



# ***Cinderella Beauty Protocol with SCENAR Devices***

*by Irina Kossovskaja, MD, P.H.D., D.N.M.*

*Energy of Transformation*

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# The Aging Skin

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*“Aging is an issue of  
mind over matter.  
If you don't mind, it  
doesn't matter.”*

Mark Twain

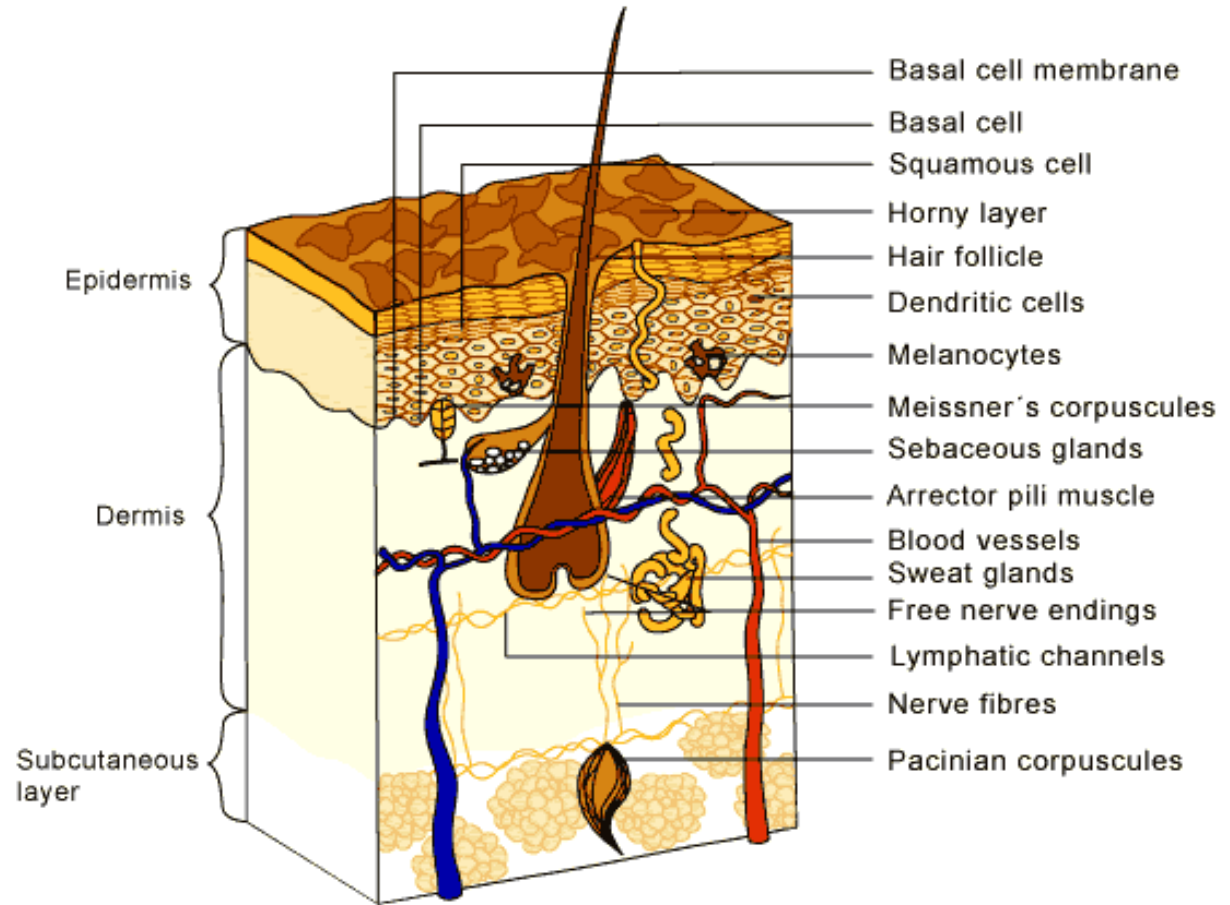


*Inside every older woman is a younger woman –  
wondering what the hell happened ☺*

# The Skin



With a total surface of about **1,8 m<sup>2</sup>** and a total weight of about **11 kg**, our skin is the largest human organ.





