

THE SPA & WELLNESS AUTHORITY

american spa



WELLNESS TRENDS
TO WATCH IN 2026

THE WORD ON WELLNESS

WELLNESS IS A PART OF EVERYDAY LIFE FOR SO MANY PEOPLE

today. In fact, the global wellness market is projected to reach \$9 trillion by 2028, and 82% of U.S. consumers now consider wellness a top priority in their daily lives. Optimal holistic health and wellbeing can be achieved through beauty and spa treatments, fitness, mental wellness, recovery, longevity, and so much more. To help people achieve optimal wellness, resort spas, day spas, and medical spas continue to expand their menus to include offerings that promote a healthy lifestyle and enhance the mind, body, and spirit.

In last year's trend report, we discussed how biohacking, corporate wellness, high-tech recovery treatments, holistic healing, digital detox experiences, artificial intelligence, and water therapy were all going to play a significant part in the spa and wellness industry, and they did.

In this year's report, industry professionals highlight the increase in gender-neutral spaces, women's wellbeing, slow wellness, touchless therapies, and bioharmonization, among so many other important topics. Additionally, you'll find insight from our report's sponsors to give you a comprehensive look at what's to come next year. What other trends do you believe will be popular in 2026? I'd love to hear from you.

Wishing You Wellness,

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An Increase in Personalized and Wellness-Integrated Aesthetics

This approach combines regenerative medicine, subtle and gradual cosmetic enhancements, and internal health optimization.

By Maral Malekzadeh, D.O., Board-Certified Gynecologist and Co-Owner of The Well Westlake (OH)

As aesthetic medicine continues to evolve, one of the most transformative shifts for 2026 is the rise of personalized, wellness-integrated aesthetics. This approach combines regenerative medicine, subtle and gradual cosmetic enhancements, and internal health optimization. More patients are beginning treatments earlier to prevent and reverse the first signs of aging, aiming to preserve their natural look and potentially avoid surgical procedures in the future. This reflects a broader movement toward preventative care and a growing understanding that true beauty is inseparable from overall wellbeing.

Today's clients are moving beyond quick fixes or dramatic makeovers. They seek results that enhance their natural features, support hormonal and metabolic balance, and promote long-term vitality. The modern medical spa is meeting this demand by blending the science of medicine and aesthetics with principles of functional health to create treatment plans that address both internal and external wellness.

At the center of this evolution is regenerative medicine, which uses the body's own healing mechanisms to rejuvenate skin and tissue. Therapies, such as exosomes, platelet-rich plasma (PRP), and platelet-rich fibrin (PRF), are becoming essential components of advanced medical spa care. These biologic treatments harness growth factors that stimulate collagen production, improve texture, and accelerate recovery, delivering subtle and progressive improvements that look natural and age gracefully.

Equally defining is the move toward customized and understated enhancement. Clients increasingly seek treatments that preserve their individuality rather than erase it. Modern injectables and biostimulators are being used to restore harmony and balance rather than simply add volume. There is also an increased use of biostimulators to generate



PHOTOGRAPHY: GETTY IMAGES

the body's own healing mechanisms and collagen production, creating more natural and long-lasting results. Techniques, such as microdosing with wrinkle relaxers and layered filler placement, allow for soft, expressive, and personalized outcomes.

Another key aspect of this trend is the integration of internal health into treatment planning. Many practitioners now evaluate hormones, nutrient levels, and lifestyle factors alongside aesthetic goals. Therapies, such as IV nutrient infusions, metabolic support programs, and hormone optimization, are being paired with facial rejuvenation, body contouring, and skin renewal, creating a holistic model that enhances appearance while supporting energy, confidence, and overall wellness.

Technology is amplifying personalization even further. Genetic and biometric testing, AI-driven skin analysis, and precision dosing help clinicians tailor treatments to each client's unique biology. The result is a new era of patient-centered aesthetics where outcomes are more predictable, subtle, and sustainable.

Ultimately, the 2026 trend toward personalized, wellness-integrated aesthetics represents more than a shift in treatment technique. It reflects a cultural redefinition of beauty itself. By embracing regenerative science, functional health, individualized care, and preventative approaches, medical spas are empowering clients to look refreshed, feel balanced, and age with intention. ●



BIO: Maral Malekzadeh, D.O., is a board-certified gynecologist and co-owner of The Well Westlake (OH). Specializing in advanced laparoscopic and robotic surgeries, Malekzadeh is dedicated to delivering exceptional and individualized care to women dealing with complex gynecologic conditions.

Restorative Rituals and the Rise of Slow Wellness

The next evolution of wellness will be less about optimization and more about reconnection—with self, nature, and meaningful experiences.

By Christina Cabrera, Director of Spa and Fitness, Spa La Quinta at La Quinta Resort & Club (CA)

In 2026, the spa and wellness industry will continue its shift from quick fixes and performance-based treatments to restorative rituals that emphasize presence, recovery, and intentional slowing down. The next evolution of wellness will be less about optimization and more about reconnection—with self, nature, and meaningful experiences.

After years of constant stimulation and the growing fatigue of a “go-go-go” culture, guests are increasingly seeking sanctuary in rituals that help them pause, breathe, and restore balance. Slow wellness captures this collective desire for deeper experiences that go beyond pampering—it’s a movement centered on the belief that true wellbeing requires stillness, sensory awareness, and mindful care of both body and mind.

At La Quinta Resort & Club, we’re seeing this trend reflected in our guests’ growing interest in multisensory, grounding, and recovery treatments that invite calm and

reset the nervous system. From CBD-infused body therapies and fascia stretch therapy to state-of-the-art recovery technology, immersive sound bath experiences, and guided breathwork rituals, guests are seeking offerings that bring emotional and energetic restoration alongside physical renewal. Treatments that incorporate aromatherapy, temperature contrast, and mindful touch are particularly resonant—blending clinical results with soulful connection.

Slow wellness experiences also extend beyond the treatment room. Guests are gravitating toward intentional spaces and mindful movement—outdoor yoga, meditative sessions in the desert landscape, floating sound baths, hydrothermal journeys, and even the quiet luxury of a morning stretch or journaling ritual. The design of wellness programs is evolving to include transitions and recovery time, encouraging guests to stay longer, engage the senses, and embrace an unhurried pace.

The benefits of this trend are profound. Slow wellness helps regulate stress hormones, improve sleep quality, and restore emotional equilibrium. Guests report leaving not only refreshed but transformed—with a renewed sense of inner balance that lasts long after their visit. This approach aligns with a growing body of research supporting the therapeutic value of mindfulness and relaxation-based modalities for long-term health and resilience.

The rise of slow wellness also reflects broader cultural and generational shifts. As more travelers prioritize mental wellbeing, sustainability, and meaningful connection, the spa is evolving into a sanctuary of conscious care—where time, touch, and intention are the new luxuries. Guests crave fewer yet more purposeful experiences, and they’re willing to invest in offerings that deliver genuine presence and peace.

