

spafinder wellness gift card

Spafinder Wellness Gift Card: The Perfect Present for the Self-Care Seeker

Are you searching for the perfect gift that screams "relaxation and rejuvenation"? Look no further than the Spafinder Wellness Gift Card. This isn't just another generic gift card; it's a passport to a world of wellness, offering unparalleled flexibility and a truly luxurious experience for the recipient. This comprehensive guide will delve into everything you need to know about Spafinder Wellness gift cards, from purchasing and using them to understanding their benefits and exploring alternative options if they don't quite fit your needs. We'll cover everything to ensure you make the perfect choice for that special someone (or yourself!).

What is a Spafinder Wellness Gift Card?

A Spafinder Wellness Gift Card is a prepaid card that can be used at thousands of spas, salons, and wellness centers worldwide. It's not limited to just facials and massages; think yoga retreats, acupuncture sessions, meditation classes – the possibilities are virtually endless. The recipient gets to choose the experience that best suits their needs and preferences, making it a truly personalized and thoughtful gift. This flexibility sets it apart from standard gift cards that might limit choices to a specific spa or type of service.

Why Choose a Spafinder Wellness Gift Card?

The beauty of a Spafinder Wellness gift card lies in its versatility. Here are some compelling reasons to choose one:

Unparalleled Choice: Unlike many other gift cards, Spafinder offers access to a vast network of wellness providers, ensuring the recipient finds something they'll love. This range includes both high-end luxury spas and more budget-friendly options, catering to various tastes and budgets.

Personalized Experience: The recipient is in control. They choose the treatment, the location, and the time that works best for them, maximizing the enjoyment and relaxation factor. This level of personalization makes it a far more thoughtful gift than a pre-selected treatment.

Easy to Purchase and Redeem: Spafinder gift cards are readily available for purchase online and at various retailers. Redemption is straightforward, with a simple process that usually involves presenting the card at the chosen establishment.

Perfect for Any Occasion: Whether it's a birthday, anniversary, holiday, or just a "thinking of you" gesture, a Spafinder Wellness gift card is appropriate for nearly any celebration. It shows you care about the recipient's well-being and their desire for self-care.

Various Gift Card Values: You can choose from a range of gift card denominations, allowing you to tailor the gift to your budget. This flexibility makes it a suitable choice for all types of gift-givers.

How to Purchase a Spafinder Wellness Gift Card

Purchasing a Spafinder Wellness gift card is a simple process. You can conveniently purchase them:

Online: Visit the official Spafinder website. You can select the desired denomination and personalize the gift card with a message. The card is then instantly delivered via email, ready to print or forward digitally.

Retail Partners: Check for Spafinder gift cards at participating retailers in your area. These may include department stores, pharmacies, or specialty gift shops. This option allows for immediate physical possession of the gift card.

How to Redeem a Spafinder Wellness Gift Card

Redeeming a Spafinder gift card is equally user-friendly:

1. Find a Participating Location: Browse the Spafinder website's extensive directory of participating spas and wellness centers. You can search by location, service type, and other criteria to find the perfect match for the recipient's preferences.
1. Book Your Appointment: Once a location is selected, contact the establishment directly to book an appointment. Inform them that you will be using a Spafinder gift card.
1. Present Your Card: During your appointment, simply present your Spafinder gift card to the spa staff for payment. The remaining balance will be shown on the card or in the app if applicable.

Alternatives to Spafinder Wellness Gift Cards

While Spafinder offers a fantastic range of options, other alternatives might be suitable depending on your needs:

Gift cards to specific spas: If you know the recipient's favorite spa, a gift card directly from that establishment offers a more targeted approach.

Experiences gift cards: Companies like Virgin Experiences offer gift cards that cover a wider range of activities, including spa treatments but also other experiences like cooking classes or adventure activities.

Maximizing the Spafinder Wellness Gift Card Experience

To truly elevate the experience, consider:

Personalization: Add a handwritten note expressing your well wishes and suggesting a specific treatment if you know the recipient's preference.

