

ASMR POEM: I AM FOLDING LAUNDRY
FOR YOU

I AM FOLDING LAUNDRY FOR YOU
I AM FOLDING THIS PIECE OF LAUNDRY
FOR YOU
AND I AM FOLDING THIS PIECE OF
LAUNDRY FOR YOU
I AM TELLING YOU ABOUT FOLDING
LAUNDRY FOR YOU WHILE I FOLD
LAUNDRY FOR YOU
I AM SOFTLY TELLING YOU ABOUT
FOLDING LAUNDRY FOR YOU WHILE I
FOLD ALL THIS LAUNDRY FOR YOU
AND NOW I AM FOLDING THIS PIECE OF
LAUNDRY FOR YOU
AND NOW I AM FOLDING THIS PIECE OF
LAUNDRY FOR YOU
AND ALL THE TIME I AM FOLDING
LAUNDRY FOR YOU I AM TELLING YOU
ABOUT HOW I AM FOLDING LAUNDRY FOR
YOU

ASMR POEM #1 A RELAXING SPA
EXPERIENCE 0:00 – 15:30

0:00 HI WELCOME BACK TO HALO HAIR
STUDIO I UNDERSTAND YOU ARE IN
TODAY FOR A SHAMPOO AND TRIM OK
GOOD I AM GOING TO ASK YOU TO JUST
HAVE A SEAT RIGHT HERE GOOD OK NOW
AS YOU KNOW HERE AT HALO BEFORE WE
BEGIN ANY SERVICE WE LIKE TO START
WITH A RELAXING SCALP MASSAGE AND
THAT IS JUST SO THAT WE CAN PUT YOU
IN A VERY CALM AND RELAXED MOOD AND
WE FIND THAT WHEN YOU HAVE ACHIEVED
A STATE OF VERY DEEP RELAXATION YOU
ALWAYS COME AWAY WITH THE BEST
RESULTS AND THAT IS WHAT WE WANT
FOR ALL OF OUR CLIENTS HERE YES SO
DO YOU MIND IF I COME A LITTLE BIT
CLOSER OK GOOD I DIDN'T THINK SO OK
SO HOW DOES THAT FEEL GOOD THAT IS
NOT TOO MUCH PRESSURE IS IT OK THAT
IS WHAT I LIKE TO HEAR YOUR HAIR
HAS GOTTEN SO LONG SINCE THE LAST
TIME I SAW YOU YEAH IT REALLY HAS
OH MY GOSH HAS IT BEEN THAT LONG
SINCE I'VE SEEN YOU I CAN'T BELIEVE

THAT NO I KNOW HOW IT IS THOUGH WE JUST TEND TO GET SO CAUGHT UP IN OUR BUSY LIVES THAT WE FORGET TO TAKE TIME OUT FOR OURSELVES YES IT HAPPENS TO THE BEST OF US BUT IT IS ALWAYS GOOD TO REMEMBER TO TAKE TIME OUT AND PAMPER YOURSELF BECAUSE YOU ARE WORTH IT NO DON'T FEEL GUILTY IT IS OK BESIDES YOU ARE HERE NOW AND THAT IS WHAT MATTERS NOW I AM JUST GOING TO CHECK YOUR SCALP AND MAKE SURE THAT EVERYTHING LOOKS HEALTHY OK GOOD AND ON THIS SIDE OK GOOD OK OK WELL EVERYTHING LOOKS REALLY GREAT I CAN TELL YOU'VE BEEN TAKING CARE OF YOURSELF YOUR HAIR IS SO SHINY YOU ARE SO LUCKY TO HAVE HAIR WITH A TEXTURE LIKE THIS YES NOT EVERYBODY GETS THAT MY HAIR IS KIND OF HALF WAY BETWEEN BEING WAVY AND STRAIGHT SO IT IS JUST ALWAYS A MESS I KNOW I DO HAVE TO USE A LOT OF PRODUCT IT CAN BE KIND OF A PAIN HOW ARE