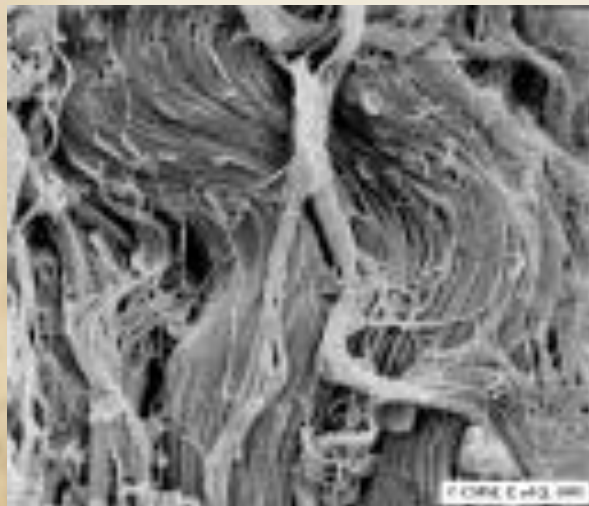
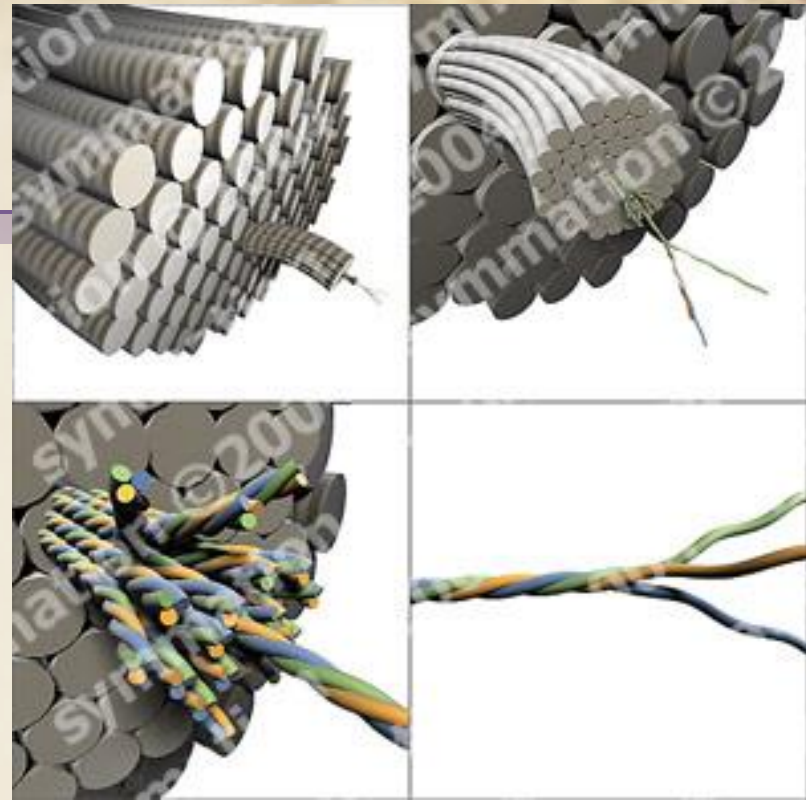
# Collagen



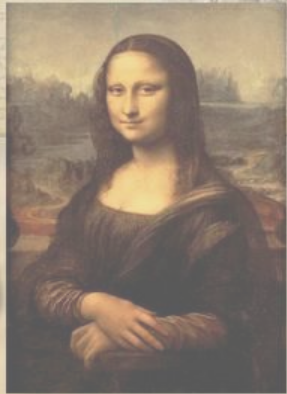
Life is a string of complex molecules: **polymers**.  
Nature's most abundant protein polymer is **collagen**.  
More than *a third* of the body's protein is collagen.  
Collagen makes up **75%** of our skin.

## ❖ Collagen:

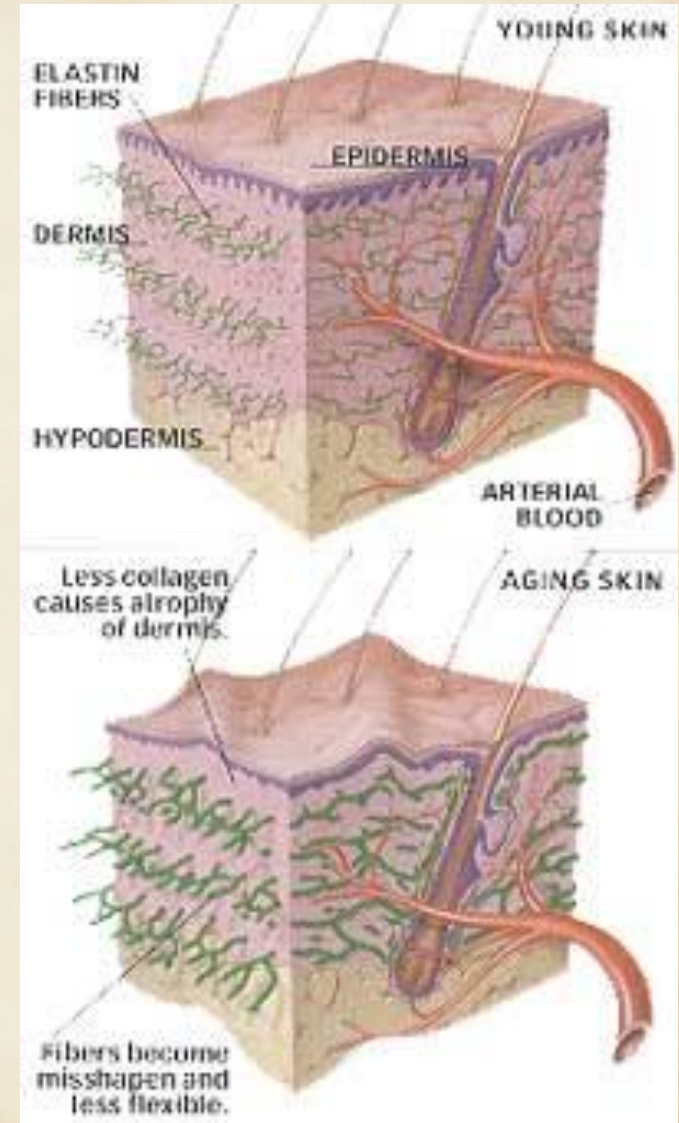
- ❖ acts as a scaffolding for our bodies;
- ❖ controls cell shape and differentiation;
- ❖ is why broken bones regenerate and wounds heal, why blood vessels grow to feed healing areas;
- ❖ collagen is the fibrous protein constituent of skin, cartilage, bone, and other connective tissue;
- ❖ the Collagen mesh provides the blueprint, the road map and the way.