Timing: Gift the card at a time when the recipient is likely to have some free time for relaxation and self-care.

Consider the recipient's preferences: Don't assume everyone enjoys the same types of spa treatments. Consider their preferences and choose a card value accordingly.

Conclusion

The Spafinder Wellness Gift Card is a truly thoughtful and versatile gift, perfect for anyone who values self-care and relaxation. Its wide acceptance, ease of use, and personalized experience make it stand out from typical gift cards. Whether it's for a birthday, anniversary, or just a simple "thank you," a Spafinder Wellness gift card is sure to be appreciated.

FAQs

1. Can I use a Spafinder gift card online? While many spas allow online booking, the ability to use a Spafinder gift card for online purchases varies depending on the specific spa's policy. It's best to check with the spa directly.

1. What happens if the gift card balance is insufficient? You will be required to pay the difference between the card's value and the total cost of the services.

1. Does the Spafinder gift card expire? Spafinder gift cards generally have an expiration date. Check the terms and conditions printed on the card or provided during purchase.

1. Can I check the remaining balance on my Spafinder gift card? Yes, the balance can usually be checked online on the Spafinder website or app (if available) using the gift card number.

1. What if the spa I want to visit isn't listed on the Spafinder website? The list of participating spas is regularly updated, but if your preferred spa isn't listed, you can contact Spafinder customer support to inquire about potential additions or suggest a new partner.

spafinder wellness gift card: Health, Tourism and Hospitality Melanie Smith, Laszlo Puczko, 2014-02-03 Health, Tourism and Hospitality: Spas, Wellness and Medical Travel, 2nd Edition takes an in-depth and comprehensive look at the growing health, wellness and medical tourism sectors in a global context. The book analyses the history and development of the industries, the way in which they are managed and organised, the expanding range of new and innovative products and trends, and the marketing of destinations, products and services. The only book to offer a complete overview and introduction to health, tourism and hospitality this 2nd Edition has been updated to include: • Expanded coverage to the hospitality sector with a particular focus on spa management. • New content on medical tourism throughout the book, to reflect the worldwide growth in medical travel with more and more countries entering this competitive market. • Updated content to reflect recent issues and trends including: ageing population, governments encouraging preventative health, consumer use of contemporary and alternative therapies, self-help market, impacts of economic recession, spa management and customer loyalty. • New case studies taken from a range of different countries and contexts, and focusing on established or new destinations, products and services such as: conventional medicine, complementary and alternative therapies, lifestyle-based wellness, beauty and cosmetics, healthy nutrition, longevity and anti (or active)-ageing, amongst others. Written in a user friendly style, this is essential reading for students studying health, tourism and hospitality.

spafinder wellness gift card: Incentive , 2007 Managing and marketing through motivation.

spafinder wellness gift card: She Sheds Erika Kotite, 2017-01-15 She Sheds provides inspiration, tips, and tricks to help create the hideaway of your dreams--

spafinder wellness gift card: Mindful Eating Miraval, 2012-05-01 Internationally renowned and award-winning, Miraval Resort & Spa sits at the foot of the sprawling Santa Catalina Mountains

in Tucson, Arizona. There, nestled within the warm desert landscape, Miraval is the premier destination for life betterment—a place where guests feel, are, and can be more. Since its beginning in 1996, Miraval has upheld a powerfully simple vision: life is more meaningful and enjoyable when one's physical, emotional, spiritual, social, and intellectual components are in balance. The pioneer for mindfulness in every aspect of life, one of the pillars of Miraval's success is that healthy food can taste good. Long celebrated for delectable masterpieces in spa cuisine, Miraval's culinary team has created this compilation of balanced recipes, representing an invitation to continue eating the Miraval way—by expanding and mixing and learning more about one's needs while bringing diet into balance.

