Wellness Destination AI Tech Summit
Tourism, Hospitality, Real Estate

28 - 29 September 2026 | Grand Ballroom, METT Singapore

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2-DAY SUMMIT PASS* S$1300, EARLY BIRD S$900 (ENDS 26 JULY 2026)
1-DAY SUMMIT PASS* S$700, EARLY BIRD S$500 (ENDS 26 JULY 2026)
*Your summit pass entitles you to tea breaks, lunch(es) and unlimited networking. Prices not inclusive of 10% service tax.

Welcome to Wellness 2.0 and Beyond:

A New Destination of AI, Tech, Evidence-Based Science and Digital Detox Wellness

Wellness consciousness evolves to embrace AI, technologies, evidence-based science, biohacking, longevity and preventative health tenets. Millenials and Gen Z are fanning the flames of this new consciousness. Paradoxically, they also seek wellness alternatives to digitally detox and unplug. Recalibration, traditional healing techniques and back to nature travel and lifestyle are enjoying a glow-up. This paradoxical and hybrid demand presents opportunities for the burgeoning trillion-dollar global wellness industry, ushering new players to the playground. The biggest players – wellness real estate, hospitality, travel tourism, longevity and alternative wellness.

Lead and Join Our Exclusive, Disruptive, Evidence-Based Science Movement

Where we differ from other events – beyond mere vanity, we pride ourselves on deep, deep learning. Our agenda is well researched, future leaning, disruptive, intellectual, intentional and extensive. We are highly discerning and curate the best-of-best thought leaders, executives, decision makers, gamechangers and mavericks across silos, verticals and industries that are seemingly disparate for growth opportunities. We spark new, disruptive and breaking-dawn thoughts and movements; and stitch up new ecosystems. AI, Tech, digital health and evidence-based science cut like surgical knives into our deep, deep learning and curation. Whether you're a sponsor, exhibitor, speaker or attendee, you're a trailblazer, surrounded by trailblazers, making history and cementing your credibility. Learn from and network with regional and global thought leaders and extraordinaries. Collaborate and innovate. This summit will inspire a full-spectrum look at your life.

Who Should Attend

Singapore, regional and global gamechangers, thought leaders, leaders, decision makers, Chiefs, Senior Executives, General Managers, SVP's, VP's, Senior Directors, Directors, Founders, Professionals, Consultants across:

Tourism, Travel, Hospitality, Real Estate, Developers, Investment Management, Architecture, Interior Design, Healthcare, Mental Health, Wellness, Fitness, Policy / Government, Sustainability, AI and Digital HealthTech startups or companies, AI and Digital Tech data companies, Innovation or Wearable Providers, Wellness Food, Academia, Venture Capitalists, Hospitality/travel focused advertising & PR Agencies, and Editorial.

TOMAS STOILA

Managing Director
Sunsett Hospitality Group

Tomas Stoila oversees Sunset Hospitality Group in Singapore's operations and continued growth across its hotel, dining and members' club divisions in the market. With more than 20 years of international hospitality experience, Tomas brings extensive expertise across luxury hotels, restaurants and bars, with a career spanning Asia, Europe and the Middle East. Prior to joining Sunset Hospitality Group, he served as Director of Food & Beverage at Four Seasons Hotel Singapore, where he led the hotel's diverse dining and beverage operations. His previous experience includes senior leadership roles at Matild Palace, a Luxury Collection Hotel in Budapest, as well as Marina Bay Sands, where he served as Executive General Manager of CUT and Spago by Wolfgang Puck. Earlier in his career, Tomas held operational and food and beverage leadership positions with Four Seasons Hotels and Resorts and InterContinental Hotels & Resorts across Singapore and the Middle East. In his current role, Tomas leads Sunset Hospitality Group's Singapore portfolio, spanning METT Singapore, dining destinations including SUSHISAMBA, L'Amo Bistrò del Mare and Canning Bar & Lounge, as well as Madison House private members' club and new concepts HANU and Art Di Daniele Sperindio. He is responsible for the strategic direction and overall performance of the Singapore business, bringing together operational excellence, commercial strategy and guest experience while driving the Group's continued growth in the market.

ADDISON GOH

Director, Business & Experience Development,
Sentosa Development Corporation

As Divisional Director, Business & Experience Development at Sentosa Development Corporation (SDC), Addison oversees the sales and development of products, events and experiences under the Sentosa brand, ranging from signature events to innovative product launches. As part of his portfolio, he also actively engages Island Partners that operate various leisure offerings on the island, while identifying new potential partners that can enhance Sentosa's appeal as Asia's leading leisure and MICE destination. Prior to joining SDC, Addison was the Senior Director, Business Development & Sustainability at Gardens by the Bay, where he drove revenue growth while advancing the attraction's Net Zero ambitions. With his career also spanning leadership roles at Hong Kong Disneyland, Science Centre Singapore, The Ascott Limited, and the Singapore Tourism Board, where he set up new attractions and leisure concepts, Addison brings with him a wealth of local and overseas experience in the tourism and travel industry. Addison holds a Bachelor of Science from Cornell University's School of Hotel Administration and an Executive MBA from Aalto University.

