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this textbook guides massage therapists through each step of delivering a spa treatment from consideration of the indications and contraindications to scope of practice issues supplies room set up specific procedure steps and ideas for integrating massage techniques spa products and enhancing accents while wet room treatments are discussed the focus is on dry room treatments which can be delivered in a wider variety of settings more than 250 full color photographs illustrate each technique and treatment treatment snapshot boxes provide a quick overview of the treatment before the detailed step by step procedures section sanitation boxes offer clean up and sanitation tips sample treatments include promotional descriptions product recommendations and recipes for creating inviting smell scapes

everyone needs a break to relax and rejuvenate and a visit to a thai spa is the perfect way to do this thailand is home to many of the best spas and spa treatments in the world and thailand s luxury spas presents the very best options available in that country for those who cannot make it to thailand this new book presents detailed easy to follow recipes for many of the traditional thai healing therapies practiced there you can pamper yourself in the comfort and privacy of your own home massage meditation restorative beauty treatments pick me up tonics and tone me down baths all are outlined with simple instructions and clear color photographs thailand s luxury spas focuses on stress busting therapies that run the gamut from all the various forms of thai massage and meditation to full body beauty treatment facials relaxing baths and scrubs healthy tonics and much more practical tips are given on how to recreate many of these recipes at home and specific treatments are outlined for specific ailments with superb full color photography featuring many of thailand s top supermodels the book was shot entirely on location in thailand s super deluxe spas enjoy a true thai style chill out spa experience wherever you live with thailand s luxury spas

the most trustworthy source of information available today on savings and investments taxes money management home ownership and many other personal finance topics

hey there let s talk about something we all dream of radiant glowing skin it s not just about looking good in photos it s about feeling confident healthy and fresh every single day your skin reflects your overall well being and when it s glowing it means you re taking care of yourself from the inside out but what does it take to achieve that natural glow the truth is glowing skin isn t about expensive products or impossible routines it s

about balance nourishing your skin caring for your body and practicing self love it s a mix of good habits professional care and most importantly understanding what your skin needs in this book we ll dive deep into the world of self care and spa treatments whether you re new to skincare or someone who already loves a good spa day there s something here for you we ll explore everything from daily habits and home remedies to professional treatments like those offered at chameli massage spa ajman

both first timers and avid spa goers will adore this guide to the top 100 spas in the world details on spas at resorts on cruise ships in world class hotels on remote islands and in centuries old cities along with full color photographs make selecting a relaxing getaway stress free

be it for a quickie pedicure or several hours of soulful pampering people want to know where to go and more importantly what s going to happen to them once they get there that s where spatopia covers over 50 spas and upwards of 100 original treatments from across canada the united states and beyond the book is based on rosen s world of wellbeing columns in the globe and mail newspaper

this book is all the encouragement you need for a little self pampering full of inspirational ideas to soothe and re energize there are also plenty of recipes for making treatments at home

this selective full color guide to the 100 best spas throughout the world includes destination spas which focus on wellness and life enhancement programs and resort spas which combine fun and fitness 10 maps

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