



Learn About Spas for Healthy Living

By Vijaya Kumar

Sterling Publishers Pvt.Ltd. Paperback. Book Condition: new. BRAND NEW, Learn About Spas for Healthy Living, Vijaya Kumar, There are many reasons to visit a spa and the fastest growing reason to spa is for stress release and the pursuit of wellness. Spas today have become a reference point for healthcare and rejuvenation of mind, body and soul. This book gives a snapshot of what you'll find, out there in the world of modern spas. It creates a skilful synthesis between age-old therapies and modern spa treatments by focusing on the traditional sciences of Ayurveda, Acupressure, Shiatsu, Lomilomi and many more from around the world. This book also puts across spas as an ideal remedy that yield long-lasting results. It is a must read for those desiring to feel renewed, recharged and rejuvenated. Take your first step on the path to well-being and maximise your spa experience!.



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Reviews

This type of book is everything and taught me to hunting ahead of time and more. It is actually rally interesting throgh looking at time period. You can expect to like just how the article writer write this publication.

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Definitely one of the best ebook We have possibly go through. It usually does not charge a lot of. I am just pleased to inform you that this is actually the greatest ebook i have got study in my own lifestyle and may be he greatest publication for actually.

-- **Ms. Patsy D'Amore III**