

How to prepare for sound bath therapies:

To ensure your comfort and maintain the serene energy of the studio, kindly take note of the following for your sound bath therapy sessions:

It might get cold

- The therapy room is air-conditioned and your body temperature may drop as you relax. While blankets will be provided, we recommend bringing a light jacket for extra warmth.

Socks are mandatory

- For hygiene and comfort, all guests must wear socks inside the studio. If you forget to bring a pair, socks are available for purchase at the studio for 60 THB.

Attire

- Wear loose, comfortable clothing
 - Choose outfits that allow your body to relax and breathe freely. Avoid tight or restrictive clothing that might interfere with your comfort during the session.
 - Preferably white clothing
 - While not mandatory, white often signifies purity and as a reflective colour, it also helps enhance the impact of healing frequencies.
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Wishing you clarity, balance, and a peaceful path to self-healing

STUDIO ADDRESS

The Primary, 42/5 Moo 14, Tambon
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What to expect after your therapy.

Your healing continues even after the therapy ends. Here is what you may experience and how to care for yourself:

Physical sensations

- You may feel slight headache, nausea, and over stimulation after the session. It is normal and will go away after awhile with rest.
- Sensations such as tingling, warmth, lightness, or a gentle flow of energy through the body are common. Some may also experience mild soreness or detox-like symptoms., which are natural responses.

Stay hydrated

- Drinking water helps to flush out toxins released during the session. Be gentle with yourself and nourish your body.

Calm and deeply relaxed

- Many describe it as feeling like they've just woken up from a deep, restful sleep.

Emotionally and mentally lighter

- Heavy emotions begin to shift, leaving you feeling lighter, clearer, and more emotionally centered.

Grounded and connected

- There will often be a renewed sense of connection to yourself.

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