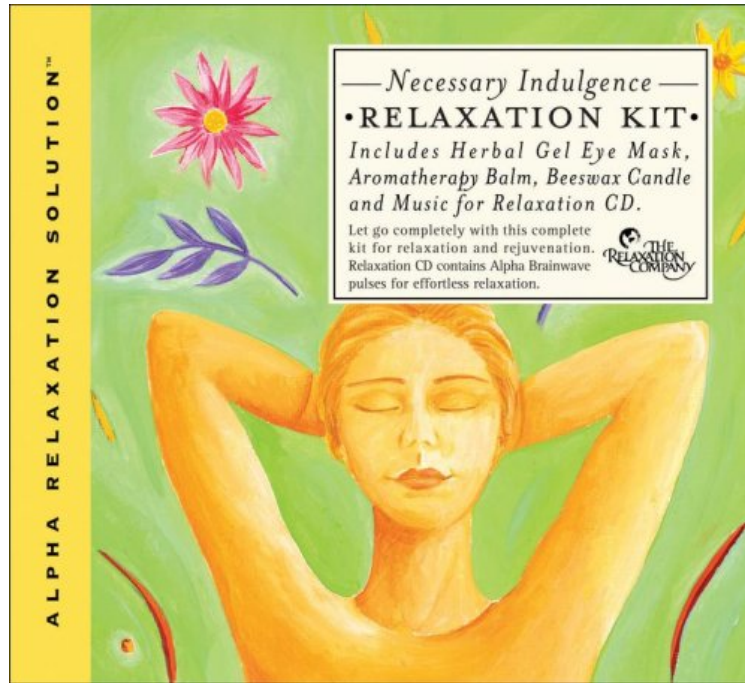


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## Necessary Indulgence Relaxation Kit

*From Relaxation Kit Jim Oliver*  
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**From Relaxation Kit Jim Oliver : Necessary Indulgence Relaxation Kit** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Necessary Indulgence Relaxation Kit:

This kit contains everything you need for effortless and deep relaxation. Breathe CD, created by pioneering sound healer Jim Oliver. Oliver's flowing keyboard compositions combined with clinically proven Alpha Relaxation Pulses created by Dr. Jeffrey Thompson transform tensions into delicious peace. The irresistibly relaxing effect which will melt away tensions leaving harmony of mind, body and spirit. Herbal Gel Eye Mask. This soothing eye mask can be placed in the freezer or microwave. Cold it soothes tired puffy eyes and warm it relieves strain and tension. The unique herbal gel fill of this mask retains temperature longer than water-based fillers, harmonizing with the body's natural flow to soothe, relax and invigorate. Relaxation Aromatherapy Balm. Natural essential oils of Rose Geranium and Orange are combined to create a soothing balm. Use on temples or pulse points to harness the naturally soothing powers of aromatherapy. This kit is packaged in a box, identical to the packaging of The Traveler's Sleep Kit (ISBN 155961-778-0)