



# Spa Medicine: Your Gateway to the Ageless Zone

*Graham Simpson, Stephen T M.D., Dr Sinatra, Jorge M.D. Suarez-Menendez*

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**Spa Medicine: Your Gateway to the Ageless Zone** Graham Simpson, Stephen T M.D., Dr Sinatra, Jorge M.D. Suarez-Menendez

Provides proven longevity strategies that restore balance to stressful lives and promote optimum health. The authors describe four wellness pillars, that are the foundation of the medi-spa approach.

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