the same picture, but we've added just 1% of blue
ink, (*to represent the harmful chemicals*).

Do you still want to drink it? **DM**

A
CLEAR
CASE
FOR
CHEMICAL
-FREE



THE ORGANIC SMOKE SCREEN

Organics has become the fastest growing sector in the food industry, attracting a more discerning type of customer, and with premium prices delivering higher profits.

Exactly the same thing is happening with spa products. Organics has become the buzz word in the spa industry and now all sorts of manufacturers are jumping on the 'organic' bandwagon.

Many General Managers and Spa Directors have latched onto the 'organic' tag; not realising that products can contain a few certified organic essential oils that are then mixed with the chemical soup of Parabens, Propylene Glycol and SLS.

Of course, defining chemical-free is a problem in itself. Many skincare manufacturers claim to be 'natural', 'pure' or 'organic' and, given that Spa Directors and therapists are not entirely adept at understanding ingredients lists, they will often adopt a skincare line, thinking it is chemical-free.



TIP
IF A SPA
PRODUCT
CLAIMS TO BE
'CHEMICAL-FREE'
LOOK TO SEE IF
IT HAS A 'USE
BY' DATE.
IF NOT, THEN
IT PROBABLY
CONTAINS
CHEMICAL
PRESERVATIVES.

THE ORGANIC SMOKE SCREEN

This is why it is so important for ethical brands to consistently hammer home the fact that their products contain NO man-made chemicals at all.

Believe me, having tested numerous so-called chemical-free brands over the years, there is but a handful that lives up to the claim. Most sneak in less well-known chemicals, such as Sodium Benzoate, whilst shouting loudly that their products contain no Parabens.

Skincare that contains chemicals is akin to junk food that contains preservatives. It is not healthy. The best hotel spas I have encountered offer treatments that not only do not harm their guests, but also take care of their therapists. The products I have tested, researched and therefore recommend as being ethical and, compared to most, chemical-free are **Akamuti, Dr. Hauschka, Just Pure, KuuSh, Living Nature, NHR Organic Oils, The Organic Pharmacy, Sodashi, Spiezia Organic Care, and Suki Pure.** **LM**



*Chemical-free
Sodashi treatments.*





21st. CENTURY SPA WATERS.

Remember when spas were all about taking the waters to promote good health? Well, today's spas appear to have forgotten about all that. Hydrotherapy pools may be all the rage, but I wonder how they can be deemed therapeutic when the majority reek of chlorine gas.

Since America began adding chlorine to its water supply in the 1920s-1930s, numerous research papers show that coronary heart disease and intestinal cancers have mushroomed. Chlorine destroys the friendly bacteria of the gut, where 60% of our immune cells operate, so spa pools containing chlorine can hardly be touted as healthy.

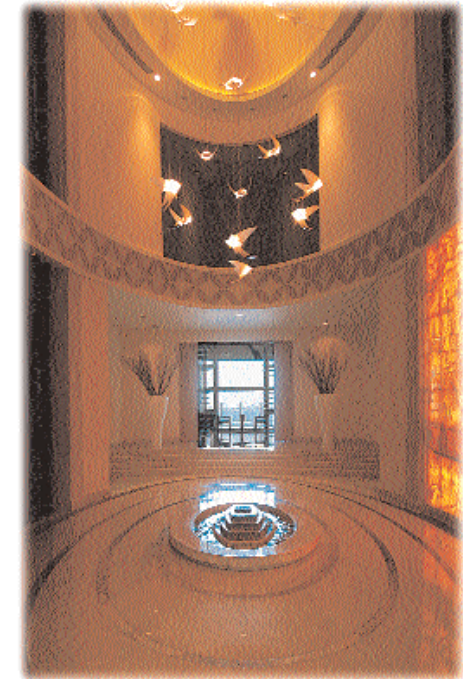
Canadian researchers found that after an hour of swimming in a chlorinated pool, chloroform concentrations in the swimmers' blood ranged from 100 to 1,093 parts per billion. The same applies to chlorinated shower water. When the water is heated, you are inhaling chlorine gas and absorbing it through your skin, so that a 10-minute chlorinated shower is equal to drinking eight glasses of the stuff!

