

# The healing power of Sound Therapy



I offer sound therapy meditation, with crystals and reiki healing at [The Manor Health & Wellness Centre](#) in Colchester. I'm passionate about offering you these wonderful and gentle therapies as a way to relax, unwind and boost your mental and physical wellbeing. It is my aim for all who need it to have access to these holistic therapies as a way of managing stress, chronic pain, and anxiety and to be more rested and at peace. I would love to help you learn ways to find your calm, and reach a place of stillness so that our busy lives feel more manageable.

## Sound Therapy

"Sound will be the medicine of the future" - Edgar Cayce

Sound therapy is the use of various instruments, sounds, and voices used in therapeutic ways. The term for this is a sound bath. You would lay on a yoga mat and be bathed with the healing vibrations and sounds that are produced from the instruments. During my sound baths, I offer a nature-inspired meditation and relaxation, followed by a journey of sound using a variety of instruments including the shamanic drum, gongs, crystal bowls and chimes. You simply bathe in the sounds, vibrations and frequencies which will calm, balance and restore you. It's wonderfully relaxing and also has many health benefits.



Stress relieving

Assists with deep meditation

Calming & balancing

Encourages healing at a cellular level

Mood Enhancing

Combating anxiety

Focuses & clears the mind

Releases negativity & blocked energy

Induces positivity & happiness

Deepening your spiritual connection

Motivational & energizing

Grounding

I offer this amazing healing treatment as a group offering or a in a personal session depending on your needs and budgets.

I also use these healing sound instruments as part of my healing to assist you in falling into a deep meditation as a form of relaxing you to allow your body to absorb the healing energies you will receive.

Sound therapy is not suitable for those that are epileptic or if you are in the first 12 weeks of pregnancy. Please contact me if you have any further questions.