spafinder wellness gift card: Health and Wellness Tourism Melanie K. Smith, László Puczkó, 2009 Health and Wellness Tourism takes an innovative look at this rapidly growing sector of today's thriving tourism industry. This book examines the range of motivations that drive this diverse sector of tourists, the products that are being developed to meet their needs and the management implications of these developments. A wide range of international case studies illustrate the multiple aspects of the industry and new and emerging trends including spas, medical wellness, life-coaching, meditation, festivals, pilgrimage and yoga retreats. The authors also evaluate marketing and promotional strategies and assess operational and management issues in the context of health and wellness tourism. This text includes a number of features to reinforce theory for advanced students of hospitality, leisure and tourism and related disciplines.

spafinder wellness gift card: Yoga for a Healthy Lower Back Liz Owen, Holly Lebowitz Rossi, 2013-08-20 A guide to managing lower back pain through gentle yoga exercises—perfect for beginners and anyone with conditions like fibromyalgia and arthritis The sacrum, or lower back, is an incredibly powerful part of the human anatomy. It's what enables you to stand upright and tall, it unites your upper and lower body, it roots you to the earth—and it is one of the most common areas where people experience chronic pain and discomfort. Yoga practice can have a transformative effect on lower back problems: it allows the body to gain the range of movement and flexibility that short-circuits the mind's perception of limitation and pain. Yoga for a Healthy Lower Back will help you understand lower back pain and heal it through gentle exercises that can be done even by those with no previous yoga experience. Liz Owen describes the anatomy of the sacrum and the region around it, including the hips and lumbar spine, and illuminates both the Western and Eastern approaches to understanding back pain. She then provides simple, easy-to-learn sequences of yoga poses for general sacrum health and then for specific issues or conditions such as pregnancy, fibromyalgia, and arthritis, among others.

spafinder wellness gift card: BBW. , 2002

spafinder wellness gift card: *Understanding the Global Spa Industry* Gerard Bodeker, Gerry Bodeker, Marc Cohen, 2010-08-20 • Spa services and the development of the spa business from its historical beginnings to the size of the market today. • Business development and planning, spa operations and business models. • Spa products and technologies, retailing and the application of branding and marketing strategies. • Infrastructure, design and environmental issues including sustainability and social and environmental benchmarking. • Human resources issues from education and training to professional and regulatory issues and professional and corporate ethics and values.

spafinder wellness gift card: The Know-It-All's Guide to Life John T. Walbaum, 2003 These topics and many more are illuminated with wit and brevity. You'll get useful advice about a myriad of subjects including: personal finance, health, sports, travel, automobiles, careers, and food. And the information is not hidden behind a lot of jargon or filler material. With just a few pages devoted to each area of discussion, you will learn things like how to negotiate with a contractor, try your own court case, join Mensa, become a movie star, get a patent, avoid being hit by lightning, run a democracy...even save the Earth. And that's just a small sample of topics -- from the glorious to the goofy -- covered within. Book jacket.

spafinder wellness gift card: *Resorts* Robert Christie Mill, 2008 This updated second edition

of Resorts: Management and Operation addresses the expansion of the resort industry and provides practical, need-to-know information on the development and management of all aspects of these properties, which include ski areas, gaming properties, cruise ships, and spas.

spafinder wellness gift card: Lovers' Yoga Darrin Zeer, 2010-07-01 Best-selling author Darrin Zeer knows it takes two to tango—and two to yoga! His latest winner, *Lovers' Yoga*, shows how easy it is for couples to indulge in nurturing, soothing partner exercises to relax, rejuvenate, and create deep, lasting bonds. Delightfully illustrated, this little handbook outlines 60 surprisingly simple stretches organized into five chapters: Playful, Powerful, Peaceful, Patient, and Passionate. The exercises build on one another, so couples can indulge in one stretch, a chapter sequence, or the entire book from beginning to end. Whether time allows for a few minutes or a few hours, *Lovers' Yoga* aims to renew the connection and reignite the passion.