In 2026, spas that embrace this “less haste, more harmony” philosophy—curating thoughtful, sensory-rich experiences that celebrate slowness—will stand out as leaders in the next chapter of holistic wellness. ●



BIO: Christina Cabrera is the director of spa and fitness at Spa La Quinta at La Quinta Resort & Club (CA) with more than 15 years of experience in luxury resort operations. Passionate about creating meaningful guest experiences, she specializes in blending modern wellness science with timeless rituals that inspire balance and rejuvenation.



Gender-Neutral Wellness Spaces: Inclusive Design for Evolving Expectations

The rise of gender-neutral wellness spaces means reimaging how privacy, comfort, and inclusivity can coexist through thoughtful design.

By Jessica Zouaoui, Co-Founder of Oakwell Beer Spa (Denver)

The traditional spa model, with its rigid separation of facilities by gender, is giving way to a more inclusive approach that reflects evolving cultural attitudes and consumer expectations. Gender-neutral wellness spaces are emerging as a significant trend for 2026, driven by multiple converging factors: the desire among couples and mixed-gender groups to experience wellness together, changing generational attitudes toward traditional spa conventions, and a broader shift toward flexibility in design and service delivery.

For decades, spas operated on the assumption that gender-segregated spaces were necessary for comfort and modesty. However, this model increasingly feels outdated to younger wellness consumers who prioritize flexibility, authenticity, and shared experiences over prescribed social conventions. The rise of gender-neutral wellness spaces doesn't mean eliminating privacy. It means reimaging how privacy, comfort, and inclusivity can coexist through thoughtful design.

The Architecture of Inclusion

The most successful gender-neutral wellness spaces achieve inclusivity through intentional architectural choices rather than simply removing gendered signage. Private spa suites with self-contained amenities, including showers, saunas, changing areas, treatment tables, and hydrotherapy vessels, allow guests to feel comfortable without navigating communal spaces. These suites also serve couples seeking romantic spa experiences together, multigenerational families wanting to bond over wellness activities, and individuals with body image concerns,

disabilities, or cultural modesty requirements.

Beyond private suites, some forward-thinking spas are designing communal bathing areas that accommodate mixed-gender groups through elements like appropriate swimwear policies, strategic layout design, and clear communication about expectations. This approach draws inspiration from global bathing traditions: Japanese onsen culture, Korean jjimjilbangs, Scandinavian sauna rituals, and European thermal bathhouses, where social bathing has long been a cornerstone of wellness practice.

Meeting Market Demand

The business case for gender-neutral spaces is compelling. Couples represent a significant and growing segment of the spa market, yet traditional gender-separated facilities force partners to experience treatments in isolation. By offering spaces where couples, friend groups, and families can relax together, spas tap into the social wellness trend while differentiating themselves in a competitive market. Additionally, a gender-neutral design addresses practical challenges around occupancy and efficiency. Gender-separated facilities can create bottlenecks when one side is overbooked while the other sits empty. Flexible spaces maximize utilization and improve the guest experience by reducing wait times.

Beyond Physical Space

True inclusivity extends beyond architecture to language, staff training, and service design. This includes using inclusive terminology in marketing and signage, training staff to respect guest preferences, offering treatment protocols



PHOTOGRAPH: GETTY IMAGES

that accommodate diverse needs and comfort levels, and ensuring product selections work for all guests.

As we move into 2026, gender-neutral wellness spaces represent more than accommodation. They signal a fundamental reimaging of how spas serve increasingly diverse clientele. The most innovative facilities recognize that creating welcoming environments for all guests isn't about removing boundaries, but rather about designing spaces flexible enough to honor every individual's comfort, identity, and wellness goals. ●



BIO: Jessica Zouaoui is the co-founder of Oakwell Beer Spa (Denver), an innovative wellness destination that combines spa relaxation with a celebration of craft

beer culture. Together with her husband, Damien, they are passionate about creating spaces where guests can relax, connect, and experience wellness in a unique way.



The Growth of Social Spa Culture

Spas are becoming sanctuaries where guests put their phones down and tune in—to themselves and to others.

By Ann Patton, Director of Spa, Wellness, and Retail at Tierra Luna Spa and Sol Garden at Arizona Biltmore (Phoenix)

In today's fast-paced world, people are seeking more meaningful ways to unwind—and spas are stepping up. The latest trend isn't just about pampering, but about creating immersive, social, and self-guided wellness experiences that help guests unplug, reconnect, and reset.

As we move away from screen time toward real connection, spas are becoming sanctuaries where guests put their phones down and tune in—to themselves and to others. Wellness venues are emerging as the new gathering spots, offering an alternative to the noise of bars and restaurants. Friends now meet in hot tubs and steam rooms instead of crowded lounges, enjoying conversation in tranquil, restorative spaces.

These social spa settings are intentionally designed for shared experiences. Picture

meeting friends for a soak, rotating through saunas and cold plunges, then relaxing together in a sound-enhanced meditation room. It's connection through calm, a shift from indulgence to intention.

Self-guided rituals are also gaining popularity, offering guests autonomy and high perceived value. Hydrotherapy circuits with hot and cold pools, deluge showers, and water walks encourage mindful presence and improve circulation while complementing traditional treatments.

Spas are also enhancing journeys with multisensory elements like Wave Reset Loungers, which use sound and motion to calm the nervous system, and experiences that blend chromotherapy, acoustic resonance, and vibration to deepen relaxation. These options enrich the experience without requiring staff time,

making them as efficient as they are transformative.

Ultimately, this new spa culture is about connection, ritual, and self-discovery—a celebration of wellness as a shared experience. As spas replace bars as the go-to gathering places, relaxation becomes not just personal, but communal. ●



BIO: Ann Patton is the director of spa, wellness, and retail at Tierra Luna Spa and Sol Garden at Arizona Biltmore (Phoenix). Founder of Savvy Spas Consulting, Patton has more than three decades of experience. She has launched and refreshed more than 20 domestic and international spas, in addition to holding executive management roles at renowned luxury spas across the U.S. and the Caribbean.

Tech-Driven Personalization and Purposeful Wellness Travel

Younger, wellness-minded travelers are seeking more personalized, efficient, and impactful ways to recharge.

By David Cronin, General Manager at W Scottsdale (AZ)

Two key shifts are shaping the future of the spa and wellness industry: the rise of tech-enhanced treatments and the growing demand for purposeful, wellness-centered travel experiences. Together, these trends reflect the evolving expectations of today's guests—especially younger, wellness-minded travelers who are seeking more personalized, efficient, and impactful ways to recharge.

