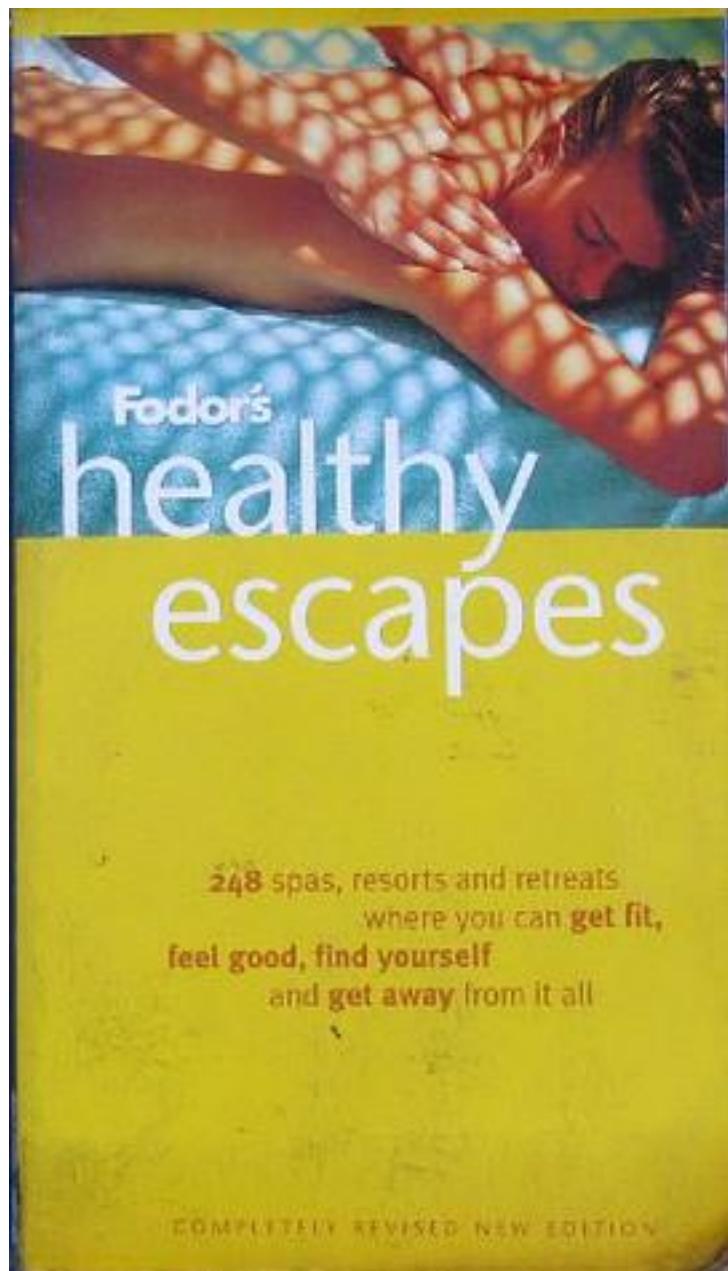


Fodors Healthy Escapes 6th Edition



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著者:Karen Cure

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<p>Want to feel your best? Need to jump-start your fitness program? Interested in relaxing and being pampered? Then check HEALTHY ESCAPES and check into one of the 248 spas and fitness resorts in this guide. You'll find the very best selection in the United States, Canada, Mexico, and the Caribbean, with critical information on accommodations, dining, costs, and facilities.

Today's spas all aim to help you reach your potential and take control of your health. But each has a unique approach -- HEALTHY ESCAPES tells you just what to expect:

? nutrition and diet

? medical wellness

? holistic health

? sports conditioning

? luxury pampering

? mineral springs

In addition, the guide tells you which resorts have top spa facilities, which ones will coach you toward vibrant maturity -- and which ones have fitness programs for kids.

Plus a special chapter on cruise-ship spas.

Praise for Fodor's Healthy Escapes:

"The best book on spas and health resorts." -- Travel & Leisure

"This guidebook makes you yearn for a workout, a low fat salad, a massage, a giant thick towel and a dainty cup of herbal tea." -- Los Angeles Times

"The spa book to check...Deft descriptions and full details make this an excellent reference for a spa vacation." -- The Washington Post</p>

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