

# The WELLNESS EXPERT CHECKLIST

A quick and easy pulse check to see how in tune you really are with wellness. It might surprise you, inspire you, or even spark your next big idea. Simply check off what you already know in all six categories, then count the topics you don't. Pick one, dive in, and keep learning until you have a little knowledge in every area of the list.

# Inner Pilgrimage Checklist

Exploring the spiritual and self-discovery aspects of wellness enhances both personal growth and the spa experience. A spa director should be familiar with these transformative practices:

## Creative & Expressive Healing:

*Give some examples here:*

- Art Therapy
- Dance Therapy
- Journaling
- Medicine Singing

## Energy & Metaphysical Practices:

*Give some examples here:*

- Astrology Readings
- Channelers
- Crystal Therapy
- Numerology
- Psychics

## Mindfulness & Spiritual Exploration:

*Give some examples here:*

- Dreamwork
- Enlightenment Practices
- Meditation
- Metaphorical Journey
- Mindfulness

# Inner Pilgrimage Checklist

## Sacred Traditions & Rituals:

*Give some examples here:*

- Labyrinth Walks
- Pilgrimage Destinations & Travels
- Prayers from Around the World
- Rituals
- Sacred Healing

## Movement & Body Awareness:

*Give some examples here:*

- Martial Arts
- Qi Gong
- Tai Chi
- Yoga

## Deep Inner Work & Transformation:

*Give some examples here:*

- Self-Reflection & Awareness
- Shamanism
- Sound Baths & Therapy
- Spiritual Quest
- Sufi Circles
- Vision Quests
- World Mythology

This checklist serves as a guide to inner healing and self-exploration, helping to shape meaningful wellness offerings that go beyond traditional spa experiences.

## Fitness & Sports Checklist

A well-rounded spa director should have a foundational understanding of fitness and sports to integrate movement and adventure into wellness experiences.

### Active & Adventure-Based Wellness: *Give some examples here:*

- Adventure Tourism
- Historic Trail Walking
- Hiking
- Gardening

### Water Sports & Ocean Activities: *Give some examples here:*

- Canoe Paddling
- Kayaking
- Ocean Sports
- Sailing
- Scuba Diving
- Snorkeling
- Swimming
- Windsurfing

### Endurance & Competitive Sports: *Give some examples here:*

- Marathons
- Races - Triathlons
- Tennis

## Fitness & Sports Checklist

### Holistic & Functional Fitness:

*Give some examples here:*

- Aerobics
- Dance & Movement Therapy
- Fitness Coaching
- Gym Operations
- Martial Arts

### Nature & Wildlife Exploration:

*Give some examples here:*

- Zoos
- Aquariums

Incorporating fitness and sports into spa programs enhances physical well-being, encourages movement, and fosters a deeper connection to nature and adventure.

## Lifestyle Modification & Education Checklist

A well-rounded wellness approach includes continuous learning and lifestyle enhancements. Here are key areas a spa director should explore:

### Creative & Intellectual Growth:

*Give some examples here:*

- Art Teaching
- Astronomy
- Museums
- Libraries

### Nutrition & Healthy Living:

*Give some examples here:*

- Cooking Classes
- Detox Programs
- Diets & Eating Disorders
- Nutritional Assessments
- Macrobiotics
- Vegetarian Cuisine
- Weight Management

# Lifestyle Modification & Education Checklist

## Holistic Wellness & Personal Development:

*Give some examples here:*

- Executive Wellness Programs
- Stress Management
- Life Coaching
- Hypnotherapy

## Environmental & Sustainable Living:

*Give some examples here:*

- Farmer's Markets
- Hydroponics
- Feng Shui

## Fitness & Outdoor Exploration:

*Give some examples here:*

- Fitness Coaching
- Surfing Lessons
- Wellness Retreats

This checklist serves as a foundation for integrating lifestyle education into spa and wellness offerings, ensuring a holistic approach to well-being.

# Community Wellness Checklist

Here's a list of ways to serve others in your community and make a meaningful impact:

## Community Support & Outreach:

- Volunteer at a food bank or soup kitchen
- Organize a clothing or blanket drive for shelters
- Assist at a homeless shelter
- Support a domestic violence shelter with donations or time
- Offer mentorship to young professionals or students
- Help at a community center with programs for kids or seniors

## Environmental & Sustainability Efforts:

- Participate in beach clean-ups or park restoration projects
- Volunteer at a recycling center or start a community initiative
- Plant trees or help with urban gardening projects
- Support local resource conservation efforts
- Assist with trail maintenance or wildlife conservation projects

## Health & Wellness Initiatives:

- Organize or participate in a charity run/walk for a cause
- Offer free yoga or meditation classes for underserved communities
- Volunteer at a senior center to provide companionship or wellness activities
- Assist in a hospital or hospice to support patients and families
- Become a blood donor or organ donor advocate
- Teach stress management, fitness, or nutrition workshops

# Community Wellness Checklist

## Education & Skill-Building:

- Tutor or mentor students in need
- Teach a language, art, or music class for free or in a library setting
- Volunteer at a museum or historical society
- Help adults with resume building and job search skills
- Support STEM programs for kids

## Animal & Wildlife Care

- Volunteer at an animal shelter or wildlife rescue
- Foster abandoned pets
- Organize fundraisers for animal welfare organizations
- Assist with therapy animal programs at hospitals or senior homes

## Disaster & Emergency Support:

- Train for disaster relief efforts (Red Cross, FEMA, etc.)
- Assist in emergency shelters during crises
- Support first responders with meals or wellness services

No matter the cause, small acts of service can create a big impact in your community!

