

Combine physical and energetic body in a complete practice.

Introducing our most exclusive service.

Healing Waves Hands









A relaxing massage session for one or two people, accompanied by the power of sound healing

Harmonize your body and release stress through the gentleness of conscious touch and carefully selected sound frequencies to accompany your holistic massage.

Gongs / Quartz and Tibetan bowls / Shamanic drum / Flutes / Therapeutic tuning forks...



The Impact of Vibration on the Physical Body

In the eighteenth century, the German scientist and musician Ernst Chladni, known as the father of acoustics, demonstrated in simple and straightforward visual experiments that **sound affects matter**, such as the water molecules in the body (which is composed of 70% water). Our cells respond to sound.

After these initial discoveries, many researchers throughout history have developed extensive studies on this subject. Figures such as Dr. Hans Jenny, Masaru Emoto, Fabien Maman, and Helene Grimal, among many others, teach us about the great power of vibrations at the neuronal, cellular, and ultimately atomic level.

"If you want to understand the secrets of the universe, think in terms of frequency, energy, and vibration." – Nikola Tesla.

Everything in the Universe vibrates continuously. The Gong, Tibetan bowls, quartz bowls, and tuning forks are perfect sources of holistic resonance, producing multiple tones across a continuous sound spectrum. Focusing on the Gong, with just one strike of the mallet, it radiates life through its wide frequency spectrum, some of which are below 20Hz and are inaudible but still reach our brain, sometimes in the form of binaural sounds. This strike creates a powerful sound wave, almost tangible to the touch, which stimulates the physical body by influencing each of our cells.

Benefits of the combination. Sound therapy and massage.

Lymphatic system.

Skeletal system.

The vibration impacts and stimulates calcium, the main component of bones, promoting the recovery of fractures. It can also have a mechanical stimulation effect on bone tissues. **In conjunction with conscious touch**, it enhances blood circulation, promoting adequate oxygenation and cellular nutrition, which accelerates regeneration processes.

Vibration stimulates the lymphatic system, which is responsible for eliminating toxins and waste from the body. **The massage** helps to mobilize, drain, and promote detoxification.

Muscular system.

Sound and vibrations can have a calming effect on muscles and help relieve stiffness and accumulated stress, activating detoxifying processes that help the muscle mass release any toxins that may have been deposited. **Massage** helps to further enhance these effects by improving circulation, relaxing the muscle fibers, and promoting the removal of waste products from the tissues, ultimately supporting the body's natural healing and relaxation processes.

Circulatory system.

The blood is made up of pyramid-shaped quartz crystal particles, which, when they come into contact with the frequencies emitted by the instruments, begin to pulse and emit healing radiations. **By combining massage and sound**, we enhance vasodilation, increasing blood flow. The bloodstream improves its oxygenation and energizes its movement through veins and arteries.

Central nervous system.

Controlled vibration helps repair existing damage in the brain's micro-circuits by reconnecting them (allowing the formation of new neural pathways). It stimulates the parasympathetic nervous system and enhances the synchronization of activity between the two brain hemispheres, generating states of sedation and relaxation. **By combining sound and massage**, we reduce cortisol levels, a hormone associated with stress, and allow the body to quickly enter a state of deep relaxation.

Cognitive and psycho-emotional effects.

Vibration and certain sound frequencies enable the development of sustained attention capacity, facilitating learning and time-spatial relationships, reaching high meditative states. The Gong can awaken, evoke, provoke, strengthen, and develop. It can be sedative or stimulating. It enhances self-esteem and develops intellectual abilities such as imagination, memory, attention, and comprehension.

The craniofacial massage helps release tension in the facial muscles, promoting relaxation and stimulating blood circulation in the head and neck area. This can enhance mental clarity, reduce stress, and support emotional balance. By combining this massage with sound therapy, it deepens the overall sense of well-being and encourages a state of calm and rejuvenation.



Our sessions

Two offerings, two transformative experiences

Zen Hands



Deep Relaxation

Enjoy a soothing and slow full-body massage accompanied by live sounds, instruments, and frequencies, carefully crafted to guide you into a state of deep calm.

Relaxation / Meditation / Anti-stress

ChakraBalance



Total Energy Balance

Harmonize your energy system with a full-body massage accompanied by carefully selected sounds and frequencies designed to balance your chakras one by one.

Balance / Energy / Release

What does each session include?

Welcome infusion
60 min full-body relaxing massage
Live sound, frequencies, and vibration
Sonopuncture (Energy harmonization with therapeutic tuning forks)

How long does it last?

Duration: 2h

How much does it cost?

Individual: €160 Couple: €125 / person