21st. CENTURY SPA WATERS.

American spa managers often tell me that legislation requires the addition of chlorine to their pools, to prevent the growth of bacteria, whereas, in fact, there are a number of much safer ways to achieve this, without the use of dangerous chemicals. It is interesting to note that in California, signs around swimming pools warn pregnant women of the dangers of swimming in chlorinated water; so why is it OK for everyone else?

Ozone-treated pools reduce the level of chlorine required, but even better are ultraviolet-treated and saline-treated pools, which I am seeing more of these days (though rarely in the USA and UK).

Amansara in Cambodia has saline outdoor pools, and the Spa at Four Seasons Hotel Hong Kong employs 'chi water', which is filtered, purified and then energised. So you see, there are alternatives.



*Four Seasons Hotel Doha
has one of the
purest spas in the world.*

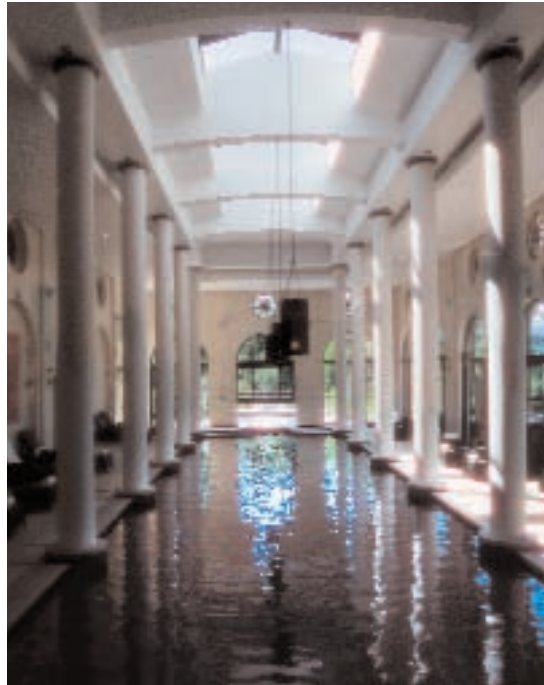
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Gallivanter's
Guide to
Chemical-Free
spas



The human body is composed of 25% solid matter and 75% water. Brain tissue comprises 85% water.

How do you feel about diluting that life force with chlorine - the chemical we use to clean our lavatories? **LM**

21st.
CENTURY
SPA
WATERS.



Left: The spa pool at Four Seasons Resort Provence at Terre Blanche and the spa pool at Almyra, Cyprus. Both pools are chlorine free.



THE NON- NATURAL ARGUMENT

Many non-natural companies, which comprise the majority of skincare manufacturers, focus solely on the 'pure', 'active' ingredients in their products, such as the essential oils. Some spa companies only inform and train their therapists in these ingredients but totally ignore the chemical emollients, surfactants and preservatives that comprise the bulk of the products. This means that their therapists are often completely ignorant about the base ingredients of the products they employ. If they do not know, then no wonder the GMs and Spa Directors are ignorant!

The other argument made by the non-natural brigade is that they use chemical preservatives to protect spa goers from deadly moulds and bacteria. This is how they scare hoteliers and spa directors into using their products - a health and safety concern. It seems to me that the only reason these people use chemical preservatives

*If there are
no 'use-by' dates on the
product, don't trust it.*





is to preserve their profits! By using preservatives, they can make a huge batch of product and warehouse it for years, so that when an order comes in, they just have to ship it. Chemical-free companies, however, manufacture fresh batches regularly. It is the difference between a processed ready-meal and an organic salad.

