

October 2018

The|Tides launches BrainBody™ Spa and Wellness Treatments



Modern living is extremely exhausting on our minds and bodies. Today's 24/7 connectivity, stress and sensory overload, can easily drain our vitality. Along with increasing chemical exposure, sleep deprivation, poor nutrition, and overconsumption of alcohol and sugar, which leach precious minerals from our systems, depleting our strength, energy and enthusiasm.

[The|Tides™](#) has the antidote! Our smart spa and wellness care treatments, functional products and nourishing self-care rituals have been decisively designed to enable the body and mind to replenish, re-mineralize, strengthen and revitalize itself. The|Tides™ is the right remedy to balance the excesses of living modern life.

Fully understanding the needs of empowered wellness consumers and travelers, we formulated The|Tides BrainBody Wellness™ concept. BrainBody Wellness™ is a specific series of [smart spa and wellness care treatments](#). Exclusively designed to reboot the body and brain through a specialized sequence of functional products, ground-breaking treatment techniques, massage, breathing, stretching, yoga, meditation and (mindful) exercise.

Attract the new empowered wellness traveller looking to regain their inner balance and strength, detoxify, increase energy, boost vitality and immunity, de-stress from the fast-paced life and improve sleep.

The|Tides BrainBody Wellness Experiences are ideal for all salon types, spa and wellness centres, health clubs and resorts.

THE | TIDES

Pure Dutch Nature Inside

Interested in implementing the next evolution of wellness into your spa's menu of products and treatments? Visit us at our website, <https://www.thetideswellness.com>

Or contact us directly;

info@thetideswellness.com

+ 31 620443847 | +31 6 15083002



THE | TIDES
Pure Dutch Nature Inside

Click here
to visit our
website

**DISCOVER THE UNCHARTED
SHORES OF WELLNESS**

BrainBody™ Spa and Wellness Treatments
Functional Products & Nourishing Self Care Rituals

The|Tides™ is a 'modern apothecary' carefully crafted to heal and nurture your body and mind, helping you balance the excesses of living modern life.

www.thetideswellness.com