

The invention relates to a panel (100) with one or more perforations (140), comprising a front surface (120), wherein the contrast  $C_m$  between the front surface (120) and the one or more perforations (140) is less than 0.3, a sound absorbing system comprising a panel (100) and a masking layer (160), wherein the masking layer (160) is air permeable, and the use of the panel or the sound absorbing system.