



## Thailand's Luxury Spas: Pampering Yourself in Paradise (Paperback)

By Chami Jotisalikorn

Tuttle Publishing, United States, 2014. Paperback. Book Condition: New. 234 x 226 mm. Language: English . Brand New Book. Everyone needs a break to relax and rejuvenate--and a visit to a Thai spa is the perfect way to do this. Thailand is home to many of the best spas and spa treatments in the world, and Thailand's Luxury Spas presents the very best options available in that country. For those who cannot make it to Thailand, this new book presents detailed, easy-to-follow recipes for many of the traditional Thai healing therapies practiced there--you can pamper yourself in the comfort and privacy of your own home. Massage, meditation, restorative beauty treatments, pick-me-up tonics and tone-me-down baths--all are outlined with simple instructions and clear color photographs. Thailand's Luxury Spas focuses on stress-busting therapies that run the gamut from all the various forms of Thai massage and meditation to full body beauty treatment, facials, relaxing baths and scrubs, healthy tonics and much more. Practical tips are given on how to recreate many of these recipes at home, and specific treatments are outlined for specific ailments. With superb, full-color photography featuring many of Thailand's top supermodels, the book was shot entirely...



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### Reviews

*Thorough guide for ebook lovers. I am quite late in start reading this one, but better then never. Its been designed in a remarkably straightforward way which is simply soon after i finished reading this publication in which actually altered me, affect the way i think.*

-- **Gunner Labadie**

*Complete guide! Its this sort of good read. It is rally exciting through studying period. I am just pleased to explain how here is the very best publication i have go through inside my own existence and could be he very best publication for at any time.*

-- **Adele Rosenbaum**