

Vitae
Mary H. Tabacchi, Ph.D., R.D.
Cornell University
School of Hotel Administration

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EDUCATION

- Purdue University, Ph.D., Biochemical Nutrition, Biostatistics
- NIH Fellow, Food Science Department, University of Minnesota.
- NIH Trainee, Nutrition and Food Science, Pennsylvania State University.
- Purdue University, M.S. Biochemical Nutrition & Food Science
- Drury University, A.B. Biology Education

AWARDS, BOARDS AND CERTIFICATIONS

- Faculty Fellow, Cornell Institute for Healthy Futures
- New York Academy of Science
- Ted Tang Teaching Award, Cornell Hotel School
- Sigma XI – Science Research Honorary. University of Minnesota
- Board of Directors and Founder, The Global Wellness Summit
- Board of Directors and Founder, The International Spa Association
- Board of Directors and Founder, The New York Spa Alliance
- Reviewer, American Journal of Health Promotion
- Reviewer, Nutrition Today
- Reviewer, Journal of Nutrition
- Reviewer, Cornell Quarterly
- Registered Dietitian – American Academy of Nutritional Sciences
- Certificate of Training in Adult Weight Management, American Academy of Nutrition
- Certificate of Training in Geriatric Nutrition, American Academy of Nutrition
- Secondary Teaching Certificate in Biology, Chemistry, Mathematics and Physical Sciences
- Graduation with Distinction, Drury University
- Outstanding Senior Award, Drury University
- Mortar Board Society, Honorary, Drury University

EMPLOYMENT

Cornell University and Cornell-IMHI/ESSEC (Paris, France), 1972 - 2016: Division of Nutritional Sciences, Department of Postharvest Physiology and The Hotel School in the SC Johnson School of Business

TEACHING RESPONSIBILITIES

- Airline Service Management
- The Financial Impact of Workplace Wellness Programs
- Healthful Cuisine, What it means to Restaurant Businesses
- Nutrition
- Resort Spa and Spa Management and Development

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PREVIOUS TEACHING RESPONSIBILITIES

IMHI/ESSEC, Paris, France

- Wellness in Business
- Airline Foodservice Management
- Foodservice in Business and Industry
- Quantitative Methods
- Spa and Spa Resort Development & Management

Cornell

- Biochemical Nutrition
- Chemistry
- Food Chemistry
- Nutrition
- Restaurant Operations

MAJOR RESEARCH ACTIVITIES

- The Science Supporting Health and Wellness Practices
- Best Practices in Senior Homes
- Best Practices in Food and Hydration in Senior Homes
- The Financial Impact of Workplace Wellness
- Stress and Burnout in the Hospitality Industry
- Nutrition in the Restaurant Industry
- The Efficacy of Complementary Medical Treatments
- Eating Attitude Versus Behavior at Home and While Dining Out
- Hotel Profitability and Spa Wellness Programs

CORNELL ACADEMIC COMMITTEES

- Cornell Faculty Senate (several years)
- Chair, Cornell Faculty Senate Nominations and Elections Committee (1990-1994)
- Cornell University Appeals Board
- Cornell University Judiciary Committee
- School of Hotel Administration Faculty Policy Committee (1990-1995)
- Chair, School of Hotel Administration Academic Integrity Committee (1988-1993)
- Chair, Food and Beverage Faculty (1990-1992)
- 25 Tenure Committees
- Chair, 5 Search Committees
- Chair, 8 Senior Lecturer Appointment or Re-Appointment Committees
- Chair, 9 Lecturer Re-appointment Committees
- Admissions Committee (2009-2015)
- Chair, 5 PhD Committees
- Member of 10 Master's Committees
- Chair, 5 Master's Committees
- 40 Monographs for the MPS/MMH

PUBLICATIONS

BOOKS

Vitae
Mary H. Tabacchi, Ph.D., R.D.
Cornell University
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Tabacchi, M. Chapter in *Health Tourism Management* Editor: Melanie Kay Smith, Budapest Metropolitan University (in progress)

Tabacchi, M. *The History of the Modern Spa Movement*. Editor: Marc Cohen and Gerald Bodaker. *Spa Management*. Pp. 20. Elsevier Publishers. London, England 2008

Cluff, S., McBride, A. and Tabacchi, M. Editor: Glenn Withiam. *Take Five Minutes to Wellness*. Fitness Two Publications, Ojai, CA 1995.

