



PHOTO: ANITA DENSE

Floating Sound Baths Essex is a truly unique wellness experience

#### FOUR: Floating somewhere quiet

A unique wellness experience, Floating Sound Baths Essex combine the therapeutic benefits of sound healing with the calming, restorative qualities of water. Float comfortably on specially designed supported platforms above warm swimming pool water while immersed in the healing vibrations of gongs and crystal singing bowls. A natural conductor of vibrations, the water enables the frequencies from the instruments to travel deeper into the body, providing an experience that feels weightless and timeless, and a level of relaxation that's difficult to achieve elsewhere. As a summer activity, it

offers a refreshing alternative to traditional wellness practices. Instead of rushing from one activity to the next, guests are invited to slow down, drift, listen, and simply be. It's an opportunity to step away from the noise of modern life and embrace 90 minutes of total restoration.

For those feeling stressed, overwhelmed, or mentally exhausted, it's perfect for helping you to silence your busy mind and encourages you to relax and prioritise self-care. You'll leave feeling calmer, clearer, and more connected to yourself. Founded by Anita Denise, who has been incorporating sound healing into

her work for over two decades, Floating Sound Baths Essex is inspired by ancient healing traditions and modern wellbeing practices. Anita eagerly welcomes beginners, busy professionals, parents, carers, wellbeing enthusiasts, and those curious to experience something new. No prior meditation, sound healing, or mindfulness practice is required.

She adds: 'In a world where we are constantly connected, busy and distracted, the floating sound bath offers something increasingly rare: the opportunity to switch off, slow down and simply rest.'

[essexfloating-soundbath.com](http://essexfloating-soundbath.com)



PHOTO: GETTY IMAGES

Silver-washed fritillary butterfly

#### FIVE: Following the butterflies

Thanks to a recent survey by the charity Butterfly Conservation, we know that the peacock butterfly is the nation's favourite, recognisable by its striking rusty-red wings and distinctive eyespots that help to deter predators. If that survey piqued your interest, there are plenty more varieties of these beauties to discover via a new summer trail at Belhus Woods in Aveley, South Ockendon. With over 300 acres of ancient woodland, flower-rich meadows and sparkling lakes, there's everything a butterfly needs to thrive, with the team working hard to restore grasslands and other landscapes, making them even more attractive to wildlife.

Explains site manager, Gavin Leonard: 'We have what's called a Transect route at Belhus – an area in which we do specific scientific research – and from April to October we survey the butterfly population there once a week, reporting our findings to Butterfly

Conservation. You'll find common butterflies here, such as red admirals and large whites, but rarer ones, too, including the silver-washed fritillary, purple emperor and white admiral. The Butterfly Trail, which is free and aimed at all ages, offers visitors the chance to take in this route and explore other areas they might not usually encounter if they're simply used to heading to our playground. All you need to do is pick up a printed booklet and start your trail at the Visitor Centre, finishing at the lakes. It's a circular walk and takes about an hour.'

With the chance to learn plenty about these beautiful creatures, make the most of some fresh air and get to know Belhus Woods a little better, the Butterfly Trail sounds like an idyllic summer outing to us.

And you could even have an ice-cream at the Visitor Centre afterwards. ●

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