



# Pleasure Healing: Mindful Practices and Sacred Spa Rituals for Self-Nurturing

*Mary Beth Janssen*

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Spas have become self-care oases for millions of people living busy, hectic lives. And while your skin may be smoother when you leave, the relaxation response sparked by a visit to the spa is an equally invaluable gift. **Pleasure Healing** will help you give that gift to yourself every day by bringing relaxation and present-moment awareness into your life. As you incorporate mindfulness techniques including meditation, healing breath work, conscious movement, and other pleasure-healing rituals into your daily routine, you'll notice the spa ethos transforming your mindset, calming stress, and enriching your life.

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