spafinder wellness gift card: One Year to a Successful Massage Therapy Practice Laura Allen, 2008-01-11 *One Year to a Successful Massage Therapy Practice* is designed for all massage practitioners, whether they are beginning their business or need to revitalize it. This new text utilizes no-cost and low-cost marketing methods in a week-to-week planning format. Sample letters are included where appropriate. Readers are encouraged to be proactive in their business and perform the activities set forth in each chapter, then journal their results. At the end of one year, the practitioner will have a documented, successful business plan.

spafinder wellness gift card: Cases in Public Relations Management Patricia Swann, 2014-02-18 Developed for advanced students in public relations, *Cases in Public Relations Management* uses recent cases in public relations that had outcomes varying from expected to unsuccessful. The text challenges students to think analytically, strategically, and practically. Each case is based on real events, and is designed to encourage discussion, debate, and exploration of the options available to today's strategic public relations manager. Key features of this text include coverage of the latest controversies in current events, discussion of the ethical issues that have made headlines in recent years, and strategies used by public relations practitioners. Each case has extensive supplemental materials taken directly from the case for students' further investigation and discussion. The case study approach encourages readers to assess what they know about communication theory, the public relations process, and management practices, and prepares them for their future careers as PR practitioners. New to the second edition are: 27 new case studies, including coverage of social media and social responsibility elements New chapters on corporate social responsibility (CSR) and activism End-of-chapter exercises Embedded hyperlinks in eBook Fully enhanced companion website that includes: Instructor resources: PowerPoint presentations, Case Supplements, Instructor Guides Student resources: Quizzes, Glossary, Case Supplements

spafinder wellness gift card: Debt-Proof Your Christmas Mary Hunt, 2012-09-01 Christmas may be the most wonderful time of the year, but it's also one of the most stressful--and most expensive. Expectations run high and it's tempting to whip out the credit cards to create the perfect Christmas for your family, with lavish meals, new decorations, and the latest, greatest gadgets and fashions for everyone on your Christmas gift list. But you don't have to overspend or go into debt to have a fabulous holiday. Financial expert Mary Hunt shows readers how. She helps readers assess their financial situation, commit to no new debt, and think creatively about their gift list. With Mary's guidance, readers will identify what has caused them to overspend in the past and approach this Christmas with a plan and a new attitude toward holiday spending. This just might be the best gift you can give yourself and your family. This book is an updated edition of *Debt-Proof the Holidays*.

spafinder wellness gift card: The Cancer-Fighting Kitchen Rebecca Katz, Mat Edelson, 2010-10-06 *A Culinary Pharmacy in Your Pantry The Cancer-Fighting Kitchen* features 150 science-based, nutrient-rich recipes that are easy to prepare and designed to give patients a much-needed boost by stimulating appetite and addressing treatment side effects including fatigue, nausea, dehydration, mouth and throat soreness, tastebud changes, and weight loss. A step-by-step guide helps patients nutritionally prepare for all phases of treatment, and a full nutritional analysis

accompanies each recipe. This remarkable resource teaches patients and caregivers how to use readily available powerhouse ingredients to build a symptom- and cancer-fighting culinary toolkit. Blending fantastic taste and meticulous science, these recipes for soups, vegetable dishes, proteins, and sweet and savory snacks are rich in the nutrients, minerals, and phytochemicals that help patients thrive during treatment. Whole foods, big-flavor ingredients, and attractive presentations round out the customized menu plans that have been specially formulated for specific treatment phases, cancer types, side effects, and flavor preferences. The Cancer-Fighting Kitchen brings the healing power of delicious, nutritious foods to those whose hearts and bodies crave a revitalizing meal. The Cancer-Fighting Kitchen took home double honors at the prestigious IACP 2010 Awards, named a winner in both the Health and Special Diet category and the People's Choice Award. From the Hardcover edition.