HARNOOR CHANNI-TIWARY

Group Editor, Elite Havens Luxury Villas

Harnoor Channi-Tiwary is a Singapore-based food and travel editor with over 15 years of experience tracking luxury consumer trends across Asia. She is currently the Group Editor at Elite Havens, Asia's premier luxury villa company, where she oversees the group's global content strategy. Bridging legacy and digital media, she previously served as Head of Content and Food Editor at NDTV, and is the founder and former CEO of the personalized travel advisory firm, JourneyMyWay. A specialist in premium culinary landscapes, Harnoor frequently sits on the tasting panels of prestigious regional food awards and holds an advanced certification in Gastronomy from Le Cordon Bleu, Paris. As humanity navigates new AI frontiers, her current focus is on championing the delicate balance between embracing and optimising for next-generation ecosystems, while fiercely preserving the irreplaceable human soul of storytelling - ensuring that as tech reshapes how we discover the world, the power to deeply move, connect, and inspire one another remains distinctly human.

MARK WONG

Senior Vice President, Asia Pacific
Small Luxury Hotels of the World (SLH)

Mark Wong leads the brand's regional operations, including hotel development, sales, marketing, and distribution. With more than 30 years of hospitality and marketing experience, Mark oversees the strategic growth and expansion of SLH's curated membership portfolio across Asia Pacific and serves as the brand's official spokesperson in the region. Having previously held leadership roles with SLH, NEXT Story Group, Preferred Travel Group, and Hyatt Hotels, Mark brings extensive expertise spanning hospitality, travel, and brand marketing across Singapore, New York, Chicago, and Hong Kong. He currently serves on the Board of the Asia Pacific Outlook Lodging Association (APOLA) and was a founding board member of both HSMAI Singapore and the Mekong Tourism Advisory Group

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(MeTAG). Recognised throughout his career for creativity and innovation in hospitality marketing, Mark is also a regular speaker on industry trends and leadership in the hospitality sector.

ADHIGUNA

Founder and CEO
ArkaCara (Corp)

With nearly two decades of experience in Bali's tourism and hospitality sector, Adhiguna has built a strong reputation in luxury villa management, hospitality strategy, business transformation, and sustainability advocacy. Having led renowned brands such as The Luxe Nomad, Nakula Hospitality Management, Elite Havens, and The Kayon, he has played an important role in managing and developing more than 80 luxury properties across Bali while continuously advocating for sustainable, professional, and culturally respectful hospitality practices. As the Head of the Training, Accreditation, and Certification Division at the Indonesian Hotel General Manager Association (IHGMA) - Bali Chapter and the Head of the Villa Management Division at the Bali Villa Rental and Management Association (BVRMA), he is also deeply committed to enhancing sustainability awareness throughout the hospitality industry.

CHERYL NG

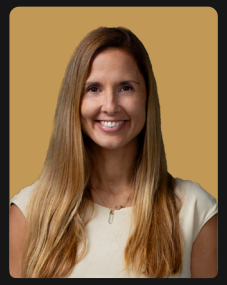
Country Director - Singapore
Rakuten Insight Singapore Pte Ltd

Cheryl Ng is a market research and insights professional at Rakuten Insight, working with brands, agencies and organisations across Southeast Asia to better understand evolving consumer behaviours and market opportunities. With experience supporting both consumer and business research across diverse industries, she brings a practical, data-led perspective on how younger generations are reshaping expectations around wellness, technology and travel. At this event, Cheryl will share insights into the changing needs of Gen Z and Millennials, including demand for personalised wellness, digital health solutions, mental wellbeing support and more purposeful travel experiences.

KENNETH SZ GOH

Digital Editor, The Peak Singapore

Kenneth SZ Goh is a seasoned editor and content strategist whose work at leading media titles sits at the intersection of luxury hospitality and food and beverage. With over a decade of experience spanning journalism, social media and content marketing, Kenneth is well-versed in reporting on the lifestyle sector as he is in leading audience growth and engagement on digital media platforms. Currently, Kenneth is the Digital Editor of The Peak Singapore magazine, where he helms editorial strategy for website and social media platforms of the luxury lifestyle title. He writes news and features on the dining and hospitality sectors and has a regular dining segment on ONE FM 91.3. Prior to joining The Peak, Kenneth has extensively reported on the F&B industry as an Associate Digital Editor at Michelin Guide Asia and as a lifestyle journalist at Singapore's national broadsheet, The Straits Times.



DIANA KRAEMER

Chief Wellness Officer, The Longevity Suite Asia

Diana Kraemer is a wellness innovation strategist and former professional athlete with over two decades of experience across longevity, integrative wellness, human performance, and transformational hospitality. With a background in Sports Science, Integrative Nutrition, and Epigenetics, her work bridges evidence-based wellness with ancient healing philosophies, creating sustainable pathways to vitality, recovery, and human potential. She is known for designing wellness concepts, experiences, and ecosystems that bring together science, conscious living, and meaningful human connection. As Chief Wellness Officer for The Longevity Suite Singapore, she is supporting the launch of the brand's Asia flagship, bringing together biohacking, preventive wellness, aesthetics, and high-touch longevity experiences within a contemporary urban format.

