



Soundbath Aftercare

A few gentle suggestions to support you after your session.



① What you may notice

I hope you enjoyed your session.

Like many holistic approaches, sound therapy sessions can sometimes enable a personal process to unfold. This may take place on a physical, mental or emotional level, and is usually experienced as mild changes from what you would consider to be your usual norm.

People sometimes report feeling a little achy, flu-like, emotional (for example tearful), or slightly 'hung-over' the next morning. These are common responses to the session and may indicate a release of some kind.



② If you feel concerned

These feelings usually pass within a few hours. However, if symptoms are severe, or you feel at all worried, please contact your doctor or health professional, as it is likely that your symptoms are due to something other than the sound therapy.

You can also contact me:

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③ How to support yourself



Give yourself time and space to process and integrate the experience. This may mean keeping your schedule light and taking a little time to reflect on anything that arose during or after the session.



Drink a little more water than usual — just a few extra glasses are plenty.



If you can, move gently through the rest of the day and allow yourself a quieter pace.

*With care,
Stefania Boiano*