spafinder wellness gift card: The Trigger Point Therapy Workbook Clair Davies, Amber Davies, 2013-09-01 Trigger point therapy is one of the fastest-growing and most effective pain therapies in the world. Medical doctors, chiropractors, physical therapists, and massage therapists are all beginning to use this technique to relieve patients' formerly undiagnosable muscle and joint pain, both conditions that studies have shown to be the cause of nearly 25 percent of all doctor visits. This book addresses the problem of myofascial trigger points—tiny contraction knots that develop in a muscle when it is injured or overworked. Restricted circulation and lack of oxygen in these points cause referred pain. Massage of the trigger is the safest, most natural, and most effective form of pain therapy. Trigger points create pain throughout the body in predictable patterns characteristic to each muscle, producing discomfort ranging from mild to severe. Trigger point massage increases circulation and oxygenation in the area and often produces instant relief. The Trigger Point Therapy Workbook, Third Edition, has made a huge impact among health professionals and the public alike, becoming an overnight classic in the field of pain relief. This edition includes a new chapter by the now deceased author, Clair Davies' daughter, Amber Davies, who is passionate about continuing her father's legacy. The new edition also includes postural assessments and muscle tests, an illustrated index of symptoms, and clinical technique drawings and descriptions to assist both practitioners and regular readers in assessing and treating trigger points. If you have ever suffered from, or have treated someone who suffers from myofascial trigger point pain, this is a must-have book.

spafinder wellness gift card: Pregnancy After Loss Support Emily Long, Lindsey Henke, 2020-03 This book is a simple book of love written for you, a mom pregnant again after loss, from other loss moms who have been where you are now. In the pages of this book, we share letters of love from our hearts to yours with the hope that, maybe, in the darkest, loneliest hours of grief and fear, you will find a little bit of comfort in the words offered here. Our deepest desire is for you to know that you are not alone. We are with you. When needed, let us carry your hope for you when it feels impossible to find. Let us wrap you in love and be a light in the darkness as you carry both hope and fear and engage in the most courageous act - to choose for life after you have known death.

spafinder wellness gift card: National Geographic Guide to Medicinal Herbs Rebecca L. Johnson, David Kiefer, 2010 A resource organized by body system lists the key herbal remedies available, their uses, and cautionary advice, in a book that includes full-color photos, a glossary and several thematic indexes.

spafinder wellness gift card: What to Do When You're Having Two Natalie Diaz, 2013-12-03 Revised and updated in 2020 The creator of Twiniversity delivers an essential update to her must-have manual to having twins, now with expanded info on twin pregnancy and tandem breastfeeding, and advice on the best gear to help save your sanity. With almost two times as many sets of twins today as there were forty years ago, What to Do When You're Having Two has quickly become the definitive resource for expectant and new parents of multiples. A mom of fraternal twins and a world-renowned expert on parenting multiples, author Natalie Diaz launched Twiniversity, the world's leading global resource for twin parenting information and support online. Now, with her

expanded edition of *What to Do*, she includes new information on breastfeeding, gear, sleep, and having two when you already have one, as well as: • creating your twin birth plan, • maintaining a realistic sleep schedule, • managing tandem breastfeeding, • stocking up on what you'll need (and knowing what high-tech products are now available and what's a waste of money), and • building a special bond with each of your twins. Accessible, informative, and humorous, *What to Do When You're Having Two* is the must-have manual for every parent of twins.

spafinder wellness gift card: *Cooperative Living* , 2005

spafinder wellness gift card: *Face-To-Face with Doug Schoon Volume I* Doug Schoon, 2016-08-15 Volume 1 contains fact-based answers to questions from actual nail professionals. Based on *Face to Face with Doug Schoon*, Episodes 1-50.

spafinder wellness gift card: *Wellness and Medical Tourism in Australia* , 2010 The report provides information and outcomes relevant for future development of the wellness and medical tourism industries in Australia. -- Summary.