ANA TERRA

Longevity Practitioner. Former Wellness Director, Raffles Sentosa

Ana holds a Master's in Nutrition Science and over ten years of experience as a longevity practitioner and wellness experience designer. She has built wellness concepts from the ground up, spaces and programmes shaped by a deep understanding of how the body heals, regulates, and ages well. Her work sits at the intersection of nutrition, somatic practices, and immersive experiences design.

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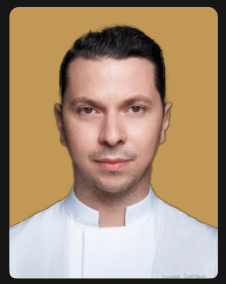

DANIELE SPERINDIO

Chef-Owner, I'WA Group & Art di Daniele Sperindio. F&B Director, METT Hotel Singapore.

Daniele Sperindio is a Michelin-starred Italian chef whose work explores Italian heritage through a contemporary, research-driven lens. Based in Singapore since 2012, he is the Chef-Owner of Art di Daniele Sperindio, awarded one Michelin star and named Best Italian Restaurant in the World 2024 by Gambero Rosso, alongside multiple international accolades. He is also a Krug Ambassade and an MBA holder with Distinction from the University of Warwick, London. Now entering a new chapter at METT Hotel Singapore, Chef Daniele expands on his role of restaurateur beyond his own ventures, stepping into the position of Director of Culinary & F&B. In this role, he guides the hotel's gastronomic vision while preparing the next evolution of Art di Daniele Sperindio, set to launch in early 2026. His cuisine reflects an ongoing maturation — personal, cultural, and culinary — where tradition remains constant, but the narrative deepens with every iteration.

NHANNAPHAT VORACHITCHAROENKUL

Director of Spa and Wellness, Aman Nai Lert Bangkok

Nhannaphat Vorachitcharoenkul oversees the pre-opening and operations of Aman Nai Lert's spa, wellness, beauty, medical clinic and Aman Essentials boutique. With a distinguished career in luxury hospitality, she is recognised for blending operational excellence with holistic wellness to deliver world-class guest experiences. To boot, she is the Committee Member of Thailand's EEC initiatives, contributing to the strategic advancement of premium tourism, hospitality and wellness development standards.

TANISHA LO

Director of Spa & Wellness
Regent Bali Canggu

Tanisha is the Director of Spa & Wellness at Regent Bali Canggu, where she leads the development of the resort's luxury wellness offering. With a background spanning psychology, coaching, and luxury hospitality, she has played a key role in shaping Regent's flagship Spa and Wellness concept—from pre-opening strategy and operations to designing guest experiences that integrate physical wellbeing, emotional awareness, and personalised care. Passionate about the future of wellness, Tanisha explores how traditional healing practices and evidence-informed approaches can come together to create meaningful, transformative experiences.

YANNI TAN

Style & Watches Editor, The Peak

A Singapore-based editor with nearly 25 years of experience in lifestyle journalism, Yanni Tan specialises in luxury content across multiple spheres, especially in watches and jewellery, travel and wellness, and fine wine and spirits. An adventurer at heart, she is equally comfortable diving into the blue, on a self-drive through winding country roads, or retreating to an onsen ryokan in the mountains — experiences that lend her writing an authenticity that goes beyond the superficial.

GOPAL KUMAR

General Manager & Group Director of Wellness Development
Kamalaya Koh Samui

Gopal Kumar is a globally recognised wellness leader with over 25 years of experience, currently serving as General Manager & Group Director of Wellness Development at Kamalaya Koh Samui. Since joining in 2017, he has played a key role in elevating the resort's wellness offerings and strategic direction.His international career includes contributions to renowned brands such as Oberoi Hotels, Ananda Spa, Haybarn Spa at Daylesford, Peninsula, One&Only, and Burj Al Arab.At Kamalaya, Gopal has led the development of key initiatives including a physiotherapy clinic, Thai Traditional Medicine, functional fitness programs, a supplement range, and a digital wellness platform. His forward-thinking approach continues to strengthen Kamalaya's position as a leading global wellness destination.

