

ThermoStimulation



Professional Guide



RÖS'S
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INTRODUCTION

Faithful to its philosophy, RÖS has always chosen to offer ongoing advisory assistance. That is why we have over the course of the thermostimulation project gathered together practical information which we hope will be of assistance to you. Thanks to observations made and tests carried out, our thermostimulation equipment comes with a practical guide to help you achieve best results. Before reading its contents, however, it is advisable to revise concepts in the book “**Thermostimulation Integral: la sinergia más eficaz**” (Integral Thermostimulation: the most effective synergy), by Professor Juan Ramón Zaragoza, as the book’s contents are essential for achieving a full understanding of this Guide.

THERMOSTIMULATION

The beauty-care sector has undergone changes in recent years. This evolution has been accompanied by an increase in professionalism that calls for greater advances in study of appliances, cosmetics, manual techniques, new therapies and so forth.

From a standpoint of professionalism and quality, Rös’s advocates the effectiveness of synergy of techniques tested by the finest professionals in order to obtain optimum results from the treatments. It is from this standpoint that we now present to you the concept of thermostimulation, designed to meet today’s needs.

We understand **thermostimulation** as the combined action of infrared thermotherapy with various electrostimulation signals, as this combination will provide great advantages and excellent results. The synergy between the two techniques helps to ensure that the infrared radiation is absorbed by the tissues, reaching the adipose panniculus. The passage of current through the subcutaneous tissue leads to activation of the muscle fibres, which carry out active work that involves energy expenditure and a firming of the body tissues. This combined action makes their effects complement and enhance each other.

So far in the market, these two forms of therapy have been used separately, i.e. we have had IR thermotherapy equipment, on the one hand, and electrical stimulation equipment, on the other.

Once these two techniques had been corroborated separately, there followed a quest for a way to combine them and thus obtain greater results.

We now go on to define the two therapies — thermotherapy and stimulation — and the benefits obtained by combining them.

WE CAN FIND THERMOTHERAPY IN TWO LINES OF RÖS'S EQUIPMENT: TEI SYSTEM AND KESTOS T2

THERMOTHERAPY

Thermotherapy has been used down through the course of history for both therapeutic and beauty-enhancement purposes. Sunlight, the natural heat source par excellence, is considered a source of light and life. Right back in antiquity, many peoples worshipped the sun because they recognised its curative effect. Over the course of history, various beauty treatments based on the application of heat have been used.

It is worth pointing out that there exist both natural and artificial sources capable of emitting electromagnetic radiations. Such radiation can act upon various biological systems, such as cells, plants, animals and human beings.

Radiation is the propagation of energy in wave form, and it is the waves' frequency and length that determine their application in beauty treatments. UVA rays, for example, can have sterilising effects or can be used in the well-known UVA sun lamps. These were followed by techniques that work with visible light, such as laser illumination lamps.

Finally, we find application of the waves that currently concern us, i.e. infrared rays.

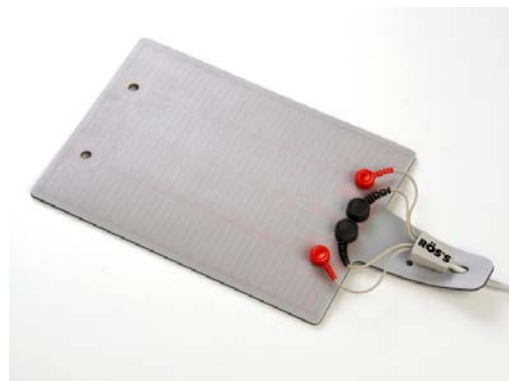
TYPES OF INFRARED RAYS

- **PROXIMAL INFRARED RAYS**

These have deep-penetration capacity, thereby making them optimal in the treatment of cellulite and obesity, since they act through the temperature of the adipose panniculus.

- Treatment of this type is termed thermolipolysis, or catabolisation of the fatty cells or adipocytes.

Thermostimulation appliances work with proximal infrared rays. The heat is transmitted through thermostimulation strips of various sizes. These permit the heat to be distributed



homogeneously all over the surface being worked upon. The intensity of the heat can be regulated individually. The TEI System and Kestos T2 equipment come provided with a kit of strips and emergency cable so that treatments never have to be interrupted.

- **DISTAL INFRARED RAYS**

- A more superficial action.

Infrared lamps, electric blankets. In these cases the heat is concentrated in specific zones, and the intensity at which such appliances emit rays cannot be regulated. While this method does facilitate the penetration of topical products, thereby enhancing their action, we cannot speak of a lipolytic effect.

ELECTROSTIMULATION

Electrostimulation consists in the application of a variable current that allows us to work on the muscle fibres and thus obtain specific effects. With this type of treatment we can achieve two types of contractions.

Isometric: Expenditure of energy, effective in lipolytic treatments, obesity.

Isotonic: Shortening of the muscle (firming, toning)

These parameters determine the localisation of the current's action on the various tissues of the organism, thereby bringing enormous advantages. They allow us to act on the body's various organs and systems in order to obtain general effects that will provide us with major benefits to the entire organism.

TYPES OF CURRENTS

When we consider treatment of a specific case, we look at its characteristics, since each process has phases in which the body undergoes a number of alterations to its structure. Such studies are therefore carried out in order to allow us to introduce the signal type best suited to each phase of the process.

Each programme contains 2 to 5 signals of these types, with a physiological basis in the imbalance we are treating.

PHYSIOLOGICAL EFFECTS OF THE SYNERGY

The effects of THERMOSTIMULATION on the organism are:

a) BIOLOGICAL EFFECTS AND METABOLIC ACTIVITY

The fatty tissue has great infrared radiation absorption capacity thanks to the increase of temperature and through the succession of different lipolytic currents. The metabolic rate increases by up to 13% for each degree of temperature rise. Thanks to this, biological reactions are speeded up. This action leads to greater take-up of oxygen by the tissues, an increased supply of nutrients and better tissue repair and cicatrisation.

b) VASCULAR EFFECTS

Hyperaemia will be induced, and therefore an increased supply of blood and nutrients. The circulatory system will likewise come into action under the effect of the circulatory currents, thereby helping venous return, which is often impaired in cases of cellulite.

Improvement of the lymphatic system.

The circulation of the lymph cells is activated, thereby helping to eliminate waste fluids.

c) NEUROMUSCULAR EFFECTS

We achieve increased muscular tone thanks to the stimulation, of great value when working on soft cellulite cases in which the flaccidity component is important.

Or the effect can be sedating, in function of the type of current administered.

ADVANTAGES FOR THE BEAUTICIAN

➤ Using heat to reduce the sensation of current

Heat induces a sedating effect on the nerve endings. This means that the sensation of current reduces, making this technique into a relaxing process.

➤ Reduction of discomfort in algic processes (Tens and heat).

The effect of the Tens currents, which are analgesic and have been corroborated and used in the field of physiotherapy in conjunction with heat, produces an analgesic anti-inflammatory effect on the nerve endings and a decontracting effect on the muscle fibres.

➤ **Increased effects of thermolipolysis**

Since the heat of the infrared rays is absorbed by the adipose panniculus, producing an increase in temperature. Added to the currents, this makes a perfect synergy.

