

create wellness south korea

Create Wellness South Korea: Your Guide to a Revitalized You

South Korea, a land of innovation and ancient traditions, offers a unique blend of cutting-edge wellness practices and time-honored healing methods. Are you dreaming of a revitalizing escape where you can prioritize your well-being amidst stunning scenery and a vibrant culture? This comprehensive guide will dive deep into the world of "Create Wellness South Korea," exploring the diverse options available to help you achieve your wellness goals, whether it's through traditional medicine, high-tech therapies, or simply immersing yourself in the breathtaking natural landscapes. We'll uncover the best practices, hidden gems, and insider tips to help you design your perfect wellness retreat in the heart of South Korea.

Understanding the Korean Approach to Wellness

South Korea's approach to wellness is a fascinating fusion of East and West. While embracing modern advancements in healthcare and technology, it retains a deep respect for traditional healing philosophies like hanbang (Korean traditional medicine) and the importance of balance and harmony with nature. This holistic perspective is evident in the numerous wellness centers, spas, and retreats that offer a wide array of services, catering to diverse needs and preferences.

Hanbang treatments, using herbal remedies, acupuncture, and moxibustion, are particularly popular, offering a natural and effective approach to various health concerns. These treatments often focus on restoring the body's natural equilibrium, addressing the root cause of imbalances rather than just treating symptoms. This emphasis on preventative care and holistic well-being sets South Korea apart in the global wellness landscape.

Top Destinations for Create Wellness South Korea

South Korea boasts a wealth of locations perfect for a wellness escape. Here are some of the top destinations offering diverse wellness experiences:

1. Jeju Island: This volcanic island is a paradise for nature lovers and wellness seekers alike. Its pristine beaches, lush forests, and dramatic volcanic landscapes offer opportunities for hiking, meditation, and simply relaxing in the embrace of nature. Jeju Island also boasts numerous spas and wellness centers offering traditional Korean therapies and modern treatments. Consider exploring the island's renowned O'sulloc Tea Museum for a mindful tea ceremony experience.

1. Seoul: South Korea's bustling capital city offers a surprisingly tranquil side. Amidst the

skyscrapers and vibrant nightlife, you'll find numerous serene temples, traditional jjimjilbang (Korean bathhouses), and modern wellness centers offering everything from yoga and Pilates to advanced medical treatments. The city's diverse culinary scene also provides ample opportunities for healthy and nutritious eating, a crucial component of overall wellness.

1. **Busan:** A coastal city known for its stunning beaches and vibrant culture, Busan also offers a wealth of wellness options. The city's numerous spas and wellness centers often incorporate traditional Korean techniques with modern treatments, creating a truly unique experience. Consider exploring the Taejongdae Park for breathtaking coastal views and a meditative walk amidst nature.

Types of Wellness Experiences in South Korea

The options for creating your personalized wellness journey in South Korea are incredibly diverse:

1. **Traditional Korean Medicine (Hanbang):** Experience the healing power of hanbang with acupuncture, moxibustion, herbal remedies, and other traditional therapies. Many clinics and spas offer consultations and tailored treatments based on your individual needs and health concerns.
1. **Jjimjilbang (Korean Bathhouses):** Immerse yourself in the traditional Korean bathhouse experience, combining relaxation, detoxification, and social interaction. These facilities offer a variety of saunas, steam rooms, and other bathing options, providing a rejuvenating and therapeutic experience.
1. **Modern Wellness Centers:** South Korea is at the forefront of modern wellness technology. Explore high-tech options like cryotherapy, oxygen therapy, and various other advanced treatments designed to enhance physical and mental well-being.
1. **Mindfulness and Meditation Retreats:** Several retreats across South Korea offer programs focused on mindfulness, meditation, and yoga, providing a peaceful escape from the stresses of daily life. Many are located in serene natural settings, enhancing the meditative experience.
1. **Nature-Based Activities:** From hiking in stunning national parks to exploring serene temples,

South Korea's natural beauty offers ample opportunities for restorative outdoor activities. Consider incorporating hiking, cycling, or simply enjoying a peaceful walk in nature into your wellness journey.