ELEEN YAP

Cluster Director of Spa, The Singapore EDITION and The St. Regis Singapore

Eleen Yap is a luxury wellness and hospitality leader with extensive experience spanning spa operations, guest experience, wellness programming, retail strategy, and talent development. As Cluster Director of Spa for The Singapore EDITION and The St. Regis Singapore, she oversees the strategic direction and performance of the spa and wellness operations across both properties.Her career includes leadership roles with renowned organisations such as The American Club Singapore, ESPA at Resorts World Sentosa, and Wynn Palace Macau. Throughout her journey, she has successfully led multidisciplinary teams, elevated service excellence standards, and developed wellness experiences that align with exceptional guest outcomes. Beyond hotel operations, Eleen is actively involved in advancing the wellness industry across the Asia-Pacific region. She recently completed her term as Treasurer of the Asia Pacific Spa & Wellness Coalition (APSWC) and currently serves as Events Director, supporting industry collaboration, education, and professional development initiatives. A strong advocate for continuous learning and leadership development, Eleen is passionate about mentoring emerging professionals and fostering the next generation of wellness leaders. Her expertise combines operational excellence with a people-centric approach, contributing to the continued growth and evolution of the global spa and wellness sector.

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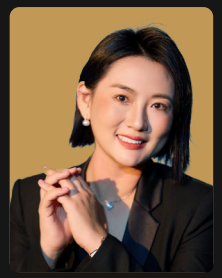
OZGE FETTAHLIOGLU

Wellness Hospitality Designer | Author, Designing for Health and Wealth | Academic, Western Sydney University Board Member | Board member, Biophilic Cities Australia | Neuroarchitect, Academy of Neuroscience for Architecture (ANFA)

Ozge Fettahlioglu is a wellness hospitality designer specialising in neuroarchitecture and biophilic design for hotels and high-value developments. As founder of Cocoplum Wellness Design, she works with developers and operators to create environments that improve guest experience, increase dwell time, and strengthen asset value. Her approach combines design, neuroscience, and modular delivery to reduce project risk and improve commercial outcomes. Ozge is the author of Designing for Health and Wealth and serves on the board of Biophilic Cities Australia, contributing to the growing field of evidence-based design.



ZOE ZHOU

Director of Capital Markets & Investment Services, Colliers

Zoe Zhou is a seasoned hospitality and real estate professional with over a decade of experience spanning hospitality and commercial acquisitions and divestments, portfolio asset management, strategic planning, and investment analysis for mixed-use developments and wellness integrated developments. Her expertise also includes development feasibility study; operator search and branding advisory across the Asia Pacific region. Zoe has worked extensively with hospitality owners, developers, international consultancy as well as hotel management operators. She currently serves as Director of Capital Markets at Colliers, where she leads the growth of the firm's commercial and hospitality transaction advisory services across Asia Pacific region, supporting developers, investors, family offices, high-net-worth individuals (HNWIs), and operators in their market expansion efforts.

IVAN SUNDE

CEO & Founder, Onyx ASW

Ivan is an experienced commercial leader and industry advisor with broad experience across the hospitality sector. Recognised for thought leadership in built environments, organisational change and sustainable practices. He is a specialist in developing business strategies, sustainable sourcing, holistic biophilic design strategies, strategic partnerships. Advocate and champion for hotel industry change towards a more sustainable future, he has a passion for great design, people andthe planet.

H Y MAK

Principal of Asia, HBA Residential

An award-winning Architect with training in both Interior Design and Architecture, Mak brings over 20 years of experience in luxury hospitality and high-end residential projects with a strong focus in Asia. As Principal of Asia, at HBA Residential, a boutique studio within HBA's global network, he brings expertise to an extraordinary range of projects from the most prestigious to the most private of residences, palaces and beyond. Catering to UHNWIs and luxury developers, delivering holistic, end-to-end solutions, from master planning to the finest of interior details. Mak's latest project in the area of Wellness are the SHA Residences in Abu Dhabi, a collaboration between developer, IMKAN and SHA, a globally renowned wellness clinic.

RAMYA SUBRAMANIAM

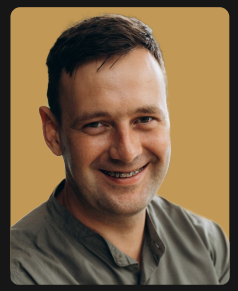
Design Director, Gensler

Ramya Subramaniam is a Design Director at Gensler with over two decades of international experience delivering hospitality and lifestyle projects across Asia. Specialising in hospitality design for global and luxury brands, she has also led high-end residential, senior living, wellness resort, commercial, and corporate projects across the region. Having worked across Hong Kong, Bangkok, and Singapore, Ramya brings a multicultural perspective to creating thoughtful, experience-led environments that blend creative vision, technical expertise, and a strong understanding of human behaviour.

PAOLO DE SIMONE (WELL AP)

Creative Director, Wimberly Interiors, WATG

With an educational background in architecture as well as interior design, Paolo has amassed nearly two decades of expertise in crafting luxury hospitality interiors throughout Europe, Africa, and Asia. His knowledge and proficiency encompass a diverse range of project types including hospitality, retail, food and beverage and residential. His recent endeavours include Banyan Tree Resort in the Philippines, Lagen Island Resort in the Philippines and Hotel Wuxi MGallery Collection within a unique and historical landmark in China. Fuelled by an unyielding passion for crafting immersive experiences, Paolo's approach redefines the very essence of modern luxury, seamlessly transforming spaces into inspiring environments that captivate the senses. Being WELL AP accredited, Paolo demonstrates his commitment to advancing health and wellness through his designs. By incorporating nature in interior spaces and the built environment, Paolo strives to nurture the innate human-nature interaction through his design solutions that boost positive feelings, speed up healing and recovery time from stress.



