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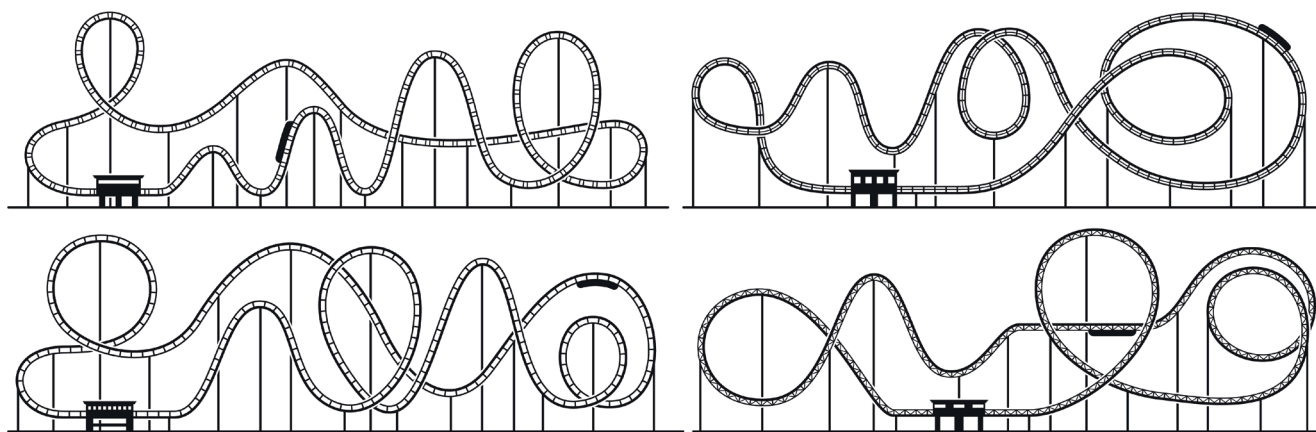
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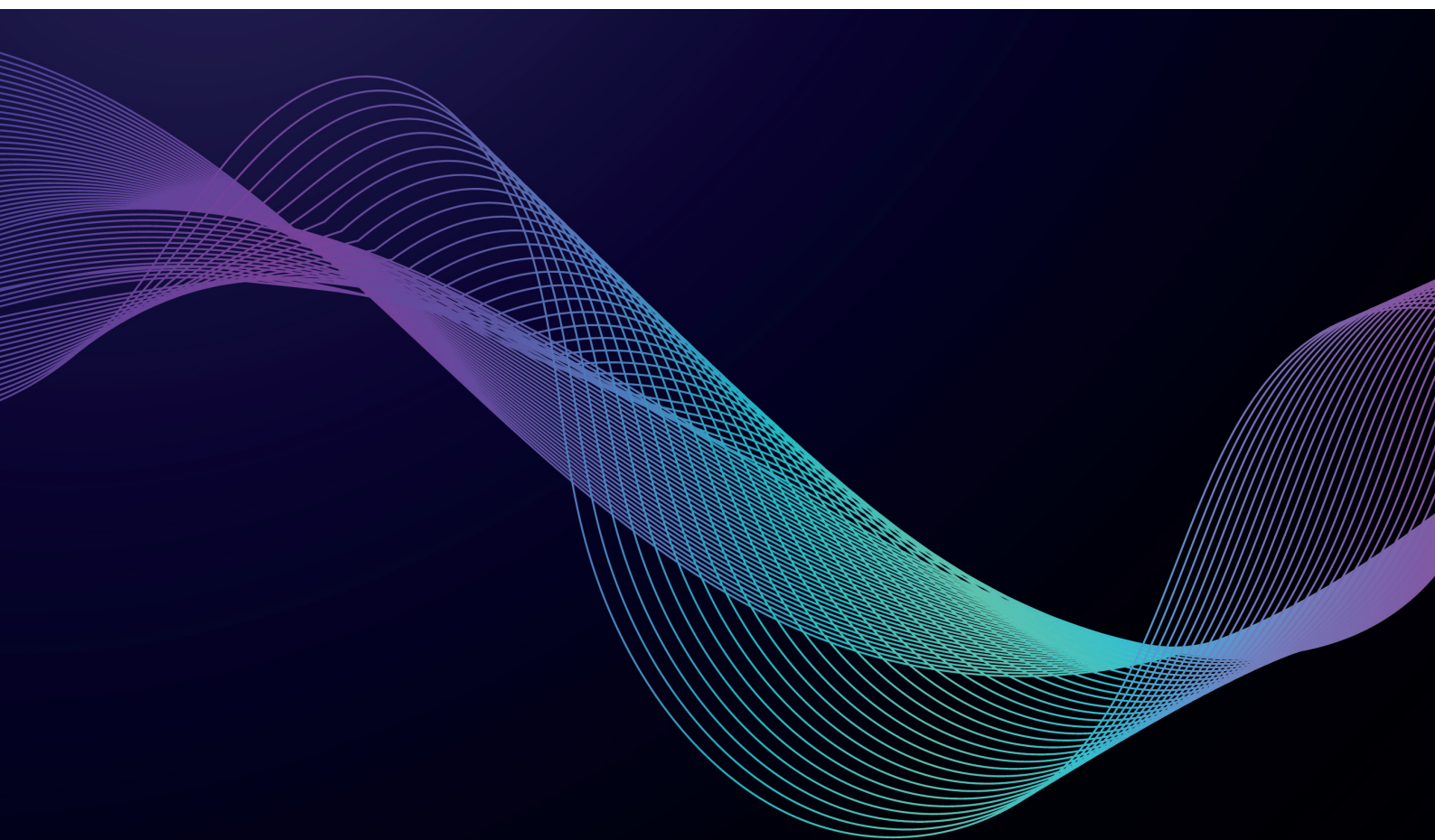
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Good vibrations



