

Vocal Health Toolkit

Recommended vocal health tools that I personally use as a vocal coach and performer to support my voice. Click the titles to be taken straight to the product*.

Nebulisers

Omron MicroAir U100 Portable Nebuliser



I take this nebuliser everywhere with me and it saves me during every panto season. I pair with 0.9% sodium chloride saline solution. Make sure to check out [the difference between a nebuliser and a steamer](#).

[Find out more](#)

AU YUT Ultrasonic Nebuliser

A more affordable nebuliser, this is my back-up which I purchased when I left my Omron one at home. I never use the additional mouth pieces on either. Can be used with saline solution.

[Find out more](#)



KNOXZY Isotonic Saline Solution 0.9%

0.9% sodium chloride saline solution is the best dosage to use with your nebuliser. You can find out more about why saline solution can support your vocal health [here](#).



[Find out more](#)

Nasal Rinse

NeilMed Sinus Rinse Kit



Very handy if you get allergies. I get dust allergies so when I'm working in theatres I make sure I have this with me and I use it in the morning and the evening. It comes with the solution and instructions on how to use.

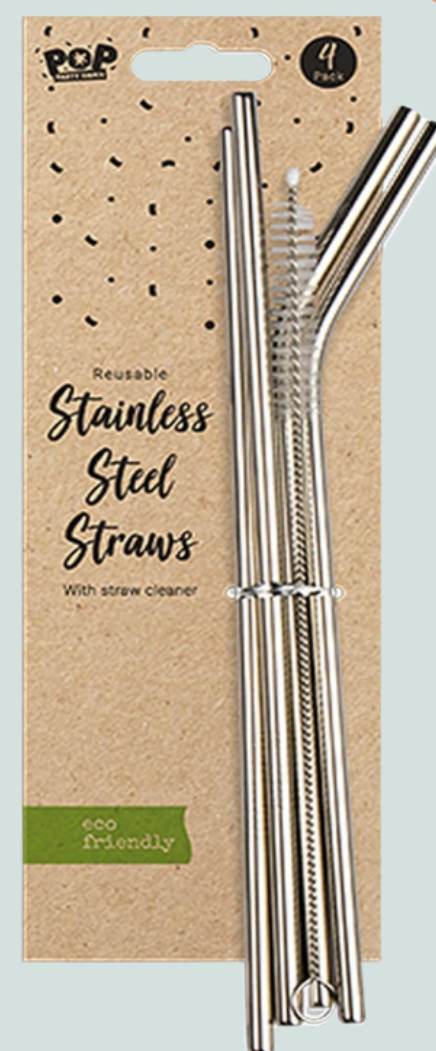
[Find out more](#)

Straws

Drinking Straws for Warm-ups

Generic straws can be used with or without water to create resistance when phonating. Straws are a great tool for warm-ups and can be used descretly before an audition. I use straws often in lessons.

[Find out more](#)



Hydration

Vidrate Electrolyte Powder



Hydration is key when it comes to singing! Our cords need to be well hydrated to encourage health phonation and to produce the best quality sound. Hydration can something require more than just water. I use these sachets personally and recommend them in clinic. They contain the minerals needed to ensure hydration and they taste great!

[Find out more](#)

Soothing

Honey and Lemon Vocal Zone Pastilles



These particular pastilles are soothing for sore throats. However, it does contain Mrryh. Similar to menthol, this numbs the throat and, like painkillers, this disguises pain which can then make singing dangerous or mean that inflammation takes longer to heal. I use these after singing or 2 hours before.

[Find out more](#)

Honey and Lemon Vocal Zone Tea

This soothing tea is caffeine free and contains natural herbs such as liquorice and slippery elm which aim to coat the throat without it affecting the singing voice. Slippery elm and marshmallow aid mucosal repair whilst honey, liquorice and ginger have antimicrobial properties to help fight any infections.



[Find out more](#)

Throat Comfort Yogi Tea



Another caffeine free tea, this tea has organic ingredients and no flavourings. It tastes so lovely and contains herbs that soothe and gently warm the throat so can be sipped throughout a performance. I take this everywhere with me. It's my favourite!

[Find out more](#)

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