

Taking Care of Your Voice

- Vocal students should always take care to warm up the voice before singing. Warming up the voice stretches and loosens the fibres in the throat and vocal chords, and helps to protect the voice much like warming up before exercising safeguards against cramps and injuries. Rolling your r's, doing gentle scales and arpeggios and stretching the jaw and face by mock-yawning are just some ways of warming up.
- Drinking room-temperature water is the best way of hydrating the voice before a lesson or practice. This should be done before travelling to lessons to give your vocal chords time to absorb enough water.
- Not getting enough sleep is bad for your voice, and can lead to vocal straining. Getting enough sleep can do wonders for your voice!
- A number of things are bad for your voice, especially if you are an avid singer. Smoking, for example, reduces lung capacity and dries the vocal chords, so that singing strains them. Likewise, fizzy drinks and coffee, tea and chocolate are best avoided before a lesson or practice as they dry and clog the throat, which strain the vocal chords too!
- Remember that your voice is an instrument just like any brass, woodwind string or percussion instrument. Mistreating the voice can cause strain and long-term damage.
- A voice is no burden to carry so sing frequently and healthily.