

THOU018

Art Therapy

Paperback || 8,27 x 11,69 in - 279 x 203 mm || 96 pp, 48 images to colour

*Alternative trim, extents and cover designs available. Can be packaged in hard slipcase

Completing the colouring pages, mandalas and dot-to-dot designs helps to increase energy and reduce daily stress, offering harmony and inner peace. The complete serenity set.



THOU019, THOU025

Relaxing Colour by Numbers

Paperback || 8,27 x 11,69 in - 279 x 203 mm || 192 pp

Beautiful designs provide the perfect canvas. Follow the colour guide and numbers to create 96 stunning pictures, promoting a sense of well-being and satisfaction.



THOU025

Relaxing Mandala Colouring

Paperback || 8,27 x 11,69 in - 279 x 203 mm || 192 pp

Inspired by Hindu and Buddhist traditions, images and patterns in mandalas promote concentration and relaxation. Colouring the beautiful designs helps release creativity, reduce stress and bring calm and harmony.



THOU025

Time for you

Paperback || 8,5 x 10,875 in - 276 x 216 mm || 80 pp

Take a step back from the stresses of the day and let this timeless creative activity transport you to a relaxed state of well-being.

