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A spa is a location where mineral-rich spring water (and sometimes seawater) is used to give medicinal baths. Spa towns or spa resorts (including hot springs resorts) typically offer various health treatments, which are also known as balneotherapy. The belief in the curative powers of mineral waters goes back to prehistoric times. Such practices have been popular worldwide, but are especially ...

Spa - Wikipedia

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Ironmonger Row Baths | Old Street Spa London | Spa Experience

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> Aroma spa massage (includes shower) > Indian Head Massage (also known as Champissage) > Foot Massage; Sports massage / Reflexology / Acupressure > Pre-event sports massage > Post-event sports massage > Restorative sports massage > Rehabilitative sports massage > Acupressure; Acupressure is a traditional Chinese medicine technique derived from acupuncture. Very similar to Acupuncture, the ...

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Nirvana Spa - Home

Browse upcoming events from the Barbican across our art gallery, concert venues, theatre and cinemas.

What's on | Barbican

The hot outdoor spa pool with loungers surrounding it was a relaxing place to be. Guests made use of robes and slippers from their rooms to go to the spa which helped with the 'Spa Hotel' feel. Spa facilities were varied (choice of several steam, saunas and ice). Breakfast was a good cold buffet plus choice of hot food cooked to order.

The 10 Best Spa Hotels in England, United Kingdom ...

ESPA Be Mindful Spa Day - 50 minute treatment inclusive of the 3 treatments below: - Facial

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Cleanse and Exfoliation - Facial Mask - Espa Eye and Scalp Massage - Afternoon Tea - Robe, towel and slippers provided - 45 mins use of the swimming pool - 45 mins use of the thermal suite *Please note - swimming pool and thermal suite sessions must be booked in at the same time as treatments* From £ ...

England spa days from £24

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Health Aroma | Thistle City Barbican Hotel

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This book shows how easy it is to grow and prepare therapeutic herbs for a custom spa

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experience in the comfort of your own home. It will help you unplug, relax and make the world go away. Since the days of Cleopatra, we have been in search of the "Spa Experience" - a mystical place of white fluffy towels, populated by the finest of facial masks and lotions. But this vision of relaxation can come with a hefty price tag. That is about to change. In her new book, herb gardener, spa enthusiast and award-winning garden designer Sue Goetz shows us how to create the luxury spa experience in our own home, featuring fragrant, therapeutic herbs from the garden. With lavish photos throughout, *The Herb Lover's Spa Book* gives the reader simple steps for growing and preparing herbs for the home spa...aromatherapy oils, lotions, tub teas, masks, scrubs, sachets, travel bath mixes, and more. It has never been easier to enjoy the spa ambiance and let the stress of the day melt away.

The Complete Spa Book for Massage Therapists is specifically for massage therapy students who want to succeed in the spa industry, whether as an employee or an owner of their own spa. It is the only book that includes extensive information about real-world working conditions in actual spas, with an enormous amount of feedback from working spa directors and owners regarding what they are looking for in employees. Beyond giving explanations and step-by-step instructions regarding a wide range of spa modalities, the book offers an in-depth look at topics that many other resources do not cover. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

For today's active, plugged-in girls aged 9 to 13, finding healthy ways to unwind and de-stress is an important part of well-being. *Girls' Home Spa Lab* is packed with all-natural recipes,

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activities, and tips for self-care and relaxation specially designed for tweens. From homemade facial steams and hair masks to foot soaks, tub teas, and body balms, the 50 head-to-toe recipes can be easily made from ingredients found in the kitchen cupboard, such as honey, oats, and coconut oil. Girls will also learn how to soothe themselves with easy yoga poses, homemade sleep tea, and natural remedies for a headache, stuffy nose, or sore throat. Maya Pagán's upbeat voice encourages girls to explore their creativity and develop self-confidence while having fun mixing up their own spa treatments.

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.

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Aly and Brooke open a nail salon just for kids in this first book of the Sparkle Spa series! Sisters Aly and Brooke love spending time at their mom's popular and successful nail salon—it's their "home away from home." At the end of another incredibly busy day, Mom complains she is completely overwhelmed at work, even more so by all the kids who come to have manis and pedis. That's when the sisters have a brilliant idea: Why don't they open up a mini nail salon just for kids within Mom's store? Their plan needs a bit of polish, but all signs point to success...

The Bratz girls, Chloe, Yasmine, Jade, and Sasha share their secrets and beauty tips on aromatherapy, facials, hairstyles and techniques, and fashion.

The two Canyon Ranch spas are rated No.1 and No.2 (they alternate positions) over and over by readers of the Conde Nast Traveler. Part of the allure are their stunning locations -- in the hills of Tucson, Arizona, and in the Berkshire mountains in Massachusetts -- but one of the best parts of a visit to Canyon Ranch is the food. Jeanne Jones developed and supervised the Canyon Ranch menu, and in Canyon Ranch Cooking, she offers everyone a chance to eat the spas' low-cal, low-fat delicious food. The recipes all have detailed nutritional breakdowns to help you plan a healthy meal with a lot of variety. Perhaps best of all are the tips and techniques to help enhance flavor without adding calories. Why does spa food taste so good when nearly all the fat has been removed? Jones reveals all the secrets -- such as adding citrus or vinegar to lift "flat" flavors; grilling over aromatic wood; marinating meat and

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vegetables; cooking at low temperatures for long periods to "marry" flavors; roasting rapidly for crispy crusts and tender interiors; using dried fruit for rich and creamy fat-free sauces; and much, much more. Try the Canyon Ranch Guacamole, Osso Bucco and Cheese Enchiladas; enjoy Chocolate Mint Cake and Cherry Streusel Pie. This is not a cuisine of deprivation -- the food is wonderful, and the recipes for making it easy and sensible. This book can't give you a workout or a hike, but it does tell you how to plan your own spa weekend at home, with suggestions for exercise, relaxation, even theme parties for special Saturday night dining. The wonderful recipes and the luscious photographs are here to delight and inspire. With Canyon Ranch Cooking, the spa comes to you.

Pamper yourself with the first ten Sparkle Spa salon books, now available in one shimmering boxed set! Brooke and Aly are sisters, but they're more than family—they're family business owners! This boxed set includes four Sparkle Spa stories, from the start of their kids-only nail salon to polished (and unpolished!) adventures that follow. This sparkling boxed set includes: All That Glitters Purple Nails and Puppy Tails Makeover Magic True Colors Bad News Nails A Picture-Perfect Mess Bling It On! Wedding Bell Blues Fashion Disaster Glam Opening!

This textbook guides massage therapists through each step of delivering a spa treatment—from consideration of the indications and contraindications to scope of practice issues, supplies, room set-up, specific procedure steps, and ideas for integrating massage techniques, spa products, and enhancing accents. While wet-room treatments are discussed, the focus is on dry-room treatments, which can be delivered in a wider variety of settings. More than 250 full-

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color photographs illustrate each technique and treatment. Treatment Snapshot boxes provide a quick overview of the treatment before the detailed step-by-step procedures section. Sanitation Boxes offer clean-up and sanitation tips. Sample Treatments include promotional descriptions, product recommendations, and recipes for creating inviting smell-scapes.

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