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"The CAM market has enjoyed relatively strong sales growth in recent years, bolstered by an ageing population seeking musculoskeletal treatments and the booming healthy living trend. Opening CAM treatment centres in business districts and shopping centres could now help to increase accessibility to the market." – Jack Duckett, Consumer Lifestyles Analyst

This report looks at the following areas:

- Growing opportunity for CAM in the workplace
- Engaging with younger adults

An ageing population seeking musculoskeletal treatments and a boom in the healthy living trend have helped the CAM (complementary and alternative medicine) market grow sales strongly in recent years. The rise of booking websites and apps, such as Wahanda and Wowcher, have also been beneficial for the market, with discounted prices encouraging consumers to trial treatments they may not have been prepared to sample at full price.

Further growth could be achieved through aligning the category more closely with stress-alleviation; an area of increasing concern for today's workers. However, areas of the market remain dogged by cynicism, highlighting the importance for brands to underline the science behind their treatments.

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DID YOU KNOW?

This report is part of a series of reports, produced to provide you with a more holistic view of this market



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Table of Contents

Overview
What you need to know
Definitions
Remedies
Treatments
Excluded
Executive Summary
CAM market enjoys buoyant sales growth Figure 1: Best- and worst-case forecast for the UK complementary and alternative medicine market, 2010-20
Massage proves the most popular CAM Figure 2: Experience of and intentions towards complementary and alternative medicine, September 2015
Using CAM to treat mental health Figure 3: Attitudes towards treating illnesses with complementary and alternative medicine, September 2015
A holistic approach to health Figure 4: Factors influencing usage of complementary and alternative medicine, September 2015
Encouraging trial in the market Figure 5: Attitudes towards complementary and alternative medicine, September 2015
What we think
Issues and Insights
Growing opportunity for CAM in the workplace
The facts

The implications

Engaging with younger adults

The facts

The implications

The Market – What You Need to Know

CAM market enjoys buoyant sales growth

CAM treatments dominate total market

British population continues to age

Rising employment brings increased opportunities for CAM market

Ministers consider blacklisting homeopathy

Fertility rates gradually decline

Market Size and Forecast

CAM market enjoys buoyant sales growth

Figure 6: Retail value sales in the UK complementary and alternative medicine market, 2010-20

Sales growth projected

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Figure 7: Best- and worst-case forecast for the UK complementary and alternative medicine market, 2010-20

Segment Performance

CAM treatments dominate total market

Figure 8: Consumer spending on complementary and alternative medicine, years ending December, 2014 and 2015

Market Drivers

UK population continues to age

Figure 9: Trends in the age structure of the UK population, 2010-20

Employment levels continue to rise

Figure 10: Employment trends (thousands), by gender, 2010-20

"Sitting" deemed bad for health

Figure 11: Place where people work majority of the time, September 2015

Rising stress levels drive mindfulness trend

Figure 12: Health issues experienced and future concern, June 2015

Rising mental health awareness

Fertility rates gradually decline

NHS waiting lists reach seven year high

Ministers consider blacklisting homeopathy

Cancer diagnosis rates rise

Figure 13: Registrations of newly diagnosed cases of cancer, England, 1995 to 2013

The celebrity-effect

The Consumer – What You Need to Know

Massage proves the most popular type of CAM

Biomechanical treatments interest working age adults

Boosting usage of herbal remedies

Interest highest in CAMs for treating musculoskeletal pain

Relaxation tops reasons for turning to CAM

CAM as part of a holistic approach to health

Society opens up to CAM

Alleviating price concerns

Usage of Complementary and Alternative Medicine

Massage proves the most popular type of CAM

Figure 14: Experience of and intentions towards complementary and alternative medicine, September 2015

Older people most interested in manipulation treatments

Figure 15: Any usage of selected complementary and alternative treatments in the past, by age, September 2015

Figure 16: Any interest in future usage of selected complementary and alternative treatments, by age, September 2015

Herbal remedies could benefit from beauty positioning for women...

...and exercise-led positioning for men

Whilst stressed out young adults seek solace in mindfulness

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Figure 17: Any usage of selected complementary and alternative treatments and remedies in the past, by age, September 2015

Women lead CAM usage

Figure 18: Any usage of complementary and alternative treatments and remedies in the past, by gender, September 2015

Treating Health Conditions

Interest highest in CAMs for treating musculoskeletal pain

Figure 19: Attitudes towards treating illnesses with complementary and alternative medicine, September 2015

Using CAMs to de-stress

Fertility difficulties drives interest in CAMs for conception

Figure 20: Interest in complementary and alternative medicine to treat conception difficulties, by age and gender, September 2015

Factors Influencing Usage

Relaxation tops reasons for turning to CAM

Figure 21: Factors influencing usage of complementary and alternative medicine, September 2015

CAM as part of a holistic approach to health

Figure 22: Screenshots from Deliciously Ella and Hemsley Sisters Instagram accounts, November 2015

Recommendation drives experience of CAM

Anti-conventional medication attitudes

Figure 23: Selected factors influencing usage of complementary and alternative medicine, by selected type of CAM used, September 2015

Attitudes towards Complementary and Alternative Medicine

Society opens up to CAM

Figure 24: Attitudes towards complementary and alternative medicine, September 2015

Young adults prove most cynical

Figure 25: Attitudes towards complementary and alternative medicine (any agree), by age, September 2015

Encouraging trial in the market

Figure 26: Attitudes towards complementary and alternative medicine (cont), September 2015

Appendix – Data Sources, Abbreviations and Supporting Information

Data sources

Abbreviations

Fan chart forecast

Appendix – The Consumer

Figure 27: Price willing to pay for complementary and alternative treatments, September 2015

Figure 28: Price willing to pay for complementary and alternative remedies, September 2015

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