

The Peter Hess® Therapy Singing Bowls Premium

The Peter Hess® Therapy Singing Bowls Premium (Hess Sound)

- were developed in 1989 for professional sound work with the Peter Hess® Sound Massage and Sound Methods
- have an excellent sound and vibration behavior
- are made by hand in India and Nepal using a traditional forging process – each singing bowl is unique
- consist of a high-quality bronze made of pure metals with the main components copper and tin as well as other metals and a “secret ingredient”
- undergo multiple strict quality controls
- are also available with a permanent coating



There are different **types of singing bowls** with a specific sound and frequency spectrum for certain areas of the body, such as the Pelvic, Heart or Head Bowl (see Part 2).



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The most important bowls for sound massage are:



Universal Bowl – Frequency range ~ 100 Hz – 2800 Hz
Weight: 900 g – 1000 g · Ø: 20 cm – 22.5 cm · Height: 8 cm – 9 cm
Characteristics: intensive vibration behavior with a broad sound spectrum, sound is described as moving and “loosening”
Area of application: extremities, entire body, therefore typical “beginner’s bowl”



Pelvic Bowl (small/large) – Frequency range ~ 100 Hz – 1000 Hz
Weight: 1400 g – 2200 g · Ø: 25.5 cm – 30 cm · Height: 10 cm – 12 cm
Characteristics: deep sound spectrum, very calming and centering, often described as particularly “grounding”
Area of application: lower back, pelvic area, feet



Heart Bowl (small/large) – with lower or higher sound
Frequency range: ~ 200 Hz – 1200 Hz
Weight: 650 g – 1350 g · Ø: 17 cm – 23 cm · Height: 6.5 cm – 9.5 cm
Characteristics: with a deep tone rather relaxing / with a high tone rather stimulating, sound is described as soft, “heart-opening”, but also as focusing
Area of application: heart area, base of neck, shoulder blades



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Other types of singing bowls:

Head Bowl

Weight: 200 g – 350 g · Ø: 10 cm – 14 cm · Height: 3 cm – 5.5 cm

There are thin-walled and thick-walled Head Bowls in a wide, bulbous or small version

Characteristics: thin-walled bowls – high and moving sound, rather relaxing · thick-walled bowls – high sound, rather focusing, centering, “direct”

Area of application: head area such as forehead and sinuses, aura

Throat Bowl

Weight: 650 g – 730 g · Ø: 17 cm · Height: 6.5 cm

Characteristics: high, warm sound

Range of application: vocal/lute-forming body area, upper body area, décolleté

Solar Plexus Bowl

Weight: 1100 g – 1300 g · Ø: 23.5 cm · Height: 9 cm – 10 cm

Characteristics: rather deep sounds

Area of application: stomach and upper abdominal area

XL Bowl

Weight: 4 kg – 20 kg · Ø 38 cm – 65 cm

Height: 15 cm – 25 cm

Characteristics: very deep, long-lasting sound

Range of use: ideal for tuning in and arrival at the beginning and for “grounding” at the end of a sound massage / sound session

Area of application: individual and group work



Quellen:

Catalog [Hess Sound](#) 2024, S. 9-13

Training script: **Peter Hess® Sound Massage – Sound Massage I.**
[Peter Hess® Institut](#), 2022

Singing bowl – My practical companion, Peter Hess, [Verlag Peter Hess](#), 2019

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

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