


# 2<sup>nd</sup> WEEK:



**3 - PROCEDURES  
SCENAR therapy**

**The best way to boost your  
immunity this holiday season**

## 4<sup>th</sup> PROCEDURE- Immune boost for the season

### SCENAR TECHNIQUES:

- Facial Lymphatic Drainage massage on face
- “LAMBS”/“Clouds to prevent partial oxygen pressure
- “Spirals” on abdominal zone

## 5<sup>th</sup> PROCEDURE - Immune boost for the season

### SCENAR TECHNIQUES:

- Facial Lymphatic Drainage massage on face
- “Zones of General Adaptation Systems ”  
(SCENAR TECHNIQUE “15 POSITIONS”)
- “Spirals” on abdominal zone

## 6<sup>th</sup> PROCEDURE - Immune boost for the season

### SCENAR TECHNIQUES:

- Facial Lymphatic Drainage massage on face
- Special local treatment of the tongue
- “Basic Energy Vaccination”

## **4<sup>th</sup> PROCEDURE (Day 4) - Immune boost for the season**

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- Facial Lymphatic Drainage massage on face
- “LAMBS”/“Clouds to prevent partial oxygen pressure
- “Spirals” on abdominal zone

# The body is an integrated network where all the organs are interrelated.

Our body is a true marvel when it comes to supporting us in the search for clues. Every part of our body is connected, even on a physical level, to an extraordinary number of other body regions. Thus, the overall condition of our body is reflected in our face, our hair, our tongue, our earlobes, our hands and feet, and in countless other places. It is therefore not necessary to examine our internal organs themselves to know how they are doing. It is perfectly sufficient to observe the external indicators, such as the corresponding facial features. In this context, our face can reveal a great deal about the condition of our organs and about our psychological and emotional problem areas.

Our face vividly shows us the issues we are not even aware of.

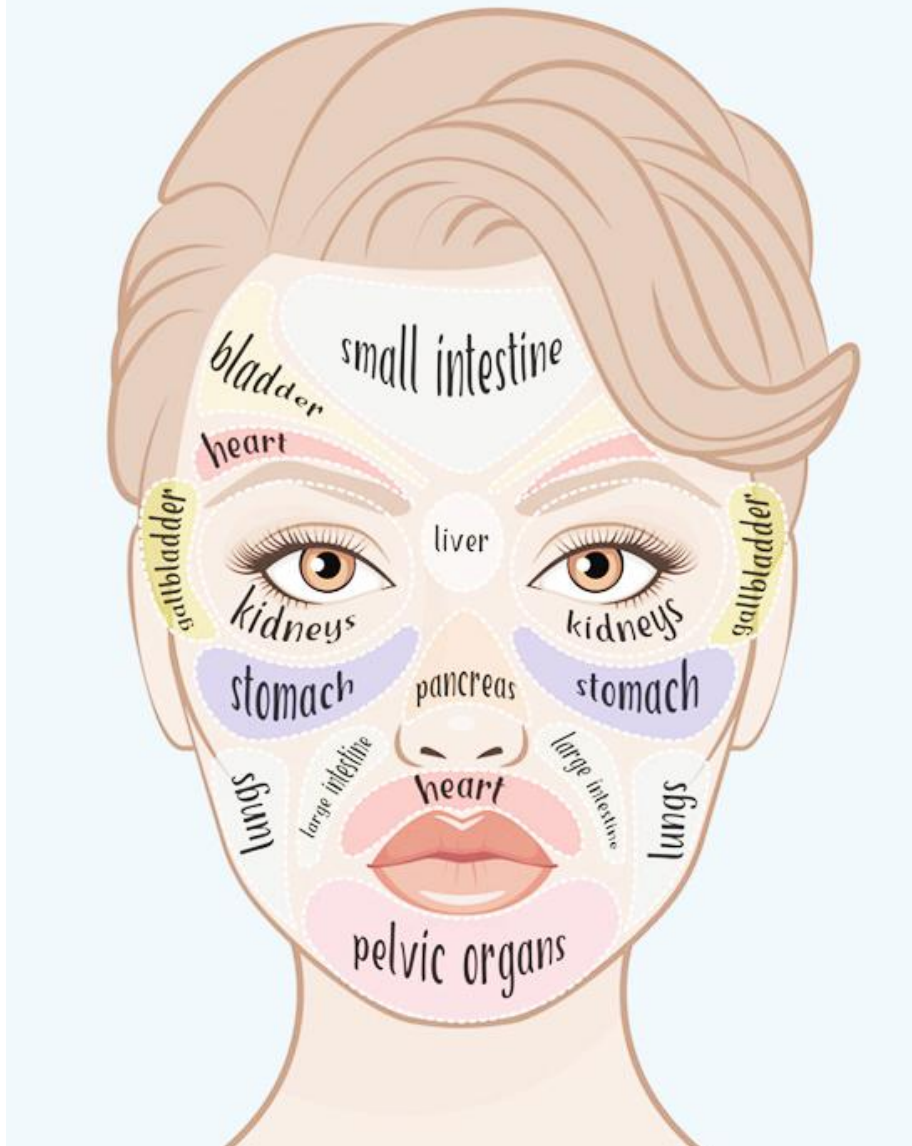
Our face is, in a sense, the mirror of our soul. It is a portal through which we clearly express our feelings, emotions, thoughts, moods, and states of mind.