# The Aging Skin

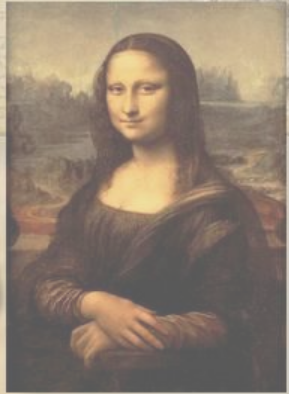


- ❖ Epidermal cells become thinner and less sticky.
- ❖ Epidermal cells decrease **10%** per decade and divide slower.
- ❖ Dermal layer thins, less collagen is produced, and elastin fibers wear out.
- ❖ Sebaceous glands produce less sebum, and the number of sweat glands decreases, resulting in skin dryness.
- ❖ The rete-ridges of the dermal-epidermal junction flatten out, making the skin more fragile and easier to shear.
- ❖ In the subcutaneous layer the fat cells get smaller, leading to wrinkles and sagging.
- ❖ The number of melanocytes decreases.





# Your Healing FUSION Tools





# Helpful SCENAR Accessories



**NOTE:** these remote attachments are FDA cleared.

## SCENAR THERAPY with SHUTGITE ELECTRODES

Shungite is one of the most unique therapeutic stones that is said to be 2 billion years old. It is widely used in cosmetology and as a base for some natural medicines. Now it can be used to enhance the rejuvenation effects of SCENAR therapy.





# Healing FUSION Effects

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## On a **cellular level** :

- ❖ *Re-energizes cell membranes* to allow transport of essential nutrients across cell walls;
- ❖ Stimulates production of *ATP* , contributing to cellular repair, reproduction and functional ability;
- ❖ Increases local blood and lymphatic *circulation*;
- ❖ Improves *tissue oxygenation*;
- ❖ Modulates *local temperature*;
- ❖ Enhances *SOD levels* and *nitric oxide* production;
- ❖ Increases *nerve cell action potential*;
- ❖ Stimulates the *collagen synthesis*;
- ❖ Increases fibroblast proliferation as mediated *collagen production*;
- ❖ Accelerates *epithelial cell regeneration*;
- ❖ Increases *growth factor*;
- ❖ Increases *cell proliferation and regeneration*.





**Woman, 40 y. old – post-surgical healing after upper-lid blepharoplasty. SCENAR lymphatic drainage for 5 days, 45 in. a day. Post-surgical bruises and wounds healed within 5 days. Typical recovery – 10-14 days.**



# Cinderella Beauty Protocol

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Before



After



Before



After

Before and After **2** treatments





**Woman 33 y. old – Depression, fatigue, headache. All complaints disappeared after 30 min. of SCENAR therapy. Additional benefits – rejuvenation of the skin, improved mood, and a sparkle in the eye!!!**





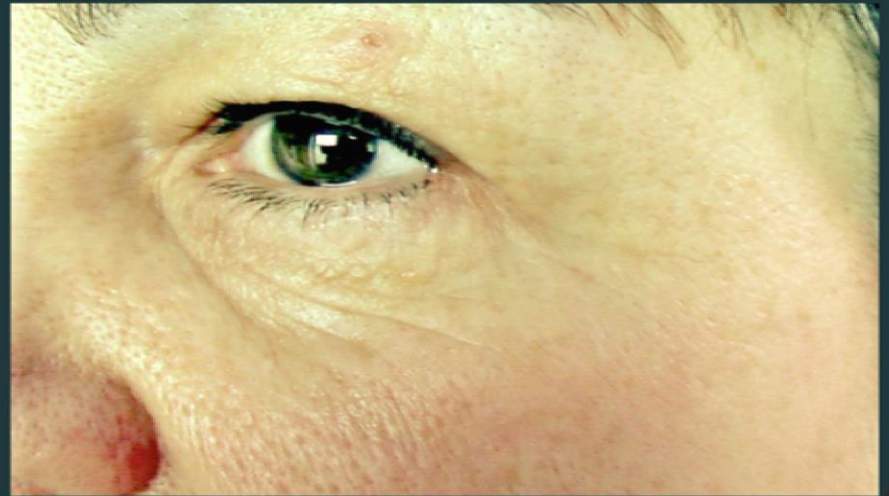
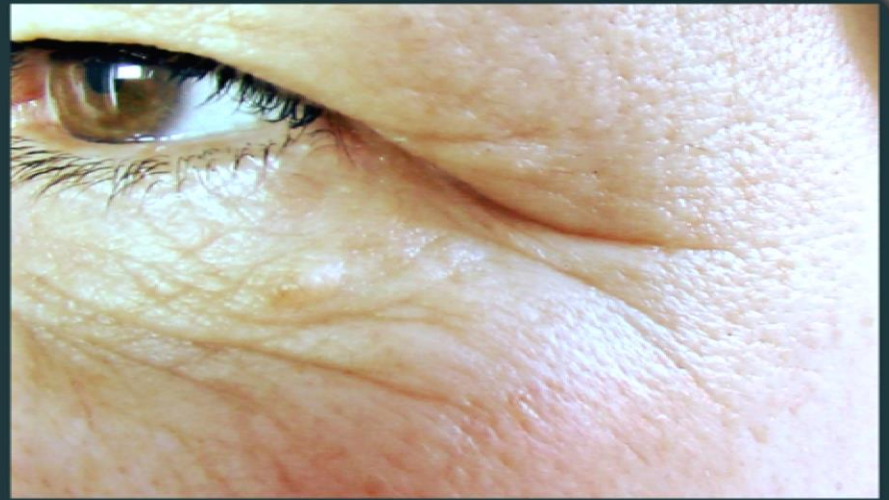
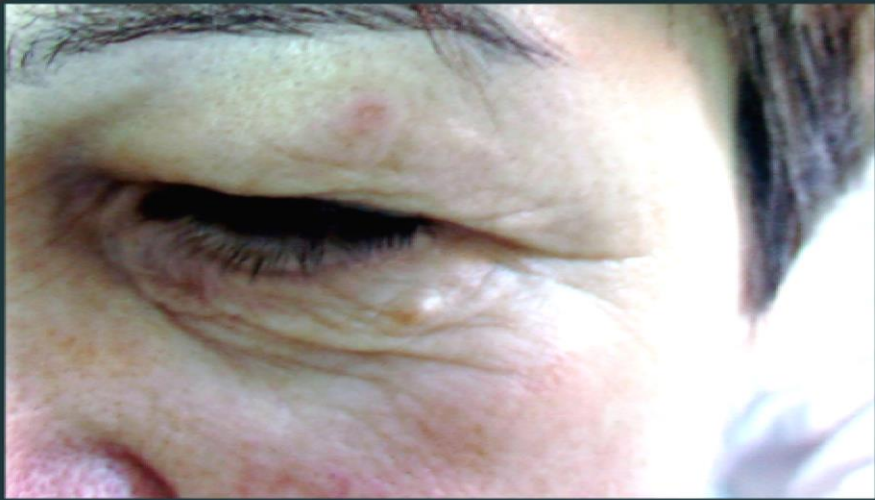
**Male, 64 y. old, was treated for depression. Ten 1-hour sessions of SCENAR THERAPY in 10 days. In the process of therapy, the skin tone improved, the second chin disappeared, wrinkles diminished, the entire face looked years younger. As a result, the client's self-esteem improved and he got out of depression.**





