



SOUND HEALING

SOUND HEALING SESSION with Alchemy Crystal Bowls

99,00€ per 55 min. (max 3 people)

What is Sound Healing Therapy?

Sound Healing is one of the oldest forms of therapy known to mankind. It has been used around the world over the centuries to assist in a variety of healing processes.

Sound produces powerful vibrations and, as we are vibrational beings by nature, our structure is influenced and transformed by its movement.

The Alchemy Crystal bowls create both pure tones and harmonic overtones which have the ability to reset and re-tune the subtle energy field of our body, shift our brain waves, enhancing relaxation, creativity and physical release.

What are the Alchemy Crystal Bowls?

Crystal Tones ® Alchemy Crystal Bowls are a one of a kind sonic tool that utilizes a proprietary quartz fusion patented-technology unique to each one of them. The tones produced by the bowls are not just heard by the ear, but also felt in our whole body, entraining with it at every level, from the very cellular structure to every organ and tissue, as well as more subtle aspects such as the psyche and the emotional system.

Nowadays more and more people experience the benefits of the use of frequency and vibration in their search for wellness. As our lifestyles continue on the fast track, we seek more venues for mindfulness, well-being, inner peace, relaxation and regeneration.

In the USA, Sound Healing is currently one of the most requested therapies, while here at Lago di Garda our therapist offers a unique service with various innovative treatments.

Benefits of the Alchemy Crystal Bowls Therapy:

- Stress and anxiety relief
- Cellular regeneration
- Energetic and emotional clearing
- Life purpose connection

