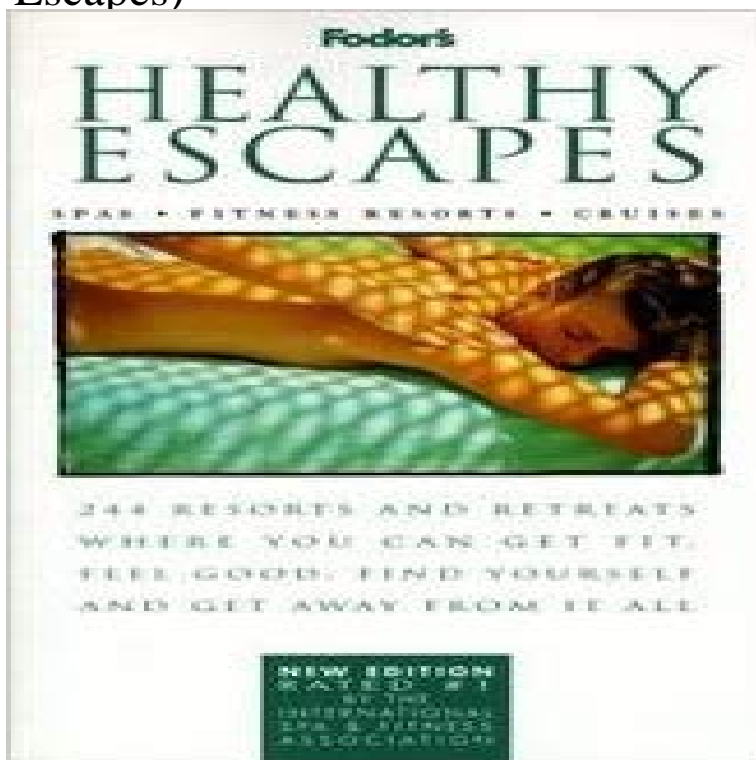


# Healthy Escapes: 243 Resorts and Retreats Where You Can Get Fit, Feel Good, Find Yourself and Get Away from It All (Fodors Healthy Escapes)



The most comprehensive, up-to-date guide on spas in North America and the Caribbean, with listings of 244 resorts and retreats where you can feel good, find yourself, get away from it all, and maybe even jump-start your fitness program. Packed with listings that make it easy for anyone to find the perfect spa (whether you want to focus on holistic health, spiritual awareness, or weight management). Highlights programs ranging from luxury pampering, life enhancement, nutrition and diet, and stress control to preventive medicine, sports conditioning, spas with great resort facilities, and more. Coverage of shipboard fitness programs and programs that stand out for senior citizens and kids. Each spa entry includes a comprehensive overview of the facility and its history as well as complete information about the accommodations, rates, and how to get there. Special directories cross-reference each location by name and by specialty

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