

# Waves Holistic Healing

## Sound Bath Aftercare Guide

Thank you for participating in a sound bath session. To help integrate the benefits and maintain a sense of balance, please follow these aftercare recommendations:

### Immediate Aftercare

1. **Hydration** – Drink plenty of water to support detoxification and energy flow.
2. **Rest** – Allow yourself time to relax and process the experience.
3. **Gentle Movement** – Stretching or a slow walk can help ground your energy.
4. **Avoid Stimulants** – Refrain from caffeine, alcohol, or heavy meals for a few hours.

### Emotional & Mental Well-being

1. **Journaling** – Write down any thoughts, emotions, or insights that arose during the session.
2. **Meditation** – Spend a few minutes in silence to deepen the effects.
3. **Breathwork** – Practice deep breathing to maintain relaxation.

### Physical Care

1. **Salt Bath** – A warm Epsom salt bath can enhance relaxation and energy clearing.
2. **Aromatherapy** – Use calming essential oils like lavender or frankincense.
3. **Nutritious Food** – Eat light, nourishing meals to support your body's healing.

### Integration Over the Next Few Days

1. **Observe Changes** – Pay attention to shifts in mood, energy, and awareness.
2. **Limit Stress** – Engage in gentle activities like nature walks or creative expression.
3. **Share Your Experience** – Discussing your experience with a trusted friend or practitioner can help process emotions.

### When to Seek Additional Support

If you experience intense emotional shifts or discomfort, consider seeking guidance from a holistic practitioner or counsellor to help you navigate the integration process.

We hope you continue to enjoy the benefits of your sound bath experience. Feel free to reach out if you have any questions or need further support.

**Noreen xx**