



### Experience a Sound Bath!

#### What is a Sound Bath?

A Sound Bath is a group session where you are bathe in sound and vibration with Himalayan and Quartz Singing Bowls, Gongs, Quartz Chimes, Tingshas, Koshi Chimes and other vibrational sound instruments.

#### What to expect?

1. You'll be laying down on yoga mat, if not sitting is ok.
2. Relax and breathe into it.
3. Emotional releases (i.e. Laughing – or Crying.
4. Lay back and let the sounds bathe you, Chill out.
5. You might fall asleep.

## Who We Are

### About Us

Nancy is a Vibrational Sound Therapy Practitioner, certified by the Vibrational Sound Association and the International Academy of Sound Healing. She is also a Reiki Practitioner, member of the International Association of Reiki Professionals and the Reiki Healing Association; in addition to an Independent Distributor for Young Living Essential Oils.

Nancy is married and lives in Staten NY

### Contact Us

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## NANCY'S VIBRATIONAL HEALING SOUNDS

Vibration, Energy, Oils  
“Healing for the Body,  
Mind and Soul.”



Vibrational Sound Therapy at the Staten Island Holistic Expo.

## Mission Statement

Our mission is to provide alternative modalities of healing the physical, mental and spiritual self, through Vibrational Sound Therapy, Reiki and Essential Oils.

### What is VST, Reiki, Essential Oils

Vibrational Sound Therapy (VST) and Reiki are holistic healing modalities. They affect the individual at the physical, mental and spiritual level, creating an environment where the body can help repair itself. They are regularly utilized by alternative health care centers as integrative tools in traditional medical treatment.

**Vibrational Sound Therapy (VST)** combines powerful vibration and tones to induce an immediate relaxed state. Clients report effects ranging from a meditative state to deep relaxation. Effects every cell and organ in the body.

**Reiki** is a great tool for stress reduction and relaxation. It is also well-known and used to promote healing within the body.

**Young Living Essential Oils** are Grade A, 100 % Therapeutic Oils with many uses.

#### Services available:

Private VST or Reiki Session

Public & Private Group VST (Sound Bath)

Retreats Private & Corporate

Corporate Health & Wellness Programs

Holistic Expos

Employee Wellness Programs

Hospitals, Healthcare Facilities, Schools

Addiction Treatment Programs



Vibrational Sound Therapy at Assisted Living Facilities.

#### Services Types and Some Benefits:

#### Vibrational Sound Therapy (VST)

Benefits include:

- Relieves Stress, Anxiety, Depression
- Lowers Blood Pressure
- Focus and mental clarity & more

#### Reiki - Benefits Include:

- Stress Relief, Relaxation & more

Young Living Essential Oils -Benefits include:

- Pain relief
- Emotional Clearing
- Meditation