

VIBRATIONAL MASSAGE SOUND THERAPY

using sound frequencies

by Julia Smith

This therapy offers cellular level sound frequency massage – massage in every cell, every organ, every tissue, every muscle, soothing the nervous system resulting in profound physical & emotional relaxation, rejuvenation and mental calm & clarity.

The client lays fully clothed on the very comfortable Bed feeling the vibratory musical tones rolling through their body. Our own human body aiding the effectiveness of this process, as our body comprises over 70% of water and extensive bone structure, both which are excellent conduits for distributing sound waves.

The equipment has inbuilt specifically designed speakers transforming auditory music you hear into kinetic music you also feel. The Sound Frequencies are tonal musical notes played at a specific Hertz rate which re-tune areas of the body back to their natural harmonic state. Scientific research has proven that different parts of the human body vibrate at a

particular Hertz rate. When a client lays on the Bed, the speakers directly apply sound frequency waves to the body which the body absorbs, 're-tuning' it to its optimal hertz rate.

It works so beautifully – the perfect Hands Off massage !

Perfect also as many people don't like to be touched whether through choice or because they are dealing with serious illness such as cancer or recovering from a trauma and don't want more invasive treatments.

Cellular level massage through gentle vibrational sound waves greatly reduces high levels of anxiety, & up to 60% of stress, lowers blood pressure, increases circulation & elevates moods. It is proving to be a simple yet powerful way to help the body improve through profound relaxation and calm in the physical, emotional & mental body.



BrainWave Sound Therapy is also offered. Through headphones you hear relaxing nature sounds which include optimal brainwave patterning sound frequencies which connect with your own brainwaves and raise them to optimal patterning. BrainWave Sound Therapy also synchronises the left & right sides of the brain, so the whole brain is used at more equal and improved levels. This results in mental clarity & calm, increased awareness, insight, intuition & creativity.

Therefore, sessions include two types of Sound Therapy. People leave so relaxed and positive, particularly after regular sessions. Including Meditation with Intent empowers an individual by giving their own mind direction & so an opportunity is created to embody new positive thought processes, visualisations, & approach to life. Sessions run for around 1 hour - 45 minutes whilst receiving Sound Therapy.

This therapy is focussed on dramatically reducing stress levels for deep relaxation, and simultaneously expands the mind for greater awareness. Perfect for anyone aiming to release stored negative emotions at cellular level, reduce high levels of stress & anxiety, mental clarity & calm – body & brain rejuvenation & relaxation.

If you would like more information, please contact me:

Julia Smith

Inner Tranquillity & Peace

Vibrational Massage Sound Therapy

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