AWAY Spa at W Scottsdale recently introduced Aescape as part of a broader push toward next-generation wellness experiences. Aescape is attracting attention for delivering consistent, targeted results through precision robotics—ideal for recovery-focused guests like athletes or fitness enthusiasts. With 30- and 60-minute sessions available on demand, guests can

access efficient, tech-led treatments that deliver meaningful results in a fraction of the time; an increasingly important feature for busy travelers and wellness enthusiasts alike.

Beyond technology, the integration of wellness into the overall travel experience is becoming just as important. Spa visits are no longer viewed as indulgent add-ons; for many, they are a primary driver for choosing a destination. Whether it's for a mental reset, physical recovery, or simply a mindful escape, wellness is now at the center of the travel conversation.

To meet this demand, hotel spas are curating immersive, flexible wellness journeys that go far beyond the massage table. At AWAY Spa, this means incorporating

a diverse lineup of fitness and wellness programming—from high-intensity interval training (HIIT) classes and yoga to sound baths and guided meditation—that complements our traditional treatments. These offerings serve hotel guests and local members, reinforcing the idea that wellness is a lifestyle, not a one-time service.

We've also seen a growing appetite for seamless, all-in-one experiences that combine spa, fitness, and social wellness. Guests are increasingly looking for easy-to-book options that allow them to flow from a massage to a poolside recovery session without breaking their rhythm. A tiered membership program can help to build long-term guest relationships, foster community, and offer ongoing value.

As the industry moves into 2026, the future of spa is not just about relaxation—it's about empowerment through innovation and access, allowing guests to take control of their wellness journey in ways that feel both luxurious and intuitive. ●



BIO: David J. Cronin, CPCE, CMP, is the general manager at W Scottsdale (AZ), where he brings over 30 years of global hospitality experience to his role.

Known for his innovative leadership, Cronin has helped shape several W properties, including W Nashville and W Minneapolis.

THE SCIENCE OF SKIN LONGEVITY: UNDERSTANDING THE EXPOSOME AND HOW TO COUNTERACT IT

The concept of skin longevity is rooted in multidisciplinary scientific research that looks beyond the traditional idea of anti-aging.

By Eve Mérinville, R&D and Skincare Innovation Director, Comfort Zone

The age of your skin isn't written only in your DNA. It's the result of an ongoing conversation between body, mind, and environment—a dialogue that can either accelerate or slow the visible signs of time. Understanding this complex interaction has become the foundation of a new generation of skincare formulations and treatments that work with precision at the cellular level to preserve vitality and youthfulness.

The concept of skin longevity is rooted in multidisciplinary scientific research that looks beyond the traditional idea of anti-aging. Experts have identified four biological processes that, when disrupted, speed up visible aging: oxidation, glycation, inflammation, and impaired DNA methylation. These imbalances are not just a matter of time—they're driven by what scientists now call the exposome.

The Exposome: A New Lens on Skin Aging

Coined by epidemiologist Christopher Wild, the term exposome describes the totality of environmental and lifestyle exposures that impact our bodies from birth onward. Sunlight, pollution, stress, smoking, diet, lack of sleep, and sedentary habits are all key contributors. Together, they influence skin far more than genetics alone—disrupting cellular renewal, increasing free radical damage, and weakening DNA repair mechanisms.

The effects are easy to recognize: dehydration, loss of elasticity, uneven tone, dullness, and the early appearance of lines and spots. But thanks to scientific innovation, skincare now has the tools to intervene directly in these processes, supporting the skin's natural defense and repair systems.

A Scientific Approach to Longevity Skincare

Recent advancements have led to the development of a synergistic blend of botanical extracts and next-generation molecules that target the four cellular pathways affected by the exposome. Among them, there are very potent plant and superfood extracts, such as wild indigo to modulate stress response; myrtle for antioxidant protection; spinach,



rich in folic acid, for optimal methylation; and carnosine, a peptide counteracting glycation, that help the skin maintain its youthful structure and restore elasticity.

How can longevity be measured? One of the most promising methods involves in-vitro testing on fibroblasts. Skin cells are exposed to major exposome factors—UV radiation, pollution, and cortisol—and analyzed for β -galactosidase activity, an enzyme that serves as a biological marker of aging. When treated with the above-mentioned complex of actives, for example, the cells showed a significant reduction in enzymatic activity, slowing the cellular aging rate by up to 80% in mature fibroblasts.

Prevent, Protect, Empower

The new skincare philosophy that emerges from this research is clear: it's no longer enough to correct the signs of aging—we must train the skin for longevity and support its resilience. Protecting it daily from oxidative stress, inflammation, and glycation is the key to long-term youthfulness. Formulas inspired by this science combine high performance with clean, sustainable ingredients, offering estheticians and clients a powerful tool to enhance skin health from the inside out.

True skin longevity is not just a beauty goal; it's a discipline. It's where science meets lifestyle, and where the future of professional skincare lies: in understanding, respecting, and supporting the skin's natural rhythm of regeneration.



BIO: Comfort Zone is an Italian, science-led brand by Dr. Bollati and Davines Group (B Corp) that delivers clinically tested, longevity-focused skincare trusted by professionals worldwide. With a master's degree in cosmetic science and 20+ years in skincare innovation, Eve Mérinville leads R&D, merging botanical science and biotechnology for high-performance, clean formulations.



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Elemental Wellness: A Return to Earth, Air, and Salt

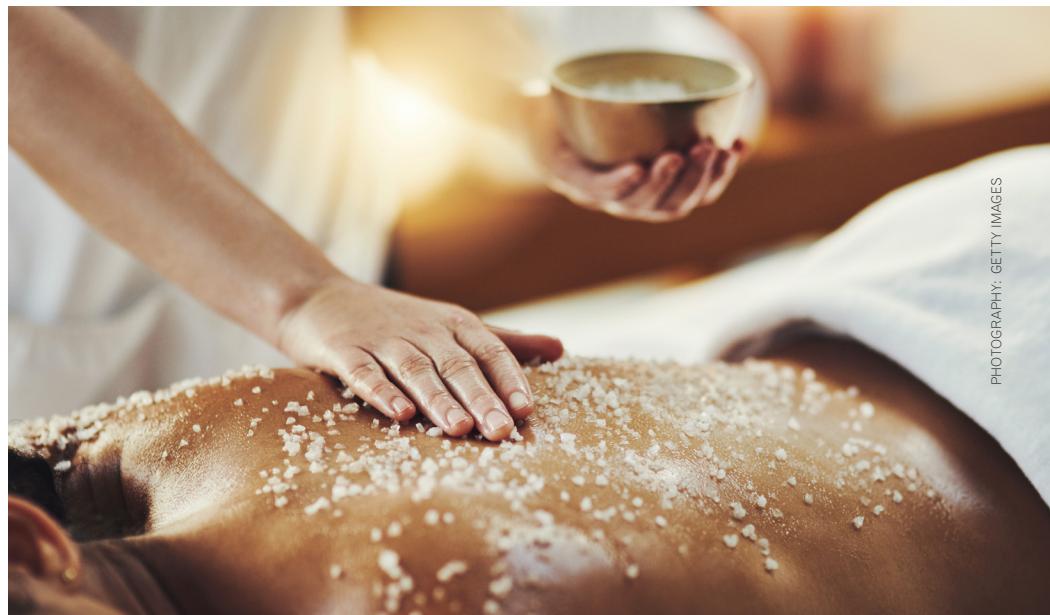
The return to nature emphasizes tactile, sensory experiences that calm the nervous system, restore equilibrium, and are reminders of one's inherent connection to the natural world. **By Danielle Wycoff, Spa Manager at Sol Spa at Hotel San Luis Obispo (CA)**

