



Klangwellen

## Relaxing Wellness Treatment – for Body & Soul

Treat yourself to some time to relax.

We offer a calming and at the same time energizing treatment with singing bowls and gongs for your personal well-being.

This treatment has a harmonising effect on your body & mind. It eases tensions, strengthens your immune system and activates the self-healing process.

Singing bowls and gongs (made in Tibet) are a type of bell. Striking them with a mallet produces healing sounds and vibrations. These vibrations feel like a soft massage.

Water is the ideal carrier of vibrations. Since more than 80% of our body consist of water, the powerful vibrations of singing bowls spread quickly through it. This results in a very deep internal massage of every cell.

Please wear comfortable clothes for the treatment.