➤ **Speedy and effective dissolving of fatty deposits.**

➤ **State of general relaxation of the organism.**

➤ **Better results in the shortest possible time.**

PARLOUR TREATMENTS

Before undertaking a treatment at the parlour, it is essential to first carry out a **prior evaluation**. This evaluation **will be decisive** for obtaining **good results**. It will include the person's life history, genetic background, nutrition, work habits, sporting activities, etc.

We will then pass on to a physical examination, in which we will examine the wrinkles, inspect symptoms, palpate the zone and take its temperature, deploying all our senses.

The **result of the diagnosis** will tell us the zones in which we need to pay most attention when it comes to fitting the plates during the treatment and the most suitable programme at any given time.

It will also be important to **explain** the objective of the treatment to our client, for this will increase her confidence and stimulate her will-power and collaboration in the treatment.

At the end of this document you will find a technical file that will help you to monitor the client's progress

- **At the start** of any beauty treatment it is advisable to carry out three pressure therapy sessions, accompanied by an algae wrap. Pressure therapy induces internal drainage, while the algae disintoxicate our skin.

In the event of having no pressure therapy services available at our parlour, we can place the product (the algae) along the entire length of the body and fit the thermotherapy-equipped strips. This operation will be carried out twice, while in the next two sessions the draining programme will be carried out using the thermostimulation equipment.

- **When to fit the bottle:** this should be fitted before starting the treatment, since the heat of the strips will induce hyperaemia and lead to increased permeability due to opening of the pores. The product will therefore penetrate better.

The appropriate cream will be applied at the end of the session, once the conductive gel has been removed, since the skin will be much more receptive and we will thus end the session in close contact with the client.

- **VERY IMPORTANT:**

Once the problem our client presents has been evaluated, we will **choose the right programme**. Do remember that the client's diet is nearly as important as our own diagnosis.

This may well be a problem that confronts many beauticians, which is why we explain the programmes below along with each of their applications, starting out from the standpoint that the first 14 are common both the Kestos T2 and the Tei System, while the rest are programmes to be found only on the Tei System.

- The customer must decide the electrostimulation level. The treatment must be pleasant. Thinking "the most stimulation, the best result" it's a mistake.
- During the same programme, the type of current increases automatically depending on the % of electro-stimulation

PROGRAMMES

Kestos T2: 14 programmes.

Tei System: 21 programmes.

The first 14 programmes on the Tei System are the Kestos T2 programmes, with the same explanation serving as a base. In each of them, 2 to 5 currents are combined. We explain below the function itself and the operational mechanism.

PROGRAMME 1

SOFT CELLULITE

This programme is aimed at persons suffering from an adiposity problem that is aggravated by poor muscular tone.

Basis: In soft cellulite, compression of the zone's draining venules and lymphatic ducts leads to the appearance of soft edema, with abundant retention of liquids and accumulation of waste products, which are retained in the affected area.

The aim of this programme is to eliminate excessive liquids and their waste content.

The programme comprises four phases:

1. Stimulation of the circulatory system, especially the venous system, for improved return; also arterial stimulation for improved supply of oxygen to the affected area.
2. Application of draining current for extraction of accumulated excess liquids.
These two currents improve the condition of the varicose veins and ecchymosis associated with cellulite.
3. Toning currents strengthen the muscular tissue, which has frequently lost tone in cases of cellulite.
4. The programme concludes with 4 minutes of anaesthetic (TENS) current.

TEMPERATURE: 35%
TOTAL DURATION: 45 m

Types of currents used:

1. CIRCULATORY CURRENT (C2)

- Time: 30% of the total (45' - 31') Total 14 '
- Frequency: between 50 Hz and 165 Hz.
- Pulse amplitude: 150 μ s.

- Working time: 6 seconds of work and 3 seconds of rest.
- Two-phase current.
- Modulation: frequency.
- Sensation: interferential.
- Effect: circulatory.

2. DRAINING CURRENT (D2)

- Time: 35% of the total (31'-15') Total 16'
- Frequency: 7 Hz.
- Pulse amplitude: 400 μ s.
- Working time: continuous.
- Two-phase current.
- Modulation: -
- Sensation: relaxation.
- Effect: draining.

3. TONING CURRENT (T2)

- Time: 25% of the total (15'-4') Total 11'
- Frequency: 100 Hz.
- Pulse amplitude: 150 μ s
- Working time: 10 seconds of work and 3 seconds of rest.
- Two-phase current.
- Modulation: amplitude.
- Sensation: progressive isotonic.
- Effect: toning and draining.

4. TENS (A)

- Time: 10% of the total (4'-0') Total 4'
- Frequency: 100 Hz.
- Pulse amplitude: 500 μ s.
- Working time: continuous.
- Current: single-phase.
- Modulation: -
- Sensation: relaxing tickling.

PROGRAMME 2

HARD CELLULITE

Basis: In hard cellulite there is a proliferation of fibrin, in the form of vertical tracts and horizontal plates, which encapsulate the fatty cells and cause an oxygenation and nutrition deficit of the epidermis due to compression of the blood and lymphatic vessels. The fundamental objective of this programme is to achieve release of the fibrous structures in the zone. To this end, the background temperature of the programme application is of intense grade (55%), to superimpose the effects of the heat upon those of the currents applied.

The application of electrical stimulation consists in producing a powerful percussive effect on the fibrous structures, akin to an intense massage, in order to achieve normalisation of the blood and lymphatic circulatory function, and to permit drainage of the zone.

The programme consists of five phases:

1. Percussive-effect currents to free the zone's structures (cells, vessels) of the fibrous infiltration.
2. Circulatory-stimulus currents — both arterial, for a larger supply of oxygen and nutrients to the zone, and venous and lymphatic, to eliminate excess liquids.
3. This elimination of liquids is boosted by the application of draining-action currents that complement extraction of excess stored liquid in the zone.
4. Toning currents are applied to the muscle tissue.
5. The programme is completed with 5 minutes of TENS-antialgic currents, providing analgesia and a sensation of wellbeing on ending the session.

TEMPERATURE: 55%
TOTAL DURATION: 45 m

Types of currents used:

1. LIPOLYTIC CURRENT (L)

- Time: 17% of the total (45'-36') Total 9'
- Frequency: 18 Hz.
- Pulse amplitude: 400 μ s.
- Working time: continuous
- Current: single-phase.
- Modulation: -
- Sensation: intense vibration
- Effect: lipolysis

2. PERCUSSION CURRENT (P)

- Time: 30% of the total (36'-25') Total 11'
- Frequency: 40 Hz
- Pulse amplitude: 450 μ s.
- Working time: 10 seconds of work and 3 seconds of rest.
- Current: single-phase.
- Modulation: amplitude.
- Sensation: strong vibration
- Effect: lipolityc

3. CIRCULATORY CURRENT (C2)

- Time: 30% of the total (25'-14') Total 11'
- Frequency: between 50 Hz and 165 Hz
- Pulse amplitude: 150 μ s.
- Working time: 6 seconds of work and 3 seconds of rest.
- Two-phase current.
- Modulation: frequency.
- Sensation: percussion
- Effect: anti-compact

4. DRAINING CURRENT (D2)

- Time: 17% of the total (14'-5') Total 9'
- Frequency: 7 Hz.
- Pulse amplitude: 400 μ s.
- Working time: continuous.
- Two-phase current.
- Modulation: -
- Sensation: percussion
- Effect: draining.

