

INSPIRE vocal STUDIO

McClosky Six Areas of Relaxation

Take your time—move slowly, breathe naturally, and focus on letting go. Keep your posture tall.

Use this sequence regularly to support vocal health and freedom.

Relaxation is the foundation for a healthy, expressive voice.

1. Face

With the pads of your fingers, in a gentle, circular motion, massage your face from your hairline down to your jawline.

- Close your eyes, soften your brow, and let your jaw hang.
- Aim for a loose, calm expression—no effort or holding.

2. Tongue

Soften your tongue inside your mouth. Then stretch it out and down toward your chin.

- Keep your jaw and lips relaxed.
- Notice if you're holding tension, and invite release.

3. Swallowing Muscles

These muscles are felt under your chin, in the triangle of space between your jaw and neck. Using the pads of your thumbs, massage them by pressing vertically up and in, alternating hands.

- Swallow gently—you'll feel these muscles move downward. They should not do this during phonation.
- Massage this area until these muscles are softened and relaxed.

4. Jaw

Hold your chin in your hands with your thumbs under your chin and forefingers on top. Gently move your jaw up and down.

- Start slowly, then increase speed if there's no resistance.
- If you feel stiffness, pause and breathe—it will ease with practice and the movement will become fluid.

5. Larynx

Lightly hold your larynx (voice box) between your thumb and forefinger on either side of the thyroid notch (Adam's apple). Move it gently from side to side—it should feel mobile, not rigid.

- Tension can signal effortful voice production and involvement of compensatory muscles.
- This movement becomes freer when the other muscle groups are consistently relaxed.

6. Neck

Let your head gently fall forward until your chin almost rests on your chest. Keeping this position, turn your head from side to side, stretching the muscles of the neck.

- Keep these muscles soft as you lift your head and balance it on your spine.
- Ensure all previous areas stay relaxed as you do this.