

Music as a stress alleviating and healing mechanism in tourism accommodation.

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In this research the main purpose is to identify the depths of music as an advantage for accommodation in tourism industry. Consideration is that Music is the world language that any person can enjoy without hesitation. This fact and the ability of stress alleviating and healing of music can be very affective to our tourism industry. This significant mechanism was scientifically proven too. It should not go to a waste. We can promote indigenous music of Sri Lanka through this mechanism. We can use various, suitable types of music to make tourists more welcome. Main objective was to use correctly created music pieces at hotels, lagoons, resorts and when the right times like taking meals, resting, sleeping...etc. Tourists always reach for accommodation in need of relaxation and mainly, to spend the night after tiresome day. Playing a fine piece of music on the background with the right frequency and waves is way better than the honks of vehicles and rattling of metal. Imagine the husky tone of a flute passing by your ear calming body and mind. This is not Spiritual or Music tourism. The idea is to add music as a facility for accommodation to attract more tourists and make them more comfortable. To make them feel the urge to come back to the same hotel or resort next time. Internet is the most helpful in finding information about music and its abilities. Calling and observing some selected accommodations to see if they use this method current time gave up more data. Also books and articles of Music and psychology were very useful to approve the idea. Appropriately written music always augments the theme. Accommodation units can create a simple method of adding a sound system to play music according to the situation. This research contained how, when and which music to use for stress alleviating and healing.

Key Words- Accommodation, Depths of Music, Psychology, Stress alleviating and healing

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