Before Frauke Hess started to study the viol with Sarah Cunnungham and Hille Perl at the University of the Arts in Bremen, Germany, she studied musicology at the Hamburg University.

She completed her gamba-studies in master-classes, amongst others with Jordi Savall, Wieland Kuijken, Paolo Pasndolfo and Vittorio Ghielmi. She has been a freelancing musician, both as a soloist as well as ensemble musician, has performed on many renowned festivals with groups such as Musica Antiqua Köln, Deutsche Kammerphilharmonie, Orlando di Lasso-Ensemble, Balthasar Neumann Ensemble, Freiburger Barock-Consort &ct. Her work is documented on numerous CD-recordings, f.i. the Gesualdo #Consort Amsterdam, sirius Viols and the Boston Early Music Festival Orchestra.

She is in high demand as a continuo player on viol, lirone and violone and has worked with directors such as Thomas Hengelbrock, Lars Ulrik Mortensen and Konrad Junghänel.

She is a Prize-Laureate of the international Telemann-Competition in Magdeburg and graduated with distinction in 2007 (Konzertexamen) at the University of the Arts, where she has held a teaching assignment since that time.

Her first solo CD will appear in 2012 with works by August Kühnel, Dietrich Buxtehude, Carl Ph. Erlebach on the label Coviello Classics.