Tabacchi, M. *Players*, Chapter 3. Editors: Michael Kipps (University of Surrey) and Peter Jones (University of Brighton). *Inflight Food Service Management*. Inflight Catering Association of Europe. 1995.

PAPERS

Tabacchi, M. H. (2018) Global Wellness Institute. Healthful Living in the Blue Zones; Aging Successfully.

Tabacchi, M.H. (2017) The Journal of Fitness. The Science Supporting Nutrition, Fitness and Health.

Tabacchi, M. H., J. Tilseth, M. Greer, P Berger, (2017) Best Practices in Hydration/Nutrition in Senior Homes.

Tabacchi, M.H. (2016). Food and Nutrition. The Sodium Debate. Food and Nutrition. March/April. p 18.

Tabacchi, M. H. (2016). Journal of European Spa Management. Peer Reviewed Research on "Cleansing Diets" Doesn't Exist. January/February. p 42.

Tabacchi, M.H. (2014) The Real Cost of Gluten-Free Foods. Journal of Nutrition Education. 104: 224.

Tabacchi, M.H. and N. Sarkar. (2013) *How Development Decisions Regarding Design and Size Influence Spa Profitability*. Journal of International Tourism

Tabacchi, M.H. (2010). *Current Research and Events in the Spa Industry*. Cornell Hospitality Quarterly. 2010, 51, 102.

Tabacchi, M.H., et al. (2009). *Spa Influence on ADR, RevPAR, and Occupancy*. Global Spa Summit. Interlaken, Switzerland. May 2009.

Tabacchi, M.H., et al. (2009). Hotel Performance Statistics: An international comparison of hotels with spas and hotels without spas. Interlaken, Switzerland. May 2009.

Tabacchi, M.H. (2009). *PKF Growth of the Spa Industry*. PKF Trends in the Hotel Spa Industry. PKF Consulting/PKF Hospitality Research. Los Angeles, CA. Dec. 2009.

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- Tabacchi, M.H. (2007). *PKF Growth of the Spa Industry*. PKF Trends in the Hotel Spa Industry. PKF Consulting/PKF Hospitality Research. Los Angeles, CA. Dec. 2007.
- Tabacchi, M.H. (2006). *Attract new vegetarian and health-conscious diners with flavorful, meat-free menu items*. Nation's Restaurant News. May 1, 2006.
- Tabacchi, M.H. (2006). *Restaurants should encourage guests to exercise to fight obesity*. Nation's Restaurant News. February 6, 2006.
- Tabacchi, M.H. (2005). *Blaming restaurants for obesity ignores more complex causes*. Nation's Restaurant News. November 7, 2005.
- Tabacchi, M.H. (2005). *Learn to eat, drink, be merry like the French – sans weight gain*. Nation's Restaurant News. August 15, 2005.
- Tabacchi, M.H. (2005). *L'Orient envahit le monde des spas*. ESPACE: Revue Technique Du Tourisme et des Loisirs. Juillet-Août, 2005. 228:27-31.
- Tabacchi, M.H. (2005). *Antioxidant-rich foods : a nutritious choice – just as Mom said*. Nation's Restaurant News. May 23, 2005.
- Tabacchi, M.H. (2005). *Everyone knows greens are good for you, but now chefs can show they're good-tasting too*. Nation's Restaurant News. February 28, 2005.
- Tabacchi, M.H. (2004). *Post Vacation Attitudes of Destination Spa Guests*. Destination Spa Group. October, 2004/2005.
- Tabacchi, M.H. (2003). *Research of the Canadian Spa Industry*. Spa Canada. June, 2003.
- Tabacchi, M.H. (2001). *Le tourisme de santé aux États-Unis*. (2002). LES CAHIERS ESPACES, edition special. Eau santé et bien-être du tourisme aux loisirs. décembre 72: 85-92.
- Tabacchi, M.H. (2001). *Round Table: Hotel and Resort Spa Implementation..* Hotels. May. pp. 74A-74B; 74D-74E.
- Tabacchi, M. H. (2001). *Canyon Ranch: A Case Study*.
- Tabacchi, M.H. (2001). *Integrating Spas in Hotels*. Pulse, The Official Journal of the International Spa Association. Nov.-Dec. pp. 68-69.
- Tabacchi, M.H. (2001). *Commitment and Integrity in the Spa Industry*. Pulse, The Official Journal of the International Spa Association. Sep.-Oct. pp. 60; 79.
- Tabacchi, M.H. (2001). *The Spa and Hotel Group: Defining Spas*. Pulse, The Official Journal of the International Spa Association. Jul.-Aug. pp. 70-71; 76.

