

NORTH AMERICA: MEXICO

1. What is currently making news in your country when it comes to wellness or wellbeing?

The biggest news for Mexico and Latin America is having the privilege of hosting the Global Wellness Summit in Mexico City. We hope there will be lots of press and publicity, the Ministry of Tourism, and the private investing sectors will realize that Mexico is a land of wonderful opportunities and rather than exporting bad news, we can export healing traditions and fabulous cultural and wellness experiences around the globe.

2. Please provide one sentence that describes what you think are important developments in your country for each of the following:

Spas: For Mexico the future and evolution of the Spa Industry lies in the implementation of Wellness concepts.

Wellness Tourism: The Global Wellness Summit in Mexico will shift the perspective of a nation toward investing in the growth of Wellness Tourism

Wellness Living Communities/Real Estate: A Tsunami wave of Wellness is coming to Mexico providing a fertile ground for Wellness Communities to grow.

Beauty: Is the result of well-being that is manifested as true and vital health.

Fitness: and Nutrition are integral components of the 360 Wellness programs.

3. How would you describe the state of workplace wellness in your country?

Ministry of Health dictates the welfare and care of employees hired by big corporations. However, the real issue lies in the agricultural rural areas where working conditions are non-existing or minimal. The ideal scenario would be for corporations to cultivate a leading edge thinking that not only follows government regulations but also are willing to create workplace wellness in a grand scale and are willing to create programs and foundations to support those poor communities that

have no resources or education. The Mexican Government needs to raise the bar of well-being for a working nation.

4. What has been the general attitude about investing in spa/wellness in your country in 2015? Specific examples?

Several Hotel Chains in Mexico are adopting the Wellness Rooms concept of a Healthy Hotel like AM Dreams Resorts, Palace Resorts, Grand Velas Resorts and Karisma Resorts. All have now restaurant menus that offer Gluten Free options.

5. Whose responsibility is it to create a well world?

Private initiatives and Government have the greatest opportunity to invest support and develop Wellness Concepts, however we as a human race have that responsibility by choosing and demanding wellness options for our everyday living, at our workplace and in our communities.

SUBMITTED BY:

Name: Diana F. Mestre

Title: Owner

Company: Mestre & Mestre Spa Consulting

Email: info@mestre-spa-mestre.com

Phone Number: (+52) 55 1 798 2567

