

Healthy Hotels Vitamin C Showers and Brotox for men Spa Trends for 2013

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It seems with every passing year, a new and innovative spa trend is revealed, from bathing in beer to salt-iodine caves mimicking the effect of the Black Sea.

And the spa treatments tipped for 2013 look set to be just as inventive, from 'mindfulness massages' to vitamin C-infused showers.

An annual report has revealed how 'healthy hotels', wellness tourism and the holistic medicine system Ayurveda are expected to be among the top spa trends for the coming year.

The SpaFinder Wellness annual report, which was compiled by some 100 researchers who looked at trends, shows how the industry, which includes as many as 87,000 spas around the world, has shifted from beauty and pampering to health and wellness.

While gyms, pools and spas are standard at many hotels, it said that international chains and boutique hotels will be offering customized services such as in-room workouts, sleep programs, plus gluten-free and vegan menus. [lire la suite](#)

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