

## 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 replacements and severe mental health conditions.

It is recommended that 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.

The swimming pool does get humid during the sound session. Please make sure you are comfortable with this. If, for example, you have asthma, this may make it uncomfortable for you.

Please ensure you are confident in and around water.

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.

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.