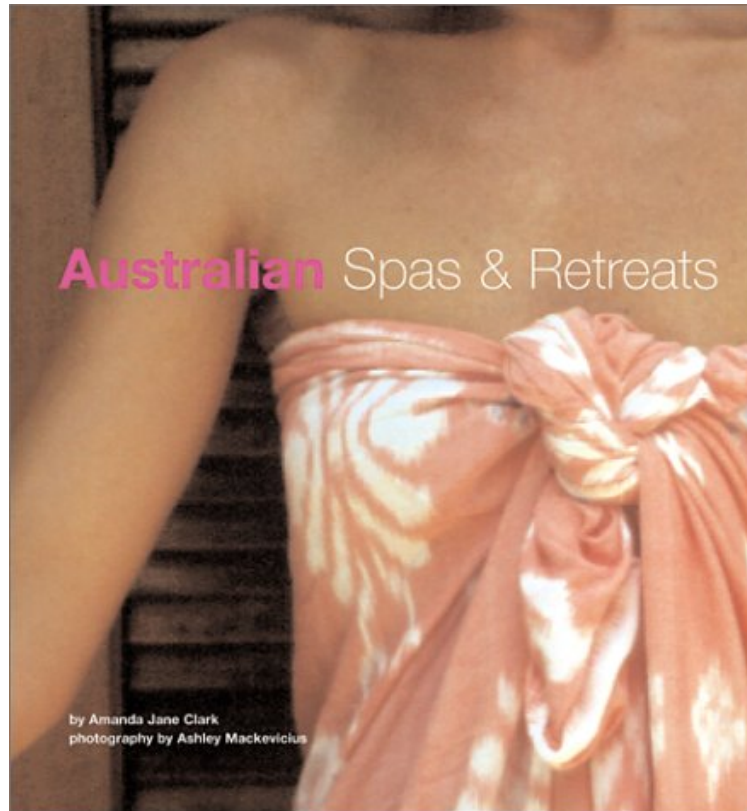


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Australian Spas and Retreats

Amanda Jane Clark, Ashley Mackevicius
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Amanda Jane Clark, Ashley Mackevicius : Australian Spas and Retreats before purchasing it in order to gage whether or not it would be worth my time, and all praised Australian Spas and Retreats:

Life down under has long held an allure to North Americans. And while more and more of us are making visits to the continent, the Australian spa industry is still one of the world's best kept secrets. This book contains everything readers need to know about spas in Australia, focusing on spas attached to hotels, guesthouses or retreats. The spas covered in this book are all devoted to mind, body and soul rejuvenation, and this book -- lavishly illustrated with full color photographs -- details the means and methods these spas use for relaxation and healing. Included are recipes for beauty treatments and descriptions of various massage and meditation techniques, as well as mouth-watering recipes for low-fat yet delicious spa snacks and meals. An essential book for anyone planning a health-oriented visit to Australia, Australian Spas and Retreats also has a wealth of fresh information about how to pamper the body, mind and soul anywhere you are.

"You'll drool over the gorgeous photos that invite you to relax at Australia's top 16 spas." -- San Antonio Express-

NewsAbout the AuthorAmanda Jane Clark resides in New South Wales. A freelance writer and editor, Amanda specializes in food, travel and lifestyle reporting. She is the co-author of Marchetti's Latin Cookbook. Ashley Mackevicius is a Sydney-based photographer specializing in food, travel and lifestyle.