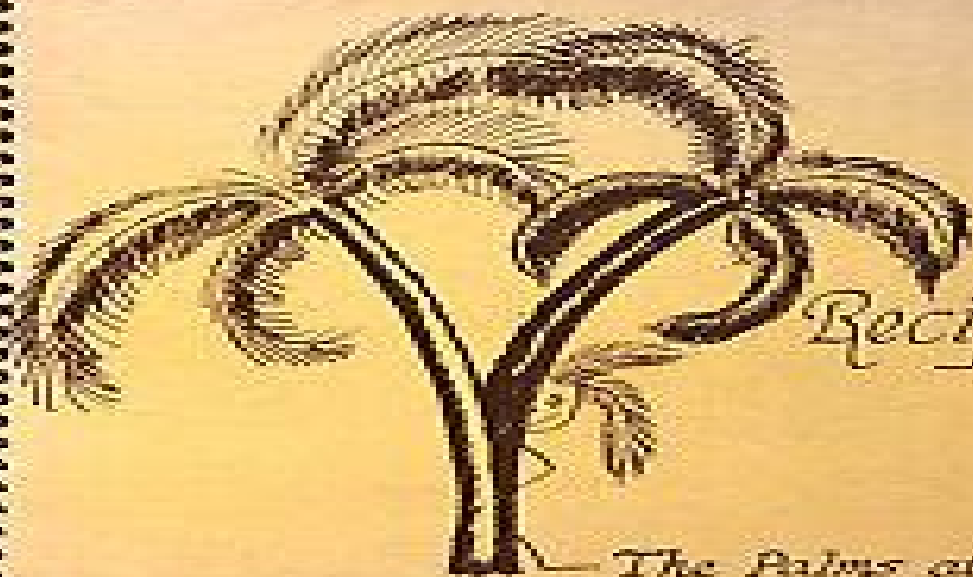




Recipes for Fitness

by
Eleanor Brown

The Palms at Palm Springs

Recipes For Fitness From The Palms At Palm Springs

Sheila Cluff, Eleanor Brown



Recipes For Fitness From The Palms At Palm Springs:

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Seafood Leader ,1991 *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 Taintown 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

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