



## **The underwater MUSICAL MASSAGE®**

Since the dawn of humanity, man has strived to reach out to his spirit to bring him health and wellbeing by stroking the skin or certain areas of the body that are more sensitive or afflicted.

The twentieth century democratized the benefits of the under water massage by combining warm water with a mechanical hydro-massage, which no longer depended on the soothing hands that had hitherto been indispensable. Following in the lines of Mr. Jacuzzi's invention, the company Aquamusique conceived the idea of replacing the soothing effects of these air bubbles and swirling water on the human body with music.

AQUAMUSIQUE's founder, Noël Canivenq, describes here this new relaxation technique he calls MUSICAL MASSAGE®: "During an underwater Musical Massage® session, the AQUAMUSIQUE speaker conveys the benefits of music to the deepest core of our beings;

- The reclining position of the body, immersed up to the ears in warm water (36° C), predisposes the mind to relax, much like the state of somnolence one experiences before sleep;
- The subjective aspect of the music chosen encourages muscle relaxation, as one's attention is focused on the music;
- The membrane of the underwater speaker replaces, in a certain manner, the eardrum, and transmits sound waves directly to the cochlear fluids of the inner ear in the form of vibrations, all the while amplifying aural perception by tympanic bone conduction;
- Besides the ears, other areas are directly and simultaneously affected. A vibrational form of non-decoded audio signal propagates an overall massage that transcends the known field of music perception through the **75%** or so of liquids that our bodies are composed of".

During our prenatal life, have we not lived for nine months immersed in a subaquatic world, the amniotic fluid? This ability of the body to listen, that one naturally ignores after birth, does not

disappear. When called upon again, thanks to the invention of the underwater speaker, it can be used as a relaxation technique in itself. We have termed this new type of listening AMNIO-TYMPANIQUE. The simultaneous conjunction of this double acuity – ear and body – creates the conditions for a new awareness of music that we call the MUSICAL MASSAGE®.

Our technique is simple: by immersing the body in a sound-saturated liquid element to facilitate the transportation of musical waves through the body mass to the brain, we increase the therapeutic potential of music. Has everyone not experienced, at least once in their lives, the soothing, and therefore anxiolytic, effect of a melody on their mood, and by induction, on their bodies? We must acknowledge that ever since the dawn of humanity, creating music has helped us to calm our internal stress levels. But then, isn't language already rhythm and music? Besides, there must be a reason why the prodigious creativity centred around the language of music far exceeds the already considerable total of six thousand languages listed in the world!

For over 20 years, during each session, and no matter who immerses themselves, we have observed the therapeutic potential of the underwater MUSICAL MASSAGE®. This massage is exceptional because it imports psycho-sensory nourishment into the body of the listener. It helps us to find, buried behind the numerous experiences accumulated during the day, a state of consciousness that is closer to non-consciousness. It allows us to go back in time to the borderline where our weary consciousness fades to make way for the beneficial unconsciousness of sleep. The underwater MUSICAL MASSAGE® gives back to music its power and its original function, that of helping us cope with the strains and stresses on our bodies and minds caused by our human activities.

This new dual AMNIO-TYMPANIQUE perception has remained untapped up to today. With time, it will certainly prove to be the best anti-stress technique in the world, because it provides a simple answer to a pressing need with the help of two safe and abundant resources: water and music.

"After a bath like that, you feel like you're floating, totally disconnected, isolated in a bubble. It takes about an hour to come down to reality".

"When you come out of the water, you feel completely void, but it's so good! You feel only a sensation of wellbeing, except perhaps the first time, where you are slightly surprised because your legs are nerveless ... it's like being drunk ... without the side effects! "

"I feel safe...", a young man, physically frail and visibly affected, said to me, his face radiant, emerging from an improvised Musical Massage® session. This phrase, powerful and simple at the same time perfectly illustrates the compelling desire all of us have to attain wellbeing, every day, to continue to live in harmony with one's body, at peace with one's conscience. If you take a moment to consider the considerable energy expended by humans to produce and reproduce music since the invention of the flute carved from the long bone of a bird about 40,000 years ago, you cannot but pay heed to this successful symbiosis of water and music.

