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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

Publisher: American Girl; Spi Pap/Ps edition (May 1, 2016)

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 starsÂ See all reviewsÂ (4 customer reviews)

Best Sellers Rank: #9,602 in Books (See Top 100 in Books) #23 inÂ Books > Children's Books > Activities, Crafts & Games > Crafts & Hobbies #23 inÂ Books > Children's Books > Growing Up & Facts of Life > Health > Personal Hygiene #100 inÂ 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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Spa-mazing!: Discover your own way to relax and pamper yourself with activities, quizzes, crafts-and more! (Truly Me) Styling Spaces: Discover your unique room style with quizzes, activities, crafts?and more! (Truly Me) Truly Madly Guilty Swear Word Coloring Book : 40 Swear Words, Obnoxious Words and Insults: Release Your Anxiety and Stress. Sweary Beautiful Designs : Patterns, Flowers, Mandalas (Swear and Relax) Believe in Yourself Adult Coloring Journal (Write, Color, Relax) Swear Word Coloring Book. 40 Unique Designs: Swear and Relax Coloring Book. Release Your Anxiety and Stress(Sweary Beautiful Designs : Flowers,Mandalas,Patterns) Man Candy: An Adult Coloring Book with 30 Hot Men and Pick-up Lines to Calm and Relax Nature Designs: Amazing Natural Flowers and Women Patterns to Relax and Reduce Stress (nature sesigns, beautiful woman, natural patterns) Screen-Free Crafts Kids Will Love: Fun Activities that Inspire Creativity, Problem-Solving and Lifelong Learning Swear Word Coloring Book for Parents: Unleash your inner-parent!: Relax, color, and let your inner-parent out with this stress relieving adult coloring book. Relieve Your Anger: Midnight Edition: An Adult Coloring Book with 30 Swear Words to Color and Relax The Mandala Coloring Book, Volume II: Relax, Calm Your Mind, and Find Peace with 100 Mandala Coloring Pages Relieve Your Stress: An Adult Coloring Book Featuring Over 40 Swear Words to Color and Relax, Black Edition Fox Coloring Book: An Adult Coloring Book of 40 Stress Relief Fox Designs to Help You Relax and Unwind (Animal Coloring Books) (Volume 16) Venice Coloring Book for Adults: Relax and color famous landmarks from the romantic city of Venice, Italy (Arts On Coloring Books) (Volume 5) F*ck Everything (Sweary Words Coloring Book for Adults): Swear Word Coloring book (Swear and Relax) (Volume 13) Sweary Coloring Book: F*ck My Life (Swear Word Coloring Book) (Swear and Relax) (Volume 4) Adult Coloring Books: Butterflies Wings : Relax release and stress relieving patterns (Volume 15) Sit Down And Relax Dot To Dot Pages: Greatest Dot-To-Dot Book Elegant Tea Party Coloring Book: You're Invited...Relax and Enjoy

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