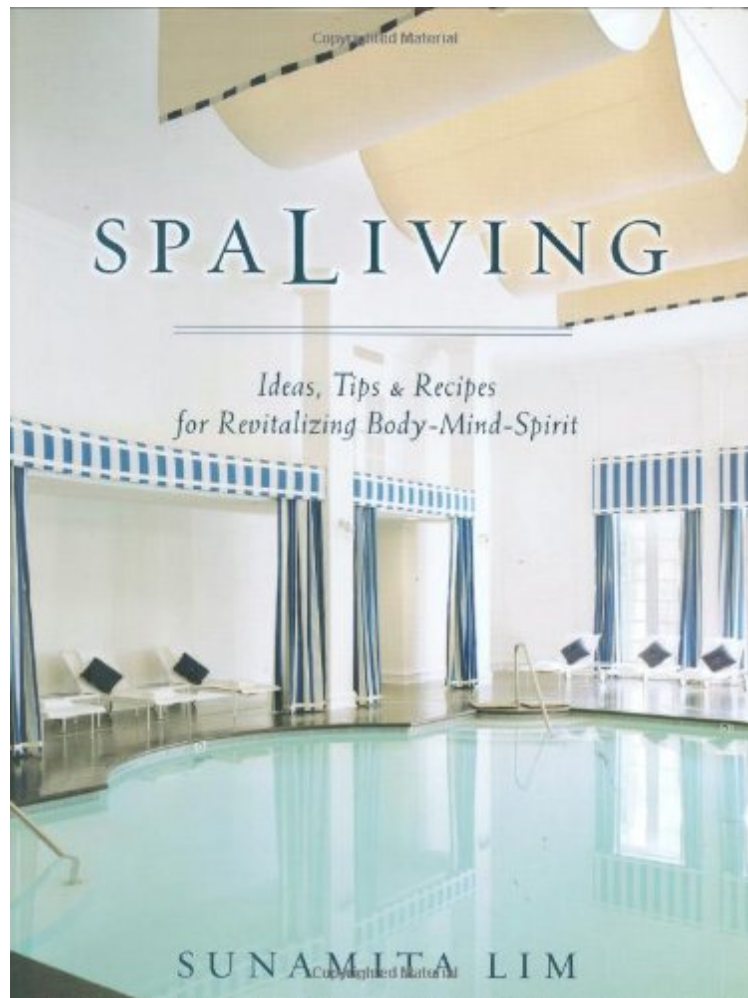


(Download) Spa Living: Ideas, Tips, Recipes for Revitalizing Body-Mind-Spirit

Spa Living: Ideas, Tips, Recipes for Revitalizing Body-Mind-Spirit

Sunamita Lim

DOC | *audiobook | ebooks | Download PDF | ePub



DOWNLOAD



READ ONLINE

#1908737 in Books 2007-08-07Original language:EnglishPDF # 1 11.00 x .83 x 8.50l, 2.67 #File Name: 1423601025192 pages | File size: 45.Mb

Sunamita Lim : Spa Living: Ideas, Tips, Recipes for Revitalizing Body-Mind-Spirit before purchasing it in order to gage whether or not it would be worth my time, and all praised Spa Living: Ideas, Tips, Recipes for Revitalizing Body-Mind-Spirit:

6 of 6 people found the following review helpful. Rare BeautyBy Rebecca of "Beauty is not simply skin deep. Beauty encompasses all aspects of a person-mind, body, and soul-with each aspect key to achieving ultimate beauty. It's quite amazing! When a person is of sound mind, body, and spirit, they have a very distinct glow." ~ Hippo LipkinSunamita Lim's newest work is a book of rare beauty. Page after page invites you into tranquil spaces where you can nourish body and soul. The main chapters include:The Quest for Radiant Beauty and Well-BeingAn Introduction to Spas and ServicesIncorporating Proper Skin CareBalancing Body-Mind-Spirit with MeditationAttaining Physical and Emotional FitnessEnjoying Spa CuisineChoosing to Go GreenIn order to write this book, Sunamita Lim traveled to the

