

What is Sound Therapy?

Sound therapy is a form of sensory therapy. It utilizes vibration, the principle of resonance, and their effect on the body's nervous system. A massage therapist manipulates the tissues from the outside in; a sound therapist does it from the inside out.

It is believed that sound therapy can alter physiological responses and affect emotions. We know that everything naturally vibrates to its own innate resonant frequency. A sound therapy session uses frequencies in the form of pure tones, harmonics, and overtones to restore the body back to functioning at its natural frequencies, thus improving balance and overall health and well-being. People of all ages may access sound therapy for a wide variety of reasons, including helping improve sleep patterns, helping with anxiety, helping cope with day-to-day or longer-term stresses, or simply for general relaxation and a heightened sense of well-being.

What is a Sound Bath?

A sound bath is sound therapy for the sole purpose of relaxation. Think of it as a relaxation massage, but from the inside out! In a sound bath, there is no water involved:-) You sit or lie on a yoga mat in a position that is most comfortable for you, and you will be immersed in sounds that resonate with the natural frequencies in the human body. A true treat for the mind and body!