

SCENAROMA Therapy

The article is based on the webinar "SCENAROMA Therapy .Combination of SCENAR Therapy and AROMA Therapy" held by Dr.Elena Rassomakhina. MD

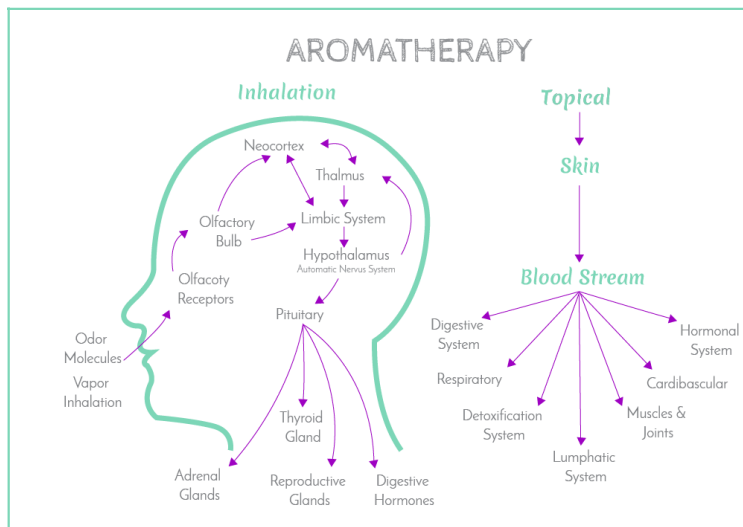
SCENAROMA is a type of the therapy that combines the best of SCENAR treatment and use of aromatherapy for therapeutic purposes. SCENAR therapy is noninvasive sophisticated technology. Aromatherapy uses biologically grown essential oils. Through the use of essential oils and SCENAR signal, SCENAROMA therapy assists the body's natural ability to balance, regulate, heal and maintain itself.



To better understand the principles of SCENAROMA let's describe SCENAR and aromatherapy separately.

SCENAR is a special class of devices of bio-controlled electrostimulation. SCENAR therapy is significantly different from other electrotherapy methods, it is an adaptive therapy that uses feedback. It is a multifunctional therapy applicable in any situation: treatment of acute or chronic pain. Technically, SCENAR is a portable device that can replace the physiotherapy practice.

SCENAR impulse is compact, short in time, and unimpeded. It is a signal that the body recognizes as its own. It is non-habituating and is uniquely shaped based on the biofeedback from the body.



The impulse is constantly changing supporting an activation of the body's adaptive mechanisms. Because of its dynamic nature, the body will not become tolerant to the SCENAR signal.

Aromatherapy utilizes naturally extracted aromatic essences from the plants. Essential oils help to harmonize and promote the health of body, mind, and spirit. It is both a preventative and active approach to practice during acute and chronic stages of illness. It is natural, non-

invasive, and created to affect a person as a whole as opposed to just treating a symptom or a disease.

Benefits from SCENAR Therapy combined with Essential Oil for the Local treatment:

- Anti-inflammatory effect;
- Pain relief;
- Anti-swelling effect;
- Blood circulation improvement;
- Trophic improvement.

Benefits from SCENAR Therapy combined with Essential Oil for the System treatment:

- Normalization of the body's functioning;
- Acceleration and improvement of adaptive reactions of the body;
- Normalization of the function of respiratory circulatory system excretory system (detoxification function).

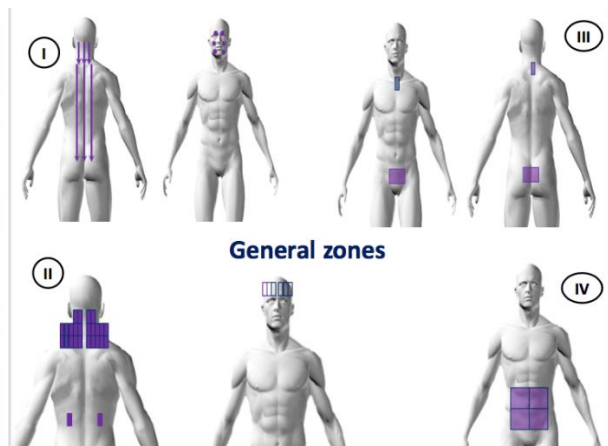
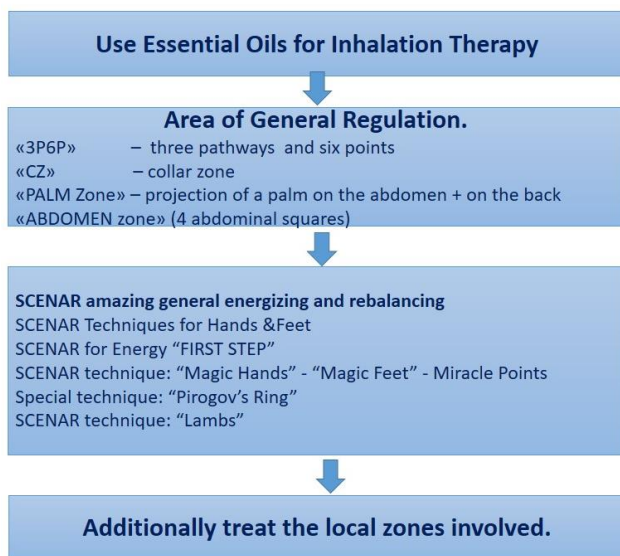
Benefits from Combining of AROMA Therapy and SCENAR signal

- Spot preparation for Essential Oil application.
- Increased penetration of Essential Oil.
- Increased sensitivity to Essential Oil and body reactivity to AROMA therapy.

