

● The man behind a new 'Gong Spa' claims good vibrations from musical instruments can soothe troubled

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QUESTION: what kind of bath is it where you don't get wet and don't have to take off any clothes...

Answer? A gong bath - where you are 'bathed' in sound.

Musician and newly-trained 'gong practitioner' Martyn Cawthorne has begun offering the unusual treatment at his home in Whalley Range, south Manchester.

He believes the vibrations from the sound waves of the huge instruments can help relax and heal people who lie in a 'nest' as the sound washes over them.

During a gong bath, several large gongs surround a bed which are played along with other instruments including Himalayan prayer bowls.

Martyn, who worked for many years as a maths teacher, gave up his job to train as a gong practitioner after experiencing a gong bath himself at Glastonbury.

Since setting up his business 'Gong Spa', he now charges £25 for an hour's treatment, but offers a person's first gong bath for half price.

Martyn, 42, said: "A client would come and lie down in a nest like this one, and I would gradually talk them down into a quiet and peaceful state where they are ready to experience the gongs. The effect simply put is that the sounds wash over you.

"People refer to it as being some kind of planetary experience, the sounds can be so deep and bass-y.

"One person said they sound like the 'original sound'. It can wash away the stress of the week.

"I've been playing instruments of healing

'People refer to it as being in some kind of planetary experience'



and meditating for 25 years. They have been my passions for a very long time.

"The first time I experienced a gong bath was at Glastonbury. It was a fantastic experience and really quite profound.

"I felt like putting all my music and energy to other people's lives."

While there appears to be little scientific evidence yet published that gong baths improve health, Martyn says there is evidence of instruments like prayer bowls being played and that the physics involved are 'undeniable'.

He adds: "It's often referred to as healing but it's not necessarily for illness. Many people come for relaxation or just the pleasure of the sounds.

"It could also be for physical or mental health problems."

More details at gong-spa.co.uk.



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