



## Oasis: Wellness, Spas and Relaxation

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# Oasis: Wellness, Spas and Relaxation

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In a busy world, finding a personal refuge has become increasingly important. Architects and interior designers are creating atmospheric spaces for relaxation, leisure, and wellness--places to let go, take it easy, chill out, and refocus. It is said that a healthy mind lives in a healthy body. The stunning selection of baths, spas, retreats, and other relaxing getaways featured in Oasis reveals where we can indulge both our bodies and minds simultaneously. Our desire for luxury, calm, pampering, and finding our own fountain of youth can be gratified in different ways and in very different places. This book presents a broad spectrum of locations from minimalistic spaces of tranquility to glamorously opulent temples of body care. While some provide an oasis amid the bustle of city life, others can be found in sweeping natural landscapes. Oasis: Spas, Wellness and Relaxation brings together a rich assortment of contemporary wellness and relaxation retreats from around the world including private spas, premium public saunas, choice health clubs, and four-star resorts. The atmosphere at these sites is set by the use of light, color, materials, and aromas as well as the prevailing climate and acoustics. Key factors such as philosophy, quality of service, and the types of treatments offered determine their individual character. Despite their diversity, all of these spaces are clearly focused on providing their visitors with a sense of well-being. Whether done alone, in pairs, or as a group, rituals of wellness inspire valuable moments of relaxation and self-awareness within our increasingly chaotic world. The denser and more unpredictable our lives are, the more important our personal retreats become. Oasis lavishly showcases this new frontier of projects and their operators, architects, and designers, who address, support, and re-imagine our physical and mental need for escape and tranquility.

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