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## Ultimate Spa Book (Traveller's Bookshelf)

By Pam Martin Sarnoff  
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70 of the world's finest health retreats are featured in this travel guide. They include intensive fitness spas, athletic camps, magic mud and rejuvenation spas. There is also a home spa section which provides tips on nutrition, exercise and make up from health resort experts worldwide. From Publishers Weekly: First time author Sarnoff exhorts would-be spa goers to go with the flow, squelching feelings of skepticism, impatience, superiority or inferiority. She has obviously taken her own advice in conducting this survey of 72 North American

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