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**FOR IMMEDIATE RELEASE**

**Sundara Inn & Spa Introduces Sound Healing Immersion:   
A Transformative, Hands-Free Wellness Experience**

**Wisconsin Dells, WI** – Sundara Inn & Spa, a leader in wellness and relaxation, is excited to announce the launch of its newest holistic offering: [Sound Healing Immersion](https://www.sundaraspa.com/spa/energy-therapies/). This innovative service harnesses the power of sound frequencies, sacred instruments, and aromatherapy to promote deep relaxation, emotional release, and overall well-being—without the need for physical touch.

For thousands of years, sound healing has been revered for its ability to soothe emotions, calm the mind, and energize the body. Sundara’s **Sound Healing Immersion** incorporates the ancient resonance of Himalayan singing bowls, therapeutic gongs, and bamboo chimes, creating a harmonious experience designed to restore balance to the body and mind.

Each session begins with the gentle chime of tingsha bells, setting the tone for relaxation. Throughout the experience, guests will be immersed in healing frequencies, which naturally align with the body’s energy to release stress and tension. Complementing the sound therapy, an aromatherapy blend tailored to the individual’s Dosha (Vata, Pitta, Kapha) enhances the session—grounding, balancing, or uplifting energy as needed. The service concludes with the peaceful resonance of the tingsha bells, leaving guests feeling renewed, centered, and deeply relaxed.

“Our goal has always been to offer transformative wellness experiences that nurture the mind, body, and soul,” said Alyssa Mullin, General Manager. “With **Sound Healing Immersion**, we are introducing a deeply therapeutic, hands-free service that helps guests achieve a profound sense of inner peace and rejuvenation.”

Sundara Inn & Spa invites guests to experience **Sound Healing Immersion** as part of its ongoing commitment to holistic wellness and relaxation. This new service is ideal for those seeking a restorative journey that calms the nervous system, improves energy flow, and fosters a deep connection between mind, body, and soul.

For more information about Sound Healing Immersion or to book a service, visit [sundaraspa.com](https://www.sundaraspa.com/) or call (888) 735-8181.

**About Sundara Inn & Spa**

Nestled in a **tranquil pine forest in Wisconsin Dells**, Sundara Inn & Spa is an award-winning wellness retreat dedicated to **rest, renewal, and reconnection**. With a focus on **relaxation and holistic well-being**, Sundara offers an **adults-only resort**, **a full-service spa,** and **overnight accommodations**. Guests can enjoy spa treatments, meditation spaces, and wellness amenities, including infinity pools, a fitness studio, and a nature trail. **Day and overnight guests** are invited to experience Sundara’s signature blend of luxury and tranquility.

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