



PROFILE



Mark Sands
Vice President of Wellness

Mark Sands has been promoted to vice president of wellness at Six Senses Hotels Resorts Spas. Joining the group in 2011 as Area Spa Director, Mark played a significant role in creating and launching many of the brand's wellness initiatives, while successfully leading spa operations. He's been working closely with the technical services team on many aspects of spa development and most recently supported the launch of Mission Wellness, the group-wide host well-being initiative.

Prior to joining Six Senses, Mark worked at the world-renowned Ananda in the Himalayas for six years. A fan of traditional medicine, in particular Ayurveda, Mark's world expanded with the exposure to traditional Hatha yoga and the philosophy of Vedanta. He occasionally dabbles in field hockey, tennis and golf, and loves to 'reset' by returning to the foothills of the Himalayas. Here, he spends time in his wife's former village where they go back to basics by foraging for food in the jungle and tending to the family's farm animals.

For further press information, please contact:

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