

What is a sound bath?



A sound bath is a safe way to relax.

People use musical instruments to make calming sounds.

Sound baths can help you:



- relax



- sleep better



- feel well and happy



Sound baths can help with:



- muscle and head aches



- **chronic** pain, like with arthritis

Chronic means something lasts for weeks or months.

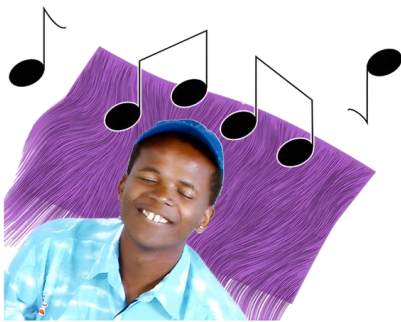


- feeling
 - anxious
 - stressed
 - depressed

What happens at a sound bath?



You lie on a soft mat on the floor.
You can sit if you need to.
There is no water. You won't get wet.
The session will last 1 hour.



You can close your eyes and relax.



The sounds will start quietly.
The sounds will get louder during the session.
The sounds will get quieter again before the session ends.



Some instruments used for sound baths are:

- gongs
- small bells
- singing bowls made of metal or crystal

Can I go to a sound bath?



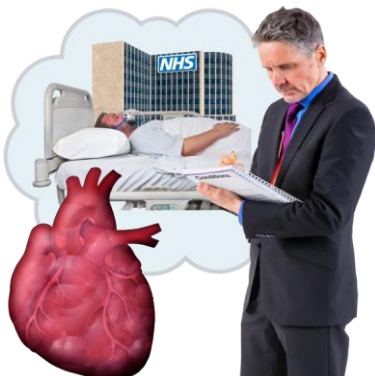
You should talk to your doctor if:



- you are less than 3 months pregnant



- you have epilepsy or seizures



- you have a serious heart condition



- you have a serious mental health condition



Some people are more sensitive to sound baths.

You can ask us for more information about the sound bath if you:



Deaf

- are deaf
- don't hear very well
- have **tinnitus**
- are sensitive to noise

Tinnitus means you hear buzzing or ringing in your ears.



- have a broken bone



- have a **pace maker**

A **pace maker** is a machine in your heart that helps it to beat.



If you have a question about sound baths you can ask us:



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