Planning Your Create Wellness South Korea Trip

To make the most of your wellness trip to South Korea, consider these planning tips:

Research and book in advance: Especially for popular treatments and retreats, booking ahead is essential, especially during peak season.

Learn some basic Korean phrases: While many people in tourist areas speak English, knowing a few basic Korean phrases can enhance your experience and show respect for the local culture.

Pack appropriately: Comfortable clothing and shoes are essential, especially if you plan on participating in outdoor activities.

Consult with a healthcare professional: If you have any pre-existing health conditions, it's crucial to consult with your doctor before undertaking any new wellness treatments.

Be open to new experiences: Embrace the unique cultural aspects of Korean wellness and be open to trying new things.

Conclusion

Creating your wellness journey in South Korea offers a transformative experience, blending ancient wisdom with modern innovation. Whether you seek the restorative power of hanbang, the serenity of a mountain temple, or the invigorating energy of a bustling city, South Korea provides a wealth of options to revitalize your mind, body, and spirit. Start planning your escape today and discover the unique and powerful ways South Korea can help you create your ultimate wellness experience.

FAQs

1. What is the best time of year to visit South Korea for a wellness retreat? The best time to visit depends on your preferences. Spring and autumn offer pleasant temperatures and stunning scenery, while summer is ideal for beach activities. Winter can be cold but offers opportunities for unique experiences like visiting ice festivals.
1. Are there English-speaking wellness professionals in South Korea? Yes, many wellness centers and clinics in tourist areas employ English-speaking staff. However, it's always helpful to have a basic understanding of Korean or a translation app.
1. How much does a wellness retreat in South Korea cost? Costs vary significantly depending on the type of accommodation, treatments, and activities included. You can find budget-friendly

options as well as luxurious, high-end retreats.

1. What kind of visa do I need to visit South Korea for a wellness retreat? Visa requirements depend on your nationality. Check the South Korean embassy or consulate in your country for specific information.

1. Are there any specific dietary considerations for a wellness retreat in South Korea? Korean cuisine offers many healthy and nutritious options, but it's always advisable to communicate any dietary restrictions or allergies to your accommodation and restaurant staff.

create wellness south korea: Global Nomads Kal Mentak, 2024-02-02 Did you know that over 50% of millennials are more likely to start a business than any previous generation? Global Nomads: The Rise of Borderless Startups is your gateway to join this revolution. This isn't just a book; it's a journey across continents, diving into the world of startups without borders. For the ambitious, globally-minded, and innovative aspiring entrepreneur, each chapter is a treasure trove of strategies, stories, and secrets. You'll explore the digital nomad lifestyle that's rewriting entrepreneurship, and delve into how technology is erasing business boundaries. Imagine the thrill of leading a remote team from a beach in Bali or closing deals while traversing the Sahara! But it's not just about the allure of remote work. This book tackles the real challenges – from navigating cultural nuances to legal landscapes across different continents. You'll find inspirational success stories from the Middle East and Africa, offering lessons in resilience and adaptability. Business students, prepare to have your minds expanded. This book is a crash course in global business practices, tech innovations, and cultural agility. Each page turns the complex world of international startups into engaging, digestible bites of knowledge. And guess what? It's laced with humor, because who said learning about global startups can't be fun? By the end of Global Nomads, you won't just understand the rise of borderless startups; you'll be equipped to join them. Your perspective on global entrepreneurship will be forever changed. Are you ready to break free from traditional boundaries and make your mark in the global business landscape? Your journey starts here.