5. TENS CURRENT (A)

- Time: 6% of the total (4'-0') Total 4'
- Frequency: 100 Hz.
- Pulse amplitude: 500 μ s.
- Working time: continuous.
- Current: single-phase
- Modulation: -
- Sensation: relaxing tickling.
- Effect: relaxing

EDEMATOUS CELLULITE

Basis: Accumulated liquid (edema) often manifests itself as local pain. The aim of this treatment is to eliminate the excess liquid and reduce the associated pain.

The backdrop temperature is medium (40%) and serves to stimulate the circulatory system and create a sedating effect. The electrotherapy session continues with analgesic current – TENS.

This is followed by circulatory and draining currents, designed to reduce the passive hyperemia which constitutes edema, both in the venous and lymphatic systems.

The programme concludes with firming current, to improve local muscle tone.

TEMPERATURE: 40%
TOTAL DURATION: 45 m

Types of currents used:

1. TENS (A)

- Time: 15% of the total (45'-40') Total 5'
- Frequency: 100 Hz.
- Pulse amplitude: 500 μ s.
- Working time: continuous.
- Current: single-phase.
- Modulation: -
- Sensation: relaxing tickling.
- Effect: relaxing

2. CIRCULATORY CURRENT (C1)

- Time: 35% of the total (40'- 26') Total 14'
- Frequency: between 2,5 Hz.
- Pulse amplitude: 400 μ s.
- Working time: continuous
- Two-phase current.
- Modulation: -
- Sensation: pleasant
- Effect: circulatory.

3. METABOLISING CURRENT (M)

- Time: 40% of the total (26'-10') Total 16'
- Frequency: 2.5 Hz.

- Pulse amplitude: 400 μ s.
- Working time: continuous.
- Two-phase current.
- Modulation: amplitude.
- Sensation: energetic
- Effect: metabolising

4. FIRMING CURRENT (R1)

- Time: 10% of the total (4'-0') Total 4'
- Frequency: 7 Hz.
- Pulse amplitude: 400 μ s.
- Working time: continuous
- Two-phase current.
- Modulation: amplitude.
- Sensation: progressive work
- Effect: firming

PROGRAMME 4

FIRMING

Programme aimed at those who need muscular firming. This programme is used for young people who tend to lead a balanced life rate in terms of diet, but who want sessions to lend them good muscular tone.

Basis: This programme aims to treat tissue suffering from hypotonia (poor muscle tone), flaccidity and local circulatory disorders (edema).

A medium temperature (40%) serves to stimulate the circulatory system and provide a local sedative effect. The currents applied are as follows:

1. Circulatory currents to stimulate supply of nutrients and drainage.

These are designed to improve local metabolism and especially skin quality.

2. Muscle toning current.

3. Firming current. Both this and the previous toning current work to tone the local muscles and combat muscular flaccidity.

TEMPERATURE:	40%
TOTAL DURATION:	30 m

Types of currents used:

1. CIRCULATORY CURRENT (C2)

- Time: 30% of the total (30'-21') Total 9'
- Frequency: between 50 Hz and 165 Hz.
- Pulse amplitude: 150 μ s.
- Working time: 6 seconds of work and 3 seconds of rest.
- Two-phase current.
- Modulation: frequency.
- Sensation: interferential.
- Effect: circulatory.

2. TONING CURRENT (T1)

- Time: 30% of the total (21'-12') Total 9'
- Frequency: 50 Hz.
- Pulse amplitude: 150 μ s
- Working time: 2.5 seconds of work and 2.5 seconds of rest.
- Current: single-phase.
- Modulation:-
- Sensation: soft but progressive
- Effect: toning

3. FIRING CURRENT (R1)

- Time: 40% of the total (12'-0')Total 12'
- Frequency: 7 Hz.
- Pulse amplitude: 400 μ s.
- Working time: continuous
- Two-phase current.
- Modulation: amplitude.
- Sensation: soft and progressive work
- Effect: firming

PROGRAMME 5

INTENSIVE FIRMING

This programme is geared towards men, when they wish to carry out abdominal treatment after having first eliminated the localised fatty tissues.

Basis: This treatment is designed for large areas of muscle tissue suffering from hypotonia, and ageing of conjunctive tissue.

Backdrop temperature is 45%, leading to circulatory stimulation, sedation and muscular relaxation, and serving to prepare the muscle for the effects of electrotherapy.

The currents are as follows:

1. An intense circulatory current, leading to hyperemic effects throughout the area being treated, in addition to the effects of the preliminary heat therapy.
2. Lengthy application (23 minutes) of muscle toning current, to strengthen the muscle fibre.
3. Another session of circulatory current, allowing the muscle to recover from the contractions effected and draining the catabolytes produced.

TEMPERATURE: 45%
TOTAL DURATION: 45 m

Types of currents used:

1. CIRCULATORY CURRENT (C1)

- Time: 25% of the total (45'-34') Total 9'
- Frequency: 2'5 Hz.
- Pulse amplitude: 400 μ s.
- Working time: continuous
- Two-phase current.
- Modulation:-
- Sensation: pleasant energy
- Effect: circulatory.

2. FIRMING CURRENT (R3)

- Time: 50% of the total (34'-11') Total 23'
- Frequency: 60 Hz.
- Pulse amplitude: 450 μ s.
- Working time: 2.5 seconds of work and 2.5 seconds of rest.
- Two-phase current.

- Modulation:-
- Sensation: intense and energetic
- Effect: firming

3. CIRCULATORY CURRENT (C2)

- Time: 25% of the total (11'-0') Total 11'
- Frequency: between 50 Hz and 165 Hz.
- Pulse amplitude: 150 μ s.
- Working time: 6 seconds of work and 3 seconds of rest.
- Two-phase current.
- Modulation: frequency.
- Sensation: interferential.
- Effect: circulatory.

PROGRAMME 6

POST-DELIVERY PROGRAMME

Basis: Post-delivery treatment aims to help muscle fibre and conjunctive tissue recover its original tone. Both suffer extensive dilation during pregnancy and mechanical strain at childbirth, leading to stretching and micro-lesions.

The treatment begins with a medium intensity heat therapy session (40%) and this temperature is maintained throughout. This is followed by tensor current which tones up the muscle fibres. Finally, firming currents are applied with a passive gymnastics effect: first, F-3, which penetrates deeply, then F-2 which acts more at surface level.

TEMPERATURE: 40%
TOTAL DURATION: 45 m

Types of currents used:

1. TENSOR CURRENT (T)

- Time: 30% of the total (45'-31') Total 14'
- Frequency: between 20 Hz and 60 Hz.
- Pulse amplitude: 450 μ s.
- Working time: continuous
- Current: single-phase.
- Modulation: frequency.
- Sensation: energetic contraction
- Effect: tensor

2. FIRING CURRENT (R3)

- Time: 50% of the total (31'-8') Total 23'
- Frequency: 60 Hz.
- Pulse amplitude: 450 µs.
- Working time: 2.5 seconds of work and 2.5 seconds of rest.
- Two-phase current.
- Modulation:-
- Sensation: intense and energetic
- Effect: firming

3. FIRING CURRENT (R2)

- Time: 20% of the total (8'-0') Total 8'
- Frequency: 50 Hz.
- Pulse amplitude: 149 µs.
- Working time: 2.5 seconds of work and 2.5 seconds of rest.
- Two-phase current.
- Modulation:-
- Sensation: soft but intensive
- Effect: firming

PROGRAMME 7

OBESITY PROGRAMME

For overweight problems, the heat is set at a high %, since sweating is important. It is therefore advisable to wrap the client in a plastic sheet, once the strips have been fitted, so as to take better advantage of the sweating.

