



the spa warehouse  
total spa and salon solutions

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global journey  
spa music catalogue

A woman with long, wavy brown hair is captured in a dynamic, joyful pose, running or jumping in a lush green field. She is wearing a white dress with a black floral pattern. Her arms are raised, and she has a bright smile. The background is a clear blue sky and rolling green hills, suggesting a bright, sunny day. The overall mood is one of freedom and happiness.

# Lifestyle

## Mind, body & spirit

The Lifestyle series has been developed to highlight the advantages of natural and alternative therapies. Each title includes a twelve page guide to the relevant subject compiled by experienced practitioners and a CD featuring relaxation music specifically composed to complement each subject. Across the titles the Lifestyle series will benefit those interested in maintaining and restoring health, relieving stress, mood enhancing, increasing mobility, relaxation and improving general fitness.

# Lifestyle



## Aromatherapy

The benefits of Aromatherapy go way beyond the medicinal properties of aromatic plants and extracts. Fragrances can enhance our mood, have a soothing effect on our nerves and promote a meditative and reflective state of mind.

CD - GJ4501



## De-Stress

It is now widely accepted that stress can cause many illnesses, both physical and mental and also can promote existing illnesses. Most people need to develop stress management techniques at one time or another and this excellent title can provide huge relief from the stresses and strains of everyday life.

CD - GJ4510



## Deep Sleep

Learn how to achieve deep sleep and see the difference it makes to your life. This relaxing album contains all the information and techniques required to guarantee a peaceful nights sleep.

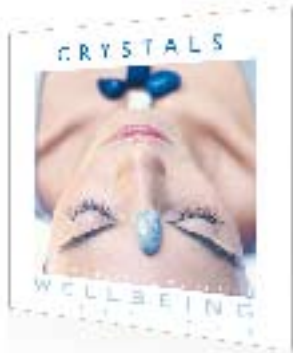
CD - GJ4506



## Yoga

Unlike most modern exercise systems Yoga does not seek to raise the heart 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 so doing inner awareness is raised leading to greater spiritual and emotional freedom.

CD - GJ4508



## Crystals

Our fascination with crystals goes far beyond the beauty of their shape, colour and form. Ever since the Greek and Roman empires the benefits of the stones has been passed down through the generations. The positivity and healing powers of the crystal can be very beneficial.

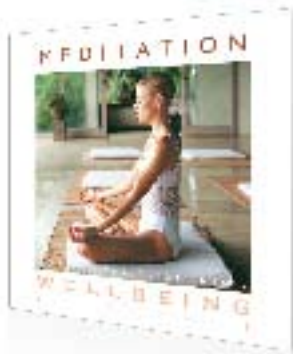
CD - GJ4504



## Reiki

Reiki is an ancient form of hands on healing. This powerful holistic therapy stimulates the body's natural healing abilities. The word Reiki means 'Universal Life Force'.

CD - GJ4505



## Meditation

This relaxation therapy is ideal for focusing the mind, lifting you out of your day-to-day level of consciousness into a state of passive awareness at which point your body can alleviate symptoms of high blood pressure, chronic pain, anxiety and insomnia.

CD - GJ4511



## Tai Chi

Tai Chi Chuan is both a martial art and 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 generates the great rewards of improved health and fitness physically, mentally and spiritually.

CD - GJ4503



# SPA RANGE

Balancing health with music. The pressures of everyday life increase year-on-year and as a result the popularity of health spas increases proportionally as we seek ways to alleviate the symptoms of stress. The Spa range of music has been composed specifically with Spa treatments in mind and will enhance any relaxing environment.

## Spa Relaxing

Indulge yourself with the most serene music imaginable which will enable you to leave all the stress of everyday life behind.

CD - GJ9001



## Spa Dreaming

Beautifully soft tones permeate throughout your entire body and subdue your senses into a dream-like state.

CD - GJ9005



## Spa Invigorating

Calming music that will specifically re-energize tired bodies and minds. This uplifting yet peaceful music will produce an enormous feeling of wellbeing.

CD - GJ9003



## Spa Harmonizing

After a stressful day or an indulgent evening the serenity of this music will help rebalance both body and mind.

CD - GJ9002

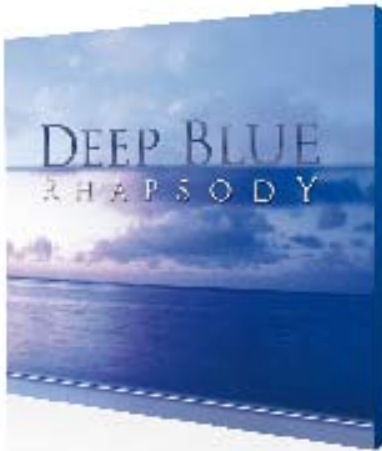


# NATURE & MUSIC

Combining the best in relaxation music with the naturally therapeutic effects of the sounds of nature, produce this series of serene classics. The variety of musical styles and a huge collection of nature sounds ensure that each album is unique.



