

~ INNER TRANQUILITY ~

At Home Rituals by [Bulgari Spa London](#)

BEST FOR

Kim Smith is the co-founder of KLORIS, an award-winning premium CBD wellness brand rooted in natural and holistic wellbeing. Select this curated [soundscape](#) and follow Kim's five steps to enjoy the sound therapy session at home and find inner tranquillity.

FIVE STEPS

1. Create the right environment for your [soundscape](#). Find a space where you can be comfortable and undisturbed – low lighting and a cooling breeze from an open window can help set the tone, as can lighting a favourite scented candle. You can choose to lay down or be seated, and wear loose clothes to feel relaxed.

2. Consider what you eat beforehand. Avoid a full stomach or for your body to be digesting heavy food whilst you are trying to relax during the session. Eat lightly and leave a couple of hours from your last meal before starting.

3. Select your preferred audio source. Using either speakers or headphones is fine - choose whichever feels most relaxing to you, and set a volume level that you are comfortable with. Before you hit play, take a few deep breaths to prepare for your session.

4. Try not to analyse how your mind and body is responding. During the session take a meditative approach and do not worry about analysing the effect the soundscape is having on you. Just go with the flow, and if your mind wanders (which is totally natural) gently bring it back into the present, absorbing the grounding sounds. You don't have to 'do' anything.

5. Make a date with yourself for your next sound bathing session and add to it your diary. Sound therapy, as with most things, will reap better benefits when done consistently. If you clear some space in your diary it is more likely to happen.

ADDITIONAL TIPS

- ✓ There is no correct time of day to do sound therapy. Try and pick a time when you don't have to rush around after the session.
- ✓ Use [KLORIS balm](#) or face oil before your session, allowing the CBD to interact with your skin's CB2 receptors to relax and soothe you.

