**Contra-indications for Sound Healing**

**Keeping you safe!**

**Sound Healing is not advisable for these specific conditions:**

* First three months of Pregnancy
* Severe Mental Illness or PTSD – Sound can trigger strong emotions
* Epilepsy that is **triggered by sound**
* Currently undergoing Cancer treatment
* Thrombosis or Blood clots

**These conditions require caution in a Sound Healing scenario:**

* Meniere’s Disease, Tinnitus and Sensitive Hearing (ear plugs can be used)
* Severe Asthma
* High Blood Pressure (unless controlled by medication)
* In recovery from a Stroke
* Osteoporosis
* Metal Hip replacements (but not ceramic hip replacements)
* Pacemaker, stent, artificial heart valve
* Ear Infections
* Metal Implants, Screws or Plates – this can make the experience uncomfortable at the site of the metal plates

These conditions may be more suited to Reiki, gentle Yoga, Relaxation and /or Meditation techniques. The penetrative quality of the Singing Bowls may be too intense for you if you are currently managing these conditions.

Please contact Kate if you have any queries or would like to discuss possible therapies for these conditions.

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