A Quick Way Make Spiral Shapes from Sea Shells to Turbos

Start by drawing a spiral shape using the B-Spline tool.
Copy and Paste the spline so that there are two of them overlaid on top of each other. Now trim the innermost portion of the original spiral (indicated by the blue dotted curve). Next, trim the outermost portion of the copied spiral (indicated by the orange dotted curve). This should give you a large spiral and a smaller spiral as shown below (black spiral is the larger and the cyan spiral is the smaller).

The image below shows how the two spirals look overlaid on top of each other. Once the spirals are trimmed correctly, place a circle between the starting points of the spirals.
Now we are ready to sweep the circle along the two spirals.

Select the **Surface Sweep Along Two Paths** tool or **Solids** tool.

Select the circle as the profile curve, select the two spirals as the path curves. This may take some time due to the math involved, however, you should end up with a nice spiral shape.

In the above example, the circle scales smaller and smaller as it goes towards the center. Hold down the Control key (Option on Mac) to maintain the height as it reaches the center.