

Sensory wellness: How touch, smell, and sound can heal the body

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In a world dominated by screens, deadlines, and constant connectivity, our senses are often dulled by overstimulation rather than nourished by intentional experiences. We're constantly consuming—visual content, noise, information—without pausing to engage with the deeper, more primal aspects of being human. But slowly, a shift is taking place. A quieter, more grounded movement is emerging—sensory wellness. It's the art and science of using our five senses, especially touch, smell, and sound, to reconnect with the body, regulate the nervous system, and promote healing from the inside out.

Unlike high-intensity workouts or strict wellness routines, sensory wellness is gentle. It asks us to soften, slow down, and tune into the present moment. It's less about productivity and more about presence. And in that presence, we begin to unlock the body's innate ability to calm, restore, and even repair itself.



Scents That Soothe, Calm, and Uplift

Of all our senses, smell is the most directly connected to memory and emotion. A single whiff can transport us across time—back to a grandmother's kitchen, a childhood summer, or the perfume of someone we once loved. This intimate link between scent and memory is what makes aromatherapy such a potent wellness tool.

The Healing Power of Touch

Touch is the first sense we develop in the womb, and it remains one of the most powerful tools for emotional and physical regulation throughout our lives. It's no coincidence that a hug can ease anxiety, or that we instinctively place a hand on our chest when overwhelmed. Touch communicates safety, belonging, and connection—both to others and to ourselves. Therapeutic touch, whether through massage, acupuncture, reflexology, or even simple self-massage, has been shown to reduce cortisol (the stress hormone), improve circulation, ease chronic pain, and release emotional tension. Practices like abhyanga, the Ayurvedic self-oil massage, are rooted in this wisdom—using warm oils and rhythmic strokes to ground the mind and nourish the body.

Even simple acts like placing a warm compress on the eyes, running your hands under cool water, or wrapping yourself in a weighted blanket can activate the parasympathetic nervous system, helping the body shift from fight-or-flight into rest-and-digest mode. Touch doesn't always require another person—it's about creating rituals that involve the skin, temperature, texture, and sensation, reminding the body that it is cared for.

Coming Home to the Body

Sensory wellness is ultimately about coming home to the body. In a culture that prizes mental agility and digital engagement, it offers an invitation to remember the physical, emotional, and intuitive intelligence we all carry within us. By honouring touch, smell, and sound as tools for healing, we begin to see self-care not just as something we do—but as a way of being. And in that shift, wellness becomes not a goal to reach, but a feeling to return to—again and again, one sense at a time.

Why Sensory Wellness Matters Now More Than Ever

We live in an age of chronic stress and overstimulation. Our nervous systems are bombarded with constant notifications, noise pollution, and blue light exposure. While our minds are active, our bodies are often neglected—running on autopilot, disconnected from what they need. Sensory wellness brings us back to the body. It reminds us that healing doesn't always come in the form of pills or productivity hacks. The key is consistency and awareness—letting your senses guide you back to yourself.

The Medicine of Sound

Sound, when used intentionally, is a powerful healing modality. We already know how music can influence mood—a song can lift our spirits or bring tears to our eyes. But beyond music, sound healing uses specific frequencies and vibrations to shift brainwaves, release emotional blocks, and recalibrate the

body's energy systems. Ancient cultures have used sound in their spiritual and healing practices for centuries—chanting, drumming, singing bowls, and mantras are just a few examples. Today, these practices are being rediscovered and integrated into modern wellness spaces through sound baths, binaural beats, and vocal toning.

Sound healing works on the principle of resonance—the idea that everything in the body vibrates, and dis-ease or emotional trauma can create disharmony. Using tools like gongs, tuning forks, and crystal bowls, practitioners aim to restore the body's natural frequencies, often resulting in a deeply relaxed, almost meditative state.

Even on a simpler level, practices like humming, listening to nature sounds, or playing soothing instrumental music during your wind-down routine can have a noticeable effect on mood and mental clarity. It's about using sound to shift your internal environment—so that even amidst external chaos, you feel more centred.



'Antonette Forever' – A musical tribute to the Melody Queen of Goa

A special musical show titled 'Antonette Forever' will be held on May 10 at Ravindra Bhavan, Margao, starting at 3:15 pm, to honour the life and legacy of the late Antonette Mendes, one of the most iconic voices in Konkani music and theatre.

Organised by her daughters Judy, June, and Lara, along with Robert Cabral and Leslie Pereira—who initiated the event—the tribute is being presented in collaboration with the Tiatr Academy of Goa (TAG) and Ravindra Bhavan, Margao.

Anthony Barbosa, president of TAG, praised Antonette Mendes as a pioneering figure in the world of Konkani tiatr and music. "Antonette Mendes was not just a singer or actress—she was a cultural icon who gave Konkani music and theatre its soul and strength. Her voice, presence, and passion will always echo in the hearts of Goans," said Anthony.

