

TREND WATCH | Oxygenated Water



The Spa at Mandarin Oriental, New York

These wellness havens are bringing on the bubbly!



Complexions Spa & Salon

STUDIES HAVE LONG SHOWN THAT YOUR spa's hydrotherapy treatments offer healing benefits for sports injuries, fibromyalgia, psoriasis and other muscle, joint and skin ailments. (Visit Global Spa Summit's Spa Evidence directory, at globalspasummit.org, for helpful talking points on that!) So it follows that a handful of spas across the country are tapping into oxygenated water, the latest hydrotherapy trend.

At **The Spa at Mandarin Oriental, New York**, (mandarinoriental.com/newyork/spa), an Oxygen Pür Spa system that adds 20 times the oxygen found in tap water was incorporated into the spa's vitality pool last summer. Assistant spa director Nicole Yih says it helps soften skin and prep the dermis for better penetration of treatment serums and other therapies. "We always suggest guests use the vitality pool for 15 minutes before their treatments," Yih says. "You don't notice the effects right away. It's not like the fountain of youth where you go in and feel 10 years younger! But you definitely have a deeper sense of well-being."

Complexions Spa & Salon (complexions.com) in Albany, New York, added an Oxygen Pür Spa system last winter. "Our plumbing is hooked up to two units, so when water runs through the pipes it's infused with oxygen. It's now in all of our water-based skincare and body treatments," says owner Denise Dubois. "And when we're treating acneic clients, the water in the steamer helps kill bacteria. This technology really differentiates us from other spas." Educating clients, however, is a must. "We have an informative page on our website,

and signs and tent cards in all the rooms listing the benefits of the transdermal oxygen therapy they're passively receiving." The spa also developed a treatment, playfully dubbed Fountains of Youth (180 min./\$275), which involves immersion in oxygenated water, dry brushing, full-body exfoliation, seaweed massage and energy balancing.

LeSpa at the Sofitel Los Angeles hotel (lespala.com) splashed on the scene in the summer of 2008 when it became the only spa in North America to offer NanoSpa technology, outfitting its existing hydrotherapy tub with a generator that lavishes bathers in millions of tiny, oxygen-rich nanobubbles to soften and detoxify the skin. The experience feels a bit like soaking in whipped cream, as the bubbles cling to the skin, leaving a noticeable

softness even days later.

LeSpa's NanoSpa tub is in a VIP suite with a private locker and steam shower. Guests can purchase a single NanoSpa Immersion (about 30 min./ \$130; series of six for \$600) or the Ultimate Immersion (90 min./\$180), which includes a full-body dry brushing before the bath and a head-to-toe application of botanical balm after. "One of our clients has been coming every Tuesday for the last four months," says spa director Kory Keith. "She had arthritis and range-of-motion issues in her shoulder and her doctor recommended hydrotherapy. She can now lift her arm up over her shoulder, and she hasn't added anything into her care besides NanoSpa. She's super-pleased." —*Lisa Sweetingham*

