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**SOUND HEALING  
THERAPY**

**EDITION**

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CEO AND OWNER**

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**TIME TO SAY 'GOOD  
BYE' TO STRESS**

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## TIME TO SAY 'GOOD BYE' TO STRESS



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**F**rom bustling cities to serene suburbs, the weight of stress can be felt by everyone, whether children, teenagers, or adults. Non reduction of stress daily, may lead to chronic stress that elevates other chronic conditions such as insomnia, anxiety, fatigue, pain and even depression. Feeling stressed is the first sign of getting into survival mode (fight, flight freeze) – similar to a yellow light alert before a red light, the body’s way of saying, ‘pause’. But is taking a pause really enough? Many people accept stress as the new normal and don’t realize its negative impact on the body and mind. Others use escape routes like drugs, gaming, or vacations may offer fleeting respite.

For lasting results, stress-relieving efforts must focus on eliciting a change from within.

TheSoundWell, a wellness sound therapy provider, conducts Vibro-Therapy to invoke a sense of tranquillity, foster a serene environment, and nurture a harmonious equilibrium between body and mind.

### NON-PHARMACEUTICAL SOLUTION

Originally invented by Olav Skille, VibroAcoustic Therapy is an effective solution for reducing stress, relieving anxiety and insomnia, as well as boosting vitality and mind clarity in a soothing, gentle, and effortless way. Everyone can benefit from VibroAcoustic Therapy regardless of age and occupation”children, teenagers, professionals, adults, and elderly individuals. The therapy procedure involves streaming a single low sound frequency between 30 hertz and 120 hertz into equipment (such as a recliner, a mat, a sonic pet and a pillow). The user feels a gentle and soothing inner body massage. Unlike regular massage chairs you see in airports or malls that are based on mechanical mechanisms, Vibroacoustic Therapy is a soundwave inner body massage that is soft yet powerful. We are 60% water and sound travels through water better than air. Literally we vibrate harmonically every organ, tissue and cell.

### BEYOND NORMAL THERAPY SESSIONS

TheSoundWell has noticed the interest of many companies to integrate VibroAcoustic therapy recliners into their facilities for their employees. Hence, manufacturing and assembly of VibroAcoustic systems like mats and recliners for them is one of its primary focuses.

“We are flexible enough to tailor the solution specifically to meet any company or organization’s requirements. It could be a post-trauma care or rehabilitation, with concentration on physical revitalization or dealing with dependency; still, we can accept its combination with psychotherapy components for more therapeutic effect. The beauty of Vibroacoustic Therapy is that it can be applied as a standalone therapy and self-help tool or integrated with any other modality,” says Berg.



### URGE TO SUPPORT PEOPLE TO LIVE A STRESS-FREE LIFE

It also uses a concept referred to as ‘*SilentSoundSpace*’ for companies that want to give their workers refreshing breaks beyond just lunch breaks, such as taking naps. This helps employees relax and take a break from their phones, giving them a quiet place to unwind without any distractions. The therapy system plays a specific sound that can help with trouble sleeping, feeling stressed, or having pain in certain areas. The idea is to help people pay attention to their bodies and feel more connected to themselves. All they have to do is focus on their breathing and how their body feels, and they can see how the sound waves affect them right away. Whether they fall asleep, take a nap, or just feel really relaxed during a short 23-minute session, they feel a big difference.

In settings like hospitals, where medical staff undergo relentless schedules and immense stress, the Silent Sound Space offers a nurturing environment where individuals can alleviate mental, emotional, and physical strain through the soothing influence of sound waves. Similarly, this concept can be incorporated into any other environment requiring strenuous physical exertion, like police departments.

### A SETTING TO INTERACT WITH SENSORY STIMULI

The *SilentSoundSpace* can be an added value to any *sensory room* for individuals with special needs, chronic conditions, brain injuries, communication difficulties, and those recovering from injuries. Essentially, a sensory room

serves as a provision that activates senses through playful and experimental activities. Also, people with conditions like dementia or Alzheimer’s benefit from the stimulating environment of a sensory room. These spaces are designed to heighten their sensory experiences, fostering excitement and motivation. They engage various senses including hearing, vision, touch, smell, and even taste.

However, Berg proposes enhancing the sensory room experience by incorporating a ‘*Silent Sound Space*’. Just as bodies follow a rhythm of activity and rest, alternating between day and night, it’s crucial to balance active engagement with moments of quiet contemplation. Therefore, after spending time in the sensory room, individuals can transition to the silent sound space for relaxation. This addition complements the sensory room’s functionality, allowing individuals to oscillate between active participation and serene introspection. It provides an opportunity to reflect on the immersive experiences encountered in the sensory room, further enhancing the overall therapeutic impact.



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LIKE YOU ARE BEING RINSED FROM  
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YOUR MENTAL, EMOTIONAL AND  
PHYSICAL SYSTEMS**

TheSoundWell introduces another concept called *four-sensor chillout spaces* for settings like universities, schools, airports, malls, trade shows, and beyond. The solution is flexible enough to adapt to the specific preferences of any organization. The goal is simple. If an individual within these settings is seeking a moment of breathing space during a hectic day, those places integrated with VibroAcoustic therapy systems allow them to relax freely and reduce their tension.

TheSoundWell’s current focus is on both B2B and B2C solutions. While individuals can easily make purchases on its website, it aims to extend its reach within healthcare settings like hospitals and rehab centres. By introducing simple additions, like recliners, the company can significantly improve the quality of life for patients and residents. Besides, it envisions collaborating with hospital and rehab management to allocate space and budget for these enhancements, offering a cost-effective solution that enhances comfort and well-being. **HB**

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