

# The effect of the Peter Hess® Sound Massage



During a sound massage, the harmonious sounds of singing bowls indulge body, mind and soul. 40 years of experience show that sound massage

- is a method that addresses people in their entirety
- brings about deep, beneficial relaxation
- strengthens people's confidence
- makes it easier to “let go” - of worries, fears and doubts
- promotes health: harmonization, regeneration and vitalization
- contributes to the activation of self-healing powers
- supports and improves body and self-awareness
- enables access to and use of your own resources
- strengthens self-confidence, creativity and creative power

*The sound massage - pure relaxation!*



One Minute Wonder - 4

[www.fachverband-klang.de/en](http://www.fachverband-klang.de/en)



## Quellen:

**Training script: Peter Hess® Sound Massage – Sound Massage**

I. Peter Hess® Institut, 2019

Brochure „[Sound: Source of Inner Strength. The singing bowl as valuable life companion](#), Internationale Association of Sound

Massage Therapy, 2024

**Singing bowl – My practical companion** by Peter Hess, Publishing house Peter Hess (Verlag Peter Hess), 2019

Photo: Intern. Association of Sound Massage Therapy / Helga Montag

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Note: We are part of the OMW network (in German):

<https://omw.hdz-nrw.de/omw-netzwerk.html>

