

Gong Bath meditation experience at Hengist Field Care Home



On Saturday 13 January we welcomed Phillipe to Hengist Field Care Home for a unique meditation experience known as **Gong Bath**.

As our meditation sessions with Nina are so popular, we decided to try a Gong Bath.

A Gong Bath (meditation), also known as a 'Sound Bath' or a 'Sound Massage', is a fully clothed, relaxing and blissful experience where you bathe in healing sound waves (no baths involved!). You simply close your eyes and relax.

We prepared the room with **drapes, low lighting, LED candles, scented diffusers** and **starry ceiling projectors**, making sure it was warm, calming and tranquil.

Phillipe started by explaining the benefits of a Gong Bath, how it can affect people differently and how it can make you feel. He also explained that we must all drink plenty of water as the **vibrations of the Gongs** can dehydrate you. He then guided us through a short **relaxation session**, followed by using the Gongs and other instruments.

The **Gong Bath was a complete success** and our residents have already requested for Phillipe to visit us again.

Thank you for such a wonderfully soothing session Phillipe – we're looking forward to seeing you again soon.

