

Thai Spa Book

The Natural Asian Way to Health and Beauty



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Asia leads just how in the back-to-nature market, reviving many of its ancient techniques and treatments that have been passed down from one era of women to the next. Each is designed to soothe, nurture and calm. Predicated on traditional Thai herbal lore, the secrets of this country's ancient healing therapies, are offered for the very first time in this Thai lead to health insurance and beauty. Thai Spa Book focuses specifically on stress-busting therapies from Thailand, working the gamut from the countless types of Thai massage and meditation, to full beauty treatments, facials, soothing baths and scrubs, healthy tonics plus much more. These therapies are offered with recipes or guidelines, or both, which are easy to follow. practical ideas receive to recreate these health insurance and beauty recipes at home, and specific remedies are outlined for particular ailments. Feel-great therapies and natural healing will be the lifestyle mantras of the brand new millennium. With superb, full-color photography using a lot of Thailand's top supermodels, the book was shot completely on location in a few of Thailand's super-delux spas.



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I also discover the book to be very quite and and pleasant to look at. The book is not poor, but there are others (such as for example Asian Secrets of Wellness, Beauty and Relaxation) that are far better, with better details. Still, a good read. Five Stars Great book and beautiful photography and illustration. Great Great book and Great service. Fantastic book This is one of the best spa books that I own. I kept it when clearing my bookshelves since it has stuff most others don't. I highly recommend this publication as a great gift for anybody who want in spas and well-being. Eat. A great gift for anyone interested in spas and well-being I got this book as a present and really loved it. Love Thai. Very informative! This book has answers to beauty problems and not just that, the ingredients that are listed in the book you can get from your local grocery store. Beautiful Book!!! This book has breathtaking photos of Asian spas and great "recipes" for your hair, skin, and more. I love getting massages and am thinking about herbal remedies which book is very informative and useful, specifically the section with do-it-at-home beauty remedies. Pray. The best thing about this reserve is that the "recipes" aren't extremely difficult, like some make-it-yourself-beauty-books can be! Wonderful Photos I found that the photos were a bit better than the text. Love Thai.



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