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*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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