



HANDCRAFTED IN THE USA SINCE 1999

# The Liquid Sound Table

## Buyer's Guide

A practical guide to deciding whether a Liquid Sound Table  
is the right fit for your practice or your home.

**Inner Solutions LLC**

[innersolutions.com](http://innersolutions.com) • [vibroacoustic.org](http://vibroacoustic.org)

*25+ years of vibroacoustic experience • 800+ tables delivered worldwide*

## Who this guide is for

This isn't a sales pitch. A Liquid Sound Table is a significant long-term investment, both financially and in terms of the role it plays in a practice or a home. We'd rather you arrive at a confident yes, or a confident no, than feel uncertain about a decision of this size.

This guide is written to help you make that decision. It covers what you're actually buying, how different buyers typically use the table, what the real costs and timelines look like, and the questions worth asking yourself before you commit.

The guide branches in two places. Some sections are written for practitioners and clinic owners. Others are written for personal users who are buying the table for their own home. When you see the two-column sections, read the one that applies to you, or both if you're thinking about both use cases.

### THIS GUIDE IS FOR YOU IF YOU'RE EXPLORING

#### FOR PRACTITIONERS & CLINICS

- Adding vibroacoustic therapy to a massage, chiropractic, naturopathic, or bodywork practice
- Outfitting a wellness spa, sensory room, or recovery space
- Supporting clients with chronic pain, anxiety, PTSD, or sleep concerns
- Finding equipment that complements existing modalities rather than replacing them
- Evaluating whether the investment pays back at your session volume and pricing

#### FOR PERSONAL & HOME USE

- A daily nervous system regulation practice at home
- Support for chronic pain, fibromyalgia, or long-term stress
- Improving sleep quality or winding down from high-stress work
- A dedicated tool for meditation, breathwork, or recovery
- An alternative to ongoing spa, float, or therapy visits that adds up over time

If none of those match where you are right now, a Liquid Sound Table may not be the right tool yet, and that's fine. We'd rather tell you that than sell you something you won't use.

## What you're actually buying

The Liquid Sound Table isn't a single product. It's a complete system. When the table arrives, it's ready to use. Here's exactly what's in the crate and why each piece matters.



*Walnut base with buff rails. Audio stack (amplifier, mixer, headphones) integrated on the lower shelf.*

### The table itself

- Handcrafted in the USA from sustainably grown hardwood. Oak is standard; Cherry (+\$150) and Walnut (+\$400) are available as upgrades.
- A 4-inch soft vinyl water bladder as the resonance surface, custom-made for our tables and framed by upholstered rails. Water distributes vibration more smoothly and evenly through the body than foam or direct transducer contact.
- A low-EMF heater keeps the liquid at a comfortable, steady temperature.
- Bluetooth-enabled for wireless audio sources. Integrated shelf base holds the amplifier.

### The transducers

- Two Ibeam VT200 professional-grade transducers. This is the standard configuration and what most of our clients use, including Stephen himself.
- A third transducer is available as an optional upgrade (+\$995), which includes a second Crown amplifier for independent control. Because the water distributes vibration so efficiently, a third unit doesn't change the overall experience for most users. We offer it for clients who specifically want it, but we don't push it. More is not necessarily better here.

### The audio system (included)

- Crown XLS1002 professional power amplifier, matched to the transducers.
- Numark M2 audio mixer. Primarily used to route headphone audio and to blend a music source with the VAT frequencies if you want to.

- Fiio JM21 high-resolution audio player, pre-loaded with all 59 VAT Frequencies & Music tracks.
- Shure SRH840 studio headphones for the audible layer of vibroacoustic music sessions.
- Custom cabling and a setup guide.

### The audio library (included)

- 59 tracks total, spanning four frequency series (Pain Management, Human Body, Muscle & Structural, Energy & Balancing) and 14 original vibroacoustic music compositions by Chris Deuel.
- Developed over 25+ years specifically for vibroacoustic systems. The tracks work on the Liquid Sound Table and on any other system that accepts non-proprietary audio. Some competing systems lock you into their own library; ours does not.
- Included under a Single Facility Site License. The license allows unlimited devices at one physical business location. It does not permit use at additional business locations, resale, sub-licensing, or distribution. All copyrights remain with Inner Solutions.