create wellness south korea: *Health, Tourism and Hospitality* Melanie Smith, Laszlo Puczko, 2014-02-03 *Health, Tourism and Hospitality: Spas, Wellness and Medical Travel*, 2nd Edition takes an in-depth and comprehensive look at the growing health, wellness and medical tourism sectors in a global context. The book analyses the history and development of the industries, the way in which they are managed and organised, the expanding range of new and innovative products and trends, and the marketing of destinations, products and services. The only book to offer a complete overview and introduction to health, tourism and hospitality this 2nd Edition has been updated to include: • Expanded coverage to the hospitality sector with a particular focus on spa management. • New content on medical tourism throughout the book, to reflect the worldwide growth in medical travel with more and more countries entering this competitive market. • Updated content to reflect recent issues and trends including: ageing population, governments encouraging preventative health, consumer use of contemporary and alternative therapies, self-help market, impacts of economic recession, spa management and customer loyalty. • New case studies taken from a range of different

countries and contexts, and focusing on established or new destinations, products and services such as: conventional medicine, complementary and alternative therapies, lifestyle-based wellness, beauty and cosmetics, healthy nutrition, longevity and anti (or active)-ageing, amongst others. Written in a user friendly style, this is essential reading for students studying health, tourism and hospitality.

create wellness south korea: Design Talks Massimo De Conti, The Images Publishing Group, 2011-10 Presents insightful interviews with world-renowned architects, with conversations ranging from inspiring to irreverent about architecture, creativity and style. Grants readers an insight into the brilliant minds of the world's contemporary creatives.

create wellness south korea: An Introduction to Inclusive Healthcare Design Kiwana T. McClung, Denise M. Linton, 2024-07-02 An Introduction to Inclusive Healthcare Design is a comprehensive guide to the design and facilitation of safe, healthy, equitable, and inclusive healthcare settings across a variety of scales. The book informs healthcare professionals, healthcare administrators, planners, designers in the healthcare sector, design students, and faculty about best practices and considerations for inclusive design. The primary theme for the book is design for all - considering the design of healthcare spaces through the lenses of inclusivity and social equity. Part 1 presents the reader with an overview of the variety of locations and types of healthcare settings. Part 2 provides a comprehensive overview of the principles of equitable and inclusive healthcare design and considers how these principles can be applied to the range of settings laid out in Part 1. The authors consider inclusivity-supportive infrastructure in primary and ancillary spaces within healthcare settings. Part 3 envisions the future of inclusive healthcare design, considering the integration of virtual reality and artificial intelligence, as well as addressing the ever more relevant issue of healthcare provision in settings at risk of natural disasters.

create wellness south korea: The Korean Herbal Apothecary Grace Yoon, 2023-10-03 The Korean Herbal Apothecary, written by Qi Alchemy founder, Grace Yoon, addresses herbalism and medicine making from the perspective of Korean ancestral traditions.

create wellness south korea: The Natural Way to Longevity Jake Logan, 2022-04-19 If you want to learn how to extend your life using natural methods, then The Natural Way to Longevity is for you. The health of our body is tied to the health of our minds. Learning to prioritize both is crucial to living a long and healthy life. Taking charge of your health is possible at any age. The earlier you begin, the stronger your healthy mindset will become. You have the power to help prevent unpleasant aging and physical and mental ailments through natural wellness practices. The ultimate quality of your life is directly related to the quality of your thinking, and thinking the right way is the first step in living the right and best way. Discover how to become the healthiest version of yourself, both now and for the rest of your life, with this book. You will learn about: ● Shifting your mindset to one of prosperity and strength ● How your mental health directly interacts with your physical health ● How to adopt healthy and achievable practices into your daily life ● The importance of your choices now for your later health And all of the tips and tricks to turn these habits into sustainable, long-term behaviours. Tap into The Natural Way To Longevity as your ultimate resource for adopting strong, healthy practices. Your long life awaits!

create wellness south korea: Travel Guide To South Korea Nicky Huys, 2024-08-11 Travel Guide to South Korea is your comprehensive companion to exploring the rich culture, history, and natural beauty of South Korea. From the bustling streets of Seoul to the tranquil landscapes of Jeju Island, this guide provides in-depth insights into the top attractions, hidden gems, and must-try experiences. Discover the vibrant K-pop and K-drama scene, savor the flavors of Korean cuisine, explore ancient temples, and immerse yourself in the country's traditional customs. Packed with practical tips, detailed maps, and captivating photographs, this guide is your gateway to an unforgettable journey through the Land of the Morning Calm. Whether you're a first-time visitor or a seasoned traveler, Travel Guide to South Korea is your passport to a truly immersive and memorable adventure.

