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## 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 is an amazing book that I actually have actually read through. I am quite late in start reading this one, but better then never. You will not truly feel monotony at anytime of the time (that's what catalogs are for concerning should you ask me).*

-- **Scottie Schroeder DDS**

*Complete guideline! Its this kind of good read. It can be writter in easy terms rather than difficult to understand. I am delighted to tell you that here is the very best book i have got go through during my very own lifestyle and might be he greatest ebook for at any time.*

-- **Bill Klein**