At the same time, it is also the part of our body through which we perceive our external world most intensely. Nowhere else are so many meridians, or energy pathways, of the sensory organs located so close together. It is no wonder that even our organs, which themselves are often unable to draw attention to themselves, clearly show their condition through wrinkles, discolorations, moles, and skin changes on our face. Damage to and weakening of the organs, as well as physical disorders, can be detected on the face up to seven years before they actually become acute.

# FACE MAPPING

## SHOWING THE CORRESPONDENCE BETWEEN AREAS OF THE FACE AND INTERNAL ORGANS

Immune-Boosting Procedures for the Season



# Facial Lymphatic Drainage Massage

Lymphatic drainage massage therapy with SCENAR impulse is a delicate form of massage utilizing gentle strokes to encourage the flow of blood circulation and body tissue fluid through the body, aiming to revitalize and refresh.

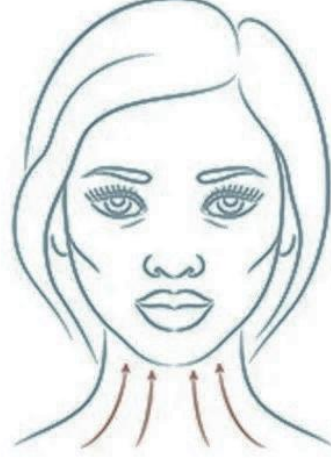
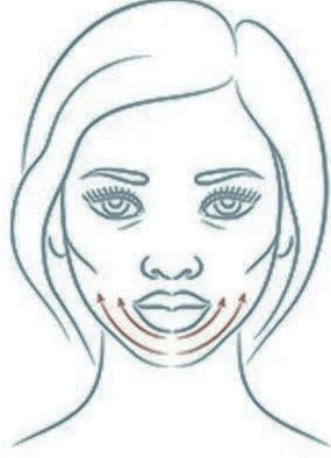
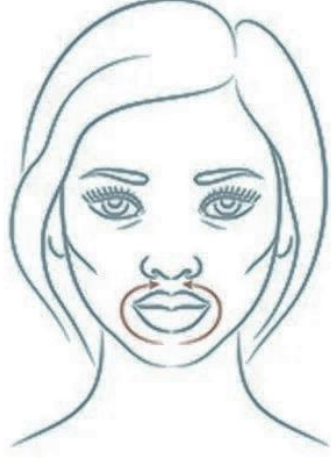
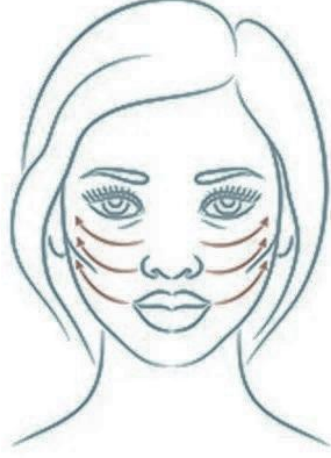
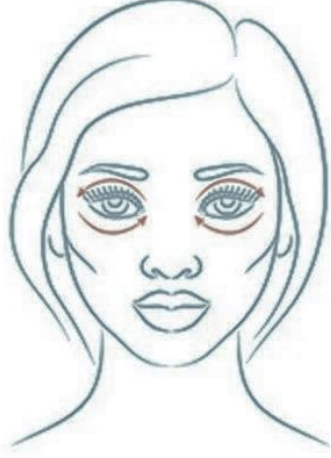
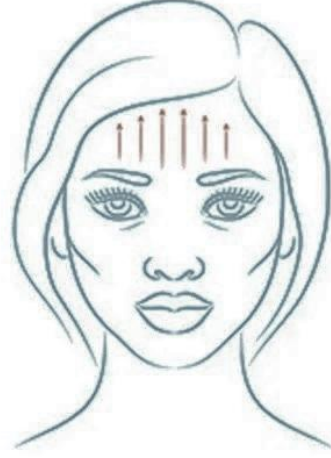
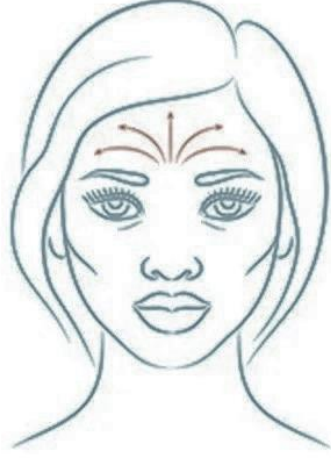
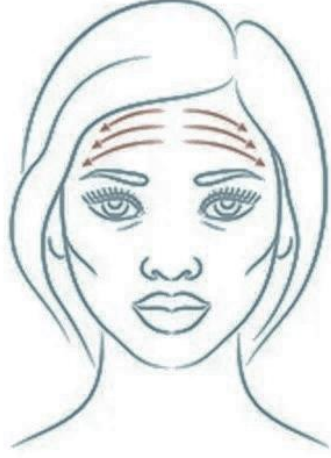
It works as a “detox” for the body, relieving the symptoms that occur with minor health issues such as headaches, menstrual cramps and general fatigue.

