

## CELLULITE SOLUTION WITH SCENAR® THERAPY

Cellulite is a complex problem, and it is quite difficult to deal with. First, it is “stubborn”/ hard to get rid of - especially cellulite on the thighs and the legs, which are marked by a pronounced "orange peel" on the skin.

And anyone can have it, even those who are traditionally considered fit or skinny. This is because cellulite is not caused by fat. Instead, it is caused by the relationship of fat cells and connective tissue in the skin. Under the skin's surface, these connecting cords are pulled up to the muscles, while the fat cells are simultaneously pushed upward, causing lumps or dimples to form.

The good news for the cellulite sufferers is that researchers are working to find a solution.

Some approaches, such as SCENAR® therapy, have shown good results.

For successful cellulite treatment you need:

1. to improve capillary blood circulation
2. to reduce the viscosity of interstitial fluid
3. to strengthen lymphatic drainage
4. to improve regional blood circulation
5. to activate adipocytes so that they begin to get rid of stored fat
6. to activate segmental and autonomous innervation to combat subcutaneous fibrosis.

SCENAR® therapy aimed at fat deposits with signs of cellulite contributes to:

- destruction of cellulite granules;
- depolarization of the intercellular fluid;
- activation of collateral blood supply;
- increased arterial inflow and venous outflow;
- increased lymph circulation.

An increase in blood flow activates the absorption of oxygen and nutrients, increases the level of metabolic processes. Strengthening the venous outflow and lymph flow ensures the removal of metabolic products. Influence on the zones reflexively connected with the large and small intestines, liver, kidneys, as well as on the zones of general influence have a healing effect on the entire body due to the normalization of the work of these organs. During treatment, the work of the hematopoietic, cardiovascular and lymphatic systems is normalized and stabilized, the metabolism is normalized.

The rules of cellulite SCENAR® treatment:

1. Consistency/ systemic approach - to combat cellulite SCENAR treatment should be directed not only to the “problem” places. It is necessary to treat zones of segmental innervation at each procedure. Also, each procedure should include alternating treatment of the projection of the adrenal glands and ovaries (on the skin), referring to the "zones of general regulation" (General Zones).
2. Regularity - Optimally “tie” SCENAR therapy course to the menstrual cycle: therapy starts on the 1<sup>st</sup> day after the menstruation, continues for 6 consecutive days, then – 7-day pause, therapy resumes for the next 6 days. If SCENAR therapy cannot be tied to the menstrual cycle, you can start on any regular day according to the following scheme: 6 procedures in a row -- 7 days of break -- 6 more days of therapy.
3. Combination of SCENAR therapy with a massage increases effectiveness.
4. Any physical activity (especially running) increases the effectiveness of the therapy.
5. Combination with the diet increases the effectiveness of treatment.

### **Complex SCENAR® anti-cellulite procedure consists of 3 stages:**

*I -Treatment of a spine segment innervating the affected area.*

*II-Treatment of the problem area.*

*III -Treatment of the endocrine zone.*

#### **I- Treatment of a spine segment**

General therapy regimen:

- Treatment of the spinous processes (center line)
- Paravertebral lines with spaced external electrodes (pawns)
- Treatment begins on the vertebra above the affected area
- Treatment ends on the vertebra below the affected area

The spinous processes should be treated using the built-in electrode of the device. The treatment time is 20-30 seconds per vertebra. The treatment is performed from top to bottom. The electrode is pressed tightly against the vertebra.

Paravertebrals are treated using the spaced external electrodes. They can be treated using the built-in electrode, but this increases the treatment time.

The treatment is performed from top to bottom.