Antonette began her career at

the young age of 15 in the tiatr 'Aum Tho Tarvotti', written by her father AK D'Souza, and soon gained prominence with her performances in 'Fuddar' by Kid Boxer. Over the years, she worked alongside legendary tiatrists such as C Alvares, JP Souza, Alfred Rose, and M Boyer. With her husband, the late Romeo Mendes, she also created and directed her own plays, including 'Tum Saiba Konn', 'Abgath', and 'Khoichochem Mhojem Ghor'. In Konkani

cinema, her contributions remain unforgettable. Her roles in 'Nirmonn' and 'Amchem Noxib', and her songs like 'Claudia', 'Tum nasloi punn tuka sweaterkori', 'Pixem', and 'Bebdem' are treasured as classics.

Anthony Barbosa and Leslie Pereira have urged all Konkani music lovers and tiatr enthusiasts to attend this special event in large numbers to honour the memory of an artist whose influence continues to shape the Goan cultural landscape.



The Margao Kitchen Gardeners' Market

Green Essentials will organise the Margao Kitchen Gardeners' Market with their gardening inputs and potted herbs. Potting soil, vermicompost, cocopeat, seasonal vegetable seeds and seedlings, fruit-tree grafts, potted veggies and herbs, pots and planters, handy tools, organic pest management solutions and much more will be available for plant lovers.

Venue: Arjuntree One, Behind BSNL Building, Margao
Date: May 10 and 11
Time: 10:30 am - 6:30 pm (Lunch break 1-2pm)

Feast of Our Lady of Grace, Bicholim

The Feast of Our Lady of Grace, Bicholim will be celebrated this Sunday. On the Feast day, there will be two Masses, the first Mass at 7 am and the concelebrated High Mass at 9.30 am. Auxiliary Bishop of Goa Simão Purificação Fernandes will be the main celebrant for the Feast Mass. On the occasion of the Feast, in the evening a Tiatr titled 'Aiz Mhaka, Faleam Tuka' by Matias Mascarenhas will be staged.

Venue: Our Lady of Grace Church, Bicholim
Date: May 11



Summer Skincare Routine: Protect, Hydrate, & Cleanse

As the temperature rises, skin problems such as sunburns, heat rashes, and acne begin to surface. It's crucial to adopt an appropriate summer skincare routine to address these issues. The scorching heat, humidity, and high temperatures can lead to concerns like tanning, breakouts, uneven skin tone, and sunspots. A summer skincare routine should prioritise protection from the sun, hydration, and cleansing to prevent clogged pores. Key steps include using broad-spectrum sunscreen, moisturising with lightweight formulas, and exfoliating regularly.



Hydrating Cleanser

Increased heat and humidity often lead to excess oiliness on the skin. A good cleanser is essential to maintain healthy skin during the summer months. Opt for a mild, sulfate-free cleanser with soothing ingredients like chamomile, aloe vera, neem, or tea tree oil to calm the skin and combat bacteria. The right cleanser will effectively eliminate dirt and impurities, revealing a soft and radiant complexion. Make sure to cleanse your skin twice a day. If you're wearing sunscreen or makeup, consider double cleansing at night: start with an oil-based cleanser to break down makeup and sunscreen, then follow with a gentle, water-based cleanser to remove any remaining impurities.



Protect Your Lips

When protecting yourself from harmful UV rays, we often focus on the face and body but tend to overlook the lips. However, the lips are just as susceptible to the sun's radiation and can develop sunburns, chapped skin, or other issues. To protect your lips, use a moisturising lip balm with SPF 30 or higher, and reapply every two hours or more frequently if you're eating or drinking. Before applying, make sure your lips are clean, then apply a generous amount of balm to cover your entire lips, including the corners. Apply it 20-25 minutes before heading outdoors. Consider using lip brightening balms that also provide moisture. SPF 30 lip balms filter out about 97% of UVB rays.

If your lips get sunburned, treat them similarly to sunburned skin: apply aloe vera gel or cold compresses, and consider taking anti-inflammatories to relieve discomfort. Aloe vera's soothing properties can help reduce pain and irritation.



Avoid Hot Showers

Although a hot shower might feel soothing, prolonged exposure to hot water can worsen dehydration, leading to complications such as heat exhaustion or heatstroke. Dehydration thickens the blood and can lead to serious issues like pulmonary embolism, which is more dangerous than a heart attack. A cold shower, on the other hand, can quickly cool down your body, reduce sweating, and leave you feeling refreshed and energised. During a heatwave, it's also important to take shorter showers—10 to 15 minutes max. Long showers can dry out your skin, so use a moisturising soap with natural ingredients like coconut oil, aloe vera, or glycerin to keep your skin hydrated. This is particularly important during the hot summer months.

