

The Spa Encyclopedia: A Guide To Treatments & Their Benefits For Health & Healing



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Synopsis

For advanced courses in spa management, holistic health, or as a special course in massage programs, the authors give a "whole body" approach to various spa treatments not found in any other book. The Spa explains a variety of spa treatments and describes their therapeutic effects on the mind and body of the client. Each treatment description lists contraindications and equipment needed, and guides professionals and clients step-by-step through procedures. Health care students interested in mind/body connection and alternative therapies will find the book useful in understanding the specifics of spa treatments, including benefits and cautions.

Book Information

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Customer Reviews

This book is not good as a text books for spa treatment classes nor for self study in treatment protocols. I am massage therapist who has a worked in and managed a spa, and I teach classes at a local healing arts school. I had purchased the book looking to expand our spa treatment class for our students in the massage therapy program. I would not suggest this book to anyone.

great

I needed this book for professional and educational purpose. This issue fulfilled my expectations. Besides the price was definitely acceptable.

I purchased this book as a refresher for past training and hoping to find some new ideas. A lot of this book relates to more European spa equipment, including Kneipp baths, and includes treatments like 'put on cold wet socks and wait until they are warm'. Some of the standard American spa treatments have better descriptions, but even so, they are lacking eg contraindications for seaweed wrap: none - erm no, there are actually quite a few, starting with iodine sensitive individuals. Some of the instructions are the fastest and most efficient way to do something (dry skin brushing with client standing before they get on the table) but not the American standard, more luxurious method of having the client on the table, draped, and working an area then covering. Section I, The World of Spa, is informative, but Section II, The Treatments, are a bit hit and miss, and as these make up the bulk of the book.....The book is filled out with a colour directory of 2002 spas - that's getting a bit old now.

For an "encyclopedia" this book is severely lacking in detail and coverage on the subject. This is a thin book that gives very short descriptions of a limited number of treatments. Many very common and popular spa treatments are not even included, while other obscure and non-existent in most spas found their way into the book. If you're looking for information on what is done during many of the common spa treatments used today and what their benefits are I do not suggest this book. I was very disappointed.

A great book. Explains about different spa treatments and how they can help you be healthier. For more information about spas go online to [...]

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