spafinder wellness gift card: *Ganja Yoga* Dee Dussault, 2017-04-18 In this book, yoga teacher Dee Dussault brings the ancient tradition of using cannabis to enhance spiritual practice to a western audience. She describes the act of Ganja Yoga as a ceremony that makes conscious relaxation an intentional ritual that can be improved upon with practice. Dee Dussault is a certified yoga instructor and the first person to bring cannabis-enhanced yoga classes to North America. In *Ganja Yoga*, Dee walks readers through the considerations and best practices for introducing cannabis into your yoga practice, or infusing yoga into your smoking routine. It's equally useful for those who want to attend classes or use the book in the comfort of their own homes. *Ganja Yoga* will assist readers in how to: • Reap the benefits of profound relaxation • Assume an altered state in a safe, energizing way • Deepen the spiritual practice of yoga • Reconnect with the body using ancient techniques • Select the best setting, time, method of consumption, strains, poses and breathing techniques to ensure an excellent experience. *Ganja Yoga* isn't just a guide to mixing cannabis and exercise, it's a lifestyle practice for a more stress-free, harmonious world.

spafinder wellness gift card: *Hold Me in Contempt* Wendy Williams, 2014-04-15 Move over 50 Shades, there's a new romance in town. Superstar Wendy Williams brings on the heat in her first ever, no-holds-barred, down and dirty, romance novel. Kimberly Kind is trying to get beyond her roots. A successful, beautiful, smart lawyer, she's finally finding direction in her life and getting out of the streets. But a terrible accident threatens to throw her carefully laid plans off course. Now Kim's hiding a huge secret... one that could threaten everything. Enter King. A perfect mix of Justin Timberlake and David Beckham, the man oozes sex and has more swagger than anyone Kim's ever met. Their chemistry is off the charts. But after passion-filled nights, the intensity of their emotions takes both of them by surprise. Love was not supposed to be an option. Now it's the only thing holding them together. When their pasts come back with a vengeance, can love possibly be enough?

spafinder wellness gift card: *A Parent's Guide to Raising Grieving Children* Phyllis R. Silverman, Madelyn Kelly, 2009 When children lose someone they love, life is never the same. In this sympathetic book, the authors advocate an open, honest approach, suggesting that our instinctive desire to protect children from the reality of death may be more harmful than helpful.

spafinder wellness gift card: *Love Illuminated* Daniel Jones, 2015-02-03 As the editor of the New York Times' popular *Modern Love* column, Daniel Jones is privy to the deepest personal revelations of tens of thousands of strangers. In *Love Illuminated*, he uses his unique perspective to tease apart life's most mystifying subject. Drawing from the 50,000 tales of love that have crossed his desk, Jones traces the arc of human relationships through ten phases, starting with the pursuit, sense of destiny, vulnerability, connection, and trust of new love, and then turning to the practicality, monotony, infidelity, loyalty, and wisdom of love matured. With empathy and wry humor, he takes readers on an enlightening journey through the highs, lows, and enduring unknowns of this universal experience that rattles the head and stirs the heart.

spafinder wellness gift card: *Destination Wellness* Annie Daly, 2021-05-11 True well-being isn't hard to find. You just have to know where to look. In this insightful, full-color tour of Jamaica,

Norway, Hawai'i, Japan, India, and Brazil, wellness and travel journalist Annie Daly shares a diverse array of philosophies, lifestyles, and practices for better living. Fed up with the commercialization of the wellness industry after working in it for years, Annie embarked on an inspiring adventure through some of the world's happiest and healthiest cities and villages to find out what we can learn from them. Whether she's hiking along gorgeous fjords in Norway to see why Norwegians are so dedicated to getting outside, soothing her spirit with Hawaiian salt water cleanses, or learning about the importance Brazilians place on community, Annie combines on-the-ground reporting with heartfelt personal narrative to share the global lessons, philosophies, and customs that prove that wellness is not about the products—it's about the way you live your life. With candid photography, lesser-known history sidebars, and guidance on how to incorporate these often ancient and always timeless practices into your own lifestyle, this culturally-immersive read invites you to view the world through a different lens and decide what being well means to you. Destination Wellness is the perfect book for: • Anyone who has embraced hygge and is looking for new lifestyle inspiration • Armchair travelers and staycationers • Happiness and inspiration seekers • Wellness and travel enthusiasts • History lovers

