



Sound Bath Aftercare

- **Hydrate** - drink plenty of water or enjoy a herbal tea to rehydrate your body after deep relaxation.
 - **Move gently** - light stretching or walking will support your circulation; avoid any strenuous exercise straight after.
 - **Nourishment** - choose light, healthy food if you feel hungry.
 - **Reflect** - give yourself some time to settle back in to the present moment; some gentle journaling can be beneficial.
 - **Emotional care** - it's normal for emotions or memories to temporarily shift and surface; be gentle with yourself and allow them to flow through naturally.
 - **Alcohol** - it's best to avoid alcohol immediately after a sound bath as it may interfere with the nervous system's natural recovery.
 - **Sleep & rest** - a good night's sleep helps maintain the benefits of the session.
 - **Energy shifts** - be mindful of any changes in mood, clarity or energy for a day or two after.
 - **Reach out** - i offer a safe space for any questions you may have or if you'd like to simply reflect on your session with me.
 - **Well-being** - if you feel unsettled beyond what feels normal to you, consider checking in with your GP; your well-being is your responsibility and an important act of self-care.
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