

# Care of singing bowls



Caring for singing bowls is as straightforward as using them. The colour of the singing bowl may change over time. Which patina you prefer is, of course, a matter of taste. Singing bowls with a permanent coating are protected against oxidation, fingerprints and darkening.

Proven care and cleaning tips:

- After each use, the bowl should be cleaned with a soft, dry cloth. This makes it easy to remove fingerprints and dust.
- If you value the golden appearance of your singing bowl, you should clean it approximately every two months.
- Light soiling can be cleaned with normal washing-up liquid.
- For stains, a gentle brass polish or cleaning stone (see below) is recommended.
- Cleaning sponges should be avoided as they can cause scratches.
- After cleaning, the bowl can be polished with one or two drops of oil (e.g. olive oil, coconut oil).

Cleaning the singing bowl usually has no audible effect on the sound.



photos + products:  
Hess Sound GmbH & Co. KG  
[www.hess-sound.de/en](http://www.hess-sound.de/en)

5 more tips for long-lasting enjoyment of your singing bowl:

- Do not drop the singing bowl.
- Store the singing bowl in its cover when transporting or storing it.
- Do not stack several singing bowls inside each other without their covers.
- Do not leave unattended when children are present.
- Play the singing bowl as often as possible. 😊

*Care means preserving what is valuable to us with mindfulness*



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## SOURCE:

Catalog - Hess Sound – **Mind, Body & Soul**, 2025

Catalog - Hess Sound, 2024

Book: **Singing Bowls – My practical companion**, Peter Hess, Verlag Peter Hess, 2018

Book (in German): **Klangschalen spielen, verstehen, einsetzen**, Michael Reimann, Schirner Verlag, 12. Auflage März 2022

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## NOTE:

The OMW are a joint project of the group 'Klang ohne Grenzen' (KOG) and the International Association of Sound Massage Therapy.

We are part of the OMW network (in German):  
<https://omw.hdz-nrw.de/omw-netzwerk.html>



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