**Woman, 38 y. old – noticed deep wrinkles and sagging skin on the face after prolonged exposure to intensive sunlight. Complex Facelifting with SCENAR – 1 hour a day for 10 days. As a result, face looked substantially younger, skin tone improved, almost all wrinkles were gone, and mood improved as well.**





**Woman, 54 y. old. Substantial swelling of eyelids, constant tearing. Lymphatic drainage with SCENAR for 5 days for 30 min. per session. End result – eyes opened wider, swelling and wrinkles diminished a lot, tearing stopped, and even the eyesight improved.**

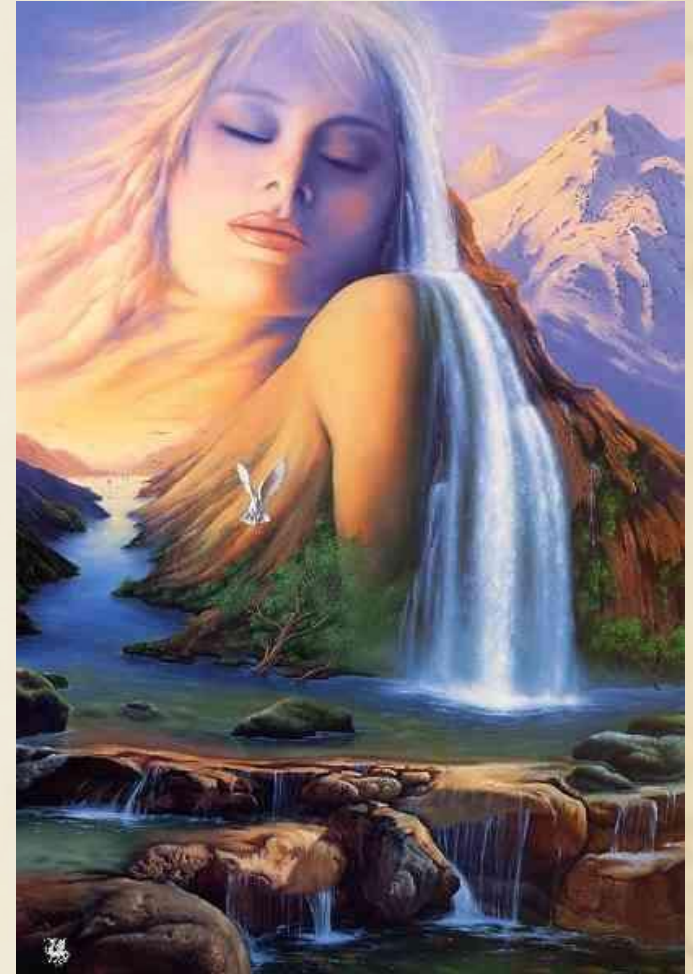
# Cinderella Beauty Protocol

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- ❖ Perform therapy **2-3** times a week, for a total of **10-14** sessions, working on a client.

- ❖ On yourself, work every other day for **20-30** min. and once a week for **45** min.





# Cinderella Beauty Protocol

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Cover your client with the Blanket during the procedure – and cocoon him/her in the Blanket for **15-20 min** after the session.

- ❖ **SOFT LASER** and **SCENAR** can be used on the same areas separately or **in combination**, in which case the time of therapy is substantially reduced and results are noticeably enhanced.

# Cinderella Beauty Protocol: SCENAR



- ❖ Use *high frequencies* (up to **360Hz**) apart from the eyes,
- ❖ *low frequencies* (about **15Hz**) around the eyes,
- ❖ *modulated frequency (Sw)* on the points,
- ❖ *pulsating mode (3:1)* on muscles.

**NOTE:** working with the SCENAR, **do not stretch the skin**; apply light pressure (just enough to keep contact with the skin).