This treatment has the added advantage of improving skin texture and the appearance of cellulite. Lymphatic drainage massage is used for revitalizing nutritive and detoxification effect on skin. It improves blood supply and metabolic processes in muscles.

Treatment zones recommended can vary, since maximal muscle contractions can be achieved on different points in different patients due to individual positioning of facial muscles and nerves.

To find the proper areas slightly move the electrode and until the maximal muscle tension is reached.

# Immune-Boosting Procedures for the Season

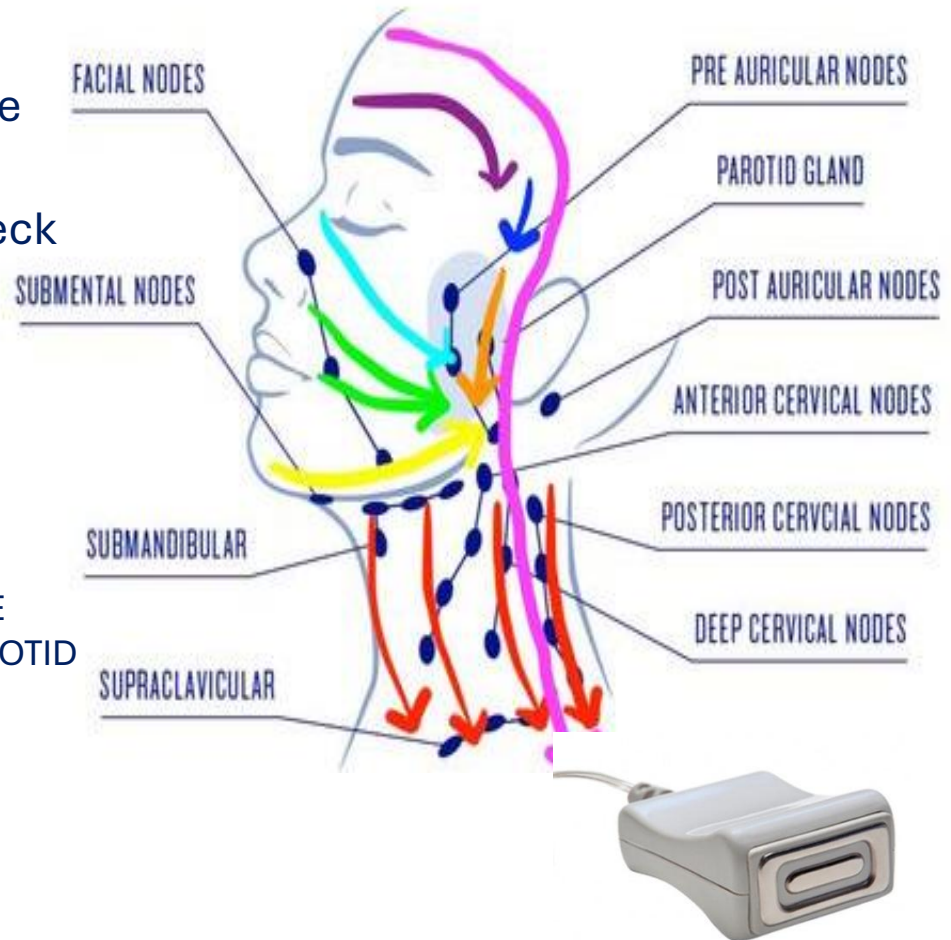


# Facial Lymphatic Drainage Massage

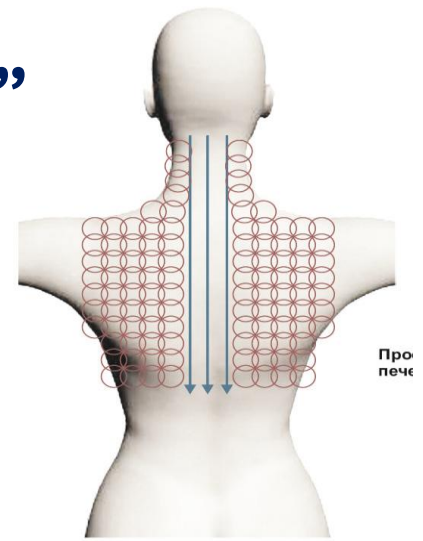
- Improvement of lymph efflux
- Skin rejuvenation
- Face color improvement
- Skin elasticity improvement
- Skin decongestion (eye bags and 'blue eyes')
- Wrinkles and folds on skin of face, neck (double chin) are diminishing
- Blood supply of face improvement
- Strengthening of face turgor
- Skin aging decelerates

!!!! DO NOT HOLD OR PRESS ELECTRODE INTO THE DEPRESSION POINTS (PULSE POINTS) OF THE CAROTID ARTERIES OR ON THE ESOPHAGUS

## FACIAL DRY BRUSHING



## SCENAR Technique “LAMBS”/“Clouds” to prevent partial oxygen pressure



“Lambs”/ “Clouds” technique is used for the treatment of any lung, bronchial, nose or breathing complaint, as well as to reduce coughs and release tension in the back.

