

SLEEP ASSISTANCE SOUND BATH

INTRODUCTION TO SOUND BATHING

The practice of Sound Bath is “bathing” your entire body in pure sound waves. Sound healing is an ancient therapy used to balance the energy centers (chakras) by using specific frequencies that reverberate through every cell of your body. The healing works by aligning each chakra to its sound frequency, promoting healthy energy to flow throughout. When your energy is in balance, your body, mind, and spirit are aligned and can begin to heal.

Pairing Eastern practices with modern day technology is the best of both worlds. Heated eye mask massagers worn in conjunction allow relief for migraine sufferers, alleviate eye strain and helps calm the mind. An excellent resource tool to help you drift off to sleep.

**Eye Mask Massagers and Aurora Therapy Lights can be found on Amazon.com or most online retail stores. Amazon links provided below.*

QUARTZ CRYSTAL SOUND BOWL HEALING FREQUENCIES

768 Hz - Crown Chakra (6”)

Spiritual growth, clarity, enlightenment and connection with the universe

720 Hz - Third Eye Chakra (7”)

Intuition, perception, imagination, memory, inner wisdom and decision making

672 Hz - Throat Chakra (8”)

Communication, self-expression, speaking the truth, gives you the ability to hear others

594 Hz - Heart Chakra (9”)

Love, healing, forgiveness, happiness, inner peace, joy and compassion

528 Hz - Solar Plexus Chakra (10”)

Self-esteem, self-love, energy, personal power and healthy boundaries

480 Hz - Sacral Chakra (11”)

Creativity, self-expression, sexual energy and reproduction

432 Hz - Root Chakra (12”)

Grounding, survival instincts, basic needs, stability, safety, security and belonging

**You can look up healing frequencies on YouTube or anywhere you listen to podcasts. Listening is very beneficial to help promote sleep, listening in bed while trying to fall asleep, during meditation and mindfulness practices, or just taking a 5-minute break during the day to re-group, center, ground and align yourself.*



Renpho Eye Mask
Massager



Aurora Borealis Therapy
Lights