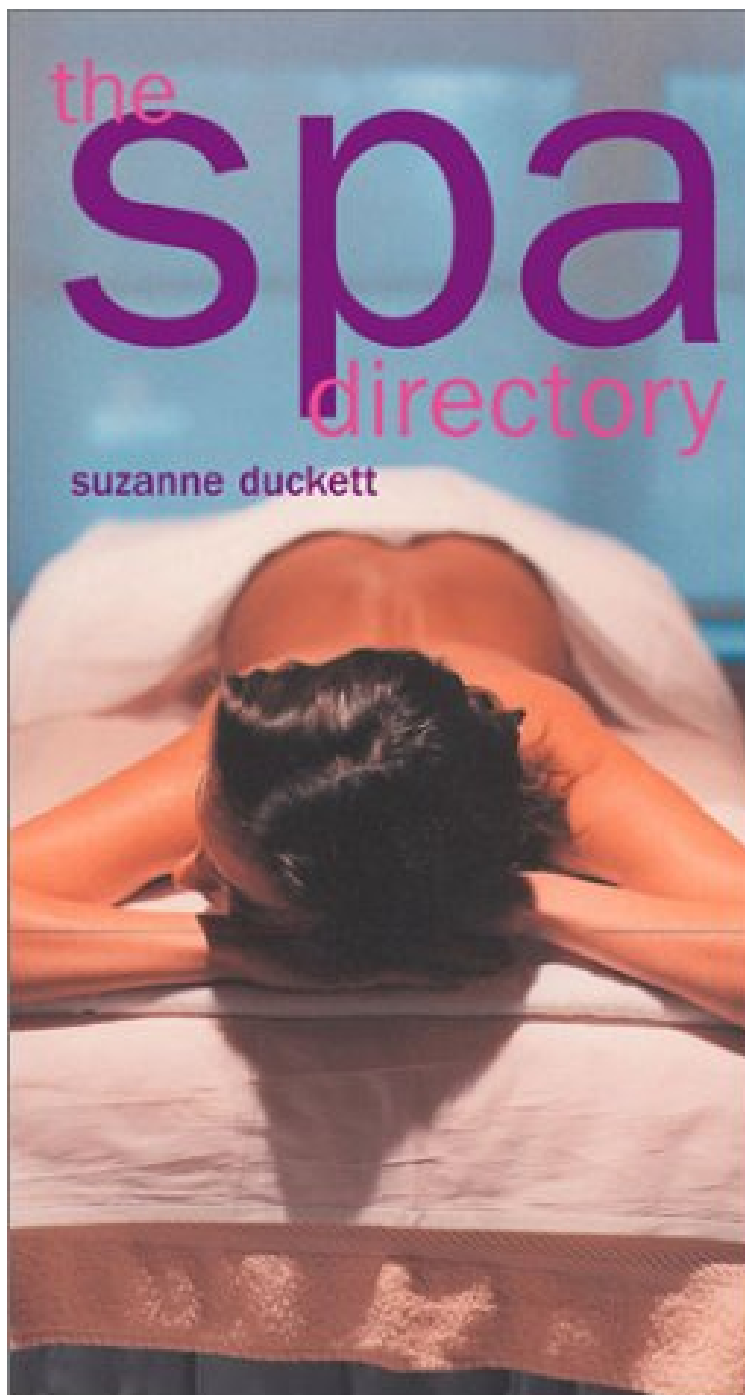


## Spa Directory

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In our stressful, fast-paced society where people are looking for instant fixes to make themselves feel good and look better, travelers increasingly turn to spas for revitalizing vacations. The Spa Directory, the first global spa guide, takes readers from exotic beach huts in Thailand to mountain top tree-houses in the Himalayas, from meditation at dawn to a marine mud mask at sunset, to help them find the spa of their dreams.

In the Roman era, a spa was a place where you could bathe in healing waters, but the twenty-first century spa offers more than just water to heal your body and soul. A spa will cater for all your wellbeing needs, from stress-busting massage treatments and fresh fruit detox plans to pigging out on cake while having your toenails painted. The Spa Directory is a global spa guide, covering Europe, America, Australasia and the Pacific, and Africa, the Middle East and Asia, offering concise information about the world's leading spas and the incredible treatments they offer. Targeted at spa virgins and veterans alike, this spa guide will take the stress and confusion out of choosing the right spa destination - whether you're packing a backpack or your Louis Vuitton trunk. Discover where you can escape for a week of yoga on the beach, find out where in Israel you can take a therapeutic open-air mud bath and track down the calmest urban retreats in some of the world's busiest cities. Turn the pages to visit far-flung destinations from exotic beach huts in Thailand to mountain top tree-houses in the Himalayas. Whether you want to meditate at dawn, be massaged at sunset, want sunshine or sea, five-star or tee-pee, or just want to lose a kilo or two, The Spa Directory has the perfect spa for you. About the Author Suzanne is a well-known health, beauty, and lifestyle journalist and broadcaster.