



**SPA CONSULTING AND MANAGEMENT**

Saga Fitness Inc. / Saga Middle East LLC is a spa and wellness consulting and management company, with more than 30 years of experience and expertise, specializing in planning and development of:

- destination spas** worldwide
- day spas, health clubs and spas** for resorts and hotels
- free-standing spas and wellness centers**

A successful health spa operation will depend on having both expertise and experience available to the Owners / Developers / Planners from the concept development through all phases of planning to pre-opening and operations planning, staffing, training and on-going management support.

Saga provides service excellence in the areas of:

- Concept Development
- Financial and Feasibility Planning
- Development of Concept Plans
- Architectural Plans, FF&E Plans and Budgets
- Marketing Concepts
- Pre-Opening /Operations Planning
- Operations Management /Consulting

Besides consulting on concept and design planning, Saga, its president, **Lisa Dobloug**, and her team can provide complete architectural and interior design plans through its partnership with **Larry Stricker**, internationally-recognized resort and deluxe hotel spa architect.



**Ihilani Resort and Spa, Hawaii**

Together they have created some of the best-known and most successful spas in the world, such as:

Ihilani Resort and Spa, Hawaii  
Marriott Desert Springs Hotel and Spa, California  
Tomamu Waterpark, Hokkaido, Japan  
Al Manahil Center, Saudi Arabia  
Perle Resort and Thalasso Center, Greece



**Ihilani Resort and Spa, Hawaii**

Our clients include hotels / resorts, day spas, health and fitness centers, and most importantly, **destination spas**, a small, but exclusive group of spas worldwide that provide total programs for lifestyle changes, customized daily schedules including treatments, activities, nutritional counseling and spa cuisine for 3 meals per day. The latter include clients such as

the **Golden Door** (CA)  
the **Greenhouse** (TX)  
**Bonaventure Spa** (FL)  
the **Canyon Ranch** (AZ)  
**Chiva-Som** (Thailand)  
**Aluna** (Colombia), and others.

### Holistic Treatment Concept Training Now Offered To Enhance The Spa Experience

Dr. Buathon Thienarrom, Founder of Sukkasart Institute of Healing Arts and a holistic practitioner, and Saga Fitness have formed a joint venture to provide her powerful method of healing, ZenNaTai, to therapists, Destination Spas and others searching for alternative therapies and concepts to further enhance the spa experience for their clients, guests and themselves.

Dr. Buathon served as Medical Manager and Chi Nei Tsang Practitioner at the renowned Chiva-Som Health Resort in Thailand. Following her successful work and accomplishments there, she continued her extensive studies and training in holistic / alternative medicine through Taoism, Chi Nei Tsang, Meditation, Posture Training and Thai traditional medicine. Through her comprehensive background in nursing, her Masters Degree in Counseling and Ph.D on Health Sociology she understands the fine balance between alternative and modern medicine, and also the need for harmony between body and mind to achieve personal and spiritual wellbeing.