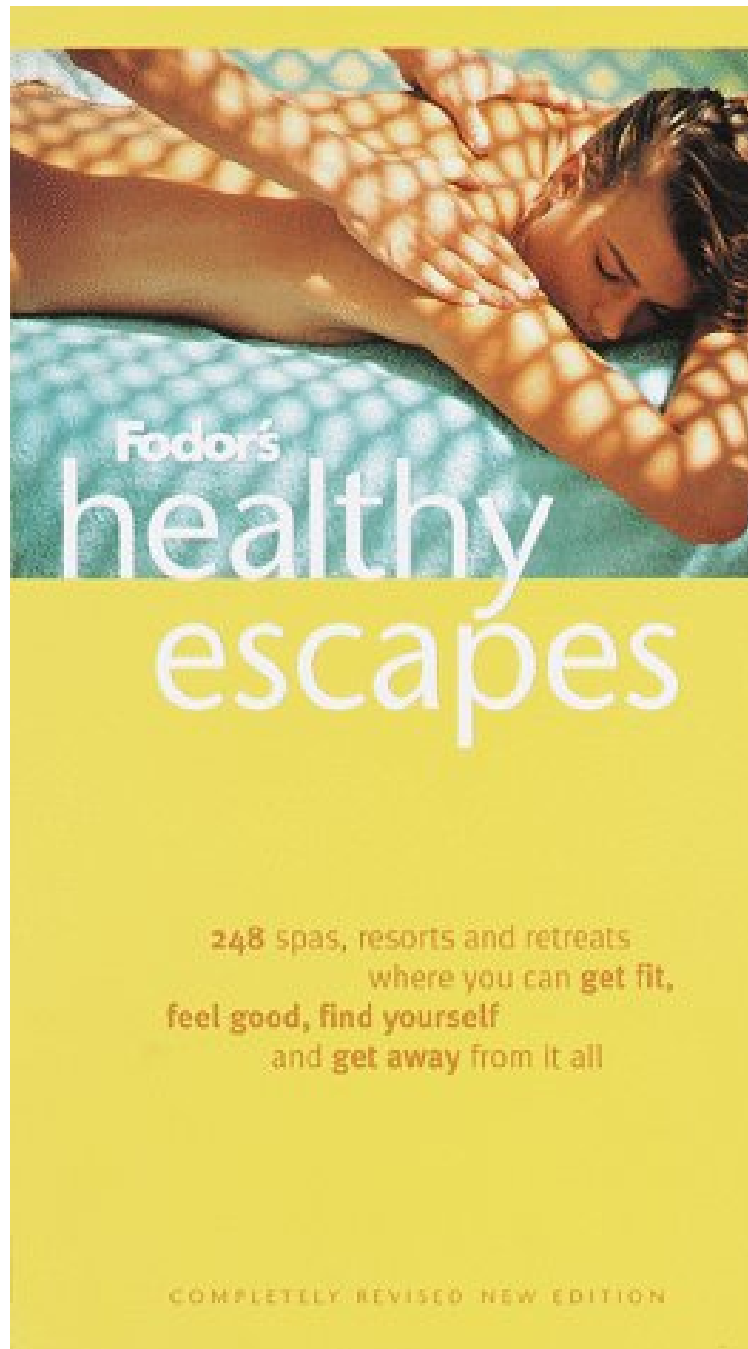


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## **Fodor's Healthy Escapes, 6th Edition: 248 Resorts and Retreats Where You Can Get Fit, Feel Good, Find Yourself and Get Away From It All**

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14 of 16 people found the following review helpful. Fodor's Healthy EscapesBy A CustomerI purchased this book based on previous experience with Fodor's books. The categories were helpful for a quick determination of the type of facility. The descriptions however seemed more like advertisements from the various facilities rather than informed experiences from the writers. The rates were not up to date and there are no web sites listed. Unbelievable for a travel book published in 2000!5 of 5 people found the following review helpful. Best spa book ever!!By TrishI can't tell you how often I have used this book in the year I've owned it. It describes every major spa in the US and Mexico so well. The categories it uses to classify are great. I've sent copies to several friends so we can plan getaways together. Even if you just want to fantasize about going to a spa, it's a great reference.