### Setup and support

- Written setup instructions and procedure guides, both with and without the mixer.
- Direct access to Stephen for questions, troubleshooting, and session design.
- Chris Deuel offers optional consulting for anyone who buys a table or his music, covering use, application, and advanced session design. Custom compositions are also available separately.

**One thing worth understanding:** the system is universally compatible. You're not locked into our library. The Liquid Sound Table is a high-fidelity full-body transducer that will play any audio source you point at it: your own tracks, streaming music, client preferences, or frequencies from other sources. The included library is a starting point, not a requirement.

## How people actually use the table

Who you are shapes which parts of this matter most. The next two sections branch. Read the track that fits your situation.

### If you're a practitioner or clinic owner

Most practitioners who add a Liquid Sound Table do so not to replace what they already offer, but to deepen it. The table doesn't compete with massage, chiropractic, naturopathic, or energy work. It amplifies them. Clients arrive already regulated by the time you begin hands-on work.

#### How practitioners integrate it

- As a pre-session nervous system reset: 15 to 20 minutes on the table before manual work begins.
- As a stand-alone session: a 30 to 45 minute session sold at its own price point, often between \$60 and \$150 depending on your market.
- As a post-session closure, especially for trauma-informed practices where somatic downregulation matters.
- As a differentiator. Few local competitors offer vibroacoustic therapy, and clients who want it will seek it out specifically.

#### The ROI math (conservative)

Here's how the numbers tend to work. Your pricing and volume will be specific to you, but this gives you a realistic starting frame:

Scenario	Upcharge / Session	Sessions / Week	Payback
Light integration (add-on)	\$25	3	~20 months
Standard integration	\$50	4	~7.5 months
Standalone offering	\$75	5	~4 months
Dedicated VAT practice	\$100+	8+	< 3 months

*Assumptions: Liquid Sound Table investment of approximately \$6,495, weekly sessions averaged over 48 working weeks per year. Upcharge figures reflect pricing above an existing modality (for example, \$50 added to a \$120 massage session). These are deliberately conservative. Several practitioners recoup faster.*

## What practitioners consistently report

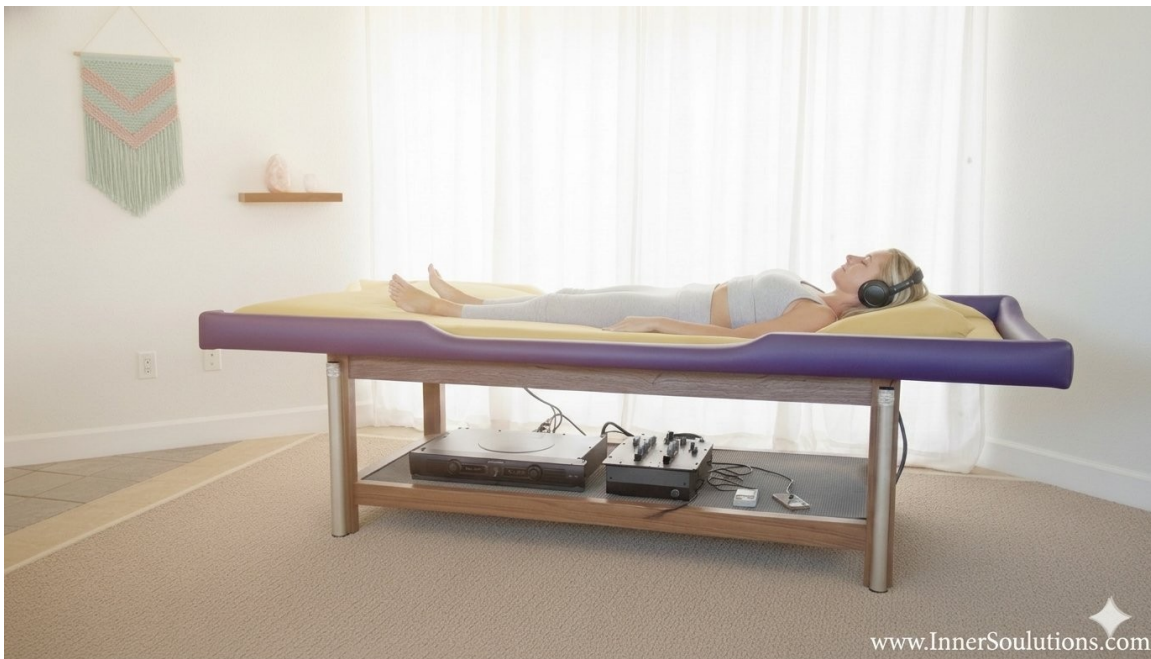
- Clients drop deeper into parasympathetic state faster, which makes manual work more effective with less physical effort on your part.
- Session times can often be shortened without reducing outcomes, increasing your hourly throughput.
- Clients who book vibroacoustic sessions tend to be more committed (they've self-selected into this modality) and schedule more consistently.
- Physical strain on the practitioner decreases over time. A quiet but meaningful benefit for long careers.

