

europaean Spa

DIGITAL EDITION

Issue 99 | Spring 2026



THE NO.1 MAGAZINE FOR SPA AND WELLNESS LEADERS



SIX SENSES LONDON

We take a tour with wellness director Taffryn Kinsey-Ellis

THE BIG QUESTION

What will define spa leadership in 2026 and beyond?

THE ORIGINAL MAYR

Sue Harmsworth MBE visits the pioneering medical resort

TREATMENT COUCHES

Purchasing advice from leading brands in our Buyers' Guide

Avalon offers transformational plant-based medicine retreats in Spain



Five-star boutique hotels in Barcelona and Ibiza are to host plant medicine retreats by Avalon, offering guests space for reflection and inner work. The immersive experiences, based on ancestral ceremonies, are designed to engender lasting change rather than fleeting insight.

Avalon views plant medicine not as a cure or a quick fix but as a catalyst – an experience that can bring unconscious patterns, emotional blocks and personal truths into awareness. What follows is equally important: integration, reflection and conscious behavioural change.

The multi-day retreats will combine ingested plant medicine ceremonies with support including psychological screening, professional care and structured integration before, during and after.

Alongside its core programmes, Avalon also offers specialised experiences, including men-only retreats and non-ingestive modalities such as holotropic breathwork for those seeking expanded states of consciousness without plant medicine.

www.weareavalon.love

Barons Eden launches spa and wellness immersions guided by astrology

Barons Eden, the hospitality group that operates Hoar Cross Hall Spa & Hotel and Eden Hall Day Spa in the UK, has unveiled Your Spa Future 2026 – an astrologically inspired wellness campaign created with leading astrologer and author Emma Howarth.

Combining celestial insight with restorative wellbeing, the concept invites guests to discover which spa treatments, rituals and facilities are most suited to them according to the stars. Whether they seek grounding, clarity, energy or release, every zodiac sign is matched with a curated spa experience for 2026.

Drawing on the zodiac elements of earth, air, fire and water, Your Spa Future dictates specific tailored spa rituals. The campaign launches with a spa horoscope for Capricorns, featuring treatments crafted around the distinct characteristics and elemental needs of the sign. Insights for Capricorn include sleep optimisation and transformative facials to support their goal-driven mindset. The campaign aims to help guests of all signs take thoughtful action towards their 2026 wellbeing goals.

www.baronseden.com

