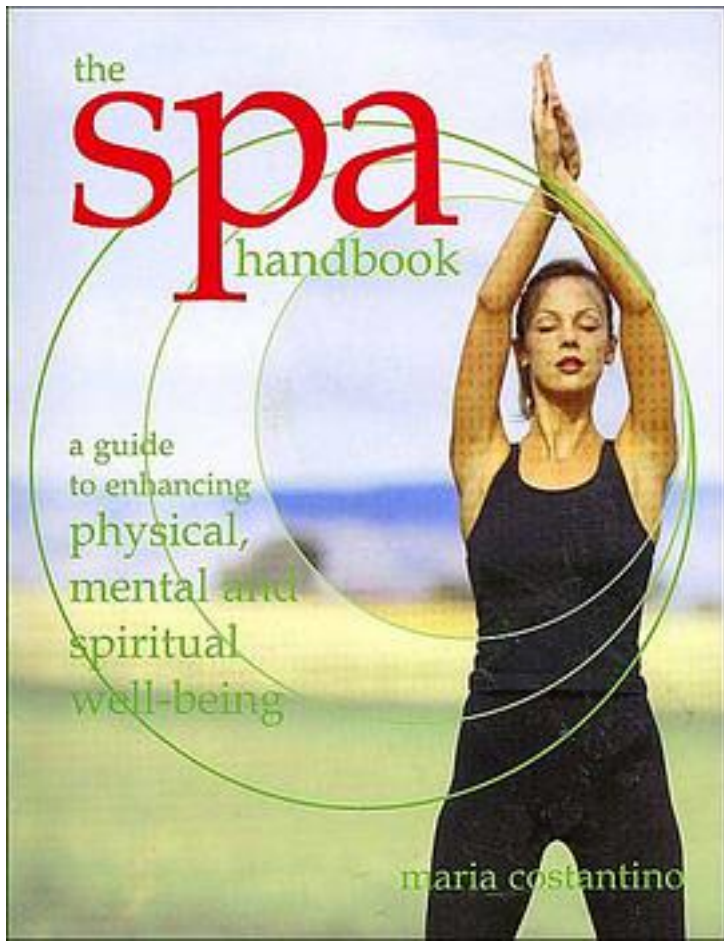


The Spa Handbook A Guide to Enhancing Physical Mental Spiritual Well Being



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著者: Maria Costantino

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Book Description

In today's busy, often stressful environment, it is very easy to live an unhealthy lifestyle. Meeting the needs of employers, family and friends means we often end up feeling tired, anxious, drained and out of shape. Drawing on the practices of a detoxification resort, The Spa Handbook offers advice to improve your physical, mental and emotional health in order to meet the ever-growing demands on your time with renewed vitality. With tips on eating habits, relaxation techniques, exercise and pampering yourself, this is an essential guide to a healthy and happy life.

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