Benefits from Combining of SCENAR Therapy with Essential Oil

- Improved effectiveness of SCENAR therapy.
- After the SCENAR procedure, apply Essential Oil to further enhance the therapeutic effect of SCENAR treatment.

SCENAR treatment (as any other type) should be purposeful. Prior to the treatment define the desired therapy outcome, for that define which structure the therapy is aimed and why. Effective treatment is the planned systematic gradual (step-by step) movement towards the desired outcome.



How to prepare the skin with SCENAR for Essential Oil treatment.

1st type of treatment - High-frequency massage / SCENAR treatment helps to obtain a local improvement:

- Blood vessel microcirculation (vascular effect),
- Expanded capillary network (capillary effect),
- Body's better perception of Essential Oil application.

Device settings: SCENAR Pro and Home Device F- max high (120-180Hz - for conductive gloves, 240-350Hz - for coaxial electrode) E – a little above comfortable.

Treatment time: 40 sec-2 min (no longer).

The result of the completion of the SCENAR preparation is hyperemia.

2nd type of treatment increases overall metabolism in the place of/ under the Essential Oil application.

Device settings: SCENAR Pro F-120 Hz or SW, Int-5, E – start with low, gradually increasing.

Place the device on the intended area of Essential Oil application. Start increasing Energy from minimum to uncomfortable level.

The result of the completion of SCENAR preparation is time. Treatment time is 40 sec - 2 min.

Use Essential Oils for Inhalation Therapy

Method 1: Waft the Bottle. This method is a sort of booster shot for your brain. A quick sniff of oil will perk you up. It will probably make you sneeze a little and clear your sinuses right up. It's a good way to get the scent right into the receptors in the back of your nose, but it's also going to be short. It's a good way to center yourself, gather your energy and focus, and get ready to start a day.

Method 2: Oil Your Hands. Essential oils are very volatile types of oils, i.e. they react with oxygen in the air and evaporate quickly. This is a good thing, because it's important how the oil gets into the air for you to inhale for aromatherapy! In order to make them safe for topical use and to extend their viability, dilute them.

Method 3: Diffusion can be used in a diffuser and inhaled.

How to apply:

(D) Diffusion:

If a health concern is related to the nervous system, if it's an emotional issue, or if it's a respiratory issue, then aromatic methods are a better and safer option. If you'd just like to enjoy the aroma of your oils, then put a few drops in a diffuser - there's no need to apply them to your skin.

(T) Topical:

If the issue you'd like to address is related to the skin, muscles, or other physical concern - then properly dilute and apply the essential oils. Add 2-3 drops to your hand and apply directly to the skin. When essential oils are applied to the skin, their healing components are absorbed into the bloodstream by the pores and hair follicles. Once inside the bloodstream, they disperse to the specific organs and systems on which they work.

SCENAROMA Therapy

SCENAROMA Therapy

Any method of SCENAR-treatment has analgesic/ pain relief effect. Selecting a zone of treatment for pain syndrome depends on the nature of the patient's pain/ painful feelings. Mode and parameters of the device do not have a significant effect on the severity of analgesic/ pain effect (the treatment algorithm is important). To enhance the analgesic/pain relief effect use special analgesic Essential oil as a supplement to the main procedure.

Note: Do not work with the coaxial electrode of the device while applying Essential Oils. Use external/remote electrodes that need to be cleaned after procedures.

Essential Oil Recipes:

1. General Body Pain Relief Oils: lavender, cedar wood, oregano, and peppermint - all have anti-inflammatory compounds that can help reduce swelling, eliminating inflammation-related pain.
2. Rheumatism Relief Oils: rosemary and juniper berry - alleviate soreness and tenderness linked to arthritis.
3. Aches and Pain Relief Oil: Sweet almond oil shields your body from oxidative stress, which is one of the causes of chronic inflammation and pain.
4. Joint and Muscle Pain Relief Oil: Neroli oil provides an aromatherapy benefit that helps in alleviating pain.
5. Colds, Coughs, and Respiratory Distress: Marjoram, eucalyptus, tea tree, thyme, lavender, clove, and peppermint oils all help with the myriad symptoms of upper respiratory disorder.
6. Boosting Energy: Lemon, grapefruit, orange and other citrus, cedar, bergamot, jasmine, ginger, and pine oils.
7. Stress Relief: Lavender, coriander, peppermint, rosemary, sage, chamomile, rose, and frankincense.
8. Musculoskeletal Soreness Essential Oil Blend is designed to help in reducing soreness related to muscles, ligaments, and bones.

