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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