



The Tropical Spa: Asian Secrets of Health, Beauty and Rekaxation

Sophie Benge

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The Tropical Spa catalogs Asia's most luxurious spas with full-color photography and a wide range of stress-busting therapies.

Luxury spas are Asia's hottest trend. The experience of a full-afternoon Javanese body scrub or a two-hour aromatic Thai massage beneath swaying coconut palms is no longer just a fantasy. In this Asian health and beauty book, you will find these—and many more delights—photographed in the unbelievable luxury of Asia's finest tropical spas.

The Tropical Spa not only provides a catalog of Asian spas; it reveals the full range of therapies and treatments they offer. Many of these incorporate age-old recipes and formulas handed down by generations of Asian women. The emphasis is on spiritual well being, and natural curatives rather than on modern chemicals and synthetic preparations. Traditional Asian beauty treatments and recipes for revitalizing facials, relaxing baths and scrubs; refreshing healthy tonics and means; massage oils, blends and techniques; and much more, are all offered in an easy-to-follow manner. Each is designed to soothe and nurture the body, mind, and spirit.

This is a book that delves into the ancient secrets of Asia's botanical and cultural heritage, and provides the means to a holistic and uplifting lifestyle.



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Charlotte Kuester:

Why? Because this The Tropical Spa: Asian Secrets of Health, Beauty and Rekaxation is an unordinary book that the inside of the guide waiting for you to snap this but latter it will distress you with the secret it inside. Reading this book adjacent to it was fantastic author who have write the book in such awesome way makes the content inside easier to understand, entertaining means but still convey the meaning thoroughly. So , it is good for you because of not hesitating having this nowadays or you going to regret it. This excellent book will give you a lot of gains than the other book include such as help improving your proficiency and your critical thinking way. So , still want to postpone having that book? If I were being you I will go to the publication store hurriedly.

Larry Parrish:

Playing with family in the park, coming to see the marine world or hanging out with good friends is thing that usually you might have done when you have spare time, then why you don't try point that really opposite from that. A single activity that make you not sense tired but still relaxing, trilling like on roller coaster you are ride on and with addition info. Even you love The Tropical Spa: Asian Secrets of Health, Beauty and Rekaxation, you may enjoy both. It is great combination right, you still wish to miss it? What kind of hang-out type is it? Oh occur its mind hangout fellas. What? Still don't understand it, oh come on its known as reading friends.

Sean Jones:

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