



## Home Spa: Feet (Hardback)

By Tracey Kelly

Anness Publishing, United Kingdom, 2004. Hardback. Condition: New. Language: English . Brand New Book. A collection of instant, everyday cures for the feet, perfect to relieve aches and pains but also useful as part of an all-over beauty treatment. Try a combination of yoga, spa, and massage techniques, plus soothing lotions, to make tired, tense feet look and feel sensational. Includes tips on creating the perfect setting for regenerative foot therapy, in the comfort of the home. This book presents simple, easy-to-follow foot regimes that are the perfect foil to everyday stresses and strains. Soothe tired feet with an aromatic soak, and soften dry, cracked skin with easy-to-prepare foot lotions. A combination of stretching exercises and foot massage offers relief from aches and pains, and helps to improve posture and circulation. Complete with inspirational beauty tips, this is the ultimate guide to making feet feel great in the minimal amount of time.



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