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Tabacchi, M.H. (2001). *Heart Disease and Fruit and Vegetable Intake*. Pulse, The Official Journal of the International Spa Association. May-Jun. pp. 69-70.

Tabacchi, M.H. (2001). *So You Need a Consultant*. Pulse, The Official Journal of the International Spa Association. Mar.-Apr. pp. 36-37; 78.

Tabacchi, M.H. (2001). *The Power of Pleasure: The Power of the Mind and Senses in Optimal Health*. Pulse, The Official Journal of the International Spa Association. Jan.-Feb. pp. 68-69.

Tabacchi, M.H. (2001). *Werner Mendel: A True Visionary*. Pulse, The Official Journal of the International Spa Association. Jan.-Feb. pp. 26-27.

Tabacchi, M.H. (1999, 2000). Articles too numerous to cite individually, Pulse, the Official Journal of the International Spa Association.

Tabacchi, M.H. (2000). *The Influence of Attitude and Some Demographic Variables on Celebratory Eating Behavior in Restaurants*. American Journal of Health Promotion. Special Edition.

Tabacchi, M.H. (2000). *The Influence of Attitudes and Some Demographic Variables on Eating Behavior at Home or in Restaurants at Work*. Journal of Nutrition Education. Special Edition.

Tabacchi, M.H. (1998). *The Efficacy of Complementary Medical Treatments, As Used by Spas: A Review of the Evidence*. Supplement to Alternative Therapies in Health and Medicine, 1998.

Tabacchi, M.H. (1998). Articles too numerous to cite individually, Ithaca Journal, 1998.

Tabacchi, M.H. (1997). *Le tourisme de santé à l'américaine: Pistes de réflexion pour le thermalisme français*. ESPACE: Revue Technique Du Tourisme et des Loisirs, 148: 44-49.

Tabacchi, M.H. and Hartsough, C. (1997). *Balnearios, Bienestar Y Salud Global: La Eficacia Y La Relacion Coste-Eficiencia de Los Tratamientos Medicos Complementarios*. Biol.Soc. Esp. Med. Vol. XII, no 1. 29-34.

Adams, C. and Tabacchi, M.H. (1997). *Perishable-Food-Rescue Programs: Status and Prospects*. The Cornell H.R.A. Quarterly. 38:2 April: 62-67.

Tabacchi, M.H. and Mashak, K. (1997) *The Efficacies and Cost-Effectiveness of Complementary Medical Concepts Most Commonly Used in Spa Settings. (Part 2)*. I/SPA Publication. Host Communications.

Tabacchi, M.H. (1996). *Monograph Guide*. Institut de Management Hôtelier International, Ecole Supérieure des Sciences Economiques et Commerciales.

Tabacchi, M.H.. (1996) *The Efficacies and Cost-Effectiveness of Complementary Medical Concepts Most Commonly Used in Spa Settings. (Part 1)*. I/SPA Publication. Host Communications.

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Tabacchi, M.H. (1995). *Le Stress Des Cadres*. Néo-Restauration. 313:20 Octobre:22-25

Tabacchi, M.H. and Orbeta-Heytens, A. (Spring 1995). *Characteristics of the Upscale Non-Spa Goer - A Market Study*. Spa Management. 15(10):18-21.

