



# paradise found

the beautiful retreats  
and sanctuaries  
of california and the southwest

Photographs by Melba Levick

Text by Stanley Young

# Paradise Found The Beautiful Retreats And Sanctuaries Of California And The Southwest

**Clemens Wendtner**



## **Paradise Found The Beautiful Retreats And Sanctuaries Of California And The Southwest:**

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Eyewitness Travel Guide California truly shows you this state as no one else can      *The Beautiful Spas and Hot Springs of California* Stanley Young,1998 Describes 21 hot spring based spas and retreats throughout the state from affordable to exclusive A bit heavy on promotional adjectives but the lush color photos do make mud look amazingly tempting A map showing the spa locations would have been helpful Annotation copyrighted by Book News Inc Portland OR      *Paradise Found* ,1995-04-01      *Monterey Bay* Lucinda Jaconette,1999 The perfect companion for explorers of California s beautiful central coast has been completely revised and updated to include 16 helpful maps and 32 illustrations      *American Book Publishing Record* ,1995      The Complete Idiot's Guide to Self-healing with Spas and Retreats Linda Short,1999 Discover the total guide to selecting affording and getting the most out of the perfect spa experience from yoga to a good old fashioned facial massage mudbath approach with valuable tip and steps to bringing luxuries home Illustrations throughout      **The Publishers Weekly** ,1995      **California** ,1997      **Sacred Space, Sacred Sound** Susan Elizabeth

Hale,2013-11-01 Visionary singer Susan Hale believes that early peoples deliberately built their structures to enhance natural vibrations She takes us around the globe from Stonehenge and New Grange to Gothic cathedrals and Tibetan stupas in New Mexico to explore the acoustics of sacred places But she says you don t have to go to the Taj Mahal The sacred is all around us and we are all sound chambers resonating with the One Song      Four Seasons of Inner and Outer Beauty Peggy Wynne Borgman,2000 If observed properly the seasonal cycles of the natural world offer tremendous power for enhancing our physical and spiritual well being Acclaimed spa owner Peggy Borgman knows that by bringing ourselves in sync with these ancient rhythms through simple health and beauty rituals we can look and fee stronger healthier more relaxed and more radiant than ever before Four Seasons of Inner and Outer Beauty shares seasonal rejuvenating regiments that incorporate a variety of European spa techniques and Eastern wellness practices to restore balance and heal both the body and mind From a spring cleaning that detoxifies the body to banishing winter blues with aromatherapy Borgman s soothing prescriptions include meditations breathing exercises and herbal beauty treatments that make this a special nurturing handbook for cultivating inner and outer beauty throughout the year      *Subject Guide to Books in Print* ,1971      Los Angeles Magazine ,2004-05 Los Angeles magazine is a regional magazine of national stature Our combination of award winning feature writing investigative reporting service journalism and design covers the people lifestyle culture entertainment fashion art and architecture and news that define Southern California Started in the spring of 1961 Los Angeles magazine has been addressing the needs and interests of our region for 48 years The magazine continues to be the definitive resource for an affluent population that is intensely interested in a lifestyle that is uniquely Southern Californian      **Los Angeles Magazine** ,2003-11 Los Angeles magazine is a regional magazine of national stature Our combination of award winning feature writing investigative reporting service journalism and design covers the people lifestyle culture entertainment fashion art and architecture and news that define Southern California Started in the spring of 1961 Los

Angeles magazine has been addressing the needs and interests of our region for 48 years The magazine continues to be the definitive resource for an affluent population that is intensely interested in a lifestyle that is uniquely Southern Californian

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