create wellness south korea: *Trends* , 1990

create wellness south korea: ,

create wellness south korea: 2050 - Tomorrow's Tourism Ian Yeoman, 2012 This book constructs scenarios from Shanghai to Edinburgh, Seoul to California encompassing complex topics such as human trafficking, conferences, transport, food tourism or technological innovation. This is a blue skies thinking book about the future of tourism and a thought provoking analytical commentary.

create wellness south korea: Handbook of Global Urban Health Igor Vojnovic, Amber L. Pearson, Gershim Asiki, Geoff DeVerteuil, Adriana Allen, 2019-05-09 Through interdisciplinary and multidisciplinary perspectives, and with an emphasis on exploring patterns as well as distinct and unique conditions across the globe, this collection examines advanced and cutting-edge theoretical and methodological approaches to the study of the health of urban populations. Despite the growing interest in global urban health, there are limited resources available that provide an extensive and advanced exploration into the health of urban populations in a transnational context. This volume offers a high-quality and comprehensive examination of global urban health issues by leading urban health scholars from around the world. The book brings together a multi-disciplinary perspective on urban health, with chapter contributions emphasizing disciplines in the social sciences, construction sciences and medical sciences. The co-editors of the collection come from a number of different disciplinary backgrounds that have been at the forefront of urban health research, including public health, epidemiology, geography, city planning and urban design. The book is intended to be a reference in global urban health for research libraries and faculty collections. It will also be appropriate as a text for university class adoption in upper-division under-graduate courses and above. The proposed volume is extensive and offers enough breadth and depth to enable it to be used for courses emphasizing a U.S., or wider Western perspective, as well as courses on urban health emphasizing a global context.

create wellness south korea: Cosmetics Marketing Strategy in the Era of the Digital Ecosystem Young Won Park,

create wellness south korea: Medical Tourism and Wellness Frederick J. DeMicco, 2017-04-28 Medical Tourism and Wellness: Hospitality Bridging Healthcare (H2H) takes a systems approach to examining the growing field of medical tourism, one of the field's hottest niches, with billions of dollars spent each year. This important book fills the need for a modern management book that looks at medical tourism in depth from a medical and hospitality operational management perspective. Growing numbers of people are going abroad to find affordable quality medical care for both necessary and cosmetic medical services. When they require surgery or dental work, they combine it with a trip to the Taj Mahal, a photo safari on the African veldt, or a stay at a luxury hotel—or at a hospital that feels like one—all at bargain-basement prices. The book takes a comprehensive look at medical tourism, covering such topics as: The history of medical tourism Why patients/tourists decide to travel for medical care The role of professional facilitators of medical tourism Key countries and medical disciplines in medical tourism Transportation, food, entertainment, and hotel/hospitality services Hotel and spa designs for medical tourism Best practices in medical tourism Patient follow-up after medical discharge Future trends in medical tourism Careers in medical tourism With the inclusion of case studies, the book provides a comprehensive look into this growing trend and will be valuable to upper-level undergraduate and graduate students in health care administration and those pursuing MBAs in healthcare, medical students pursuing a management focus, and students in hospitality management. It will also be a must-have resource for professionals working in hotels and in health care.

create wellness south korea: The Routledge International Handbook of Children, Adolescents, and Media Dafna Lemish, 2022-05-30 This second, thoroughly updated edition of The Routledge International Handbook of Children, Adolescents, and Media analyzes a broad range of complementary areas of study, including children as media consumers, children as active participants in media making, and representations of children in the media. The roles that media play in the lives of children and adolescents, as well as their potential implications for their cognitive, emotional, social, and behavioral development, have attracted growing research attention in a variety of disciplines. This handbook presents a collection that spans a variety of disciplines

including developmental psychology, media studies, public health, education, feminist studies, and the sociology of childhood. Chapters provide a unique intellectual mapping of current knowledge, exploring the relationship between children and media in local, national, and global contexts. Divided into five parts, each with an introduction explaining the themes and topics covered, the Handbook features over 50 contributions from leading and upcoming academics from around the globe. The revised and new chapters consider vital questions by analyzing texts, audience, and institutions, including: media and its effects on children's mental health children and the internet of toys media and digital inequalities news and citizenship in the aftermath of COVID-19 The Handbook's interdisciplinary approach and comprehensive, current, and international scope make it an authoritative, state-of-the-art guide to the field of children's media studies. It will be indispensable for media scholars and professionals, policy makers, educators, and parents.