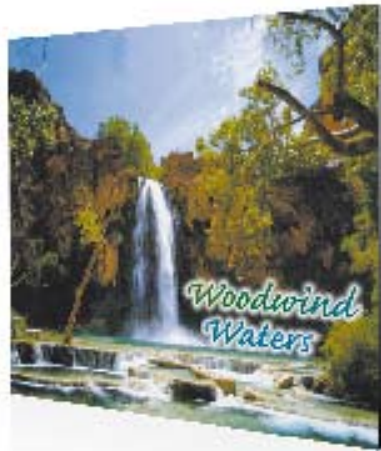
# Nature & Music



**Deep Blue Rhapsody**

The rhythmic music of ocean surf is among the most soothing sounds in nature. Deep Blue Rhapsody harmonizes the relaxing ebb and flow of Hawaiian surf with timeless works from the most renowned classical music composers. Together the effect is penetrating.

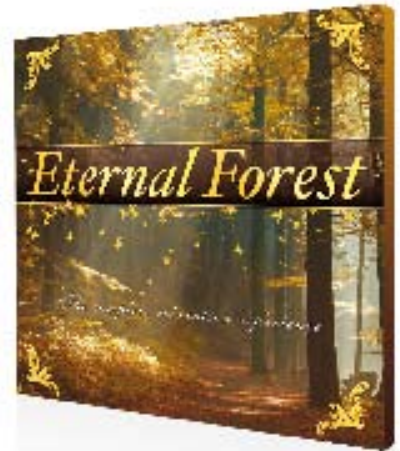
CD - GJ3607



**Woodwind Waters**

Drift away into a world all of your own as the soothing melodies of woodwinds carry you away to tranquil waters. Flute, clarinet, oboe, recorder and bassoon merge with the beautiful tones of guitar, piano and other instruments for a calming odyssey to a place where you would rather be.

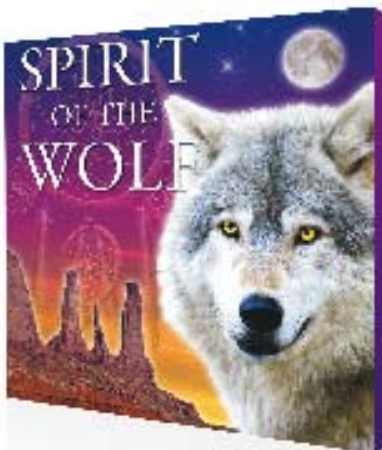
CD - GJ3597



**Eternal Forest**

Deep in the Eternal Forest, where time has no meaning, the majestic waterfall cascades endlessly over the rocks. Meanwhile the songbird symphony welcomes you to this haven of serenity. Relax and enjoy this visit to the Eternal Forest as the spellbinding sounds of nature are accentuated by the dreamy contemporary music, ensuring the most complete relaxation experience.

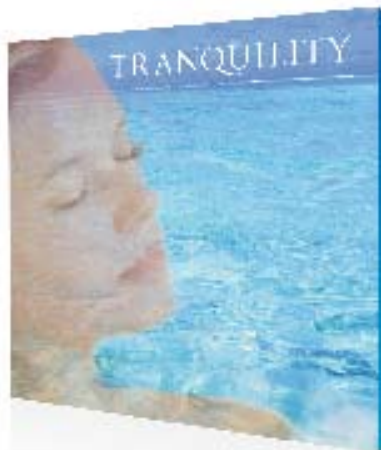
CD - GJ3594



**Spirit Of The Wolf**

This album reflects the symbiotic nature of the wolf and Native American. The vocals are supplied by both man and wolf and the Native American instrumentation weaves a vivid canvas that portrays the mutual respect and appreciation between man and wolf.

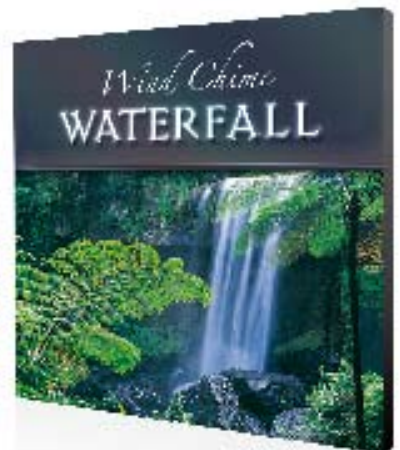
CD - GJ3704



**Tranquility**

For all eternity the sea endlessly caresses the sandy beach leaving whispering traces of foam and producing a tremendous sense of tranquility. Tension and stress ebb away as the soothing sea combined with the most reflective and delicate music wash over you.

