

# Good vibrations

Feeling out of sorts? The solution may be sound therapy, which aims to realign mind and body through soothing chants, music, percussion and more.

BY DAVEN WU



#### HEAR FOLK SONGS AND TAMBOURINES

At Vair Spa ([www.vairspa.it](http://www.vairspa.it)) at the Borgo Egnazia resort in Puglia, Italy, music therapy sessions are led by a therapist who is both a psychologist and a folk musician. Participants are encouraged to dance, play the tambourine and sing folk songs to release negative emotions and physical tension. The spa's objective is to help guests "rediscover the joy of being alive".

#### HEAR RINGING CHIMES FROM A TIBETAN SINGING BOWL

During your massage session at the swanky Mulla Spa ([www.themulla.com](http://www.themulla.com)) in Bali, Indonesia, a Tibetan singing bowl is gently circled around your body's chakra points to rhythmically balance your natural vibrational energy. Pure tones are produced by sliding a mallet round the edges of the bowl.



  
Bliss out on funk singing and forest bathing. Discover unconventional wellness retreats on [www.silveriris.com](http://www.silveriris.com)



#### HEAR SOOTHING BACKGROUND MUSIC

Just steps from turquoise-hued Grace Bay Beach in the Caribbean, The Palms Turks and Caicos ([www.thepalmstc.com](http://www.thepalmstc.com)) features a spa with a healing Bath Room. After a refreshing shower, indulge in a detoxifying soak in water infused with hand-harvested organic seaweed (said to remineralise the skin), as LEDs "dance" to the rhythm of music.



ILLUSTRATIONS: LAUREL CASANO

#### HEAR BELL-LIKE HUMMING FROM CRYSTAL BOWLS

At Rancho La Puerca ([www.rancholapuercita.com](http://www.rancholapuercita.com)), a resort and spa in Tecate, Mexico, tense bodies are soothed within a cocoon of sound generated by a circle of vibrating crystal bowls. The sound waves are said to release powerful neurohormones and boost the immune system.



#### HEAR RHYTHMIC SOUNDS FROM RAIN STICKS AND DRUMS

Follow the London-based Secret Yoga Club ([www.secretyogaclub.co.uk](http://www.secretyogaclub.co.uk)) as it pops up all around the world, holding mindfulness events that combine sound therapy with yoga. Traditional instruments such as rain sticks and drums, and even underground electronic music spun by a live DJ, are used to promote renewal and relaxation.



#### HEAR CHANTING OF AN ANCIENT MANTRA

In Rajasthan, India, at the foot of the Aravalli mountains, Amanbagh ([www.amanbagh.com](http://www.amanbagh.com)) offers fire and candle meditation sessions that aim to stabilise the body's metabolic rate and create mental calm. A therapist chants an ancient Gayatri mantra while participants meditate around a lighted brazier.