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# Spa-mazing!: Discover Your Own Way To Relax And Pamper Yourself With Activities, Quizzes, Crafts-and More! (Truly Me)



## Synopsis

Sometimes you get so busy with homework, friends, sports, hobbies, family, and more, that you just need a little time to relax -- and recharge! Not only that, but on days when you don't feel like you (maybe you're a little tired, cranky, or sad), creating some "you-time" is just what you need to bring back the smiles. Use this book to get your mind, body, and spirit back in balance. You'll find page after page of activities, tips, treatments, and tear-outs to put you on a pampering path that will have you refreshed, rejuvenated, and ready for whatever comes your way. It's a great starting place for creating an at-home spa day to share with friends or family, too -- and getting everyone reenergized!

## Book Information

Series: Truly Me

Spiral-bound: 64 pages

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Language: English

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Product Dimensions: 6.5 x 0.5 x 9 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars [See all reviews](#) (4 customer reviews)

Best Sellers Rank: #9,602 in Books (See Top 100 in Books) #23 in [Books > Children's Books > Activities, Crafts & Games > Crafts & Hobbies](#) #23 in [Books > Children's Books > Growing Up & Facts of Life > Health > Personal Hygiene](#) #100 in [Books > Children's Books > Activities, Crafts & Games > Games](#)

Age Range: 8 - 12 years

Grade Level: 3 - 7

## Customer Reviews

Length: 1:37 Mins

I purchased this as a gift for my niece. It is a very nice spiral bound book with sturdy high gloss pages. This book is full of fun ideas for spa and relaxation activities, quizzes, crafts and more. It even comes with posters and punch outs. This book has everything from recipes to make lip balms and bath bombs, food, infused water, yoga exercises, journaling ideas and more. This is a great gift for tweens and early teenage girls. It makes for great sleepover or mother /daughter , Auntie dates. I

am very impressed with the quality of this book.

This is not a typical lavender scent. It's totally unique. My kids adore it too.

I did not order these so I threw them out

Amazing price

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