

Soundharmony Bronze Plus

India's First Frequency Wellness Service in Your Pocket

Turn your smartphone into a wellness device. Welcome to Soundharmony, where carefully designed Sound Therapy sessions become part of your everyday wellness routine.

₹149/month

20 carefully selected wellness sessions.



Start Your Journey: New to Soundharmony?
Start with our FREE Bronze Membership.

Upgrade to Bronze Plus — ₹149/month.
Unlock your everyday wellness library.

How to Use Bronze Plus Sessions

Choose the session that matches your current wellness goal.
The 🎧 symbol guides your listening experience.



Headphones Required/Recommended



Smartphone / Connected Speaker



Audio Setup

🎧 **Headphones Required:** Use headphones or earphones at a comfortable volume. Avoid high volume.

No 🎧 **Symbol:** Play directly through your smartphone speaker or a connected speaker.



Comfortable Environment

Sit or lie comfortably. Choose a quiet environment. Keep the sound clearly audible but relaxing.



Stay Safe

Do not use while driving, operating machinery, or performing activities requiring your full attention.



Listening Comfort

Stop listening if you experience discomfort, dizziness, headache, anxiety, or any unusual symptoms.

Bronze Plus — Your Everyday Wellness Library

1. Deep Sleep 🎧

Support a peaceful bedtime routine with soothing sound.



2. Self Love Meditation 🎧

Encourage self-acceptance, confidence, and inner calm.



3. Anger Management Meditation 🎧

Relax, release tension, and support emotional balance.



4. Premenstrual Comfort 🎧

Support calmness and comfort before your period.



5. Period Heavy Bleeding Comfort

A gentle wellness session for challenging menstrual days.



6. Back Pain Comfort

Relax during moments of back discomfort and tension.



7. Neck Pain Comfort

Help your neck feel more relaxed and comfortable.



8. Joint Swelling Comfort

Support relaxation when joints feel stiff or heavy.



9. Kids Memory Support

Support focus, learning, and positive study habits.



10. Easy Breathing

Relax and support comfortable everyday breathing.



More Ways to Support Your Everyday Wellness



11. Lung Comfort

Support relaxation and everyday respiratory comfort.



12. Throat Comfort

A soothing session for moments when your throat feels tired.



13. Acidity Relief

Support relaxation during occasional digestive uneasiness.



14. Constipation Relief

Encourage a comfortable daily digestive routine.



15. Muscle Recovery

Help tired muscles unwind after activity.



16. Bone Strength

Support your long-term bone care routine.



17. Ligament Strength

Complement mobility and joint-care routines.



18. Seasonal Immunity

Support everyday wellness during seasonal changes.



19. Kids Immunity

A gentle daily wellbeing session for children.



20. Weakness Recovery

A restorative session for days when you feel low on energy.

Your Wellness, One Session at a Time.

20 carefully selected **Sound Therapy** sessions to support rest, comfort, balance, and everyday self-care.

Bronze Plus — ₹149/month

Available on the Soundharmony App | soundharmony.in