



Asian Secrets of Health, Beauty, and Relaxation

Sophie Bengé

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For centuries, Asian women have relaxed and beautified themselves with exotic therapies derived from the materials of nature; plants, herbs, minerals, clays, and flowers.

Until now, Western women could only experience these pleasures by taking expensive trips to professional spas. In *Asian Secrets of Health, Beauty, and Relaxation*, Sophie Bengé, an Asian beauty expert, supplies all the tools for experiencing luxurious Asian beauty treatments at home, including inexpensive, easy-to-follow recipes for soothing facials, relaxing aromatherapy baths, invigorating body scrubs, healthy food and drink recipes, remedies for specific ailments, and more. Now readers can spend a lavish day at the spa without leaving their house.

All the treatments in *Asian Secrets of Health, Beauty, and Relaxation* are natural and gentle to the body. readers can lie back and enjoy the benefits of a spa in their own homes.

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