

Tuning fork therapy is a unique form of energy medicine that uses sound waves, produced by tuning fork vibrations, in our bio magnetic field (or biofield) that surrounds the body.

Calming for an overactive mind, soothing for muscle stress, tuning fork therapy brings balance with non-invasive, gentle treatments.

Deeply relaxing, rejuvenating & restorative. Tuning forks on the body are like a deep massage on a cellular level without the discomfort or oil.

Tuning forks can easily be introduced into your everyday life.



- Improved Sleep Quality
- Pain Relief and Muscle Relaxation
- Heightened Creativity and Cognitive Clarity
- Strengthened Immune Function
- Elevated Mood and Emotional Resilience
- Holistic Self-Care and Mind-Body Connection

Tuning forks

Unweighted

Unweighted forks are ideal for precise tuning and calibration of the biofield, each having unique benefits.

- **174 Hz** | Aluminium
- **144 Hz** | Aluminium
- **432 Hz** | Aluminium
- **528 Hz** | Aluminium
- **396 Hz** | Aluminium
- **111 Hz** | 24K Gold



Weighted

Designed to use on the body to ease muscle tension, encourage blood + lymph flow and calm the nervous system.

- **128 Hz** | Aluminium
- **174 Hz** | Aluminium
- **144 Hz** | Aluminium
- **89 Hz** | Aluminium



Kits and Bundles



As you embark on your sound therapy journey, keep an open mind and heart. The transformative power of sound, channelled through the precision of tuning forks, has the potential to bring greater harmony and balance into your life.

Tuning Fork Handle Extender

Handle extenders easily attach to weighted tuning forks for use on the body and may also be used with unweighted forks. Excellent for a comfortable grip, ergonomic and easy use, good for those experiencing RSI or arthritis.

Tuning Fork Boots

These handy accessories make it easy to target pain points, may also be used on the face for a non-invasive rejuvenating experience.

- Gem boots
- Steel boot



FORK CARE

Activate softly, less is more.

- Gently clean your fork with a microfibre cloth.
- Store in a cloth or upright in a tuning fork stand.
- Cleanse energetically with a selenite crystal. Simply lay the crystal near or under the fork.

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