



The Spa Less Traveled: Discovering Ethnic Los Angeles, One Massage at a Time

Gail Herndon

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The Spa Less Traveled takes readers on a tour of the dazzling array of ethnic massage places across Los Angeles County. The expert authors explain and demystify Asian and European massages as well as spa treatments. They explain the why, what and how of Korean, Thai, Chinese, Japanese, Russian and other ethnic spa treatments, leading readers to their own favorite spas. Includes tips on

- * what to expect at each spa
- * how to handle the language barriers
- * when and what to tip
- * where to eat and shop while you're in the neighborhood

The Spa Less Traveled is beautifully designed and illustrated with color photography, making it as much a gift as a guide. Spas are exploding in popularity, and this timely guide by two Southern Californians is just the ticket for a soothing adventure.



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