### Practitioner perspective

*"I'm a Naturopathic Doctor and the benefits for my clients and myself have been life-changing. The right vibrational frequency can be a catalyst for self-healing. It's easy to use, deeply relaxing, and clients feel more connected to themselves. I'll be sharing this table for years to come."*

— Tracey Folkard, BSc., N.D. Naturopathic Doctor, Sault Ste. Marie, Ontario

## If you're buying for home or personal use



Personal-use buyers fall into a few distinct profiles. You may recognize yourself in one of them, or in a mix:

## Who buys for home use

- People living with chronic pain, fibromyalgia, or long-term musculoskeletal issues who want a reliable daily regulation tool without leaving home.
- People with sensitive nervous systems (HSPs, people on the autism spectrum, people with PTSD or complex trauma histories) who find traditional therapies too stimulating and need something more enveloping and evenly distributed.
- People struggling with sleep or chronic stress whose existing routines (exercise, meditation, supplements) aren't quite enough, and who want a dedicated somatic tool.
- Serious wellness practitioners with established meditation, breathwork, or recovery practices who want to anchor those practices to a dedicated space and system.
- Biohackers and performance-focused users integrating VAT into a broader protocol of recovery, HRV training, or sleep optimization.

## What a typical home routine looks like

Most home users settle into one of two patterns within their first few weeks:

**Morning reset (20–30 minutes).** A specific frequency track or composition run before the day begins. Long-time users often describe this as the most reliable way to start the day calm and focused.

**Evening decompression (30–45 minutes).** Used to transition out of a high-demand day. Many users report faster sleep onset and deeper early-night sleep after consistent evening use.

Session length is flexible. Short sessions (15 minutes) are useful for targeted regulation; longer sessions (45–60 minutes) are appropriate for deeper work or sleep-adjacent use. The volume is yours to set: subtle enough to barely notice, or strong enough to feel throughout the body.

## Cost-per-use perspective

High-ticket wellness investments make more sense when you compare them to what you're already paying piecemeal. A rough frame:

Comparable service	Typical session cost	Your annual spend
Float tank session (monthly)	\$80 – \$120	\$960 – \$1,440
Sound bath / gong session (2x/month)	\$35 – \$60	\$840 – \$1,440
Massage therapy (weekly)	\$100 – \$150	\$5,200 – \$7,800
Specialized somatic sessions (monthly)	\$150 – \$250	\$1,800 – \$3,000

A Liquid Sound Table is a single upfront cost, lasts decades with reasonable care, and is available every morning without scheduling, travel, or ongoing fees. For many home users, it pays for itself within two to three years just by replacing a portion of what they're already spending elsewhere. And it's still working twenty years later.