Want to feel your best? Need to jump-start your fitness program? Interested in relaxing and being pampered? Then check HEALTHY ESCAPES and check into one of the 248 spas and fitness resorts in this guide. You'll find the very best selection in the United States, Canada, Mexico, and the Caribbean, with critical information on accommodations, dining, costs, and facilities. Today's spas all aim to help you reach your potential and take control of your health. But each has a unique approach -- HEALTHY ESCAPES tells you just what to expect: nutrition and diet medical wellness holistic health sports conditioning luxury pampering mineral springsIn addition, the guide tells you which resorts have top spa facilities, which ones will coach you toward vibrant maturity -- and which ones have fitness programs for kids.Plus a special chapter on cruise-ship spas.Praise for Fodor's Healthy Escapes:"The best book on spas and health resorts." -- Travel Leisure"This guidebook makes you yearn for a workout, a low fat salad, a massage, a giant thick towel and a dainty cup of herbal tea." -- Los Angeles Times"The spa book to check...Deft descriptions and full details make this an excellent reference for a spa vacation." -- The Washington Post

.com Does a trip to the Maruba Resort Jungle Spa in Belize sound appealing? Or the Grand Lido Sans Souci in Jamaica? How about the Breitenbush Hot Springs Retreat in Oregon, known as the "Esalen of the Northwest," with reiki, Thai massage, herbal wraps, hydrotherapy, and craniosacral therapy available to soothe your soul? Fodor's Healthy Escapes, here in its sixth edition, is your ticket to feeling pampered, healthy, and fit. Spas across the U.S. and the Caribbean are profiled, including facilities, services available, accommodations, rates, descriptions of atmosphere and typical meals, and directions. Not every spa is geared toward solipsistic luxury; many offer hard-core conditioning programs for athletes in training or nutritional and lifestyle counseling for those struggling with cardiac disease, obesity, or other serious conditions. To help you find the retreat that best meets your needs, the editors have therefore separated them into six classifications: luxury pampering, nutrition and diet, sports conditioning, holistic health, medical wellness, and mineral springs. While many of the spas profiled here are pricey, keeping with what you'd expect from a Fodor's guide, some are more low key, such as Maine's Northern Pines Health Resort, which starts at \$115 per person. Maps to help you locate the spas come in handy. The glossary is an added bonus, with definitions of healing modalities you may never have heard of (such as panchakarma), massage techniques (including shiroabhyanganasya), and schools of fitness (the increasingly popular Pilates Method). --Erica JorgensenFrom the Inside FlapWant to feel your best? Need to jump-start your fitness program? Interested in relaxing and being pampered? Then check HEALTHY ESCAPES and check into one of the 248 spas and fitness resorts in this guide. You'll find the very best selection in the United States, Canada, Mexico, and the Caribbean, with critical information on accommodations, dining, costs, and facilities. Today's spas all aim to help you reach your potential and take control of your health. But each has a unique approach -- HEALTHY ESCAPES tells you just what to expect: nutrition and diet medical wellness holistic health sports conditioning luxury pampering mineral springsIn addition, the guide tells you which resorts have top spa facilities, which ones will coach you toward vibrant maturity -- and which ones have fitness programs for kids.Plus a special chapter on cruise-ship spas.Praise for Fodor's Healthy Escapes:"The best book on spas and health resorts." -- Travel Leisure"This guidebook makes you yearn for a workout, a low fat salad, a massage, a giant thick towel and a dainty cup of herbal tea." -- Los Angeles Times"The spa book to check...Deft descriptions and full details make this an excellent reference for a spa vacation." -- The Washington PostAbout the AuthorInternationally recognized as an authority on the spa experience, Bernard Burt has written articles in national publications and several other travel guidebooks and is the publisher of Spagoer newsletter. He lives in Washington, DC.