



Harmony + Serenity + Balance: Spectacular Spas of Mexico

Gina Diez Barroso de Franklin, Astrid Velasco Montante, Diana Fernandez de Mestre, Diana Mestre Fernandez

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Rated among the world's top spa destinations, Mexico has a long tradition of herbal medicine and therapies, such as the temazcal steam bath. These therapies date back to pre-Hispanic times but are still used today to restore a sense of well-being to body and soul. This book explores the coming together of ancient healing traditions and modern beauty therapies at the very best spas in Mexico. Beautiful photography does justice to the spas' natural backdrops and enticing interiors, making you want to drop everything and let expert hands guide you into a balanced state of serenity and inner harmony.

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