



Art and Science of Spa and Body Therapy

Jane Foulston

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This textbook carefully guides learners through the principles of body analysis, heat and water treatments, masks and wraps, tanning, massage techniques, and electrical applications. Explaining its subject accessibly, and with practical diagrams and sumptuous photographs throughout, The Art and Science of Spa & Body Therapy helps spa technicians to understand both the theory and practice of their vocation.

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