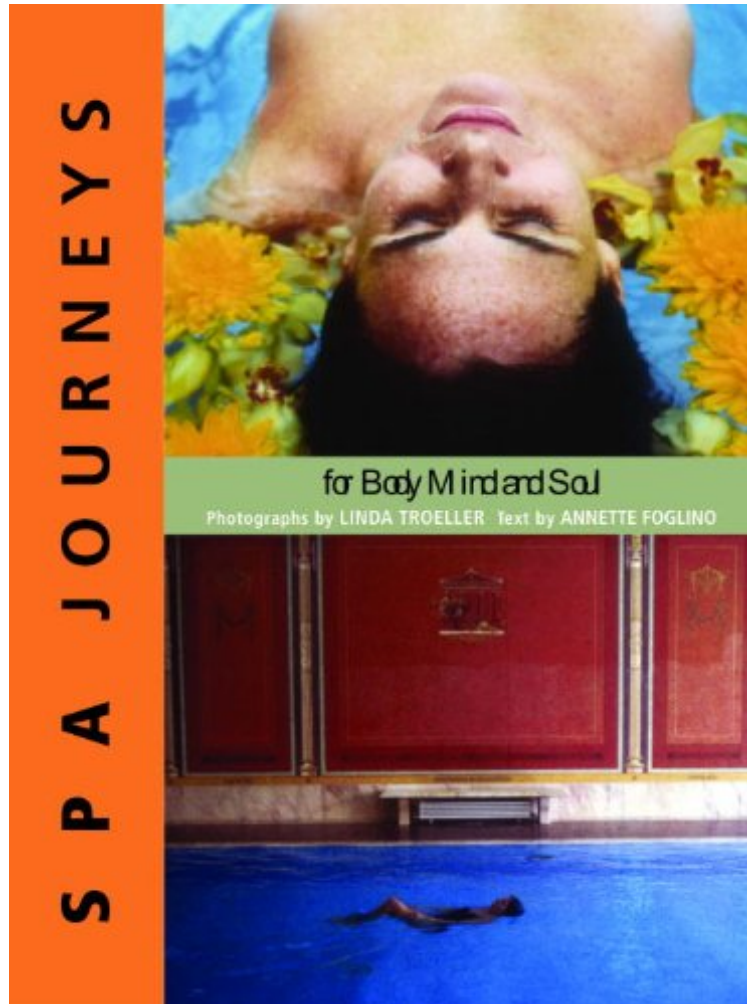


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## Spa Journeys

Linda Troeller, Annette Foglino  
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#4448443 in Books 2004-01-01 2004-01-01Original language:EnglishPDF # 1 .89 x 6.76 x 9.46l, #File Name: 1576871908192 pages | File size: 68.Mb

**Linda Troeller, Annette Foglino : Spa Journeys** before purchasing it in order to gage whether or not it would be worth my time, and all praised Spa Journeys:

0 of 0 people found the following review helpful. Excellent! Very cleverly done.By J. FeldmanEach spa gets a quick overview on 'whether this spa is for you.' Full of helpful information and Ms. Foglino's writing is vivid and engaging. This was one travel book I actually found myself reading (I find most boring).The photos are unusually beautiful too. Photographer Linda Troeller can make a mud bath into a work of art. My one problem with the book is that most of the spa resorts are pretty expensive (there are only a couple that are for the budget-minded.) It would make a great present for a friend or relative who loves spas, or someone who likes to dream.1 of 1 people found the following review helpful. Scrumptuous!By Sharon CastletonThis book saved my life! Had to go on a long, stressful trip to the Southwest and knew I'd need a break at the end. I found Spa Journeys in my doctor's office (of all places!) and used it

to find an \*incredible\* spa in Arizona. It doesn't just tell if a place is good or bad; it explains how you can turn your trip into a really intense, positive, life-changing experience. I'm planning a trip to Europe this summer and will use *Spa Journeys* for that, too. Thanks, Linda and Annette! 3 of 3 people found the following review helpful. Great Spa Lovers Travel Book By Jessica M. Wray Different from other travel books. The photos are unique and artistic (some of them are very sexy, too!). Foglino writes with a sense of humor (an over decorated Virginia spa reminds her of "the inside of a pillow-case"). This book is a far cry from the usual rehash of brochures pix and promotional come-ons. It's fun to read and fun to just look at!