create wellness south korea: *Introducing Global Health: Practice, Policy, and Solutions* Peter Muennig, Celina Su, 2013-08-12 *Introducing Global Health: Practice, Policy, and Solutions* is a contemporary overview of the major issues in global public health. The book explores how population health might be maximized with the right blend of health system, education, antipoverty, infectious disease, urban development, governance, and incentive-based policies. It covers topics critical for understanding the state of the world today, including wars for natural resources, the missing women phenomenon, and whether global aid really works. The book's case studies focus on developing economies, mixed economies, and new emerging superpowers. Thematic chapters are interwoven with running motifs, such as the health risks and benefits associated with different totalitarian, capitalist, and market socialist economies. Moving beyond statistics, the book represents a major innovation in the teaching of global health by presenting technical concepts including the incidence and prevalence of disease within the context of more accessible topics such as global poverty. This helps students contextualize otherwise challenging but critical concepts, such as the burden of infectious disease. By encouraging reflection, focusing on what works, and using activities and exercises, *Introducing Global Health* both teaches fundamentals of global public health and cultivates a policy perspective that is appealing and compelling for today's students.

create wellness south korea: *Dare to Be a Green Witch* Ehris Urban, Velya Jancz-Urban, 2021-07-08 *Dozens of Stories, Remedies & Recipes from the Grounded Goodwife* Discover the joys of embracing an earth-friendly, natural lifestyle with this extraordinary guide. Daughter and mother coauthors Ehris Urban and Velya Jancz-Urban provide everything you need to get started, including a wide variety of recipes and remedies, historical uses of natural ingredients, and entertaining anecdotes from their time living holistically in a 1770 Connecticut farmhouse. As the Grounded Goodwife duo, Ehris and Velya guide your journey into the green witch world, introducing you to herbal infusions, fermentation techniques, and pantry essentials. Learn the many uses of fire cider, tonics, essential oils, and collagen. Explore natural body and facial care, healthy ways to indulge in alcohol and chocolate, and recipes for relaxation. From creating an herbal sleep pillow to energy cleansing, *Dare to Be a Green Witch* shows you how to use nature's gifts for greater wellness. Watch the book trailer [here](#).

create wellness south korea: *One Liner* ,

create wellness south korea: *Delivering Superior Health and Wellness Management with IoT and Analytics* Nilmini Wickramasinghe, Freimut Bodendorf, 2019-11-27 This in-depth book addresses a key void in the literature surrounding the Internet of Things (IoT) and health. By systematically evaluating the benefits of mobile, wireless, and sensor-based IoT technologies when used in health and wellness contexts, the book sheds light on the next frontier for healthcare delivery. These technologies generate data with significant potential to enable superior care delivery, self-empowerment, and wellness management. Collecting valuable insights and recommendations in one accessible volume, chapter authors identify key areas in health and wellness where IoT can be used, highlighting the benefits, barriers, and facilitators of these technologies as well as suggesting areas for improvement in current policy and regulations. Four overarching themes provide a suitable setting to examine the critical insights presented in the 31

chapters: Mobile- and sensor-based solutions Opportunities to incorporate critical aspects of analytics to provide superior insights and thus support better decision-making Critical issues around aspects of IoT in healthcare contexts Applications of portals in healthcare contexts A comprehensive overview that introduces the critical issues regarding the role of IoT technologies for health, Delivering Superior Health and Wellness Management with IoT and Analytics paves the way for scholars, practitioners, students, and other stakeholders to understand how to substantially improve health and wellness management on a global scale.

