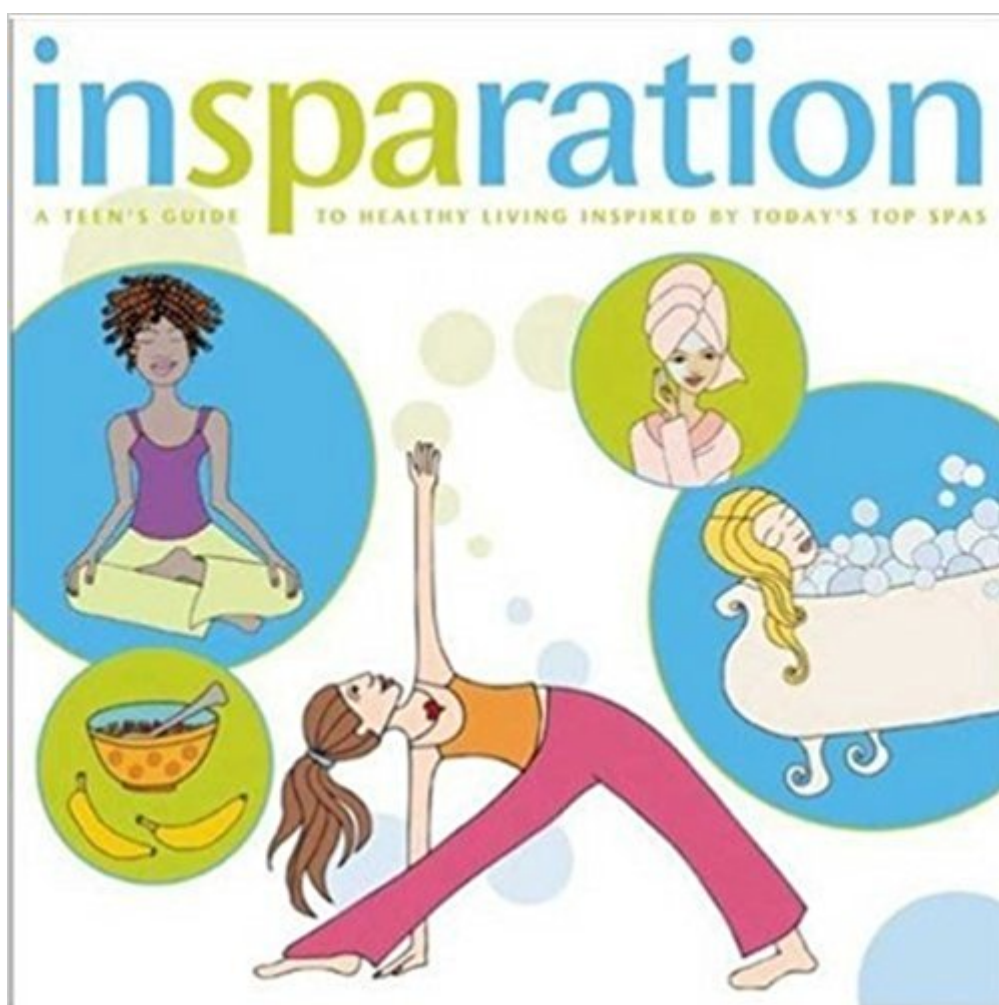




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Inspiration: A Teen's Guide To Healthy Living Inspired By Today's Top Spas



Synopsis

Today's teens lead stressful lives. Sports, school, extracurriculars, community service, SATs—today's teens lead stressful lives. Spas and resorts are seeing an influx of young adults. Lush photographs plus tips on skin care, spirit, stress management, body, and beauty, including how-tos on yoga, tai chi, stretching, toning, healthy eating, and more—it's not just moms who go to the spa anymore. Now teens are headed to these pampering centers, often for treatments designed just for them. InSPAration looks at the coolest teen-centered treatments these spas have to offer, then lays out easy-to-do, affordable at-home versions. With an emphasis on mind, body, and spirit (plus tips on hosting chic spa parties), this book motivates teens to learn more about healthy body image, proper nutrition, exercise, and good habits. Of course, it's all pretty luxurious, too! From make-your-own treatments like a Banana Split Body Polish and a Blemish-Buster Facial, to the relaxing and emotionally nurturing mom and daughter retreat, to just-for-fun Glam-Slam Nails, InSPAration is like being pampered for a lifetime instead of just one day.

Book Information

Paperback: 128 pages

Publisher: Watson-Guptill (October 1, 2005)

Language: English

ISBN-10: 0823026418

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Product Dimensions: 9.8 x 0.3 x 9.7 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 3 customer reviews

Best Sellers Rank: #481,633 in Books (See Top 100 in Books) #17 in Books > Teens >

Personal Health > Fitness & Exercise #67 in Books > Children's Books > Growing Up & Facts of Life > Health > Fitness #109 in Books > Health, Fitness & Dieting > Exercise & Fitness > For Children

Age Range: 12 and up

Grade Level: 7 and up

Customer Reviews

Mary Beth Sammons has more than twenty-five years of experience as an award-winning journalist, author, and marketing professional. She has written for the Chicago Tribune, Family Circle, and many other publications. She lives in Chicago. Samantha Moss, a freelance writer and editor,

directed the catalog and Web editorial teams for Pottery Barn, Pottery Barn Kids, and PBteen. She lives in the San Francisco Bay area. Azadeh Houshyar is a designer and illustrator working on several projects with adult and children's book publishers. She lives in New York City.

I absolutely love the book. I got it when I was like 15 and really into spa treatments that you could make at home and it also included yoga and other relaxation things. 10/10 would recommend for any teenager.

We enjoyed reading about the wonderful spa treatments teens can do at home in addition to the spas they can attend.

this book was really good, and it had a lot of information about recipes, and activities that are really nice.

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