spafinder wellness gift card: The Ladies' Home Journal , 2004-09

spafinder wellness gift card: **It's Not about the Horse** Wyatt Webb, 2010-06 If you can't meet Wyatt in person, then reading his book is the next best thing! Learn about The Equine Experience, developed by Wyatt Webb, it's a new form of therapy that blends horse sense with common sense. Even though Wyatt has been a practicing therapist for a number of years, his tools don't involve a leather couch, and his helpers don't arrive in suits or high heels. Of course, they wear shoes - but not the kind they sell at Bloomingdale's. "You're going to clean some hooves," he tells the group, "and you're going to groom the horse. How you relate to this animal will tell us what you've learned over the course of your lifetime concerning how you relate to all living things. Your basic training has come from learning how to treat people." He pauses and adds, "remember one thing: It's not about the horse."

spafinder wellness gift card: New World Sourdough Bryan Ford, 2020-06-16 Best-selling cookbook New World Sourdough offers an inviting, nontraditional approach to baking delicious, inventive sourdough breads at home. Learn how to make a sourdough starter, basic breads, as well as other innovative baked goods from start to finish with Bryan Ford, Instagram star (@artisanbryan) and host of The Artisan's Kitchen on Chip and Joanna Gaines' Magnolia Network. With less emphasis on perfecting crumb structure or obsessive temperature monitoring, Bryan focuses on the tips and techniques he's developed in his own practice, inspired by his Honduran roots and New Orleans upbringing, to ensure your success and a good return on your time and effort. Bryan's recipes include step-by-step instructions and photographs of all of the mixing, shaping, and baking techniques you'll need to know, with special attention paid to developing flavor as well as your own instincts. New World Sourdough offers practical, accessible techniques and enticing, creative recipes you'll want to return to again and again, like: Pan de Coco Ciabatta Pretzel Buns Challah Focaccia Pizza dough Cuban Muffins Pita Bread Flour Tortillas Queen Cake Straightforward and unintimidating, New World Sourdough will get you started with your starter and then inspire you to keep experimenting and expanding your repertoire.

spafinder wellness gift card: McCormick & Schmick's Seafood Restaurant Cookbook William King, 2005 Freshness. Quality. Elegance. The McCormick & Schmick's Seafood Restaurants have been providing delightful seafood tailored to regional tastes for more than thirty years. Now, diners and chefs can bring home the bold flavors of Grilled Mahi with Rum Butter, the savor of Lobster and Shrimp Cr'pes, and the classic charm of Swordfish Ricotta. This beautiful book contains more than ninety recipes, ranging from the Oyster Po' Boy Sandwich to the Crab, Mango, and Avocado Tower. Fish lovers will delight in over 180 pages of tantalizing fresh seafood recipes, including full-color photography by renowned Northwest photographer, Rick Schafer, and recipe compilation by Chef William King, the executive chef of the McCormick & Schmick's Seafood Restaurants across the country. This cookbook is perfect for the home-cook, whether cooking for entertainment, or just for

the family.

spafinder wellness gift card: Boutique Design , 2008

spafinder wellness gift card: Spa Business , 2009

spafinder wellness gift card: Harper's Bazaar , 2007

spafinder wellness gift card: **Advanced Professional Skin Care** Peter T. Pugliese, 2005

Advanced Professional Skin Care, Medical Edition is the most informative, well-written, and current guide for high-level skin care students and professionals on the market today. The skin care industry is booming with more practitioners, more customers to service, more information, better instruments, and better products! The growth is incredible, which means that the educational materials need to be better than ever. The material in this book provides professionals with current information preparing them for the future of the skin care industry. The experienced esthetician is provided with current skin care science as well as advanced science to prepare for any and all industry developments. The reader is educated in chemistry, physiology, and pathology of the skin to prepare them for more in-depth treatments and methods. Another feature is a new model for skin typing called EA Isotypes that is based on hormonal markers and replaces the antiquated ?dry, normal, oily? system. There is also focus on a discussion of the methods and products designed to stimulate cellular skin repair without damage. The book includes a section on cosmetic chemistry that gives the reader the tools they need to evaluate any products based on basic performance parameters, and there is a special guest chapter by Scotland?s premier practitioner of herbal medicine addressing the use of botanicals. Many illustrations, sidebars, tables, and graphs are placed throughout the book helping to enhance the text and lead to a better understanding of the content. Other features include website and periodical references as well as a Latin pre-fix section. This book is the must-have reference for the serious skin care professional or graduating student ready to enter the rewarding world of professional skin care!

