



Innovative Voice Studio's

TOURING TOYS GUIDE





TOYS FOR THE ROAD

Here's a list of our favorite toys that won't take up too much space in your bag but will save your vocal life while you're out doing regional theatre, tours, and cruises! Have fun!

NETI POT: [NeilMed NasalFLO Neti Pot](#) relieves allergies & sinus symptoms: nasal allergies & dryness; sinus pressure & nasal stuffiness; nasal symptoms for flu & cold; nasal irritation from occupational dust, fumes, animal dander, grass, pollen, smoke, & house dust; post nasal drip & nasal drainage.

PORTABLE STEAMER: [Vicks Personal Sinus Steam Inhaler](#) is a game changer on those rocky vocal days. It will relax your chords, hydrate your throat, and open up all your airways.

VIBRATOR (get your head out of the gutter): Vibration is one of the best tools for body mapping (how to fully recruit the parts of your body that will aid in efficient production of your voice). The [Lelo Vibrator](#) is great for the face and neck -- try it to wake up your voice, and to experience fuller sensations of your sound! Also check out the [Z-Vibe](#).

LOZENGES: We prefer sugar-free [Grether's Pastilles](#) or [Fontus Drops](#). AVOID cough drops with menthol in them (it's a numbing agent so you can't feel if/when you're doing vocal damage).

PREVENTATIVE MEDICINALS: Someone in your cast coming down with a plague? Avoid this by putting a few drops of [Oil of Oregano](#) on your tongue. It tastes like a disgusting highly concentrated amount of pizza and then slightly burns but helps stave off colds.



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TEA TIME: Use this [Portable Electric Tea Kettle](#) to whip up some [Throat Coat](#) and [Manuka Honey](#). Manuka is pricey A.F. but it has wayyyy more medicinal benefits. Another option is picking up LOCAL honey in whatever city you're in (especially if you're there for a longer sit down). Getting local honey helps acclimate your system to the local allergens.

REUSABLE STRAW: You can attach [this one](#) to your keychain. See [Tom Burke's youtube video](#) for a refresher on how to use it. Our favorite straw is the [OOVO straw](#) because it mimics the length of your vocal tract. Use code IVS for 10% off!

TOOLS FOR MUSCLE RELEASE: Use a [Kieba Massage Lacrosse Ball](#) to roll out cranky muscles. We'd also suggest a [Magic Wand Mini Massager](#) and a [TriggerPoint Portable Foam Roller](#).

THERABAND/RESISTANCE BANDS: These bad boys are key to moving tension out of your throat and neck and into your back and legs. We recommend the [CLX Resistance Band](#) and the [JD Sports Band](#). Scroll through our "Singing Tips & Tricks" series on our [youtube channel](#) for exercises that will unlock your belt!

ALIGNMENT: The [Bosu Ball](#) is our favorite tool for realigning that spine and freeing vertical tension. And since you likely won't have time for a professional massage when on the road, stimulate your nerves and soothe your skin with a [Body Brush](#). Give yourself a lymphatic massage at intermission! Free and aligned spine and lymphatic systems mean a free and aligned sound.



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INJURY SUPPORT: We all know how physically demanding our jobs can be. If you ever pull a muscle in a show and can hide this [Rock Tape](#) under your costume, it will do wonders for supporting your healing muscles and preventing excess tension from building up. Take care of yourself out there!

TUNING: After your ensemble warm up, check your own tuning with this personal [Tuning Fork!](#)

APPS: All available in the Apple App Store!

For breathing and meditation:

- Breethe
- Breathing
- Breethe Deep
- Headspace

Voice warm ups:

- Voice WarmUp (We love these minute long warm ups with this funny British man)

Questions about how to use any of these fun products? Please let us know! We'd be happy to show you in a lesson.