

PALM SPRINGS

Flavors

THE BEST OF DESERT EATING
WITH RECIPES FROM THE AREA'S CHEFS

Henry Jewick & Eric Wadlund

PHOTOGRAPHY BY Tony Toney

Recipes For Fitness From The Palms At Palm Springs

ML Yell



Recipes For Fitness From The Palms At Palm Springs:

Recipes for Fitness Eleanor Brown,1980 *Recipes for Fitness for Very Busy People* Eleanor Brown,1985 *The Ultimate Recipe for Fitness* Sheila Cluff,Eleanor Brown,Itoko Maeno,1990 **The Ultimate Recipe for Fitness** Sheila Cluff,Eleanor Brown,Itoko Maeno,1990 Health Related Cookbooks Tian-Chu Shih,1991 Will assist in researching cookbooks designed for those with specific diseases or disorders as well as for special diets for general health extremely comprehensive CHOICE a good addition to public libraries of any library that supports a dietary or food services program ARBA *Orange Coast Magazine* ,1996-10 Orange Coast Magazine is the oldest continuously published lifestyle magazine in the region bringing together Orange County s most affluent coastal communities through smart fun and timely editorial content as well as compelling photographs and design Each issue features an award winning blend of celebrity and newsmaker profiles service journalism and authoritative articles on dining fashion home design and travel As Orange County s only paid subscription lifestyle magazine with circulation figures guaranteed by the Audit Bureau of Circulation Orange Coast is the definitive guidebook into the county s luxe lifestyle **Spa Management** ,2010 Forthcoming Books Rose Arny,1992 **The National Culinary Review** ,2002 **Orange Coast Magazine** ,1991-10 Orange Coast Magazine is the oldest continuously published lifestyle magazine in the region bringing together Orange County s most affluent coastal communities through smart fun and timely editorial content as well as compelling photographs and design Each issue features an award winning blend of celebrity and newsmaker profiles service journalism and authoritative articles on dining fashion home design and travel As Orange County s only paid subscription lifestyle magazine with circulation figures guaranteed by the Audit Bureau of Circulation Orange Coast is the definitive guidebook into the county s luxe lifestyle

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Wine Country Spas of California Laurel Cook, 2004 In this Wine Country edition of *Spas of California* Laurel Cook gives readers the best of two worlds her personal experience of selected spas located in Sonoma and Napa Valleys next to lists of local wineries and Web addresses within driving distance of each spa region Her Winery Notes offer intriguing tidbits about the wineries telling you where you can view the vineyards from an aerial tramway tour a wine cave attend jazz concerts and art exhibits play bocce ball stomp grapes at Crush time enjoy a picnic in the vineyards Traveling with children After luxurious excursions into the world of mineral water mud hot stone massage and herbal wraps how about sleeping with giraffes at Safari West in Calistoga Going to the Sun in Sonoma Watching El Machino make tortillas out of dollops of masa at Chevy's in Santa Rosa Those familiar with Cook's spa guidebooks will recognize her standbys from industry experts How to Receive a Massage How to Evaluate a Massage Practitioner Massage for Seniors and more

Fodor's Healthy Escapes Christine Swiac, 2003-01-01 Provides profiles of resort facilities detailing their services accommodations and costs and includes a directory of fitness cruises and a glossary of treatments and techniques

Insiders' Guide® to Palm Springs Ken Van Vechten, 2010-01-25 Palm Springs is the essential source for in depth travel and relocation information to this beautiful Palm Spring California Written by a true insider it offers a personal and practical perspective of Palm Springs and its surrounding environs

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