

Sound Bath Consent

Sound baths may not be suitable for people with certain health conditions such as epilepsy, tinnitus, first trimester of pregnancy, synthetic medical implants (pacemakers), hip/knee replacement and severe mental health conditions.

It is recommended you contact your medical professional before booking the session if you have any concerns.

If you wear hearing aids of any kind, please remove them prior to the session.

A Sound Practitioner is not a doctor and therefore will not diagnose or treat any specific illness. If you have a medical problem you are advised to seek professional medical help.

You may experience some discomfort after your treatment. This can be headaches, feeling tired or thirsty. This is caused by your body trying to heal itself. For most people this process generally takes 2-3 days and during this time you should drink plenty of water and take it easy. Give your body a chance to heal itself.

DISCLAIMER for Drum + Gong Full Body Sound Bath

This is a **deeper, more immersive sound experience** than my usual sound baths. The gongs and drums will be played **closer to the body and at a higher volume**, creating stronger vibrations and a more dynamic sensory experience.

Everyone's nervous system responds differently to sound and sensory stimulation. For some people, particularly those with **heightened sensory sensitivity or trauma/PTSD**, stronger or unexpected sounds may feel overwhelming rather than relaxing.

Please take a moment to consider whether this type of experience feels supportive for you.

By booking, you acknowledge that this is a louder and more immersive experience than a standard sound bath and that you are responsible for deciding whether it is suitable for you.

You will be asked to confirm, by providing a signature on arrival, that you have read & understood the above prior to the sound bath.

Thank you

Kirsty Robinson

Serenity: Sound Therapy & Wellness Practitioner.