*Chemically preserved
versus organic.
Which would you choose?*

THE NON- NATURAL ARGUMENT

Packaging is very important to many spa goers, who often judge their skincare on the attractiveness of the jar or box rather than its contents. Non-natural companies tend to spend more on packaging than on ingredients, whereas chemical-free companies tend to spend most of the money on quality ingredients.



It is a little like organic food, which does not necessarily look perfect, but does not contain toxic chemicals, either. Looks are not everything these days. It is content that matters, and more and more high-end hotel guests are realising this.





THE NON- NATURAL ARGUMENT

The most extraordinary argument I ever heard against chemical-free skincare proposed that growing all those fresh fields of lavender and herbs was wasting the earth's precious resources and that it was much 'greener' to make everything in the laboratory. This is a complete fallacy because it fails to recognise that pure, plant-derived essential oils contain hundreds and sometimes thousands of active therapeutic ingredients. They do not merely smell nice - they heal.

Nature Identicals, which are fragrances made in the laboratory, mostly from petrochemicals, have no therapeutic effect whatsoever, but can often smell very similar to the real thing. They are, of course, cheaper, which is why they are often used in room fresheners and washing powder; but do you want this on your skin? **LM**



The majority of hotels and resorts are built by owners who don't have the foresight to bring a dedicated spa consultant or management company onboard at an early enough stage to affect the spa's design.

SPA DESIGN | THE JOURNEY

Too often, in our experience, the spa is an afterthought. Which means that it invariably ends up in the basement. And as we all know, basements are hardly inspiring or uplifting places.

In contrast, when the spa consultants are brought in early enough, the results speak for themselves.

Two examples spring to mind; Four Seasons Hotel Doha, in Qatar and Four Seasons Resort

*The spa dhoni at
Four Seasons Resort Maldives
at Kuda Huraa.*





Langkawi in Malaysia.

Both these spas are amongst the best in the world.

The location of the spa is key to the guest experience and in these two properties, there is a real synergy between the facility and the treatments being offered, resulting in a truly holistic experience.

View of the tranquil reflecting pool at the spa at Four Seasons Resort Langkawi, in Malaysia.

SPA
DESIGN
|
THE JOURNEY

A great spa experience should flow, which means it should start long before you reach the treatment room.

We call this The Journey.

A good Journey takes you on a calming path, quietening the mood right up to the commencement of your treatment. Décor, lighting, music, sound, touch and aroma should all play a part in creating the right ambience





SPA
DESIGN
|
THE JOURNEY

during your Journey.

Take the spa at Four Seasons Resort Maldives at Kuda Huraa, as an example. Here, the Journey starts with a magical boat ride across the lagoon to a private spa island, where you disembark onto a jetty that leads you to a serene chemical-free spa.

In contrast, a bad journey is one that is disjointed, passes the fitness centre or hairdressing salon, and ends in a spa reception that resembles an airline check-in desk or supermarket aisle!

Crossing the suspension bridge on the way to the spa at Four Seasons Tented Camp, Golden Triangle, Thailand.





Even when the Journey is perfect, all this can be undone if the final destination, the treatment room, is just a box with four blank walls and a massage bed.

A treatment room should inspire you as much as the journey, making you feel relaxed and comfortable; anticipating your treatment.

I recall a conversation with one hotelier, who regarded himself as a spa expert. His view was that, provided the room was functional, there was no need to worry what the spa room looked like, as the guest was going to spend all of his or her time with their eyes closed!

It's like saying that it doesn't matter what

The excellent Jungle Spa at Amanwana on Moyo Island, Sumbawa, Indonesia, where the only sound is from the sea.





your bedroom decor is like, because you spend most of your time sleeping.

