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From the Winter Issue



## 2022 Canadian Spa & Wellness Awards

The 2022 Canadian Spa & Wellness Awards acknowledge the best and the brightest in wellness. From Top Day Spa to Top Destination Spa, and many more, the award-winning spas are the country's models of excellence and brilliance. Discover why in the winter issue of [Spa Inc.](#)

**Cosmedics**

The purest combination of medical grade ingredients

Jackie@ocosmedics.ca



## Holding on to Excellent Employees

Keeping top-notch staffers who go above and beyond for their clients is no easy task. Turnover is a constant fear for management. But there are ways to keep your star spa employees. Read up on how to attract and retain the best talent—including offering comprehensive employees benefits and building an employee-focused culture—in the winter issue of [Spa Inc.](#)



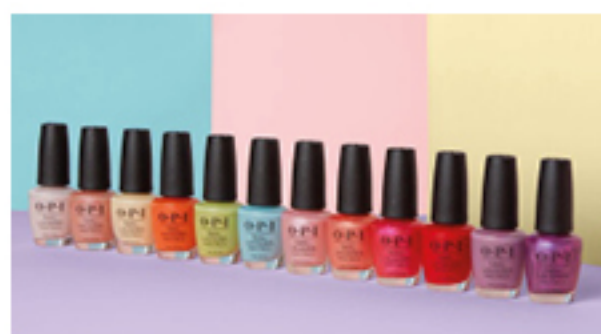
## Leading Spas of Canada Aspire Spa & Wellness Soirée

The 2023 ASPIRE Spa & Wellness Conference follows hot on the successful heels of last year's conference. Join us this year on April 24 at the lovely Park Hyatt Hotel in Toronto for an evening of networking with industry members, including spa owners and directors, and learning new best practices. Hear from amazing speakers and celebrate the winners of the Canadian Spa & Wellness Awards with Spa Inc. magazine. Book your ticket today. <https://www.leadingspasofcanada.com/conference-home-page>

**Date:** April 24  
**Place:** Park Hyatt Hotel, Toronto  
**Time:** 5 p.m. to 9 p.m.

## PRODUCTS

Give a round of applause for these two fabulous finds for hands and nails.



**OPI's Spring #MeMyselfAndOPI Collection**  
A combination of 12 brights and pastels makes up this latest nail collection from OPI. Choose from fun colours (and names) like Data Peach, I Sold My Crypto, and Spring Break the Internet.



**Voluspa Hand Care**  
Known for its delicious scented candles, Voluspa has added two new hand care lines: Maison Blanc and Maison Noir, each with three refreshing scents. Choose from hand soap, lotion, or cream.

## TRENDS TO WATCH

According to the SpaSeekers Spa Trends Report 2023, these top 5 treatments are on the rise.



**1 Yoni Steam**  
This natural treatment (also known as vaginal steaming) is said to cleanse the womb and uterus, regulate menstruation, and ease cramps and bloating.



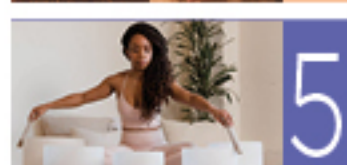
**2 Crystal Healing Massage**  
The healing properties of crystals and minerals, placed around the client receiving the massage, can help clients release stress and pain.



**3 Turkish Bath Massage**  
Taking place in a traditional Turkish bath, this treatment begins with a massage, then a scrubdown, and a final body exfoliation.

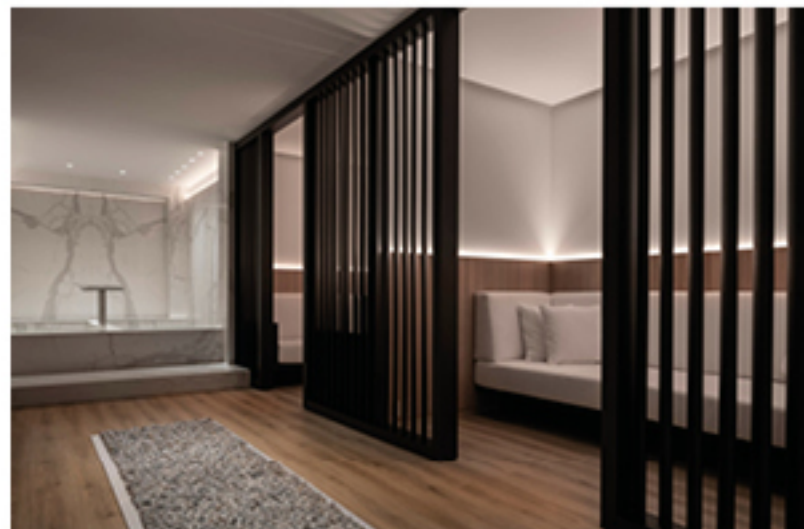


**4 Gold Massage**  
Executed using 23-karat gold, this treatment is said to help strengthen the skin's immune system.



**5 Sound Bath**  
In this meditative treatment, the client is "bathed in sound, not water."

## News



## Vive la Québec

The Guerlain Spa at Four Seasons Hotel Montréal is on the map. The 2023 Forbes Travel Guide ranked it as one of the top spas in the world, honouring it with a Star Award. The Guide's inspectors travel incognito (posing as guests) to hotels and cruise ships, dining in restaurants and experiencing spa services. Inspectors test up to 900 rigorous standards. Seventy percent of the rating relies on a property's service; 30% for its facilities' quality and condition.

## Spa Services a Growing Industry

The spa services market industry is growing. With a compound annual growth rate (CAGR) of 17.3%, globally, the industry is projected to reach \$423,253.69 million by 2031, according to Allied Market Research's new report, *Spa Services Market by Type and Geography—Global Opportunity Analysis and Industry Forecast, 2022-2031*. Spas are categorized by type: salon, hotel, destination, medical, mineral/thermal, and other (airport and cruise). According to the report, medical spas would show the highest CAGR (17.69%) over the time period, due to advanced technology for medical treatments such as ultratherapy and dermal fillers.

## TWITTER

For spa clients who follow the principle of not putting anything on their bodies they wouldn't also put in their mouths, honey-based skincare solutions seem like an obvious choice. [Read it here.](#)

Ways to increase your revenue stream. [Read it here.](#)

Feeling inspired by these Indigenous spas in British Columbia? <http://ow.ly/QInZ50KXfPv> via @IndigenousBC <https://www.indigenousbc.com/things-to-do/spas>

Join the conversation

## 2023 Events

(all events subject to change)

### 2023



**World Spa & Wellness Convention**  
March 5-6  
London, England

**International Esthetics, Cosmetics & Spa Conference**  
March 5-7  
Javits Convention Center  
New York City, NY

**Leading Spas of Canada Aspire Spa & Wellness Soirée**  
April 24, 5 p.m.-9 p.m.  
Park Hyatt Hotel  
Toronto, ON



**The Medical Wellness Congress**  
April 24-25  
Vienna, Austria

**ISPA Conference**  
May 9-11  
Mandalay Bay  
Las Vegas, NV