CD - GJ3664



**Wind Chime Waterfall**

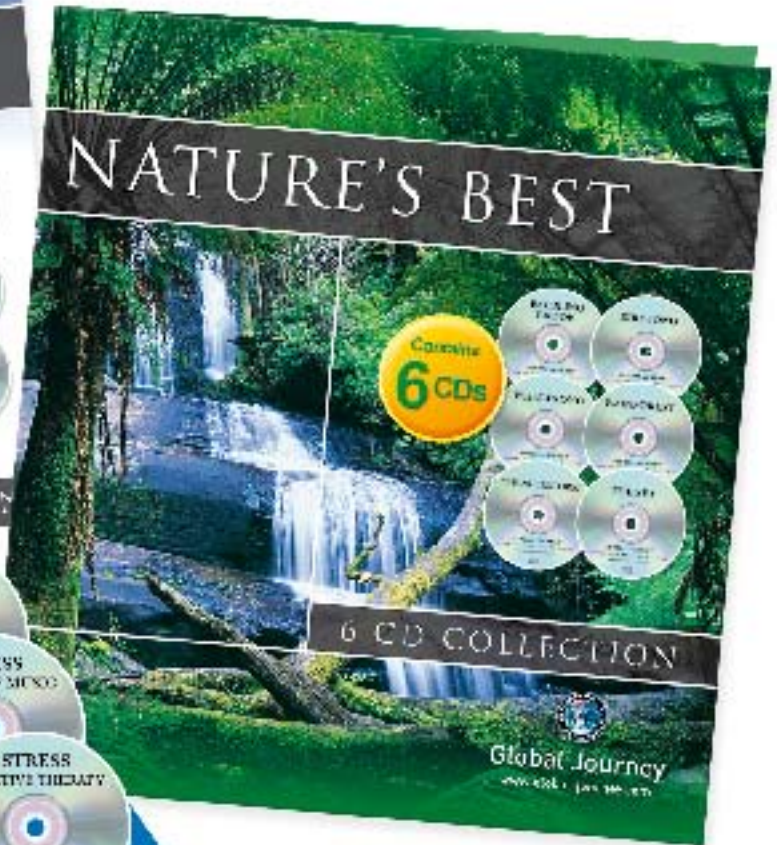
The wind chime waterfall is the most tranquil haven imaginable. As the water cascades over the rocks, the gentle breeze caresses the wind chimes and in the distance a woodwind can be heard every once in a while. Let the wind chime waterfall wash over you and release all tension and stress.

CD - GJ3677

De-stress & Deep Sleep BOX - GJ2513



Nature's Best BOX - GJ2511



## 6 CD COLLECTION

These superb 6 CD collections not only represent incredible value but also, such a diverse selection of Global Journey titles, ensures that there will be at least one topic or activity to suit all tastes. The stunning graphics will grab the attention and compact packaging makes them easy to display.

### Spa Collection

- Relaxing
- Dreaming
- Yoga
- Meditation
- Aromatherapy
- Crystals

BOX - GJ2510



### Self Esteem & Peak Performance

- Success Principles
- Positive Thinking
- Win From Within
- The Courage To Change
- Effective Presentations
- Effective Time Management

BOX - GJ2512



# CD Box Set (6CD)



## For Little Ears

- Nursery Rhymes
- Lullabies
- Storytime
- Travel Songs
- Activity Songs
- Party Fun

BOX - GJ2514



## The Legends

- Elvis Presley
- Frank Sinatra
- Ella Fitzgerald
- Nat King Cole
- Louis Armstrong
- Bing Crosby

BOX - GJ2515



## Mother & Baby

- Mozart Effect
- Lullabies
- De-stress (Musical)
- Whalesong
- Visualisation
- Nursery Rhymes

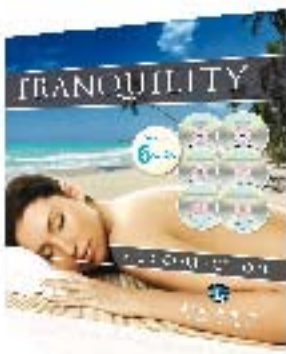
BOX - GJ2516



## Celtic Collection

- The Fureys
- Ballads
- Celtic Dance
- Celtic Sunset
- Jigs & Reels
- Celtic Rhythms

BOX - GJ2517



## Tranquility

- Solitudes
- Pan Pipes By The Sea
- Classics For Tranquility
- Tranquility
- Zen Garden
- Chill Out Jazz

BOX - GJ2518



## Classical Collection

- Classics For Relaxation
- Classical Nature
- Classical Romance
- Classics For Tranquility
- Chill Out Classics
- Timeless Sea

BOX - GJ2519



## Magical Christmas

- Legends (Disk 1)
- Legends (Disk 2)
- Celtic Christmas
- Magic Of Christmas
- Christmas Naturally
- Angels

BOX - GJ2520



## Native American

- Eternal Flames
- Spirit Of The Ancestors
- Spirit Of The Wolf
- Ghost Dancers
- Spirit Dreams
- In Search Of The Spirit

BOX - GJ2521