Tabacchi, M.H. and Orbeta-Heytens, A. (1995). *Spas: the image challenge*. Cruise and Vacation Views. 9(6):18-21.

Tabacchi, M.H. (1995). *Marketing spas to the non-spa goer*. Bulletin de L'Association des Anciens L'institut de Management Hôtelier International. 14(Mars):9-10.

Orbeta-Heytens, A. and Tabacchi, M. (1995). *A Market Survey of Non Spa-Goers*. I/SPA Publication. The Wayne Smith Co. December, 1995.

Tabacchi, M. (September-October, 1994). *Food in Flight: Dining at 30,000 feet*. TIES Magazine. The Magazine of Design & Technology Education, Drexel University, Philadelphia, PA). 7(1) 8-14.

Tabacchi, M. and Apte, V. (Mai, 1994). *Burnout and Managerial Beliefs of Hotel Managers*. Bulletin de l'Association des Anciens de l'Institute de Management Hôtelier International Vision. 12: 12-16.

Apte, V. and Tabacchi, M. (Dec,1993). *Le Stress des Managers Hoteliers*. ESPACE: Revue Technique Du Tourisme et des Loisirs, 124: 4-14.

Tabacchi, M. H. and Reynolds, D. (April, 1993). *Burnout in Full-Service Chain Restaurants*. Cornell H. R. A. Quarterly, 34, 2: 62-68.

Tabacchi, M.H. (1992). *Dining on the Light Side; Nutrition, Chronic Disease and Risk Reduction*. J. Public Health and Policy. 44:773-776.

Tabacchi, M.H., C. Krone and B. Farber. (1990) *Workplace and social support in ameliorating managerial burnout in the food and beverage Industry*. Hospitality Research Journal, 14 ,2: 553-560.

Tabacchi, M.H., Krone, C. and Farber, B. (Nov, 1990). *A support system to mitigate manager burnout*. The Cornell H.R.A.Quarterly, 31.3: 33-37.

Krone, C., Tabacchi, M. H. and Farber, B. (Fall, 1990). *A phasal approach to burnout in the foodservice industry*. Journal of Health and Human Resources Administration, 13.2 :228-235.

Stein, T.J., Dev, C. S. and Tabacchi, M. H. (1990). *Spas: redefining the market*. The Cornell H.R.A. Quarterly, 30.4: 46-58.

Krone, C., Tabacchi, M. H. and Farber, B. (1989). *Manager Burnout*. The Cornell H.R.A. Quarterly, 30.3: 58-66.

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Krone, C., Tabacchi, M. H. and Farber, B. (1989a). *A conceptual and empirical investigation of workplace burnout in foodservice management*. Hospitality Education and Research Journal, 13.3: 83-91.

Tabacchi, M.H. and Marshall, R. C. (1988). *Consumer perceptions of inflight food service*. The Cornell H.R.A. Quarterly, 28.4:20-27.

Carlson, B.L. and Tabacchi, M. H. (1988). *Loss of vitamin c in vegetables during the foodservice cycle*. J. American Dietetics Association, 88.1: 65-70.

Tabacchi, M.H. (1987). *Targeting the health-conscious consumer*. The Cornell H.R.A. Quarterly, 28.3: 21-29.

Tabacchi, M.H. (1986). *Vitamin C, new perspectives, new ideas*. Cassette and manuscript for The American Dietetics Association continuing education program.

Tabacchi, M.H. and Stoner, R. G. (1986). *Faculty industry interaction*. The Cornell H.R.A. Quarterly, 27.2 :46-52.

Carlson, B.L. and Tabacchi, M. H. (1986). *Frying oil deterioration and vitamin E loss during foodservice production*. J. Food Science. 51.1: 218-222.

Baucom, T. and Tabacchi, M. H. (1986). *Amines in New York State Wines*. J. Food Science. 51.5: 1376-1379.

