

Your Session

The Sound Table

During your appointment, you will remain completely clothed: you will only need to remove your shoes, Please ensure you wear comfortable clothes and that they are clean

Your session will take place on a comfy waterbed with a warm blanket and a head roll.

When settled on the bed, you will be given headphones. You can adjust for comfort

Your session will begin as soon as your attendant starts the music. You will begin to feel the gentle vibrations of the bed as you listen to the selected music.

You will then be left in your own private room to enjoy your Vibroacoustic session in solitude.

Your Experience

After approximately 15 minutes, you should be feeling the relaxation response. Some people fall asleep, other reach a meditative state, many experience pain relief, and others just enjoy the pleasant sensations and the opportunity to relax.

The experience is different for everyone, and yours will be unique to you. It even varies for the same person from session to session, but most report to feeling relaxed and well rested. Some people are able to completely turn off their thoughts, while others find they can't get their thoughts to stop. Try not to become frustrated if you can't get your mind to settle down. During your first session(s) it can take time to get your mind to relax. Conversely, you can use the time to think about things you are otherwise too distracted to focus on.

Some people with sports injuries or chronic pain may feel some discomfort, but as the body relaxes this discomfort should disappear.

Some people leave feeling like it was no benefit at all, yet report being more focused afterwards and having the best sleep ever when they get home. So keep in mind that while you may not feel the immediate benefits, you may notice them more when your session is complete. The more sessions you have the more you will experience the benefits, as with most conditions relief may not be experienced until after a few sessions.

Try not to have any expectations about what you will experience. You need to have realistic goals and because the experience is so different for everyone, you could end up feeling disappointed if you don't have the experience you were expecting. Just relax and enjoy the moment!

Ending the Session

The length of session varies according to the conditions being treated, but typically lasts anywhere from 15 to 35 minutes.

After your session is over, the attendant will return to turn off the equipment

It is recommended that after the session stops that you sit up and spend a couple of minutes orienting yourself before standing up. Some people can feel a little dizzy if they get up too fast so we want to make sure you are steady on your feet before standing.

Drink some water or decaffeinated tea to help hydrate.

See You Soon

Who Can Benefit from Vibroacoustic Therapy?

A Sound Soul Resides in A Sound Mind and a Sound Body ~Atsushi

Vibroacoustic Therapy has been safely used for decades without any significant adverse effects, and there are few risks associated with treatment. However, there are some contraindications that clients need to be aware of. Please read through this section carefully, as certain conditions may require you to cancel or re-schedule your appointment, or bring a note from your primary healthcare provider indicating you are able to receive treatment.

If any of the following are applicable to you, unfortunately, you will not be able to use the vibration bed

- Pacemaker or other serious cardiac condition (note: there are magnets in the transducers)
- Recent psychosis (active or borderline)
- Implants that may be affected by magnets
- Significant spinal injuries (or slipped or bulging disc).
- A medical condition such as very low blood pressure, epilepsy, bleeding disorder, or deep vein thrombosis (blood clot)
- History of blackouts, heart attacks, or seizures
- Incontinence

If any of the following are applicable to you, please reschedule your appointment to a time when you are feeling well again and/or have received written authorization from your primary healthcare provider:

Cold, the flu, Covid-19, ear/sinus/throat infection, open wounds, infectious skin disease, or any contagious illness, active infection, or communicable disease

Pregnancy (regardless of term). Under the influence of recreational drugs or alcohol

Recent surgery or have suffered a significant injury

Services not recommended for children and teens under age 16



There are a wide variety of conditions that can benefit from using Vibroacoustic Therapy. This is not an complete list, but includes some conditions. Additionally, it can be used purely for relaxation

- Parkinson's/Fibromyalgia/Multiple Sclerosis/Dystonia
- High blood pressure
- Immune system booster
- Heart health
- Respiratory disorders (COPD/Asthma)
- Thyroid dysfunction and disorders of the endocrine system
- Insomnia/Sleep Deficit/Fatigue
- Headaches and migraines
- Disorders of the kidneys, bladder, gallbladder, spleen, or liver
- Poor circulation
- Gynecological disorders (menstrual pain, disease of the ovaries)
- Prostate health
- Cramping/Muscle spasms/Tremors
- Stimulate central nervous system
- Improve lymphatic flow
- Muscle tension/tautness and pain from strains/sprains, fractures, sports injuries, and repetitive use; limited range of motion; poor muscle tone; and other physical injuries or disease of the joints, spine, and limbs, including arthritis/rheumatism, sciatica, hip pain, and back pain
- Aid in recovery from stroke
- Relieve muscle tension
- Increase oxygenation
- Release stress
- Reduce anxiety
- Depression and Mood disorders
- Improve sleep quality
- Decrease psychological pain
- Enhance creativity
- Support PTSD treatment
- Facilitate relaxation
- Deep meditation
- Calm and soothe restless behaviour
- Reconnect Mind and Body