Basis: Obesity involves a build-up of fat in the subcutaneous adipose cells (the most immediately apparent in aesthetic terms), and internally, especially around the abdominal organs and intestines.

The initial heat therapy session is intense (60%), with a thermolytic effect, and is maintained throughout the session.

First, lipolytic current is applied for 20 minutes to burn fats. This is followed by metabolising current which is designed to stimulate the organism's general metabolism, and the session concludes with application of draining current to help eliminate toxins and waste products retained in the conjunctive tissue.

TEMPERATURE: 60%
TOTAL DURATION: 45 m

Types of currents used:

1. LIPOLYTIC CURRENT (L)

- Time: 45% of the total (45'25') Total 20'
- Frequency: 18 Hz.
- Pulse amplitude: 400 μ s.
- Working time: continuous
- Current: single-phase.
- Modulation:-
- Sensation: intense vibration
- Effect: lipolysis

2. METABOLISING CURRENT (M)

- Time: 25% of the total (25'-14') Total 11'
- Frequency: 2.5 Hz.
- Pulse amplitude: 400 μ s.
- Working time: continuous.
- Two-phase current.
- Modulation: amplitude.
- Sensation: energetic
- Effect: metabolising

3. DRAINING CURRENT (D1)

- Time: 30% of the total (14'-0') Total 14'
- Frequency: 2.5 Hz.
- Pulse amplitude: 400 μ s.
- Working time: 10 seconds of work and 3 seconds of rest.
- Two-phase current.
- Modulation: amplitude.
- Sensation: draining
- Effect: draining.

PROGRAMME 8

LOCAL OBESITY

Basis: This programme is designed to treat local accumulations of fatty tissue, which prove resistant to standard techniques and require a vigorous approach.

As in the case of general obesity, this programme involves intense heat therapy throughout (60%), which has thermolytic effects.

Lipolytic current is used twice, with an intervening session of metabolising current to help speed up the organism's metabolism. The session concludes with a draining current, facilitating elimination of the catabolytes generated.

TEMPERATURE: 60%
TOTAL DURATION: 45 m

Types of currents used:

1. LIPOLYTIC CURRENT (L)

- Time: 20% of the total (45'-34') Total 14'
- Frequency: 18 Hz.
- Pulse amplitude: 400 μ s.
- Working time: continuous
- Current: single-phase.
- Modulation:-
- Sensation: intense vibration
- Effect: lipolysis

2. REDUCING CURRENT (RD)

- Time: 50% of the total (34'-25') Total 23'
- Frequency: 14 Hz.
- Pulse amplitude: 400 μ s.
- Working time: continuous
- Two-phase current.
- Modulation: amplitude.
- Sensation: intern work
- Effect: metabolising and reducing

3. LIPOLYTIC CURRENT (L)

- Time: 10% of the total (25' - 14') Total 9'
- Frequency: 18 Hz.
- Pulse amplitude: 400 μ s.
- Working time: continuous
- Current: single-phase.
- Modulation:-
- Sensation: intense vibration
- Effect: lipolysis

4. DRAINING CURRENT (D2)

- Time: 20% of the total (14' - 0') Total 14'
- Frequency: 7 Hz.
- Pulse amplitude: 400 μ s.
- Working time: continuous
- Two-phase current.
- Modulation:-
- Sensation: relaxing
- Effect: draining.

PROGRAMME 9

CIRCULATION-ACTIVATOR

Basis: This programme is designed to treat problems of the venous return system, generally caused by varicose veins or venules. This situation may be worsened by the presence of cellulite, obesity or other factors.

The programme involves a gentle heat (35%), designed to stimulate the circulatory system; a very high temperature could be counter-productive.

The programme entails two applications of circulatory pulse current, with an intervening draining current generating contractions at a rhythm which favours venous and lymphatic return, thereby reducing the symptoms of circulatory stasis in the lower extremities.

TEMPERATURE: 35%
TOTAL DURATION: 30 m

Types of currents used:

1. CIRCULATORY CURRENT (C1)

- Time: 35% of the total (30' - 19') Total 11'
- Frequency: 2.5 Hz.
- Pulse amplitude: 400 μ s.
- Working time: continuous
- Two-phase current.
- Modulation:-
- Sensation: pleasant energy
- Effect: circulatory

2. DRAINING CURRENT (D2)

- Time: 30% of the total (19'-10') Total 9'
- Frequency: 7 Hz.
- Pulse amplitude: 400 μ s.
- Working time: continuous
- Two-phase current.
- Modulation:-
- Sensation: relaxing
- Effect: draining.

3. CIRCULATORY CURRENT (C2)

- Time: 25% of the total (10'-0') Total 10'
- Frequency: between 50 Hz and 165 Hz.
- Pulse amplitude: 150 μ s.
- Working time: 6 seconds of work and 3 seconds of rest.
- Two-phase current.
- Modulation: frequency.
- Sensation: interferential.
- Effect: circulatory.

PROGRAME 10

DRAINING

Basis: The aim of the draining programme is to reduce the quantity of retained liquids through stimulation of the venous and lymphatic circulatory systems. Circulatory stasis or stagnation manifests itself especially in the legs, with edema, swelling, and a feeling of heaviness, caused by the excess water retained in the extracellular spaces. This condition is found especially in those suffering from cellulite and obesity and pre-menstruation.

The temperature employed is gentle (35%), and designed to stimulate the circulatory system; a high temperature could prove counter-productive in cases of venous stasis. Currents are administered as follows: first, draining current to activate vein and lymphatic circulation – the first stage of the pumping process. This is followed by vascular system toning by means of muscle contractions. Finally, another draining current is applied to help expel the excess liquid.

TEMPERATURE:	35%
TOTAL DURATION:	45 m

Types of currents used:

1. DRAINING CURRENT (D2)

- Time: 35% of the total (45' - 29') total 16'
- Frequency: 7 Hz.
- Pulse amplitude: 400 μ s.
- Working time: continuous.
- Two-phase current.
- Modulation:-
- Sensation: relaxation.
- Effect: draining.

2. TONING CURRENT (T2)

- Time: 30% of the total (29'-15') Total 14'
- Frequency: 100 Hz.
- Pulse amplitude: 150 μ s
- Working time: 10 seconds of work and 3 seconds of rest.
- Two-phase current.
- Modulation: amplitude.
- Sensation: progressive isotonic.
- Effect: toning and draining.

3. DRAINING CURRENT (D2)

- Time: 35% of the total (15'-0') Total 15'
- Frequency: 7 Hz.
- Pulse amplitude: 400 μ s.
- Working time: continuous.
- Two-phase current.
- Modulation:-
- Sensation: relaxation.
- Effect: draining.

PROGRAMME 11

REDUCTION

Basal metabolism is taken to mean the organism's energy expenditure used to maintain life processes.

Each individual's metabolic rate is different. Some people ingest large amounts of food but never gain weight, while others have a very slow metabolic rate, with the opposite result.

This programme leads to activation of this metabolism, thanks to the use of specific currents, and is therefore recommended for people who for some reason show slowing down of their metabolism, such as women undergoing menopause. In such cases there is a problem of fluid retention and difficulty in eliminating fats.