# Cinderella Beauty Protocol

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## NOTE:

Stimulating particular areas of the skin on the face, you may trigger the *general body response*; be prepared to treat the entire system.

Emotional releases are quite common.

# STEP 1. Neck and shoulders

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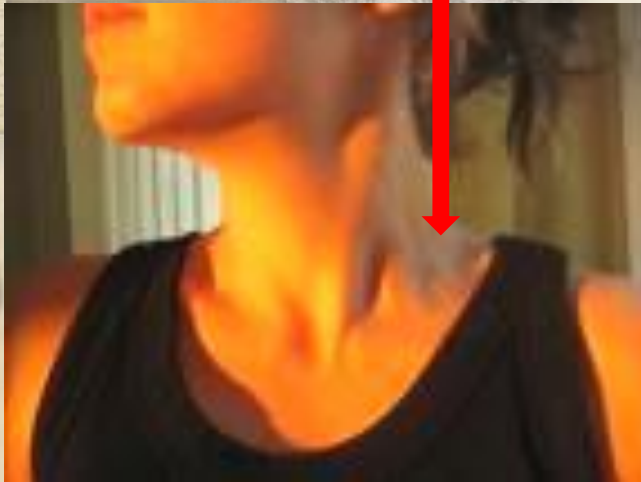
**NOTE:** This step can be performed with only one unit (LLL or SCENAR)

❖ Start on the back of the neck and shoulders with **LLL** (Mode **1**) and **SCENAR** (default mode) in stroking motions downward in a heartbeat rhythm, alternating between the units (one in each hand), first on the left side of the spine, and then on the right, for **3 min total**.



# STEP 1. Neck and shoulders

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❖ Perform the “**Little wings**” technique with the SCENAR.

Shungite 35mm or 45mm semi-spheres or flat discs remote attachments can be very helpful.



# STEP 2. Lymphatic neck massage

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“Today we cannot afford to neglect the importance of **lymph**. The two most serious signs of aging: **degeneration** and **atrophy**, have multiple causes, but the most important is, without a doubt, **dehydration** produced by the **slowing down of the lymph circulation**, because waste products poison and calcify the cells. It is, therefore, easy to understand that lymph stagnation is an obstacle that hinders a good development of cutaneous and organic function.

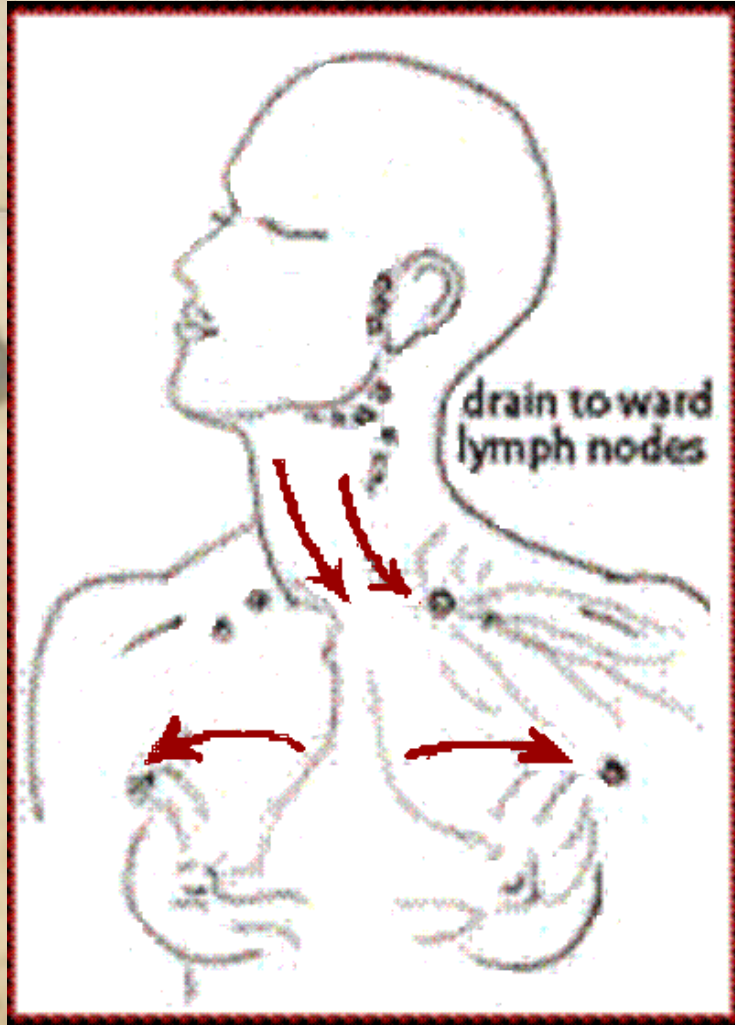
*When lymph circulates normally, the skin regenerates and heals particularly well.”*