world's best spas to uncover their inherent beauty. This is a book filled with gorgeous pictures of hot tubs, glistening tiled steam rooms, indoor pools, warm baths, fireplaces and dreamy candlelit rooms."The Inn at Loretto's SpaTerre in Santa Fe mixes warm yogurt with the traditional lulur paste of turmeric, ground rice, sandalwood and jasmine. Gentle massage works in the paste together with warm honey. Afterwards a steam shower stimulates yogurt cells to restore the skin's pH balance, while the honey nourishes and moisturizes the skin." ~ pg. 56While this book focuses on outward beauty there is also a sense of inner beauty. There are also pages of advice and a glossary of spa treatments for anyone new to the spa experience. If you are looking for spa recipes, there are a few easy-to-make skin scrubs and masks. Some of the spa cuisine recipes include:Frozen Raspberry MousseSpanikopitaCandied Ginger SorbetEnergy SoupCarrot CakeChaiMixed Vegetable SubjiThrough reading this book you may feel inspired to visit a spa or create your own spa experience at home. There is also advice on how to begin a meditation practice. I can also highly recommend: Japanese Style and Chinese Style: Living in Beauty and Prosperity.~The Rebecca Review

Richly illustrated with beautiful photography, Spa Living offers essential information about spa cuisine, meditation techniques, spa treatments, and ways to recreate the spa experience in the comfort of your own home. Explore the many benefits of the spa lifestyle, and learn how skin care, ayurvedic healing, exercise, and a relaxing environment can help you achieve inner peace, health, and well-being. A helpful resource section is also included in the book to assist you during your next spa visit.

From the Inside FlapIdeas, Tips Recipes for Revitalizing Body-Mind-Spirit "May the pleasure begin now, as you enjoy Sunamita Lim's inspiring and informative tour of the spa world." -Deborah Szekely, Founder, Rancho La Puerta and Golden Door iscover the beauty, healing, and wisdom gleaned from world-class day and destination spas with Spa Living: Ideas, Tips Recipes for Revitalizing Body-Mind-Spirit. Discern why true outer beauty radiates from within. Experience how we are at our best when body-mind-spirit are balanced, to manifest peaceful energy and a palpable sense of deep satisfaction to live life fully, every day. The spa lifestyle is not one of "fluff and buff." Rather, it's simply respecting the body and emotions-by incorporating good habits such as healthy nutrition to nourish the body, meditation to access the light of the soul, and exercise to transform dynamic energy for productive activities-as we progress with our lives. Spa Living freshens up centuries-old teachings to meet today's contemporary needs. Learn how ayurvedic self-healing, meditation ideas, proper skin care, physical exercise, and a beautiful home environment help you achieve the ultimate sense of well-being. From serving up practical tips for cleaning out emotional debris to making the perfect cup of tea, the book also offers captivating spa cuisine recipes that are refreshingly delicious-with the added bonus of enhancing your immune system. In this fast-paced world, Spa Living: Ideas, Tips Recipes for Revitalizing Body-Mind-Spirit is a breath of fresh air inspiring you to live a happy, positive, and satisfying life. Sunamita Lim has been meditating since 1980. Her daily meditations have blessed her with the realization that true beauty unfolds from within. Like a rose releasing its fragrance and loveliness, Spa Living: Ideas, Tips Recipes for Revitalizing Body-Mind-Spirit shares practical insights to pause awhile-to live life joyfully, and in harmony with nature and others. Lim shares priceless insights from spa and health-care professionals to demystify why maintaining good health and living a lifestyle graced with balance and purity must start from within, and shows that when we live in this way we are able to more fully enjoy the body's radiant beauty and vitality throughout our lives. Her other books include the highly acclaimed Chinese Style: Living in Beauty and Prosperity (2006), called "elegant and refined" by the Seattle Times and recognized for its "blissful home environments with a style that's easily adaptable to modern aesthetics" by Metropolitan Home magazine; and Japanese Style: Designing with Nature's Beauty (2007). Lim received a B.A. in Cultural Anthropology from Kalamazoo College and a master's degree in The Division of Social Sciences from The University of Chicago. She is a freelance journalist and writer based in Santa Fe, New Mexico. If there is inner purity, Then the outer beauty Will be unparalleled. -Sri Chinmoy About the AuthorSunamita Lim is a freelance writer and past editor of the art/design magazine Santa Fe Trend. Lim is the author of Chinese Style: Living in Beauty and Prosperity and resides in Santa Fe, New Mexico. Excerpt. Reprinted by permission. All rights reserved.To live in the beauty And fragrance of the heart Is to get younger By the second. -Sri Chinmoy, Meditation Master and Powerlifter