

Music therapy technologies in anti-aging medicine  
and in spa treatment S.V. Shusharjan, R.S.  
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Music therapy (MT) is an intensively developing therapeutic and prophylactic direction that uses musical and acoustic methods and technologies (more than 50) for the correction of mental and physical health, social rehabilitation and spiritual development of the individual, the scope of which has recently expanded significantly [1] ...

1. Anti-aging music therapy technologies

1.1. Meso-forte therapy (MPT) refers to the receptive MT methods, i.e. To those methods in which patients are in a comfortable position for themselves (lying, sitting, etc.) and passively accept the proposed procedures. This innovative anti-aging technology with the use of complex musical and acoustic-magnetic influences was developed in 2009 and is implemented in the form of the simultaneous application of musical-acoustic magnetic influences (20-25 min.) On the head area, including hearing organs, facial skin and reflex zones.

In order to enhance the anti-aging effects, during the implementation of the MTF, a tissue mask impregnated with reparative cosmetics is put on the prepared skin of the face. Next, a magnetic mask is superimposed on top, covering the area of the face and head, which has the property of transmitting acoustic signals. Large headphones are fixed on top of the magnetic mask on the projections of the auricles.

Listening special musical compositions, creates favorable general psychosomatic background: improves mood, eliminates vascular and muscle spasms, optimizes the level of hormones in the blood. The local influence of the same signals through a magnetic mask leads to the emergence of complex acoustic-magnetic fields, which improve capillary blood circulation in subcutaneous vessels, activate the regenerative potential of skin cells and hematopoietic stem cells [3,4].

Improvement of complexion and lips, reduction of wrinkles and visible improvements on the skin occur after the 1st procedure. After a general course of at least 10 procedures, the results are maintained for up to one year. All information is convincingly confirmed clinically and protected by 5 patents [3, 4, 5].

For the implementation of the ITF, the hardware and software complex (AIC) "Bonnie-Grand" is used. The software includes 38 music-acoustic modules with special parameters. Special technical devices, such as a magnetic mask, amplifiers, headphones, allow generating acoustic-magnetic fields that activate the regenerative properties of biological tissues and cellular elements [3, 4].

ITF is a conceptual and technological breakthrough in anti-aging medicine, which allows you to quickly achieve a comprehensive anti-aging result that is safe for the body.

The special advantages of ITF include high efficiency and quick return on investment.

1.2. Vocal therapy [1] refers to active methods, ie. to those in which the patient takes an active part, in this case, sings. This system is based on the healing properties of classical singing and includes exercises for acoustic stimulation of vital organs and exercises that increase the reserve and intellectual-aesthetic abilities of a person. Systematic training leads to an increase in the vital capacity of the lungs, strengthening of the cardiovascular and nervous systems, inhibition of aging processes, and long-term preservation of working capacity. Convincing evidence of the anti-age properties of vocal training is that the profession of opera singers is the profession of long-livers, where the age of 90 or even 100 years is not uncommon.

2. Music therapy in spa treatment It is difficult to overestimate the importance of music therapy, which exclusively fits into the complex of measures that organically provide treatment, health improvement and cultural and social services for vacationers.

Indeed, a full-fledged office equipped with a computerized workstation for a music therapist, managed by a trained specialist, will be able to cover a fairly wide range of topical psychosomatic problems, such as stress, overwork, functional disorders of the nervous system, diseases of the cardiovascular system, gastrointestinal tract, organs respiration, genitourinary system, etc. In addition, there are convincing data on the effective use of music therapy technologies in anti-aging medicine.

All this makes music therapy desirable in a sanatorium of any profile.

Within the framework of spa treatment, not only receptive, but also active methods of music therapy, for example, vocal therapy, can be used [1,2]. The active participation of the patients themselves in the treatment process, familiarization with art, not only positively affects their health, but develops them creatively, simultaneously fulfilling the task of providing cultural and leisure services to holidaymakers.

Music therapy is perfectly combined with balneological treatment, physiotherapy, massage, reflexology, physiotherapy exercises, etc. Pleasant functional music has a positive effect, softly sounding in halls, dining rooms, lounges, etc. It relieves expectation stress, helps to overcome monotony, and improves mood. Practice has shown that music therapy technologies are very popular among patients, require relatively low material costs and are distinguished by high profitability.

The practical implementation of music therapy technologies is one of the most powerful and promising resources for the development of the health resort business.

#### Literature

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