Another mood killer is the spa locker room. It is staggering that so many hotel spas are still being built with these ghastly, outdated monstrosities. I can just about condone the provision of locker room changing facilities when a city spa

SPA
DESIGN
|
THE
TREATMENT
ROOM



*One of the two spa treatment
'rooms' at Four Seasons Tented
Camp Golden Triangle,
Thailand.*

SPA
DESIGN
|
THE
TREATMENT
ROOM

has outside members, but for any other hotel, the era of the locker room is long gone. Visionary spas are now providing changing facilities in each spa suite, and not just couples' suites.

Your spa treatment room should be a sanctuary, where you can disrobe, have access to a toilet, shower, sit down com-



fortably, and ideally, gaze at the view. Look at this picture of a spa treatment room at Trisara in Phuket, Thailand, and you'll see what I mean. **DM**



One of the 100sq. metre indoor/outdoor spa suites, with 2 showers, a steam room and magical views, at Trisara in Phuket, Thailand.

SPA
DESIGN
|
DIAGNOSTIC
VS
MENU

Just as a restaurant is only as good as its chef, so a spa is only as good as its therapists.

Most spas ask guests to decide on which treatment they should have, presenting a restaurant-style menu of options. Given that effective spa treatments are therapeutic and, in some cases, positively life-changing, is this the right way to go?

Imagine going along to your doctor and telling him or her which drugs or surgery you would like to try. OK, I know that this sometimes happens in the USA, what with the proliferation of drug advertising to consumers, but generally, we go to a doctor or alternative practitioner for an expert diagnosis.

No two people are alike, which means that one spa treatment could benefit Guest A, whilst diminishing Guest B. For a spa to be truly effective, Diagnostics



*Spa therapists at
Amanbagh, Alwar in India.*



SPA
DESIGN
|
DIAGNOSTIC
VS
MENU

are vital. Just as a good therapist will examine a guest's skin for dry and oily areas, so should they examine the nuances of a client's mood and overall health.

Here is an example. My acupuncturist trained in China and as one of his final examinations, he was presented with five Buddhist monks, all of whom manifested stomach problems.

The examiner asked the trainee acupuncturist for a diagnosis. His answer was 'fire the chef in the monastery!'

Apparently, all five monks were suffering from food poisoning, but the really interesting thing is that each monk required a completely different treatment. The cause may have been the same, but the treatment was not, because it took into consideration the wholly individual energy and physiology of each monk.

Although it would be easier and more cost-effective to



TIP
SELLING TIME
RATHER THAN
A MENU
ENABLES THE
THERAPIST TO
DIAGNOSE THE
CLIENT'S NEEDS
BETTER.





implement, one size does not fit all. If we are to create truly relevant, therapeutic spas, then Diagnostics have to supercede Menus.

SPA
DESIGN
|
DIAGNOSTIC
VS
MENU

In a resort spa that did embrace diagnostics, I was told a story about a 75 year old man, who visited the spa to see what could be accomplished. Whilst discussing his health, the therapist asked him what he would really like to achieve.

The man smiled and looked a little embarrassed.

“You know, if I were to think of the thing that I most want to do, it would be to learn to swim. I never did find time.”

The diagnosis was that this man should learn to swim in order to help make him feel complete. A remote area of beach was found, so as not to embarrass him, and over a period of two to three days, he was taught to swim.

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Chemical-Free
spas



This was, indeed, a life-changing experience for him and gave him great pleasure and confidence.

Surely, this is what spas should attempt to achieve; to bring joy and harmony to guests, no matter how unconventional the means. **LM**

SPA
DESIGN
|
DIAGNOSTIC
VS
MENU



When a manufacturer of a spa brand tells you their product is natural, 100% pure, organic or chemical-free, here are a few questions for you to ask. Hopefully, they will determine whether or not you are being told the whole truth.

QUESTIONS TO ASK 'NATURAL' SPA PRODUCT MANUFAC- TURERS.