spafinder wellness gift card: *The Heart of a Military Mom* Army Mom Strong, Elaine Brye, 2017-04-11 Do you need someone encouraging you, especially when you are learning to let go of your child to military service? How about when they are difficult places or in harm's way? Do you feel stressed or worried? You are not alone. Elaine Brye and Army Mom Strong have combined their efforts to create a powerful, emotional and inspirational pictorial book of encouragement and support for military moms of all branches. The authors are veteran military moms who have supported many moms through the challenges that come with sending a child into harm's way. The Heart of a Military Mom gives you valuable insights to help you to stand strong in the face of fear and on the home front. It is the first in a series of supportive books to inspire you to create a more fulfilling journey as a military mom.

spafinder wellness gift card: **Romantic as Hell** Rodney LaCroix, 2015-08-14 When Rodney Lacroix was growing up, he wanted to be the world's most romantic man. Actually, he wanted to be an astronaut, a fireman, an architect, and in his later years, an adult film star. After those attempts failed, he settled on becoming ridiculously romantic. And in this role, he has found success. Written in his trademark style, Romantic As Hell shares inventive and creative ideas to help the lover in you. You'll also find a bevy of pitfalls and blunders Rodney's made along the way. So prepare to enter the world of Rodney Lacroix. Look around, get some ideas, learn some new tricks. But be careful. You don't want to step in anything.

spafinder wellness gift card: **Odessa Recollected** Patricia Herlihy, 2019-01-29 Odessa, a Black Sea port founded by Catherine the Great in 1794, shortly after the territory was wrested from the Ottoman Empire, became a boomtown on the southern fringe of the Russian Empire. Catherine and the early administrators of the city, such as the Duke de Richelieu, promoted settlement by Europeans in addition to the Greek, Italians, and Jews who came on their own initiative to take advantage of economic opportunities in the robust grain trade with Europe. More ethnically diverse by far than St. Petersburg, Odessa became a remarkable independent-minded, large cosmopolitan city, attracting and producing noted writers, artists, musicians and scholars. Imperial Russian tsars and Soviet leaders maintained an ambivalent attitude towards the maverick city, appreciating the

fame and fortune it generated, but also leery of the activities of secret foreign national societies, pogromists, revolutionaries and simply the perceived lack of patriotism in the singular city so far away from the heart of Russia. With the withering of the lucrative grain trade by the time of the Soviet Union, Odessa became a neglected city, drained of its foreign flavor. With the independence of Ukraine in 1991, there were hopes raised that the architectural beauty and economic prospects of the city would be revived. Given the current hostilities in Eastern Ukraine with the potential of the Odessa area becoming a possible land bridge to the Crimean Peninsula, the fate of the former Pearl of the Black Sea hangs in suspension. The present book brings together--indeed, re-collects--some of the most valuable and thought-provoking research on Odessa and its culture, community, and economy published by Patricia Herlihy over several decades of her work. Scholars of Ukraine, Russia, and the former Soviet Union will find in this book a helpful resource for their research and teaching.

spafinder wellness gift card: Don't Judge a Book by It's Cover Deborah WILLIS, Pamela SMITH, 2021-05-09 God, everyone likes to feel like they look good. We are vain creatures, and society does a good job of judging everyone based on their outward appearance.

spafinder wellness gift card: Amenti Oracle Feather Heart Deck and Guide Book Jennifer Sodini, 2019

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