



Being prepared is the most effective way to be relaxed and to end up with a great finished product. Here are some tips to help you get ready for your recording session at **Mantis Audio Productions.**

Vocalists:

-Be rested. Get a good night's sleep before your session; fatigue manifests itself in vocalists by diminishing their vocal range, muscular control & endurance.

-Be hydrated. Drink plenty of room-temperature water starting the day before your session. Non-caffeinated herbal teas are great and should be sipped as warm as possible. Try *Traditional Medicinals* brand *Organic Throat Coat*, available at most grocery and health food stores, for its soothing and hydrating properties. Avoid caffeinated and alcoholic drinks - both will dehydrate you as well as trigger the creation of excess stomach acid which can lead to acid reflux.

-Be energized. Eat a healthy meal about 2 hours before the start of your session. Avoid all dairy and citrus products as they produce thickening of mucus in your mouth & throat which will reduce your vocal range.

-Be comfortable. Dress should be comfortable, loose fitting clothing. Avoid nylon, jewelry and other materials which produce unwanted noise when you walk or move since sensitive studio mics will pick this up. Dress in layers in case you become too warm during your session.

-Be relaxed. Muscular tension from stress is counter-productive to the singing process and can result in performances which sound mechanical, forced or uninspired. Likewise, mental tension robs you of your ability to physically relax or will prevent you from enjoying the recording process. Being relaxed will help you to have fun doing something which you love to do. Turn off that cell phone, practice deep-breathing, yoga-style stretching exercises and visualize having a great session.

-Be prepared. Bring 2 copies of your song lyrics; one for you and the other for me. This will help us to better communicate during the recording process.

-Don't Smoke. Need I say more?

Instrumentalists:

-Make sure your instrument is properly adjusted and is in the best working order possible. The recording process is like using a microscope: all sounds are amplified and will become very obvious. Out-of-adjustment instruments are difficult to tune or keep in tune and can ruin an otherwise good take.

-Guitar/bass and other stringed instruments will often benefit from having new or newer strings (unless you prefer a darker tone). The sounds of string buzzing from worn or incorrectly adjusted frets cannot be removed once recorded and will become painfully obvious in the mix. Amplifiers and cables should be in perfect operating condition and free from humming, buzzes or noises induced from dirty controls.

-Drums/percussion instruments should have drum heads which are properly tuned, hardware which is tight. Drums, pedals and stands need to be free from any squeaking, rattling or vibration induced noises. Remember the microscope analogy!

-Keyboards and their pedals should be in good working order and free from sticking keys and noisy control knobs or faders.

-Instrument temperature acclimation can cause tuning and mechanical noise problems as well as delay the recording process. Keep all instruments and equipment to be used for recording at room temperature before transport to the studio.

-Be well-rested, energized, comfortable, relaxed and prepared. See vocalist section above.

Other:

-Midi files should be provided as Standard Midi File (SMF) Type 0 or Type 1 (.mid), Karaoke file (.kar), Cakewalk Project (.cwp) or Cakewalk Bundle (.cwb) file formats.

*The studio at Mantis Audio Productions is a **smoke-free environment**. Thanks for your cooperation.*

Payment Terms:

50% of total recording cost is due at the onset of the initial recording session in the form of cash, certified check or money order. Balance is due at completion of project prior to release of final product to the customer. Down payment is non-refundable once the recording process has begun. No evaluation copies of works in progress will be provided unless total balance is paid in full.

For More Information:

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