Dominique Levack explains how sound baths can soothe the menopausal mind.



□ Dominique Levack

If menopause had a musical soundtrack, it might be something like The Clash meets Enya. One minute you're rocking through life with the confidence of a woman who's seen it all, and the next—BAM!—you're crying while simultaneously sweating through your silk blouse.

Enter, the sound bath—a spa trend that's less about bubbles and more about vibrations. However, before you picture sitting in a tub of speakers (tempting, I know), let's get one thing straight: a sound bath involves lying down, fully clothed, while waves of soothing tones wash over you from instruments like crystal singing bowls, gongs, chimes, and the occasional mystical didgeridoo.

It's like a concert for your nervous system—without the overpriced drinks or sing along!

The hormonal rollercoaster and why we're all screaming

First, let's talk about the hormonal elephant in the room. Menopause is not a disease—it's a transition. A natural, powerful, occasionally exasperating biological remix. But when estrogen takes a nosedive, it can leave us feeling like we're constantly stuck between "I'm fine!" and "I might set something on fire."

Hot flushes, insomnia, anxiety, brain fog, mood swings, aches, unpredictable periods (or the sudden lack thereof!) it's a full-time job just trying to stay balanced. Whilst hormone replacement therapy and other medical approaches can help, many →

□ Sound Baths



women are also turning toward holistic methods to complement their care.

That's where sound baths enter the chat—quietly humming at a very specific frequency.

I have been 'playing' sound baths for a while disguised as music therapy with my clients. I have noticed that the Tibetan bowls and dream drum had a particularly profound effect on my non-verbal clients. It made them laugh and vocalise loudly, it made them visibly happy.

In 2023 and 2024 I was booked to play at a festival, in their wellness area, and everyone that came along either fell asleep, cried tears of joy or said they came away feeling lighter and happier.

And so it began.

What exactly is a sound bath?

A sound bath is a meditative experience where you're 'bathed' in sound waves rather than water. Practitioners use instruments that produce resonant, healing frequencies:

- **Crystal bowls** made of quartz or other minerals
- **Gongs** that vibrate through your chest like a hug from the universe
- **Tuning forks, Tibetan bowls** and **chimes** and sometimes **voice chanting**

You simply lie down, on a yoga mat or couch, and let the sound wash over you. There's no splashing, no bubbles—just vibration, stillness, and maybe a few surprised tears when your overactive mind finally takes a nap.

Science

Before you write it off as woo-woo nonsense, let's look at what research and physiology tells us.

Sound has measurable effects on the nervous system. Vibrations can slow the brain's wave patterns from the stressed-out beta range (the one responsible for multitasking, worrying, and late-night online shopping) to the more relaxed alpha and theta ranges, associated with meditation, creativity, and deep rest.

Listening to the long resonant tones your brain naturally tries to 'sync' its own electrical activity to the external rhythm — a phenomenon known as entrainment.