This blend includes Birch and Lemongrass (this method introduced by Dr.Tennant).

How to apply:

(T) Topical: Put 2-3 drops in your palm. Rub both hands together to cover both sides of your hands. Hold hands a few inches from your nose and inhale. Rub hands on the bottom of the feet or directly on the area of concern.

Contraindications:

- Do not use it orally;
- Not recommended for people with epilepsy and hemophilia;
- Do not apply it one week before and after any surgery;
- When taking antidepressants/CYP2B6 substrates.

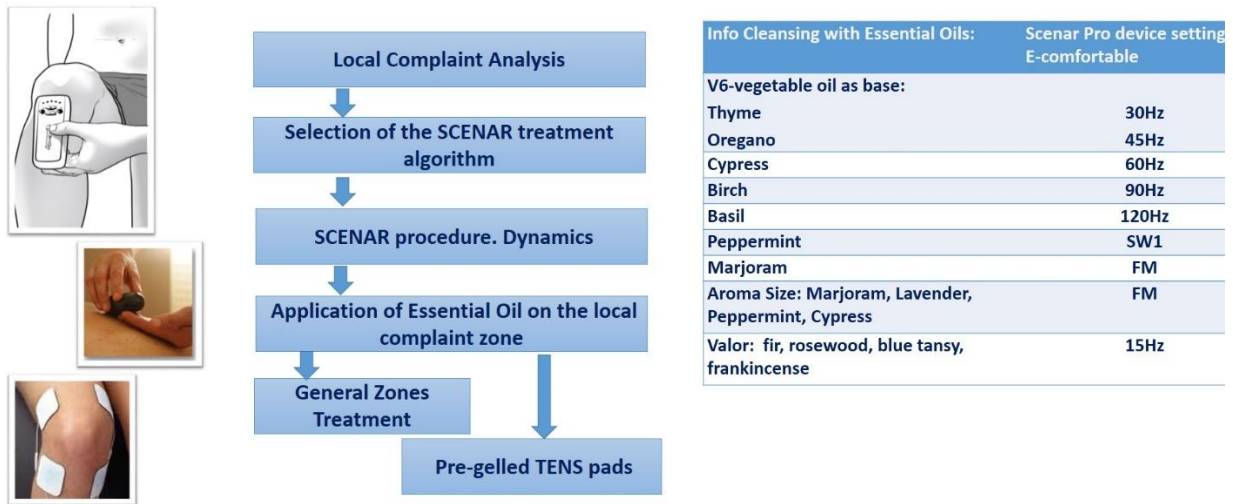
SCENAR therapy.

Healing Sports Injuries 85 Sports injuries respond exceptionally well to SCENAR treatment.

This is because many of them rely on the body's ability to recover naturally; by helping that process along recovery time can be significantly reduced. It has been shown that the sooner you begin SCENAR treatment after the injury, the sooner you can return to training. Athletes around the world all recognize SCENAR ability to accelerate recovery from acute injuries. This is why it

SCENAROMA Therapy

has become an important part of many professional sports clubs' toolset, as they seek to keep their athletes fit - and at peak performance levels - throughout the season.



According to Dr. Jörg Prinz, SCENAROMA combines two unique healing techniques: SCENAR and AROMA Therapy. Aromatherapy using biologically grown essential oils has many benefits: reduce anxiety, ease depression, boost energy levels, speed up the healing process, eliminate headaches, boost cognitive performance, induce sleep, strengthen the immune system, reduce pain, improve digestion, increase circulation. Some of the effects overlap with those of SCENAR therapy. Combining these two methods has a strong complementary effect on the patient's well-being. It is a very relaxing application especially when applied to the back. The essential oils seem to penetrate deeper into the skin and the effects last longer.

Transdermal drug delivery uses electroporation effects, with the possible delivery of non-polar drugs, including high molecular compounds (hyaluronic acid).

Device settings: F (Frequency) - 180 Hz, Int - 8, Gap - 10 (default).

You can use any NSAID on the gel basis, formulations and prepared ex tempore. Prior to and after drug delivery, the electrode must be cleaned and disinfected. Drugs cannot be delivered after the oil lubricating the skin! Delivery of substances is possible only on the clean skin!

We recommend that you do not solely rely on the information presented and that you always read labels, warnings, and directions before using or consuming a product.

Information and statements regarding these essential oils have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

Reference list:

1. Ya.Grinberg "Effectiveness of SCENAR Therapy" Taganrog 1994.
2. A, Cherkasov "Central effect of SCENAR applications" Rostov on Don 2001.
1. Introductory Level to SCENAR ABC's" (Subjective Dosed Mode) D-0
2. "Experimental Studies Of The Influence Of Lymette Essential Oil Inhalations On The Human Skin Electric Conductivity Index" (<https://elibrary.ru/item.asp?id=25999865>)

SCENAROMA Therapy