

Office Spa



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From the author of the best-selling Office Yoga, Office Spa takes the restorative practices of the spa and adapts them for the office environment. Simple, light, and lots

of fun, the stress-relief ideas in Office Spa - herbal tea steams, under-the-desk foot reflexology, morning meditations, and quick aromatherapy pick-me-ups - mimic the pampering treatments one might experience in a day spa. So much more than a "spa" book, this fun impulse buy makes for a wonderful desktop companion and the perfect gift for any workaholic.

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