As we move toward 2026, the wellness landscape is shifting from optimization to reconnection. After years of chasing efficiency and enhancement through technology, travelers and locals alike are rediscovering the healing power of simplicity. The next wave of wellness is grounded—literally—in the elements: earth, air, water, and salt. This return to nature emphasizes tactile, sensory experiences that calm the nervous system, restore equilibrium, and remind us of our inherent connection to the natural world.

At Sol Spa at Hotel San Luis Obispo, we're seeing guests increasingly seek therapies that feel organic rather than engineered. The trend is clear: people want to touch, breathe, and feel again. Elemental wellness isn't about deprivation or digital detox so much as it is about sensory recalibration—using the elements as catalysts for balance. Warmth, texture, and breath become active participants in the healing process.

Salt, for example, has re-emerged as a cornerstone of modern wellness. Known for its detoxifying and mineralizing properties, it is also profoundly grounding. Our Himalayan Salt Stone Massage embodies this ethos. The heat and trace minerals of the stones work in tandem with skilled bodywork to release tension, ease inflammation, and restore energetic flow. The result is not merely relaxation but an elemental reset, anchoring guests back into their bodies.

Air, too, plays a role in this sensory reawakening. Breath-focused modalities are gaining



traction as antidotes to stress and overstimulation. Even something as subtle as the negative ions emitted by salt walls can promote mental clarity and calm. At Sol Spa, our light-filled, salt-enhanced environment encourages deep breathing and present-moment awareness, inviting guests to slow down and let their physiology realign with natural rhythms.

Beyond any single treatment, elemental wellness represents a larger cultural recalibration. Guests no longer want to "hack" their biology; they want to harmonize with it. They are seeking spaces and practitioners that prioritize authenticity, rhythm, and restoration over constant innovation. It's a philosophy that celebrates what is essential: warmth, breath, water, and mineral. Whether through mineral heat, mindful breath, or simple human touch, the goal is the same: to bring guests back into resonance with themselves and grounded with the earth.

In the coming year, expect this elemental approach to continue shaping the future of wellness—quietly and intentionally, through the senses rather than the screens. Rooted in sustainable, sensory intelligence, elemental wellness is poised to remind the industry what it means to truly restore. ●



BIO: As spa manager of Sol Spa at Hotel San Luis Obispo (CA), Danielle Wycoff brings over 16 years of hands-on experience in massage therapy and five years of leadership to her role. Her approach to wellness is grounded in authenticity and connection—values reflected in the exceptional team and culture she has helped cultivate. Known for her commitment to customer centricity, she ensures every guest feels seen, valued, and renewed.



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Redefining Wellness as a Way of Life

Guests are no longer seeking wellness solely as an escape; they're looking for simple, meaningful ways to weave restoration, balance, and intention into every day.

By Meagan Johnson, Spa Manager of Lavender Barn at The Inn at Mattei's Tavern, Auberge Collection (Los Olivos, CA)

In 2026, the spa and wellness landscape will continue to evolve beyond destination treatments and retreats toward a more fluid, integrated approach, one where wellbeing becomes part of daily life. Guests are no longer seeking wellness solely as an escape; they're looking for simple, meaningful ways to weave restoration, balance, and intention into every day.

At Lavender Barn, we see this shift reflected in the growing desire for experiences that nurture both presence and practicality. From sensory grounding rituals that begin each treatment to thoughtful, take-home elements that extend the experience beyond the spa, the focus is on helping guests carry a sense of calm into their routines long after they leave.

What it Involves

Integrative wellness encourages ongoing connection through small but intentional moments—guided breathing, aromatherapy inhalations, sound therapy, or gentle acu-

pressure. These elements can stand alone or enhance traditional services, offering guests a bridge between spa serenity and daily life.

The Benefits

- Accessibility: Wellness becomes approachable and adaptable, not reserved for special occasions.
- Emotional Balance: Simple sensory touchpoints can quickly regulate the nervous system and promote inner calm.
- Sustained Impact: By integrating mindful moments before, during, and after treatments, the benefits extend far beyond the spa.
- Personal Connection: Guests are empowered to discover what practices best support their own rhythms of rest and renewal.

Why it Will Grow

As the pace of modern life continues to accelerate, guests are seeking wellness that meets them where they are—realistic,

meaningful, and continuous. The rise of “integrated wellbeing” reflects a broader cultural movement toward wholeness rather than perfection. Technology, flexible schedules, and the blending of home and travel life are making space for rituals that feel restorative rather than prescriptive. In the year ahead, the future of wellness won’t just be found in the treatment room—it will live in the quiet, intentional moments that remind us to return to ourselves.



BIO: Meagan Johnson is the spa manager at Lavender Barn at The Inn at Mattei's Tavern, Auberge Collection (Los Olivos, CA). As a licensed cosmetologist and seasoned spa management professional with over a decade of experience, Johnson oversees operations that combine luxury with authenticity, curating signature treatments, developing innovative wellness programming, and driving growth.

Top 3 Day Spa Trends

From menopausal wellness to upcycling decor, these three trends are sure to grow in the upcoming year.

By Kristen Eber, Owner and Esthetician of The Rosefinch Spa (Atlanta)

Menopausal Wellness

Women are seeking holistic approaches to managing symptoms of menopause, and local day spas have the greatest opportunity to provide targeted treatments and homecare options. Female clients in their 50s comprise a large demographic of the day spa industry, and savvy spa owners will meet their needs. Though spa treatments cannot replace medical methodologies, watch for an increase in treatments that include hormone-balancing essential oils, such as clary sage and geranium. Hydrating, gentle, collagen-boosting facials will become a core component of the spa menu to address thinning, dry, or sensitized skin.

Retail will offer a variety of skincare and bodycare products to extend the benefits of the spa treatments at home. And to be more inclusive of whole body wellness, spas will stock sexual wellness products that address vaginal changes during menopause, such as dryness and imbalances. This is not just about a natural, clean lubricant, these products are about the holistic wellness experience and



PHOTOGRAPHY: GETTY IMAGES

honoring each part of the client's self.