Carlson, B.L. and Tabacchi, M. H. (1986). *Meeting consumer nutrition information needs in the restaurant*. J. Nutr. Education. 18: 5-9.

Tabacchi, M.H. (1985). *Vitamin E, Concepts and Controversies*. Cassette and manuscript for the American Dietetic Association continuing education program.

Tabacchi, M.H. (1985). *The Manager's guide to fresh produce*. The Cornell H.R.A. Quarterly, 22: 4-11.

Goldstein, B. and Tabacchi, M. H. (1981). *Hotel meals: how nutritious?* The Cornell H.R.A. Quarterly, 22: 4-15.

SEMINARS, PAPERS, SCHOLARLY SYMPOSIA

Cornell Institute for Healthy Futures, 2018, Moderator. Round Table. Hospitality in Healthcare. Cornell University, Ithaca, NY

Cornell Institute for Healthy Futures, 2017. Two Round Tables, Senior Living.

Cornell Institute for Healthy Futures, April 2016, Round Table. Cornell University, Ithaca NY

The Science Supporting Health and Spa Practices. Webinar. April 2016, Starwood Hotels Worldwide.

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New York Spa Alliance. 2018. Conference Chair. The Intersection of Spa/Wellness and Technology: The Cutting Edge.

New York Spa Alliance. 2017. Conference Chair. Mergers, Acquisitions and Partnerships

New York Spa Alliance. 2016. Conference Chair. New Markets in the Spa and Wellness Industry

New York Spa Alliance. 2015. Conference Chair, The Debate: Wellness versus Pampering.

New York Spa Alliance 2014. Conference Chair. The Science Confirming Validity of Wellness and Spa Offerings. NYC

Hospitality in Healthcare, May 2013. Sloan School Round Tables. Cornell University, Ithaca New York

Hospitality in Healthcare. November 2011. Cornell Hotel School Round Tables. Cornell University, Ithaca New York

The Global Wellness Summit. 2018. Round Table, Moderator: La Dolce Vita and Mediterranean Diet. Cesena, Italy.

The Global Wellness Summit. 2017. Recognizing The Award for Pioneering Work Place Wellness. The Breakers. West Palm Beach

The Global Wellness Summit. Chair, Student Business Competition 2010-2015

The Global Wellness Summit. 2012. Presentation with Jeremy McCarthy, Starwood Spas: Why Wellness is Good Investment in Conjunction with the Aspen Institute

Where has all the money gone? May 2011. In conjunction with David Browning, Philips Lifestyle Innovation, David Stoup, Trilogy Ventures, and James Kaplan, SVP Development Fairmont, Raffles. Global Spa Summit, Bali, Indonesia

New York Spa Alliance May 2013, Conference Chair. New York City. Spa Resort Investment

New York Spa Alliance May 2012 Conference Chair, New York City. Development in the Spa Industry.

New York Spa Alliance. 2011. Conference Chair. Marrying Health Spas and Medicine, Rye Brook, New York

Hospitality and Hospitals. November, 2010. New York University Hospital, New York, New York.

The Story of Vegetarianism. Cornell Library Salon Honoring Moosewood Cookbooks and Restaurants. New York City. September 2010. New York City. Fashion Institute and

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Technology.

The Influence of the Historical Hammam on Modern Spa Concepts, May 2010, Global Spa Summit, Istanbul, Turkey.

Spa Marketing Strategies. Dec. 2009. SPANKARA. Gazi University, Ankara, Turkey.

Spa Management Strategies. Dec. 2009. SPANKARA. Gazi University, Ankara, Turkey.

Nutrition and Life Quality. Dec. 2009. SPANKARA. Gazi University, Ankara, Turkey.

Spa Influence on Hotel ADR, RevPAR, and Occupancy. Global Spa Summit. Interlaken, Switzerland. May 2009.

Hotel Performance Statistics: An international comparison of hotels with spas and hotels without spas. Interlaken, Switzerland. May 2009.

Wellness Practices and Medical Tourism. November, 2008. Health and Wellness Tourism Conference. Manila, Philippines.