*Dr. Vadder Paris-Copenhagen*



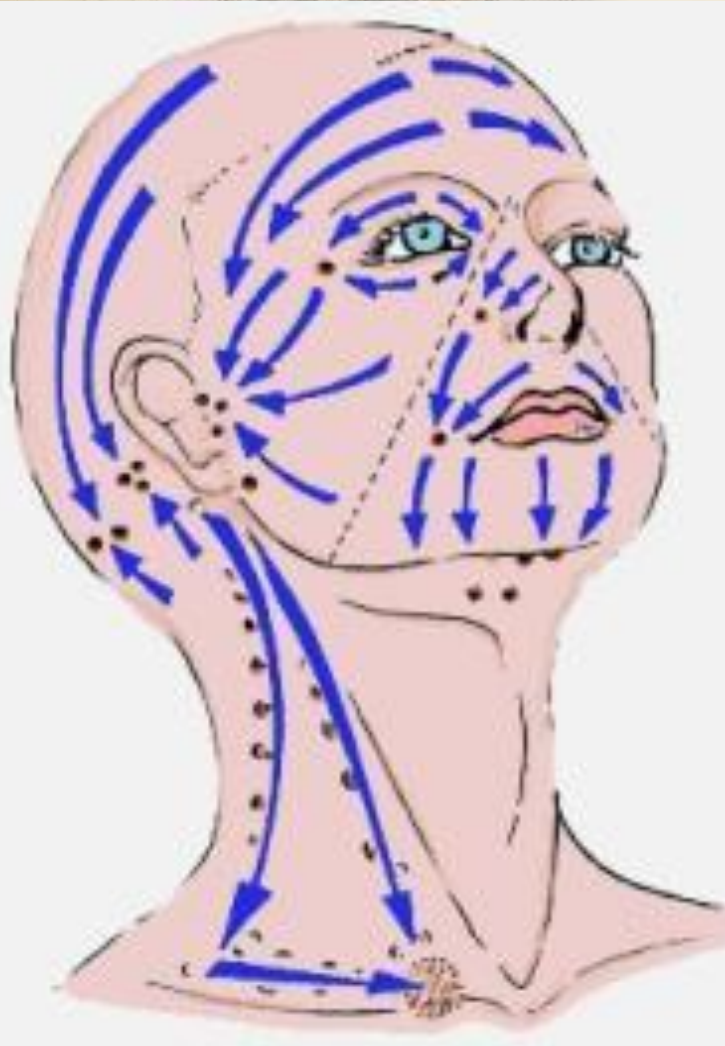
# STEP 2. Lymphatic neck massage

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- ❖ Start on the front of the neck in stroking motions with slight pressure, at least **90 sec.** on each side, moving downward from the jaw to the clavicle,
- ❖ - and from the sternum towards the underarms.

# STEP 3. Facial massage

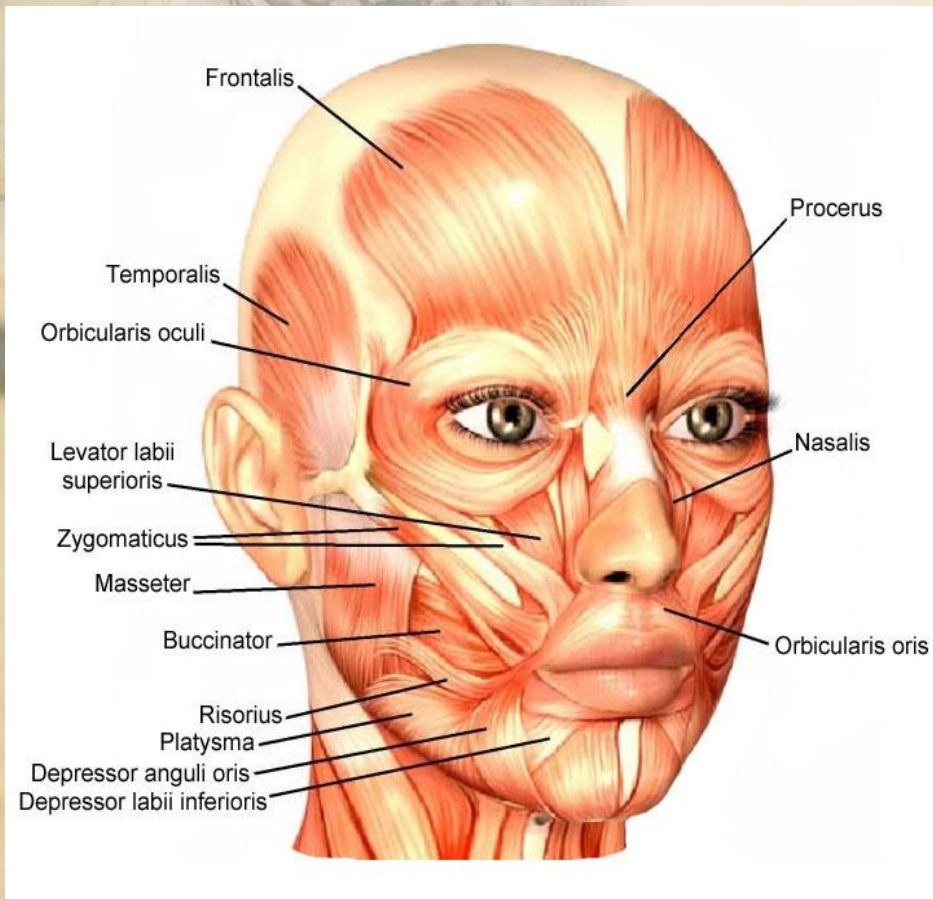


❖ Use SCENAR on each side of the face, covering the entire surface and moving from the top to the bottom and from the central line towards the ear (right side of the face first). Finish around the eyes.

