

(Download) Ultimate Spa Book (Traveller's Bookshelf)

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*Pam Martin Sarnoff*

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**Pam Martin Sarnoff : Ultimate Spa Book (Traveller's Bookshelf)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Ultimate Spa Book (Traveller's Bookshelf):

70 of the world's finest health retreats are featured in this travel guide. They include intensive fitness spas, athletic Camps, Magic Mud and rejuvenation spas. There is also a home spa section which provides tips on nutrition, exercise and make-up from health resort experts worldwide.

From Publishers WeeklyFirst-time author Sarnoff exhorts would-be spa-goers to "go with the flow, squelching feelings of skepticism, impatience, superiority, or inferiority." She has obviously taken her own advice in conducting this survey of 72 North American, European, Mexican and Caribbean spas--and occasionally one wishes Sarnoff had exercised more healthy skepticism about such treatments as Canyon Ranch's pearl body polishing beauty program ("using crushed pearls") in Tucson, Ariz.; body and face lymph drainage therapy at Brenner's Park-Hotel and Spa in Baden-Baden, Germany; and the "cellular living therapy" of Clinic La Prairie in Montreux, Switzerland--said to slow aging with injections to the buttocks of cells taken from "specially reared black sheep fetuses" (and not yet approved by the FDA). Yet within Sarnoff's bubbly prose lurks a truly helpful guide. She frankly points out which spas have intimidating staff, overly chi-chi clientele, unimpressive food or tacky rooms, and each entry concludes with a succinct

list of the spa's pros and cons. For women of means, Sarnoff's book could become indispensable--and for others, fascinating escapist literature. Photos not seen by PW. Author tour. Advertising. Copyright 1989 Reed Business Information, Inc.