

# asiaSpa

march/april 2009

6<sup>th</sup>  
ANNIVERSARY  
ISSUE

east china's  
BUDDING SPA SCENE

thailand's  
KHAO LAK

chilling in  
BYRON BAY

TOP 10  
AYURVEDIC  
SPAS

SPRING CLEAN  
YOUR HEALTH

URBAN DETOXING  
HOW TO... AGE GRACEFULLY

spa - style - senses

march/april 2009

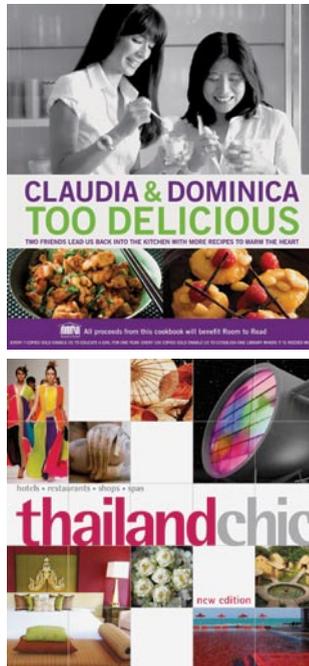
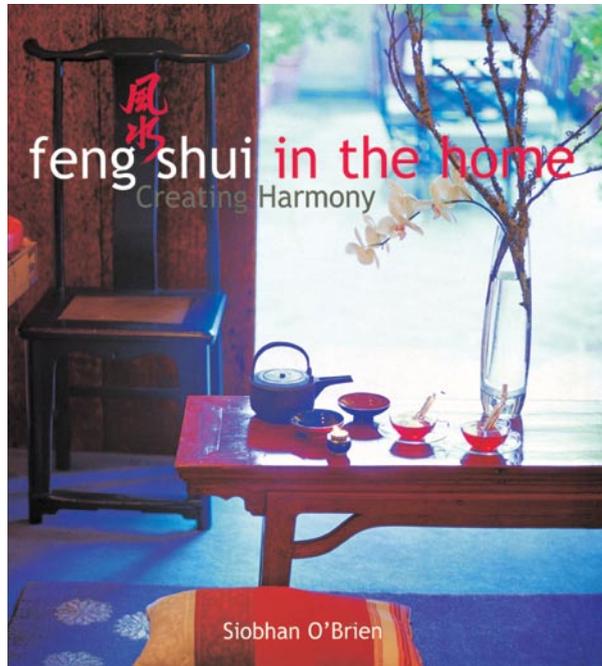
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writer **Simone Goldsmith**



## NUTSHELL GUIDES

authors **Susan Hui, Lorie Torpey and Ines Laimins**

Think Traditional Chinese Medicine (TCM) is about digesting strange dried plants and that yoga is about twisting yourself into a pretzel and listening to bells? Then these four informative guides will prove you wrong. Unraveling time-old traditions such as astrology, yoga and I-ching, each mini-book provides fresh perspectives on yoga poses, techniques and chants; philosophies of traditional Chinese medicine; ways to read and cast a hexagram; zodiac definitions and more. Easy to comprehend bullet points, images and charts, enhance the cute collection. [www.nutshell.com.hk](http://www.nutshell.com.hk)

## TOO DELICIOUS

authors **Claudia Shaw-d'Auriol and Dominica Yang**

Too Delicious is a collection of 60 delectable recipes perfect for any meal or occasion. The second offering from culinary duo Claudia Shaw-d'Auriol and Dominica Yang, its contents mirror the authors' cultural backgrounds and are a mixture of Asian and European influenced dishes that capture the rich

flavours and colours of east and west such as lamb rack in miso and sweet bean paste pancake. Designed for the kitchen apprentice, full colour photographs and the step-by-step instructions get tummy's rumbling for creations that promise minimum fuss, maximal taste. Proceeds from book sales go to 'Room to Read' – a charity providing books, schools and libraries to children across the developing world. [www.claudiaanddominica.com](http://www.claudiaanddominica.com)

## FENG SHUI IN THE HOME

author **Siobhan O'Brien**

According to Feng Shui, homes are direct extensions of ourselves. If that's the case and yours is a mess then maybe its time to get a copy of this book. Combining the eastern art of Feng Shui with contemporary interior design, this insightful tome encompasses more than 100 stunning photographs, straightforward instructions

and easy-to-follow diagrams to explain how energy relates to specific areas of your home and life such as wealth, love and health. As practical as it is informative, the book provides a history of feng shui and will leave you wondering why you didn't adopt the practice sooner.

[www.tuttlepublishing.com](http://www.tuttlepublishing.com)

## THAILAND CHIC

authors **Chami Jotisalikhorn and Annette Tan**

For a long time now, the essence of Thailand has been condensed into packages for the masses, filtering important elements of its history and traditions. Thailand Chic has been written for those who wish to experience the uncompromised version its beauty, culture, cuisine and heritage. Providing advice on secret places to view the island's most spectacular sights, this colourful book receives a double thumbs-up. Style gurus will appreciate useful information on the hottest spas, fashion, hotels and restaurants that Thailand has to offer. A must-have guide of all things lavish, with enticing images to match.

[www.thechiccollection.com](http://www.thechiccollection.com)

