

SOUND HEALING THERAPY

The power of sound vibration



spatium
by Vidanta

BRI 

SPA & FITNESS CENTER



Acutonics[®] at Spatium and Spa Brio

Relax your body, calm your mind, and revitalize your spirit with this innovative sound-based therapy that promotes a healthier, more energized life. Offered exclusively at **Spatium** and **Brio Spa** in Mexico by our Certified **Acutonics[®] Spa Practitioners**.

What is **Acutonics[®]**?

Acutonics[®] is a sound-based healing system rooted in Oriental medicine. It uses the vibration of tuning forks applied to acupuncture points, chakras, and energy centers to restore balance and harmony to the body and mind. Complemented by the soothing tones of gongs, Tibetan bowls, bells, and chimes, **Acutonics[®]** creates a deeply immersive sound-healing experience.



This wellness approach works with the body's energetic pathways, known as meridians. Blockages in these pathways can lead to muscle tension, pain, and stress.

Because the human body is made up of approximately 75% water—and sound travels four times faster in water than in air—we naturally resonate with sound. These gentle, soothing vibrations can penetrate deeply, helping to relax both mind and body, stimulate circulation, relieve tension, and promote profound relaxation.

(Many describe it as “acupuncture without the needles!”)

Acutonics® was created by the Kairos Institute of Sound Healing, LLC, more than 16 years ago and is offered at leading spas around the world. **Spatium** and **Brio Spa** at Vidanta Riviera Maya were selected by the creators of **Acutonics**® as their exclusive spa partners in Mexico—recognized for our vision, expertise, and dedication to delivering the highest quality spa experiences.

Sound has the power to relax your mind, ignite your spirit, and transform consciousness.



When we bring our body, mind, and spirit into right relationship, we have the power to access true inner peace.

Sound Harmonic Experience

01

This signature sound treatment invites you to experience the natural sounds of the Universe as they travel deeply into your body to promote a balanced and relaxed state. This gentle therapeutic approach with sound vibration invites your body to access its own natural healing ability. You may experience decreased anxiety and fatigue, improved sleep, and better circulation.

50 min.

Three Treasures Gem Therapy

02

Indulge in a transformative experience that combines the healing power of sound vibration with the energy of precious gems. This unique therapy encourages a gentle body, mind, and spirit shift to enhance well-being.

The “three treasures” refer to the vital, interconnected forces that unite humanity, earth, and heaven. This powerful form of alchemy can help you experience more profound harmony, inner coherence, and a renewed sense of balance.

The fusion of tuning forks and gemstones energizes the body, calms the mind, clears negative energy from the chakras, and opens the door to a transcendental state of peace.

50 min.

Harmonic Renewal Facial Experience

03

Precious gems and sound vibration are the perfect combination for your facial experience. The gems and sound vibration create activity in the muscles and promote collagen and elastin production naturally. Puffiness and swelling is reduced and your skin looks more vibrant and youthful.

50 min.

Add-Ons

04

Sound Therapy will enhance any 25- or 50-minute traditional treatment at **Spatium and Brio Spa**. These add-on services are designed to relax the body and allow the whole musculo-skeletal system to return to a more comfortable and balanced state. Indulge in a deeply relaxing vibrational sound experience!



Happy Feet Add-On Treatment

05

This amazing and relaxing vibrational sound experience relieves the stress that accumulates in the feet that may lead to pain, swelling, or restricted motion. Happy Feet is designed to improve circulation, reduce swelling, and get you out dancing!

Ask your spa Concierge about the benefits of adding this treatment to a pedicure or any 25- or 50-minute spa services from the Spatium and Brio Spa menu.

And while you relax at the pool...

Experience vibrational sound therapy combined with exceptional massage techniques. This is the perfect combination to enhance relaxation and promote mind-body wellness in a beautiful outdoor setting.

Neck, Back, and Shoulder Experience with Tuning Forks

06

25 min.

Foot Experience with Tuning Forks

07

25 min.



Harmonic Yoga

08

This yoga class is a true Harmonic Attunement® of body, mind, and spirit. This accelerates the body's ability to relax and open. Tibetan bowls, the Ohm mantra, Neptune gongs, and other sound tools create a sonic sanctuary that deepens the therapeutic benefits of your yoga practice.

Tuning Harmonic Yoga

09

Tuning forks enhance the stretching and rejuvenating effects of your yoga practice. Your instructor has been specially trained to incorporate tuning forks, placing them on and around the body during certain poses. This helps the body relax and open more quickly while calming the mind and releasing muscular tension—promoting a more profound sense of peace and well-being. Tibetan bowls, the Ohm mantra, Neptune gongs, and other sound tools create a sonic sanctuary that amplifies the therapeutic benefits of your yoga experience.

Limited availability, reservation is required.

50 min.

We recommend wearing comfortable clothes.



To learn more about **Acutonics®**, visit





WITH YOUR SIGNATURE
PAYMENT IS SAFER
AND EASIER

In accordance with art 7 bis of the Federal Consumer Protection Law, we inform you that all prices are shown in Mexican pesos and include a 16% tax.



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