

vocal care

IN WINTER

VOCAL ARTS

VOCAL TIPS



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SYDNEY

Winter is often the trickiest time of year to maintain vocal health. It is often impossible to avoid public transport or moving around large numbers of people – even the waiting room at the Doctor's surgery is a problem area in winter.

Following these simple tricks through the colder months might help:

- **Drink more water.** Even though the weather is not hot, the skin is drier and a combination of cold and dry air with greater winds is hard on the voice.
- **Drink warm drinks.** Hot drinks on a cold day help to keep you warm and are great for your throat – herbal teas, warm eater, warm soup (without dairy)
- **Wear a scarf.** Keep your throat area warm every time you step out of the house.
- **Do longer vocal warm ups.** When the weather is cold – it always takes at least 5 minutes extra to get the voice going in the cooler months.
- **Avoid air con/central heating.** Artificial heating is a great dehydrant and try to avoid being in these environments for long periods of time.
- **Kidneys** It is said that keeping your kidneys warm during winter is a good idea. If you are feeling the onset of a cold, put a heat back at your lower back and keep your kidneys warm.
- **Socks** – You would be surprised at the number of kids we see running around in bare feet – make sure your children's feet are warm as soon as the weather turns cold.
- **Jumper** – Keep a jumper, sweater or hoodie in the car for your kids. They do not remember to bring these themselves and a sudden drop in temperature on a simple afternoon in the park at the onset of winter is not a good thing.
- **Use a humidifier.** Not expensive to buy (from the chemist), or if you don't have one, put a bowl of very hot water on the table and place towel over the head and lean over the bowl to breathe in moist air through the nose. They are usually sold with a bottle of eucalyptus oil – a few drops in the humidifier or the bowl of water will help clear the nasal passages.
- **Avoid talking or singing loudly over loud music** or any type of background noise.

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