ALEKSANDR MOLIN

Founder & CEO, GardenGroup Bali

Alex Molin is the Founder and CEO of GardenGroup Bali, a landscape design and implementation studio he launched in 2023, now behind 60 projects across SEA hospitality and residential sectors. His work centers on healing gardens, multisensory design and outdoor wellness spaces built to support how guests and residents actually feel, not just how a property photographs. Alex recently spoke on this theme at the Hospitality Thailand Conference (HTC2026) in Bangkok, and continues to work closely with hotel owners and developers across Southeast Asia designing landscapes as part of the wellness experience rather than an afterthought.

FAISAL BAIG

Co-Founder & CEO, Swisskern

A provocateur in the longevity economy, Faisal is known for "rocking the boat" by challenging the traditional ethics and efficacy of the supplement industry. His work focuses on a holistic, uncompromising approach to epigenetic rejuvenation and cellular prevention, moving the conversation away from general well-being toward high-precision nutritional intervention. By prioritizing mitochondrial health and advanced delivery systems, Faisal advocates for a "clinical-precision" standard that impacts every facet of human performance - from physical vitality to mental health. He is a vocal proponent of a new era in the longevity space: one that replaces broad lifestyle marketing with rigorous, outcome-driven nutritional science designed to optimize the human biological blueprint.

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AARON DE SILVA

Founder, The Longevity Project

Aaron De Silva is the founder of The Longevity Project, a platform exploring longevity through an Asian lens. A former luxury lifestyle editor with more than 20 years of experience in journalism, he draws on his background across luxury travel, hospitality and wellness to make one of today's most important health conversations more accessible to an everyday audience. Through expert interviews and industry conversations, The Longevity Project aims to connect people, ideas and organisations shaping the future of healthy ageing. His long-term vision is to build a trusted platform that sits at the intersection of content, community and conversation within Asia's rapidly growing longevity economy.

NORT JANSSEN

CEO, Longevity Suite Asia

Nort Janssen is based in Singapore, where he leads the brand's regional expansion and innovation in wellness and longevity. An entrepreneur at heart, Nort previously founded various businesses including Latest in Beauty, one of the UK's pioneering beauty discovery platforms and Beauty Brains, an early AI marketing platform for campaign optimisation and automation focused on the Beauty and Wellness categories. Before venturing into entrepreneurship, he built a successful corporate career at Procter & Gamble, which he left to pursue his passion for founding and building businesses. Beyond his executive role, Nort contributes to the global business community as a mentor for emerging startups through innovation networks and sits on various boards. He holds an MBA from the University of Groningen.

TRENT COTTLE

Hospitality Entrepreneur.
Co-Founder, Mana Sanctuary & Escape Haven.

Trent Cottle is a seasoned entrepreneur and strategic leader behind some of Bali's most successful luxury wellness brands. With over a decade of experience living and operating in Indonesia, he has transitioned from a high-level corporate career into a leading figure in the global health retreat industry.

DR NEIL FORREST

Medical Director, Osler Health International

Dr Forrest graduated from the University of Leeds with degrees in Medicine and Sports Science, and initially undertook training in Orthopaedics, becoming a member of the Royal College of Surgeons before training in General Practice. He worked as a Family Physician in London before relocating to Singapore with his family, where he has practiced for the past 8 years. Dr Forrest enjoys providing care for all generations of the family and has a particular interest in preventative medicine. He is experienced in all aspects of family medicine, sports and musculoskeletal medicine, minor surgical procedures and mental health. Dr Forrest also regularly sees patients concerned about sexual health, contraception (including Implanon), men's health and chronic disease management. Passionate about preventative health solutions for his patients and at the forefront of Osler's Lifestyle Medicine approach, Dr Forrest is certified IBLM (International Board of Lifestyle Medicine) diplomate and is also a member of the British Society of Lifestyle Medicine.

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9.30 – 10 AM | REGISTRATION & BREAKFAST

10 – 10.45 AM | THE WELLNESS TOURISM & HOSPITALITY CRYSTAL BALL – MARKET TRENDS AND FUTURE GROWTH OPPORTUNITIES

Health and wellbeing consciousness has peaked globally, and travellers are looking for travel that adds years to their lives. The trillion-dollar lucrative wellness tourism (+16.6% annually) is reshaping and defining travel and hospitality. As wellness remains a firm global priority, preventative wellness is gaining ground over treatments or medical health. Travellers are seeking mental clarity, better health and measurable outcomes, combined with meaningful and purposeful experiences. What does the future hold for wellness booking? What are the tourism trends that are revolutionising the hospitality playbook?
Discover:

- Wellness tourism market sizing and long-term growth projections.
- Beyond the affluent stereotypes, the rise of primary and secondary wellness travellers – differences in interest, focus and purpose.
- Gen Z and millennial spenders, their needs and demands for more creative wellness offerings, digital wellness solutions, personalised health tracking and mental wellbeing tools.
- The categories that make up holistic wellness – fitness, nutrition, sleep, health and mindfulness.
- Developing hospitality wellness strategies for a competitive edge and meeting rising demand – fusing wellness with regenerative, personalised, sustainable, and authentic local experiences.

