

In this July 27, 2016 photo, Jahmaal Hays, from Eastern Vibration in Palm Beach Gardens, FL,...

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NEW YORK (AP) — Sound vibrations, warm seashells and a "digital detox" that involves surrendering your cellphone were among the healing and de-stressing techniques on display at this year's International Spa Association expo, held Wednesday in New York.

Products large and small for home use were also a theme, from a disposable heated face mask to a lounge chair.

— LOUNGE CHAIR: The comfy, curvy Soltec Lounge wouldn't look out of place in your living room but it's not just for casually putting your feet up. It delivers soothing magnetic vibrations while you listen to a soundtrack of chants, drums and more. Lie back with headphones and an eye pillow and the world with all its troubles fades away. The item can be purchased for home use for \$3,200 but you can check it out at Spa Gregorie's in Newport Beach, California, with additional installations at other spas expected in the near future.

—SINGING BOWLS: A different approach to using sound vibration — less high-tech and more about ancient rituals — is offered by Eastern Vibration. The Florida-based company imports singing bowls from Nepal that emit a humming tone when struck with a gong. The bowls have traditionally been used in Eastern meditation practices. The company sells its 7-inch bowls for \$105 for home use, but it's also developed a one-hour treatment for spas that involves using the vibrating bowls over and on the body.

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