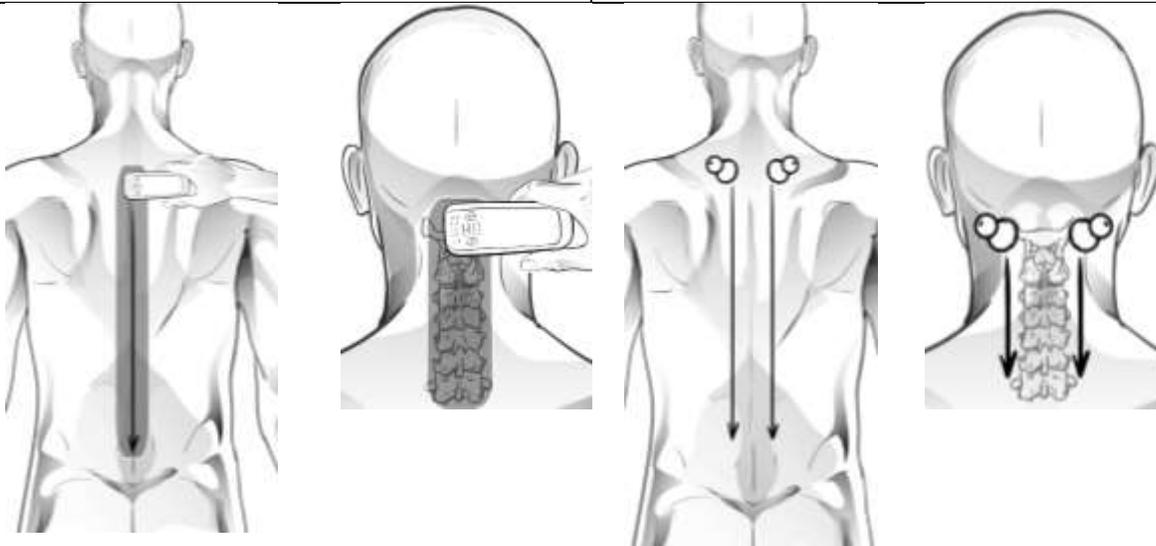
Both on the central line and on the paravertebral, the plus vertebra above the interested zone and plus the vertebra below the interested zone are treated.

The area of treatment on the spine corresponds to the innervated segment.

For example, if the cellulite area is located on:

- the hips and buttocks, the lumbosacral spine is treated;
- the shoulders - treat the cervical region;
- the lower back – treat the lower thoracic region, etc.

<i>Paravertebral line therapy</i>	<i>Treatment on the projection of the spinous processes (center line)</i>
<ul style="list-style-type: none"> <li>• <b>“PeriphPain”</b> preset</li> <li>• F-60 Hz</li> <li>• Int = 5</li> <li>• “Paw” electrodes or gloves</li> </ul> <p>Time 20-30 seconds per vertebra</p>	<ul style="list-style-type: none"> <li>• <b>«CenterPain»</b> preset</li> <li>• F=90 Hz</li> <li>• Int - 3</li> <li>• Built-in electrode</li> </ul> <p>• Time 20-30 seconds per vertebra</p>



## **II- Treatment of the problem area (direct cellulite therapy).**

The treatment consists of 4 stages:

*1<sup>st</sup> stage is "warm-up":*

*2<sup>nd</sup> stage - preparation for drainage, treating the lymph nodes:*

*3<sup>rd</sup> stage - surface electromassage:*

*4<sup>th</sup> stage - active lymphatic drainage.*

**1<sup>st</sup> stage is "warm-up":**

SCENAR® therapy is performed after the initial heat exposure for 10-30 minutes on the area of fat deposits with signs of cellulite. Due to the additional thermal effect, the vessels of the skin expand, the volume of blood circulating in the skin increases, sweating increases, biologically active substances are formed in the subcutaneous tissues, which play an important role in the regulation of local and general blood flow

**SCENAR® PRO: "Preparation" Preset** or F= 360 Hz

Energy - comfortable, close to discomfort.

Built-in electrode.

With quick circular motions, treat the entire problem area and 5cm (2 inches) around it.

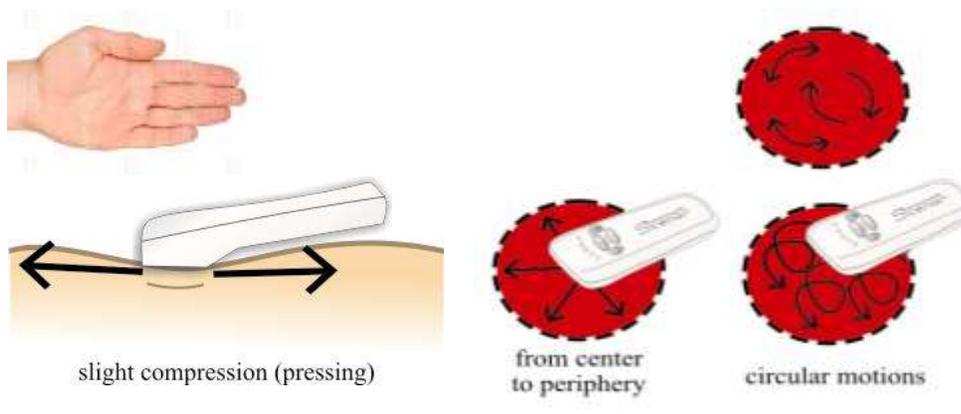
The criterion for the completion of the stage is slight uniform hyperemia.

