

# ASPA – SPA INDUSTRY CATEGORIES



## ASPA - SPA INDUSTRY CATEGORIES

ASPA introduced the spa definitions in 2003.

Spa categories help us to self-define and self-regulate our industry and promote the different types of Spas in operation. We urge you to familiarise yourself with this system and use our terms and definitions when defining your Spa, and when referring to the Spa, health and wellness industry.

There are four main types of Spas:

Day Spas • Destination Spas • Natural bathing Spas

### Category: DAY SPA

Category	Descriptive	Criteria
Day Spa	A business that provides professionally administered Spa services that are offered to clients on a daily basis within appropriate Day Spa facilities.	Will need to provide evidence that the business meets with the requirements of at least one of the following sub categories: <ul style="list-style-type: none"><li>• Day Spa</li><li>• Wellness Spa</li><li>• Bath House Spa</li><li>• MediSpa</li><li>• CosmediSpa</li></ul>

# Day Spa - Sub Categories

Category	Descriptive	Criteria
<b>Day Spa</b>	A business that provides professionally administered Spa services that are offered to clients on a daily basis within appropriate Day Spa facilities	Will need to provide evidence of: <ul style="list-style-type: none"> <li>• Spa services that include Body and Water Therapy</li> <li>• Beauty Therapy and Massage services.</li> <li>• Guest Relaxation areas</li> <li>• Locker / changing room facilities</li> <li>• Guest amenities - complimentary beverages etc...</li> </ul>
<b>Wellness Spa</b>	Combines Spa services with Wellness programs within appropriate Day Spa facilities	Will need to provide evidence of: <ul style="list-style-type: none"> <li>• Day Spa facilities</li> <li>• Spa Therapy and Body Therapy</li> <li>• Wellbeing and lifestyle programs</li> <li>• Offers Spa Cuisine</li> </ul>
<b>Bath House Spa</b>	Combines Day Spa services in a bathing environment	Will need to provide evidence of: <ul style="list-style-type: none"> <li>• Day Spa facilities</li> <li>• Spa Therapy and Body Therapy</li> </ul>
<b>MediSpa</b>	Medical and wellness care in an environment that combines Spa services as well as orthodox medical, and/or cosmetic medical with complimentary therapies and treatments	Will need to demonstrate the ability to fit one of the two medical categories <ul style="list-style-type: none"> <li>• MediSpa</li> <li>• CosmediSpa</li> </ul>
<b>MediSpa Sub Category MediSpa</b>	Businesses that fully integrate orthodox medical services along side wellness programs and Spa Therapies	Will need to provide evidence of <ul style="list-style-type: none"> <li>• Day Spa facilities.</li> <li>• Fully integrated complimentary therapies and orthodox medical services.</li> <li>• Spa services that include Body and Water Therapy</li> </ul>
<b>MediSpa Sub Category Cosmedi Spa</b>	Medical businesses that offer cosmetic medical procedures, Beauty and Spa Therapies	Will need to provide evidence of <ul style="list-style-type: none"> <li>• Day Spa facilities</li> <li>• Cosmetic medical procedures</li> <li>• Beauty and Spa services that include Body and Water Therapy</li> </ul>

# Category: DESTINATION SPA

Category	Descriptive	Criteria
<b>Destination Spa</b>	Spas that provide Spa style treatments with accommodation or Spas within accommodation environments	Evidence of Spa style therapies being offered with some water based treatments, Spa style service and a Spa philosophy. Made up of the following subcategories: 1. Resort Spa 2. Hotel Spa 3. Spa Retreat 4. Health Spa Retreat
Sub Category	Descriptive	Criteria
<b>Resort Spa</b>	Spa business operating within a resort location, offering Spa style Beauty and Body Treatments with some Water Therapy and Spa style service. May or may not offer Wellness Programs and Spa cuisine/ healthy food option	Will need to provide evidence of: <ul style="list-style-type: none"> <li>Spa services that include Body and Water Therapy</li> <li>Guest accommodation available</li> </ul>
<b>Hotel Spa</b>	Day Spa business operating within a hotel location offering full Day Spa Therapies and services including water therapy and relaxation areas. May or may not offer wellness programs and Spa Cuisine/healthy food option	Will need to provide evidence of <ul style="list-style-type: none"> <li>Day Spa facilities</li> <li>Spa services that include Body and Water Therapy</li> <li>Hotel accommodation available</li> </ul>
<b>Spa Retreat</b>	Accommodation based facility offering Spa and Body Treatments, with some water based therapy. Offering Spa Cuisine/Healthy food option	Will need to provide evidence of: <ul style="list-style-type: none"> <li>Spa services that include Body and Water Therapy</li> <li>Spa cuisine available</li> <li>Guest accommodation available</li> </ul>
<b>Health Spa</b>	Spa business operating within a retreat location, offering a full range of Spa Services and Wellness Programs that address the clients health and lifestyle needs, providing on site guest accommodation	Will need to provide evidence of: <ul style="list-style-type: none"> <li>3 -7 day + packages that are programmed and include, diet, fitness etc...</li> <li>Packages to be supplemented by Spa/body treatments.</li> <li>Spa Cuisine available.</li> <li>Guest accommodation available</li> </ul>

# Category: NATURAL BATHING SPA

Category	Descriptive	Criteria
<b>Natural Bathing Spa</b>	Spa business operating within a retreat location, offering extensive use of communal bathing in naturally occurring waters or mud pools with a full range of Spa services may or may not provide on site guest accommodation	Will need to demonstrate the ability to fit one of the two medical categories: 1. Mineral Spring Spa 2. Hot Spring Spa 3. Natural Mud Spa 4. Sea Water Spa
Sub Category	Descriptive	Criteria
<b>Mineral Spring Spa</b>	Spa business operating within a retreat location, offering extensive use of communal bathing in naturally occurring spring water pools or baths with a full range of Spa services , may or may not provide on site guest accommodation	Will need to provide evidence of: <ul style="list-style-type: none"> <li>Spa services, in conjunction with extensive communal bathing facilities, that includes but are not limited to: Mineral Springs</li> <li>Guest accommodation may or may not be available</li> </ul>
<b>Hot Spring Spa</b>	Spa business operating within a retreat location, offering extensive use of communal bathing in naturally occurring Hot Spring Water pools or baths with a full range of Spa services , may or may not provide on site guest accommodation	Will need to provide evidence of: <ul style="list-style-type: none"> <li>Spa services, in conjunction with extensive communal bathing facilities, that includes but are not limited to: Hot Springs</li> <li>Guest accommodation may or may not be available</li> </ul>
<b>Natural Mud Spa</b>	Spa business operating within a retreat location, offering extensive use of communal bathing in naturally occurring mud pools or mud baths with a full range of Spa services may or may not provide on site guest accommodation	Will need to provide evidence of: <ul style="list-style-type: none"> <li>Spa services, in conjunction with extensive communal bathing facilities, that includes but are not limited to: Natural Mud</li> <li>Guest accommodation may or may not be available</li> </ul>
<b>Sea Water Spa</b>	Spa business operating within a retreat location, offering extensive use of sea water in baths and treatments with a full range of spa services may or may not provide on site guest accommodation	Will need to provide evidence of: <ul style="list-style-type: none"> <li>Spa services, with extensive use of sea water</li> <li>Guest accommodation may or may not be available</li> </ul>