

(Free read ebook) The Spa Lover's Guide to Europe: A Selection of Outstanding Natural Spa and Wellness Destinations

The Spa Lover's Guide to Europe: A Selection of Outstanding Natural Spa and Wellness Destinations

Sarah Woods

*audiobook / *ebooks / Download PDF / ePub / DOC*



DOWNLOAD



READ ONLINE

#2016694 in Books New Holland UK 2013-11-01 2013-11-01Original language:EnglishPDF # 1 9.50 x .60 x 7.40l, 1.25 #File Name: 1847738184176 pages | File size: 15.Mb

Sarah Woods : The Spa Lover's Guide to Europe: A Selection of Outstanding Natural Spa and Wellness Destinations before purchasing it in order to gage whether or not it would be worth my time, and all praised The Spa Lover's Guide to Europe: A Selection of Outstanding Natural Spa and Wellness Destinations:

0 of 0 people found the following review helpful. Fantastic infoBy BewickestateFantastic info on a lot of wellness spas and areas

A guide to around 50 of the most beautiful and historic spa destinations in Europe, taking in day spas, getaway spas and medical spas. Unlike so many spa guides, this title focuses on destinations with natural spas, where wellness treatments have been a part of the heritage and culture for hundreds of years. From Bath to Budapest, the Spa Lover's

Guide examines the fascinating history and curative powers of the spa towns, explaining what makes each special and giving detailed information on individual venues and the range of treatments on offer. Feature boxes give essential booking and price information. As well as spa treatments, a range of suggestions for things to do in the local area are given for each historic destination.

About the Author Award-winning travel writer, Sarah Woods has written over 150 articles on spas for newspapers and magazines all over the world, including the Sunday Times, Independent, Traveller magazine, Women's Health and Med Life, as well as contributing to spa books and a Travel Channel show on spa vacations. As a wellness aficionado she has visited 275 spas in the last 18 months. She is also the author of 101 Adventure Weekends in Europe and 101 Romantic Weekends in Europe, both published by New Holland.