Upcycling Decor

Be on the lookout for upcycling—the creative reuse of existing furniture and/or antiques—to be more common in the day spa channel. You'll notice a shift away from generic, mass-produced decor, and instead a re-envisioning of beloved favorites. A vintage door becomes the entryway to a treatment room. Long, wooden bedposts from Victorian-era canopy beds can be hung horizontally as treatment room shelving. Great-grandma's curio cabinet can add a decorative touch to an empty hallway, while serving a dual purpose when used as additional backbar storage.

Nontoxic Nail Treatments

New technologies in nailcare provide manicure and pedicure results lasting up to 10 days while eliminating exposure to the toxic chemicals of traditional gel and acrylic nail systems. Clients and nail technicians both want to limit exposure to

formaldehyde, toluene, and dibutyl phthalate (DBP), as well as other known toxins and are turning to their trusted day spa for a solution.

Day spas can add a zero-gravity chair into an underutilized space, offering a bespoke menu of nailcare options, such as waterless treatments that have the bonus of lower overhead costs like plumbing installs and water consumption. ●



BIO: The Rosefinch Spa was founded by Kristen Eber in 2016. Eber is a native Atlantan and licensed esthetician since 2002. Her spa is focused on results-oriented, clean, effective treatments. Being half-French, you'll see many nods to France throughout her spa. When away from the spa, you'll find Eber with her family, planning her next big adventure, or silver smithing.

Gen Z Glow-Up: The Rise of Teen Facials

These early experiences not only build confidence and healthy skin habits but also nurture the next generation of spa-goers.

By Maya Aroch, Co-Founder of Viva Day Spa + Med Spa (multiple locations)

There is a trend in younger guests booking facials, often brought in by parents who want to help their teens learn how to care for their skin. With younger generations more educated and curious about skincare, thanks in part to the “Sephora kid” phenomenon, many parents are now seeking professional guidance to help their teens navigate what they’re seeing online. These early experiences not only build confidence and healthy skin habits but also nurture the next generation of spa-goers.

What used to be a rite of passage reserved for special occasions or acne flare-ups has now evolved into something bigger: an early education in skincare and self-care. Today’s teens are growing up in a world saturated with skincare content, from TikTok tutorials to influencer product reviews, and they’re more curious than ever. Enthusiasm without expertise, however, can lead to confusion. Without proper guidance, young skin—



often delicate, changing, and easily sensitized—can be overwhelmed by products with harmful ingredients or designed for aging, mature skin.

That’s where professional education makes all the difference. Licensed estheticians tailor each service to the young guest’s unique needs, using gentle cleansers, light exfoliation, hydrating masks, and soothing extractions when appropriate. Just as importantly, estheticians explain the “why” behind each step—from the importance of washing your face properly to the everyday value of sunscreen. Teens learn that great skin starts with consistency, not complexity.

The goal is to help teenagers understand their skin, not to chase perfection or copy viral routines. Consistent hydration, protection, and balance matter far more than a cabinet full of trending products. Many parents share that their teens leave not only with glowing skin but also with a sense of

confidence that comes from understanding how to care for themselves.

There’s something deeply encouraging about what this shift represents. Teen facials are normalizing self-care as part of wellness, teaching young people that caring for their skin is also caring for their wellbeing. For many families, it becomes a shared ritual, a small but meaningful way to connect and celebrate growth. ●



BIO: Maya Aroch is the co-founder of Viva Day Spa + Med Spa (multiple locations). A materials engineer and inventor, Aroch was a scientist in R&D at Kimberly-Clark Corporation for five years and is the holder of five U.S. patents. Since helping launch Viva with her sister and best friend in 2005, she has led the day-to-day business operations and finances of the multilocation company.

The Growth of Touchless Wellness

Touchless wellness is not about replacing hands-on therapies but about enhancing them.

By **Shanelle Lucas, Spa Director of Serenity by the Sea Spa at Hilton Sandestin Beach Golf Resort & Spa (Miramar Beach, FL)**

Touchless wellness is redefining the modern spa experience, offering guests a restorative journey enhanced by advanced technologies designed to support overall wellbeing, holistic wellness, and longevity. These innovations invite guests to unwind and recharge through multisensory therapies that engage both the mind and body. As people become more health-conscious, spa-goers are increasingly looking for experiences that blend modern innovation with the personal care and human connection that define traditional spa treatments.

Touchless wellness is not about replacing hands-on therapies but about enhancing them. By using technology to support the body's natural ability to heal, reset, and find balance, these experiences make wellness more accessible and customizable. Treatments, such as hydrojet therapy, which combines soothing music, aromatherapy, and the rhythmic motion of heated water beneath the body, provide a deeply relaxing and restorative experience. These options also appeal to guests who may be new to the spa, have a limited amount of time, or prefer a more private setting while still enjoying the same physical and emotional benefits as traditional treatments.

Heat and contrast therapies, including saunas, steam rooms, and cold plunges, have also become essential parts of touchless wellness. This practice promotes detoxification, improves circulation, and supports muscle recovery, key pillars of wellbeing that contribute to long-term vitality. Regular sauna use has been linked to better sleep, reduced stress, and an improved mood, making it a cornerstone of a well-rounded wellness routine. When combined with other touchless or hands-on treatments, these therapies help prepare the body for relaxation and deepen the overall restorative effect.

Something we will see more of in 2026, as well, is the embracing of multisensory rituals, such as muslin aroma bags, guided breathing, and essential oil infusions to create more immersive and meaningful experiences. Aromatherapy, for instance, can calm the nervous system and help guests reconnect with themselves in a soothing and natural way. By combining sound, scent, and gentle motion, these therapies create a state of harmony that nurtures both the body and mind while transforming relaxation into a truly immersive and restorative experience.

While technology continues to shape the future of wellness, the foundation of spa care

remains rooted in human touch and personalized connection. Advanced technologies are meant to complement, not replace, the intuitive skill, empathy, and attentiveness of trained therapists. By combining hands-on care with touchless enhancements, spas can deliver a more comprehensive and effective experience that addresses both immediate relaxation and long-term wellbeing.

Looking ahead, light therapy, immersive sensory experiences, and advanced contrast treatments will continue to evolve, offering spa-goers new ways to recover, recharge, and enhance their overall wellbeing. These innovations will further bridge the gap between modern technology and traditional spa practices, allowing guests to experience a personalized and deeper level of relaxation. As travelers seek more meaningful, results-driven wellness journeys, spas that integrate technology seamlessly while maintaining human connection and curated treatments will stand out as leaders in the industry. Touchless wellness embodies this harmony, blending innovation and intuition to provide full restoration. ●



BIO:

With more than two decades of experience in luxury spa management, Shanelle Lucas has led Serenity by the Sea Spa at Hilton Sandestin Beach Golf Resort & Spa (Miramar Beach, FL) since 2016. With a focus on operational excellence, guest satisfaction, team development, and implementing new and innovative ways to further elevate the spa experience, Lucas has been an integral part in building the reputation that the spa has achieved.





