

Potential Benefits of Solfeggio Frequencies

174 Hz: Physical pain relief and stress relief



285 Hz: Tissue restoration and healing



396 Hz: Guilt and fear diminishment



417 Hz: Trauma healing



528 Hz: Relaxation and sleep improvement



639 Hz: Improvement in mental balance



741 Hz: Detoxification of the mind and body



852 Hz: Nervousness and anxiety relief



963 Hz: Increased positive energy and clarity