

CLASSICAL WELLNESS

box set

Musical tonics for mind, body and spirit

Ever since psychologist Amelia Haygood founded Delos in 1973, the company has been inspired by the therapeutic value of great music. Here we offer a set of three carefully compiled “Wellness” CDs. The musical selections have been chosen for both their proven “medicinal” benefits and their outstanding performances by Delos’ stellar roster of global A-list musicians.

- **LAUGH WITH CLASSICAL MUSIC (DE 1627):** “Laughter is the best medicine,” so they say. When life’s vagaries and personal woes get you down, our happy blend of musical grins and giggles is the perfect restorative tonic.
- **CLASSICAL CAFFEINE (DE 1628):** Overstimulated and jumpy from too many trips to the coffee shop? Delos to the rescue, with a healthier and less uptight way to wake you up, get you going, and put a sprightly spring in your step!
- **CLASSICAL CHAMOMILE (DE 1629):** Sleepless? Strung out? Got the rat-race blues? Let the laid-back strains of some of the world’s most idyllic and relaxing music wash away your cares – and restore mind, body and spirit.



DE 3464
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