Spas have been a cherished indulgence for the greater part of human history, representing the ultimate fusion of physical pampering and spiritual renewal. From austere retreats to luxurious pleasure palaces, spas can be found on mountaintops and on beaches, in deserts and in vineyardseven on the high seas. *Spa Journeys* showcases a superb selection of remarkable retreats, from historical sites that have been attracting pilgrims for centuries, to the sumptuous holistic enterprises that are changing the face of health in the beauty and wellness industry worldwide. Seamlessly blending an artistic exploration of these oases of symbiotic mind, body, and soul rejuvenation with expert practical information on what to do, when to go, and what to have done, *Spa Journeys* features writer Annette Foglino's examination of twenty-five spa destinations, while Linda Troeller's beautiful and inviting photographs provide the perfect complement with vivid, atmospheric images illustrating the signature style of each spa. Covering the latest in spa technology, treatments, activities, and cuisine, *Spa Journeys* pairs both extensive practical information with first-person narrative so that readers may choose the spa experience best suited to their needs. *Spa Journeys* will take you to Rancho La Puerta in the desert outside Tecate, Mexico, with its sacred Indian mountain and extraordinary variety of fitness and meditation classes; to Miraval in Tucson, Arizona, with its innovative horse-whispering program and focus on Zen mindfulness techniques; and to the Toskana Therme in Germany, with its Liquid Sound, a creative melding of music and water. These spas all offer powerful reflection time along with their bliss. Just open up *Spa Journeys*, and you will open yourself up to new worlds.

.com Spas have been around for centuries, yet the flux of pampering palaces that have sprung up like hot springs in the last few decades have come a long way from the Turkish baths and fat farms of yore. *Spa Journeys: For Mind Body and Soul* explores 26 spas around the world and details their unique glories in a way that is both practically comprehensive and visually ambitious. Photographer Linda Troeller and author Annette Foglino tell stories through pictures and text of transporting experiences and life-altering offerings, from seawater pools and white sulphur springs to a curious "chocolate fondue" treatment (that could potentially make any raw-food diet a bit more palatable). Luckily, the book embraces spa worlds past and present--old-world remedies and practices meeting new-world luxuries and conveniences--and expounds in detail on the benefits and joys of both. For serious spa-goers, *Spa Journeys* is a satisfying read, as its rich cross-section of information is invaluable for someone on a path to renewal. While the visuals are often as refreshing and hypnotic as the locations themselves, pictures go mysteriously and frustratingly uncaptioned. (If, however, you are keen to know the significance of a spaceship-like capsule or being buried in piles of hay, picture credits are listed in the back.) --Christene Barberich About the Author Linda Troeller, an award-winning photographer, has traveled from Beppu, Japan, to Hot Springs, Arkansas over the past ten years to capture the poetic ecstasy of healing waters. She specializes in what has been described as "photojournalism seen through an artist's eyes." The author of *Healing Waters* (Aperture, 1998) and *Erotic Lives of Women* (Scalo, 1998), Troeller's work has been praised by *The New York Times* and many other publications. Troeller frequently gives lectures and workshops worldwide. She lives in New York City; Annette Foglino, an award-winning journalist, is a former writer and reporter for *Life*, and has written on social and health issues for *Glamour*, *Marie Claire*, *Redbook*, *Good Housekeeping*, *Reader's Digest*, and *Family Circle*. A Contributing Editor to *Spa Finder Magazine*, Foglino also contributes to history and travel books published by *Reader's Digest*, including *Discovering America's Past* (1993). She lives in New York City.