

Sound Bath Contraindications

While sound baths are generally safe for most people, **anyone with epilepsy, severe mental health conditions, cardiovascular issues, implants, recent surgery, pregnancy concerns, or systemic illnesses should consult a healthcare professional** before attending.

Awareness of these contraindications ensures a safe and beneficial experience for all participants

Conditions	Sound Bath (bowls not on the body)	Sound Energy Massage (bowls on the body)	Seek professional guidance/ clearance
Epilepsy or seizure disorders	X	X	✓
Intoxicated	X	X	
Severe or clinical mental health issues	X	X	
Pregnancy 1 st trimester	X	X	
Pregnancy 2 nd – 3 rd trimester	✓	X	✓
Pacemakers/metallic implants	✓	X	✓
Brain injury/operations	✓	X	✓
Recent surgery or fractures	✓	X	✓
High temperature, 38+	✓	X	
Skin conditions	✓	X	
Heart conditions	✓	X	
Stroke recovery	✓	X	
Meningitis	✓	X	
Pneumonia, lung infections or inflammation	✓	X	
Kidney failure/stones	✓	X	
Respiratory infections or inflammation	✓	X	
Highly metastatic cancer e.g. lymphoma, malignant melanoma	✓	X	
Blood disorders	✓	X	



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Disclaimers:

- **Medical Considerations:** Participants should disclose any medical conditions, such as epilepsy, severe mental health issues, or pregnancy, as sound baths may not be suitable for everyone.
- **Personal Responsibility:** Participants are responsible for their own well-being during the session and must inform the facilitator if they feel discomfort or wish to discontinue.
- **Release of Liability:** By participating, participants acknowledge that they are doing so at their own risk and release the facilitator from any liability for injuries or adverse reactions.

Other sources:

[Contraindications – Sound Energy Medicine Practitioners Association \(SEMPA\)](#)