

Spa Water

A Guide to Creating World Class
Spa Water at Home

FOR IMMEDIATE RELEASE

Cheers! A Drink to Your Health

New Book Features Award-Winning Spa Water Recipes

Top spas from around the world have known for ages the amazing benefits of fruit, herb and flower-infused water. They've touted the benefits of healthy hydration and strived to create healthier, more delicious and aesthetically appealing spa water for their guests. In fact, a growing trend in many resort-style spas is to rely on the expertise of a spa water chef to create unique spa waters that not only replenish but enhance relaxation.

But why wait for a trip to the spa when you can create healthy hydrating water at home?

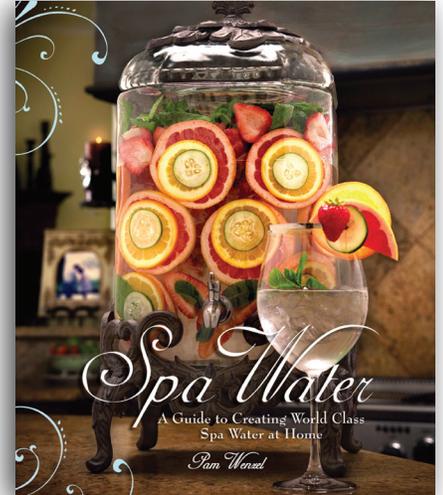
Pam Wenzel, author of newly released ***Spa Water: A Guide to Creating World Class Spa Water at Home*** (Brown Books Publishing Group), brings home a collection of twenty-two refreshing recipes shared by award-winning spas from around the world. "Cantaloupe Aqua Fresca" from the Trellis Spa, The Houstonian Hotel, Houston, TX; "Orange Basil" from the Heavenly Spa by Westin, the Westin Denarau Island Resort & Spa, Fiji; and "Kapha Balancing" from The Raj Maharishi Ayurvedic Health Spa, Maharishi Vedic City, Iowa are just a few of the mouth-watering recipes presented in this beautifully photographed spa water recipe book.

Creating healthy, delicious, vitamin-infused water is simple, inexpensive and eco-friendly. With a large container, a few ingredients and a little imagination, the possibilities are endless. Plump, ruby red berries layered with fragrant, bright green limes suspended in icy cold water; who could resist? Presented in an elegant beverage server and poured into oversized wine or water glasses, these creations become conversational showpieces at home with family and when entertaining guests.

Pam was inspired to write *Spa Water* recognizing that we live in a more health-conscious society, where people have become increasingly aware of the many benefits associated with proper hydration. A seventeen-year breast cancer survivor, Pam discovered a number of correlations between dehydration and health while doing research for her book. She found dehydration could be a major contributing factor—not only to a higher cancer risk, but for digestive problems, back and joint pain, obesity, overall poor health and disease.

So drink up! Whether striving to create a healthier lifestyle for you and your family or welcoming special guests, this beautiful collection of spa water recipes is designed to refresh body and soul. *Spa Water* is available online and at bookstores.

While Pam's primary goal is to help bring awareness to the importance of healthy hydration, she has also joined forces with the Dr. Susan Love Research Foundation's Army of Women in their effort to recruit one million women to participate in their study to determine the cause of breast cancer. To learn more visit: www.myspawater.com and www.armyofwomen.org.



Brown Books Publishing Group • www.brownbooks.com
Contact: Cindy Birne or Cathy Williams at 972.381.0009
cindy@brownbooks.com or cathy@brownbooks.com

SPA WATER: A GUIDE TO CREATING WORLD CLASS SPA WATER AT HOME
AUTHOR: PAM WENZEL | WWW.MYSPA WATER.COM
CATEGORY: HEALTH & FITNESS/HEALTHY LIVING
ISBN-13: 978-1-934812-65-5 | HC: \$29.95