This technique can also be used as a reciprocal treatment zone for headache, constipation and heart problems.

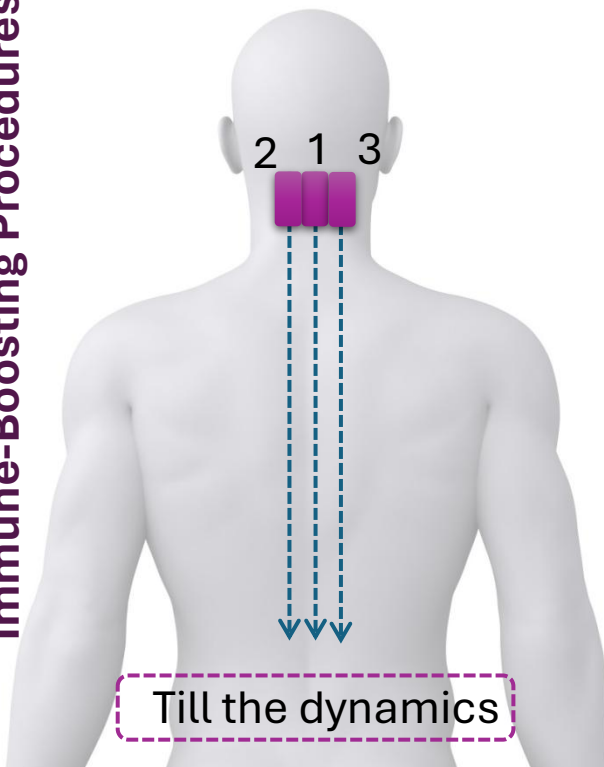
In this technique a circular spiral-like movement is made with the device on the back from the sides to the spine, starting at the lower ribs and moving upwards towards the neck.

The treatment should be performed until a uniform reddening (hyperemia) of the skin is achieved.

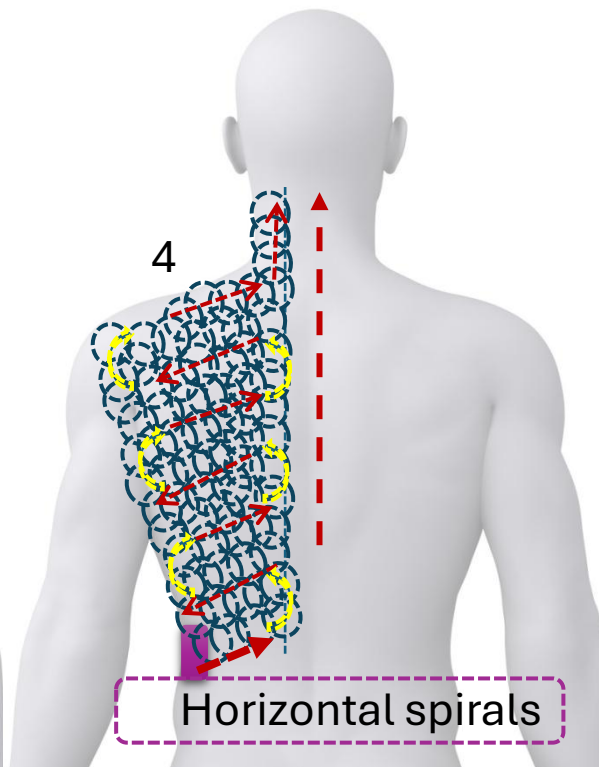
# SCENAR Technique “LAMBS”/“Clouds”