# Complementary & Alternative Medicine (CAM) Checklist

A spa director should explore a diverse range of complementary and alternative medicine (CAM) modalities to integrate holistic healing into spa offerings.

## Traditional & Energy-Based Healing: *Give some examples here:*

- Acupressure
- Acupuncture
- Ayurveda Medicine
- Chinese Medicine
- Chakra Balancing
- Reiki
- Qi Energy
- Energy Balancing

## Bodywork & Manual Therapies:

*Give some examples here:*

- Body Alignment Techniques
- Bodywork
- Chiropractic Care
- Craniosacral Therapy
- Deep Tissue Bodywork
- Myofascial Release
- Reflexology
- Massage Therapy

# Complementary & Alternative Medicine (CAM) Checklist

## Mind-Body & Emotional Wellness:

*Give some examples here:*

- Art Therapy
- Brain Integration
- Guided Imagery
- Grief Therapy
- Healing Touch
- Intuitive Healing
- Meditation

## Detoxification & Internal Therapies:

*Give some examples here:*

- Colonics
- Herbal Therapy
- Homeopathy
- Hydrotherapy
- Light & Color Therapy

## Pain Management & Specialized Therapies:

*Give some examples here:*

- Cupping
- Electromagnetic Therapy
- Magneto Therapy
- Moxibustion
- Pain Management Techniques

# Complementary & Alternative Medicine (CAM) Checklist

## Women's Health & Life Stages:

*Give some examples here:*

- Doula Services
- Menopause Support
- Pregnancy Wellness

## Movement-Based Healing:

*Give some examples here:*

- Tai Chi
- Sound Therapy
- Vibrational Healing

Understanding CAM modalities enhances a spa's ability to provide integrative wellness experiences that promote balance, healing, and overall well-being.

# Relaxation, Rejuvenation & Nature Checklist

A spa director should embrace holistic relaxation, rejuvenation, and nature-based experiences to create a well-rounded wellness environment.

## Spa & Beauty Therapies:

*Give some examples here:*

- Aromatherapy
- Body Treatments
- Facial Skin Care
- Hair Care
- Hand & Foot Care
- Hypnotherapy
- Jin Shin Jyutsu
- Lomi Lomi
- Massage Therapy
- Shiatsu - Tui Na
- Spa Operations
- Salon Operations

## Mind-Body Wellness:

*Give some examples here:*

- Meditation
- Pilates
- Yoga
- Breathwork

# Relaxation, Rejuvenation & Nature Checklist

## Nature & Outdoor Healing:

*Give some examples here:*

- Botanical Gardens
- Camping
- Eco Tours
- Ethnobotany
- Herb Walks
- Hikes
- Horseback Riding
- Nature Medicine
- Nature Retreats

## Animal & Ocean-Based Wellness:

*Give some examples here:*

- Agri-Tours
- Animal Healing Therapy
- Dolphin Swims
- Scuba Diving
- Whale Watching

## Holistic Nutrition & Sustainability:

*Give some examples here:*

- Organic Foods
- Gardening/Hydroponics
- Meal Prepping

Incorporating relaxation, rejuvenation, and nature-inspired experiences into spa programs enhances well-being, harmony, and a deeper connection with the natural world.

# Checklist Survey

Write a blurb under each category. Maybe a brief summary of the topic, what you found most helpful, or your the thing that stuck out to you most. Whatever will help that info stick!

Inner Pilgrimage

Fitness & Sports

Lifestyle Modification & Education

Community Wellness

Relaxation, Rejuvenation & Nature

# Conclusion

Congratulations on completing the Wellness Expert Checklist for spa professionals! I hope going through this comprehensive guide helped bring you one step closer to finding your Spa Soul and connecting with your “why”; the Wellness World needs more passionate, curious, driven individuals who can bring that spark to everything they do, and now you’re well on your way!

*Stay true to your passions, values, and keep that spark alive!*

Remember that you’re not alone. If anything in this guide felt confusing, overwhelming or you felt SO INSPIRED that you absolutely just need someone to brainstorm all your new ideas with, guess what? That’s what I’m here for! Set up your FREE half hour consultation with me and let’s see where this world takes you!

Till next time,