Speaker: Cheryl Ng, Country Director – Singapore, Rakuten Insight Singapore Pte Ltd

10.45 AM - 11.45 PM | GREAT MINDS HUDDLE PANEL DISCUSSION THE INTER-WOVEN WELLNESS JOURNEY AND THE CURATED ITINERARY

Wellness is no longer a brief respite with a holiday spa check in. Wellness travel journey seamlessly starts from a highly curated travel search and intentional itinerary for wellness or wellness fused with purpose-driven localised experiences, to airport wellness comfort and eats, to mid-air flight wellness, to a check-in to wellness hotels, retreats, cities offering state-of-the-art AI and tech-enabled wellness and longevity amenities and facilities, bespoke exquisite experiences. Even cruises are offering wellness bliss while afloat at sea. With wellness cutting through the journey from intent to extended experiences, growth opportunities for the new wellness line-up of plug and play travel providers throw up like never before. We spotlight:

- Personalisation & AI: AI-powered tools to curate bespoke and immersive itineraries. Over 80% of travellers search for tailored, goal-oriented (stress reduction/fitness) programmes.
- The new short and long haul travel itineraries think beyond the spa – wellness, high tech, longevity, therapy/medical tourism, blending wellness with nature or cultural immersion.
- Holistic approaches – mental, physical and nutrition
- Airports transforming layovers and transit time into opportunities for wellness and relaxation – fitness and mindfulness zones, gardens and nap lounges
- Inflight and cruise cabin ambience, wellbeing zones, enhanced comfort, sleep and movements
- AI or technology-enabled equipment and amenities
- Wellness travel – luxury or accessible?

PANELISTS

- Moderator: Harnoor Channi-Tiwary, Group Editor, Elite Havens Luxury Villas
- Addison Goh, Divisional Director, Business & Experience Development, Sentosa Development Corporation
- Mark Wong, Senior Vice President, Asia Pacific, Small Luxury Hotels of the World (SLH)
- Adhiguna, Founder and CEO, ArkaCara (Corp)

11.45 AM - 1.45 PM | THE METT SINGAPORE WELLNESS MEETS AI AND TECH LUNCH

Indulge in a curated buffet lunch set within the foyer of the Grand Ballroom, overlooking the city skyline. Designed as a relaxed and social interlude, the space encourages movement, conversation, and connection over a selection of fresh, thoughtfully prepared dishes.

WELCOME ADDRESS BY TOMAS STOILA, MANAGING DIRECTOR, SUNSETT HOSPITALITY GROUP

There will be a brief welcome address by Tomas Stoila, who will share a short introduction to METT Singapore and how the hotel is shaping its approach to wellness in the city — in tandem with Madison House Singapore and The Longevity Suite. Experience a prelude to our tagline of - effortless escapes in the heart of the city.

THE METT SINGAPORE WELLNESS EXPERIENCE TOURS

During lunch, guests will be invited to break into smaller groups for guided hotel tours across the two-hour session. These curated walkthroughs will highlight the hotel's key wellness and lifestyle facilities, including the 3,200 sq ft fully-equipped luxury gym, two outdoor swimming pools, padel courts and The Longevity Suite Showroom.

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1.45 - 2.30 PM | REDEFINING ISLAND WELLNESS: SENTOSA'S JOURNEY TO A PURPOSEFUL WELLNESS SANCTUARY

As global wellness tourism market moves toward over US$2 trillion by mid-2030s, Sentosa is evolving into Asia's premier island sanctuary for purposeful wellness. With growing demand for rejuvenation, nature - based experiences and science-based wellness offerings, the opportunity to reimagine island-based wellness has never been more compelling. Learn more about Sentosa's approach to connect its unique blend of beach, forest and coastline with island-centric wellness offerings as part of a transformation: redefining what a wellness destination can mean for Asia and the world.

Speaker: Addison Goh, Divisional Director, Business & Experience Development, Sentosa Development Corporation

2.30 - 3.30 PM | GREAT MINDS HUDDLE PANEL DISCUSSION WELLNESS IN HOSPITALITY – NEW TRENDS & STRATEGIES

Hospitality groups are getting serious about wellness. Once a side project and moving beyond the spa checklist, they're revolutionising wellbeing and forging the new paths ahead while integrating tech innovations and evidence-based science. From pampering, the industry now pivots on preventative health and sustainable self-care - spanning fitness, nutrition, spas, longevity, sleep and making room for mindfulness and mental wellbeing. Here's how they are re-imagining wellness:

