



Health and Harmony - Music Therapy | Relaxation Music

Health and Harmony

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Aromatherapy
\$11.99

Relaxing in a hot bath is a great way to unwind. Adding essential oils to your bath will enhance the experience immeasurably. The warm water will evaporate some of the oil providing a relaxing or stimulating aroma depending on which oil you use. The rest [\[Product Details...\]](#)



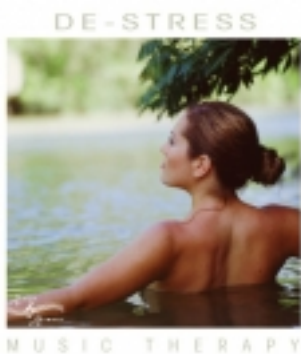
Balancing
\$11.99

Balancing is defined as; a stable mental or psychological state; emotional stability. Balance is essential to health. The music on this CD is composed to create emotional and mental balance. Relax and absorb the thought of balance while you listen to this [\[Product Details...\]](#)



Calming
\$11.99

Visit your very own island paradise. Relax as the strings of Andy Marlow's guitar, accentuated by the sounds of the ocean welcome you to this island of tranquility. A collection of great classical masterpieces along with a few of Marlow's own acclaimed co [\[Product Details...\]](#)



De-Stress
\$11.99

The pace of life is hectic, everyone rushes around, jobs are more stressful, relationships are squeezed into tighter schedules, finances always seem stretched, and everyone seems to have a mobile phone permanently strapped to their ear as they compete in [\[Product Details...\]](#)

MASSAGE



MUSIC THERAPY

Massage
\$11.99

This CD was composed as an aid to relaxation during massage, or to induce the calming and tranquil mood of relaxation without massage. Enjoy the rhythmic motions that drive away tension, and stress. Journey to an oasis where balance is restored in your me [\[Product Details...\]](#)

MEDITATION



MUSIC THERAPY

Meditation
\$11.99

The word Meditation comes from the Latin word "Mederi" meaning to heal. Meditation charts the whole spectrum of our reflective capabilities of which the benefits are numerous. Meditation can; improve psychosomatic and stress related problems, help relieve [\[Product Details...\]](#)

PILATES



MUSIC THERAPY

Pilates
\$11.99

Pilates is an exercise system that combines the suppleness of Yoga with the strength building associated with gymnasiums. It can rebalance, reshape, and realign your body whilst improving concentration and increasing stamina. Benefits: relaxation relieves [\[Product Details...\]](#)



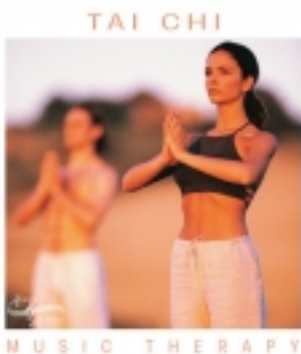
Relaxing
\$11.99

Learning to relax is like learning any new skill; it takes time and practice to develop such skill. Everyone is unique, and different techniques work for different people. This music will help relax your mind and body helping you be ready for the challenge [\[Product Details...\]](#)



Solitude
\$11.99

Solitude is defined as; the state of being alone. Sometimes you just need to be alone, protected from the outside world in splendid isolation. The serenity of the harp accompanied by the soft tones of the piano provides an idyllic soundscape in which to u [\[Product Details...\]](#)



Tai Chi
\$11.99

Tai Chi Chuan, also spelled T'ai Ch'i Ch'uan and Taijiquan, is both a martial art and a spiritual discipline. Its movements are slow and meditative, yet have an unseen internal strength. It is this combination of soft and hard, or yin and yang, which gene [\[Product Details...\]](#)



Tranquility
\$11.99

Tranquil is defined as; free from disturbance; calm. Tranquility is the opposite of chaos and stress. For all eternity the sea endlessly caresses the sandy beach leaving whispering traces of foam and producing a tremendous sense of tranquility. Tension an [\[Product Details...\]](#)



Yoga
\$11.99

Unlike most modern exercise systems Yoga does not seek to raise your heart or breathing rate or work on any specific group of muscles. Yoga is holistic in nature and seeks to improve overall health and flexibility in both body and mind in a balanced way. [\[Product Details...\]](#)