



The Tropical Spa: Asian Secrets of Health, Beauty and Relaxation

Sophie Bengé

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***The Tropical Spa* catalogs Asia's most luxurious spas with full-color photography and a wide range of stress-busting therapies.**

Luxury spas are Asia's hottest trend. The experience of a full-afternoon Javanese body scrub or a two-hour aromatic Thai massage beneath swaying coconut palms is no longer just a fantasy. In this Asian health and beauty book, you will find these—and many more delights—photographed in the unbelievable luxury of Asia's finest tropical spas.

The Tropical Spa not only provides a catalog of Asian spas; it reveals the full range of therapies and treatments they offer. Many of these incorporate age-old recipes and formulas handed down by generations of Asian women. The emphasis is on spiritual well being, and natural curatives rather than on modern chemicals and synthetic preparations. Traditional Asian beauty treatments and recipes for revitalizing facials, relaxing baths and scrubs; refreshing healthy tonics and means; massage oils, blends and techniques; and much more, are all offered in an easy-to-follow manner. each is designed to sooth and nurture the body, mind, and spirit.

This is a book that delves into the ancient secrets of Asia's botanical and cultural heritage, and provides the means to a holistic and uplifting lifestyle.

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