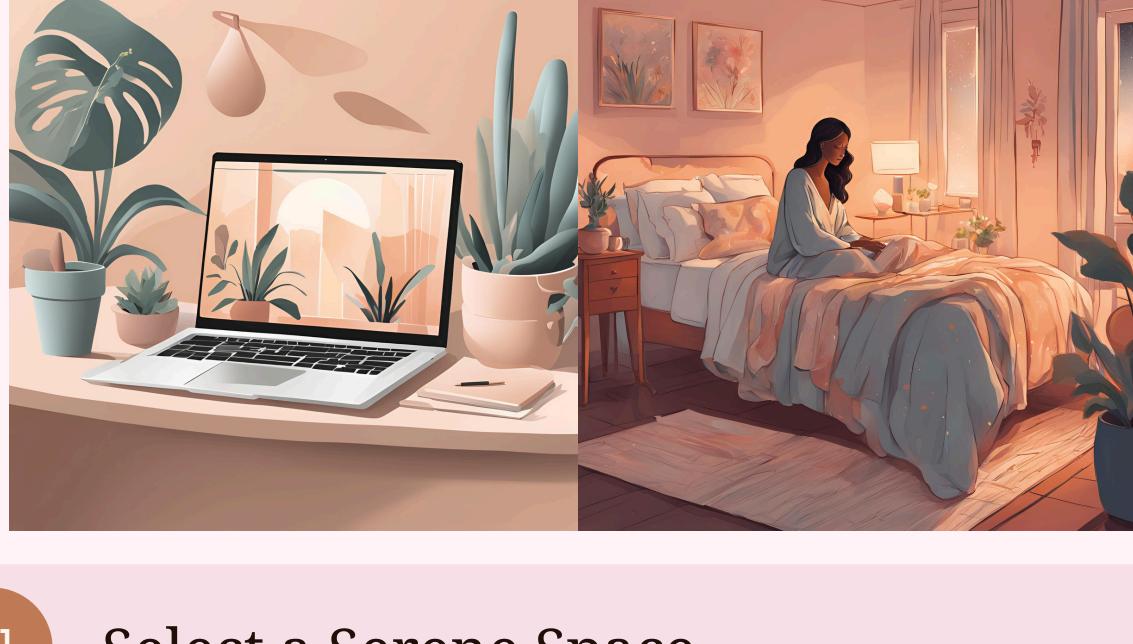


# Enhance Your Vibe Alchemy

## Online Sound Bath

### 5 Tips For At-Home Bliss



#### 01. Select a Serene Space

**Location:** Choose a quiet, private space. Your bedroom is perfect. Note: camera will be off post consult.

**Lighting:** Use soft, dim lighting, candles or fairy lights.

**Seating:** A comfortable chair, couch or bed.

**Temperature:** Your temperature may drop so ensure the space is warm and cozy.

#### 02. Sensory Enhancements

**Aromatherapy:** Diffuse your favourite oils, or apply Vibe Alchemy Meditation oils to wrists.

**Sound:** The sound bath will play through the Zoom call. A good speaker or headphones can help make the most of the ethereal tones.

**Textures:** Soft blankets, cushions under the knees, eye mask and a warmed wheat bag are magic.

#### 03. Energetic Add-Ons

**Smudge:** Smudge your space with Sage, Palo Santo or Vibe Alchemy Vibrational Sprays.

Note: I will also clear both our spaces as part of the reiki so this is optional and more for your own added experience.

**Crystals:** A crystal grid is already being used so send your Reiki energy, but you are welcome to bring whatever is calling on your end. Any Quartz (Clear, Rose, Amethyst) will further amplify the signal, place on body or at your feet.

#### 04. Personal Prep

**Attire:** Comfortable, loose clothing let energy flow best.

**Mindset:** Spend 5 minutes tuning into how you feel if possible. Keep an open mind and let your body know your intent to release what no longer serves.

**Dietary:** Hydrate and avoid caffeine/substances before the session.

**Make Space:** Gift yourself this time. Let others know you'll be unavailable, turn off your ringer. Include 30mins beforehand for doing your skincare routine or doing some light stretching for added self-care vibes.

#### 05. Aftercare Tips

**Ground:** Drink water and have a light meal. 5 minutes with your feet in the grass or a light walk are great too.

**Self-Care Bootcamp:** Stay tuned for our free post-care program. These guided self-care sessions can be done at your own pace, and will help make the most of your session while forming a new life-changing habit.

**Take it Easy:** You may notice you are tired or more sensitive. Listen to your body and give it what it needs (maybe a light nap or early bedtime).

Book your session today

