

The Tropical Spa



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Treat yourself to some sumptuous stress-relieving Asian natural therapies with The Tropical Spa. Facials, relaxing baths, scrubs, full beauty treatments, and healthy food and drink recipes are all included, with practical tips on how to create them at home. You will also find specific treatments for specific ailments, such as sunburn, split ends, and tired eyes.. Each one soothes and nurtures the body and mind.

作者介绍:

Sophie Bengé, a resident of Hong Kong, has worked as a journalist for ten years in the United Kingdom and Asia. She was Deputy Editor of Elle Decoration magazine in Hong Kong and Orient Beauty magazine, a regional beauty title for Asian women. Her first book was Private Hong Kong, a coffee-table book featuring some of the city's interiors.
--This text refers to an out of print or unavailable edition of this title.

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评论

当年也只有banyan tree吧。不过写得挺对的，spa在亚洲有深远历史。亚洲女人重视皮肤保养，洗脚等等习惯也让西方人学习一下。塞舌尔看的书之一，很喜欢因为图片很漂亮。经常在villa的sauna里面看。还inspire我第二天吃了plain yogurt.回家之后也要自己弄spa...

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