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Thailand's Luxury Spas: Pampering Yourself in Paradise

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Chami Jotisalikorn : Thailand's Luxury Spas: Pampering Yourself in Paradise before purchasing it in order to gage whether or not it would be worth my time, and all praised Thailand's Luxury Spas: Pampering Yourself in Paradise:

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Everyone needs a break to relax and rejuvenateand a visit to a Thai spa is the perfect way to do this.Thailand is home to many of the best spas and spa treatments in the world, and Thailand's Luxury Spas presents the very best options available in that country. For those who cannot make it to Thailand, this new book presents detailed, easy-to-follow recipes for many of the traditional Thai healing therapies practiced thereyou can pamper yourself in the comfort and privacy of your own home.Massage, meditation, restorative beauty treatments, pick-me-up tonics and tone-me-down

baths are outlined with simple instructions and clear color photographs. Thailand's Luxury Spas focuses on stress-busting therapies that run the gamut from all the various forms of Thai massage and meditation to full body beauty treatment, facials, relaxing baths and scrubs, healthy tonics and much more. Practical tips are given on how to recreate many of these recipes at home, and specific treatments are outlined for specific ailments. With superb, full-color photography featuring many of Thailand's top supermodels, the book was shot entirely on location in Thailand's super-deluxe spas. Enjoy a true Thai-style, chill-out spa experience wherever you live with Thailand's Luxury Spas.

"There are spa books and then there are spa books. And then there's Thailand's Luxury Spas, which may well become the Bible of spa books." *The Nation, Thailand*"This book features Thai massage meditation and full beauty treatments which are designed to soothe, nurture and calm. This book is a must-have for wellness enthusiasts and spa professionals." *Dawn, Singapore*"Reading Thailand's Luxury Spas is an exercise in blissful envy, where the surroundings are daydreamy perfect and atmosphere one of coconut-scented, fresh and breezy indulgence." *AsiaSpa, Hong Kong*
About the AuthorBangkok-based author and journalist Chami Jotisalikhorn is a renowned spa columnist and contributor to many international travel books and magazines. She is the author of the Contemporary Asian Home series, as well as *Classic Thai: Design, Interiors, Architecture*. Luca Invernizzi Tettoni specialized in books on various aspects of Asian culture, including *Bali Home*, *The Filipino Cookbook* and *The Tropical Spa*. His work has also appeared in numerous magazines throughout the world.