



## SOUND MASSAGE The Peter Hess® method

Sound Massage is a holistic method of healing and relaxation created in the 1980s by a German physicist named Peter Hess.

The practice of Sound Massage uses sound waves created by ancient instruments as a gentle therapy that helps to heal the body and the mind.

Today, after 3 decades of practical experience, the **Peter Hess Institut®** trains doctors and physiotherapists in this holistic healing method which is used as a complementary treatment.

Sound Massage uses traditional "singing bowls" tuned by the practitioner. When the bowls are positioned for the specific needs of the patient, the sound vibrations resonate within the patient's cells to create a restful cooperation of body, soul and sound. As the harmonic sounds calm the mind, subtle vibrations from the singing bowls stimulate feelings of security and protection to the patient.

In this relaxed atmosphere, patients are free to connect with and explore their own needs and inner wisdom in a truly meaningful way.

Sound Massage can contribute significantly to improving physical and mental health, which are the foundation for a happy and creative life.



### Sound Massage provides:

- A holistic approach to body spirit and soul
- Very deep relaxation
- Relief of all muscular pains, backaches and skeletal problems
- Relieve of arthritic pains such as arthritis and rheumatoid arthritis
- Relieve of migraines and symptoms of cervical syndrome
- Regulates metabolism



### Sound Massage also helps to:

- Increase mental clarity
- Improve body awareness
- Release of mental tensions
- Stress management
- Promote vitality and vibrancy

Sound Massage is a really special gift you can offer to your body and soul.

Our associate **Mari Kougitaki**, is a certified Sound Massage Practitioner from the **Peter Hess Institut®**.

**The session lasts: 45 minutes**

**Costs: 30 €**

For information and reservations, please contact the Hotel Reception.

### Peter Hess Institut®

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