

## Important Considerations & Safety Notes

While sound baths are deeply relaxing and suitable for most people, there are a few situations where it's wise to **check with a healthcare professional before attending**:

Check with a healthcare professional if:

- Are pregnant, especially in the **first trimester** or have any pregnancy-related concerns. Many facilitators recommend speaking with your midwife/doctor before joining a session.
- Have a **history of seizures or epilepsy**, as certain sound frequencies may occasionally be triggering for some individuals.
- Have a **pacemaker, implantable medical device, or metal implants**.
- Live with **severe or unmanaged mental health conditions** that might be affected by immersive sound and deep relaxation.
- Experience **sound sensitivities, tinnitus, dizziness, or vertigo**, or if loud vibrations can be uncomfortable for you.
- Are **recovering from recent surgery or major medical treatment** — discussing with your doctor is advised.

### General guidance:

Everyone's body responds differently. If at any point during the session you feel uncomfortable, overwhelmed, or unwell, you are absolutely welcome to sit up, take a break, or step outside — your comfort matters most.

*Note: This information isn't medical advice. If you have specific health concerns, please consult your healthcare provider to determine what's best for your wellbeing.*