



AFTER YOUR GONG BATH

The following are some guidelines to help you after your gong bath: -

- Drink enough water, as sound vibrations loosen toxins around body cells and water will help the body to flush any toxins out of your system.
- Be kind to yourself & don't overdo it. Over the next few days whether you feel energised or tired, allow your body time to integrate the sound healing.
- If the gongs bring things to the surface which need to be acknowledged & dealt with, either physically or emotionally – this can also act as a detoxification process.
- Consider a gong bath as part of your routine in looking after your health & well-being, which can complement exercise, your diet and lifestyle.
- If you have any questions after the session please feel free to contact me & discuss them.
- Also, email me if you would like to receive my monthly newsletter.

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