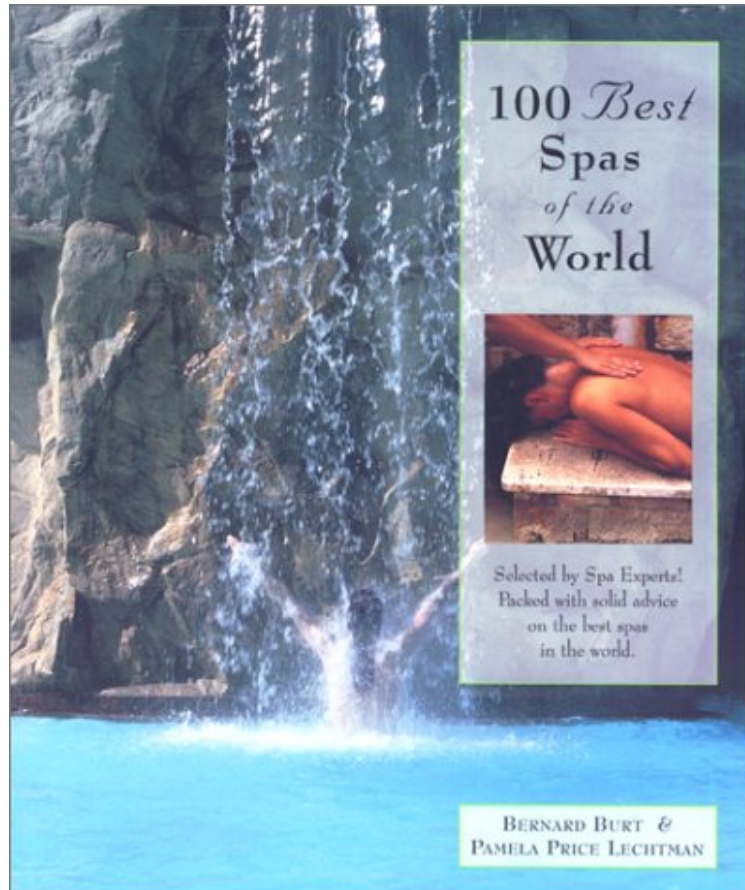


100 Best Spas of the World (100 Best Series)

Bernard Burt, Pamela-J Lechtman

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Bernard Burt, Pamela-J Lechtman : 100 Best Spas of the World (100 Best Series) before purchasing it in order to gage whether or not it would be worth my time, and all praised 100 Best Spas of the World (100 Best Series):

0 of 0 people found the following review helpful. This Book Changed My Whole Approach to Spas -- and LifeBy A CustomerThis book totally changed my approach to spas -- and life. It describes thoroughly yet readably the whole healthy spa philosophy and profiles the best of them, from India to Cyprus. The reviews are honest and reveal that the authors know their material and were not paid off as is so evident with so many other so-called guidebooks. Also great are insider tidbits such as one on the "Dietique Cocktails" at the Domaine du Royal Club Evian and another on the "spiritual side" of the Finnish sauna. All the details of the spas are featured as well, with photos, so who needs a travel agent or glossy celeb mag to tell one where to go anymore? I'd prefer to learn from the source: this book has helped me deflate the stress of existence. Vive la spa!1 of 1 people found the following review helpful. Stick to Internet SearchBy Bettie S. GebaraI was hoping to find out of the obvious spas identified, not The Four Seasons and the Ritz. A simple search of high end spas would have done this, I was hoping for hard to find and interesting rather than what would have been easily found on yahoo. I am terribly disappointed this was a total waste of time. The pricing is

unclear as to what includes the hotel and what is for spa services only, so it's not even useful information. I still have to go research each one to simply compare pricing structure and services offered. 8 of 9 people found the following review helpful. Very Informative
By A Customer
This book has some great information on what appears to be some fabulous spas and resorts. It was nice to see not only great photos but real practical information like the types of packages offered, the prices, accommodations available, and even information on tourist attractions near the spas. It also gives you some explanations of the types of services offered which was helpful. It covers spas from all over the globe which makes it quite a nice comprehensive overview as well. I haven't actually tried one of them out yet - but it has been nice to dream.

Illustrated in colour throughout, this is an international guide to spa resorts, including Asia and other exotic locales. It focuses on full-service resorts specialising in health and fitness.

From the Back Cover
If you care about healthy living and want trustworthy advice on planning a spa vacation, this is the definitive guide to the best spas in the world. Spa experts Bernard Burt and Pamela Lechtman show you the way to the spa that's right for you. From India to Israel, from the United States to the United Arab Emirates, these pros have traveled the globe in search of the ultimate in spa experiences. This deluxe guide makes planning fun, whether you're an experienced spa-goer or a first-timer. Here you'll find all sorts of spas - at resorts, on cruise ships, in world-class hotels, on remote islands, and in centuries-old cities where taking the waters has long been a tradition. Inside this guide you will find full contact information, including e-mail addresses and Web sites, detailed descriptions of spa facilities and services, FAQs on how to spa, a glossary of spa terms, lavish full-color photographs of each spa and much more. (7 1/2 x 9, 240 pages, color photos)