Basis: The aim of this programme is to increase calorie consumption (thereby reducing fat reserves) by raising the organism's metabolic rate. The overall effect is reduction of body volume and weight.

A high temperature is applied to all treatment zones. This is followed by reducing current, followed in turn by a metabolising current. The session concludes with a circulatory current helping to eliminate the catabolites generated.

TEMPERATURE: 55%
TOTAL DURATION: 45 m

Types of currents used:

1. REDUCING CURRENT (RD)

- Time: 30% of the total (45'-31') Total 14'
- Frequency: 14 Hz.
- Pulse amplitude: 400 μ s.
- Working time: continuous
- Two-phase current.
- Modulation: amplitude.
- Sensation: intern work
- Effect: metabolising and reducing

2. METABOLISING CURRENT (M)

- Time: 40% of the total (31'-13') Total 18'
- Frequency: 2.5 Hz.
- Pulse amplitude: 400 μ s.
- Working time: continuous.
- Two-phase current.
- Modulation: amplitude.
- Sensation: energetic
- Effect: metabolising

3. CIRCULATORY CURRENT (C2)

- Time: 30% of the total (13'-0') Total 13'

- Frequency: between 50 Hz and 165 Hz.
- Pulse amplitude: 150 μ s.
- Working time: 6 seconds of work and 3 seconds of rest.
- Two-phase current.
- Modulation: frequency.
- Sensation: interferential.
- Effect: circulatory.

PROGRAMME 12

SCULPTING

This programme is indicated in cases of maintenance.

Basis: The objective of this programme is to reduce excess volume caused by local obesity and edema.

A moderately intense temperature (45%) is applied, which has lipolytic effects and serves to stimulate the circulatory system. This is followed by application of currents which, by means of changes in polarity, help to increase the permeability of cell membranes and osmotic exchange. The currents are as follows:

1. Permeablising current, to increase the permeability of cell membranes, thereby facilitating the passage of water from the cell to the interstitial space. This current also works on stored adipose fat (triglycerides), aiding exit of broken down constituents, i.e., glycerol and fatty acids.
2. Draining current which, by means of muscle contractions, stimulate the vein and lymphatic systems. Through its pumping effect, this facilitates elimination of both retained liquids and waste products.
3. Firming current, to improve muscle tone.
4. A brief application (4 mins) of TENS with anaesthetic and relaxing effects, to conclude the session.

TEMPERATURE: 50%
TOTAL DURATION: 45 m

Types of currents used:

1. PERMEABLISING CURRENT (PM)

- Time: 45% of the total (45'-27') Total 18'
- Frequency: 18Hz.
- Pulse amplitude: 400 μ s.

- Working time: continuous
- Two-phase current.
- Modulation:-
- Sensation: penetration
- Effect: permeablising

2. DRAINING CURRENT (D1)

- Time: 35% of the total (27'-13') Total 14'
- Frequency: 2.5 Hz.
- Pulse amplitude: 400 μ s.
- Working time: 10 seconds of work and 3 seconds of rest.
- Two-phase current.
- Modulation: amplitude.
- Sensation: penetration
- Effect: draining

3. FIRING CURRENT (R3)

- Time: 25% of the total (25'-4') Total 11'
- Frequency: 60 Hz.
- Pulse amplitude: 450 μ s.
- Working time: 2.5 seconds of work and 2.5 seconds of rest.
- Two-phase current.
- Modulation:-
- Sensation: intense and energetic
- Effect: firming

4. TENS (A)

- Time: 5% of the total (4'- 0') Total 4'
- Frequency: 100 Hz.
- Pulse amplitude: 500 μ s.
- Working time: continuous.
- Current: single-phase.
- Modulation:-
- Sensation: relaxing tickling.
- Effect: relaxing

PROGRAMME 13

TONING PROGRAMME

This programme is indicated for toning the more superficial tissue.

It will be applied, for example, on elderly persons with wrinkled, creased skin.

Basis: This programme aims to tone muscle tissue. An intense temperature is applied at the start and throughout. This has the effect of increasing circulation in the muscles, improving provision of nutrients for the contractions and increasing the effectiveness of the electrical currents.

Two toning currents are applied; an intense one followed by a gentler one. The contractions stimulate circulation, raise heartbeat and build on the effects of the heat therapy by increasing the supply of oxygen and nutrients to the muscles and organs. Repetition of this passive exercise improves muscle tone and the physiological quality of the muscle fibre. The session concludes with a relaxing current which has a sedative effect on the stimulated muscle tissue.

TEMPERATURE: 35%
TOTAL DURATION: 30 m

Types of currents used:

1. TONING CURRENT (T3)

- Time: 40% of the total (30'-18') Total 12'
- Frequency: 100 Hz.
- Pulse amplitude: 150 μ s
- Working time: 5 seconds of work and 3 seconds of rest.
- Two-phase current.
- Modulation: amplitude.
- Sensation: active gymnastics
- Effect: toning

2. TONING CURRENT (T1)

- Time: 45% of the total (18'-4') Total 14'
- Frequency: 50 Hz.
- Pulse amplitude: 150 μ s
- Working time: 2.5 seconds of work and 2.5 seconds of rest.
- Current: single-phase.
- Modulation:-
- Sensation: soft but progressive
- Effect: toning

3. TENS (A)

- Time: 15% of the total (4'-0') Total 4'
- Frequency: 100 Hz.
- Pulse amplitude: 500 μ s.
- Working time: continuous.
- Current: single-phase.
- Modulation:-
- Sensation: relaxing tickling.
- Effect: relaxing

PROGRAMME 14

RELAXATION

Basis: The aim is to provide a session of muscle relaxation and a generally sedative effect, reducing pain and inducing a state of relatively long-lasting relaxation.

The heat applied is discrete. This is followed by draining current, which leads to gentle muscle contractions helping to expel excess liquids and waste. After this, TENS current is applied, to provide a sensation of wellbeing, to aid muscle repair and bring about physical and emotional relaxation. This treatment reduces tension and improves the quality of sleep.

TEMPERATURE: 35%
TOTAL DURATION: 30 m

Types of currents used:

1. DRAINING CURRENT (D2)

- Time: 50% of the total (30'-15') Total 15'
- Frequency: 7 Hz.
- Pulse amplitude: 400 μ s.
- Working time: continuous.
- Two-phase current.
- Modulation:-
- Sensation: relaxation.
- Effect: draining.

2. TENS (A)

- Time: 50% of the total (15'-0') Total 15'
- Frequency: 100 Hz.
- Pulse amplitude: 500 μ s.
- Working time: continuous.
- Current: single-phase.
- Modulation:-
- Sensation: relaxing tickling.
- Effect: relaxing

PROGRAMA 15

TENS PROGRAMME

The TENS current only is activated, making this programme indicated for those with muscular problems and/or general pain, in whom, once they have been worked upon by a massage, we then wish to sedate the zone.

This programme is indicated for the various kinds of pain, particularly chronic pain, and for providing the organism with a generalised sense of wellbeing and relaxation.

Basic: This treatment comprises TENS current which, in addition to alleviating or eliminating pain, helps to counteract muscle spasms and lead to a state of relaxation.

