

DESIGN SOUNDTRACK



OM AT HOME

BY IVY GRACIE

Traffic was a bitch. You got cut off, flipped off, and pissed off. And that was before you hit the freeway construction that funneled three lanes down to one. When you stopped at the market on the way home the woman in front of you at the checkout line waited until her purchases were completely rung up to begin fishing through her bottomless Prada hobo bag for her checkbook. Everything's been annoying today. So where do you find relief? It's probably not realistic to book a last minute flight to Canyon Ranch, Miraval or Ten Thousand Waves. And that it's likely too late to schedule an emergency appointment at your favorite day spa. Why not take matters into your own hands?

It's not hard to duplicate the spa experience at home – save for the Swedish massage by Sven. Simply lighting a candle or two, pouring a glass of wine, running a soothing bath and locking the door behind you can do wonders to bring the blood pressure back down and leave the day's stresses behind. And Kathy Jones, a music therapy student at the Augsburg College and a nail technician at New Reflections – a lifestyle spa with four locations in the Twin Cities – says a thoughtful musical selection goes a long way to enhance the experience.

“I think it's safe to assume that people are coming into a spa to get away from their lives,” says Jones. “We help them get away from the complexity of life.” And it's typical that when we think of a spa experience, we're more attuned to the procedure itself; a massage, a facial, or a body masque. But one of the less obvious ways New Reflections helps clients more deeply absorb the benefits of a treatment is through their musical selections. “There's research and quantitative data that shows that humans have a biological response to music. Our natural pain and stress relievers are released when we listen to music.” Jones says that's the reason why New Reflections opts for simple, quiet music. “It's sort of New Age, but it's very, very soothing,” says Jones. “It's a softer sound. And there are no vocals because as soon as you put words into music it takes on a whole other timbre. It will interrupt whatever a client is thinking – or not thinking – at that moment in their life. A lot of people are meditating while they're getting massaged, and we have new massages that do some guided imagery, so to have any kind of words interrupts the whole flow.”

To help guide life back to its normal flow, Jones put together a playlist that offers soundtracks for meditation, relaxation, healing, and brainwave matching for different states of repose. So dim the lights, add some salts or healing oils to the bath, take a sip of Pinot Noir (for the antioxidants, of course) and turn on some soft music to restore the state of calm. If all else fails, put Sven on speed dial. 🎧



KATHY JONES' SELECTIONS FOR A RELAXING SPA EXPERIENCE

All selections are available at www.serenitysupply.com

THE SOUND MEDICINE SERIES – Musical pioneers exploring the healing qualities of music.

Music for Healing, by Stephen Halpern, Ph.D. – Music for achieving natural balance and harmony.

Music for Unwinding, by Dr. Joseph Nagler, D.A., Certified Music Therapist – music to relieve stress.

GENERAL SPA MUSIC – Great for a luxurious bath.

Nature's Spa: Soothing Massage, by Michael Maxwell, Dan Gibson – a blend of ocean waves and soft music.

Natural Meditation, by Ron Allen, Dan Gibson, and Dr. Lee R. Bartel – enhances meditation through scientific principles of rhythm entrainment.

GUIDED MEDITATIONS – Gentle guidance to bring about a state of relaxation or awareness.

Energy Awareness Meditations, by Sudhir Jonathan Foust – a series of guided meditations to renew body, mind, and spirit.

Life Enhancing Meditations, by Yogiraj Alan Finger – promotes healing and inspiration.

Meditations for Emotional Freedom, by Gael Chiarella – guided imagery to help transform emotional blocks.

BRAINWAVE MUSIC – Designed to match brainwaves in different states of relaxation.

Theta Meditation System, by Dr. Jeffrey Thompson – a restful and rejuvenating meditation.

Alpha Relaxation, by Dr. Jeffrey Thompson – for deep relaxation.

Delta Sleep System, by Dr. Jeffrey Thompson – go to sleep, stay asleep, wake up rejuvenated.