



Contraindications for Sound Therapy

This is to inform all clients that they are using VWellness services at their own risk and I ask that you read, agree and sign the liability waiver in advance of our private or group session.

Sound Therapy with Himalayan singing bowls uses sound and vibration to consciously support a person from their normal waking state of consciousness (beta) to a very relaxed state of consciousness (alpha, theta and delta). In this peaceful state, our own internal healing power and abilities can work more efficiently to allow for the person being treated to come back into vibrational alignment to improve general health and wellness.

As a Sound Therapy Practitioner, I am not a licensed health professional. With this said, I will not diagnose, prescribe substances, perform medical treatment, or interfere with the treatment of qualified physicians or other licensed medical professionals. The services that VWellness offers are considered complementary to traditional Western medical practices. The is a non-exhaustive list that comprises the contraindications for Sound Therapy with Himalayan Singing Bowls.

Sound Bath - without placing the bowls on the body, only sound impact

- Epilepsy - not allowed strictly
- Intoxicated patients / drugs or alcohol - not allowed strictly
- Patient with mental condition or on medication - only after coordination with his/her doctor

Sound Therapy Massage - when the bowls are placed on the body

- Pregnancy - not allowed strictly, offer Sound Bath – without placing the bowls on the body
- Epilepsy - not allowed strictly
- Intoxicated patients / drugs or alcohol not allowed strictly
- Patient with mental condition or on medication - only after coordination with his/her doctor
- High fever, temperature over 38, cold, flu - not allowed strictly, offer Sound Bath
- Skin infections, contagious skin conditions - contact of the bowl is not allowed, offer Sound Bath
- Any heart conditions – not allowed, only Sound Bath
- Any mechanic device like heart pacer inside the body - not allowed, only Sound Bath
- Previously experienced stroke - not allowed, only Sound Bath)
- Brain injuries or brain operations in the past - not allowed, only Sound Bath
- After surgery - recommended to wait min 2 months, consult with doctor, Sound Bath is allowed
- Meningitis - not allowed, only Sound Bath
- Hemorrhage, hemophilia - not allowed, only Sound Bath
- Acute pneumonia, lungs infections or inflammation - not allowed, only Sound Bath
- Kidney failure, kidney stones - not allowed, only Sound Bath
- Respiratory failure or inflammation - not allowed, only Sound Bath
- Liver failure or inflammation - not allowed, only Sound Bath
- Highly metastatic cancer (i.e. lymphoma, malignant melanoma) - not allowed, only Sound Bath
- Patients with blood infections (sepsis, bacteremia), blood clots - not allowed, only Sound Bath