

american spa

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in touch **music**

inner peace

Encourage spa-goers to embark on a journey of self-reflection with these relaxing CDs.

IT'S BEEN SAID THAT MUSIC SOOTHES THE soul, and the serene appeal of instrumental melodies often encourages listeners to look within for inspiration and healing. Allow the tranquil sounds of these four CDs to touch your clients' minds, bodies, and spirits.

In *Goddess* (Enchanting Music), David Hicken takes listeners on a path toward hope and joy, away from the stress of everyday life. Each of the 12 solo piano tracks is named for a goddess of an ancient religion, such as Lakshmi, the Hindu goddess of prosperity; Kuan Yin, the Chinese goddess of compassion; and Ishtar, the Babylonian goddess of the moon. The melodies are perfect for contemplation, tai chi, yoga, or simply for the sake of clearing the mind.

As a follow-up to his award-winning album *Healing Touch*, Nadama introduces *Healing Touch II* (Malimba Records), his second volume of piano melodies combined with a gentle orchestration of harp, strings, and woodwinds. Nadama's aim is to create music that offsets conflict and tension by promoting love and growth in the listener. Ideal

for meditation or the healing arts, the tracks on this album are sure to generate feelings of wholeness.

Carrying inspirations from lullabies, pop music, and the Renaissance, *Love & Peace* (New Earth Records) transcends new age music. On Celtic harpist Lisa Lynne's third release as "The Angel of the Harp," she collaborates with bamboo flutist George Tortorelli, who brings a pastoral influence that lends itself to the harmonious nature of the soundtrack. The combination of these two instruments in a slow tempo produces enchanting sounds that will warm the hearts of every listener.

Zen Pause (Real Music) reveals a precise blend of electronic sounds that invites the listener to discover a secret world within. Thierry David's lounge music-style of composing merges the British tradition of down-tempo "trip-hop" with a soulful energy. The album's selections each feature a main piano melody melded with an arrangement of keyboard motifs, percussion pulses played by Steve Shehan, and synthesizers. This soundtrack will imbue spa-goers with a feeling of calm during any yoga or tai chi session.—*Aparna Arjunan*



Resources

Enchanting Music
(808) 371-2264
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New Earth Records
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