Wellness at the Crossroads. October, 2007. University of North Carolina. Greensboro, North Carolina.

Spa Development and Management Seminar. March, 2007. Cornell – Asia Spa Institute. Tokyo, Japan.

Spa Symposium. January, 2007. Cornell Hotel Society. San Diego, California.

An Executive Program on Spa Investment, Development & Management. October, 2006. Cornell – Asia Spa Institute. Kuala Lumpur, Malaysia.

Integrated Tourism & Resorts Course. October, 2006. Cornell – Asia Spa Institute. Singapore, Singapore.

Bringing Back the Passion. August, 2006. Spa Asia. Hua Hin, Thailand.

The Essentiality of Spa and Marketing Research For Spas and Allied Industries in New York and The Northeast. May, 2006. NY Spa Promotional Alliance. Bolton Landing, New York.

Spa Development and Management Seminar. January, 2006. Raffles Hotel. Singapore, Singapore.

Risk Management for Hotel Spas. July, 2005. Resort Hotel Association. Bolton Landing, New York.

Spa Symposium/Spa Chef Symposium. June, 2005. Cornell Hotel Society. Scottsdale, Arizona.

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Green Practices in Restaurants and Hotels. June, 2005. Cornell Hotel Society. San Francisco, California.

Economic Development for New York. May, 2005. NY Spa Promotional Alliance. Clifton Springs, New York.

Spa Development and Management Seminar. January, 2005. Raffles Hotel. Singapore, Singapore.

The State of the Airline Industry. December, 2004. Windsor Hotel. Sapporo, Japan.

Hotel Spa Integration. December, 2004. Windsor Hotel. Sapporo, Japan.

Health Tourism. December, 2004. Windsor Hotel. Sapporo, Japan.

Spa Seminar. December, 2004. CNL Financial Group. Orlando, Florida.

Spa Seminar. December, 2004. Cercle de Tourisme. Montréal, Québec, Canada.

The Growth of the Spa Industry. July, 2004. Cornell Hotel Society. Miami Beach, Florida.

Spa Industry Panel Moderator. June, 2004. Cornell Hotel Society. Scottsdale, Arizona.

Past, Present, Future Trends for Spas. August, 2003. Asian Spa Association. Taipei, Taiwan.

Canadian Spa Survey Comparison Day spa versus Destination Spa. April 5, 2003. Spa Canada Association, Toronto, Ontario, Canada.

Spa Canada 2003. April 5, 2003. Spa Canada Association, Toronto, Ontario, Canada.

Top Ten International Spa Trends. April 3, 2003. Cornell Society of Hotelmen, Toronto, Ontario, Canada.

Implementing Spas in Hotels. March, 2003. Cornell Society of Hotelmen, San Francisco, CA.

Bilan de l'Industrie des Relais Santé et de l'Esthétique au Canada Vancouver, Toronto & Moncton Les Résultats Collectifs. September 8, 2002. Spa Canada Association, Montréal, Quebec.

Dealing With Stress. April, 2002. Esthétique SPA International, Toronto, Ontario.

The Spa's Role in Preventing Heart Disease, Stroke and Cancer. April, 2002. Esthétique SPA International, Toronto, Ontario.

Building Your Spa Brand. April, 2002. Esthétique SPA International, Toronto, Ontario.

Spas as Profit Centres. April, 2002. Esthétique SPA International, Toronto, Ontario.

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Complementary Medical Issues: The Bottom Line. Moderator of Panel, Keynote Session. April, 2002. Spa Canada Annual Conference. Vancouver B.C.

The Canadian Spa Consumer. Keynote Speech. April, 2002. Spa Canada Annual Conference. Vancouver B. C.

Why Research for Canada: The Practical Implications. Breakout Session. April, 2002. Spa Canada Spa Association Annual Conference. Vancouver B. C.

New Aspects of Nutrition and Other Complementary and Integrative Therapies. February, 2002. Esthetique SPA International, Vancouver, BC.

The Future of the Spa Industry. February, 2002. Esthetique SPA International, Vancouver, B.C.