create wellness south korea: Faith Community Nursing P. Ann Solari-Twadell, Deborah Jean Ziebarth, 2019-08-31 A multi-authored book, with editors and authors who are leaders in Faith Community Nursing (FCN) that aims to address contemporary issues in faith-based, whole person, community based health offering cost effective, accessible, patient centered care along the patient continuum while challenging contemporary health policy to include more health promotion services. Twenty-five chapters take the reader from a foundational understanding of this historic grass-roots movement to the present day international specialty nursing practice. The book is structured into five sections that describe both the historical advancement of the Faith Community Nursing, its current implications and future challenges, taking into account the perspectives of the pastor, congregation, nurse, health care system and public health national and international organizations. The benefits of this book are that it is intended for a mixed audience including lay, academic, medical professionals or health care executives. By changing the mindset of the reader to see the nurse as more than providing illness care, the faith community as more than a place one goes to on Sunday and health as more than physical, creative alternatives for promoting health emerge through Faith Community Nursing.

create wellness south korea: Medical Tourism Stephanie Watson, Kathy Stolley, 2012-04-23 From exotic spa treatments to euthanasia, this book examines the background and social context of medical tourism—the practice of traveling for health care. This work also documents how this industry is reshaping the face of medicine worldwide for individuals, local communities, and national health care systems. Medical Tourism: A Reference Handbook provides an accessible overview of the state of medical tourism, written from a balanced, unbiased perspective. The authors provide relevant social context for this controversial topic, discussing the state of extremely limited research data on medical tourism; the ethical issues involved, such as traveling to have a black-market organ transplanted; and the significant impact of medical tourism on health care systems—that of the United States, and those of the destination countries. The book highlights many contemporary problems, controversies, and implications of medical tourism both for individuals and health care systems, and presents thought-provoking potential solutions. The topic of medical tourism is also addressed against the backdrop of current healthcare reforms in the United States. Readers can reference a wealth of additional material on medical tourism, ranging from original documents to extensive directories of selected organizations and resources.

create wellness south korea: The Brain Power Classroom Dave Beal, 2016-12-01 Create a Focused, Positive, and Engaged Classroom! Through expert guidance and inspiring stories from the field, Dave Beal helps you create a Brain Power Classroom full of engaged, focused and collaborative students. Part 1 provides scientific background, principles and insightful advice for creating an optimal classroom atmosphere. Part 2 features 30 classroom activities you can easily integrate into your current curriculum. They are divided into the “Brain Power 10 Essentials” and incorporate various modalities, such as movement, mindfulness, and focusing strategies to engage students’ multiple intelligences. Using the tools in this book, you will be able to motivate your students to use their full brain potential as they develop into harmonious leaders with strong character and high levels of academic achievement.

create wellness south korea: Digital Transformation in Healthcare Panos Constantinides, 2023-12-08 In an era of digital transformation within healthcare management, this important book outlines an ecosystem perspective to illustrate how a range of actors can use digital technologies to offer better value within the provision of healthcare services. From mobile applications to

point-of-care diagnostic devices, from AI-enabled applications for data analysis to cloud models for service delivery and blockchain infrastructures, it provides a roadmap for how healthcare organizations can leverage these digital technologies. The book is also illustrated with case studies from different areas, including software for medical diagnostics, blockchain infrastructures for use in pharmaceutical supply chains and clinical trials, and federated learning platforms for genomics. Covering key issues such as patients' rights to data and written in the aftermath of the COVID-19 pandemic, the book will be essential reading for researchers, postgraduate students, and professionals interested in how technology can support and enable healthcare service provision.