1. How often do you manufacture a fresh batch of cream/toner/whatever? (The answer should be 'on-demand' or monthly.)
2. Do you manufacture in your own factory or do you outsource? (Outsourcing means that they cannot have total quality control and guarantee the purity of the products.)
3. What do you use as a preservative? (Ask them to list everything and do not be fooled by answers that say 'we have our own unique preservative'.)
4. What do you use as an emollient? (Make sure that there are no petrochemical moisturisers used and that oils and carriers are natural and vegetable.)





QUESTIONS
TO ASK
'NATURAL'
SPA
PRODUCT
MANUFAC-
TURERS.

5. What surfactants do you use? (If they say they only use, for instance, coconut - a derived surfactant - find out how the coconut is extracted, as much of it is extracted using chemicals, which rather defeats the purpose!)

6. What do you use to clean your manufacturing area with? (This is important! If they are using strong chemical surfactants to clean with, this will contaminate the product.)

7. Is the product made by hand in a sterile environment, or by machine? (As long as the product is made in a sterile, quality-controlled environment, then machines are OK. Find out, though, if manufacturing staff is motivated by inspirational music, meditation, etc., as this aids the quality of the final product. Like food, spa products made with love work better.)

8. What is the shelf life of the products and do you have use-by dates printed on every product?





(Chemical-free skincare will normally last from 1-2 years unopened and up to 6 months once opened. If there are no use-by dates on the product, don't trust it.)

QUESTIONS
TO ASK
'NATURAL'
SPA
PRODUCT
MANUFAC-
TURERS.

9. If you ever see the phrase 'no harsh chemicals used', read it to yourself several times and you will realise that it does not say that there are NO chemicals, just no 'harsh' chemicals, which means that there ARE some chemicals in the product. Quiz them about this. **LM**



INDIGENOUS TREATMENTS

There is a school of thought in the spa industry that says that spa treatments should be 'of the place' - indigenous ingredients or rituals derived from ancient cultures.

In some parts of the world, this is a wholly authentic concept; Ayurveda in India, Thai massage in Thailand, Temascal in Mexico. However, all these ancient treatments actually work, whereas most of the invented rituals that you find in spas are merely menu-marketing. They may feel nice and sound exotic, but they have little or no therapeutic effect.

The worst example of menu-marketing I ever experienced was in Egypt, where I suffered a facial that involved layering cucumber and tomato slices on the skin, then rinsing the face with cow's milk, straight from its carton. Cleopatra would not have approved.



Fresh fruit and vegetables, but do they make for an effective facial?



INDIGENOUS TREATMENTS

Spas, thankfully, are moving on from the often silly 'pampering' treatments that act as substitutes for authentic therapies. These days, treatments need to be meaningful and effective. Therapists need to be trained in 'connecting' with their clients, so that the experience does not resemble being processed on a conveyer belt.

In my view, skincare products do not need to emanate from the same country the spa is set in, because this, quite often, will mean compromising on quality. Not every country makes chemical-free skincare, let alone good chemical-free skincare.

So how do you achieve a sense of place in your spa? To me, it is in the design and the details, such as the style of the spa ritual, the tea served, the spa uniforms, the greeting, the essential oils that fragrance the rooms, the sacred jewellery and other items in the spa boutique.



*Hot stones have become
a spa staple worldwide.*





The treatments, however, should, first and foremost, aim for effectiveness, not cultural gimmickry. A facial should produce visible effects. A massage should relieve tension. A foot massage should heal, not merely pamper.

INDIGENOUS TREATMENTS

I choose to drink organic wine, but I also require it to taste good! The same is true of chemical-free skincare. Quite simply, it should work.

Some spas commission bulk manufacturers to create their own indigenous range. In my experience, these products look and sound very interesting, but I have never found any that work, and upon examining their ingredients in close-up, I have invariably discovered a raft of hidden chemicals, which, of course, help to reduce the production cost.



