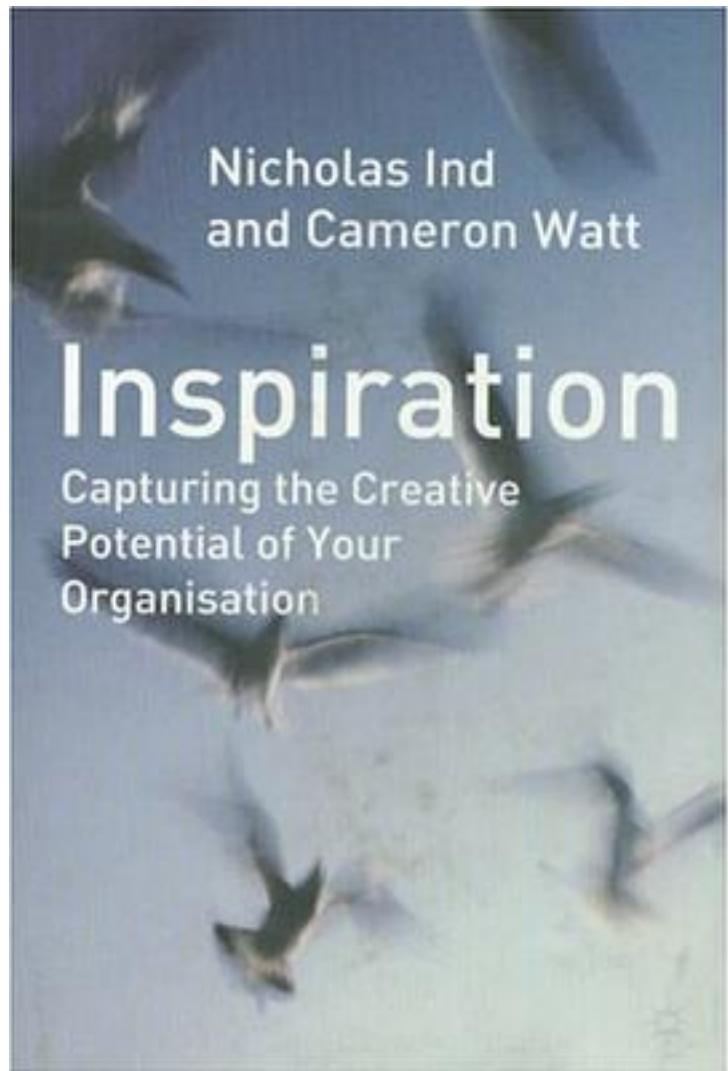


Inspiration



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出版者:Watson-Guptill Pubns

出版时间:2005-10

装帧:Pap

isbn:9780823026418

In recent years, spas and resorts all over the world have experienced an influx of teens and are responding in force with specially designed treatments and packages. InSPAration looks at the coolest teen-focused treatments these spas have to offer, then lays out easy-to-do, affordable, at-home versions to do on your own. Emphasis will be equally on mind, body, and spirit, motivating teens to learn more about healthy body image, proper nutrition, exercise, and good habits. The book will be organized in chapters on skin, stress, spirit, body, and beauty. Sample projects in each chapter include: Skin: Syrup & Sugar Scrub, Blemish-Buster Facial, Banana Split Body Polish; Stress: Hot Stone Massage, Cuppa Tea Tub, Chocolate Fondue Body Wrap; Body: Teen Tune-Up, Yoga Basics, Ballet Sport, Breathe-Easy Sinus Remedy; Spirit: Tai Chi, Mom & Daughter Day Retreat, Meditative Walk, Reflexology Relax; Beauty: Gloss-n-Go Hair Pack, Can't-Miss Makeup, Glam-Slam Fingernail Art, Brow Know-how, Ooh-la-la French Manicure. A final chapter offers tips for holding your own at-home spa party. Also included are nutritious recipes and tips from pros at each spa. Full-colour photos and illustrations make the book fun, lively, and upbeat.

作者介绍:

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