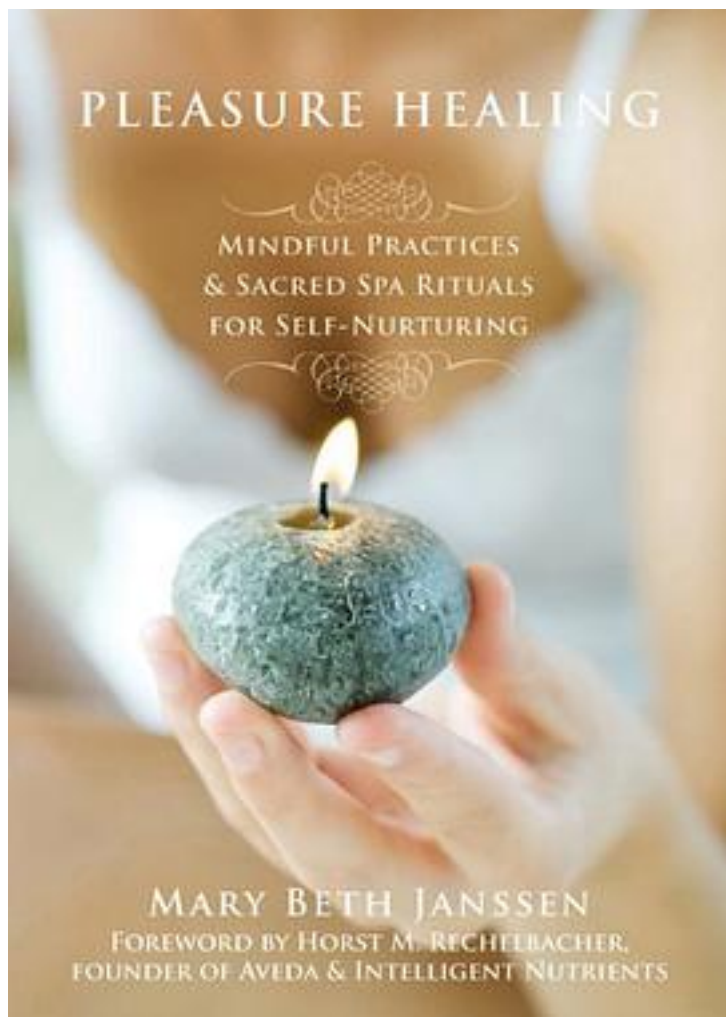


Pleasure Healing



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One of the great values of getting away to a spa is not what's happening to your body

during that timeframe but what is happening to your mind that you carry away with you. Author Mary Beth Janssen creates a guide for achieving total body well-being - not just looking good on the outside, but feeling a renewed sense of mind and soul as well. So what you won't find within these pages is advice for applying blush or creating the latest hairstyle. What you will find are proven techniques for achieving inner and outer well-being through spirituality, sensuality, and living organically, in addition to spa rituals for your body - also an integral part of self-care. This book can give someone the idea that they're nurturing themselves with spa therapies, without having to go to the spa and experience them there. These include the mindful and contemplative practices as well as the integration of 'mindfulness' into the fitness, nutrition, and beauty elements (massage, aromatherapy, etc.) of the spa experience as well.

作者介绍:

目录:

[Pleasure Healing_ 下载链接1](#)

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