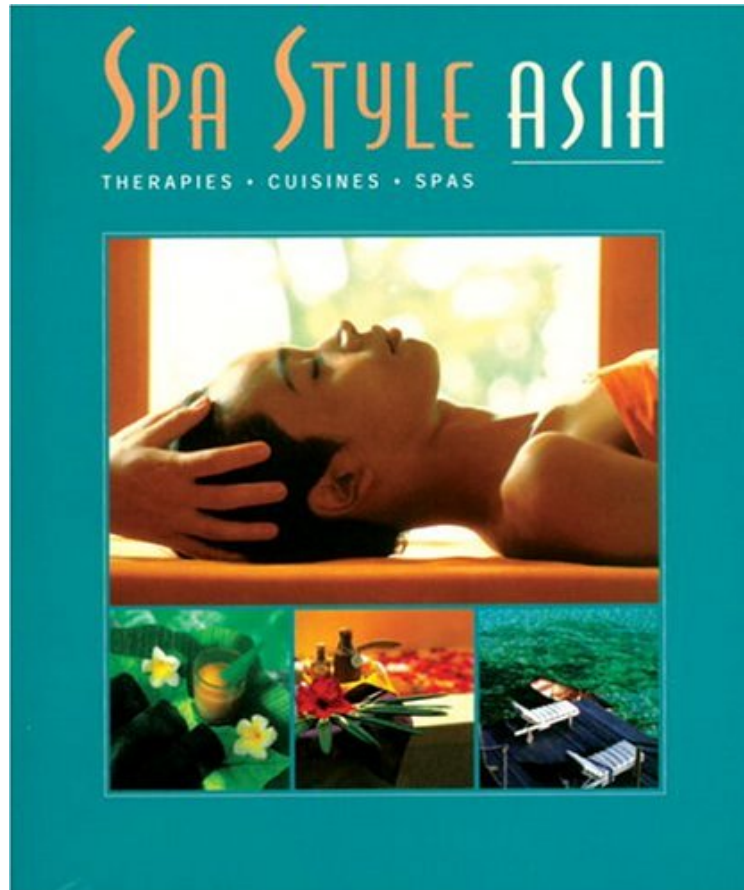


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Spa Style Asia: Therapies, Cuisines, Spas

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2 of 3 people found the following review helpful. Enter the Spa world...By danielThe main reason I bought the book was for the detailed explanations on the Spa Therapies, Cuisine, glossary and most importantly the list of spas and their services. This book is better than most in the details of spa products and rituals. Only "The Tropical Spa" is better as it has lots of details on Balinese Spa products (and lots of big colorful pictures)

Spa Style Asia is the authoritative guide to Asia's healing traditions and the luxury spas that practice them. The book opens with Spa Therapies, a study of the major healing systems of AsiaChinese, Indian, Indonesian, Japanese, and Thai. It offers an overview of the cultural and historical backgrounds of these healing traditions, details what you can expect from specific treatments and therapies, and provides recipes that can be recreated at home. Spa Cuisine surveys the major national cuisines of Asia and provides healthy recipes for complete meals comprising soup, appetizer, main

course, dessert and drink, together with calorie, protein, carbohydrate and fat counts. While Asia is the primary focus of these first two sections, traditional Asian treatments and recipes that have been updated with a modern twist, and international therapies and cuisines are included in the New Asian and Cosmopolitan chapters respectively. Spa Digest is organized geographically, and serves as an illustrated directory to the region's extensive range of quality spa retreats. Insights into the essence of each property will help you decide on the spa that best suits your needs, personality and preference, while a fact-packed Spa Statistics panel summarizes the facilities, treatments and therapies, provisions for couples, availability of spa cuisine, services, recreation options and contact details.

About the Author Ginger Lee specializes in a variety of lifestyle-related topics, but particularly health, beauty and travel. Christine Zita Lim is a Singapore award-winning filmmaker who now runs Pentimento Productions Singapore.