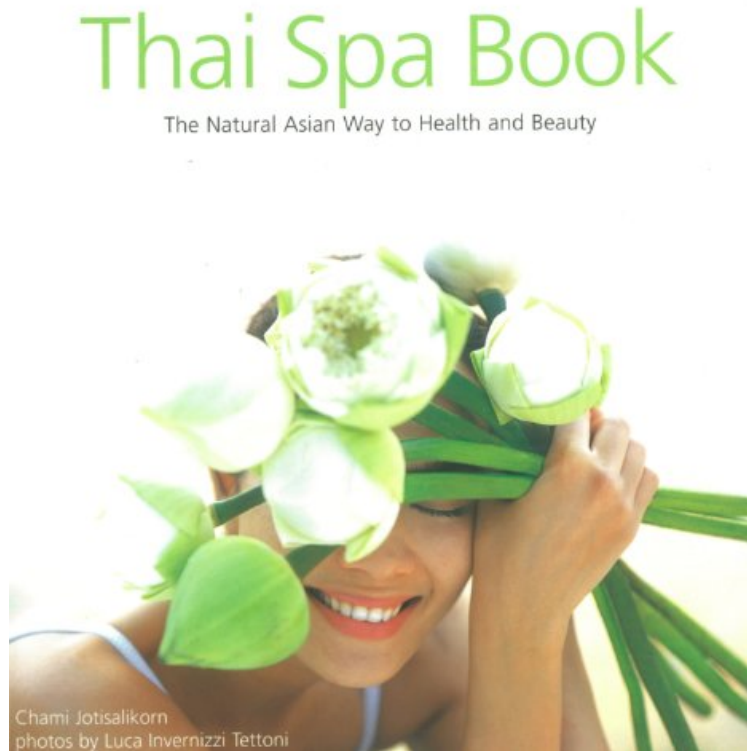


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## Thai Spa Book: The Natural Asian Way to Health and Beauty

*Chami Jotisalikorn*

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**Chami Jotisalikorn : Thai Spa Book: The Natural Asian Way to Health and Beauty** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Thai Spa Book: The Natural Asian Way to Health and Beauty:

0 of 0 people found the following review helpful. Five StarsBy CustomerGreat book and beautiful photography and illustration.0 of 0 people found the following review helpful. Fantastic bookBy Ms AThis is one of the best spa books that I own. I kept it when clearing my bookshelves because it has things most others don't.0 of 0 people found the following review helpful. Five StarsBy BlondieJust as expected. Thanks so much!

Based on traditional Thai herbal lore, the secrets of this country's ancient healing therapies, are offered for the first time in this Thai guide to health and beauty. Feel-good therapies and natural healing are the lifestyle mantras of the new millennium. Asia leads the way in the back-to-nature market, reviving many of its ancient techniques and treatments that have been handed down from one generation of women to the next. Thai Spa Book focuses specifically on stress-busting therapies from Thailand, running the gamut from the many types of Thai massage and meditation, to full beauty treatments, facials, relaxing baths and scrubs, healthy tonics and much more. These therapies are offered with recipes or instructions, or both, which are easy to follow. Practical tips are given to recreate these health and beauty recipes at home, and specific treatments are outlined for specific ailments. All are designed to soothe, nurture and calm. With superb, full-color photography using many of Thailand's top supermodels, the book was shot entirely

on location in some of Thailand's super-delux spas.