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THE FUTURE OF AESTHETIC WELLNESS STARTS WITH MECHANOSTIMULATION

This technique can lead to visible improvements in skin quality, recovery, and overall wellbeing.

By Robert Babik, Managing Director, LPG® America

The aesthetics and wellness industries are evolving beyond surface-level correction toward a deeper focus on how the body restores and sustains itself. This emerging approach centers on mechanostimulation, which is a specific area of study in biology where cells respond to mechanical stimuli and convert that stimuli into biochemical signals that influence cellular functions and development. This area has advanced over decades of research and development. Much like reinforcing the foundation of a building, activating these processes strengthens essential structures from within, leading to visible improvements in skin quality, recovery, and overall wellbeing.

Every cell in the body contributes to tissue health. Fibroblasts produce collagen and elastin; endothelial cells regulate circulation; and the lymphatic system maintains fluid balance and immune function. Over time, factors such as aging, stress, and environmental exposure can slow these natural mechanisms. Mechanostimulation can help promote a reawakening to the cells of soft tissues and their functions without disrupting the body's integrity.

By gently activating cellular and microcirculatory responses, this technique creates a more favorable environment for repair and renewal. Improved oxygen and nutrient delivery support tissue metabolism, while enhanced lymphatic flow assists in reducing fluid retention and improving comfort.

Healthy circulation and lymphatic movement are central to both aesthetics and wellness. When microcirculation slows, tissue vitality declines, affecting tone, texture, and elasticity. Mechanostimulation



encourages these essential exchanges, supporting nutrient absorption and waste removal. Many modern wellness approaches build on these principles to help reduce puffiness, support post-exertion recovery, and promote a lighter, more balanced sense of wellbeing.

Emerging research also highlights the connection between these physical processes and the nervous system. Techniques that support circulation and lymphatic flow often help regulate stress responses, leaving clients feeling more relaxed and present—an increasingly valued outcome in spa and wellness environments. Mechanostimulation aligns with the body's natural rhythm of regeneration. Regular treatments can help maintain optimal cellular function, support tissue density, and improve long-term resilience.

The growing adoption of these techniques reflects a broader shift in professional practice: from treating symptoms to supporting systems. Whether integrated into skincare, body recovery, or holistic wellness programs, mechanostimulation represents a science-based, sustainable path forward for both practitioners and guests.



BIO: Robert Babik is the managing director of LPG® America, specializing in non-invasive, physiology-based approaches to aesthetics and wellness through LPG® technologies, including endermologie® treatments. He partners with spas and wellness destinations to promote therapies that support the body's natural regenerative processes.

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The Importance of Safety Through Training and Oversight

The industry is at a pivotal moment that demands a renewed focus on patient safety, professional training, and clinical accountability.

By Korin Korman, Founder and CEO of Body+Beauty Lab (multiple locations)

The medical spa industry has never been more popular or more crowded. As aesthetic treatments become mainstream and non-invasive options draw a wider audience, the demand for injectable- and device-based procedures has skyrocketed. But with this growth comes a pressing challenge: maintaining high standards of safety and training.

As more entrepreneurs enter the medical spa market, not all bring the same level of medical expertise, and the quality of care can vary dramatically from one practice to another. Patients are increasingly aware that not all injectors are equal. The industry is at a pivotal moment that demands a renewed focus on patient safety, professional training, and clinical accountability.

That is why I believe the defining trend for 2026 will be enhancing safety through stronger oversight and education. Whether formal regulation or certification programs emerge nationally or not, the direction is clear. Practices that prioritize rigorous training, ongoing supervision, and elevated standards of care will lead the industry.

Leading medical spas are already anticipating this shift. Many are establishing

in-house training programs, partnering with medical professionals, and requiring continuing education for all injectors. These initiatives go beyond compliance. They reflect a belief that patient trust is earned through mastery, not marketing.

At the heart of this movement is the understanding that injectables are medical procedures, not merely beauty treatments. Proper technique, sterile protocols, and in-depth anatomical knowledge are essential, not optional, for patient safety and for achieving consistent, natural results. From my perspective as a CEO, implementing these standards is not only the right choice for patients, it is also a strategic business decision. Spas that invest in training and oversight build credibility, reduce risk, and create a loyal client base.

In practical terms, this trend means that a spa might require all new injectors to complete an in-house training program before seeing clients, conduct regular skill evaluations, and hold monthly safety review meetings. These steps may seem rigorous, but they are already setting the benchmark for what patients expect in 2026.

The most successful medical spas next

year will not simply chase the latest treatments or gadgets. They will redefine what excellence means in aesthetic medicine. The new standard of luxury is not just access to innovation. It is the assurance that every provider is highly trained, accountable, and committed to delivering care safely.

By raising the bar in training and oversight, the industry can meet growing demand while protecting patients, elevating the profession, and setting a new benchmark for quality in aesthetic medicine. This focus on safety and education is not just a trend. It is a necessary evolution that will shape the medical spa landscape for years to come. ●



BIO: Korin Korman, founder and CEO of Body+Beauty Lab (multiple locations), attended The Wharton School's entrepreneur program, where she proposed the development of a spa chain and product line created with 100% pure, active botanical products. This idea became a reality when, with Wharton's financial support, she established what is now known as Body+Beauty Lab, a chain of elite medical spas.

An Increasing Focus on Women's Wellbeing

This next wave of offerings centers on balance, helping women feel grounded, vibrant, and seen in every stage of life.

By Nichole Hester, Director of Spa at The Spa at Pelican Hill (Newport Coast, CA)

One of the most meaningful trends emerging in wellness is the growing focus on women's wellbeing. Spas and skincare brands are beginning to look more closely at the changes women experience through mid-life, perimenopause, menopause, and postmenopause, and how to support those changes in thoughtful, effective ways. This next wave of offerings centers on balance, helping women feel grounded, vibrant, and seen in every stage of life.

Hormonal shifts can affect everything from mood and sleep to skin texture and elasticity, and the spa industry is responding with treatments and products that speak directly to these needs. Cooling body therapies and cryotherapy are being introduced to help ease hot flashes and night sweats, and restorative massages and targeted facials focus on improving circulation, hydration, and comfort. These experiences are moving beyond simple relaxation, offering a sense of clarity, vitality, and resilience that extends well beyond the treatment room.