create wellness south korea: Digital Development in Korea Myung Oh, James F. Larson, 2019-07-11 Digital Development in Korea explores the central role of digital information and communication technology in South Korea. Analyzing the role of ICT in green growth and sustainability, this new edition also demonstrates how concerns over public safety and the Olympic Games are shaping next generation digital networks. Presenting a network-centric perspective to contextualize digital development politically, economically and socially, as well as in relation to globalization, urbanization and sustainability, this book builds on firsthand experience to explain the formulation and implementation of key policy decisions. It describes the revolutionary changes of the 1980s, including privatization and color television and the thorough restructuring that created a telecommunications sector. It then goes on to explore the roles of government leadership, international development and education in affecting the diffusion of broadband mobile communication, before weighing up the positive and negative aspects of Korea's vibrant new digital media. Seeking to identify aspects of the Korean experience from which developing countries around the world could benefit, this book will be of interest to students, scholars and policymakers interested in communications technologies, Korean studies and developmental studies.

create wellness south korea: Mindfulness in Education Kenneth Tobin, 2020-06-29 This book explores how mindfulness has been infused into education to produce favorable outcomes, such as stress reduction, heightened focus, resilience, calmness, alertness, mood regulation, self-awareness, professional commitment, and increased compassion and kindness to self and others. The chapters are situated in diverse contexts, including schools and colleges, warfare, violent extremism, global warming, child sex abuse, and species extinction. A feature of the book is the use of what is learned from ongoing research to design interventions to increase the incidence of mindful practices, to enhance learning and forms of conduct to transform social life and sustain harmonious lifestyles. Inclusion of mindfulness-based interventions in teacher education programs include breathing meditation and tools such as heuristics and mindful writing. Breathing meditation and its relationship to mindfulness is addressed, including abdominal breathing as a component of meditation, leading to mindful conduct and physiological changes, including heart rate and blood oxygenation levels. The extent to which breathing practice includes nasal and oral inhalation and exhalation is also considered in relation to increasing levels of nitric oxide in the airways, thereby enhancing social communication and wellness. This book was originally published as a special issue of Learning: Research and Practice.

create wellness south korea: Wellness City Ari-Veikko Anttiroiko, 2018-04-19 Addressing the continuous need for new growth sectors in post-industrial cities, this book considers the economic significance of wellness from a development policy perspective. The author goes beyond personal health discourse to conceptualise wellness as an emerging industry, presenting empirical cases of community, attraction, and export-orientated strategies around the world. Combining holistic health, urban governance and economic development, this book will provide valuable reading for those studying policy, tourism and the wellness sector as well as business entrepreneurs within this evolving industry.

create wellness south korea: Simple Steps to Total Health ,

create wellness south korea: Urban Transportation Innovations Worldwide Roger L. Kemp, Carl J. Stephani, 2015-03-03 This handbook of urban transportation planning presents case studies detailing 40 best practices from 33 states in the U.S. and 19 countries on six continents. Cities

around the world have improved transportation options for their citizens. Roadways have seen the addition of walkways and bicycle lanes, and light-rail transit systems have reduced street traffic. These cities have decreased reliance on personal cars and enhanced their urban environments by reducing congestion, pollution, and the number and width of roadways. This volume discusses the dynamic field of urban transportation planning and provides resources for planning professionals and public officials interested in obtaining additional information on the latest trends.

create wellness south korea: Korea Yearbook (2009) Rüdiger Frank, Jim Hoare, Patrick Kölner, Susan Pares, 2009 The 2009 edition of the Korea yearbook contains concise overview articles covering domestic developments and the economy in both South and North Korea as well as inter-Korean relations and foreign relations of the two Koreas in 2008. A detailed chronology complements these articles. South Korea-related refereed articles in the 2009 edition deal with the internal politics of the Democratic Labour Party, the origins of the nuclear industry, industrial relations in the metals sector, Cheju island as a medical tourism hub, President Lee Myung-bak as seen through political cartoons, the comfort women movement's regionalisation process and perceptions of North Korean women. Additional refereed articles analyse the reliability of North Korean survey data, the migration experience of North Korean refugees, and sports-related cooperation between the two Koreas.