Research and the Spa Industry. February, 2002. Esthetique SPA International, Vancouver, B.C.

Marketing to Americans. February, 2002. Esthetique SPA International, Vancouver, B. C.

Integrative Medicine in Spas: The Bottom Line. October, 2001. Annual ISPA Conference, Palm Springs, CA.

Integrating Spas in Hotels: The Challenge. October, 2001. Annual ISPA Conference, Palm Springs, CA.

Strategic Forum 2001: Spas and The Hospitality Industry, Post Asian Spa Conference, Executive Education, Singapore. May, 2001.

The Spa Employee, Our Only Sustainable Competitive Advantage, Asian Spa Conference, Singapore. May, 2001.

Integrating Spas into Hotels. ISPA Annual Conference, Las Vegas, NV. November, 2000.

The History of European Spas. ISPA European Spa Conference. June, 2000. Montecatini, Italy.

Marketing The Spa Experience. Asian Spa Summit, International Spa Association (ISPA) Conference. April, 2000. Phuket, Thailand.

Who is the Spa Consumer Asian Spa Summit, International Spa Association (ISPA) Conference April, 1999. Singapore

The American Approach to Nutrition and Health. Keynote Speech, Asian Spa Summit, International Spa Association (ISPA) Conference. April, 1999, Singapore

Educating the Public Regarding Spas. ISPA Annual Conference, Colorado, November, 1998

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Turning around US Airways Service Reputation US Airways, Executives. Charlotte, N.C., August, 1998

Leaders for Tomorrow, Delta Airlines, Delta Executives, Atlanta, January 1998.

The Efficacies of Spa Treatments Part 2. ISPA Conference Banff Springs, October, 1997. Banff, Alberta. Canada.

Joint Marketing of U.S. Spa Industry. ISPA Conference. September, 1996. Orlando, Fl.

The Efficacies of Spa Treatments Part 1. ISPA Conference Orlando September, 1996

A Porter Analysis of the Health Tourism Industry. CHRIE Conference. August, 1996. Washington, DC.

Marketing to the International Spa Consumer. ISPA Conference. February, 1996. Baden-Baden, Germany.

The Structure of the Spa Industry. ISPA Conference. Dallas, September, 1995.

Nutrition While Eating Away From Home. August, 1994. NY State Dietetics Association.

Welcome from Cornell. EuroChrie Conference. November, 1994.

Characteristics of the Upscale - NonSpa Goer. ISPA Conference. Miami, August 1994.

Food and Beverage Management. Professional Development course of Kuwaiti government. One week course. Cergy- Pontoise, France. January 1993.

Contrasting European and American Spa Practices. International Spa Association Conference. Palm Beach Gardens, Florida. September, 1993.

The French Paradox: Contrasting Life Style and Nutrition in France and the U.S. Princeton and New York City Cornell Clubs. November, 1993.

The French Paradox: Contrasting Life Style and Nutrition in France and the U.S., Orange County Cornell Society of Hotelmen. Anaheim, CA. October, 1993.

Burnout in Full Service Chain Restaurants. CHRIE Conference. August, 1992, Orlando, Florida.

Healthy Cuisine in the Restaurant Industry. Denver Cornell Club. May 1992.

Nutrition and Athletic Performance: What Does It Mean to the Spa Industry? The California Spa Association. March, 1992. Ojai, CA.

The Dynamic Nature of Healthy Cuisine. Ventura County Spa Cuisine Conference. Ojai, CA. September, 1993.

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Burnout in Full Service Chain Restaurants. CHRIE Conference. August, 1992. Orlando, Florida.

Teaching Healthy Cuisine. NY Dietetics Association Meetings. Rochester, NY. March, 1991.
Opinions of Hotel Executives Regarding Burnout in the Food and Beverage Industry. CHRIE Conference. Houston, 1991.

Quality Foodservice Management. Texas Food Service Distributors Meeting. San Antonio, Texas. August, 1991.

Stimulating Appetite in the Elderly. Regional Dietetics Association Meetings. Ithaca, NY. September, 1991.

