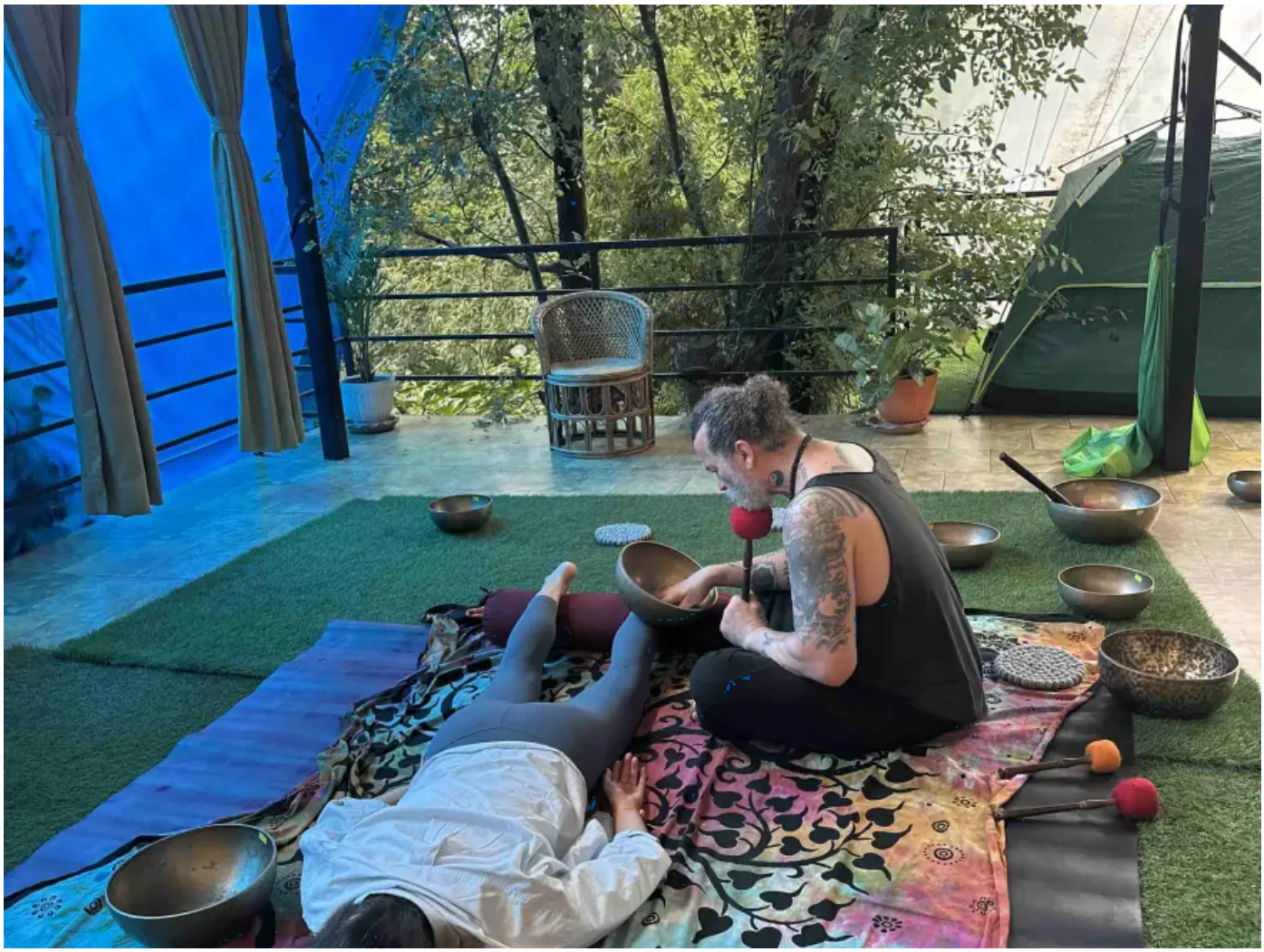
Institute of Natural Medicine

60 Minutes

Singing Bowl Massage



Singing Bowl Massage – 60 Minutes (USD 30)

If your body feels tense, your mind scattered, or your energy heavy, a **Singing Bowl Massage** offers a scientifically supported way to reset your system. This 60-minute session blends Himalayan bowl vibration, localized resonance therapy, and mind–body relaxation techniques, allowing sound waves to move through your muscles, tissues, and subtle energy field. At the **Institute of Natural Medicine (INM) in Thamel, Kathmandu**, this treatment is performed using hand-hammered Himalayan bowls placed directly on—and around—the body, creating a deeply grounding and therapeutic experience that costs only **USD 30**.