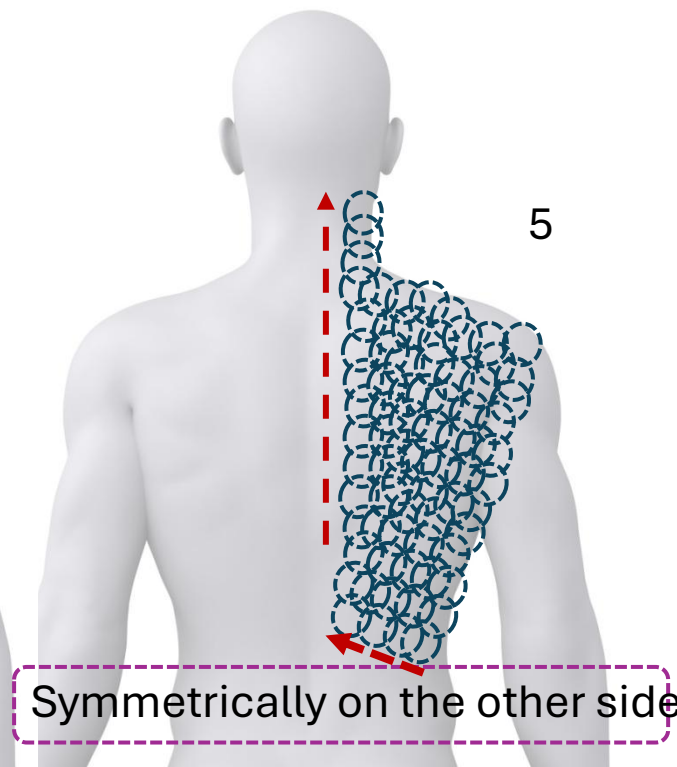
1. Route



2. Route



3. Route



Immune-Boosting Procedures for the Season

# SCENAR Technique “LAMBS”/“Clouds”

1. Turn on SCENAR. F-90.7Hz (default). Use other Frequencies depending on the complaint (acute or chronic). Patient can be lying in prone position (face down).
2. Increase Energy to a comfortable level whilst on the skin outside the area of treatment - begin by placing the device on the shoulders and slowly increase Energy level until the patient feels a comfortable ‘tingling’ sensation. Also place SCENAR on the opposite shoulders to begin the body noticing differences: ask the patient what difference they experience in the feelings of SCENAR impulse between both shoulders.
3. Move the device with the electrode vertical slowly and firmly from hair line down the central spinal route to the level of the 12<sup>th</sup> thoracic vertebra for a total of 3 times.
4. Move the device down the left paravertebral route to the level of the 12<sup>th</sup> thoracic vertebra for a total of 3 times.
5. Move the device down the right paravertebral route to the level of the 12<sup>th</sup> thoracic vertebra for a total of 3 times.
6. Beginning at the outer edge of the left 12<sup>th</sup> rib, make small circular movements towards the spine. Continue these circular movements, moving up the back while moving from lateral to medial.
7. Move to the outer edge of the right 12<sup>th</sup> rib, make small circular movements towards the spine. Continue these circular movements, moving up the back while moving from lateral to medial.
8. Find Small Asymmetries and use the 4-direction technique to create a dynamic in Small Asymmetries.

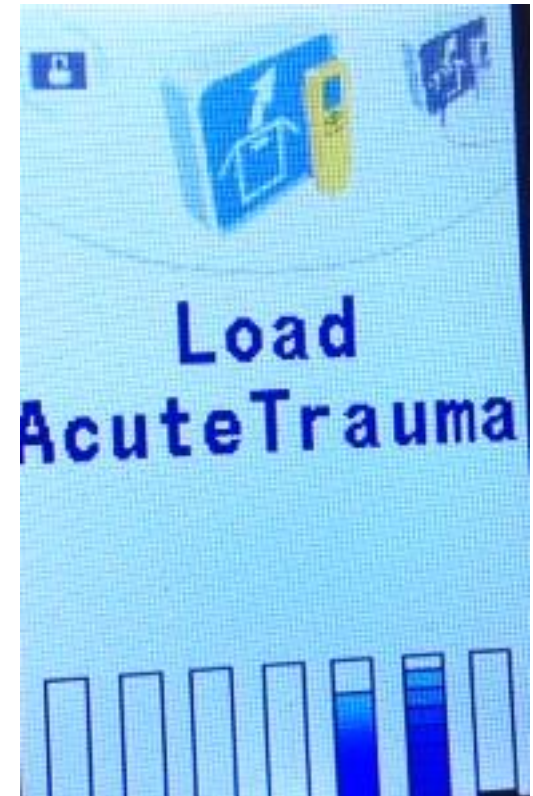
# SCENAR Technique “LAMBS”/“Clouds

If the condition is in the acute state, treat the rear surface zones of the thorax from the medial sideline towards the center and up from underneath, alternating the right and left sides according to the rules of work in SDM.

**Presets : “Fast Aid” or “Sub Acute” (Chronic Pain)**

**Device settings:**

- F-90,7(60) Hz, Int - 8, Gap-80
- FM
- SW1 (SW2-3-4)
  
