

Peter Hess® Wellness Sound Massage Applications of Singing Bowls in Cosmetics

Training offer for your facility



Silent Sound - an oasis of inner peace



*Your customers will love the Wellness
Sound Massage – it offers pure
relaxation!*

As an exclusive spa and wellness space, you are certainly interested in innovative offers that will fascinate your customers and underline the special features of your facility.

Today we would like to introduce you to the Peter Hess® Wellness Sound Massage and the one-day practical seminar „Applications of Singing Bowls in Cosmetics“.

The gentle sounds of singing bowls during a Wellness Sound Massage quickly lead your customers into a deep and soothing relaxation. The delicate vibrations gently loosen the body. The harmonious sounds calm the mind. The soul experiences space to unfold. Regeneration at all levels can occur.

Research and development for over 30 years

Peter Hess developed this Sound Massage more than 30 years ago. This holistic relaxation method combines tradition and progressiveness in a unique manner. The well-known sound pioneer has succeeded in creating a method and singing bowls that appeal to a deep longing of people – especially in our hectic and increasingly digitized time: a longing for tranquility, harmony and security!

In the following, we would like to introduce you to advanced training in which your staff is taught three Wellness Sound Massages. These three offers set different accents and last 20, 30, or 40 minutes, plus a post-massage rest of 5-10 minutes.

Wellness for the soul!

Best of all: Not only your customers will enjoy the beneficial effects of sounds, but also your staff members will benefit from the stress-reducing effects of these highly effective relaxation opportunities.

We would be delighted if we have awakened your interest in the Peter Hess® Wellness Sound Massage, and if you gave us the opportunity to present our offer and possibilities of cooperation more detailed in a personal meeting. With that, you can of course also enjoy a Wellness Sound Massage yourself.

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Our advanced training offer for your facility: **The Peter Hess® Wellness Sound Massage**

This 4.5-day advanced training course teaches the basics of Peter Hess® Sound Massage 1 and 2, as well as three Wellness Sound Massages that have been specially developed to be offered in wellness and spa hotels. Within a short period of time they offer your guests sound enjoyment at the highest level, and therefore pure relaxation!

Graduates of advanced training can offer guests the following sound applications:

- **Vital Sound**

20-minute Wellness Sound Massage for the back, plus 5-10 minutes post-massage rest

- **Emotion Sound**

30-minute Wellness Sound Bath – a very special sound experience, plus 5-10 minutes post-massage rest

- **Natural Sound and Inner Soul – be in harmony with yourself**

40-minute Wellness Sound Massage for the whole body, plus 5-10 minutes post-massage rest

Additionally, during advanced training your staff will receive suggestions on how the beneficial sound elements can also be combined with regular offers, and thereby make them more attractive and effective! Furthermore, they will get insights into group offers such as Sound Meditation or Imagination.

Each of our seminars also trains your own, personal stress management, and therefore enhances your staff members' health.



Presentation options of the Peter Hess® Wellness Sound Massage for your costumers (in your brochure)

Peter Hess® Wellness Sound Massage – Wellness for the soul!

Immerse yourself in the fascinating world of sounds with a Wellness Sound Massage. Enjoy the delicate vibrations of the singing bowls that gently relax your body. Listen to the harmonious sounds that lead your mind to calmness.

Experience pure relaxation!

*Just being, enjoying, letting go, regaining strength - these are the gifts
provided by the sounds of the singing bowls.*

Foto: Bilderwerk Oldenburg

*The sound of the singing bowl touches our innermost soul
and brings it into vibration. The sound breaks tension, mobilizes
self healing forces, and sets free creative energies.*

Peter Hess

We offer you:

Vital Sound

During this sound massage, enjoy in prone position how the sounds relax your back and also pamper the lumbar vertebrae region and the shoulder section. Deep relaxation and harmony strengthen your vitality!

25 min.

Emotion Sound

A relaxing „bath“ in the sounds awaits you with this extraordinary application. You lie comfortably on the ground and all around you the gentle, seemingly spherical sounds of various singing bowls resonate. This is pure sound enjoyment!

