



## Australian Spas and Retreats

*Amanda Jane Clark, Ashley Mackevicius*

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**Australian Spas and Retreats** Amanda Jane Clark, Ashley Mackevicius

**Featuring luxurious spa treatments, healthy recipes and overviews of the best spas, this Australian spa guide is a must have for those looking for the best Australia has to offer.**

The potent mix of centuries-old expertise and new-age awareness has resulted in the Australian spa boom. Situated in Asia, Australia is wonderfully positioned to draw on the spa traditions of Bali, Thailand, Japan and beyond.

In this spa book you will find where to go to experience the ultimate in pampering, how to recreate recipes — both culinary and other — at home, and even how to harness the country's natural resources for healing. Beautiful photographs throughout make this the best guide to Australian spas available anywhere.

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