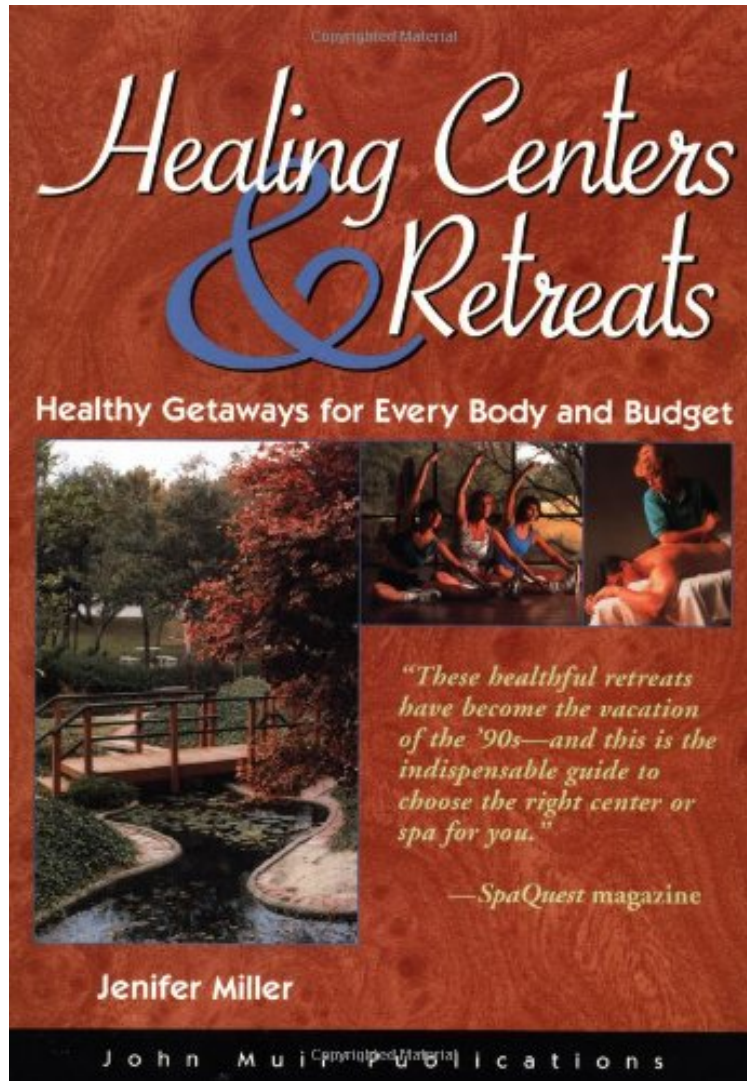


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DEL-Healing Centers and Retreats: Healthy Getaways for Every Body and Budget

Jenifer Miller

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Jenifer Miller : DEL-Healing Centers and Retreats: Healthy Getaways for Every Body and Budget before purchasing it in order to gauge whether or not it would be worth my time, and all praised DEL-Healing Centers and Retreats: Healthy Getaways for Every Body and Budget:

0 of 0 people found the following review helpful. Three Stars By Cynthia W McMath Outdated 17 of 17 people found the following review helpful. The definitive guide to alternative healing centers. By A Customer It's been a long time coming but my search is finally over. I have been waiting for a book of this type to come along since I was first

diagnosed with rheumatoid arthritis. Finding contemporary medicine unable to treat the pains I suffer, I soon began seeking "alternative" medicine. I was shocked to find so little information available and it soon became a struggle to combine work and healing on my very frequent business travels. Now with Ms. Miller's book always tucked away at my desk I am sure to find a center to fill my needs. I find her guide to be accurate, concise and interesting. Her descriptive style entices me to try new places and new treatments. I wish this book had been written five years ago, it sure would have saved me a lot of time, trouble and headaches. I seriously recommend this book as a must for travel agencies with clientele looking for "alternative" vacations. They and their clients will not be disappointed. 5 of 5 people found the following review helpful. So many ways to heal ourselves, so little time. By A Customer Thank Buddha for this most insightfull guide. Now I know where to go in order to get what I need. I feel much better just knowing that this is out there. Not only did it save me time in finding my perfect retreats it was also enjoyable to read. Ms. Miller's writting really held my interest, she is quite witty and amusing.

A former editor for "Spa" magazine profiles more than 200 healing centers, retreats, and spas across the U.S.

.com Whatever your goal for going to a spa or retreat (stress relief, meditation, thinner thighs), or your budget (from extravagant to Spartan), you'll find Healing Centers Retreats full of ideas about and insight into destinations across the U.S. and Canada. Author Jenifer Miller's comprehensive collection runs the spectrum from the gestalt focus of the celebrity-studded Esalen Institute in Big Sur, California, to the hatha yoga and massage offered at the rustic Trillium Retreat Center on Vashon Island, Washington, to the plush Aveda Spa Retreat in Osceola, Wisconsin. Miller's visited all these centers (lucky duck!), so you can fully trust her evaluations. She describes each site by atmosphere, accommodations, rates, services, staff, and nearby attractions. Toll-free numbers and Web-site and e-mail addresses are also included when applicable. If you've always wished for such a getaway, this book will inspire you to make plans--or nothing will. Miller also lists thorough descriptions of centers aimed at treating chronic ailments and disease (such as migraines or heart disease) through the use of biofeedback, Ayurvedic medicine, craniosacral therapy, nutritional treatments, Chinese medicine, or a customized combination thereof. And if you have never heard of craniosacral therapy, marma-point therapy, or holoenergetics, don't fret. Miller explains all in the fantastic glossary. There's also a thorough index with listings by healing center name, therapy used, and location.