

Megatrends: Wellness - Mapping Strategic Priorities in Health, Beauty and Fashion

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INTRODUCTION

Scope

Leaders harness megatrends to disrupt a market

Key findings

WELLNESS: KEY RIGHT TO WIN SPACES

Wellness megatrend: Definitional scope and opportunities widen Wellness remains a top priority for consumers and businesses

Wellness: Pillars

Key right to win wellness spaces

From function to emotion: Dedicating further efforts for mental fitness and resilience Precision health: Broadening spectrum of more advanced and personalised solutions Women's health: Recognising the interplay across the whole wellbeing ecosystem

WELLNESS AND CONSUMER GOODS AND SERVICES

Consumer health: Scope for further sophistication in supplements and female health focus Tally Health goes on longevity quest through epigenetics and cellular repair supplements Myoovie delivers drug-free tech-enabled alternative for women's pain relief Beauty: Medical-grade credentials and exploration of wider health and wellness territories

Gallinée injects further science into skin diagnostics via partnership with Sequential Skin

Fewe encourages "hormone hacking" to support holistic needs across the menstrual cycle Tissue and hygiene: Femcare adopts holistic lifestyle approach and tackles precision health Daye steps into diagnostic services to broaden accessibility to female gynecological health Essity's Issviva doubles downs on education, community and empathy to boost demand

Eyewear: Leveraging the function eyewear can play in promoting broader wellness

Vision Express first eyewear player to emotionally connect with consumer through inclusivity

Vizo launches tech-driven solution for ADHD-targeted mental health support

Fashion: Wellness pushes tech integration beyond sports to tackle women's health goals US-based tech start-up Bloomer Tech's bra saves lives through tracking cardiovascular disease

Nike Well Collective launches in the US to support "Body, Mind and Life"

IMPLICATIONS FOR FUTURE GROWTH

Brands should be mindful of broad-brush and vaguely-defined wellness strategies Key business implications

Wellness: How to win?

Leverage the power of megatrends to shape your strategy today

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