

THE LIQUID SOUND EXPERIENCE

LIQUID SOUND

STRESS REDUCTION EFFECTS OF A NEW SPA THERAPY

By *Marion Schneider*Photos: *Linda Troller*

In 1993, the Klinikzentrum Bad Sulza, Germany, a specialized clinic for the treatment of chronic skin, joint and respiration diseases, became the first health care institution in the world to install the newly created method known as Liquid Sound. The core experience of the Liquid Sound is found in the combination and integration of body temperature saltwater and colored light and music experienced together, with the ears submerged under water. A computer controlled unit brings multimedia technology into the pool water and environment. The music and natural sounds played within the water, especially the songs of the whales and dolphins, enhance the experience of floating weightlessly. This Liquid Sound experience, along with a primal sense of being within the mothers womb as an embryo, recreates deep feelings of trust and connectedness. Frequently deep emotional responses and releases are triggered within the Liquid Sound participants.

Here some original quotes from patients and clients who - often after their first bath in Liquid Sound - spontaneously wrote down their feelings and gave them to the therapist.

■ At first I admired the moving and changing colours and light reflexes on the ceiling and the walls, then I closed my eyes and enjoyed the warm water and the sound music, and finally all my tension of everyday life, the thoughts about my family and my colleagues were gone and I had the feeling to be an atom in the universe.

*(Anneliese Jahoda)*

■ I experienced a special relaxation in Liquid Sound. Everything seems so easy and weightless. Negative thoughts are vanishing immediately. I am just there, feel myself and let myself go.

(Gudrun Wasmund)

■ Free fall, airless room, I am thinking for myself, it was relaxation like never before. No pain, no pressure! Just completely solved.

(Rita Koch)

■ Do you want to feel like paradise? Do you want to solve all problems while floating? Do you want to forget all your problems and leave them behind? Do you want to get to know world of wonderful illusions? Do you want to feel the feeling of security after your journey through meadows and woods? Do you want to enjoy the love songs of whales and birds? Then come and give your body towards the calm, carrying salt water of the Klinikzentrum Bad Sulza. You will float and experience all these wonderful things for body and spirit.

(Erika Thrön)

■ It probably has to do with objective necessity that Liquid Sound was installed in a rehabilitation clinic in East Germany. Here the European tradition was combined with the necessity of modern spa after the velvet revolution.

Here the dichotomies of two worlds needed to be harmonized most urgently. Here are some of the most striking dichotomies:



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BEING WITHIN THE MOTHER'S WOMB

Twenty patients suffering of atopic dermatitis and psoriasis received regular treatment of water and ultraviolet light. Half of this group were additionally treated with Liquid Sound. During the study and treatment the physiological skin parameters were measured for the therapeutic effects.



- the East and the West
- the old and the new
- the young and the old (as in Klinikzentrum Bad Sulza patients of all ages are treated)
- nature and technology (Bad Sulza is located in a beautiful landscape)
- the rich and the poor
- science and tradition

There are additional tools that help to successfully integrate and transform a traditional East German rehabilitation clinic place into a state of the art contemporary world class spa.

- architecture
- furniture and design
- art
- water
- relaxation techniques and concepts

Liquid Sound continually demonstrates the ability to integrate both spa patients and local inhabitants of Bad Sulza. During the day Liquid Sound is used for therapy and in the evenings for leisure.

Using state of the art equipment along with new ideas has beneficial side effects, unknown in advance. The management of Klinikzentrum Bad Sulza was very pleased to experience this positive

integration and application of Liquid Sound within its staff, patients and general public. Liquid Sound is evolving from an entertainment to a spa therapy, while at the same time integrating art and nature with wellness, health and pleasure.

Recent scientific results on Liquid Sound can now be presented. Over the past three years Liquid Sound was utilized in conjunction with group therapy sessions in order to facilitate relaxation and psychological counseling (Martin-Luther-Universität Halle / Wittenberg). Twenty patients suffering of atopic dermatitis and psoriasis received regular treatment of water and ultraviolet light. Half of this group were additionally treated with Liquid Sound. During the study and treatment the physiological skin parameters were measured for the therapeutic effects.

Researchers observed that with the addition of Liquid Sound there was a significant increase of skin temperature and skin vascularity that lasted for about two hours. Also, the severity index of the Liquid Sound treated group was decreased by 89 %, whereby the severity degree of the patients without Liquid Sound only decreased by 72 %. We assume that the reason for this probably is the better skin vascularity which was observed and measured.

These first scientific results suggest the need for more research. There is hope these successful

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results will lead new private sponsors as well as by official recognition and support by medical authorities. As part of the World Exposition 2000, Liquid Sound, as an official health and spa concept, will have the chance to find a broader support and public recognition.

The Trainers

Kaya Femerling and **Nirvano Martina Schulz**, for the last 15 years known as experienced bodyworkers and trainers, are the founders of "Oceanic-Aqua-Balancing" which they continuously developed since 1990 and passed on to many people in individual sessions, seminars and professional trainings all over Europe. In the beginning of 1998 they changed the name of their wonderful waterwork to AQUA-WELLNESS. This new name wants to express their expanded vision of their waterwork and more consciously they want to include topics like beauty health and wellness. Their loving and competent



way of working with people, as well as their love for dolphins and the ocean world represent an important part of their waterwork. It is the spiritual background of AQUA-WELLNESS. They are also the founders of Hawaiian Bodywork (Hawaiian Healing Massage).

Kaya Femerling is trained in Rebalancing, Cranio-Sacral-Therapy, Classic Massage, Reiki, Dehydrotherapy, Aqua-Running, AquaAerobics and as an Avatar. Nirvano Martina Schulz is an nursery-school teacher and trained in Rebalancing, Neo-Reichianic body- and energy-work (with Gabrielle St. Clair and Michael Plesse), Tibetan-Pulsing-Healing, Classic Massage, Reiki, Aqua-Running and Aqua-

Aerobics and as an Avatar.

AQUA-WELLNESS is a journey back to your origins, into the endless, blue depth of the inner ocean. You dive into the wonderous world of memories, being an embryo in the protective womb of your mother, which you experienced as a weightless and timeless space. AQUA-WELLNESS brings you right back into that very space where you were gently surrounded by warm soft water.

AQUA-WELLNESS is a form of bodywork which takes place in a warm water pool. It combines elements of soft stretching movements, massage and joint release as well as energy- and breathwork in a unique way above and below the surface. Specially designed movements allow your whole spine to swing and your energy to flow again. The radius of your joint-movements will become wider and your whole body can be moved in a new way because of its weightlessness in the water. The feeling of your body will change and you can perceive it with a heightened awareness. AQUA-WELLNESS invites you to get to know the healing energies of the water in a totally new way. Chronic physical pain as well as emotional tensions can be released.

For more information on AQUA-WELLNESS

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