

# **Sound, Music and Vibration have a profound effect on both our bodies and minds.**

Dr. Andrew Weil and therapists in the field of Acoustic Resonance Therapy are finding benefits in using music to help with:

- Blood pressure
- Insomnia
- Pain management
- Ward off depression
- Stress & Anxiety
- Calm patients during painful procedures
- Increase Movement & Flexibility
- Mental & Emotional Clarity
- Ease muscle tension
- Help with neurological disorders
  - Parkinson's disease
  - Improve gait and balance
  - Rehabilitation for stroke victims
  - Cadence stride improvements
  - Increase endorphins
  - The vestibular system for individuals suffering from MS (music resonance exercises the communication between cells)
  - People experiencing Dementia

## **Relax Your Body ~ Calm Your Mind ~ Rejuvenate Your Spirit**

Dr. Robert Dallas, PhD Clinical Psychology states, "As you feel the sounds and music resonating through your body/mind in a truly harmonized way; you naturally and more completely mentally, emotionally and physically relax. Thus enabling muscles to let go, circulation to improve, brainwaves, heart rate and blood pressure to balance!"

Spa-tique 2711 Allen Blvd, Middleton  
608-821-6511 [susanspa3@gmail.com](mailto:susanspa3@gmail.com)  
[www.spa-tiquewithsusan.com](http://www.spa-tiquewithsusan.com)