**REMINDER:** use **high F (280-360 Hz)** on the face and neck and **low F (15 Hz)** around the eyes;



# STEP 4. Muscle stimulation

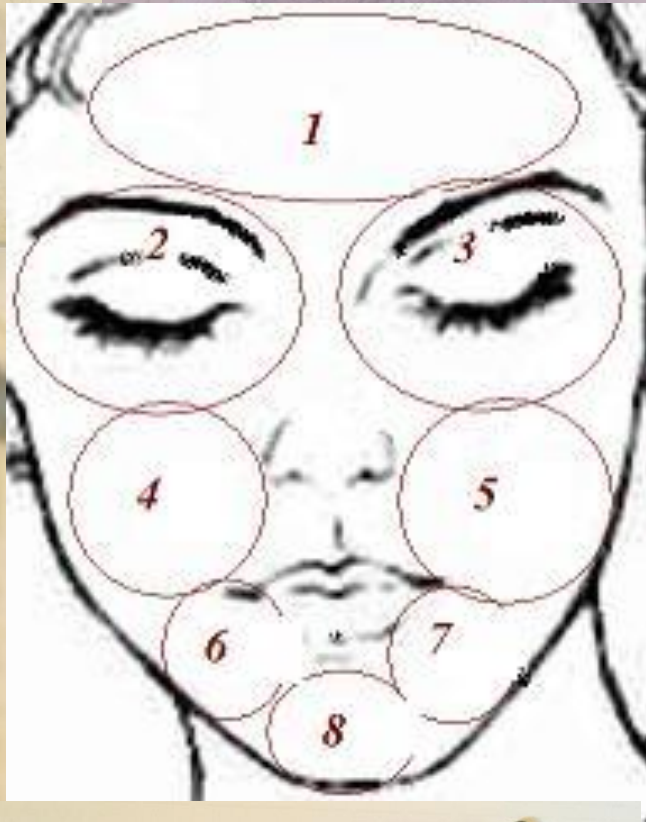


## Facial muscles

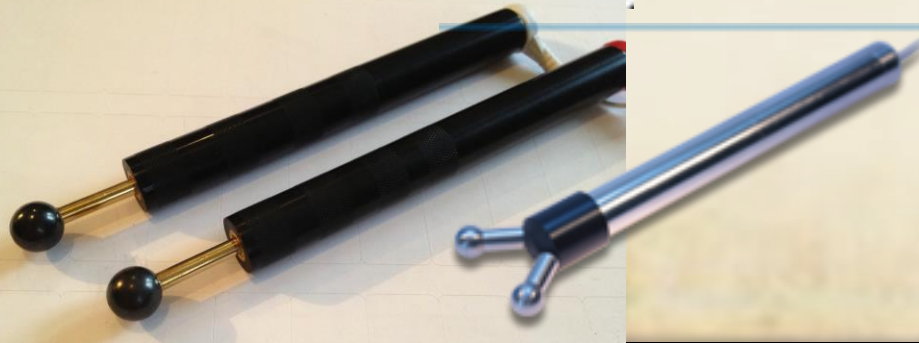
Many of the muscles in the face are attached **not to bones, but to each other**, or to the skin.

We use these muscles for a variety of *facial expressions* that convey our thoughts, moods, and emotions- and for such activities as *eating, speaking, and blinking*.

# STEP 4. Muscle stimulation



❖ Work on facial muscles with the SCENAR and small remote electrodes, starting with the forehead, then around the eyes, down from the nose to the cheeks, around the mouth and on the neck – treating *the origin* and *the insertion* points of every muscle causing **visible contractions of muscles** (separately on each side of the face).





# STEP 4. Muscle stimulation (most important points)

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- A)** Work **around the eyes**, centering the attachment on several points (separately on each side of the face):
- ❖ ***above*** the eye (on the edge of the orbit and around the eyebrow);
  - ❖ ***below*** the eye (just below the inner edge of the orbit);
  - ❖ **to the side** of each eye, slightly outside of the corner of the eye.

# STEP 4. Muscle stimulation (most important points)

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**B)** Place a pair of small semi-spheres up to the *side/front of the ear* stimulating the exit point of the *facial nerve*, separately on each side (you may need to make small circular movements at the side/front of the ear in order to catch the facial nerve in-between the semi-spheres).



# STEP 4. Muscle stimulation (most important points)

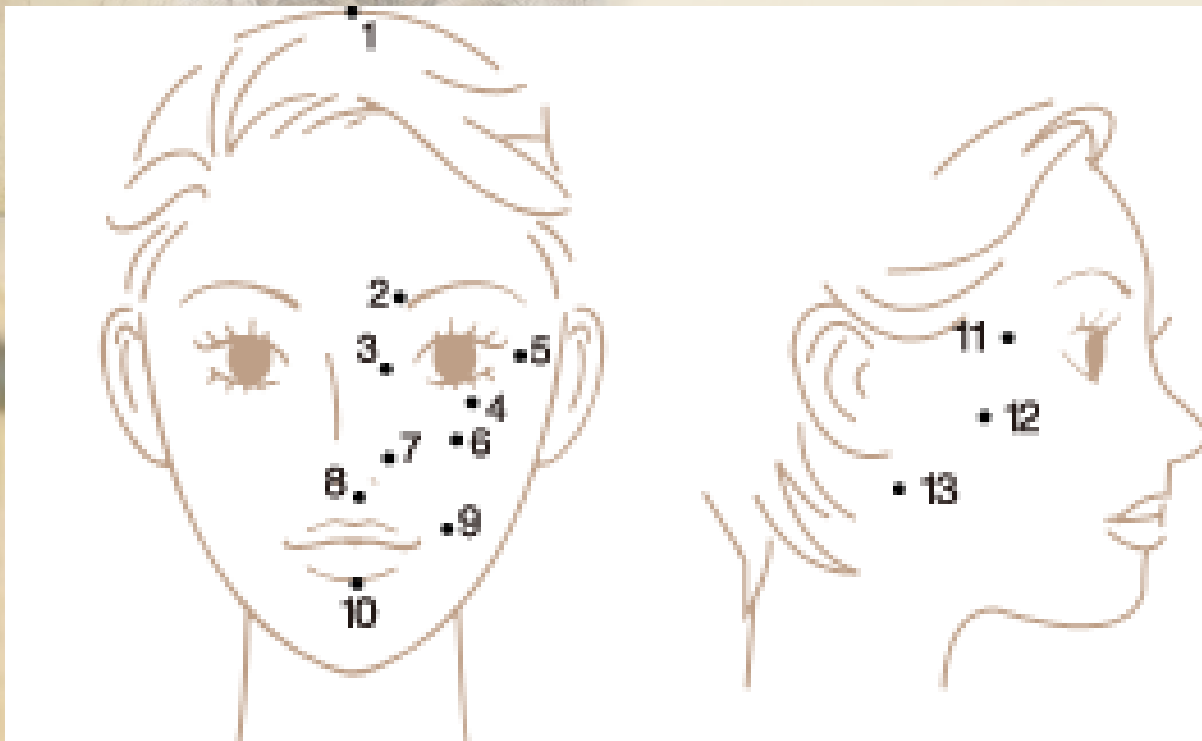
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**C)** Work **around the mouth**, positioning the attachments on several points (again, separately on each side of the face):

