

reviews

By Sarah Clark



Books

TITLE: Time to spa
AUTHOR: Steiner Leisure
EDITOR: Sarah Jacob Walker
PUBLISHER: Leonard Fluxman
ISBN: 0 9677040 0 6

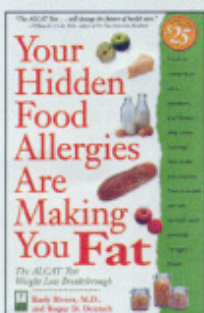
This beautiful little book is a total treat! The entire 'Time to spa' concept is simply that we should all just make and take time for ourselves (whenever possible) and use that precious time to incorporate elements of spa therapy into over stressed lifestyles.

Taking the reader through different aspects of detoxification, various massage techniques, reflexology, reiki, exercise, nutrition and of course hydrotherapy, makes this an ideal spa-resident read. It encourages clients to take the spa ethos away with them and recreate the feelings of calm and revitalisation achieved with a spa visit. Also a perfect purchase for the harassed spa manager, it works wonders as a gentle reminder to take a little of their own advice!

This is a superb spa book to dip into and read at leisure, its illustrations alone inspire to make time and relax. I defy anyone to read through it and not feel better already...

TITLE: Your hidden food allergies are making you fat
AUTHOR: Rudy Rivera, MD and Roger D.Deutsch
PUBLISHER: Prima Publishing
ISBN: 0 7615 1434 1

Primarily concerned with the effects of food intolerance on the health of



Americans (and presumably the rest of the developed world), this book is an invaluable resource for those looking into the relationship between food allergy and obesity. Dispelling the myth

that the only factors in the overweight issue are the volume, fat and calorie content of the food we eat, the book is full of case studies of those who have lost weight, regained energy and improved health by merely eliminating their 'trigger foods'

A very convincing read which contains medical research and the relevant facts and figures to back up the theories. Roger D.Deutsch is the founder and CEO of AMTL, the company

which has developed the ALCAT food intolerance test, and naturally the book refers to the test throughout as a means of discovering foods which could cause reactions in the reader.

This book is certainly thought provoking, and raises important issues about the way food can affect health - and not just the obvious options. However, it often places too much focus on weight loss, to the detriment of other conditions which can be improved by a change in diet. Definitely worth a look, if only to gain awareness of the types of food often charged with being the main intolerance culprits. Essential research reading for those considering the introduction of food intolerance testing.

Websites

www.elemis.com/home.html

...Light, balance, spirit, tranquillity, harmony, escape, retreat...The Elemis Aromapure website emphasises its core concepts through the wonders of the worldwide web. Artistic use of imagery and soft lavender backgrounds combine with useful features to create a lovely portal into the world of Elemis, its products, vision and philosophy.

For clients who can't resist the allure of buying online, the 'Spa Shop' makes it possible to order Elemis products. Customers unsure of which products to purchase can talk to Nicky, a fully trained beauty consultant on hand to advise by telephone or e-mail. Just complete the online enquiry form and she promises a swift response. Useful FAQ's and a selection of endorsements including Harpers Et Queen, The Mail on Sunday, and even the



Financial Times complement Elemis' own product descriptions.

Some areas of the website are still under construction but promise to be worth bookmarking as soon as they are fully operational. With news and information on the new Day Spa and the International launch of some spectacular spa therapies, the Elemis site is certainly well worth a visit, with plenty to look forward to in the future!

www.dermalinstitute.com

This website exudes professionalism, from reassuring images of white-coated beauty therapists performing treatments, to the effective site organisation for maximum user convenience. You'll need Adobe Acrobat software to make the most of the features and this can be downloaded from the site if you don't already have it.

The site holds basic information about the International Dermal Institute, along with practicalities such as dates, times, classes and contents of any IDI courses, together with a location map and registration form. Unfortunately, prices are not available on-line and need to be confirmed by telephone.



Two excellent features include an e-library of interesting articles, a mine of useful information, and career opportunities. CVs can also be e-mailed to IDI offices in the United Kingdom, America and Australia. Good for anyone serious about spa beauty.