



DAYS SPA

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HEAVEN SCENTED

Using aromatherapy to
elevate the spa experience

SPOTLIGHT



Soothing Sounds

Adding sound therapy to your offerings will help you better improve clients' well-being.

What are the benefits of sound therapy?

Tryshe Dhevney, spiritual wellness provider at Canyon Ranch in Tucson, Arizona: Typically, sound and harmony are recognized through auditory stimulation. Yet, we also experience sound as sensation. By definition, sound therapy, or sound healing, is the use of vibration to subtly transform a state of disharmony to well-being. When used as a therapeutic tool, sound can help us relax and restore, uplift mood, reduce stress and release various neural chemicals that can improve memory and intelligence, strengthen focus, help aid digestion, enhance creative thinking (the "genius brain"), improve sleep and help suppress pain. In my opinion, sound does the heavy lifting, releasing what is considered stagnant or dense energy and restoring balance—a return to wholeness from the inside out.

Natalia DeSario-Pedroza, spa director at Mandara Spa at Wailea Beach Resort in Maui, Hawaii: Some of the benefits of sound therapy include: helping release old, stuck energies and opening clients up to receive what they need; increasing relaxation, awareness, focus, clarity, memory retention and recall; improving sleep, breathing, heart rate and mood; helping clients feel more balanced and connected to themselves; tuning out thoughts so the person can tune into meditation, reducing anxiety, worry, stress, fear, depression, tension and fatigue; and enhancing self-esteem and self-acceptance.

Magdaleena Nikolov, director of spa at Fairmont Century Plaza in Los Angeles: One of the universal and most impactful benefits of sound therapy is deep relaxation. The sound permeates through the

body, bringing it back to harmony in a profound state of calm. Sound vibrations will also help to open, clear and balance the chakras, releasing any energy that may be stuck. This will promote healing and sleep, while addressing chronic pain and high blood pressure.

Given what's happening on a global level, I feel one of the most important benefits right now is the mental, emotional and spiritual support that sound therapy offers. There is some compelling research that supports sound healing and its ability to relieve not only physical pain but psychological, as well. It's an effective modality that uses vibration to reduce stress, alter consciousness and create a deep sense of peace.

How does sound healing work?

Stephany Collins, lead therapist at The Spa at Four Seasons Resort Orlando in Florida: Himalayan singing bowls bring beta brain waves (aka work mode) to a theta wave state, which is a dreamlike sensation that quiets the mind and body. Sound waves carry deepest through water, so when we lay the bowls on the body, the vibrations massage every cell down to the deepest organs, encouraging homeostasis throughout each of the body's vital systems.

Our sound healers can discover areas of blockages through the changes in tone, so they will implement mallets and teak singing sticks with the singing bowls to clear those areas and increase energetic flow. After a session, people feel peacefully energized, lighter and purified.

DeSario-Pedroza: Sound waves reflect directly onto the body, and they combine with the tones of therapeutic

