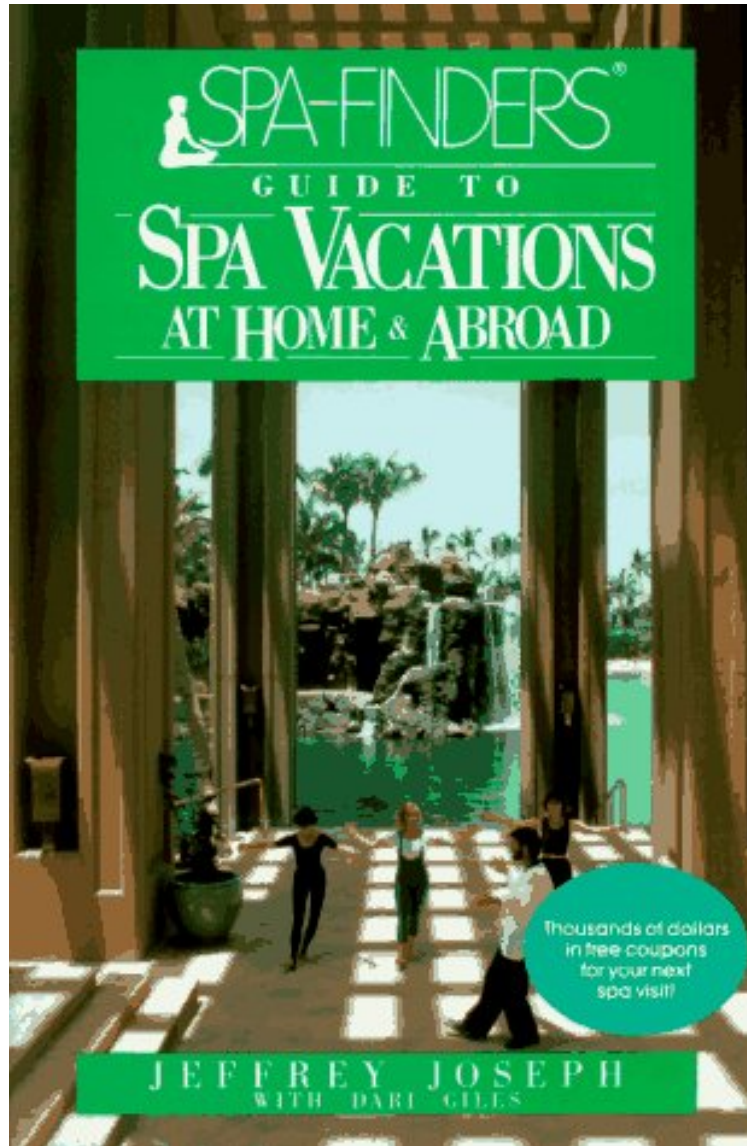


SPA-Finders? Guide to Spa Vacations: At Home and Abroad

Jeffrey Joseph

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Jeffrey Joseph : SPA-Finders? Guide to Spa Vacations: At Home and Abroad before purchasing it in order to gage whether or not it would be worth my time, and all praised SPA-Finders? Guide to Spa Vacations: At Home and Abroad:

20 of 20 people found the following review helpful. 11-year old spa-finder not much of a guideBy Myra BI should have noticed the 1990 publication date, but I didn't. It was only after I used the great system for identifying the right spa for me, that I realized how badly outdated this book is. At least three of the recommended spas are nowhere to be

found, apparently out of business. And of course the pricing and program information is way, way out of date. Some prices are now double those in the book and I found four spas who have radically revised their programs. To top it all off, the cover touts "Thousands of dollars in free coupons for your next spa visit!" The "coupons" look really questionable, and you'd have to spend many thousands at many different resorts in at least six different states to use them all.

Join the five million people each year who are making health and fitness vacations today's hottest travel trend. Spa-Finders Guide to Spa Vacations "You'll find the widest possible range of spas as well as unique spa tours and packages available exclusively through Spa-Finders." Shape magazine As founder of Spa-Finders (the world's largest travel service dedicated solely to health and fitness vacations), Jeffrey Joseph has introduced the fitness, pampering, and revitalization services of spas to thousands of health-conscious travelers. His unique approach to fitness-oriented travel is the only one that's based on actual guest feedback, and it's available here for the first time in book form. The unique Spa-Finders Guide to Spa Vacations provides complete and entertaining descriptions and costs for 120 of the world's finest spas, and it offers thousands of dollars in free coupons from top spas and a 5% discount on bookings through the Spa-Finders service! The Spa-Finders Guide features: A special rating system based on expert opinions and thousands of Spa-Finders client questionnaires Self-discovery tests designed to help readers pinpoint their exercise and weight-loss goals, set desired price ranges, and develop a lifestyle profile as part of selecting a particular spa Coverage of seven major types of spas: Fitness and Beauty Spas (Self-Contained and at Hotels and Resorts), Luxury Spas, Weight-Loss Spas, New Age Retreats, Mineral Spas and Spas Abroad Critical assessments of such factors as ambience, clientele profiles, cuisine, facilities, and services Full rate, location, and contact information Produced by The Philip Lief Group, Inc.

From the Publisher As this guide shows, merely slimming down and drying out do not exhaust the possibilities in the modern spa vacation. Nowadays there are spas for fitness and beauty, spas for luxury, spas for weight loss, spas for recuperation, and spas for all manner of New Age activities. Shows how to find the right spa for you, abroad or at home, at a self-contained center or in a hotel or resort and, above all, how to make the most of your spa-vacations. With sections on what to pack, spa etiquette, tipping, saying goodbye to real-world stress and getting your money's worth, it is a complete guide to the spa experience.