



Spas For Your Home

Victor M. Corman



Spas For Your Home:

Spas for Your Home Cristina Paredes,2006-01-10 Spas for Your Home features 40 spaces in the house devoted to the owner's wellness relaxation health care and hygiene While luxury therapeutic baths and showers were once the sole preserve of the health spa the experience can now be recreated at home thanks to a new generation of spa products and appliances such as wet room showers and whirlpool baths that are available to the general consumer market Spas for Your Home also introduces new concepts like chromotherapy and hydrosonic technology which use light and sound in baths and showers to enhance relaxation An exhaustive resource section contains all the necessary information on products and materials used in each featured home spa so it can be easily duplicated along with the names and web addresses of specialized manufacturers

Home Spa Judith White,2007-01-01 Create a blissful spa experience at home Sumptuous spa treatments don't have to cost a fortune when you follow the simple techniques in Home Spa Full of scented ways to cleanse energize and relax this book is perfect for you if you want to improve your overall health and well being Indulge in an aromatherapy foot soak an aromatic shower and much more With Judith White's practical tips it's effortless to create the ideal spa experience and pamper yourself in the comfort of your own home

Black & Decker The Complete Guide: Maintain Your Pool & Spa Rich Binsacca,2007-01-01 Better maintenance means more enjoyment of your pool or spa Black Decker The Complete Guide Maintain Your Pool Spa will both inspire and educate readers on the practical points of owning and maintaining a home swimming pool hot tub or recreational whirlpool For those considering a recreational water feature an exciting gallery chapter and a planning design chapter will show the latest trends and products and unique new ways to integrate a pool or spa into the landscape The book also includes an overview of each type of structure including above ground and in ground swimming pools stand alone whirlpools integrated pool spa installations and pool houses and accessories For readers who already own a pool or spa lengthy detailed chapters on basic maintenance water quality seasonal upkeep and routine repairs provide everything needed to keep water features in good operating condition Even the mechanical systems pumps heaters drains and skimmers are covered in depth With this book no pool or spa owner will need to spend money on a professional pool care service and may never need to call a repairman

[A Portfolio of Home Spa Ideas](#) Cowles Creative Publishing,1998

Decorating ideas for adding a spa to your home indoors or out

Handmade Spa Juliette Goggin,Abi Righton,2018-03-15 Handmade Spa is a unique and comprehensive guide to replicating the luxury of the spa experience in your own home using natural botanical preparations Following on from the hugely successful Handmade Beauty this is the second in the series of natural health and beauty books by cosmetic experts Juliette Goggin and Abi Righton The book contains over 40 recipes focusing on cosmetic treatments for skin hair and body as well as the creation of therapeutic spa accessories such as reed diffusers and wheat packs The authors encourage you to explore your kitchen garden and local shops for the natural products and active ingredients that will grant you the ability to create your very own home spa paradise All are

accompanied by step by step instructions and clear illustrative photographs enabling you to bring the entire realm of spa treatments as well as the practice of mind and body self care into your own home This unique guide includes some of the most creative and innovative thinking in botanical and cosmetic science and reveals the importance of scent and fragrance families in soothing healing or rejuvenating body and mind Log Home Living ,1995-07 Log Home Living is the oldest largest and most widely distributed and read publication reaching log home enthusiasts For 21 years Log Home Living has presented the log home lifestyle through striking editorial photographic features and informative resources For more than two decades Log Home Living has offered so much more than a magazine through additional resources shows seminars mail order bookstore Web site and membership organization That s why the most serious log home buyers choose Log Home Living **The Cheapskate's Guide to Spas** Nathaniel Altman,2002 A guide to spas in the United States and Canada that offer world class healing waters good food and comfortable lodging along with traditional spa services all at the best possible price For readers looking for a quiet retreat a romantic weekend getaway or an exciting family adventure the Cheapskate s Guide to Spas will be the primary resource for hard to find bargains In addition to describing the pleasure of taking the waters and other attractions at well known spas like Saratoga Springs New York Hot Springs Arkansas and Desert Hot Springs and Calistoga California this book highlights over a hundred destination spas that provide restful atmosphere recreational opportunities scenic beauty and quality accommodations Some even offer special deals for Cheapskate s Guides readers Also included are detailed travel information and suggestions for interesting nearby things to see and do

Essential Oils and Aromatherapy Guide (Boxed Set): Weight Loss and Stress Relief Speedy

Publishing,2019-11-22 There are many uses to essential oils Peppermint can help with stomach issues and PMS Clove oil is used to cure headaches Inhaling citrus oils has been said to cure cabin fever Other oils like mint and citrus help people relax during summer Essential oils are organic and all natural so they can be used as replacements for certain harmful medicines and perfumes Integrating essential oils into a person s routine can significantly improve mental and physical health Life Beyond Spending Ernesto Caravantes,2013-09-20 Ernesto Caravantes was among the multitudes of people who were affected by the Recession of 2008 the financial impact of which continues to be felt to this day Rather than focus on how people can return to their former consumerist lifestyle he decided to explore how people can trade one paradigm of conspicuous consumption for another of frugality and simplicity The author uses a reader friendly approach to exploring these issues and combines both personal narrative and practical advice to make his point With over one hundred easy to do fun ideas and entertaining activities that are free or very low in cost the reader is shown the possibility of a life beyond spending Caravantes explains that now is the time to embrace a simpler manner of living one free of the constant need to spend and acquire He also says that the human spirit can be nurtured by such a change He emphasizes that it is our connection to others to ourselves and to the larger forces in the universe which ultimately matter the most *Spa Management* ,2010-07

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