

Spa Articles

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Seaweed wraps aren't just for sushi anymore. Loaded with vitamins, minerals, and protein, seaweed wraps are showing up on menus of a different type—spa services menus. Beautiful people have flocked to the sea for centuries...view article

Arnica Massage: Soothing Life's Little Dings

Remember when a kiss from mom was all it took to soothe life's little bumps and bruises? It was all so simple then. Life still deals out ouchies, but today's treatments are more apt to be do-it-yourself projects. Enter Arnica ...view article

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So you'd like to spend a week in paradise. But you just can't find the time to jet off to the South Pacific. Here's what you do: Experience some of Bali's best by booking yourself a Balinese massage. If you can't go to Bali, let Bali ...view article

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Nearly five thousand years have passed since the first cup of green tea was brewed. According to legend, Chinese Emperor Shen Nung, known as the "Divine Healer," became aware that his subjects who boiled their water...view article

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Though sugar has all but disappeared from today's low-carb lifestyles, you'll be glad to know that you can still get your sweet revenge without worrying about calorie or carb counts. The secret is in surrendering to the lure of sugar's ...view article

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Wouldn't it be nice if you could do a workout without the work? Bend your body into dozens of yoga positions without breaking a sweat? Improve the flexibility of your muscles and joints without exercise or medication? With Thai...view article

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Vinotherapy: Grape's Beauty Marc

The French started it. In Bordeaux of all places. And now the fruit of the vine is making a splash in the spa world with vinotherapyâ€™treatments based upon grape seeds, grape skins, and wine...view article

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