

Sound off

Here's why sound therapy, an ancient ritual from Tibetan and Himalayan cultures, is making a comeback. *Words: Anna Evdokimou*

We live in an age of technological innovation. Our physical fitness is monitored by our watches, our skincare routines have been taken over by LED masks and we're even able to practise mindfulness via an app. As we continue to move forward, many of us might look back in pity, feeling sorry that our ancestors didn't have access to the digital advancements that we do.

So, it might come as a surprise to learn that sound therapy, which originates from ancient Tibetan and Himalayan cultures, has had a revival, with the likes of Kendall Jenner and the Duchess of Sussex professing their devotion to the practice. But what is it?

"We're made up of pure energy," says Dr Nima Mahmoodi, cosmetic dentist and aesthetic practitioner at Remedi London. "The energy within us is always vibrating, and sound therapy aims to create a healing resonance by bringing the external sound in tune with our internal vibrations." Sound therapists use a combination of vibrations to stimulate our bodies, rebalance our



SOUND THERAPY CAN PROMOTE IMPROVED SLEEP AND MOOD / ALAMY

emotions and help us feel calm. The typical tools used can include crystal and Tibetan bowls, gongs and even live piano music.

WHAT ARE THE EFFECTS?

"There are many benefits, including enhancing relaxation, improving sleep and helping to better your mood," says Dr Nima. He points to relieving stress as the most prominent benefit. "The natural vibration of the human body is greatly affected during times of stress. As the vibrations within the body changes, so do the cells. This can manifest as anxiety, emotional imbalance or insomnia." Here, sound therapy can be used to restore the vibrations to their natural state, so that energy can flow through the body at ease.

CAN IT HELP WITH STRESS?

According to Dr Nima, the answer is yes. "Sound therapy works by activating the parasympathetic nervous system, which is the opposite of the flight or fight response. By creating healing vibrations, slowing down your breathing and heart rate and entering into a meditative state, the class calms the mind and body."

In a time where technology does most of the work for us, it may seem archaic to be reverting to ancient methods of healing. But for those of us who work inner-city jobs, a sound therapy class can be a great option for some much-needed down time.



HOW TO DO IT

Remedi London offers the Remind Package, which includes four infrared sauna sessions, four rebalance impulse sessions and two sound therapy sessions. £400. remedilondon.com

Acro, a wellbeing boutique resort in Crete, hosts sound therapy sessions with the aim of guiding guests to reconnect with their inner self and returning into a natural state of harmony. Prices start from £43 per person, not included in the overall stay package. acrosuites.com

Kagi Maldives Resort & Spa, situated in the North Malé Atoll, offers Sound of Baani classes and Sound Chakra Balancing. Prices start from £115 per 60 minute session, not including accommodation costs. kagimaldives.com

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Located in the heart of Portugal's central highlands, 186 miles north of

Lisbon and just over 100 miles south of Porto, Serra da Estrela is where the Mondego, Zezere, and Alva rivers all begin their journey.

Casas da Lapa, Nature & Spa Hotel is situated in this pristine wilderness. Step inside, and you'll discover elegantly designed and well-lit bedrooms that provide a cosy sanctuary after the day's adventures. Whether you've been

trekking through the park, cycling along scenic routes, exploring quaint villages or taking a refreshing dip in the nearby rivers, Casas da Lapa is ready to pamper you. Dive into bliss with the hotel's two outdoor swimming pools, an inviting indoor pool and the rejuvenating sauna and steam bath. It's an oasis of relaxation designed to leave you feeling rejuvenated and refreshed.

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