

Star Harmony SOUND MEDICINE

Aftercare Information

If you follow these guidelines, the sound healing process will have a deeper and longer lasting effect.

- If you feel ungrounded after the session, try eating something light or sipping on water or tea. Please avoid driving or operating machinery until you feel fully present and steady again.
- Give yourself some spaciousness after the session—rest, take a gentle walk, or do something quiet. Try to avoid anything too stimulating or stressful for the rest of the day if possible.
- Once you're home, a bath or shower can help the sound vibrations integrate more deeply into your system, and support their continued effect.
- If you can, try to steer clear of red meat, alcohol, or any harsh chemicals for the next 24 hours to support your body's natural clearing process.
- Stay well-hydrated. Drinking plenty of water helps your body process and release any energetic or physical toxins that may have come up during the session.
- There are no officially recognized side effects of sound healing.
- Occasionally, a healing response may occur—this can look like old symptoms briefly intensifying before shifting. If this happens and you'd like support, feel free to reach out to me. If you feel like something needs closer medical attention, please connect with your healthcare provider. And of course, if you need urgent care, don't hesitate to seek medical help immediately.
- If you have any questions, please do not hesitate to contact me:

For further information, please contact:

Alissa Haggstrom

info@aquariansoundmedicine.com

AQUARIAN SOUND MEDICINE