- ❖ along the naso-labial fold going around the side of the mouth;
- ❖ to the side of the chin parallel to the jawbone;
- ❖ in the middle of the chin.

# STEP 5. Key Points



There are **23** strategic points on the face (**10** symmetrical pairs and **3** single points) that are important to influence in order to restore the energetic and informational pathways responsible for the youthful look of the skin.

Use shungite mini-spheres to work on symmetrical points *simultaneously* (30 sec on each pair), and in any order – on single points.



# STEP 6. Wrinkle management

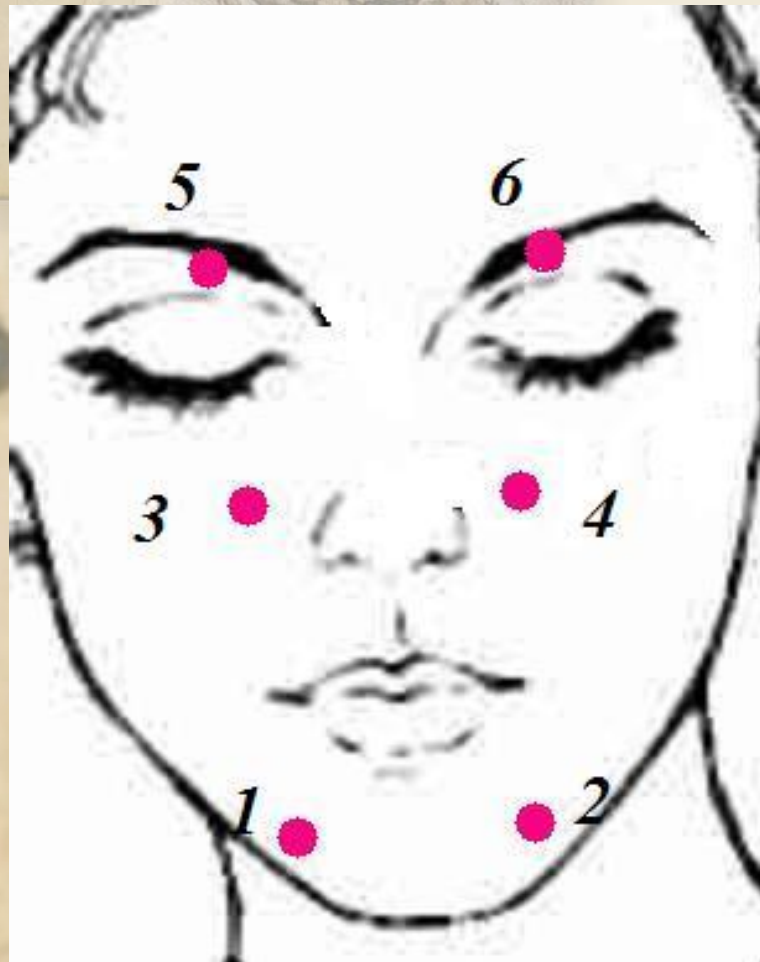
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- ❖ Use Q1000 **Low Level Laser** with **660 Enhancer** to work along every deep wrinkle.
- ❖ At the same time, place the SCENAR on the *TMJ area* and keep it steady or slightly massaging the point for **1-2 min.** on each side (use Frequency Modulation).

# STEP 7. Re-Balancing

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❖ Work on **6 points** on the face with the *SCENAR* (starting from the bottom right and finishing on the top left point) for **1 min. on each point**.

❖ At the same time, use Soft Laser sweeping it over the whole face & neck for **2"**.



# STEP 7. Re-Balancing

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❖ Finish the procedure on the **‘third eye’** position with SCENAR held steady or being slowly twisted clockwise for **2 min.**

❖ At this time, Q1000 can be held over the **crown chakra** (on the top of the head), and both devices finish the procedure simultaneously.

# STEP 7. Re-Balancing

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- ❖ Leave a client in the Solaris Blanket for **15-20 min.** to meditate. **Done!**
- ❖ The total procedure time - **30-40 min.**
- ❖ When working on yourself, some steps may be skipped, and total time reduced to **25-30 min.**





**Phone: 905.468.3103**  
**Toll-free: 855.468.0033**  
**Email: [support@healthboss.org](mailto:support@healthboss.org)**

**[www.HealthBoss.org](http://www.HealthBoss.org)**

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