YOU FEELING ARE YOU STARTING TO GET
RELAXED GOOD THAT IS WHAT WE WANT I
KNOW IT DOES FEEL SO GOOD DOESN'T
IT SOMETIMES I WISH THAT THE SCALP
MASSAGE COULD LAST FOREVER TOO BUT
WE DO HAVE TO MOVE ON TO THE
HAIRCUT EVENTUALLY BUT YOU KNOW WE
DO HAVE A FULL SERVICE SPA AND YOU
CAN COME IN AT ANY TIME WE TAKE
WALK INS SOMEBODY WILL ALWAYS BE
HERE FOR YOU YES YES THERE IS NO
NEED TO CALL AHEAD OR ANYTHING WE
MAKE SURE THAT WE ARE ALWAYS WELL
STAFFED AND WE OFFER MESSAGES AND
FACIAL TREATMENTS WE DO MAKEUP AS
WELL JUST ABOUT ANYTHING YOU CAN
THINK OF WE DO BUT IF YOU DO WANT
TO MAKE AN APPOINTMENT THAT IS FINE
ALSO JUST CALL AHEAD I AM SORRY
ABOUT THAT OK HOW ARE YOU DOING
GOOD OK THAT CONCLUDES THE SCALP
MASSAGE SO IF YOU JUST SIT TIGHT
I'VE GOT TO GET A COUPLE OF THINGS
REARRANGED HERE OK HOLD ON JUST A

MOMENT OK NOW THAT THAT IS ALL
TAKEN CARE OF IF YOU WOULD LIKE TO
LOOK DOWN YOU CAN SEE SOME OF THE
TOOLS THAT I WILL BE WORKING WITH
TODAY OK BEND OVER YES YES RIGHT
THERE OK THE FIRST THING YOU WILL
PROBABLY NOTICE IS I HAVE SOME
CANDLES HERE THAT IS JUST TO SET
THE MOOD AND GET YOU NICE AND
RELAXED AND THEY JUST CREATE SUCH A
RELAXING ATMOSPHERE AND NEXT WE
HAVE SCISSORS OF COURSE YOU
COULDN'T HAVE A HAIRCUT WITHOUT
SCISSORS RIGHT AND SOME BOBBY PINS
FOR STYLING OK SOME RUBBER BANDS
ALSO JUST FOR STYLING YOUR HAIR AND
I HAVE TWO DIFFERENT BRUSHES THIS
IS THE FIRST ONE IT IS A DETANGLING
BRUSH AND THIS IS OF COURSE WHAT I
AM GOING TO USE TO GET ANY KNOTS OR
ANYTHING LIKE THAT OUT OF YOUR HAIR
AND SECOND IS MY ABSOLUTE FAVORITE
THIS IS A BOAR BRISTLE BRUSH AS YOU
CAN SEE ON THE SIDES THERE AND IT

IS MIXED IN WITH THESE PLASTIC BRISTLES AND THE PURPOSE OF THIS BRUSH IS TO DISTRIBUTE THE NATURAL OILS IN YOUR HAIR ALL THE WAY ALONG THE HAIR SHAFT AND IT JUST GIVES IT THE MOST BEAUTIFUL SHINE AND IT MAKES YOUR HAIR SO HEALTHY AND PRETTY LOOKING I JUST LOVE IT AND AS YOU CAN SEE IT ALSO HAS THE CUSHION PART AND THAT JUST GIVES IT A I DON'T KNOW IT JUST MAKES IT SO EASY TO BRUSH YOUR HAIR AND IT JUST FEELS REALLY NICE SO THAT IS MY FAVORITE BRUSH AND I HAVE A SPRAY BOTTLE AND SOME SHAMPOO CONDITIONER AND HAIR SPRAY THAT I'LL BE USING WITH YOU ALRIGHT SO I'LL JUST HAVE YOU LOOK UP FOR ME AGAIN THERE WE GO LET ME GET YOUR HEAD STRAIGHT OK ALRIGHT AND NOW WE CAN START BY BRUSHING YOUR HAIR AND LIKE I SAID WE'RE GOING TO USE THIS FIRST THE DETANGLING BRUSH LIKE I SAID YOUR HAIR IS VERY HEALTHY SO YOU DON'T

HAVE TOO MANY KNOTS OR TANGLES YOUR
HAIR IS SO PRETTY I KNOW I TOLD YOU
THAT BUT YOU MUST GET SO MANY
COMPLIMENTS YES I'M HEARING THINGS
I THINK IT IS THE WIND IT IS A VERY
WINDY DAY OUTSIDE AND OUR SALON IS
BY A LOT OF TREES SO SOMETIMES THEY
RATTLE AGAINST THE WALLS OR THE
WINDOWS YES IT IS A STRANGE
LOCATION FOR A SALON I GUESS BUT I
DON'T KNOW I JUST CHOSE IT BECAUSE
I LOVE BEING CLOSE TO NATURE AND IT
IS JUST KIND OF A RELAXING ESCAPE
FOR ME OH YOU LIKE IT TOO GOOD I AM
REALLY GLAD TO HEAR THAT 15:30

