

Chapter 1 Outline

Philosophy
 Evolution and Culture of Spa
 Today's Philosophy of Spa
 Defining Mind, Body, and Spirit

Defining Spa
 Global Definitions
 ISPA Definition

Variations of Spa
 Types of Spa
 Typical Spa Services

Spa-Goers
 Spa-Goers' Philosophies
 Spa Drivers

Interpretation of Spa
 The Four Rs of Spa
 Domains of Spa

Business and Philosophy of Spa Working in
 Harmony
 Wisdom for Spa Professionals
 Drawing on a Legacy
 Vision First

Expression and Emotional Responses
 Day Makers
 Community

Value of Spa

Competencies

1. Describe how the philosophy of spa and the integration of mind, body, and spirit have evolved from the beginning of time. (pp. 4–9)
2. Define spa and list the variations of spa types and services. (pp. 9–17)
3. Describe spa-goers and what drives them to use a spa. (pp. 17–22)
4. Explain why spas are important to people and what the domains of spa are. (pp. 22–25)
5. Describe how the business and philosophy of spa can work in harmony. (pp. 26–30)
6. Identify the emotional responses that spa professionals and guests have to spas. (pp. 30–32)