



## Frances Geoghegan

### Healing Holidays

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“We will be even busier as the demand for wellness trips grows. So many have suffered during lockdown, with anxiety, increased food consumption, poor sleep and reduced exercising common place. We have worked on a host of programs to cater for this and help put a spring back in all our steps post-COVID.”

**Expertise:** Africa and the Middle East, Asia, Central and South America, Europe, North America, Worldwide Wellness Expert

**Specialty:** Global

**Categories:** Wellness & Spa Specialist

### **What sets your offerings apart from those of other travel specialists?**

We are an unbiased filter for the world's top spas, experts and retreats. We only do wellness and wellbeing, so we are the true experts on our subject. All the key European medical clinics only contract with us, as well as many retreat and spas.

### **What is one of your all-time favorite experiences you've been able to pull off for guests?**

We put together a completely bespoke wellness program for an A-list actor in the Maldives. She was recovering from a broken leg and preparing for a new film role. We flew in a top trainer from the UK, as well as a Physios. We brought in the best masseuses and did a bespoke nutrition plan with a leading nutritionist. It was a completely tailor-made health solution, which was very successful.

### **How do you see your role changing in a post-COVID world?**

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