- The business of wellness - why chase the wellness traveller and why hospitality is holistically most poised for the wellness market.
- Luxury meets sustainability and health
- Does space matter? Urban oasis vs wellness retreats and wellness cities considerations
- Biohacking tech innovations – Performance-tracked fitness equipment, tech-enabled spa or cold and heat therapies and equipment and tech-based sleep optimisation techniques or rituals.
- Movement and fitness – creative fitness programmes and curated data-driven equipment
- Active nutrition – health trends meet culinary skills. Making healthy tasty. What's on the menu and what should be on the menu?
- Developing your unique hotel wellness positioning and offerings – a journey as unique as travellers themselves
- Partnerships with wellness brands such as AI/tech-driven equipment providers, in-room wellness amenities, fitness groups, wellness apps and longevity centres.
- In-room wellness offerings – wellness dining, wellness products in minibar and room service fitness equipment.
- Social wellness and private memberships

PANELISTS

- Moderator - Kenneth SZ Goh, Digital Editor, The Peak Singapore
- Diana Kraemer, Chief Wellness Officer, The Longevity Suite Asia
- Ana Terra, Former Wellness Director, Raffles Sentosa
- Daniele Sperindio, F&B Director, METT Hotel Singapore. Chef-Owner, I'WA Group & Art di Daniele Sperindio.
- Tanisha Lo, Director of Spa & Wellness, Regent Bali Canggu

3.30 - 4 PM | TEA BREAK

4 - 5 PM | GREAT MINDS HUDDLE PANEL DISCUSSION

THE RISE OF INTEGRATIVE & ALTERNATIVES WELLNESS SESSION

Once headlines in the alternative wellness category, longevity and biohacking are now vaulted into the mainstream. Not all alternative wellness are science nor evidence-based. A surge in demand for integrative and alternative mind, body and spiritual wellness journeys and experiences spur wellness and medical operators to offer ancient and new-age healing techniques, seeking to differentiate from competitors chasing the longevity and biohacking trail. What's more, Millenials and Gen Z's – the fastest growing segment in the tourism market - are shunning traditional spas-and-resorts for, active, purpose-driven, and "extraordinary" experiences that foster mental and physical rejuvenation. To them, travel is a form of "self-therapy" or "reset button" to combat burnout, hence they prioritise experiences that combine nature, culture, and deep, often Instagrammable deep personal transformation. Noteworthy alternative wellness trends and discussion points include:

- Difference between integrative wellness and lifestyle medicine.
- Complementary wellness cold baths and cold water immersion, popularised by Wim Hof, increasingly supported by scientific research.
- Digital detox and 'quietcation' - get away far from the maddening crowd to unplug, indulge in digital detox and reflect in solitude and peace. Surrender your phone at check in and partake in silence – such as silent dining for a true taste of your dine and self-reflection.
- Somatic and nervous system care: breathwork, trauma-release exercises, and gentle movements to regulate the nervous system.
- Sound healing and baths. Tibetan singing bowls for deep relaxation and mental clarity.
- Soundscapes & meditation: In-room apps, neurofeedback devices, or binaural beat headsets for guided meditation.
- Ayurveda and Traditional Chinese Medicine (TCM) - acupuncture, cupping, and herbal therapies.
- Energy healing - Reiki or crystal therapy aimed at balancing body, mind, and spirit.
- Where is the science in alternative wellness?

PANELISTS

- Moderator: Yanni Tan, Style & Watches Editor, The Peak
- Nhannaphat Vorachitcharoenkul, Director of Spa and Wellness, Aman Nai Lert Bangkok
- Gopal Kumar, General Manager, Kamalya Wellness Sanctuary
- Eleen Yap, Cluster Director of Spa, The Singapore EDITION and The St. Regis Singapore

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9.30 AM - 10:15 AM | REGISTRATION & BREAKFAST

10:15 – 11 AM | BUILDING FOR WELLNESS – THE WELLNESS REAL ESTATE TRENDS AND INSIGHTS

All eyes are on the rising wellness real estate market, poised to more than double in value over the next five years. Seismic shifts in lifestyle demands, wellness as a priority post COVID and sustainable and healthy demands are spiking institutional investor interests. Wellness cuts through all assets including hospitality, mixed-use developments, residential and workplaces. As we move from amenities to infrastructure, this pivotal session covers:

- The latest market sizing and growth projection in the next 5 years.
- Comparison of traditional versus wellness real estate growth
- Growth drivers – Higher price and rental premiums, lifestyle changes of work-life balance and health-centric designs, workplace redesign
- Trends download – rise in certifications, integration of AI and tech, upgrading traditional assets with wellness amenities and facilities

Speaker: Zoe Zhou, Director of Capital Markets & Investment Services, Colliers

11 AM – 12 PM | GREAT MINDS HUDDLE PANEL DISCUSSION

WELLNESS TAKES RESIDENCE IN REAL ESTATE AND CITIES

Real estate is the fastest-growing sector of the wellness economy, with the market growing from $225.2 billion in 2019 to $438.2 billion in 2023, expected to near $1 trillion by 2028. Wellness build and design matters. Existing builds and infrastructure redefine their space blueprint to usher in wellness – mostly met with limitations and challenges. New and future builds are master planning opportunities for a more wellness-centric use of space and active design approach; and integrating state-of-the-art and longevity AI-enabled or other technologies. Whether you're a hotelier, developer, hospitality group, architecture and design firm, luxury residence provider or wellness retreat, you'll discover:

- Going beyond wellness hotels to longevity residences, mixed-used commercial, aging homes, retreats, sanctuaries, cities and student residences – wellness philosophies, living ecosystems
- Biophilic, eco-friendly and sustainable design – natural lighting, greenscaping and rooftops, vertical gardens
- Purified air and water; and non-toxic materials
- Lifestyle support and active design – gyms, meditation rooms, community gardens, thermal spa houses and onsite health experts

- Integrating longevity-focused, AI and Technologies - preventative medicine, AI-enabled health tracking, recovery technology, circadian light, fitness equipment, IV therapies, personalised diagnostics, biohacking, touchless hygienic design and telemedicine
- Balancing AI, technologies and human interactions
- The future of aging and wellness real estate

PANELISTS

- Moderator – Ivan Sunde, CEO & Founder, Onyx ASW
- H Y Mak, Principal of Asia, HBA Residential
- Ramya Subramaniam, Design Director, Gensler
- Paolo De Simone (WELL AP), Creative Director, Wimberly Interiors, WATG
- Aleksandr Molin, Founder & CEO, GardenGroup Bali

12 - 1.30 PM | LUNCH

1.30– 2.15 PM | DESIGNING FOR HEALTH AND WEALTH: HOW TO INCREASE HOTEL PERFORMANCE WITHOUT LOSING REVENUE DURING DELIVERY (VIRTUAL SESSION)

As wellness, AI and real estate converge, the next frontier is not simply adding wellness features to hospitality assets. It is understanding how the built environment can be engineered to influence guest behaviour, recovery, sensory load and commercial performance. This session explores how neuroarchitecture, biophilic design and emerging measurement tools can help owners, operators and developers move beyond aesthetics into measurable outcomes, including ADR, RevPAR, guest satisfaction and long-term asset value. The session focuses on:

- Why most hotel refurbishments lose revenue during delivery
- Why wellness design often fails commercially
- A practical framework that links design decisions to ADR, RevPAR, and guest outcomes
- How to structure phasing, procurement, and delivery to reduce risk and protect opening timeline

Speaker: Ozge Fettahlioglu, Wellness Hospitality Designer. Author, Designing for Health and Wealth. Academic, Western Sydney University. Board Member, Biophilic Cities Australia. Neuroarchitect, Academy of Neuroscience for Architecture (ANFA)

2.15 – 3 PM | THE EVIDENCE-BASED, NON-COMMERCIAL TAKE ON LONGEVITY

Longevity is breaking dawn and riding on the red carpet of commercialisation. As it gains momentum, true understanding of what longevity truly means is low. Beyond the charlatans and emperor new clothes, this no-holds-barred session strips away the commercial veneer to unmask what longevity truly means and how you can calibrate your compass to truly enable others to benefit from longevity. Talking points:

- Separating noise from biomarkers: Defining what actually adds years to life versus what is just "wellness bliss"
- Protecting the consumer: Helping hospitality groups deliver real outcomes without drifting into expensive trends.
- Defining the standard: establishing the protocols that premium destinations should adopt if they actually care about their guests
- Pitfalls and risks of excessive testings
- Regulations gaps and what that means for hospitality and consumers
- Ingestible versus subcutaneous treatments

Speaker: Faisal Baig, Co-Founder & CEO, Swisskern

3 – 3.30 PM | TEA BREAK

3.30 - 4.30 PM | GREAT MINDS HUDDLE PANEL DISCUSSION

THE NEW ERA OF LONGEVITY TOURISM AND HOSPITALITY

Long live longevity? Once a buzzword, science, AI and tech-based 'longevity' is mainstreaming from the super-luxe health conscious to the lexicon of the health conscious. Developed nations like Singapore and the Middle East prioritise longevity, betting big on preventative versus curative health. Medical tourism is shadowed by the burgeoning longevity tourism. Domestic and overseas tourists can easily check into longevity suites at wellness-focused hotels. Is longevity sitting on a trillion-dollar goldmine? Naysayers think otherwise. Talking points:

- Travel planning for wellness tourism and longevity tourism
- Luxe longevity versus longevity affordable
- Hotels, hospitals and wellness sanctuaries / retreats - where do you check in and what services and experiences do you get?
- Longevity tourism and travel that adds years to your life – what are the hotspots in the world?
- How does AI and Tech cut into longevity and medical tourism?
- Domestic and traveller longevity trends

PANELISTS

- Moderator: Aaron De Silva, Founder, The Longevity Project
- Nort Janssen, CEO, The Longevity Suite
- Trent Cottle, Hospitality Entrepreneur. Co-Founder, Mana Sanctuary & Escape Haven.
- Dr. Neil Forrest, Medical Director, Osler Health

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