As in the previous programme, the session begins with discrete heat, since the objective is to bring about a sedative, relaxing effect. This is followed by a 30-minute TENS session, which has an anaesthetic effect, leading to sedation and muscular relaxation due to its anti-spasmodic action.

This programme is indicated for various types of pain, especially chronic pain, and provides a general sensation of wellbeing and relaxation.

TEMPERATURE:	35%
TOTAL DURATION:	30 m

Types of currents used:

1. TENS (A)

- Time: 100% of the total.
- Frequency: 100 Hz.
- Pulse amplitude: 500 μ s.
- Working time: continuous.

- Current: single-phase.
- Modulation:-
- Sensation: relaxing tickling.
- Effect: relaxing

PROGRAMME 16

LIPOLYTIC

This programme uses a single current called a lipolytic current. It works directly on the adipose tissue, speeding its dissolution and subsequent elimination.

Basis: This programme begins with application of a high temperature to the zone to be treated. This has a lipolytic effect, to which the lipolytic current adds. The effect is to break down the adipose fat, and aid its subsequent elimination.

For optimum results, it is important to combine this programme with a programme targeting muscles or metabolic rate, such as the reducing or sculpting programme, so as to facilitate consumption of the glycerol and fatty acids resulting from adipose breakdown.

TEMPERATURE: 50%
TOTAL DURATION: 30 m

Types of currents used:

1. LIPOLYTIC CURRENT (L)

- Time: 100% of the total.
- Frequency: 18 Hz.
- Pulse amplitude: 400 µs.
- Working time: continuous.
- Current: single-phase.
- Modulation:-
- Sensation: vibration
- Effect: lipolysis

PROGRAMME 17

PASSIVE GYMNASTICS

Basis: The objective of this programme is to boost the muscle fibres.

The base temperature is gentle (35%), inducing hyperaemia and sedation of the zone, while it also facilitates penetration of the muscular stimulus current, increasing its in-depth effects.

Its basis and effects are similar to those of the muscle-toning programme, though carried out with continuously applied firming currents, thus making its action similar to that of muscular stimulus during exercise.

TEMPERATURE: 35%
TOTAL DURATION: 30 m

Types of currents used:

1. FIRMING CURRENT (R3)

- Time: 100% of the total.
- Frequency: 60 Hz.
- Pulse amplitude: 450 μ s.
- Working time: 2.5 seconds of work and 2.5 seconds of rest.
- Two-phase current.
- Modulation:-
- Sensation: intense and energetic
- Effect: firming

PROGRAMME 18

CALMING PASSIVE

Basis: Sinusoidal currents have a frequency range between 10 and 100 Hz, leading to a progression from gentle muscle stimulation to TENS-like calming effects. The effect is pleasant, and rapidly brings about muscular relaxation and a general sedation effect.

TEMPERATURE: 40%
TOTAL DURATION: 30 m

Types of currents used:

1. SINUSOIDAL CURRENT

- Time: 100% of the total.
- Frequency: 10Hz. And 100Hz
- Pulse amplitude: 100 μ s.
- Working time: 6 seconds of work and 2 seconds of rest.
- Two-phase current.

- Modulation: amplitude.
- Sensation: relaxing tickling.
- Effect: relaxing

The programmes we outline below are sequential programmes, i.e. they consist in cycles that follow sequences lasting 90 seconds each. It is very important to bear in mind that, before pressing the START button, we will have increased the current intensity so that the person undergoing treatment feels the changes of cycle.

These programmes are:

PROGRAMME 19. SEQUENTIAL BOOSTING.

PROGRAMME 20. LIPO DRAINING.

PROGRAMME 21. UPPER TORSO.

PROGRAMME 19

SEQUENTIAL MUSCLE BOOSTING

Basis: This programme is specifically designed to strengthen muscle by means of progressively increasing cycles.

Outlets I, J = always work in old the treatment

Outlets A, B start with outlets I, J After 90 seconds A, B finish emission

Outlets C, D start with outlets I, J After 90 seconds C, D finish emission

Outlets E, F start with outlets I, J After 90 seconds E, F finish emission

Outlets G, H start with outlets I, JAfter 90 seconds G, H finish emission

The process then starts again, and so on, until the session concludes.

Since the effect is accumulative, the I, J electrode strips to emit should be placed in the zone requiring most attention.

TEMPERATURE: 35%
TOTAL DURATION: 30 m

Types of currents used:

1. FIRING CURRENT (R3)

- Time: 100% of the total.
- Frequency: 60 Hz.
- Pulse amplitude: 450 µs.

- Working time: 2.5 seconds of work and 2.5 seconds of rest.
- Current: single-phase.
- Modulation: -
- Sensation: intense and energetic
- Effect: firming

PROGRAMME 20

LIPO-DRAINING

Basis: This programme is designed to treat conditions in which, together with general or local obesity, there is abundant retention of liquids. This is a common condition in women at times of hormonal change, such as the menopause, premenstruation, etc.

Outlets A, B start the treatment.

After 90 seconds A, B add C, D

After 90 seconds A, B, C, D add E, F

After 90 seconds A, B, C, D, E, F add G, H

After 90 seconds A, B, C, D, E, F, G, H add I, J

The process then starts again, and so on, until the session concludes.

The treatment consists of a lipolytic current, which acts directly on the adipose layer.

The current is applied to lower extremities and stimulates vein and lymphatic return systems.

TEMPERATURE: 35%
TOTAL DURATION: 30 m

Types of currents used:

1. LIPOLYTIC CURRENT (L)

- Time: 100% of the total.
- Frequency: 18 Hz.
- Pulse amplitude: 400 µs.
- Working time: continuous.
- Current: single-phase.
- Modulation: -
- Sensation: vibration
- Effect: lipolysis

PROGRAMME 21

UPPER-TRUNK

Basis: This programme aims to tone the upper body, (i.e., the trunk and arms). A draining current is first employed, which facilitates the elimination of liquids and catabolytes. This is followed by a muscle stimulation current, leading to contractions and improved nutrition in the zone being treated.

Draining current :

Outlets A, B start the treatment.

After 90 seconds A, B add C, D

After 90 seconds A, B, C, D add E, F

After 90 seconds A, B, C, D, E, F add G, H

After 90 seconds A, B, C, D, E, F, G, H add I, J

The process then starts again.

Firming current:

Old the outlets at the same time.

TEMPERATURE: 35%
TOTAL DURATION: 30 m

1. DRAINING CURRENT (D1)

- Time: 35% of the total (30'-20') Total 10'
- Frequency: 2.5 Hz.
- Pulse amplitude: 400 μ s.
- Working time: 10 seconds of work and 3 seconds of rest.
- Two-phase current.
- Modulation: amplitude.
- Sensation: draining
- Effect: draining.

2. FIRMING CURRENT (R1)

- Time: 65% of the total (20'-0') Total 20'
- Frequency: 7 Hz.
- Pulse amplitude: 400 μ s.
- Working time: continuous

- Two-phase current.
- Modulation: amplitude.
- Sensation: progressive work
- Effect: firming

HARD CELLULITE			
PROGRAMME	APPLIANCES	PRODUCT	RECOMMENDATIONS
VERY FIBROUS: <input type="checkbox"/> draining * hard cellulite <input type="radio"/> TENS, sculpting, sinoidal.	First sessions with ULTRASOUND at 3 Mhz.	➔ anti-cellulite cream	- Mesoterapia - Práctica de deporte (no muy agresivo).
NOT VERY FIBROUS: * hard cellulite <input type="radio"/> circulatory <input type="radio"/> firming		➔ anti-cellulite cream	
CELLULITE+ OVERWEIGHT: * hard cellulite <input checked="" type="radio"/> lipolytic, localised obesity		➔ slimming cream ➔ anti-cellulite cream ➔ Physiotherapy ➔ fluids capsules, infusions.	- diet

☐ Begin with the draining programme if Ultrasound has been used previously.

