

**Pure Sound**

Relaxation and Meditation through Sound

**After the Sound Bath**

The following are some guidelines to help you after your sound session :-  
  
1) Keep warm and drink plenty of water. This will help your body to flush any toxins out of your system.  
  
2) Take a little exercise every day if you are able.  
  
3) After your sound session be sensible and don’t overdo it if you immediately feel better. Give your body a chance to catch up and integrate the healing. Be kind to yourself.  
  
4) Allow the sound time to work – you may feel immediately better in some ways, or this may take several days, particularly if you have a chronic, i.e. long-term ailment. There is generally a three-day adjustment period after a sound healing session. All healing is self-paced.   
  
5) ''The College of Sound Healing' recommends that you have three weekly treatments, then review your progress at the end of these three sessions. If you have a serious illness you may need more sessions before you start to feel well again.  
  
6) If you have any questions after the session please feel free to ring or email me to discuss them.