- *Acute pain*– Int-8; Gap 60 - 80
- *Chronic pain* – Int 2-8; Gap–10-20



# SCENAR Technique “Spirals” on abdominal zone

Immune-Boosting Procedures for the Season

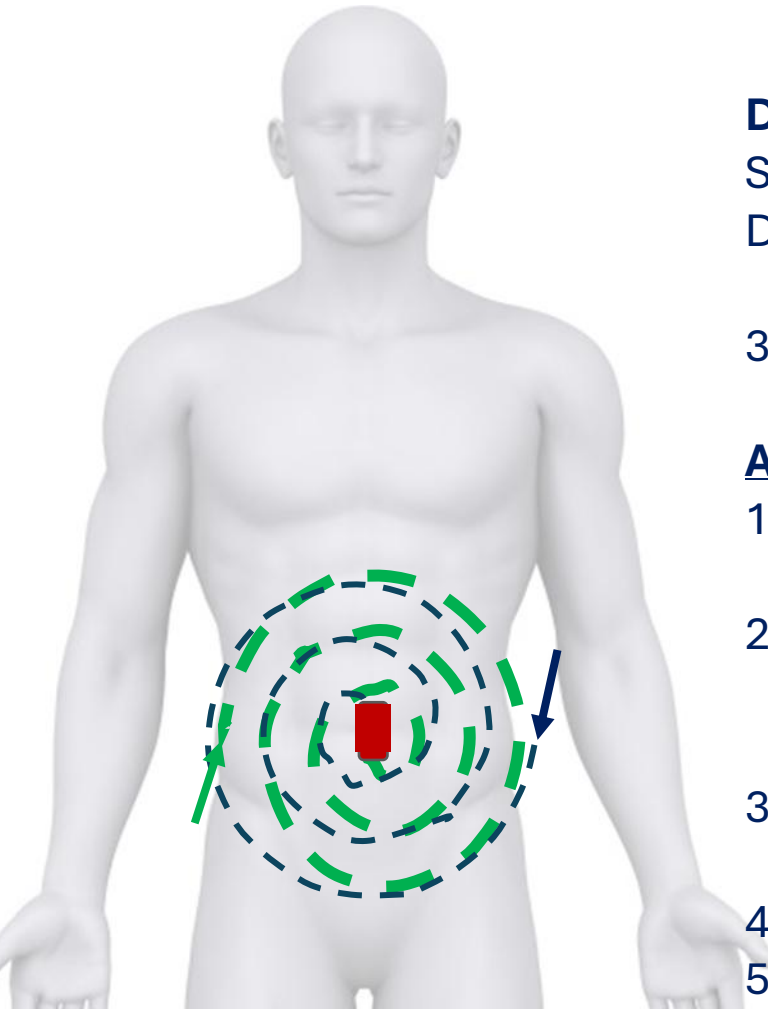
## Device settings:

SCENAR FORCE Presets: **Preparation. High FM**  
D-0, FM, SW, E – comf.

300Hz → 15 Hz → , 120 Hz

## Algorithm:

1. Hold the electrode in vertical position in the projection of the umbilicus for 5 seconds.
2. Move corkscrew to the periphery to the bony spurs (xiphoid angles ribs, pelvic bone combs, symphysis).
3. Perform 3 laps counterclockwise over the bony spurs.
4. Perform 3 laps **clockwise**.
5. Return to the umbilicus and hold for 5 secs.
6. Repeat the algorithm 3 times



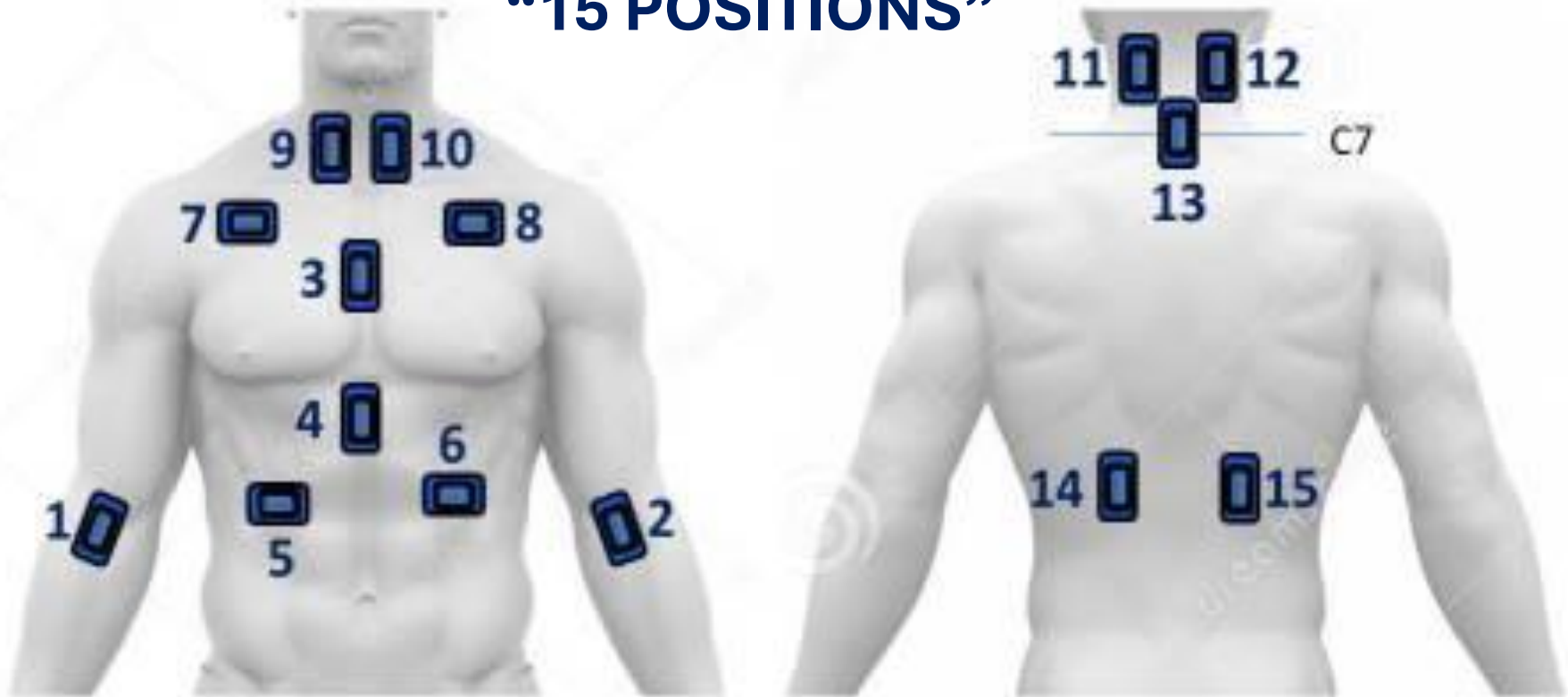
## **5<sup>th</sup> PROCEDURE (Day 5) - Immune boost for the season**

