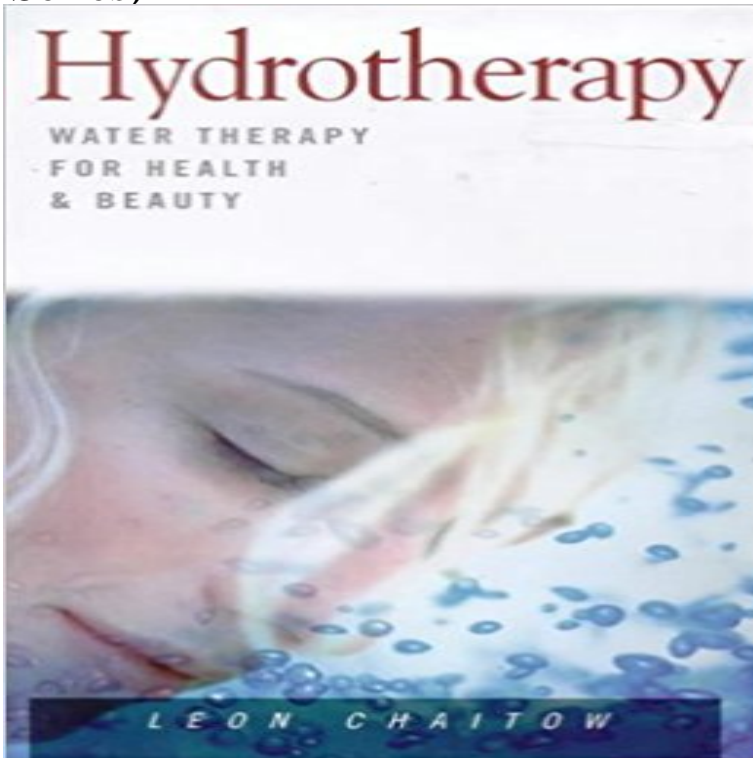


# Hydrotherapy: Water Therapy for Health and Beauty (Health Essentials Series)



Designed to help the curious newcomer gain a clear understanding of complementary healthcare, Health Essentials is a series of practical books which give the facts you need to know about natural therapies and describe how they work for you. Exceptionally clear and concise, each text is complemented by attractive illustrations. The profound benefits of hydrotherapy, also known as water therapy, are becoming increasingly recognised. Along with combating stress and stress-related problems such as fatigue, high blood pressure and migraines, its detoxifying properties have been proven to cleanse the system, leading to increased energy and vitality. This practical guide includes: How to create your own health spa; Home hydrotherapy treatments; Detox methods; Advice on consulting a practitioner; How to incorporate hydrotherapy into an optimum health plan

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