Heritage Lines

Museum educators of Museum of Christian Art will take participants for a scenic walk on a sketch walk around Holy Hill, where the heritage of Christian art meets the vibrant outdoors of Old Goa. The walk will help them learn the basics of sketching, composition

and observation drawing and create a unique souvenir to take home of their experience. The sketch walk is open to ages 10 years and above.

Venue: Museum of Christian Art, Old Goa
Date: May 10
Time: 8.30 am onwards

Feast of St Dymphna

The feast of 7th-century Saint Dymphna, known as the "Lily of Fire" and patron of emotional wellness, anxiety, dementia, Alzheimer's, mental health caregivers and professionals—as well as eighteen other ailments—will be celebrated.

People of all faiths and walks of life are welcome to pay their respects to this revered saint.

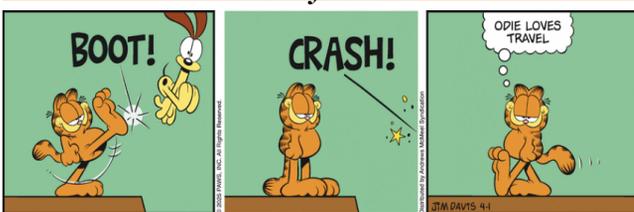
Venue: Solar Santana da Silva de Almeida João, Bainfoll, Assolna
Date: May 10
Time: from 6.30 pm to 8 pm

Herald Gaming Console

Dilbert



Garfield



Wizard of id



crossword 4841

ACROSS
1- Cyclotron particles; 5- Golda of Israel; 9- Baronet's title; 12- Cafeteria carrier; 13- Lost; 15- Jewel; CD container; 16- Lulu; 17- Hound's trail; 18- Like the Sabin vaccine; 19- Outcome; 21- Infinite time; 23- Ovid; e.g.; 25- I'd hate to break up; 26- Alias letters; 29- Corner; 31- Harangue; 35- Male sheep who may play football for Los Angeles!; 36- Looks after; 38- Short letters; 39- Clapton of rock; 41- Gave medicine to; 43- Hoist; 44- Attended; 46- Send payment; 48- Levi's rival; 49- Cultural; 51- Prevaricator; 52- Uno + due; 53- Gull's cousin; 55- Captain Hook's sidekick; 57- Destiny; 61- Barely make; 65- Would ___ to you?; 66- Driving hazard; 68- Ascended, flower; 69- Vegas gas; 70- Tend a fire; 71- Supermodel; 72- 'Spring ahead' abbr.; 73- Water pitcher; 74- Bridge seat;

DOWN
1- Like ___ not; 2- Writer Sarah ___ Jewett; 3- Scottish refusals; 4- Thick sweet liquid; 5- Perfected; 6- And so on; Abbr.; 7- Palmist's words; 8- Oscar de la ___; 9- Rani's garb; 10- The wolf ___ the door; 11- Depend; 14- This is only ___; 15- Regulate; 20- Mississippi senator Trent; 22- Bridle strap;

solution 4840

A	R	E	N	A		B	E	N	T		A	C	E	D
L	A	N	A	I		O	R	E	O		T	R	A	E
O	C	C	O	R		O	N	C	E		D	O	S	E
G	E	E	S	E		R	E	T	R	O		A	C	T
T	I	L	E			L	E	A	I	R		A	C	E
O	O	T				S	A	S				T	A	I
N	O	T				W	I	T				S	T	A
I	N	T				O	N	E				E	N	D
A	S	O				N	E	R				I	T	A
						W	A	T				O	N	E
						R	E	N				A	T	L
						S	E	N				U	B	O
						S	T	O				E	D	G
														P

solution 4841

24- Andrea Bocelli, for one; 26- ___ having fun yet?; 27- Purity unit; 28- Mennonite sect; 30- Ford flop; 32- Leaning; 33- Put off; 34- Cosmetician lauder; 37- Big rigs; 40- Snack bar; 42- Distance across a circle; 45- Headed for overtime; 47- Hard journey; 50- Crucifix; 54- Nick of 'Lorenzo's Oil'; 56- Spooky; 57- Discover; 58- Corrida cries; 59- Urban uprising; 60- Alley cry; 62- A Chaplin; 63- Puts into service; 64- Lab procedure; 67- Just manage, with 'out';

sudoku 4841

		8	1					5
9			5	7				6
	1			9	4			7
		2	8					
1	4					7		5
					3	2		
3			6	4			1	
4				8	5			3
	6				1	5		

Instructions for Sudoku

9 x 9 letter: To solve a Sudoku puzzle, every number from 1 to 9 must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes

solution 4840

6	4	7	8	1	2	3	9	5
2	3	9	4	5	6	7	1	8
8	1	5	9	7	3	4	6	2
1	2	8	3	6	7	9	5	4
9	5	6	1	2	4	8	7	3
3	7	4	5	9	8	6	2	1
7	6	3	2	8	1	5	4	9
4	9	1	6	3	5	2	8	7
5	8	2	7	4	9	1	3	6