### **SCENAR TECHNIQUES:**

- Facial Lymphatic Drainage massage on face (see 4<sup>th</sup> Procedure/Day 4)
- “Zones of General Adaptation Systems ”  
(SCENAR TECHNIQUE “15 POSITIONS”)
- “Spirals” on abdominal zone (see 4<sup>th</sup> Procedure/Day 4)

# Zones of general adaptation systems

## “15 POSITIONS”



The purpose of the procedure is to help the body restore the balance of the central nervous system, increase adaptive capabilities and strengthen immunity.

As a preventative measure, this procedure is performed twice with an interval of 2 weeks.

After a respiratory illness - once. Perform this technique for often sick and weakened people with reduced immunity once a month.

# Zones of general adaptation systems

1. Center of the ulnar fossa of the right arm
2. Center of the ulnar fossa of the left arm
3. Mid body of Sternum
4. Xiphoid process (on the border of areas)
5. The angle of the costal arch on the right (boundary of areas)
6. Left hypochondrium
7. Subclavian fossa on the right
8. Subclavian fossa on the left
9. On the front of the neck to the right of the trachea
10. On the front of the neck to the left of the trachea
11. On the back of the neck in the projection of the occiput on the left
12. On the back of the neck in the projection of the occiput on the right
13. Projection of C7
14. Left adrenal projection
15. Right adrenal projection

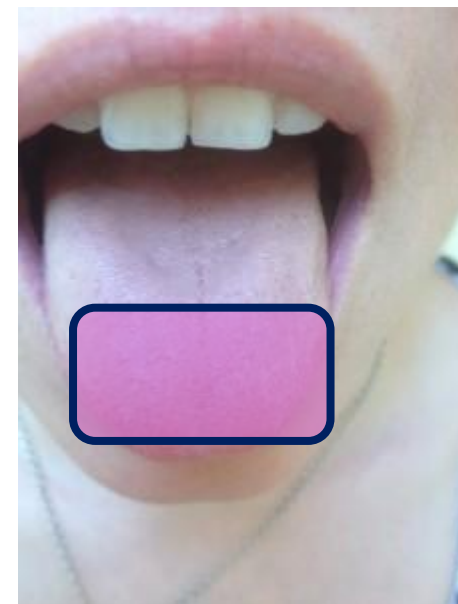
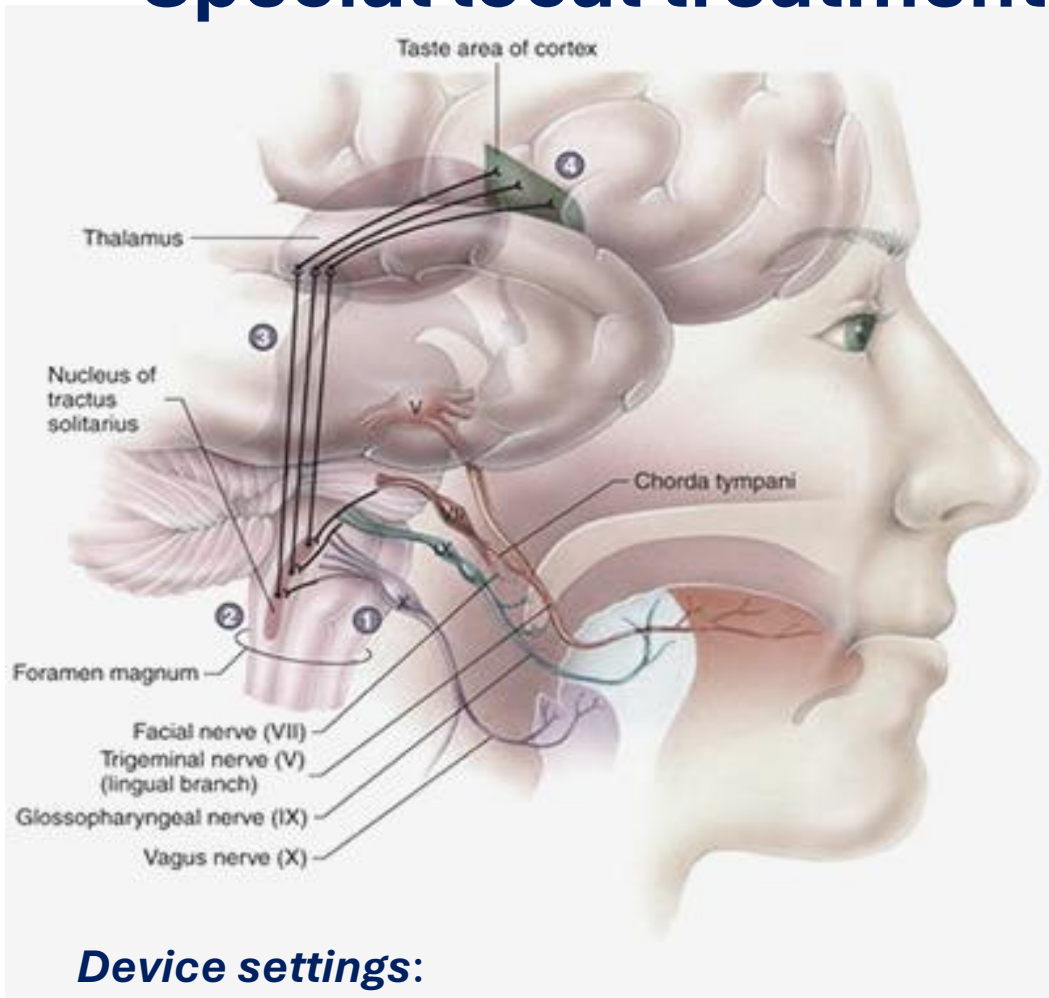
All these points are in the projection of the active zones associated with the adaptation system. These are meridians, chakras, projection of endocrine glands, lymph nodes.

