

LAX VOX® Basic INSTRUCTIONS

1. Get comfortable.

Either sit or stand and adopt a comfortable posture.



2. Dip the tube into the water.

Put one end of the tube in your mouth and dip the end with the markings into the water, up to the second marking (2 cm). Start blowing bubbles.

3. Make an OO sound into the tube.

Put one end of the tube in your mouth and dip the end with the markings into the water, up to the second marking (2 cm). Make an /OO/ sound through the tube. The water starts to bubble, and you feel the vibration it causes in your mouth and throat.

4. Enjoy.

Enjoy the vibration. Close your lips completely around the tube, but without exerting pressure. Your jaw is relaxed and your cheeks are as loose as possible. Allow your cheeks to vibrate as well. Your tongue lies relaxed at the base of your mouth. Laxvox comfortably for two to three minutes.

5. Play with your voice.

Play with your pitch during this time. Maintain the same note for a little while, then change to softly gliding notes or simple tunes. Play with long and short sounds.

6. How are you now?

Slowly remove the tube from your mouth and speak or sing. Your voice feels lighter and sounds clearer now.

How often and for how long?

Laxvox 3-5 times a day for 2-5 minutes each time.

A few short sessions a day are better than one long one.



LAX VOX® INSTRUCTIONS

What do I need to be aware of?

If your cheeks are 'bubbling' along and it feels comfortable, you know you are doing it right. The LAX VOX® effects start as soon as the tube is dipped into the water even slightly. There is no need to submerge it particularly much, blow into it very hard, or to laxvox particularly loudly for the exercise to be more effective. On the contrary. Make sure you are comfortable. Experiment by submerging the tube a little more or less, changing the pitch and the volume of air, and find out what best promotes your goals for your voice.

LAX VOX® Basic

Tube Depth on 1-2 cm = suitable for gentle exercises; LAX VOX® Basic, Warm Up, Cool Down, Voice Therapy (especially for vocal fold nodules, after surgery; after laryngitis, injuries to the mucous membrane, after strong vocal effort); promotes edge contact

Tube Depth on 2-3 cm = on average tube depth perceived as pleasant for healthy voices; LAX VOX® Basic, Warm Up, Cool Down, Voice Therapy, Voice Training, promotes edge contact. For more LAX VOX® Basic exercises, book a 1:1 coaching with us.

LAX VOX® Singing Voice Training

For different voice goals there are different LAX VOX settings & exercises.

If you want to learn how to use LAX VOX in your Voice Training, you can book 1:1 Vocal Coaching at House of Voice. Go visit us at: www.houseofvoicecoaching.com or send us a message directly at info@houseofvoicecoaching.com.

Rose Kelley is a certified LAX VOX® Mastertrainer at the official LAX VOX® Institute in Germany and can teach you how to get the most out of your LAX VOX® exercise here at House of Voice. Check out the LAX VOX® Soundtrack & LAX VOX® Visuals at <https://laxvox-institute.eu>

Cleaning

As soon as you receive your LAX VOX® tube, clean it with warm water & dish soap to get any factory residue removed off the tube. Clean your LAX VOX® tube daily. The LV® tube can be cleaned in the dishwasher. Replace your tube with a new one every 3 months.

WHAT IS SOVT

SEMI- OCCLUDED VOCAL TRACT

This means that by partially closing your mouth, the supraglottic pressure (pressure above the vocal folds) increases. This helps the vocal folds unpress & get into a better closing position, so that they can vibrate with more ease and less effort.

Tools & exercises we use in House of Voice for these SOVT exercises are different sizes of straws & tubes, humming, liprolls & voiced fricatives. The different lengths & diameters of the tubes determine the amount of supraglottal pressure.

We apply this method for both the speaking & singing voice:

- To reduce strained speaking & singing
- To optimize the way of breathing
- As a warm- up or cooling down
- To train your voice and expand your vocal ability
(reset or upgrade your voice)



EFFECTS

BREATH:

The straw/ tube narrows the space for air to go out, therefore you are forced to adjust your airflow. This makes your voice sound stable, warm and powerful.

BREATHINESS/ HOARSENESS:

Due to the pressure difference, your vocal cords automatically close better and the hoarse sound disappears. Your voice is clear again! (Use only LAX VOX® on breathiness & hoarseness that is not a result of vocal fatigue)

VOICE RANGE:

The mobility of your larynx improves by reducing throat tension, allowing you to extend your vocal range both high and low.

Extra effects of LAX VOX® (Water Resistant Therapy)

MESSAGE:

LAX VOX® massages approximately 6 pulsations per second. This massage effect relaxes the vocal fold muscle (m. Vocalis), retracts the false vocal folds, stimulates bloodcirculation, regenerates the mucous membrane of the vocal folds (Lamina Propria) and massages the Pharynx.