*ASMR Binaural Mic Test:
Part Two*



ASMR POEM #1 A RELAXING SPA
EXPERIENCE 15:31 - 30:30

15:31 OK LET ME GET OVER HERE AND I'M JUST BRUSHING YOUR HAIR OUT BEFORE YOUR SHAMPOO JUST SO THAT WE CAN GET ALL THOSE TANGLES OUT IT MAKES WASHING EASIER OK SO NOW I THINK I AM GOING TO USE THE BOAR BRISTLE BRUSH AND THIS IS REALLY JUST I KNOW WE'RE GOING TO BE WASHING THE OILS OUT OF YOUR HAIR IN A MINUTE I JUST THOUGHT THIS WOULD BE A NICE RELAXING EXPERIENCE SO WHY NOT THAT IS WHAT TODAY IS ALL ABOUT IT IS ALL ABOUT YOU AND MAKING YOU FEEL GOOD OK LET ME JUST COMB THROUGH THAT WITH MY FINGERS YOUR HAIR IS SO PRETTY IT IS ALMOST A SHAME TO CUT IT YES NO BUT WE DO NEED TO TRIM THESE ENDS YOU DO HAVE A COUPLE OF SPLIT ENDS YES A TRIM IS ALWAYS A GOOD THING IT KEEPS YOUR HAIR HEALTHY OK YES SO I THINK WE ARE READY TO START YOUR SHAMPOO SO JUST FOLLOW ME BACK TO THE SINK AND I'LL GET STARTED OK SO HERE WE

ARE AT THE SINK AND I'M JUST GOING TO TILT YOUR CHAIR BACK IF YOU COULD MOVE YOUR HEAD YES JUST BACK GOOD RIGHT THERE AGAINST THE SINK OK HOW IS THAT IS THAT COMFORTABLE FOR YOU OK GOOD JUST WANT TO MAKE SURE IT IS NOT HURTING YOUR NECK OK I AM GOING TO GET YOUR WATER STARTED I'M JUST GOING TO WET YOUR HAIR OK OK NOW IT IS TIME TO START WITH THE SHAMPOO AND THIS IS A VERY FRAGRANT SHAMPOO I JUST LOVE THE WAY IT SMELLS SORRY I AM JUST GETTING SOME THINGS ARRANGED OVER HERE OK THAT IS BETTER OK HOW DOES THAT FEEL GOOD I NEED A LITTLE BIT MORE I'M JUST TRYING TO GET A REALLY GOOD LATHER HERE YES WE REALLY WANT TO WORK ALL OF THAT DEBRIS AND PRODUCT BUILD UP OUT OF YOUR HAIR OK NOW I AM GOING TO GIVE YOU ANOTHER SCALP MASSAGE WHILE I SHAMPOO AND THAT IS JUST BECAUSE I REALLY WANT TO WORK THE CLEANSER

INTO YOUR SCALP THAT IS JUST GOING TO HELP US GET A BETTER CLEAN AND THAT IS WHAT WE WANT OF COURSE AND THAT IS NOT TOO ROUGH OR ANYTHING IS IT NO OK GOOD CAN YOU HEAR THE LITTLE BUBBLES POPPING IN THE SHAMPOO I LIKE THAT SOUND THEY MAKE A VERY SOFT GENTLE CRINKLY SOUND OK I THINK WE ARE DONE WITH YOUR SHAMPOO SO I AM GOING TO TURN THE SINK BACK ON AND GET YOU ALL RINSED UP OK IT IS TIME TO START WITH THE DEEP CONDITIONING TREATMENT NOT THAT YOU NEED IT OF COURSE BUT IT IS A NICE THING TO HAVE 30:30

ASMR POEM BY CHRIS SYLVESTER

I AM DRAWING

I AM DRAWING FOR YOU

I AM DRAWING FOR YOU AND I AM TELLING YOU
ABOUT HOW I AM DRAWING

I AM TELLING YOU ABOUT HOW I AM DRAWING
WHILE I AM DRAWING FOR YOU

I AM DRAWING A LINE THAT IS NOT FINISHING

I AM DRAWING ONE LINE BACK AND FORTH ACROSS
A LARGE PIECE OF PAPER WITHOUT FINISHING

AND I AM TELLING YOU ABOUT HOW I AM DRAWING
WITHOUT MENTIONING EITHER WHAT I AM DRAWING
OR WHAT I AM DRAWING ON

AND I AM TELLING YOU ABOUT HOW I AM DRAWING
WITHOUT MENTIONING THE LINE I AM DRAWING OR
THE PAPER I AM DRAWING IT ON

I AM DRAWING FOR YOU AND I AM TELLING YOU
ABOUT HOW I AM DRAWING FOR YOU BUT I AM NOT
TELLING YOU ABOUT WHAT I AM DRAWING AND I AM
NOT TELLING YOU ABOUT WHAT I AM DRAWING WITH
OR ON