*The spa at Four Seasons
George V Paris
is in keeping with
Parisian style.*



Great spa products, like great culinary ingredients, are not cheap. If you pay peanuts, you get junk. So if you do want to create your own spa range, then go to one of the handful of ethical chemical-free skincare companies and ask them to customise a quality range.

INDIGENOUS TREATMENTS

This is no small investment, but ultimately, matching your own high standards with the high standards of an ethical chemical-free manufacturer, will not only enhance your hotel or resort's reputation, but will also make for very contented guests. **LM**

THE QUICK FIX

Nowadays, many people feel that they are so short of time that everything has to be instant, fast, convenient. This is translated into eating on the run rather than sitting down for a meal, using every minute to keep in touch by cellphone or e-mail, Twittering a few sentences because there is no time to write, buying synthetic fabrics because there is no time to iron, de-toxing to get rid of all the fast food toxins absorbed through convenience foods.

Instead of leading a healthy lifestyle, drinking a couple of litres of water each day and avoiding junk, many spa goers demand a quick fix to put things right and the chemical skincare manufacturers are right there to help, especially when it comes to facials.

The problem with 'quick fix' facials is that they do not address the core problem, but merely serve to conceal it; locking in moisture with petrochemicals that do not



THE QUICK FIX

allow the skin to breathe. You look great initially, but long-term, your skin becomes addicted to those chemicals and ageing can ensue.

If you take someone who has used these chemically-based facial products for a year or two and then put them on a daily diet of chemical-free skincare, their skin will often react dramatically, with outbreaks of spots and even, in some cases, peeling. This frequently deters the user as they think that the chemical-free skincare is causing their skin to react, whereas, in fact, the chemical-free skincare is allowing the body to flush out the accumulated toxins.

As organic farming has proved, you cannot start growing



Just as the soil for organic farming needs to be free of pesticides, so your skin needs to be rid of contaminants before the true benefits of chemical-free skincare show.



THE QUICK FIX

organic vegetables in soil that has been damaged by pesticides and petrochemical fertilisers. You must allow the soil to recover and regenerate over a 3-5 year span.

As with most alternative treatments, such as acupuncture and homeopathy, chemical-free skincare supports the body's immune system and encourages the skin to become healthy and radiant, as it was always meant to be. If you have been using chemically-infused skincare, then you have to allow a few weeks or so for your skin to rid itself of all those chemicals before the real you appears, like a butterfly from a chrysalis.

Do not forget, though, that beauty really does come from within, so the best way to hydrate your skin is to drink plenty of pure water. **LM**





OUR
APPROVED
CHEMICAL-
FREE SPA
BRANDS

SODASHI - www.sodashi.com

Based in Perth, Australia. Owner/founder Megan Larsen. Megan has a unique knowledge of aromatherapy, biochemistry, Ayurveda and Transcendental Meditation. They have their own factory where they make the products on demand. No chemicals allowed in cleaning processes. Staff meditate daily. A particularly ethical, effective and extensive range, including hotel amenities. High level of therapist training.

The Organic Pharmacy - www.theorganicpharmacy.com

Based in UK. Owner/founder Margo Marrone. Margo is a trained homeopath and passionate campaigner for chemical-free. Extensive spa range and retail. Also produce hair care and 'Organic Glam' makeup, homeopathic and herbal remedies.

Dr Hauschka - www.drhauschka.co.uk

Based in Germany. Founded in 1967, but still one of the most





effective and ethical chemical-free spa and retail ranges, with excellent facial protocols. Also make very good hair care range and comprehensive make-up range.

OUR APPROVED CHEMICAL- FREE SPA BRANDS

KuuSh - www.kuush.com.au

Based in Australia. Owner/founder Catherine Griss. They have their own manufacturing which hand-makes all products. Uniquely Halal certified. They do not use any water in the products. Very ethical and dedicated company.

Living Nature - www.livingnature.com

Based in New Zealand. Very ethical company, but not too organised in terms of spa treatments - mainly a retail brand. Best aspect of this company is its Makeup range, which is a superb addition to spa retail.





