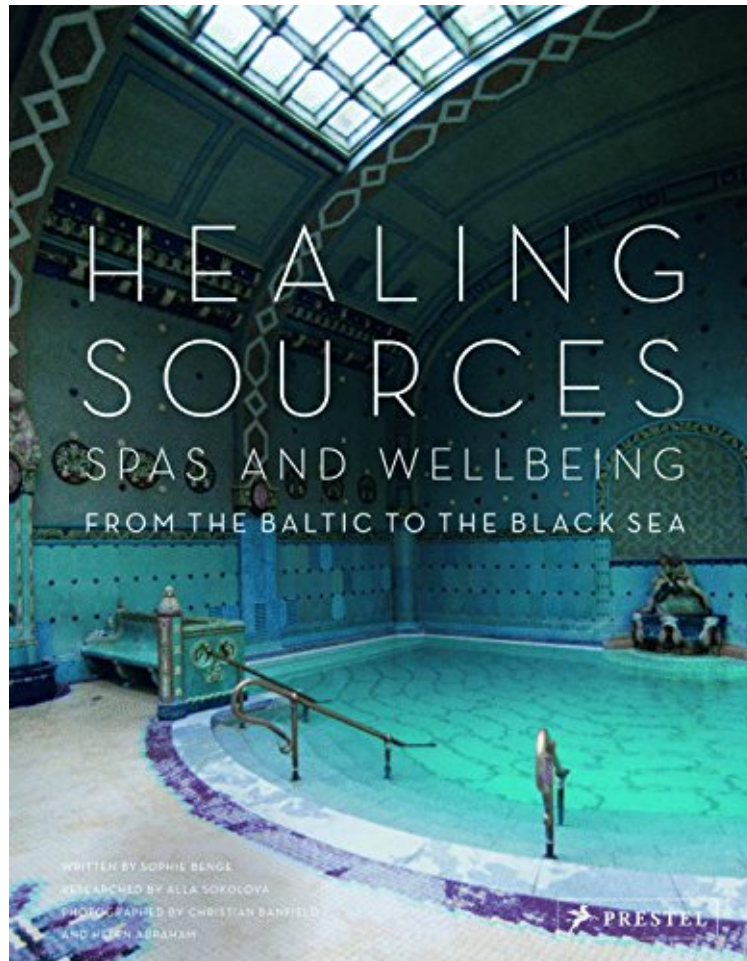


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Healing Sources: Spas and Wellbeing from the Baltic to the Black Sea

Sophie Bengé

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Discover the traditional and contemporary spa and wellness cultures offered from the Baltic to the Black Sea, and see why this part of Europe contains some of the best-kept secrets in the realm of travel and wellbeing. This book takes readers on a journey through the rich and varied wellness cultures of 12 European countries, from decadent Art Nouveau spas in Hungary to traditional pirts sauna rituals in Latvia. Throughout the book, the holistic approaches to wellbeing in each region are revealed, including those based in the power of natural resources, such as respiratory healing in Poland's salt mines, mineral-water therapies in Hungary, smoke saunas in Estonia, and mud pools in Slovakia. Stunning photographs of the regions' architecture, landscape, food, and natural remedies are combined with fascinating tales from history and of famous visitors. This generously illustrated and informative book also explores cost-effective and culturally intriguing alternatives to the more frequently visited spa destinations.

"A simply fascinating read from beginning to end. . . exceptionally well written, organized, presented, informed and informative." *Wisconsin Bookwatch* [Sophie Benges] *Healing Sources: Spas and Wellbeing* . . . is a beautiful birds-eye view of spa and wellness cultures from the Baltic to the Black Sea, where traditions of therapeutic spa treatments run deep. Benges takes us . . . to a salt mine spa in Poland, a medical spa hotel in Estonia, a spa in Lithuania where amber treatments help regulate sleep and balance the central nervous system, and to rural Slovenia, where herbs are gathered for tinctures and teas." *Organic Spa* "With stunning photography and interesting tales from famous spa goers, this engaging book reveals some of the best kept European spa secrets." *American Spa* About the Author Sophie Benges is the author of the hugely successful book, *Tropical Spa*. She has worked in the spa industry for various global brands and was former editor of *Elle Decoration Asia*. Sophie writes and speaks frequently on spas, wellbeing, and energy medicine.