

# DAYS SPA®

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## UPLIFTING RITUALS

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# Soothing Sounds

**There are many benefits to sound therapy,** especially when it's used in different spa and wellness treatments. See what industry experts had to say about this harmonious offering and its growing popularity.



A woman with blonde hair, wearing a white short-sleeved shirt, is shown from the side, holding a golden singing bowl. She is positioned above a woman who is lying on her back on a massage table, covered with a white sheet. The woman on the table has her eyes closed and a peaceful expression. The background is softly blurred, showing green foliage and a white wall. The lighting is warm and natural, suggesting an outdoor or well-lit indoor spa setting.

“After a time in which health has been at the forefront of every conversation and peace of mind has been eroded by stress and uncertainty, the importance of actively focusing on physical, mental and emotional well-being has never been as clearly acknowledged as it is today. Sound therapy is renowned for its ability to heal through meditation. Amanoi, our resort in Vietnam, has introduced Himalayan Singing Bowl Sound Therapy as a new spa treatment this year for those desiring relaxation, increased mindfulness and optimal health.” —Yuki Kiyono, global head of wellness and spa at Aman Resorts

“Given the increase in research showing beneficial effects of healing sounds on our physiology, the future of sound therapy includes using sound vibrations for general health and well-being, as well as medical therapy for pain, anxiety and depression, among other conditions.”  
—Sheila Patel, MD, chief medical officer for Chopra Global and Ayurvedic health consultant

Continue reading about sound therapy trends on **Page DM1** in the Digital Magazine.




A collection of Tibetan singing bowls and a mallet. One bowl in the top left contains a mallet with a dark blue handle. The bowls are arranged on a light blue fabric with red and orange floral patterns. One bowl in the middle right features a complex geometric pattern of overlapping circles (Flower of Life) and Tibetan script around its rim.

## TREND WATCH

“I’ve definitely seen a growing number of spas including sound therapy as part of their healing rituals. At Spa Oceana, we offer the Hamsa Healing Ritual (90 min./\$230). This treatment begins with a guided meditation that includes the use of Tibetan singing bowls for energy healing, as the vibrations are said to balance the subtle lines of energy within the body. Other forms of sound healing include massage tables with audio capability so the guest can feel the vibrations of the music.” —**Rianon Cepriano, spa director, Spa Oceana at the Don CeSar in St. Pete Beach, Florida**





“One of the latest trends in sound therapy that I am seeing is binaural beats. It actually isn’t new, as it was discovered in 1839, but I am hearing and seeing it being used much more commonly. Binaural beats is a form of sound wave therapy and is an illusion created by the brain as a result of two tones with slightly different frequencies being listened to at the same time. This type of sound therapy is used to treat anxiety, stress and emotional issues, and promote positivity. Given our technology today, all you need in order to try out binaural beats is a pair of headphones or earbuds and some binaural beat audio, which can be found in an Amazon search or a Spotify playlist. There are also some great apps you can quickly download. The cool thing is that you can add binaural beats to play behind your regular playlist. Why not throw some healing in while jamming to your favorite tunes?”


—Magdaleena Nikolov, director of spa, Fairmont Century Plaza in Los Angeles

“One thing driving sound therapy’s rise in popularity is the overwhelming scientific evidence that music is uniquely powerful ‘medicine’ that is incredibly effective for managing emotions, calming our minds and even healing our bodies. The evidence-based results have triggered the huge rise in the use of music for wellness—whether it’s for meditation, sleep, mental wellness or even vibrational to help you recalibrate your body’s entire energy field. The use of music as medicine really isn’t anything new: Indigenous cultures have long used music and vibration in healing ceremonies. Drumming, hand clapping, singing and vibrational instruments work energetically with your body, activating different frequencies in the brain. Sound therapy enables your body to heal itself by slowing down your brain waves, helping to shift every cell in your body from dis-ease to ease.” —Abdul Nassani, founder, **Biohacking ORB**



## TREND WATCH

“Spa-goers are increasingly requesting and experiencing the myriad of benefits from our sound therapy offerings, including a sound bath of healing singing bowls, tuning forks and more. In our latest unique interactive wellness experience, Sound Sleep (60 min./\$225), our guests learn to play their own set of tuning forks to continue self-care sound healing at home. Soothing vibrations of their tuning forks create harmonic resonance to calm the nervous system, benefit brain waves, strengthen immune function and promote deep sleep.” —Monika Jalovec, spa director, **Post Ranch Inn in Big Sur, California**

A close-up photograph of a hand holding two metal tuning forks. The tuning forks are positioned diagonally across the frame, with the hand supporting them from below. The background is a soft, out-of-focus bokeh of various colors including yellow, green, and pink, creating a serene and ethereal atmosphere.

“The healing quality of sound has been recognized for a long time; many of us use music every day to find a sense of calm. Sound therapy has ancient origins: As early as 16000 BC, gongs were being used as healing instruments. They were believed to have links to the spiritual world and became symbols of status and success. Today, sound therapy comes in many different forms and provides a range of benefits, including reduced stress and mood swings, improved sleep quality and lowered blood pressure and cholesterol.

At Carillon Miami, we offer sound therapy through a selection of our new Touchless Wellness Experiences. Current services that incorporate sound therapy include the VEMI, which uses vibro-acoustic harmonics to open cellular communication to all cells in the body; the Somadome, which combines color, sound and energy therapies to take the mind and body into a deep state of meditation; the Spa Wave, performed on a quantum harmonic sound therapy table that combines music, gentle sound waves and vibration to support quality sleep; and the Rasha, which uses scalar-plasma-sound technology to help harmonize the right and left hemispheres of the brain and reduce stressors.” —**Tammy Pahel, vice president of spa & wellness operations, Carillon Miami Wellness Resort DS**