## **6<sup>th</sup> PROCEDURE (Day 6) - Immune boost for the season**

### **SCENAR TECHNIQUES:**

- Facial Lymphatic Drainage massage on face (see 4<sup>th</sup> Procedure/ Day 4)
- Special local treatment of the tongue
- “Basic Energy Vaccination”

# Special local treatment of the tongue



## Device settings:

D-0, F – 40 Hz, 1-2-3-5 min

E – comfortable/sub comfortable.

## Algorithm:

1. Place the electrode on the tongue.
2. Hold for 5 mins

# SCENAR Technique

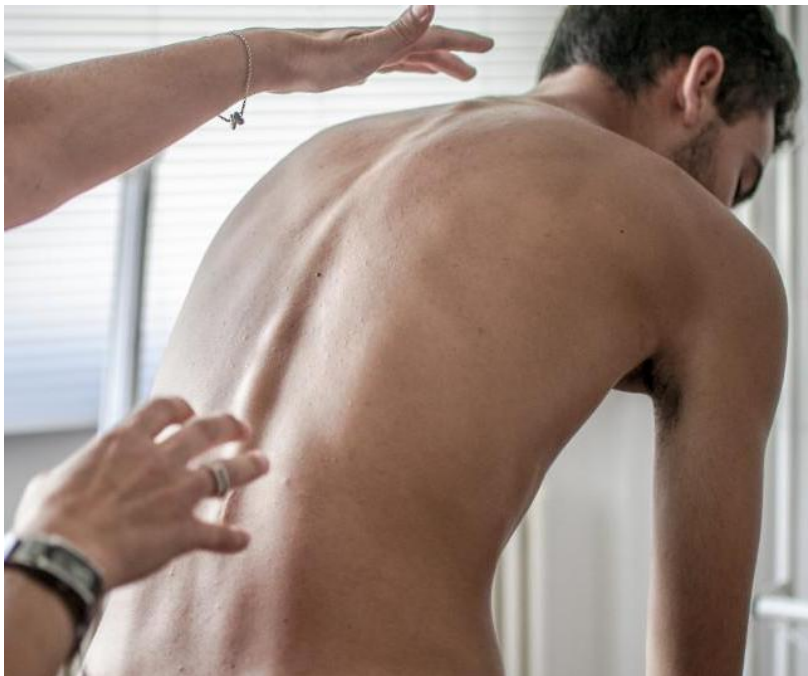
## “Basic Energy Vaccination”

Everyone knows that we use vaccinations with specific anti-gene to activate our body to produce specific anti-bodies which protect us from certain infections.

It is a preventive action to help the body to protect itself from anti-genes.

“Energy vaccination” is a universal treatment to adaptation system which normalizes its work and improves non-specific protection of our body.

Perform “**Energy vaccination**” on the projection of sympathetic part of autonomic nervous system – **from C-7 to Th-12.**



### **Examination:**

Exam the shape of the spine in a straight-up position to see max discomfort point (point of pain).

# SCENAR Technique “Energy vaccination”

**1 stage** – palpate spinous processes 3 *times* and find the painful point, if minimum 2 points of pain are in the same area, pick the 1<sup>st</sup> one to get vaccination.

**2 stage** – in D-1 get IR’s 3 *times*, if minimum 2 greater IR’s are in the same area, get Dose (\*) and 2<sup>nd</sup> point gets vaccination.

## Possible variants :

1. You don’t find any points to get vaccination.
2. Both points are on one spot.
3. You found only one point.

This point gets **FMVAR 5 minutes**

E- comf

## Indications:

- Last procedure on the course
- During the break between the courses
- No dynamics during the course
- Serious chronic disorders
- Emotional, mental problems
- Anti-stress protection during tests, hard work, epidemic – 2 weeks before these events.

