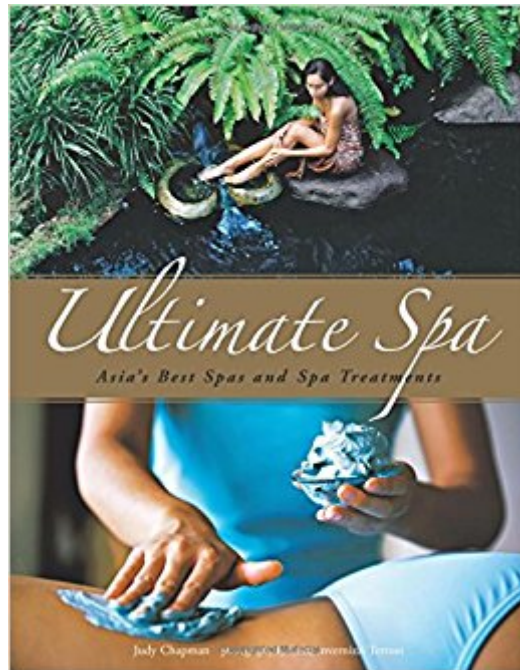




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Ultimate Spa: Asia's Best Spas And Spa Treatments



Synopsis

Asia is now at the forefront of the international spa movement with the creation of many of the world's finest luxury spas – most of which base their treatments on traditional Asian therapies and formulas. Drawing on the expertise of many of Asia's best therapists, doctors, and wellness experts from around the region, *Ultimate Spa* offers a comprehensive look at the finest spas in Asia and the unparalleled range of therapies they now offer. This spa pictorial not only describes Asia's best-known destination and day spas in detail, it delves deeply into the ancient wellness traditions of Ayurveda, TCM (Traditional Chinese Medicine), and other health and beauty secrets which are largely responsible for the phenomenal success of Asian spas today. The emphasis is on spiritual well-being and natural holistic curatives. All spas and photographs, many with extensive how-to sequences and detailed recipes and instructions. This book is a must-have for spa goers and spa professionals everywhere.

Book Information

Series: Ultimate Spa

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Customer Reviews

"A must-have for Spa aficionados worldwide." – *Spa Australasia magazine* "Asia has spent centuries perfecting its spa treatments and this indulgent tome explores the best the region has to offer." – *The Sunday Telegraph* "This comprehensive guide to the region's best spas and their offerings is a visual feast." – *Dawn, Singapore* "The definitive guide to being spoilt everywhere from India to the Philippines." – *Gourmet Traveller* "The plethora of D.I.Y treatments here are proof that when Chapman asserts that 'daily rituals and

ceremonies are all part of the spa experience. "Well, she means it." •Lifestyle + Travel" Judy Chapman must have the best job in the world! Judy [] has explored the best spas and spa treatments in the world and has now written a book about her experiences."

•Byron Shire News, Australia

Judy Chapman is a leading health and spa writer and former Editor-in-Chief of Spa Asia magazine. She was co-founder of Sanctum Pure Body Products, one of the world's first purest holistic spa care lines and is author of three best-selling books on well-being. For the past five years, she has been exploring the spa scene of Asia with treks through Thailand, Japan, the Himalayas, Maldives and Ayurvedic centers across India and Sri Lanka. She is a regular contributor to international spa publications and lives between Singapore and Australia. Miriam Van Doorn, the treatment editor who created many of the recipes in this book has been involved in the beauty, spa and wellness industry since 1988. She is a qualified yoga teacher and wellness writer, and runs her own holistic spa consultancy company, Babylon Enterprises. Luca Invernizzi Tettoni was a world-renowned photographer who lived and worked in Asia for four decades. He specialized in books on aspects of Asian culture, history and geography, and was well-known for his photographs in over 100 books including Balinese Gardens, Thai Style, Thai Garden Style, The Tropical Garden, Tropical Asian Style, The Tropical House of the Philippines, Tropical Gardens of the Philippines and Decorating with Flowers.

I saw this book at an import store (for a lot more money) and was captivated with it's beautiful photography. I love the exotic locations and the people. Absolutely lovely to look at, just viewing the photos puts me in a good, relaxing mood. I only wish I could go visit those places.

Good book to read before start spa business.

Good book to read before start spa business

Love the book. It was a bit smelly. Like a really old musty book. for the price of an old book, I really overpaid!!

What I liked best about this book are the recipes so you can do these spa treatments at home. There are gorgeous photos of exotic places as well.

a very nice book, too bad it had three pages with bad tape, I wish it didn't aside of that is a wonderful book.

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