In other words, your buzzing, multitasking brainwaves gradually slow down to match the calm, low-frequency vibrations. That's why you often leave a sound bath feeling mentally quiet and deeply relaxed — you've literally changed your brain's rhythm.

In other words, sound baths can help your body switch from fight or flight to rest and digest. That means a lower heart rate, reduced cortisol (the stress hormone), and improved sleep quality.

Studies using physiological markers (like heart-rate variability) show that sound and vibration therapies





can induce deep relaxation comparable to meditation or yoga. That's why many people fall asleep mid-session — it's not boredom, it's biology!

Some studies also suggest that sound therapy may help reduce symptoms of anxiety, depression, and even physical pain—common companions during menopause.

Let's face it, when your hormones are throwing an all-night rave, anything that brings calm, without side effects, deserves at least a polite listen.

The benefits for menopausal women

So, why is this particularly magical for those navigating menopause? Here's the harmony behind the hype:

1. Stress relief (aka not murdering anyone)

Hormonal fluctuations can make you feel like you're constantly on edge. Sound baths trigger your parasympathetic nervous system—the body's 'relax' mode—helping to release tension, ease irritability, and restore calm. After an hour of gentle gongs and bowls, you might even find yourself smiling at your partner's jokes again. Maybe.

2. Better sleep

Menopause and insomnia go together like red wine and headaches. Many women report falling asleep more easily and staying asleep longer after regular sound bath sessions. It's like pressing the brain's snooze button—in the best way possible.

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3. Emotional balance

The vibrational resonance of certain sounds can help release stored emotions (you know, those little mood gremlins that make you cry at insurance commercials). You may not know why you suddenly feel lighter afterward—but that's the magic of the frequencies doing their work behind the scenes.

4. Hormone harmony

While sound baths don't change hormone levels directly, they help the body regulate itself more efficiently by reducing stress and improving sleep—two major factors that influence hormonal balance. Think of it as giving your internal orchestra a chance to retune between sets.

5. Body connection and acceptance

Menopause can make you feel alienated from your body—like your own skin has turned against you. Lying still and listening to sound helps you reconnect with your physical self, noticing subtle sensations, breath, and heartbeat without judgment. It's mindfulness for the multitasker. →



What to expect in your first sound bath

So, you're intrigued (and frankly, desperate for something that doesn't involve kale or ketosis. Here's what usually happens:

You arrive at a studio or wellness space, greeted by a practitioner. You'll be asked to lie down on a mat or reclining chair, often with a cozy blanket and eye pillow.

The session begins quietly, then gradually builds as instruments play in layers. Some tones will vibrate through you; others might tickle the edge of your hearing. Time gets weird—you might swear only ten minutes passed when it's been an hour.

When it's over, you'll likely feel dreamy, peaceful, and perhaps slightly 'floaty.' That's your nervous system saying: "Thank you for the break, finally."

A few pro tips before you dive in

- **Bring water.** Sound can be surprisingly dehydrating — those vibrations move a lot of energy!
- **Don't fight it.** Your mind will wander, your nose will itch, your stomach might gurgle. All normal.
- **Avoid caffeine right before.** You want to melt, not vibrate like a hummingbird.
- **Try different styles.** Some sound baths are ethereal and spa-like; others are deeply resonant and tribal. Find your frequency.
- **Laugh at yourself.** If you start thinking: "Is this working?" or "why am I crying over a gong?"—congratulations. You're doing it right.

From hot flushes to cool frequencies

Menopause is a wild, wise, transformative phase of life—but it doesn't always feel that way when you're fanning yourself with a magazine at 3 a.m. Sound baths offer a gentle, joyful way to soothe the chaos.

They don't promise eternal youth or perfect hormones, but they do offer something arguably better: peace, presence, and a sense of humor about the whole magnificent mess.

So, next time your hormones decide to throw a disco in your bloodstream, consider booking a sound bath. Close your eyes, take a deep breath, and let the good vibrations do the rest.

Who knows—you might just come out humming.

To find your nearest sound bath check out Eventbrite or local yoga studios.

Had you been passing Worthing on Monday 3rd November, you'd have been welcome to mine!

Happy bathing! **MM**

Dominique Levack is a music consultant, songwriter, composer, choir leader and educator. She has worked in the field of music therapy for over six years, training at Nordoff Robbins, London. Check out her website for further details.

<https://dominiquelevack.com/>