



## Spa: Refreshing Rituals for Body and Soul

*The Body Shop, Leslie Wolski*

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**Spa: Refreshing Rituals for Body and Soul** The Body Shop, Leslie Wolski

all the information you need to experience the soothing power of spa. In a practical, easy-to-use format, spa shows how to care for yourself with simple treatments from around the globe that cleanse, clear, relax, and revitalize you -- body and spirit. - Fold-out how-to sequences explain how to create spa treatments in your own home, from simple pedicures to herbal body wraps, plus meditation and energy balancing. Comprehensive wellbeing information includes natural recipes for good things to eat, drink, and apply to your body; sensible advice on alternative therapies like ayurveda and reflexology; and tips on living simple and healthful lives. Beginning in 1976 with one small shop offering hand-mixed, nature-based skin and hair care products, The Body Shop has grown to become the global leader in face and body care, offering earth-friendly products and authoritative information about wellbeing. Author Leslie Wolski has been a spa director and consultant for nearly a decade. She co-owns a home and corporate spa event business, Spa Camp, in Santa Rosa, California.

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