Spa menus themselves are evolving, as

well, with notable additions including spas with dedicated sections for women's wellbeing, something that goes far beyond the traditional pregnancy massage. These spaces highlight treatments designed to restore equilibrium, renew confidence, and support the body through transition.

Spas are also forming partnerships with specialists who can provide hormone support, personalized nutrition, and strength training guidance, helping guests find a sense of balance inside and out. Educational workshops and small group sessions are creating room for open conversation and connection, built around the goal to remind women that wellness is not a one-time experience, it's a relationship built on care and purpose.

For many women, these programs are answering a deeper need. They want to feel understood and supported, not simply pampered. Menopause and hormonal change are natural and universal, yet for too long, they have been treated as something to hide or quietly endure. The new generation of wellness programs is bringing light to this subject,

replacing silence with support and stigma with empowerment.

This movement marks a new kind of luxury, one rooted in awareness and authenticity. The women who walk into a spa seeking relief from sleepless nights or fluctuating energy levels are now being met with offerings that speak to their real experiences.

As we move into 2026, this emphasis on women's wellbeing will continue to shape the spa world. It represents a shift from pampering to purpose, from surface care to true self-care. When women are supported in every phase of life, wellness becomes something much deeper and becomes a way of honoring strength, renewal, and the quiet beauty of transformation. ●



BIO: Nichole Hester is the director of spa at The Spa at Pelican Hill (Newport Coast, CA). She has more than 20 years of experience in the hospitality industry.



PHOTOGRAPHY: GETTY IMAGES

Top 5 Plastic Surgery and Medical Aesthetic Trends

From regenerative aesthetics to technology-enhanced patient experiences, these five trends are expected to be popular in 2026.

By Anthony E. Brissett, M.D., FACS, President of the American Academy of Facial Plastic and Reconstructive Surgery

As we move into 2026, the medical spa and aesthetic industry is shifting from surface correction to biologic restoration. Patients are looking beyond appearance toward treatments that enhance skin health, longevity, and overall wellness. The convergence of regenerative science, precision technology, and integrative care is redefining the future of aesthetic medicine.

Regenerative Aesthetics

One of the most impactful, exciting, and potentially transformative initiatives in 2026 is the rise of treatments that activate the body's natural repair mechanisms to restore youthful vitality, also known as regenerative aesthetics. Biologic therapies, such as biostimulators, exosomes, platelet-rich fibrin (PRF), growth factors, and stem-cell-derived products, are reshaping rejuvenation by improving tissue quality from within.

Biostimulators like poly-L-lactic acid and calcium hydroxyapatite are increasingly paired with biologic and energy-based modalities, such as radiofrequency (RF) microneedling and ultrasound, to stimulate collagen and elastin regeneration. These approaches produce gradual, natural improvements in skin texture, tone, and firmness while strengthening the underlying skin architecture. This trend represents a shift from filling or tightening to reawakening the skin's own regenerative capacity. Patients are drawn to the authenticity of these results and the idea of harnessing their biology for long-term rejuvenation.

Precision Injectables and Tailored Dosing

Advancements in AI-driven facial mapping and 3D imaging are allowing injectors to personalize treatment plans with remarkable accuracy. The movement toward microdosing and refined placement ensures natural results that preserve individuality and facial dynamics. This approach reflects a broader demand for subtle, expressive enhancement rather than transformation.

Integrative Wellness and Aesthetic Medicine

Medical spas are evolving into wellness destinations, blending aesthetic treatments with hormone optimization, nutritional guidance, and stress management. Patients increasingly view appearance as an extension of internal health. This inside-out model supports skin vitality, enhances results, and establishes medical spas as leaders in preventive, holistic care.

Technology-Enhanced Patient Experience

Technology is transforming every stage of the aesthetic journey. AI skin analysis tools, predictive visualization software, and wearable recovery monitors are improving accuracy, safety, and satisfaction. Virtual consultations and digital follow-up options allow for greater continuity of care, bridging in-clinic expertise with at-home engagement.

Natural Aesthetic Ideals and Subtle Refinement

Patients continue to favor natural, authentic results over dramatic change. The focus has

shifted toward balance, proportion, and skin quality rather than erasing every sign of age. This reflects a growing cultural embrace of self-confidence and individuality, celebrating refinement over transformation.



2026 will mark a new chapter in aesthetics, defined by regeneration, precision, and personalization. As science advances, the goal is no longer simply to look better, but to restore and sustain healthy, resilient skin. The medical spa of the future will focus as much on cellular vitality as on cosmetic beauty, ushering in an era where rejuvenation begins from within. ●



BIO: Anthony E. Brissett, M.D., FACS, is the president of the American Academy of Facial Plastic and Reconstructive Surgery. He currently serves

as professor of otolaryngology at Weill Cornell Medical College and is the vice chair of the department of head and neck surgery and chief of facial plastic and reconstructive surgery at Houston Methodist Hospital.

The Rise of Bioharmonization

Bioharmonization emphasizes balance over control, drawing from modalities that enhance natural repair, regulate the nervous system, and synchronize the mind, body, and environment. **By Tracy Lee, Founder and President of TLEE Spas + Wellness**

Spa and wellness design is expected to enter a refreshing new chapter in 2026—one that favors alignment over optimization. The coming year will see a continued shift away from overengineered, tech-saturated concepts toward experiences that feel grounded, human, and restorative. The trends leading this evolution are bioharmonization, hydrotherapy, and a focus on performance and recovery.

Unlike biohacking, which often relies on invasive or aggressive intervention, bioharmonization takes a gentler, more sustainable approach. It emphasizes balance over control, drawing from modalities that enhance natural repair, regulate the nervous system, and synchronize the mind, body, and environment.

At its core, bioharmonization integrates therapies that enhance circulation, cellular vitality, and mental clarity. Technologies, such as cryotherapy, LED light therapy,

vibroacoustic sound, lymphatic compression, and pulsed electromagnetic field therapy (PEMF) stimulate the body's natural healing processes while promoting deep relaxation. When curated through mindful spatial design, the result is not overstimulation but measured recalibration—wellness that feels elegant, intentional, and enduring.

Worldwide, wellness is returning to its roots, celebrating all forms of hydrotherapy, or taking to the water. Leading this revival is contrast bathing, the age-old ritual of alternating between hot and cold temperatures to reduce inflammation, boost circulation, and promote recovery. With hydrotherapy's benefits well established, there is renewed appreciation for clean, mineral-rich spring water—celebrated in its purest form, free from unnecessary additives or filtration. Whether through soaking, swimming, or sipping, water remains a cornerstone of wellbeing, supporting digestion, circulation, and cellular health. Wild swimming is also making a comeback,

reconnecting people with the rhythms of nature. Immersion in cold, natural water awakens the senses, enhances immune function, improves mood, and reduces stress, reminding us that the simplest rituals often offer the deepest renewal. Like outdoor swimming, contrast bathing is one of the most enduring and effective wellness modalities. With performance and recovery leading demand, these tried-and-true rituals continue to deliver.

