

Spatrends

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biofrequency therapy

With its origins as a medical assessment and healing tool from the 1960s, Biofeedback therapy is one of the wellness industry's oldest digital technologies. This tech-driven modality is resurfacing in new quantum-based biofrequency therapy balancing devices and treatments in today's spas and holistic wellness centres.

like in any other industry, spa trends tend to go in cycles. And while some trends fall into 'fad' territory, others have legitimate wellness roots. Biofeedback therapy is the foundation for today's latest technology devices that offer both energy assessment and energy balancing.

BIOFEEDBACK BEGINNINGS

Biofeedback, as both a model and technique for healing, was born from an interdisciplinary paradigm, drawing from the fields of health psychology, neurophysiology, cybernetics, and behavioural medicine. Emerging in the late 1960s, the scientific backbone supporting this alternative therapy was based on the extensive research of renowned theorist, neuroscientist and educator, Neal Miller (now known as the 'founding father of

Biofeedback'), who, through both clinical and laboratory research, found that the autonomic (unconscious) nervous system could be (consciously) controlled by the mind.

Using electromagnetic sensors to measure subliminal physiological processes such as blood pressure, heart rate, skin temperature and muscle tension, Miller's studies showed that by observing one's physical state (via computer-generated images), and with the help of specific coaching techniques involving mindful intention, patients could gain control over their body and thoughts, and thus heal medical conditions such as insomnia, migraines, anxiety, chronic pain and high blood pressure. "By putting the patient squarely in the driver's seat, Biofeedback involves recreating wholeness, balance and health, rather than merely eliminating

symptoms. At its best, Biofeedback opens people's visions, dissolves inner barriers, and illuminates paths to greater potential, and capacity for happiness," says Biofeedback specialist Rob Kall.

BIOFEEDBACK GOES QUANTUM

Although clinical in its origins, Biofeedback's holistic method supports the idea that the mind is inherently linked to physical health – a philosophy that naturally lends itself to the spa sphere. However, in contrast to classic Biofeedback techniques, which are mainly used by psychologists, the spa industry has borrowed from Biofeedback's original technology and put its own healing spin on the therapy by adding aspects from the fields of quantum physics and bioenergetics.

Most widely known as 'quantum



“It has been scientifically proven that many forms of energy healing have positive effects on the body, helping to remove what is stagnant and thus bringing balance in the body.”

*Sharon Codner, Spa Director,
The Peninsula Hong Kong*

biofrequency therapy’, this updated approach falls under the category of bioenergetic medicine, which treats the client on an energetic or ‘quantum field’ level. Unlike classic Biofeedback, which measures physiological responses and requires active participation from the client, biofrequency therapy assesses the body’s energy field (also known as its biofield, involving energetic vibrations on the quantum level), for imbalances and then subsequently balances the biofield, requiring no active participation from the client. Practically speaking, the therapist runs a biofrequency sensor over the patients’ skin, sometimes tracing the body’s energy channels (known as meridians in Traditional Chinese Medicine), gathering biofrequency data along the way. This data is then fed back into a complex computer system and compared to a ‘normal’ baseline, thereby highlighting ‘aberrant frequencies,’ which are then corrected and sent back into the body.

HIGH-TECH VS HIGH TOUCH

In some forms of biofrequency therapy, the assessment and balancing device may be only one aspect of the corrective therapy, as often hands-on types of balancing therapy may be recommended. Although biofrequency correction can be achieved in a number of ways, most treatment methods fall under two categories: technology or touch. In the former, the machine itself (and there are many versions on the market nowadays), assesses and rebalances the clients’ biofrequencies whereas in the latter, the device assesses different levels and areas which are off balance, and then a therapist recommends different body treatments such

as soaking in a bio-vitalised Vitality pool or receiving a hands-on balancing treatment.

At Body Balance, a wellness clinic in Hong Kong, the use of technology is evident in the balancing sessions done by Physiotherapist Sarah Eames, in which she uses a biofrequency machine to help patients re-establish energy balance that may have gone off kilter from the toxic effects of environmental factors such as chemical additives in food or water, electrosmog, and air pollution. Dubbed ‘Bioresonance Therapy’ the treatment consists of the patient lying in a relaxed position while sensors connected to the device pick up the patient’s biofrequency signals, which are then processed and sent back to the patient. Sarah explains, “The Bicom machine that we use picks up the body’s own electromagnetic frequency patterns to balance the energetic systems of the body, which in turn, restores the body’s capacity to heal itself.”

BIOENERGETICS IN THE SPA

The Private Spa Wellness Center in Bali offers guests diagnostic and healing technology in the form of digital energetic readings both pre and post spa treatment. Richard Williams, Director of Business and Development and Operations explains, “Diagnostic technology is a great complement to our spa and wellness methodologies, in that we use it to measure guests’ organic energy levels before and after treatments.” In a Private Spa pre-treatment assessment, for example, the biofrequency levels of the 12 meridians are measured, which give a picture of the energetic state of the entire body. The resulting imagery appears on a

computer screen and compares the ying yang balance in opposing areas of the whole system. If an imbalance is found, a Chakra Balancing treatment is recommended, in which precisely coloured and technically engineered crystal glass chakra discs are placed over the seven chakras, whereas if overall energy levels are low, a Meridian Balancing Massage is suggested.

Other therapy recommendations based on low energy levels or imbalances are sessions in the infrared sauna and a Vichy shower or a Vitality pool soak, both with specially bio-energised water. A follow-up biofrequency assessment can be done which will indicate the effect of the treatment. Fabrice Garrigues, Managing Director of The Private Spa Corporation, notes “The benefits of repeated treatments and assessments will help overcome many of the daily stresses triggering physiological and somatic changes in the body that will create an energy disorder, leading to potential sickness.”

A LASTING TREND?

Although technology will never replace human touch, holistic offerings such as biofrequency healing will no doubt play an increasing role in the treatment landscape of tomorrow’s spas. “Energy healing has been around for thousands of years and is not a fad,” notes holistic Spa Consultant, Adria Lake. “However, the very nature of energy is that it is never static, so although high-tech devices can temporarily re-balance the body’s energies, they cannot promise to correct imbalances indefinitely. The truth is, when it comes to health and wellbeing, there are no quick fixes.” 