create wellness south korea: Women and Travel Catheryn Khoo-Lattimore, Erica Wilson, 2017-03-31 *Women and Travel: Historical and Contemporary Perspectives* is a fascinating look at the behavior, motivations, experiences, and needs of women as tourists and travellers, drawing on both historic and contemporary eras. Surprisingly little research has explored key issues, experiences, and opportunities in the context of women's travel. This revealing volume fills this gap, exploring the discourses, debates, and discussions about women, travel, and tourism. With an international roster of contributors from diverse regions of the world, the book celebrates a variety of women's voices. Khoo-Lattimore and Wilson deliberately sought to include nontraditional and non-Western perspectives on women's travel, with inclusions of Asian solo female travelers; Islamic women travellers and the constraints placed on them; and women who cannot travel (or choose, for whatever reason, a 'home holiday'). This enlightening volume brings together scholars from the broad areas of tourism, hospitality, geography, and leisure studies to examine how and why women travel. The chapters bring light to perspectives from different countries, cultures, backgrounds, and religions, and utilize different methods, approaches and styles of presentation. *Women and Travel: Historical and Contemporary Perspectives* will be of interest to academics and graduate students from a range of disciplines, including tourism, leisure studies, sociology, cultural geography, anthropology, feminist and gender studies, business, economics and management; as well as professionals working in the tourism industry, particularly those with an interest in niche markets and segmentation.

create wellness south korea: Multicultural Approaches to Health and Wellness in America Regan A. R. Gurung, 2014-04-21 Led by a UCLA-trained health psychologist, a team of experts describes non-traditional treatments that are quickly becoming more common in Western society, documenting cultural variations in health and sickness practices to underscore the diversity among human society. This unique two-volume set describes the variety of cultural approaches to health practiced by people of varying cultural heritages and places them in stark context with traditional Western approaches to health care and medicine. Examining health practices such as Ayurveda, an ancient system of medicine that focuses on the body, the sense organs, the mind, and the soul; and traditional Chinese medicine (TCM), the author examines why these different approaches can explain some of the cultural variations in health behaviors, differences in why people get sick, and how they cope with illness. Traditional health care providers of all kinds—including clinicians, counselors, doctors, nurses, and social workers—will all greatly benefit by learning about vastly different approaches to health, while general readers and scholars alike will gain insight into the rich diversity of world culture and find the material fascinating.

create wellness south korea: Congressional Record United States. Congress, 2008 The

Congressional Record is the official record of the proceedings and debates of the United States Congress. It is published daily when Congress is in session. The Congressional Record began publication in 1873. Debates for sessions prior to 1873 are recorded in The Debates and Proceedings in the Congress of the United States (1789-1824), the Register of Debates in Congress (1824-1837), and the Congressional Globe (1833-1873)

create wellness south korea: *Theory and Practice in Hospitality and Tourism Research* Salleh Mohd Radzi, Mohd Faez Saiful Bakhtiar, Zurinawati Mohi, Mohd Salehuddin Mohd Zahari, Norzuwana Sumarjan, C.T. Chik, Faiz Izwan Anuar, 2014-08-12 Theory and Practice in Hospitality and Tourism Research includes 111 contributions from the 2nd International Hospitality and Tourism Conference 2014 (Penang, Malaysia, 2-4 September 2014), and covers a comprehensive range of topics, including: - Hospitality management - Hospitality & tourism marketing - Tourism management - Technology & innovation in hospitality & tourism - Foodservice & food safety - Gastronomy The book will be of interest to postgraduate students, academics and professionals involved in the fields of hospitality and tourism.

create wellness south korea: *Skinside Out* Elton Xavier Tinsley M.D., 2020-03-04 Beauty is powerful. Beauty is physical, intellectual, emotional and spiritual. Beauty is obtainable. Skinside Out recognizes that every culture defines for itself what beauty is. Each contributor represents a different culture and cultural perspective. The book was written for those that care for women and those that women care for. It is a valuable reference for health care professionals, salon professionals, doctor moms and regular people. Skinside Out was written for you. Skinside Out is 50 topics covered in 50 chapters. The book answers questions, dispels myths and provides insight to cultural differences, old wives tales differ among Black and Hispanic grandmothers. The German family beauty secrets may be quite different from Asian family traditions. The final chapter, Chapter 51, Sex is for Women explains the science that relates beauty to sex and offers everyone another level.

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