### What home users consistently report

- Faster sleep onset and more consistent sleep depth, especially with regular evening use.
- Reduction in muscle tension and holding patterns, often noticed within the first two weeks.
- A reliable way to downregulate anxiety without medication or talking-based intervention.
- A sense of “reset” that many users describe as hard to achieve any other way.

#### Home user perspective

*“We love our Tranquility Liquid Sound Table. My husband and I use it daily and have found it remarkably effective in easing muscle strains and aiding in meditation. It has also been an incredible tool for helping our son with his panic attacks. Five minutes on the table with the Deep Inner Peace program completely calms him down without the need for any medication. The table is very well made and the communication with Inner Solutions has always been prompt, professional, and very kind.”*

— **Rori Hawkins** Verified buyer

# Why water, and why it matters

One of the most common technical questions we get is how the Liquid Sound Table compares to foam-based sound tables. Here's the direct answer.



*Water distributes vibration evenly across the whole body, without pressure points or "hot spots."*

## Physics first

Water is roughly 800 times denser than air and significantly denser than the foam used in most sound tables. Water transmits sound five to six times faster than air or foam. That density matters because vibration travels through dense, incompressible media far more efficiently than through spongy, absorbent ones. Foam dampens and localizes vibration: you tend to feel it strongest at the points directly above the transducers. Water distributes the same vibration smoothly across the full body.

## What that feels like in practice

- No pressure points or "hot spots." The resonance wraps around the body rather than concentrating beneath it.
- Longer sessions are more comfortable. What feels pleasant for 20 minutes on a foam table often feels fatiguing at 45. Liquid tables hold up for hour-long sessions without that edge.
- The sensation is often described as "held" or "enveloped" rather than "buzzing" or "localized."
- Full-spectrum range. Keep the volume low for subtle, settling work. Turn it up and the table delivers powerful, whole-body vibration. Water doesn't reduce intensity; it distributes it evenly at any level.

## The liquid, specifically

A 4-inch water bladder sits inside the upholstered rails, heated by a low-EMF heater to a comfortable temperature. The transducers couple directly to the liquid. When a frequency or track plays, the whole bladder resonates, and your body rests inside that resonance rather than on top of point-source vibration.

**Inner Solutions makes both liquid and foam-based sound tables.** Foam tables are good at what they do. Many massage therapists prefer them, and our folding foam tables are a strong option for buyers who want vibroacoustic therapy at a lower price point. The Liquid Sound Table exists for situations where the liquid specifically matters: long sessions, sensitive populations, trauma-informed work, chronic pain clients, and anyone who values the even, enveloping quality water provides. We'll help you decide which one fits.

For a deeper technical explanation, see our article "Why Water Transmits Vibration Better Than Foam" on [innersolutions.com/blog](https://innersolutions.com/blog).

# Straight talk: specs, pricing, and timelines

No marketing softening. These are the numbers.

## Pricing

Item	Price	Notes
Liquid Sound Table (complete system)	\$6,495	Table, audio system, 59-track library, headphones, setup guidance
Optional Cherry hardwood upgrade	+\$150	Standard is Oak
Optional Walnut hardwood upgrade	+\$400	Standard is Oak
Optional hydraulic lift	+\$1,000	10-inch height adjustment, 25–35 inches
Optional third transducer	+\$995	Includes a second Crown amplifier; rarely needed since water distributes vibration efficiently
Shipping (continental U.S.)	\$300 flat-rate freight	Curbside delivery
International shipping	Quoted case-by-case	Canada, UK, Australia, New Zealand, Israel

## Payment and financing

- Credit card and PayPal accepted directly on [innersolutions.com](https://innersolutions.com). PayPal offers its own payment plan options at checkout.
- Business financing is available through a broker Inner Solutions has worked with for over 10 years. If you're buying for a practice, this is often the simplest path.
- For current financing details and options, see [innersolutions.com/financing](https://innersolutions.com/financing) or just ask on a discovery call.