Contrast bathing naturally bridges into performance and recovery, two defining themes of next-generation wellness. The savvy wellness consumer wants spa experiences that feel authentic, intentional, and purposeful. Focusing on what truly elevates people's holistic health is the key to creating loyalists who drive the bottom line. These philosophies define bioharmonization—a fusion of natural therapies, sensory design, and evidence-based care that replaces spectacle with substance. ●

BIO: Tracy Lee, founder and president of TLEE Spas + Wellness, combines strategic thinking and creative intuition with a unique blend of design and operational skills thorough a nuanced understanding of the spa development process. Lee has managed and designed some of the most highly acclaimed spas in the world and has carved out a reputation of steady leadership, innovative spirit, and gracious professionalism.

AI-Enhanced Spa Experiences

From intuitive massage systems to precision-driven skincare analysis, AI is setting a new standard for personalization and results.

By Jennifer Reich, Spa Director at The Spa at Omni La Costa Resort & Spa (Carlsbad, CA)

As wellness continues to evolve, technology is playing a larger role in how guests experience relaxation. We are seeing new trends as artificial intelligence reshapes the way spas deliver care. From intuitive massage systems to precision-driven skincare analysis, AI is setting a new standard for personalization and results.

Guests today want more than indulgence; they want results they can see and feel. AI-driven diagnostic tools can now analyze hydration, texture, and environmental stress factors with remarkable accuracy. These systems give professionals clear insight into a client's skin condition in real time, allowing for customized treatment plans and product recommendations. It is a partnership between science and intuition that takes personalization to a new level.

Massage therapy is also being reimagined. Intelligent massage tables and robotic systems, already appearing in select luxury properties worldwide, adapt their rhythm, pressure, and temperature to the body's natural feedback. This technology does not replace the human touch; it enhances it. By handling repetitive or broad-stroke movements, AI tools allow therapists to focus more deeply on targeted techniques and therapeutic connection, resulting in a treatment that feels both efficient and deeply human.



PHOTOGRAPHY: GETTY IMAGES

Retail and post-treatment care are evolving, as well. AI-powered platforms are helping guests continue their wellness journey beyond the spa, using skin-assessment data or prior purchase patterns to guide product selection. In the new year, The Spa at La Costa at Omni La Costa Resort & Spa will be launching The PERFECT AI Skin Analysis. Guests can experience this skincare analysis right from the spa's lobby. This technology not only supports better long-term results but also reflects a broader consumer trend toward evidence-based self-care.

For therapists, AI offers new ways to personalize care while maintaining artistry and empathy. For guests, it represents a more responsive, data-informed experience that complements the emotional and physical benefits of human touch. Together, they signal the next evolution of spa culture, one defined by intelligence, intuition, and individuality. The rise of AI-enhanced wellness is not about creating a futuristic experience; it is about refining the essence of care. Intelligent systems provide precision and adaptability, while people bring compassion and understanding. ●



BIO: Jennifer Reich is the spa director at The Spa at Omni La Costa Resort & Spa (Carlsbad, CA). She previously held roles at The Waterfront Beach Resort, La Quinta Resort & Club, Omni La Costa Resort and Spa, and Hotel Palomar.

PROFESSIONAL PROTOCOLS DELIVER SUPERIOR, LASTING RESULTS

For brands, partnering with licensed practitioners isn't just a marketing strategy—it's a scientific philosophy. By Rene Torres, Director of Education, Osmosis



In an age of over-the-counter serums and DIY skincare hacks, the value of professional skincare treatments remains unmatched. For brands, partnering with licensed practitioners isn't just a marketing strategy—it's a scientific philosophy. Here's why clients benefit deeply from professional treatments, and how ingredient science plays a starring role.

Deeper Penetration and Targeted Delivery

One of the biggest advantages of professional treatments is enhanced penetration—professionals can prepare the skin (e.g. via gentle exfoliation, hydration, or devices) to receive high-potency actives. When a skincare professional applies a brand's protocol (for example, combining gentle exfoliation, massage, masking, and infusing their active serums), the synergy of manual technique plus molecular delivery boosts results far beyond what home use alone can achieve.

Access to Potent, Clinically Validated Actives

Many brand formulas contain technologies and ingredients that are difficult to use safely without professional oversight. For instance:

- **Growth factors and exosomes:** These signaling molecules and carriers regulate cell growth, differentiation, and regeneration.
- **Liposomal Delivery:** Enhances penetration and stability of active ingredients by encasing them in phospholipid "bubbles" also known as liposomes, that mimic cell membranes, allowing nutrients to reach deeper layers of the skin more effectively. This improves absorption, prolongs ingredients activity, and maximizes results.
- **Trioxolane:** This patented stable oxygen molecule helps reduce inflammation, oxidative stress, and support wound-healing pathways. It's especially useful in calming irritated or damaged skin.

A licensed esthetician or dermal clinician knows how to sequence or layer such active ingredients safely (e.g., with neutralizing steps or complementary formulas) to minimize irritation while maximizing benefit.

Customized Protocols and Synergistic Layering

The intrinsic philosophy of a professional treatment is customization.

A practitioner can perform skin diagnostics (e.g., mapping, barrier assessment, hydration metrics). During in-clinic or spa treatments, the esthetician can use mechanical or device-assisted modalities (light therapy, microcurrent, nano-channeling, etc.) to synergize with actives, accelerating absorption and optimizing cellular response. Post-treatment, they can layer in barrier-repair formulas and nourishing facial oils under occlusion protocols, guiding the skin to rebuild stronger.

Immediate Results and Long-Term Remodeling

Clients often see more dramatic immediate effects after a professional treatment—improved radiance, smoother texture, reduced redness or swelling—because the skin has been actively "prepped" and penetrated. But more importantly, because of technologies like DNA repair, growth factors, and zinc-finger activation, the effects continue in the days and weeks afterward as the skin's innate repair systems are engaged.

Safety, Supervision, and Protocols for Sensitivity

High-potency formulas carry a caution of skin responses, especially when multiple actives are layered or the skin-barrier is compromised. A skilled skincare professional can modulate concentrations, buffer with soothing ingredients, and monitor client response in real time. This is especially critical when dealing with sensitive, blemish-prone, or barrier-impaired skin.

The benefits of professional treatments in this context include better delivery, personalization, potent actives applied safely, and accelerated remodeling that extends far beyond what home use alone can accomplish.



BIO: Rene Torres, director of education for Osmosis, brings over 20 years of expertise in integrative skincare and wellness. A functional nutritionist and oncology aesthetician, she empowers professionals worldwide through holistic education that bridges science and soul—helping them treat skin and body at the source for lasting transformation.

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