

SOUND HEALING THERAPIES (English Version)

Physical & Targeted Treatments:

1. Treatment for Shoulder, Neck & Upper Back Tension – 20 min

Targets muscular tension in the trapezius, levator scapulae, and cervical paraspinal muscles. Sound vibrations support muscle relaxation, improve microcirculation, and reduce sympathetic nervous system overactivation.

2. Treatment for Lower Back Pain & Tension – 20 min

Focused on the lumbar region (L1–L5), addressing muscle tightness, fascial restriction, and stress-related discomfort. Low-frequency sound vibrations support increased blood flow, reduced muscle guarding, and parasympathetic activation.

3. Cervical Pain Relief – 20 min

Concentrates on the cervical spine and surrounding musculature. Vibrational stimulation reduces muscular contraction, enhances circulation, and supports neuromuscular regulation.

4. Hip Joint Pain Relief – 20 min

Targets hip joint and surrounding muscles (gluteal group, hip flexors, piriformis), supporting mobility and reducing tension-related discomfort.

5. Feet, Legs & Calves Treatment – 20 min

Relieves fatigue in gastrocnemius, soleus, and intrinsic foot muscles, supporting venous return and reducing heaviness.

6. Feet Reflexology – 20 min

Sound-based stimulation of plantar reflex zones corresponding to internal organ systems, supporting autonomic balance and systemic relaxation.

7. Ear Therapy – 20 min

Focuses on auricular reflex points linked to the autonomic nervous system. Gentle vibrational stimulation helps reduce stress and improve nervous system regulation.

Relaxation & Neurophysiological Therapies

8. Relaxation Therapy – 30 min

Reduces sympathetic nervous system activation, promotes parasympathetic dominance, supporting muscular release, slower breathing, and stress reduction.

9. Deep Relaxation Therapy – 30 min

Guides the body into a deep parasympathetic state, supporting emotional regulation, improved sleep quality, and reduced chronic stress load.

10. Warm Water Therapy – 45 min

Combines sound vibrations with warm water immersion to enhance vibrational transmission, muscular relaxation, and proprioception.

11. Stress & Depression Support Therapy – 45 min

Supports emotional regulation via sound and nervous system balancing. May reduce stress markers and promote alpha brainwave states.

12. Therapy to Ease Anger, Aggression, Arthritis & High Blood Pressure – 45 min

Focuses on nervous system downregulation and reduction of stress-related physiological activation. Supports muscle relaxation, vascular relaxation, and emotional stabilization.

13. Chakra Balancing Therapy – 45 min complete / 20 min single chakra

Structured sound session to restore physiological coherence and energetic balance. Full session engages all seven chakras; single chakra sessions focus on one center. Promotes integration of breath, body awareness, and nervous system regulation.

14. Brainwave Therapy – 20 min

Uses rhythmic sound patterns to encourage specific brainwave states (alpha, theta, delta), supporting cognitive clarity, deep relaxation, meditation, and focus.

15. ADHD Support Therapy – 20 min

Sound-based session supporting attention regulation and nervous system balance in individuals with ADHD symptoms. Rhythmic auditory stimulation encourages alpha and low-beta brainwaves, improving focus, reducing impulsivity, and enhancing cognitive organization.

16. Sound Bath – 60 min

Immersive experience using a combination of gongs, singing bowls, and other resonant instruments. Facilitates deep relaxation, systemic vibration integration, and emotional release.

17. Sound Bath for Couples – 60 min

Shared immersive sound experience designed for two participants. Enhances emotional connection, mutual relaxation, and joint vibrational resonance.