Suki Pure - www.sukipure.com

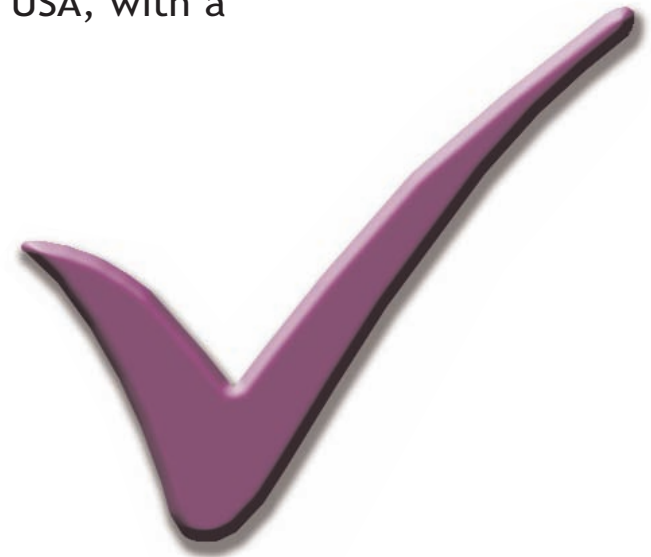
Based in USA. Owner/founder Suki Kramer. Suki is the most pure and ethical chemical-free spa brand in the USA, with a good range of effective products.

Akamuti - www.akamuti.co.uk

Based in Wales, UK. Not a spa brand, but a terrific chemical-free range of modestly priced products, ranging from soaps to hydrosols and creams.

NHR Organic Oils - www.nhrorganicoils.com

Based in the UK and USA. Owner/founder Kolinka Zinovieff. Expensive, but the best range of organic essential oils, absolutes and blends, massage oils, floral waters, body and hair care. Also produce a new 'baby' range.



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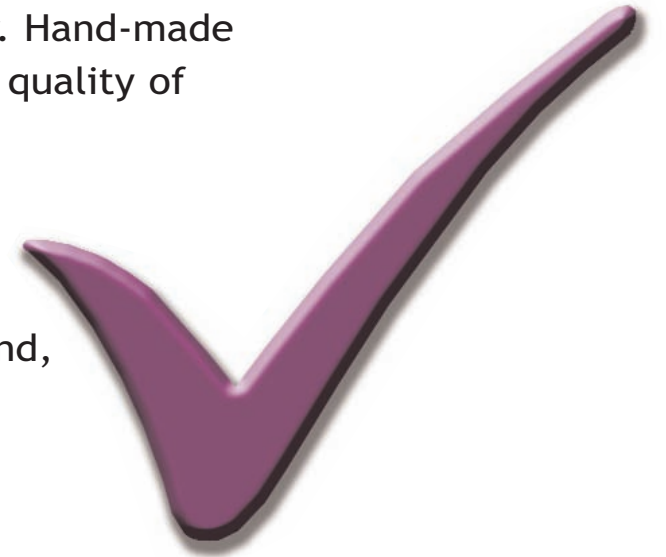
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Spiezia Organics - www.spieziaorganics.com

Based in the UK. Founded in 1998 by Mariano and Loredana Spiezia, but now co-owned by Amanda and Sally. Hand-made in Cornwall, with great emphasis on the healing quality of plants. A simple but effective range.

Just Pure - www.justpure.com

Based in Munich, Germany. Founder/CEO Gabriela Just. Both a spa brand and a retail brand, including haircare. Spa treatments based on the phases of the moon.



The Gallivanter's Guide to Chemical-Free spas is available in document form priced £12.50 Pounds Sterling including Postage & Packing, from The Gallivanter's Guide, Hill Crest, Malmesbury Road, Minety, Malmesbury, Wiltshire, SN16 9QX, UK. Fax: +44(0)1666 860 063

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