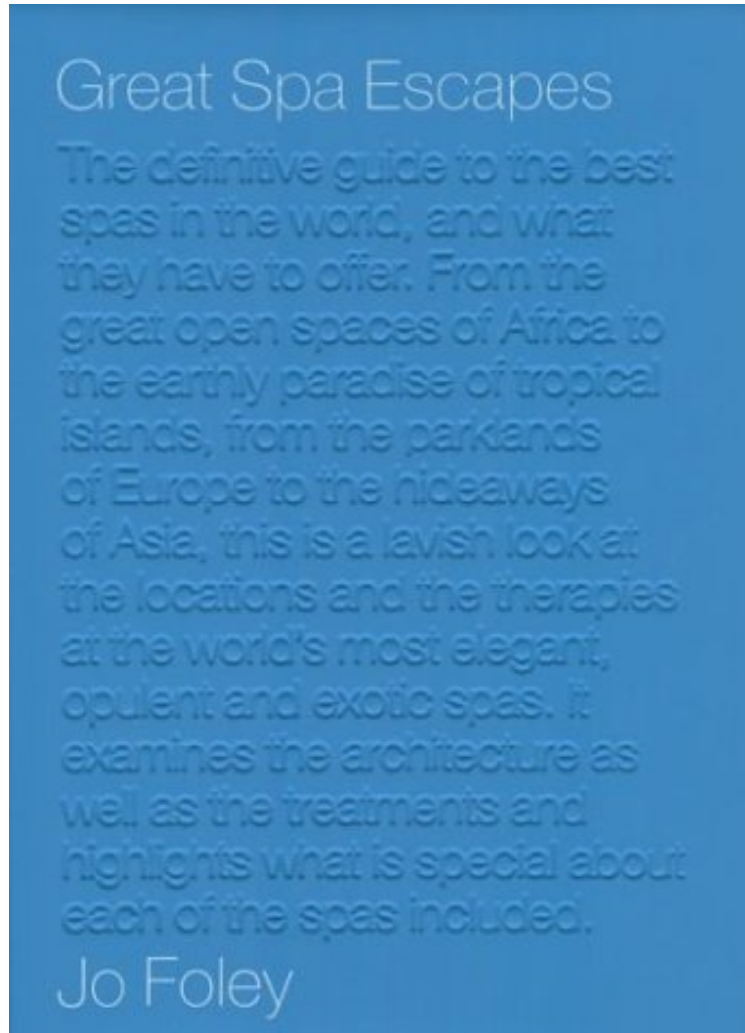


(Download free pdf) Great Spa Escapes

Great Spa Escapes

Jo Foley

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Jo Foley : Great Spa Escapes before purchasing it in order to gage whether or not it would be worth my time, and all praised Great Spa Escapes:

0 of 0 people found the following review helpful. Aaahhhh- what a great bookBy A CustomerYou can't really tell this from a website, but its a woman's dream for a book. The cover is made of this rubberish material, with the words from the cover almost engraved or pressed into the book. Really creative. Inside holds the secrets of the bests spas all over the world, and reading it you just HAVE to figure out how to get to these places so you can feel just as nice as they say you will! If you are thinking about going to a spa resort, this is a must-have resource. You'll be able to decide exactly where you want to go, and the book has all the contact information necessary in an index at the back. And if you just want to be whisked away for a day-dream, this is a great resource for that too! Not only is the text very helpful, but the

pictures are beautiful as well. Enjoy!

Great Spa Escapes sets out to discover the very best of what is on offer in every corner of the world. It does the groundwork for the time-poor and careworn, examining the spas, their environment, their setting, their ambience, their architecture, their food, and their therapies, showing the way to the Great Escapes for pampered bodies and carefree minds. "This is the book that I would want to frequently refer to and one that would lend itself to being carted around in airline hand baggage and being left in the sun on a poolside recliner." (Dr. Bruce E. Osborne, *The Spas Directory*)

From the Inside Flap Do you know the difference between a shiatsu and taksu massage and where to find the best ones? Do you need to know the best place for aromatherapy treatments and where to find the most effective thalassotherapy spa? Do you want to track down the most beautiful hammam, the most authentic ayurvedic center or discover what a lulur really is? This guide will not only answer your queries but will take you on a journey to some of the most beautiful, opulent and sexy spa resorts on the planet. About the Author Jo Foley, generally considered the "Spa Queen" in the United Kingdom, is the former editor of *Woman* and *Options* magazines, and *The Observer*. Foley has been visitng, testing, and writing about spas for twenty years. She lives in London.