



# "It was like **Wellness** for the **Soul**"

## Sound therapy applications in beauty, wellness and cosmetics

by Dr. Christina M. Koller

The wonderful sounds of singing bowls enable "beauty that comes from within". The holistic sound massage relaxation method developed by Peter Hess has been a mainstay of many beauty and spa facilities for decades – and with good reason: it helps spa applications run much more smoothly, quietly, and effectively; desired effects can be intensified; and supplementary deep relaxation turns each application into a small "time-out for the soul".

Many cosmetologists and wellness providers rely on the soothing effect of the sounds and combine these with various offerings. Whether with an Ayurveda treatment, in the sauna, in the wellness hotel, cosmetics practice, hair salon, or during a manicure or pedicure – the sounds are always a plus. The use of the bronze bowls – and sometimes also gongs – ranges from rejuvenating sound massages and combined applications with traditional beauty and wellness offerings to sound and fantasy journeys.

## With the singing bowls, each cosmetic treatment becomes a wellness treatment

Andreas and Kerstin Kreutzfeldt have operated a wellness studio in Brand-Erbisdorf (Saxony) for more than 13 years. Both were trained in Peter Hess® sound therapy methods and soon recognized that the singing bowls, with their harmonious sounds and soft vibrations, can effectively support and enhance their massages, Ayurveda and wellness treatments, as well as cosmetic procedures. Clients thus are able to enjoy the relaxing sounds while a face mask penetrates the skin, a body wrap does its work, or when the soft vibrations of a singing bowl are used to prepare hand and feet for a reflex zone massage. Specific sound elements are also applied to facial treatments. „The effect of the respective treatment is consistently improved with sounds from a singing bowl“, explains Kerstin Kreutzfeldt, who has worked for many years as specialty cosmetologist, medical foot care provider and diet consultant in the beauty and wellness field. Completely convinced of the supporting effects of the sounds, she states:

*„The singing bowls are used in the facial area to relax the musculature prior to a treatment. You can truly see that the active ingredients are much better absorbed by the skin and make it look smoother and tighter immediately. Through stimulation of the lymphatic system, toxins and wastes are more efficiently removed and the skin radiates significantly improved health.“*

The sound, beauty, and wellness offerings of their studio have become a true "insider's tip" that has reached far beyond the borders of Brand-Erbisdorf and are a unique selling point with regard to the competition. Andreas Kreutzfeldt reports on the positive feedback he and his wife have received for the sound therapy applications: "The most important aspect for our clients is the bonus effect of deep relaxation – to just concentrate on yourself and forget your everyday cares, this is what they really enjoy." Typical comments by clients include:

*"This is like wellness for the soul." "*

*I almost fell asleep and did not imagine I could shut off that quickly. It was amazing!"*

*"Wow, how did you do that? You just might be magicians."*

*Sound and reflex zone massage meld into a one-of-a-kind relaxation experience*



Foto: Andreas Kreutzfeldt

*The sound of the singing bowl touches our innermost realm, it causes the soul to vibrate. The sound relaxes tensions, mobilises the powers of self-healing, and releases creative energies.*

(Peter Hess)

*"When you get this kind of feedback from your clients, you know that you are doing the right thing", says Andreas Kreutzfeldt. "For us as business people, it is also important that the time required for cosmetic treatments is only marginally increased, and you are generating additional revenue. A win for both client and provider", that is his bottom line.*

### **Intensification of cosmetic treatments**

Some cosmetologists swear by "energizing" the water used for a facial treatment in a singing bowl prior to the treatment. Others, like Susanne Adolfs, are convinced of their use of the "décolletage singing bowl". *"The soft vibrations of this singing bowl stimulate the thymus gland that plays a significant role in building the immune system. The body's own collagen production is supported, skin pores open, and the active ingredients of the care products can be better absorbed,"* explains the representative for beauty applications, Peter Hess® sound massage practitioner and holistic diet consultant. She exclaims: *"My clients love this addi-*

*tional application they can book. How the bowls function is very understandable to them, and the effects are not just visible but also palpable! And for me as the giver of the sound massage, I can easily integrate the various sound elements in the sequence of a traditional sound massage and they are by now an important part of every wellness and beauty treatment."*

### **Improved balance and vitality with sound therapy!**

Sound relaxation for the abdominal area is also popular with clients. A deep-sounding pelvic bowl is positioned above the umbilicus at the level of the solar plexus and carefully struck in a slow rhythm. This area, which is traversed by the largest nerve plexus of the autonomous nervous system, is very sensitive to stress and tension. Therefore, the softly extending sound vibrations are often perceived as particularly soothing. The sounds progress in regular waves through the body and relax the entire tissue – just like a stone thrown

*In the day seminar "Sound and cosmetics", specific sound elements for beauty and wellness treatments are discussed.*



into a pond produces concentric circles and ultimately brings the entire pond into motion. This type of "massage" works deep within the body, down to a cellular level – rejuvenation on all levels can occur. But the singing bowls can also be a wonderful offer within the context of a manicure or pedicure. Soaking hands or feet in warm water treated with essential oils and at the same time feeling the soft vibrations that emanate from the singing bowls is "pure relaxation"! Such a water-sound-bath has both a relaxing and invigorating effect – through the perfusion-promoting effect of the vibrations. This is especially appreciated by individuals who often suffer from cold feet or hands. The deep relaxation that is experienced through the sounds can be integrated into a holistic offering that is much more than external beauty. It is about (re-) gaining balance, relaxation, and vitality!

### **Sound therapy wellness treatments in a group setting**

Wellness hotels not only offer one-on-one sessions with sound therapy, but also sound and fantasy journeys for groups. In a pleasant atmosphere, guests follow harmonious sounds and a pleasing narrative voice and experience "wellness journeys" as a special highlight of their stay. Weather permitting, these journeys can also take place outside, for example on the beach of the North Sea island Langeoog.

*Sound-filled time-out on the island of Langeoog.*

