LUMIZONE

VOCAL SOUND BATH EXPERIENCES

Restorative Reset

Premium recovery through live vocals and sound immersion

For high performers ready to fully exhale.

**Performance requires more than output.
It requires recovery deep enough to restore
clarity, energy, and capacity.**

ABOUT LUMIZONE

LUMIZONE is a duo of sonic alchemists — Alexander Perez and Sidsel Ben Semmane — whose work goes beyond performance. With over 30+ years of combined vocal and musical mastery, they weave live vocals, world-inspired music, and instrumentation into deeply restorative experiences that shift the room and invite deeper presence, connection, and rest.

THE EXPERIENCE

The Restorative Reset is a 60-minute immersive sonic experience. Clients simply lie down or sit comfortably while live vocals and world-inspired instrumentation create a field of harmonics, overtones, and resonance that guides body and mind into deep relaxation, release, and restoration.

WHY DEEP RECOVERY MATTERS

True wellness is not built through effort alone. Movement, strength, nutrition, and advanced wellness practices are powerful — but the body also needs time to integrate. Many high-performing people are doing everything right, yet still feel overloaded, tense, or unable to fully relax. Deep recovery is often the missing piece: the body's ability to downshift, release tension, and restore the clarity, energy, and capacity needed for sustainable performance.

Research note: A 2017 UC San Diego study found that one sound meditation session significantly reduced tension, fatigue, anger, and depressed mood.

DESIGNED TO SUPPORT

- Deep relaxation and stress relief
- Nervous system regulation
- Emotional grounding and release
- Recovery after high-output weeks
- Sleep support, clarity, and restoration

WHO IT SERVES

- High performers and busy minds
- Professionals, leaders, creatives, parents, and athletes
- Those who struggle to fully relax or sleep deeply
- Health-conscious clients seeking deeper recovery
- People carrying stress, tension, or mental overload

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Offerings & Pricing

Group and private restorative sound experiences

1. The Restorative Reset — *Hosted Group Session*

60 minutes *In-person* *Led by Alexander & Sidsel*

A premium restorative sound experience for wellness spaces, private groups, clinics, studios, and intimate gatherings. Designed to preserve depth, quality, and the restorative nature of the LUMIZONE sound field.

Option	Investment	Per Session
Single Hosted Session	$600	$600
4-Session Reset Series	$2,200	$550
6-Session Wellness Series	$3,000	$500

Includes up to 10 participants. Additional guests: $45/person per session, up to 20. Groups over 20 are custom quoted.

Includes our standard LUMIZONE sound setup for an intimate indoor wellness space.

2. The Exclusive Restoration Experience — *Private Session*

60 minutes *In-person* *Led by Alexander & Sidsel*

A fully personalized session shaped around the client's current needs—physically, emotionally, and energetically—creating a deeper level of rest, release, and restoration. Particularly well-suited for clients navigating chronic stress, burnout, anxiety, grief, or significant life transitions. Results are often felt immediately and deepen over successive sessions.

Option	Investment	Per Session
Single Private Session	$350	$350
3-Session Restoration Journey	$975	$325
6-Session Immersion Protocol	$1,800	$300

3. Professional Wellness Note

LUMIZONE sessions are supportive wellness experiences. They are designed to support relaxation, nervous system regulation, and restoration, and are not a replacement for medical or mental health treatment. Individual experiences may vary.

4. Scope & Setup Note

Local pricing applies within 20 miles of Pensacola and includes standard indoor load-in/setup. Additional travel, difficult load-in, outdoor settings, larger rooms, expanded instrumentation, lighting, stage setup, resort experiences, retreats, ceremonies, or full production needs are custom quoted.

Inquire About Your Restorative Reset

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