



Thailand's Luxury Spas: Pampering Yourself in Paradise

Chami Jotisalikorn

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Everyone needs a break to relax and rejuvenate—and a visit to a Thai spa is the perfect way to do this.

Thailand is home to many of the best spas and spa treatments in the world, and *Thailand's Luxury Spas* presents the very best options available in that country. For those who cannot make it to Thailand, this new book presents detailed, easy-to-follow recipes for many of the traditional Thai healing therapies practiced there—you can pamper yourself in the comfort and privacy of your own home.

Massage, meditation, restorative beauty treatments, pick-me-up tonics and tone-me-down baths—all are outlined with simple instructions and clear color photographs. *Thailand's Luxury Spas* focuses on stress-busting therapies that run the gamut from all the various forms of Thai massage and meditation to full body beauty treatment, facials, relaxing baths and scrubs, healthy tonics and much more. Practical tips are given on how to recreate many of these recipes at home, and specific treatments are outlined for specific ailments.

With superb, full-color photography featuring many of Thailand's top supermodels, the book was shot entirely on location in Thailand's super-deluxe spas. Enjoy a true Thai-style, chill-out spa experience wherever you live with *Thailand's Luxury Spas*.

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