



Girls' Night in: Spa Treatments at Home

Jennifer Worick

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Girls' Night In is a playful and practical illustrated guide to creating spa parties sure to nourish the soul and soothe the body. Divided by season, each spa party, 12 in all, features a fun theme and includes fresh spa concoctions, activities, and foods, as well as music and decorating suggestions. Jennifer Worick presents a plethora of ideas, including the invigorating spring spa, designed to revitalize skin and spirit after the cold winter months; the energizing honey spa, certain to put new life in tired engines; and the classic slumber spa, in which pajamas, giggling, and gossip are mandatory. She's also taken some of the hottest spa treatments, such as a hot stone massage, cranial-sacral massage, and crystal therapy, and translated them for easy at-home use. Covering the basics, from invitations to the properly stocked spa pantry, the book also provides sidebars throughout that offer handy information on topics such as manicures and pedicures; the proper way to wash one's face; quotes and advice on beauty, health, and wellness; and tips from spas around the country.

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