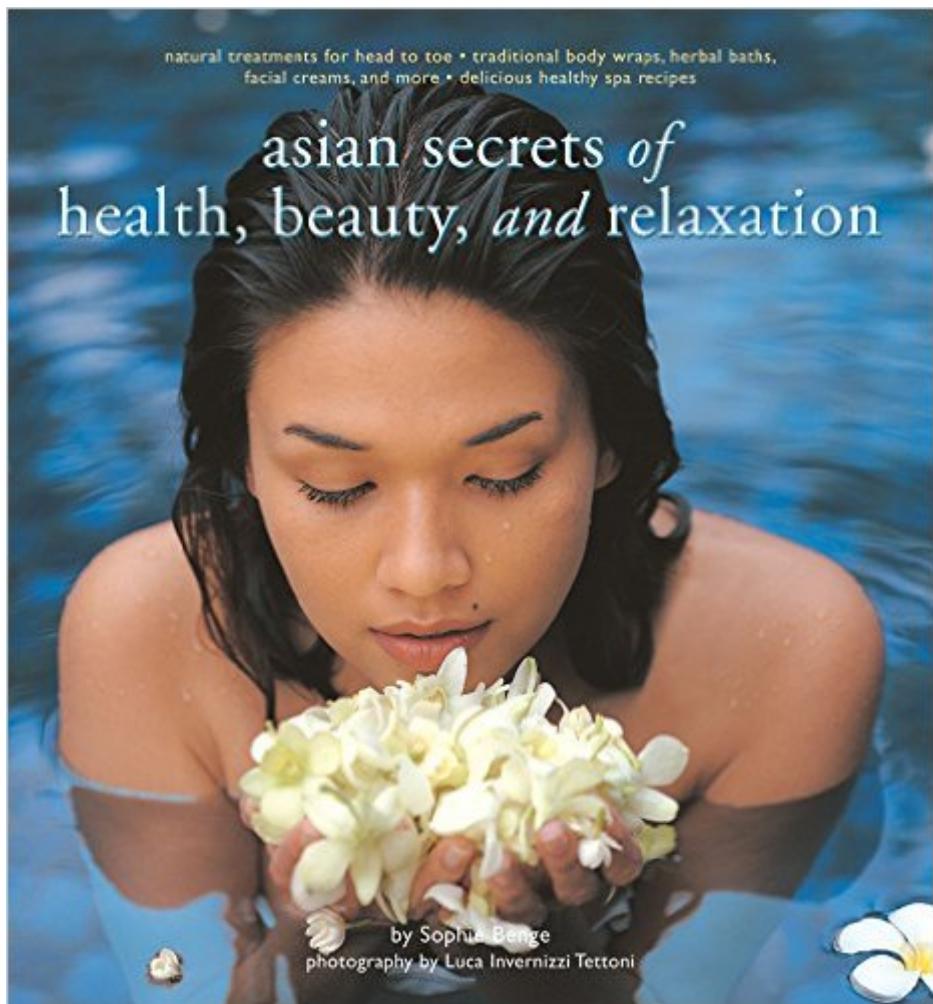


The book was found

Asian Secrets Of Health, Beauty And Relaxation



Synopsis

For centuries, Asian women have relaxed and beautified themselves with exotic therapies derived from the materials of nature; plants, herbs, minerals, clays, and flowers. Until now, Western women could only experience these pleasures by taking expensive trips to professional spas. In *Asian Secrets of Health, Beauty, and Relaxation*, Sophie Benge, an Asian beauty expert, supplies all the tools for experiencing luxurious Asian beauty treatments at home, including inexpensive, easy-to-follow recipes for soothing facials, relaxing aromatherapy baths, invigorating body scrubs, healthy food and drink recipes, remedies for specific ailments, and more. Now readers can spend a lavish day at the spa without leaving their house. All the treatments in *Asian Secrets of Health, Beauty, and Relaxation* are natural and gentle to the body. readers can lie back and enjoy the benefits of a spa in their own homes.

Book Information

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Average Customer Review: 3.2 out of 5 starsÂ See all reviewsÂ (9 customer reviews)

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Customer Reviews

I was disappointed that this book was the exact same replica of the Tropical Spa book by Sophie Benge, minus the Tropical Spas coverage. I say if you are going to buy it, might as well get the whole thing and get the beautiful and inspiring pictures of the tropical asian spas. It is the same EXACT content from the second half of the Tropical Spa, but their tips are great. Just don't buy if you have Tropical Spa and you think this is any different, because it is not. (As I sadly discovered)

I enjoyed this book more than Benge's other title, The Asian Spa, because it contains beauty and

health remedies that can be enjoyed in one's home as opposed to in a Balinese spa. This book is considerate in that it does not assume one has unlimited funds available to spend on treatments. Instead it focuses on delightful and affordable beauty and health remedies. I tried the honey and cucumber facial and must agree that my skin looked radiant afterward. I also love that it explains the Asian philosophy of true beauty only being possible when one is serene. Because Benge is British, some of her words sound a bit odd to an American but it doesn't pose a great problem. The only problem I had with this book is that she doesn't list any sources where readers can buy some of the treatment ingredients. Many of the ingredients are extremely exotic (mud from Thailand, for example) and are impossible to find in the United States. It would have been helpful to list stores or websites where you can order some of the more rare ingredients. Overall, an enjoyable and inspirational book.

I really love this book and all it has to offer! The world class photography combined with never seen before Spa techniques make this a 5 star publication. I never in a million years would've thought of mixing together the ingredients listed in this book. It is a cookbook for lasting youth and beauty. It's now obvious how so many Asian women attain a lifelong glow!

I mostly love this book. It gives me inspiration and helps me remember natural is the way to go for health beauty and relaxation ! LOL...My book was purchased used....the cover is different, but beautiful in my private sanctuary (AKA... "Bathroom"). Some of the herbs and foods I don't know if I could find, myself, nonetheless, this book is my favorite for the spa junkie in me.

The author is a beauty journalist and not a holistic therapist, so this is not a "how-to" book, but rather an "all about-spa" book. Plenty recipes, but minimal technique. Natural traditional Asian treatments for head to toe, including body wraps, herbal baths, facial creams, hair treatments. Information about Traditional Ritual and Do it Yourself care. Pictures are dreamy and beautiful to look at. If you want to make your own exotic skin care remedies, you will enjoy this book. However, I would recommend you rather purchase "the topical spa" by the same author, which is a later edition and expanded version.

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