Estimated time - an area equal to the area of the patient's palm 30 - 40 seconds.

**2<sup>nd</sup> stage - preparation for drainage, treating the lymph nodes:**

**SCENAR® PRO: "Preset "LoFM" or FM + Int – 5**

E - Comfortable. Built-in electrode



Treat stably (without moving the electrode) on the regional lymph node, where the selected area is drained. If the area of the lymph nodes is large, treat it with several placings of the electrode.

Treatment time is 1 - 1.5 minutes per each setting of the electrode (depending on the patient's height).

### ***3<sup>rd</sup> stage - surface electromassage:***

The focus of the first week is cleansing of the body from the toxins. If the muscles are carrying a high toxic load, they cannot hold the re-education that is created by the SCENAR® treatments, so cleansing and detoxing must be the first step.

The diet must be simplified. Drink plenty of water to help the body eliminate toxins. SCENAR techniques performed during this time are focused on cleansing, detoxifying, purifying, and balancing the body. It is only after the cleansing is done that the techniques of the anti-cellulitis program of the body can be started.

The cellulite SCENAR treatment should be performed with a mandatory impact on the areas of the fat deposits with signs of cellulite.

SCENAR PRO®: " Myo Sup Preset or F =90 Hz, Int - 3, Gap - 30.

### **Use conductive Conductive Garments gloves.**

It is better to moisten gloves with saline little NaCl solution.

Conductive Garments (gloves) can be effectively used for self-treatment for cellulite and lymphatic circulation, as well as for improvement of the internal organs functioning.

Device settings: D-0, Resonance frequencies F=328Hz, AM 1:1 or 3:1, Int 3-5.

E- above comfortable, until muscle contractions, slightly higher than comfortable.

You should get pronounced muscle contractions.

The electrodes (palms) should be placed across the surface muscle fibers and branches of the motor nerves passing under the affected area.

Should be guided by the anatomical diagram.

Slowly move your hands in gloves over the skin so that all problem areas receive an even treatment.

Treatment time depends on the area.

It takes 30 - 40 seconds per a zone equal to the patient's palm

For long-term myo-stimulation of large muscles sticky electrodes/ patches can be used.

Prolonged myo-stimulation (1-2 hours)

Multi-steel Electrode or "Blue Pad" or EPU (Universal Surface Electrode - fastener, belt (place the electrodes according to the principles of reciprocity).

### **4<sup>th</sup> stage - active lymphatic drainage.**

After SCENAR treatment it is permissible to use fat-based anti-cellulite creams.

**SCENAR PRO®: “LoFM”** Preset or F = 90 Hz, Int - 5, Gap - 20.

The treatment is performed with spaced external electrodes "Pawns".

The direction of treatment is according to the scheme of natural lymph flow.

Slow, smooth movements from the distal (outside) to the proximal (central).

It is better to move both electrodes at the same time, with a distance of 3-5cm between them. The surface should be treated carefully with overlapping. The same area of the skin should be treated at least three times.

Treatment time for the entire surface of problem areas depends on the area. The treatment time for an area equal to the patient's palm is 2 - 2.5 minutes (depending on the patient's height).

### **III- Treatment of the endocrine zone.**

Treat the direct projections of the adrenal glands and ovaries. These are paired organs and you need to treat both projections of a pair of organs (right and left).

Ovaries and adrenal glands alternate.

One day the ovaries are treated, the next day the adrenal glands.

For the treatment, you can use both the built-in electrode and the spaced external electrodes "Pawn".

When working with “Pawns”, the treatment time is half as much, since the effect is immediately applied to both sides - right and left.

**Device settings:** Sw3. FM – off. AM – off. Dmp -off.

Treatment time is 2 minutes.



***\*DISCLAIMER. The statements on this site have not been evaluated by the Food and Drug Administration (FDA). SCENAR devices are cleared by the FDA for pain relief only. Our products are not intended to diagnose, treat, cure, or prevent any disease.***