35 min.

Natural Sound and Inner Soul - be in harmony with yourself

The entire body is pampered with sounds during this all-encompassing sound massage. Immerse yourself in the comforting effects of sounds, experience regeneration at all levels, and thereby gain energy and zest for life!

45 min.



Foto: Bilderwerk Oldenburg

Costs for advanced training and sound material 2020

Advanced training Peter Hess® Wellness Sound Massage as in-house training

Duration:

4.5 days / 37 hours

Participation fee:

580.00 euros per participant, (min. 4 participants) incl. VAT, including detailed script material, excluding sound material

10% discount for the training of 8 or more participants for in-house training

20% discount for the training of 18 or more participants for in-house training

Plus accommodation and travel expenses for the trainer

- Notes:
- We can also offer you the advanced training in one of our seminar houses in Schweringen near Nienburg or in Weilrod in Taunus, Germany. With a minimum of 8 participants, the participation fee is 580.00 Euros per participant, incl. VAT and detailed script material, excluding sound material, accommodation and meals.
 - If three of your staff attend one of our regular seminars in these seminar houses, they will also receive a **10% discount**.
 - If only single staff members would like to be taught Wellness Sound Massages or other sound methods, we would be happy to welcome them in one of our workshops or seminars – we hold around 400 meetings per year in Germany.
 - Since the Peter Hess® Institute has more than 20 affiliated Peter Hess® academies worldwide, we can also offer you our advanced training internationally.



Sound material for the Peter Hess® Wellness Sound Massage	
Peter Hess®- Therapy Singing Bowl – Universal Bowl *	€ 179.00
Peter Hess®- Therapy Singing Bowl – Large Pelvic Bowl *	€ 379.00
2x Peter Hess®- Therapy Singing Bowl – Large Heart Bowl* (249.00 each)	€ 498.00
Peter Hess®- Zen Singing Bowl	€ 37.00
Peter Hess®- Double Felt Mallet	€ 25.90
Small Mallet with hard felt tip	€ 4.90
TOTAL	€ 1,123.80
*also available with permanent coating	

Peter Hess® Wellness Sound Massage and much more



A relaxation method with many possibilities

As already mentioned, individual sound elements of the Sound Massage can be excellently combined with standard applications, especially in the cosmetics and beauty sector. The group offers, such as sound meditations in the sauna, in the relaxation area, sound voyages by the fireplace, etc., are particularly of interest to hotels. The opportunities for making singing bowls a special highlight in your facility are incredibly diverse.



Practical seminar: Applications of Singing Bowls in Cosmetics

Would you like to offer your customers something special? Get new impulses for your field of work? Discover a treatment that touches the customers and reaches them holistically?

The use of singing bowls in cosmetics is a perfect way to offer your customers relaxation and well-being. These are essential factors for a successful treatment. Offer a wellness experience that appeals to them individually and holistically.

In our one-day practical seminar you will learn about singing bowls and elements of the Peter Hess® Sound Massage. Under expert guidance you will gain initial experience with the singing bowls. You will be taught concrete sound exercises and you will experience sound relaxation in a guided partner exercise. We will pay particular attention to the use of the décolleté singing bowl. The delicate vibration of this bowl stimulates the thymus gland, which plays a key role in building up the immune system.

The body's own collagen formation is supported, the skin pores open up, and the active ingredients of the care products can have a better effect.

In addition, separate sound applications will be introduced, which you can individually integrate into your cosmetic treatment. The acquired knowledge can directly be applied in your practice.

Duration: 7 hours + lunch break

Cost: € 95.00 per person



Peter Hess® Singing Bowls for sale in your Spa Boutique

Your customers will pleasantly reminisce about the time spent at your hotel if they can take a singing bowl home for themselves. Enrich your product range with our high-quality singing bowls.

*The SOUNDS wash away the
dust of everyday life from the SOUL*
Peter Hess



Foto: Bilderwerk Oldenburg