

Up-coming events:

- The Spa Buzz Networking
October 8, 2008, 6-8 pm
Delluva Spa
152 Franklin Street, NYC
RSVP: ssadowski@ny-spa.net
- Watch for the NYSPA
5th Annual Symposium
May of 2009
(dates to be announced)

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NYSPA 4th Annual Symposium and Annual Meeting

The Health of the Business of Health: Spa to Wellness to Lifestyle

May 12-14, 2008 the New York Spa Alliance met at Cornell University to hear a number of outstanding presenters speak about the movement in the spa industry toward healthy lifestyles and a green, sustainable and welcoming future. Titles of presentations included: *A Spiritual Journey to Wellness, Lifestyle and Profit* by Perry Garfinkel; *Successful Entrepreneurs and the Lifestyle Concept* with Gary Dower, Susie Ellis, Annbeth Eschbach, Rachel Hogancamp and Ellen Sackoff; *Ultra Prevention and Ultra Longevity* by Mark Liponis, MD and much more.



NYSPA Board Members Mary Gendron, Gary Dower and Charlotte Wytias at Symposium 2008

Gary Dower, Chair of the NYSPA Board of Directors, presented the membership with a welcome, an introduction of the Board members and an invitation to the members to participate on a standing committee: Finance, Membership, Political Action, Marketing/Public Relations, Education and Mineral Springs. Gary presented the goals of NYSPA:

- Develop a broad-based and active membership that is representative of the Spa Industry in New York State.
- Establish a solid financial base for NYSPA through membership dues, government funding sources and business contributions.
- Establish NYSPA as a persuasive political force that effectively educates local and state governmental leaders on the value and benefits of the Spa Industry.
- Create substantial opportunities and programs for the benefit of NYSPA members.
- Establish NYSPA as an important and necessary point of connection between the Spa Industry and
 - Educational Resources
 - Wellness Resources
 - Medical and Healthcare
 - Insurance Companies
 - Government Regulators and
 - Community and State Economic development.



NYSPA Chairman Gary Dower welcomes members to Symposium 2008.



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We're on the web!
www.ny-spa.net

www.ny-spa.net

We are excited to announce that the webpage has been launched!

We are currently integrating the following into the site:

Regional Spa Trails

Members-Only Membership Listing

Job Bank and Media Opportunities

Keep checking back for new updates!

The Spa History of New York State

New York State was renowned for its mineral spring in the 1800's into the 20th Century. There were more mineral springs used for healing purposes in New York than in any other state in the USA! Over forty of them were identified and described in a book entitled *The Mineral Springs of the United States and Their Therapeutic Uses* by James Crook, MD (Lea Bros. Publishers, NY 1896).

It was from this book's references and the knowledge base of Dr. Les Moore, MD (Naturopathic Doctor) at The Springs Spa at Clifton Springs Hospital, Clifton Springs, NY and the vision of Mary Anne Krupsak, first woman Lt. Governor of NY State and under whose guidance the wine industry was reinvigorated and wine trails were formed, that the idea of the Spa Trail was born and NYSPA was founded to support the spa industry in NY and re-kindle the mineral springs communities.

Many of the springs in our state were used throughout the 1950's. Balneotherapy (the use of mineral springs water for healing) had been used as a primary therapeutic intervention within the medical care system through that time frame; and the springs had been used for generations of Native American peoples. Saratoga Springs, The Castle on the Hill in Dansville, the springs at Sharon Springs and the Clifton Springs Sanitarium (now Hospital) are the best known of the water cure facilities that still are being used in some way. One of the goals of NYSPA is to develop resources to assist the mineral springs communities in revitalization. They are the historic backbone for the modern industry!

Currently, the Spa Industry in New York State is about a \$1 Billion dollar asset to the State. Nearly 560 New York State spas were identified in a report to the

NYSPA membership in May 2007, identifying them according to region of the state, including them as Medical Spas: 30, Resort Spas: 10, Hotel Spas: 49 and Day Spas: 457. (These numbers came from the Chambers of Commerce so do not include non-Chamber members!).

The purpose of NYSPA is to bring together individuals, businesses, health care providers and community and government leaders throughout New York State to advance the growth and prosperity of the Spa Industry. NYSPA will work to fulfill the needs of the growing number of Spa related businesses in New York State and to educate political leaders throughout the State on the importance of the Spa Industry to the future economic growth of New York. The Spa Industry can be a major employer and a major economic engine for the State of New York and for many small



Saratoga Springs Mineral Springs

Upstate communities and NYSPA will seek political support from the State of New York and local municipalities to help the Spa Industry achieve this great potential.

The reestablishment, growth and prosperity of the Spa Industry in New York State as a major Service Industry in the State is an important step in improving the health and welfare of the citizens of New York and in the advancing the economic development of many diverse communities throughout New York State.