## Build time and delivery

- Current build time: approximately 6 to 8 weeks from order.
- Each table is handcrafted and custom-built to order. We don't keep inventory; tables start production when orders are placed.
- Freight delivery, curbside. You're responsible for moving the table from the curb to its final location.
- Setup is straightforward. Most buyers have the table operational within a few hours of delivery.

## Physical specs

- **Dimensions:** 76 inches long × 35 inches wide × 24 inches high. Optional length up to 80 inches on request.
- **Weight:** 70 lbs for the table alone; 96 lbs with the optional hydraulic lift. The water bladder adds approximately 300 lbs when filled.
- **Maximum recommended client weight:** 300 lbs.
- **Power:** Standard household outlet (120V, U.S. and Canada). For other regions, local-voltage audio components are sourced and advised on a case-by-case basis.
- **Room requirements:** A dedicated footprint with walking space on at least three sides. Most practitioners allocate roughly an 8' × 10' space.

## What's not included

Full transparency on this:

- Table linens on top of the bladder surface. Most practitioners use their existing massage table sheets. A blanket or two on top helps retain the heat from the low-EMF heater.
- Custom audio content beyond the included 59-track library. See Custom Vibroacoustic Music by Chris Deuel if you want original compositions built for your practice.
- Mounting or built-in cabinetry if you want the audio stack integrated into a wall or furniture.

# Is this the right fit? A six-question self-assessment

Answer these honestly. They're the same questions we'd ask you on a discovery call.

1. Do you have a dedicated space for the table? It doesn't need to be a large room, but it does need to be a space where the table can stay set up. Moving it regularly isn't practical.
2. Are you comfortable with a 6 to 8 week build time? If you need something in two weeks, this isn't the right table. Every unit is custom-built.
3. Is this a long-term investment for you? These tables routinely operate for 15 to 20+ years with basic care. If you're thinking of it as a short-term purchase, the economics don't work as well.
4. Can you make this investment in a way that works for your finances? We offer credit card, PayPal (with payment plan options), and business financing through a long-term broker partner. We'd rather you use one of those paths than stretch yourself thin.
5. Are you willing to spend some time learning the system? The LST includes a deep audio library with 59 tracks across pain management, body systems, structural work, energy balancing, and vibroacoustic music. Getting the most out of it means experimenting to find what works for you, your clients, or your conditions.
6. For practitioners: do you already have clients whose needs align with this modality (chronic pain, anxiety, trauma, sleep, nervous system dysregulation) or a clear plan to reach them? For home users: do you have a specific, recurring use case in mind (daily regulation, chronic condition support, sleep, recovery)?

## **Scoring (loose, not rigid):**

**Four or more “yes” answers:** A Liquid Sound Table is likely a good fit. Book a discovery call and we'll walk through the specifics.

**Two or three “yes” answers:** Worth a conversation. There may be a good fit, or there may be a different configuration that suits you better.

**One or zero “yes” answers:** This probably isn't the right purchase for you right now. That's a legitimate answer. We'd rather tell you that than sell you the wrong thing.

## Common concerns, addressed directly

### **“It's expensive.”**

It is. \$6,495 is a serious investment, and we're not going to argue otherwise. What it buys you is a system that typically operates for 15 to 20+ years, a complete audio chain (not just a table), ongoing support from the people who built it, and a modality with 25+ years of field experience behind it. Compared to equivalent clinical equipment, or to cumulative spend on piecemeal wellness services, the math usually works. Compared to “just some furniture,” it won't.

### **“Couldn't I build something like this myself?”**

Parts of it, yes. You can buy transducers and an amplifier online. What's hard to replicate is the water-based resonance chamber engineering, the transducer positioning (refined since the 1990s), the matched audio chain, and the 59-track library developed specifically for this system over two decades. We've seen plenty of DIY builds. The ones that deliver comparable results rarely come in cheaper than a production unit once all the iterations are accounted for, and most don't reach comparable performance.

### **“What if I buy it and it's not what I expected?”**

This is a fair question, and it's why we push toward a discovery call before any purchase. On that call, we'll walk through your specific situation, your clients or your conditions, and what realistic outcomes look like. If it's not a good fit, we'll tell you, and point you toward alternatives that might suit you better. We'd rather lose a sale than create an unhappy owner.

