

# COLOUR THERAPY

THE ANTI-STRESS  
ADULT COLOURING BOOK

## MANDALAS

WHETHER YOU'RE LOOKING FOR NEW STRESS MANAGEMENT TECHNIQUES OR TRYING TO FIND A METHOD OF COPING WITH WORK RELATED STRESS, THE COLOUR THERAPY RANGE HAS BEEN PROVEN TO HELP RELAX.



REDISCOVER YOUR LOVE  
FOR COLOURING WITH AN  
ADULT COLOURING BOOK.

WHAT BETTER WAY TO RELAX AND UNWIND THAN BY COLOURING IN? EVERYONE CAN ENJOY THE CALMING AND STRESS-RELIEVING BENEFITS OF COLOURING THAT COME FROM INCREASED FOCUS AND CREATIVITY. DISCOVER THE LATEST TREND OF COLOURING BOOKS FOR ADULTS, AND CREATE SOMETHING INDIVIDUAL AND BEAUTIFUL TO DISPLAY IN YOUR HOME.

Item no. 383094 · Batch no. 974894



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