



Step-by-Step Home Spa: Do-it-Yourself Beauty Treatments for Total Well-Being - With 70 Photographs

By Stephanie Donaldson

Anness Publishing. Hardback. Book Condition: new. BRAND NEW, Step-by-Step Home Spa: Do-it-Yourself Beauty Treatments for Total Well-Being - With 70 Photographs, Stephanie Donaldson, There are times when we all need to take refuge from the demands of everyday life. Retreating from the world for a few precious hours gives us time to soothe and re-energize our over-tired bodies and over-stimulated minds with some much-needed pampering. This book provides all the encouragement you need. Prepare your sanctuary with warm towels, soft lighting and gentle music, and lose yourself in a reverie with your preferred products: rich and creamy herbal soaps, scented bath and body oils, natural hair rinses, and nourishing creams and lotions. In this book the author reveals the therapeutic powers of top-to-toe body care, deep relaxation and quiet contemplation. The suggestions will help you to create a sense of well-being that will remain with you as you emerge to face the world, rested, refreshed and fully restored.



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