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**"It's like a powerful expulsion of breath and at least one sequence honestly did sound like a belch!"**

JANEY LEE GRACE DISCOVERS THE HEALING POWERS OF SOUND AND MAGICAL CHILD ESSENCES

### behind the label

I'm a big fan of Pittapatta, an organic skincare range for babies and children which lists 'a little bit of magic' as a key ingredient. The range is designed by two naturopaths, Harriet Bush and Alex Field who happen to be sisters and both have their own young children. As naturopaths they believe the holistic picture is important. Naturopathy treats a person as a whole, which is what these sisters aim to do with all their products. As well as healing moisturizing ingredients each contains a little extra something in the form of gem essences and essential oils. These help to activate self-healing in little ones through 'vibrational healing'. This has been used for thousands of years throughout the world as a method of healing which recognises that everything in the universe has a distinct vibration. The healing quality of gem essences is derived from the energy of stones found deep in the ground. The company is small and the products are made in the UK and available online and in some health stores. As Alex lives in Perth, Australia they also have some outlets there. One of their excellent and unique products is the Chest Stick which works really well for snuffles and blocked up noses and my personal fave from this range is the Barrier cream, which I use on my own dry skin (sssh... I know I'm not a baby!). See [pittapatta.com](http://pittapatta.com).



Use the pulp from freshly squeezed juice as a face mask; it will still contain healing live enzymes. Just don't answer the door to the postie!



### Sound Healing

You may have read news reports about the 'Burping Monks' offering treatments in Harley Street. Well, after attending their Innersound Foundation for a treatment I can assure you it's no joke. The Chunsoo Qui treatment originated in Korea and is a unique combination of acupressure and sound healing to boost the body's energy and restore immunity and vitality. My treatment with Master Oh at the tranquil centre in central London was a most unusual experience. I lay, fully clothed, while he used quite hard massage techniques on a series of pressure points whilst emitting sounds resonating from deep in his energy centre. It sounds like a powerful expulsion of breath and at least one sequence during the treatment honestly did sound like a belch! Qi Masters transmit energy through touch and sound to help people regain their vital energy. With a natural breathing technique they direct energy deep into your body, opening up the channels and stimulating the natural flow. At the same time, blockages caused by emotions and stress, physical or inherited factors are released through the touch of this healing energy. It's claimed the treatment can help with many ailments including stress, insomnia, anxiety, migraine, allergies, digestive problems and much more. The work they do with children in South Africa as part of their Global Community Project is also extremely worthwhile.

According to the UN, over 5.7 million people are living with HIV in South Africa. Many of them are children who are also victims of lives of poverty and violence. The Qi Masters visit South Africa to share their love and energy. Suffering ill-health and short of love, many of the children visited were orphans, their parents themselves having died from AIDS. You can read about the trip at [innersound.org](http://innersound.org).

Meanwhile, after my own treatment in London my stress levels are lower, my digestive problems have eased and I'm feeling much better. I'm also very interested in sound healing now and recently also tried a Gong bath... I'll tell you more about that another time!

Janey is mum to four kids and author of bestselling books on natural living - [imperfectlynatural.com](http://imperfectlynatural.com)