

A woman with long dark hair is singing passionately into a microphone. She is wearing a dark blazer over a light-colored top. She stands behind a wooden podium with sheet music on it. The background is a dark, textured wall, possibly stone or brick, with some warm lighting on the right side.

# VOCAL HEALTH

**The voice is our most valuable instrument and a fundamental tool for communication. Keeping it healthy is essential to avoid vocal issues and ensure optimal performance.**

*As a vocal technique teacher with over 10 years of experience working with singers of different levels and styles, I want to share some key recommendations for taking care of your voice:*

## **1. Stay Hydrated**

- It is important to drink at least 2 liters of water a day to keep your vocal cords hydrated.
- Avoid excessive consumption of caffeinated and alcoholic beverages, as they can cause dehydration.

## **2. Control Your Environment**

- Maintain an adequate humidity level in your spaces (ideally between 40% and 60%).
- Avoid prolonged exposure to air conditioning or heating, as they can dry out the air.



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## 3. Avoid Vocal Strain

- Do not speak at high volumes for prolonged periods.
- Avoid shouting or whispering, as both actions can strain your vocal cords.
- Use microphones in noisy environments to prevent vocal strain (for example, if you teach large groups).

## 4. Vocal Rest

- Schedule breaks throughout the day if you use your voice for extended periods.
- Allow your vocal cords to rest after intensive use (such as a class or performance).

## 5. General Health Care

- Avoid smoking, as it irritates the vocal cords and increases the risk of vocal pathologies.
- Maintain a balanced diet and avoid very spicy or acidic foods that may cause reflux.
- Aim for 8 hours of sleep per night.
- Consult a doctor if you experience persistent hoarseness or vocal fatigue.



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## 6. Healthy Habits for the Voice

- Perform vocal warm-up exercises before using your voice intensively (such as singing or speaking for long periods). I recommend specific exercises tailored to your voice that focus on proper muscle function and resonance.
- Use relaxation techniques to release tension in your neck and shoulders.
- Speak and sing with good posture to support proper breathing.

## 7. Exercises for Vocal Health

- You can use your LAX VOX to perform basic exercises. This method is particularly useful for reducing vocal fatigue and improving endurance. If you're not familiar with it yet, you can get my free guide.
- Resonance vocalizations: Use sounds like “m” and “n” to stimulate relaxed vocal production.
- Breathing exercises: Ensuring your breathing cycle is free from unnecessary tension is essential.



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## 8. Avoid Self-Medication

- Consult an ENT specialist or phoniatician before using throat sprays or medications.
- Home remedies are not always safe or effective; make sure to get professional advice.

## 9. Special Care for Singers and Voice Professionals

- Follow a vocal warm-up and cooldown routine before and after extended speaking or singing.
- Avoid singing if you have throat pain or inflammation.
- Work with a vocal coach to optimize your technique and prevent injuries.



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## When to See a Specialist?

Seek professional help if you experience any of the following symptoms:

- Hoarseness lasting more than two weeks.
- Pain or difficulty when speaking or swallowing.
- Frequent loss of voice.
- A tight sensation or a foreign body feeling in your throat.

*All of this and more is covered in my Vocal Technique classes. If you'd like to deepen your understanding of vocal care, feel free to contact me!*

Martina Galli