

wellness

is good for the soul.

“The groundwork of all happiness is good health.”

— LEIGH HUNT



Have you ever thought about the connection between happiness and good health? Most of us would probably agree that there is a connection, but many of us do not take the time to build a foundation of good health. Many traditional American spas have maintained their focus on wellness, attracting individuals with programs in nutrition, exercise and beauty. More recently, American spas have begun to adopt numerous new programs including meditation and spirituality.



Jean Kolb

except us. It is not selfish to take care of one's self. It is essential—for us and those who love us,” said Jean Kolb, director of wellness and new product development for Kohler Co.

Jean has the right idea when it comes to lining up a two-day wellness weekend for guests at The American Club. “Taking time to de-stress and relax has been proven to enhance one's quality and quantity of life. Our wellness retreats are a time to raise awareness to stop and take inventory of one's life and make sure you are on the path you want to be on,” Jean said. In fact, she feels relaxing and distressing practices are critical to society's overall wellness.

She further believes if they influence one woman and she makes a slight

change in her life in order to enhance her quality of life, they have been successful. “These retreats do not mean you have to make a 180-degree change. It is about little changes that will make the greatest impact. We want women to be beautiful, empowered and able to make a difference in their life...for themselves.”

This year, Kohler Waters Spa will be offering a two-day retreat March 2 through 4. The event is set to include SpaNight Delight at Kohler Waters Spa sponsored by Skin Authority; Vinyasa Yoga presented by Yoga on the Lake; guest speaker presentations from Christine Arylo, inspirational catalyst, author and queen of Self Love; and The Duggan Sisters of Chicago. Their presentation “Don't Be a Boob Campaign” is a story of sisters' love and how healthy deodorant, informed lingerie decisions, the benefits of rebounding and

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the importance of living foods can all help in the fight to prevent breast cancer. Gina Marotta, managing director, Step Up Women's Network of Chicago also is scheduled to give a presentation.

“We offered wellness retreats even before we had the Kohler Waters Spa. We resurrected the retreats four years ago and they have been very well received,” Jean added.

They determine guest speakers based on feedback from participants and always try to cover the mind, body and spirit within their messaging.

Jean's responsibilities include overseeing the Sports Core health and racquet club, and the Kohler Waters Spas in Kohler, Burr Ridge (Ill.) and

St. Andrews Scotland. In addition, she is responsible for any new spa development as well as working with the Plumbing Division on the



in December 2000 was quite an accomplishment. “We were new to the industry and we entered it in a very strong, dynamic way,” she

recalled. They quickly added their international property in 2006 and a day spa location just outside Chicago in 2008.

Most recently, the Kohler location received the Forbes 5-Star Spa Award for

2012. They are one of 30 properties worldwide with over 8,000 properties evaluated each year to receive this honor. In addition, Jean served on the International Spa Association's Board of Directors for eight years serving as chairman of the board for two of those years. ■

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