



How to do

SOUND BATHS

One of my favorite “Highly-Effective” mini rituals!

Learning to incorporate music and vibration into our mindful living journey, quickly increase levels of relaxation while cleansing and rebalancing the energies that flow through our body.

I LOVE SOUND BATHS!

Sound Therapy uses various methods of sound (frequency) emitting instruments or devices, to produce vibrational patterns that “speak to our cells”. Therefore, vibroacoustics therapies use audible sounds and melodies to promote a long list of physically and emotionally healing benefits. From singing bowls, to using our voice of course. So yes... you can hum and sing!

But what does that have to do with bathing?

You will be bathing in water infused with sound

We are already quite familiar with the health benefits of taking baths. They provide a relaxing environment allowing our body to take a break from busy agendas and stressful day to day activities. Baths moisturize the skin, lower blood pressure and lift harmful toxins.

1) We often bathe in water that is treated with lots of chemicals. (that is why we need to add some Sea Salt)

2) We don't take time to pamper and care for ourselves enough (this is why when we finally do it, it needs to be highly effective)

3) It is often difficult to disengage the mind from the millions of thoughts and emotions we experience. (The frequencies and essential oils do the disengaging for us)



Therefore, my dear Better Human, I invite you to incorporate these 4 elements to your bathing experience;

Magnesium Sulfate, Sea Salt, Essential Oils and Vibrations

Since water conducts electricity, and electricity is a form of vibration, the water responds to vibrational imprints = to sound. Therefore you can infuse your bathwater with certain pleasant frequencies in order to promote states of relaxation and cellular regeneration. You are bathing in water infused with sound!

You will need:

- 1/2 Cup Epsom salt (Magnesium Sulfate is not NaCl. It is a highly water-soluble naturally occurring pure mineral compound of magnesium and sulfate, best commercialized in the town of Epsom in England. One of Magnesium's main jobs, is to reduce inflammation and act as a muscle relaxant. Great in cases of fibromyalgia or constipation)
- 1/2 Cup Sea salt (or Solar Salt) (This is Sodium Chloride (NaCl) mixed with other compounds. Salt helps pull out toxins and impurities)
- 12 drops of high grade essential oils (scent can act as an important neuromodulator. Our sense of smell can induce the brain into desired states. Eucalyptus, Rosemary, Basil, Orange, Grapefruit are my personal favs.)
- A portable speaker directly pointed at the tub
- A few Soy or Beeswax based Candles (Careful, petroleum based candles leave a harmful black soot residue in your lungs)



Steps:

- Add the Epsom & Sea Salts
- Right before getting in the tub; add the essential oils to the water.
- Sing or point the speaker directly at the tub and play some OMM, Tibetan Singing Bowls, Gregorian chant, Mantras, Gospel, Classical music, or any other music spiritual in nature.
- While you bathe, turn off the lights, light your candle and do some breathing exercises in order to infuse your cells with internal peace.
- Bathe for at least 18mins.



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