Educating Spa Professionals. International Spa Association. Miami, FL. September, 1991.

Foodservice Response to Consumer Demand for Nutrition. Food Science Department, Cornell University. Ithaca, NY. April, 1991.

Designing Healthy Menus for Healthy Restaurants. Cornell Extension Wellness Conference. Buffalo, NY. October, 1990.

Graduate Education - Past and Present. CHRIE Conference. Washington, DC. August, 1990.

Mitigating Burnout in the Hotel Restaurant Industry. CHRIE Conference. Washington, DC. August, 1990.

Nutritional Needs of College Students. NACUFS Regional Meeting. Syracuse, NY. May, 1990.

Health Related Travel - Is There a Market?. Haaga Institute, Helsinki, Finland. January, 1990.

Nutritional Needs of Older Athletes. Ojai, CA. September, 1989. Master's Swimmers.

Managerial Burnout in the Foodservice Industry. CHRIE Conference. Las Vegas, NV. August, 1989.

Marketing Healthy Menus. County Health Department - Organized Statler Conference in Conjunction with Healthy Heart Program for Restaurateurs. Ithaca, NY. July, 1989.

Health Related Tourism. University of Hawaii, October, 1987.

NATIONAL AND INTERNATIONAL ORGANIZATIONS

- National Restaurant Association
- American Dietetic Association
- Sports & Cardiovascular Nutritionists
- Global Spa Summit, Founding Board Member
- New York Spa Alliance, Founding Board Member
- International Spa Association, Medical Advisory Board
- International Spa Association, Education Foundation, Treasurer

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- USDA Program and Curriculum Review Team for Hotel and Restaurant Program Nutritional Sciences and Consumer Economics at Iowa State University
- International Spa Association, Board of Directors, 1996-2000
- International Spa Association, Education Committee
- International Spa Association, Marketing Committee
- Inflight Catering Association, Education Committee
- Inflight Food Service Association Education Committee
- Society of Nutrition Education

INTERNATIONAL SPA AND HOTEL WORK. 1989-present.

- Hong Kong: Shangri-La Hotels and Resorts and Mandarin Oriental
- Turkey: Istanbul, Fethiye, Antalya
- Singapore: ISPA Asia, Raffles, SpaAsia, Banyan Tree, Asia Spa Institute
- Thailand: Phuket, Banyan Tree
- France: Eugénie-les-Bains, la Baule, Deauville, Paris, St. Malo, Dinard, Versailles
- Spain: Arnedillo, San Sebastian
- Italy: Montecatini, Ischia, Abruzzi
- Bermuda: Hamilton, Dockyard, Christian Bay
- Finland: Helsinki, Naantali, Savonlinna, Kittila, Ivalo

DOMESTIC HOTEL AND SPA WORK

- Mandarin Oriental Hotels, Corporate
- Intercontinental Hotels and Resorts, Corporate
- Shangri-La, Corporate
- Salamander Spa, Middletown, Virginia
- Starwood, Corporate
- Hilton, Short Hills, New Jersey
- Hyatt Corporation, Chicago, Illinois
- Canyon Ranch, Corporate
- The Golden Door, Escondido, California
- The Oaks at Ojai, Ojai, California
- Scripps Clinic Spa, La Jolla, California
- The Marsh, Minnetonka, Minnesota
- Pritikin Longevity Center and Spa, Miami, Florida
- Murad, El Segundo, California

AIRLINE WORK.-1987-PRESENT

- US Airways: Flight attendant service training.
- American Airlines: Food service marketing.
- Kuwait Airlines: Food and beverage management seminars.
- TWA: Menu development.
- Finnair: Development and testing of wellness spa packages for Finnair.
- JAL: Creating air travel experiences that afford competitive advantages.
- JAL: Best practices in international business class.
- Pan Am: Consumer perception of in-flight food and service.
- Saudi Airlines: Food quality and service for western customers.

Vitae
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- Delta Airlines: Executive leadership program.
- Caterair, SkyChefs, Servair: Student internship placement.