



Ametista Blu

Sound & Voice Healing

Prices

Sound healing sessions in small groups (max 10 people) €25,00 per person 1 h

Individual Sessions

Session “Incontro nel Suono”	€30,00	30’
Session “Viaggio nel suono”	€45,00	45’
Session “Fluisci nel suono”	€60,00	1h30’



Ametista Blu di Chiara Toscano *

***Professional regulated under Law 4/2013**

I am Chiara and I am an art therapist, a holistic sound massage practitioner with Tibetan bowls, a professional sound healer and, soon, gong master and Holistic Voice Therapy Practitioner with the methodology of the British Academy of Sound Therapy.

The love I always had for the performing arts made me want to explore the fluidity and memory of the body through creative movement techniques and Butoh dance, and to get to know my own voice through the study of singing and of the physiology of listening and of the voice itself.

Through personal analytical psychotherapy, I slowly began to approach art therapy, and it was during those years that I met Prof. Vezio Ruggieri of the Sapienza University in Rome. Through his integrated psychophysiological model, which I had the chance to study in depth during the post lauream master degree in art therapy that I completed in 2017, I was able to experience the role and power of the arts such as singing, dance or music in the processes of psychophysical integration of the person.

In the following years I then applied this model through such an incredible tool as Sound, specializing precisely as sound healer and, shortly, as a Holistic Voice Therapy Practitioner with the British Academy of Sound Therapy.

Today, through the sound of my Voice and harmonic instruments, or pure and ancestral sounds, I help you to flow in harmony by balancing your energies.

Vibrational sound healing sessions are intended exclusively as wellness treatments of a holistic nature, aiming to promote relaxation and energy rebalancing only. There is therefore no therapeutic (medical or psychological) purpose.