



Ultimate Spa: Asia's Best Spas and Spa Treatments

Judy Chapman

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***Ultimate Spa* is the definitive guide to the best spas in Asia.**

Highlighting spas in India, Sri Lanka, Maldives, Thailand, Bali, Malaysia, Taiwan and the Philippines, this book is both a showcase of the region's best spas and a comprehensive guide to their offerings. The first half of the book introduces the top spas in the region, giving useful tips regarding the facilities and different types of treatments to be experienced. The second half of the book focuses on the treatments themselves: Traditional Chinese Medicine, Ayurveda, and the beauty and health secrets of Malaysia, Indonesia and Thailand.

Endorsed by many well-regarded therapists, doctors, and spokespeople in the spa and wellness industry, this Asian health and beauty guide contains many remedies, treatments, and recipes, and is a must-have for spa aficionados worldwide. Combined with this are yoga, Reiki, meditation and secret recipes for longevity—all complemented by over 600 stunning photographs.

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Lenore Cortez:

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