Institute of Natural Medicine

What Is a Singing Bowl Massage?

Unlike a general sound bath where bowls are played around you, a singing bowl massage uses *direct vibrational contact*. The bowls are placed on specific areas of the body—back, shoulders, abdomen, feet, and energy centers—and played in rhythmic patterns. The vibrations travel through tissues and fluid pathways, producing a gentle internal massage effect that supports neurophysiological balance and emotional regulation. Studies indicate measurable benefits from such vibrational therapies.

Why People Choose Singing Bowl Massage in Kathmandu

Kathmandu—especially Thamel—is known for authentic Himalayan bowl work. INM uses ethically sourced, traditionally crafted bowls that produce complex harmonic overtones ideal for healing. The 60-minute duration allows the body time to shift into a parasympathetic state (the “healing mode”), enabling deeper restoration without intense pressure or deep tissue work.

What Happens During Your 60-Minute Sound Healing Session?

The session is structured to support a gradual nervous-system reset and energetic integration:

1. **Grounding & breath preparation:** short breathwork to settle the nervous system.
2. **Bowl placement on the body:** bowls are placed on targeted areas to deliver local vibration.
3. **Chakra-focused resonance:** the therapist sequences tones to support energetic clarity and flow (this complements our Aura Cleansing and Crystal Singing Bowl – 7 Chakra Healing packages).
4. **Surround-sound field therapy:** bowls played around the body to create an immersive vibrational field.
5. **Integration & grounding:** gentle closing tones and grounding guidance to stabilize the nervous system.

Who Benefits Most from Sound Healing Massage?

The therapy suits travelers and trekkers needing recovery, people experiencing chronic tension or anxiety, meditation practitioners seeking deeper states, and anyone who prefers a gentle, non-invasive therapeutic approach. It is also an excellent complement to INM programs such as Himalayan Sound Healing, Ancient Singing/Sound Healing Course, and daily yoga offerings.

Why This Helps Body and Mind?

Physically, the vibrations help release chronic muscle tension, support circulation, and soothe the nervous system. Mentally and emotionally, the sound encourages the brain to shift into restorative alpha and theta states, reduces mental chatter, and can prompt emotional release. Energetically, the session supports chakra balancing and aura clarity—helping you feel more grounded and open after the treatment.

Preparation & Aftercare | Sound Healing Massage

Wear comfortable clothing and avoid heavy meals 1–2 hours beforehand. Hydrate lightly and set a simple intention for your session. After the massage, drink water, allow quiet time for integration, and consider gentle movement or a short walk for grounding.

Session Details of Singing Bowl Massage

- **Duration:** 60 minutes
- **Price:** USD 30
- **Location:** Institute of Natural Medicine, Thamel, Kathmandu
- **Booking:** visit our bookings page or contact us with your specifications for a customized sound healing session

Other Optional Sound Healing Programs at INM

Consider pairing the Singing Bowl Massage with these related courses and therapies for a full wellness plan: Himalayan Sound Healing, Ancient Singing/Sound Healing Course, Holistic Healing Therapy Course, Panchakarma, and Daily Yoga Classes.

Who Should Take Precautions

The massage is gentle and appropriate for most people. If you have a pacemaker, seizure disorder, are pregnant, or have a recent head injury, consult a healthcare professional prior to booking.

Frequently Asked Questions

What is a singing bowl massage?

A singing bowl massage places Himalayan bowls on the body so vibrations penetrate muscles and the energy field, combining physical relaxation with vibrational healing.

How long is the Singing Bowl Massage at INM?

This service is 60 minutes, combining bowl placement, full-body sound work, chakra harmonization, and integration.

What are the benefits of Singing Bowl Massage?

Common benefits include reduced stress, improved sleep, muscle relaxation, clearer mental focus, and chakra balancing.

Is Singing Bowl Massage it safe?

Generally yes. If you have a pacemaker, epilepsy, recent head injury, or pregnancy, consult your healthcare provider before booking.

Reviews

I received singing in this instituton . They have the best singing bowl teacher in kathmandu. Swami manhal know how to blance the chakra. Looking forward to visit again if i visit Nepal again.
Pojada
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Price: US$ 30
Book Now