



CREATION

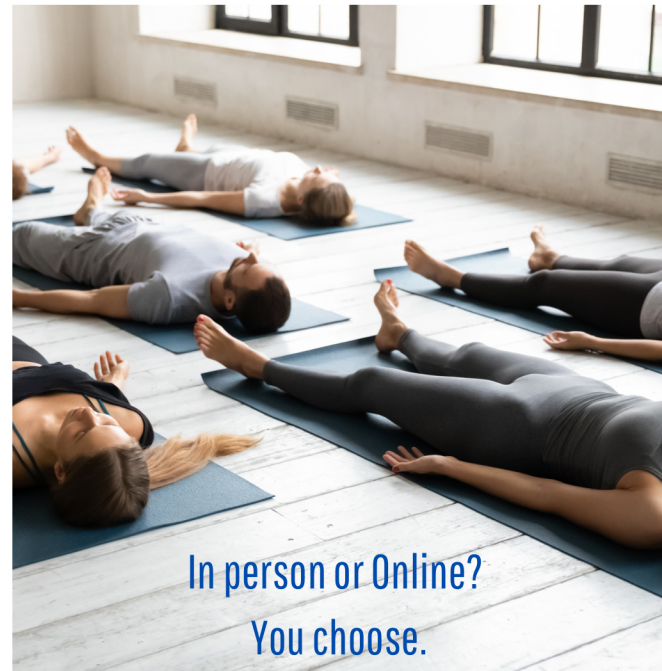
SOUND THERAPY

WORKPLACE WELLNESS

MENTAL HEALTH MATTERS

Physical health is often a major consideration for the workplace, but what about the mental health of employees?

Whether you follow a remote, in-office, or blended arrangement, a robust mental health strategy can help employees be more resilient and fulfilled, and contribute to your company thriving even better.



WHAT WE OFFER

We provide deeply relaxing and stress relieving sessions for your staff through providing group "Sound Meditations".

The Sound Therapy practitioner uses various instruments to produce frequencies that bring the person into a harmonious state, focusing on relaxation, stress relief and overall wellbeing.

Sessions are typically 1 hour long and are a tonic for Mind Body and Spirit.

ABOUT US

Creation Sound Therapy is based in Tramore Waterford.

We are passionate about peoples wellbeing and health.

Events can be one-off wellness events or more frequent - tailored to meet your requirements.

Creation Sound Therapy

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I WOULD HIGHLY RECOMMEND THIS SESSION TO ALL - LIZ AHEARNE -HSE

