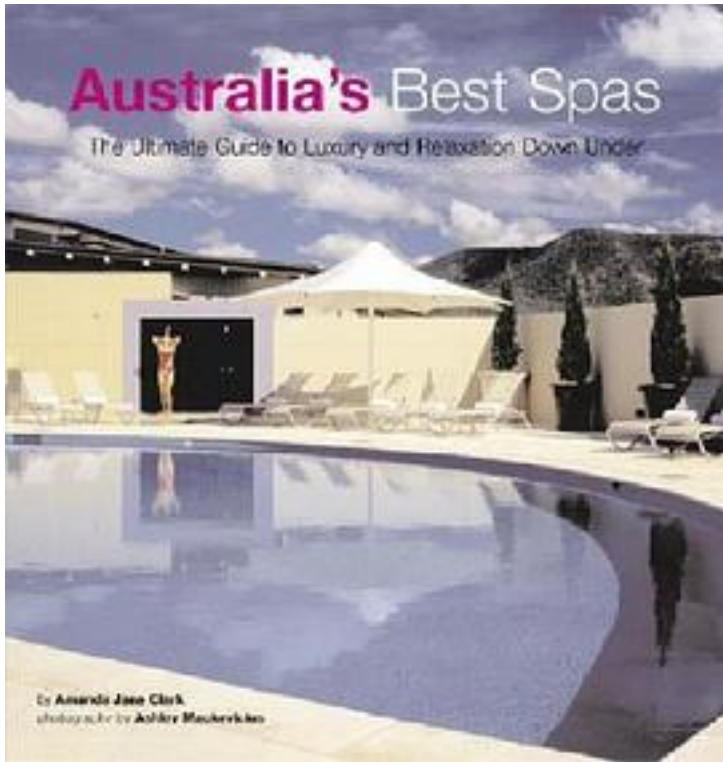


# Australia's Best Spas



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The new century has brought with it plenty of ways to relax, rejuvenate and pamper yourself, from centuries-old expertise to new-age treatments. Australian spas are at the forefront of this magical mix of the old and new. This book introduces the top Australian spas and reveals their secrets for rejuvenating the mind, body, and soul. It also includes mouthwatering recipes for low-fat, yet tasty, spa dishes which will keep you coming back for more.

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