* Preferential programme. Begin with this programme as long as no other appliance used (TEI SYSTEM only).

☐ Programmes for supplementary use (will be used in later sessions).

☒ Programmes which will be combined with the preferential programme.

➔ Recommended product for use at home.

SOFT CELLULITE			
PROGRAMME	APPLIANCES	PRODUCT	RECOMMENDATIONS
<ul style="list-style-type: none"> * soft cellulite ☯ draining, circulatory ○ Firming, intense firming, post-delivery. 	Iontophoresis with product for cellulite.	<ul style="list-style-type: none"> ➔ anti-cellulite cream » gel with firming active ingredients. 	- Physical exercise for toning and firming.

* Preferential programme. Begin with this programme as long as no other appliance used (TEI SYSTEM only).

○ Programmes for supplementary use (will be used in later sessions).

☯ Programmes which will be combined with the preferential programme.

➔ Recommended product for use at home.

» The gel can be used on the strips as long as it is a good conductor.

OEDEMATOSE CELLULITE			
PROGRAMME	APPLIANCES	PRODUCT	RECOMMENDATIONS
* oedematose cellulite ☯ circulatory ▲ relaxing	☐ / ☯ pressure therapy	➔ product to activate circulation	- Lymphodraining massage

☐ We can begin with:

* Preferential programme. Begin with this programme as long as no other appliance used (TEI SYSTEM only).

☯ Will be combined with the preferential programme.

➔ Product for use at home.

▲ In the event of heaviness or pain in the extremities.

POST-DELIVERY			
PROGRAMME	APPLIANCES	PRODUCT	RECOMMENDATIONS
+ CIRC. PROBLEM: * post-delivery ☉ circulatory		➔ nutritive cream dog rose or regenerating cream	- Physical exercise. - Sit-ups
+ WEIGHT INCREASE * post-delivery ☉ lipolytic, localised obesity. ○ Firming, intense firming		➔ nutritive cream dog rose or regenerating cream	- Physical exercise - Sit-ups.
+ CELLUL. AND FLACCIDITY ➔ hard, soft /oedematous cellulite. * post-delivery ○ Firming, intense firming		➔ nutritive cream dog rose or regenerating cream	- Physical exercise. - Sit-ups. .
+ OVERLOAD ON LYMPHATIC SYSTEM * post-delivery ○ sculpting and draining		➔ nutritive cream dog rose or regenerating cream	- Physical exercise. - Sit-ups.

* Preferential programme.

☉ Will be combined with the preferential programme.

➔ Recommended product for use at home.

○ Programmes for supplementary use (will be used in later sessions)

FLACCIDITY			
PROGRAMME	APPLIANCES	PRODUCT	RECOMMENDATIONS
MUCH FLACCIDITY ☯ circulatory and toning * intense firming ☯ post-delivery	☐ Iontophoresis with product firming	➔ firming cream	- physical exercise
MUSCULAR INACTIVITY * Toning ○ firming ○ intense firming		➔ firming cream	- physical exercise
FLACCIDITY + OEDEMATOSE PROCESS * relaxing ○ firming. ○ intense firming		➔ firming cream	- physical exercise

* Preferential programme. Begin with this programme as long as no other appliance used (TEI SYSTEM only).

○ Programmes for supplementary use (will be used in later sessions).

☯ Programmes which will be combined with the preferential programme.

➔ Recommended product for use at home.

CIRCULATORY TREATMENT			
PROGRAMME	APPLIANCES	PRODUCT	RECOMMENDATIONS
<ul style="list-style-type: none"> * circulatory ○ sinoidal 	<ul style="list-style-type: none"> <input type="checkbox"/> Pressure therapy 	<ul style="list-style-type: none"> ➔ active phytotherapy ingredient, with protecting and reinforcing effects on microcirculation. 	<ul style="list-style-type: none"> - Walking, strolling, running. - Can be alternated with a circulatory-venous massage.
PREVENTIVE <ul style="list-style-type: none"> * Circulatory ○ draining ○ sinoidal 		<ul style="list-style-type: none"> ➔ active phytotherapy ingredient, with protecting and reinforcing effects on microcirculation. 	<ul style="list-style-type: none"> - Walking, strolling, running.

* Preferential programme.

☐ We can begin with:

○ Programmes for supplementary use (will be used in later sessions).

☉ Programmes which will be combined with the preferential programme.

➔ Recommended product for use at home.

MENOPAUSE			
PROGRAMME	APPLIANCES	PRODUCT	RECOMMENDATIONS
OVERWEIGHT * sculpting ☯ Reducing, lipolytic ○ TENS	☯ pressure therapy (press- net) □ Electrosculpting (ostar)	□ ☯ algae + heat therapy (packs)	- diet - physical exercise
IF CHANGE OF VOLUME NOTICED ○ firming ○ intense firming ○ TENS			- physical exercise
CIRCULATORY PROBLEMS ☯ circulatory ○ TENS			- physical exercise

* Preferential programme.

○ Programmes for supplementary use (will be used in later sessions).

☯ Programmes which will be combined with the preferential programme.

□ We can start with:

STRESS OR MUSCULAR TENSION			
PROGRAMME	APPLIANCES	PRODUCT	RECOMMENDATIONS
<ul style="list-style-type: none"> * Relaxing ☯ TENS ☯ circulatory 		- Relaxing essential oils	<ul style="list-style-type: none"> - Colour therapy - Aromatherapy - Music therapy - Alternate with relaxing massage.

* Preferential programme.

☯ Programmes which will be combined with the preferential programme.

OBESITY OR LOCALISED OBESITY			
PROGRAMME	APPLIANCES	PRODUCT	RECOMMENDATIONS
+ FLUID RETENTION * Sculpting ☯ draining ○ obesity, reducing ○ firming or intense firming	☯ pressure therapy	☯ algae or muds + heat therapy. (packs)	- diet - physical exercise
LOCALISED OBESITY AND CELLULITE * localised obesity * hard, soft or oedematose cellulite. ○ firming ○ intense firming			- diet - physical exercise
ANDROID OBESITY ◆ previous programmes will be used.		first sessions with Ultrasound at 3 Mhz.	-diet - physical exercise

* Preferential programme.

○ Programmes for supplementary use (will be used in later sessions).

☯ Programmes which will be combined with the preferential programme.

TREATMENT IN ALGIAS			
PROGRAMME	APPLIANCES	PRODUCT	RECOMMENDATIONS
* TENS ☯ relaxing	.		<input type="checkbox"/> infrared heat therapy (using benefits of heat when the sensitivity threshold has been altered)
ALGIA + MINOR OEDEMA * Relaxing ○ TENS			.

☐ We can start with:

* Preferential programme.

○ Programmes for supplementary use (will be used in later sessions).

☯ Programmes which will be combined with the preferential programme.