### **“Six to eight weeks is a long time to wait.”**

Agreed. The alternative would be stocking inventory, which would require either sacrificing customization or raising prices to cover carrying cost. Neither trade-off has made sense for us or our customers. Most buyers find that the build window is a useful planning period: for space prep, for integration into a practice schedule, or for studying the included materials.

### **“How is this different from other vibroacoustic tables I've seen?”**

Three things, mainly. First, the water-based resonance is uncommon; most systems on the market use foam or direct-transducer contact. Second, the included audio library is broader and more condition-specific than what typically ships with comparable equipment, and it works on any non-proprietary system (not just ours). Third, you're buying from the person who designed, built, and will support the table, with over two decades of field experience behind the design. That last point matters most when something needs adjustment down the road.

## What practitioners and clients are saying

A handful of recent comments from real buyers:

*“My experience with Stephen and InnerSolutions has been absolutely amazing. I first encountered one of his sound tables over 20 years ago through a healer in Ontario and never forgot it. When I was later going through a challenging time, I booked more sessions and eventually decided I needed a table of my own. The heated water and craftsmanship make clients feel cozy and supported, and the vibrations are much more immersive than on a conventional table. I now use the table almost daily, for my own well-being and with clients, and I recommend the full track library to anyone who wants flexibility in their practice.”*

— **Andrea McCabe** Caledonia, Ontario, Canada • Liquid Sound Table with hydraulic lift, purchased 2025

*“I’m a medical doctor in Italy using your frequencies and music on a vibroacoustic table we developed to support immune function in oncology patients. They enjoy the music and find the sessions deeply helpful. Your service is precious. Please keep doing what you’re doing.”*

— **Alessandro, Medical doctor, Italy**

*“I am a patient at a residential treatment center for trauma victims. The Vibroacoustic Therapy has been incorporated into our facility recently and has become a significant part of my spiritual, emotional, and physical healing. From the first time I used the table I was more able to freely surrender myself to the healing process of my body by focusing on the areas of vibration. Combining the vibration with music frequencies acts as a portal into my inner heart and mind with little to no emotional turmoil.”*

— **Client at a residential trauma treatment center** San Antonio, Texas

More reviews, including full case studies and clinical applications, are available at:

[innersolutions.com/testimonials](https://innersolutions.com/testimonials)

[innersolutions.com/sound-massage-tables/innersoul-tranquility-liquid-sound-table](https://innersolutions.com/sound-massage-tables/innersoul-tranquility-liquid-sound-table)

# The next step

Two ways to move forward.

## PRIMARY

### Order your Liquid Sound Table

If you've read this guide and you're clear this is the right fit, place your order online. Pick your hardwood, rail color, and any options at checkout. Build time is 6 to 8 weeks.

[innersolutions.com/sound-massage-tables/innersoul-tranquility-liquid-sound-table](https://innersolutions.com/sound-massage-tables/innersoul-tranquility-liquid-sound-table)

## SECONDARY

### Book a Discovery Call

Not quite sure yet? A 20 to 30 minute conversation with Stephen. No script, no sales funnel. Good for practitioners evaluating fit, international buyers who need a shipping quote, or anyone with specific questions.

[app.acuityscheduling.com/schedule/91f79dcb](https://app.acuityscheduling.com/schedule/91f79dcb)

After you order, Stephen will be in touch within one business day to confirm the details before your table is built.

## Prefer email first?

**Stephen Deuel, Founder & Managing Director**

Inner Solutions LLC

[stephen@vibroacoustic.org](mailto:stephen@vibroacoustic.org)

(716) 249-4050

---

### Inner Solutions LLC

369 Lang Blvd # A, Grand Island, NY 14072

[innersolutions.com](https://innersolutions.com) • [vibroacoustic.org](https://vibroacoustic.org)

*Handcrafted in the USA since 1999 • 800+ tables delivered worldwide*