

# spice spa

A woven basket filled with fresh green herbs, sliced cucumbers, and small white and red flowers. In the center of the basket is a small dark bowl containing a green scrub. The background is a soft, out-of-focus green.

**Rubs, scrubs,  
masks, and baths  
for re-claiming  
health, beauty,  
and internal  
balance**

Susannah Marriott

# Spice Spa Asian Recipes And Treatments For Reclaiming Health Beauty And Internal Balance

**Shasha Hu**



## **Spice Spa Asian Recipes And Treatments For Reclaiming Health Beauty And Internal Balance:**

**Spice Spa** Susannah Marriott,2003 *Popular Mechanics* ,2000-01 Popular Mechanics inspires instructs and influences readers to help them master the modern world Whether it s practical DIY home improvement tips gadgets and digital technology information on the newest cars or the latest breakthroughs in science PM is the ultimate guide to our high tech lifestyle

**Spice Spa** Susannah Marriott,2003 The key to looking good and achieving inner balance is taking time for yourself For a fraction of the price of being treated at a spa resort Spice Spaenables you to benefit from the same rejuvenating regimes in your own home from rubs scrubs and massages to wraps lotions and oils Spice Spaincludes information on the healing beautifying relaxing and health promoting properties of spices as used by Indian Japanese Thai Chinese Indonesian and Middle Eastern cultures step by step instructions for all natural face body hand foot and hair treatments as used by the world s top spas and 100 easy to follow treatments for packs masks wraps powders pastes exfoliators lotions balms scented oils and conditioning shampoos You ll find all manner of treatments to soothe you top to toe body and soul and everything you need to know to customize and concoct your own personal favorites Susannah Marriott is the author of Total Meditation and Beads of Faith

**Asian Secrets of Health, Beauty and Relaxation** Sophie Bengé,2014-01-21 Unwind with calming spa treatments from across Asia For centuries people in Asia have relaxed and beautified themselves with natural therapies derived from plants herbs minerals clays and flowers Rather than taking an expensive trip to a professional spa readers can experience luxurious Asian beauty treatments at home In Asian Secrets of Health Beauty and Relaxation Sophie Bengé an Asian beauty expert supplies inexpensive easy to follow recipes for soothing facials relaxing aromatherapy baths invigorating body scrubs healthy food and drink recipes remedies for specific ailments and more All the treatments in Asian Secrets of Health Beauty and Relaxation are natural and gentle to the body Lie back and enjoy the benefits of a spa in your own home

**Thai Spa Book** Chami Jotisalikorn,2012-10-16 Based on traditional Thai herbal lore the secrets of this country s ancient healing therapies are offered for the first time in this Thai guide to health and beauty Feel good therapies and natural healing are the lifestyle mantras of the new millennium Asia leads the way in the back to nature market reviving many of its ancient techniques and treatments that have been handed down from one generation of women to the next Thai Spa Book focuses specifically on stress busting therapies from Thailand running the gamut from the many types of Thai massage and meditation to full beauty treatments facials relaxing baths and scrubs healthy tonics and much more These therapies are offered with recipes or instructions or both which are easy to follow practical tips are given to recreate these health and beauty recipes at home and specific treatments are outlined for specific ailments All are designed to soothe nurture and calm With superb full color photography using many of Thailand s top supermodels the book was shot entirely on location in some of Thailand s super delux spas

*Asian Secrets of Health, Beauty and Relaxation* Sophie Bengé, Luca Invernizzi Tettoni,2001-01-01 For centuries Asian women have relaxed and

beautified themselves with exotic therapies derived from the materials of nature plants herbs minerals clays and flowers Until now Western women could only experience these pleasures by taking expensive trips to professional spas In Asian Secrets of Health Beauty and Relaxation Sophie Bengé an Asian beauty expert supplies all the tools for experiencing luxurious Asian beauty treatments at home including inexpensive easy to follow recipes for soothing facials relaxing aromatherapy baths invigorating body scrubs healthy food and drink recipes remedies for specific ailments and more Now readers can spend a lavish day at the spa without leaving their house All the treatments in Asian Secrets of Health Beauty and Relaxation are natural and gentle to the body readers can lie back and enjoy the benefits of a spa in their own homes

Immerse yourself in heartwarming tales of love and emotion with is touching creation, Tender Moments: **Spice Spa Asian Recipes And Treatments For Reclaiming Health Beauty And Internal Balance** . This emotionally charged ebook, available for download in a PDF format ( \*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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