FITTING THE STRIPS

It should be stressed that the fitting of the strips will be determined by the overall size of the client to be treated and how much body fat she has. The fittings shown in the manuals are for reference purpose, and as examples for one possible example of fitting. They are for corporal use only, as none of the strips supplied are for application in facial treatments.

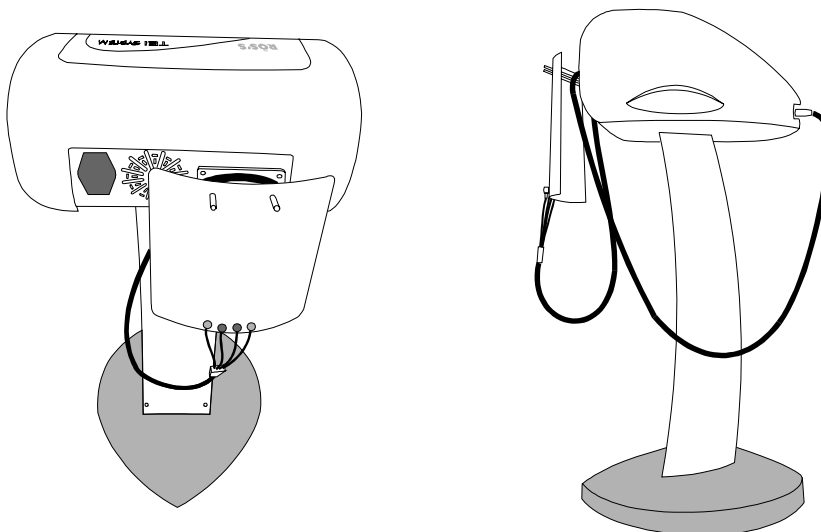
CLEANING AND MAINTAINING THE STRIPS

CLEANING: the strips must be cleaned after each treatment, i.e. after use on each of our clients. They are cleaned with water mixed with a very small amount of bactericidal soap. Sponges can be use for this purpose, but should be marked solely for this function, as the black strip may become dirty. It is essential to dry the strip, which can be done using the single-use couch paper itself, or a piece of fabric. Correct drying is essential, for if the strip is left wet it could result in damage to the microcircuit inside it.

The way the strips are placed once the treatment has finished is highly important. They should be left in horizontal or vertical position, and in any case not folded.

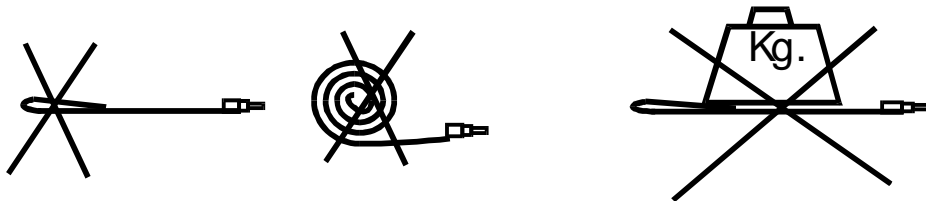
MAINTENANCE: The strips have a limited life, depending on the treatment they receive. RÖS'S offers a one-year guarantee of correct strip operation.

The equipment is supplied with a hanger to hang the strips from. This hanger can fitted to the back of the equipment or mounted on a wall, as wished.



The heating strips are made from silicone and have a high-technology laminar circuit inside them. It is therefore important to abide by the following usage and storage advice:

- 1) **Do not bend the strips at sharp angles.**
- 2) **Store the strips flat or hanging, but without folds in them.**
- 3) **No not place weights on top of a folded strip.**



PERSONAL DETAILS BODY TREATMENT

DATE.....CLIENT No.....

PERSONAL DETAILS

Surname.....First name.....
Address.....Town.....
P.C.....ID No.....Home Telephone.....
Date of Birth.....Sex.....
Profession.....Observations.....

RECORD

Reasons for consultation.....
How long have you had the problem?.....
Have you been treated before?.....
What methods have you tried?.....
Results.....
Family History.....

HABITS

Daily activity (*sedentary, active, very active*).....
Sleep (*Hours per night*).....Smoking (*cigarettes/day*).....
Sport (*what and how often*).....
Alcohol.....Constipation.....
Anxiety, nervousness, stress.....
Prone to depression.....
Usual body care.....
Exposure to sun (*frequency*).....
Menstrual problems.....
Method of contraception.....
Medication.....Photosensitising agents.....

DIETARY FACTORS

Type of diet (usual specifics).....
Quantity: Little-Normal-Excessive
Daily distribution of meals Daily fluid intake.....

Have you been on a diet?..... What type of diet?.....

MEDICAL HISTORY

Endocrine.....

Gynaecological.....

Nutritional

Digestive.....

Circulatory.....

Cosmetic surgery.....

Current Status: Pregnant-Of Reproductive Age- Menopausal

GENERAL ASSESSMENT

Weight.....kg

Height.....cm

Chest.....cm

Upper thigh.....cm

Waist.....cm

Mid thigh.....cm

Abdomen.....cm

Lower thigh.....cm

Hips.....cm

Wrist.....cm

PHYSICAL EXAMINATION

Obesity:	<i>Localised</i>	<i>Generalised</i>
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Cellulite:	<i>Soft</i>	<i>Hard</i>	<i>Oedematous</i>
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Muscle ToneGood-Average-Poor

Stretch marks.....Flabbiness.....

Fluid retentionSpider veins

Varicose veins.....Oedema.....Cold areas.....

Body hydration.....Good-Average-Poor

ASSESSMENT OF ELECTRO-COSMETIC APPLICATION

Treatment you do not enjoy:

Cold.....Why?.....

Heat.....Why?.....

Electricity..... Why?.....

Others.....

Sensitivity to the electricity: Good-Average-Poor

Conductivity of the tissue: Good-Average-Poor

Contraindications

Pacemaker.....YES-NO

CancerYES-NO

Epilepsy.....YES-NO

Metal implants in the area to be treatedYES-NO

Acute Inflammation YES-NO

Circulation problemsYES-NO

Precautions:

Pregnancy (pressure massage therapy must be prescribed by a doctor) YES-NO

Heavy periods YES-NO

Blood pressure disorder..... YES-NO

IUD YES-NO

FOLLOW-UP DETAILS

DATE:		PROGRAMME:	
OBSERVATIONS:			
WEIGHT:	CHEST:	WAIST:	UPPER THIGH:
HEIGHT:	WRIST:	BELOW UMBILICUS:	MID THIGH:
WEIGHT AFTER SESSION:		HIPS:	LOWER THIGH:

DATE:	PROGRAMME:
OBSERVATIONS:	
WEIGHT AFTER SESSION:	

DATE:	PROGRAMME:
OBSERVATIONS:	
WEIGHT AFTER SESSION:	

DATE:	PROGRAMME:
OBSERVATIONS:	
WEIGHT AFTER SESSION:	

DATE:	PROGRAMME:
OBSERVATIONS:	
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OBSERVATIONS:	
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WEIGHT AFTER SESSION:	

DATE:	PROGRAMME:
OBSERVATIONS:	
WEIGHT AFTER SESSION:	

DATE:		PROGRAMME:	
OBSERVATIONS:			
WEIGHT:	CHEST:	WAIST:	UPPER THIGH:
HEIGHT:	WRIST:	BELOW UMBILICUS:	MID THIGH:
WEIGHT AFTER SESSION:		HIPS:	LOWER THIGH: