

# NeoQi Cocoon treatment programmes with methods and products

## general information

### It is recommended

- that client is guided to drink water, herbal tea or fruit juice after the treatments to return the fluid balance of the body,
- that a short period of rest be taken after the treatment for maximum benefit,
- that the client should abstain from drinking strong alcoholic drinks after the treatment.

### Home care instructions always

- drink water 1,5-2 liters daily to flush away toxins from body.

### Aromatic treatments are not recommended;

- during pregnancy or lactation,
- if the client is under the influence of alcohol or drugs,
- if the client has cancer,
- some heart conditions (please ask the client to check with his/her own doctor).

### Baths are not recommended

- if client has difficult heart conditions

### Infrared sauna is not recommended

- pregnant women,
- angina and some other cardiovascular disorders,
- epilepsy,
- menstruation,
- after consumption of alcohol,
- HRT or anti-depressants.

# Treatment cards

Aromatic steam sauna

Energizing effect

Relaxing effect

Nourishment for very dry dehydrated skin

Energy and glow for lifeless skin on face and body

Overweight and slimming treatment

Cellulite treatment

Muscle care treatment

Sleep disorders

# Product list for treatment set

## **Body**

AromaPeat  
Linnen dry brushing mitten  
Aroma Seabuckthorn body oil

## **Bath oils**

Muscle Care bath oil  
Relaxing bath oil

## **Massage oils**

Cellulite oil I and II  
Lymph massage oil  
Relaxing massage oil  
Energizing massage oil  
Cramp oil

## **Face**

Facial Cleansing Water  
Aroma Seabuckthorn cream

## **Aroma oils**

Relaxing Blend  
Energizing Blend

## **Home care products**

Cellulite Gel I and II



# NeoQi Treatment Card

## Energizing effect, 1hour

**Benefits;** Loosening tensions, easing breathing, refreshing and stimulating

**Preparation before treatment:**

- Turn on Steam sauna 10 minutes before the treatment
- Prepare aroma dispenser add 4 drops of Energizing Blend

**Music** XXXX

**Colours** Red, Orange, Yellow, White

**Products needed:**

- Energizing Blend
- Dry brushing mitten
- Energizing massage oil

**Treatment procedure**

- Check clients needs and wishes
- Explain treatment procedure
- Inform when treatment is not appropriate - see separate page

**Treatments:**

- Whole body dry brushing with linen mitten for 5 - 10 minutes
- Aroma Steam sauna + Energizing Blend 15 minutes (client on back) with medium rocking vibration for stimulating – shower front and back.
- body massage with Energizing massage oil 30 minutes = 15 minutes on back, 10 minutes on chest and neck and 5 minutes on legs

Offer drink

# NeoQi Treatment Card

## Relaxing effect, 1 hour

**Benefits;** Improvement of skin tone, deep relaxation of body, relieves sleep disorders, calms and soothes restlessness and anxiety.

**Preparation before treatment:**

- Turn on Steam sauna 10 minutes before the treatment
- Prepare aroma dispenser add 4 drops of Relaxing Blend

**Colours** Green, Blue, Violet, White

**Music** XXXX

**Products needed:**

- Dry brushing mitten
- Relaxing massage oil
- Relaxing Blend

**Treatment procedure**

- Check clients needs and wishes
- Explain treatment procedure
- Inform when treatment is not appropriate; general, check allergies,

**Treatment**

- Whole body dry brushing with linen mitten for 5 - 10 minutes
- Aroma Steam sauna + Relaxing Blend 15 minutes (client on back) with medium rocking vibration for stimulating – shower back and front.
- body massage with Relaxing massage oil 30 minutes = chest and neck 10mins turn over, back 15 minutes feet 5 minutes.

Offer drink

# NeoQi Treatment Card

## Nourishment for very dry dehydrated skin, 1hour

**Benefits;** Deeply cleanses the skin, improves capillary circulation, normalises the flora on the skin thus nourishes and softens dry skin, relieves itching and flakiness, leaves skin soft and supple

### **Preparation before treatment.**

1. IR on for 15minutes
  2. or 2. Steam sauna on for 10 minutes
- warm AromaPeat in hot water 10 minutes
  - prepare treatment board with wrap
  - put disposable pants and wraps ready for client on the treatment board .

### **Products needed:**

- AromaPeat 250gram
- Aroma Seabuckthorn body oil
- Relaxing bath oil
- Linen dry brushing mitten
- Body wrap cloth and plastic sheeting

### **Treatment procedure**

- Check clients needs and wishes – check diet, genetics
- Explain treatment procedure and how many treatments recommended
- Inform when treatment is not appropriate - see separate page

### **Two treatments per week for four weeks:** Alternate treatments 1 and 2

1. -Whole body dry brushing with linen mitten 5-10 minutes
  - Apply AromaPeat body wrap + IR 10 mins
  - Wash off with massaging shower
  - Aroma Seabuckthorn body oil application 25 minutes whole body
2. -Whole body dry brushing with linen mitten 5-10 minutes
  - steam sauna 20 mins. + Relaxing Blend or Energizing Blend + massaging shower
  - Aroma Seabuckthorn Body oil application 25 minutes whole body.

Offer drink

### **Home care instructions;**

- dry brushing and Aroma Seabuckthorn oil daily, drinking water 1,5-2 liters
- daily, good oils internal intake (organically grown and cold pressed vegetable oils that contain good amounts of Omega fatty acids or fish oils)

### **For Sale Products to intensify the treatment procedure:**

- Linen dry brushing mitten
- Aroma Seabuckthorn Body oil

# NeoQi Treatment Card

## Energy and glow for lifeless skin on face and body, 1hour

Facial treatment can be added to any IR , steam sauna or bath programmes lasting 20 minutes or longer.

**Benefits;** Normalisation of the skin metabolism that leads to energetic fresh look on skin as new healthy layer of skin cells develops. Calming and relaxing of mind and relieving feelings of stress and tension.

### **Preparation before treatment:**

- Turn on Steam sauna 10 minutes before the treatment
- Prepare aroma dispenser add 4 drops of Relaxing Blend

**Clours** Yellow, Green, White

**Music** XXXX

### **Products needed:**

- Relaxing Blend
- Facial Cleansing Water
- Aroma Seabuckthorn Cream for face.
- Aroma Seabuckthorn body oil

### **Treatment procedure**

- Check clients needs and wishes
- Explain treatment procedure
- Inform when treatment is not appropriate

### **For Best results two treatments per week for four weeks + self care at home:**

- Whole body dry brushing with linen mitten 5-10 minutes
- Aroma Steam sauna 20 minutes + Cleansing and massage for face and décolleté during steam sauna
- AromaTyрни body oil application 25 minutes whole body

Offer drink

### **Home care instructions;**

-Body Care -dry brushing and Aroma Seabuckthorn oil daily, drinking water 1,5-2 liters daily, good oils internal intake (organically grown and cold pressed vegetable oils that contain good amounts of Omega fatty acids or fish oils)

### **For Sale Products to intensify the treatment programme :**

- Facial Cleansing Water
- Aroma Seabuckthorn cream
- Aroma Seabuckthorn body oil

# NeoQi Treatment Card

## Overweight and slimming treatment,

1 hour

**Benefits;** Improvement of metabolism to burn off excess fat, to carry away excess fluid, invigorating and helping to avoid binge eating leading to loss of weight.

### **Preparation before treatment.**

- turn IR on 15minutes before the treatment,
- warm Aromapeat in hot water 10 minutes,
- prepare treatment board with wrap
- put disposable pants and wraps ready for client on the treatment board.

**Colours** Red, Orange, Yellow, White

**Music** XXXX

### **Products needed:**

- AromaPeat 250grams
- Lymph oil or Cellulite oil as required
- Linen dry brushing mitten
- Body wrap cloth and plastic sheeting

### **Treatment procedure**

- Check clients needs and wishes: check diet, genetics, how long weight problems, what tried before
- Explain treatment procedure and that weight control is a lifelong challenge
- Inform when treatment is not appropriate - see separate page
- Weigh the client

### **Two treatments per week for a number of weeks depending on the amount of weight to loose + home care**

Alternate treatments 1 and 2

1. -Whole body dry brushing with linen mitten 10 minutes  
-Aromapeat wrap + IR sauna 15 minutes with medium rocking vibration to soften tissues  
-Wash off with massaging shower  
-Massage with lymph oil on the whole body or if also cellulite use Cellulite oils locally 20 minutes

or

2. -Whole body dry brushing with linen mitten 10 minutes  
-IR sauna 20 minutes with medium rocking vibration to soften tissues  
-Massage with lymphatic drainage oil or if also cellulite use Cellulite oils locally 20 minutes

Ensure the client drinks enough water after treatment and also at home

- Home care instructions;**
- dry brushing and Lymphoil or Cellulite oil daily,
  - drinking water 1,5-2 liters daily,
  - following calorie controlled diet
  - ensuring intestinal hygiene (phylum husks, lactobacillus etc.)
  - Weight control oil 2-4 times daily

**For Sale Products to intensify the treatment programme;** Linen dry brushing mitten, Weight control oil, cellulite oils or lymph massage oil to return skin elasticity

# NeoQi Treatment Card

## Cellulite treatment 1 hour

**Benefits;** Loss of cm on cellulite areas, softening and smoothing of skin, balancing the hormonal cycle, lifting mood and stimulating

**Preparations before treatment.**

- Turn IR on 15minutes before treatment and warm Aromapeat in hot water 10 minutes,
- prepare treatment board with wrap
- put disposable pants and wraps ready for client on the treatment board .

**Colours** Orange, Yellow, Green, White,

**Music** XXXX

**Products needed:-** AromaPeat 250gram

- Cellulite oil
- Linen dry brushing mitten
- Body wrap cloth and plastic sheeting

**Treatment procedure**

- Check clients needs and wishes, check diet, genetics
- Explain treatment procedure and how many treatments recommended
- Inform when treatment is not appropriate = contraindications see separate page

**Treatment: 1<sup>st</sup> visit 75 minutes**

Measurements cm.

	waist	belly	hips	thighs right / left	knees right / left
week 1	_____	_____	_____	_____	_____
week 3	_____	_____	_____	_____	_____
week 5	_____	_____	_____	_____	_____
week 7	_____	_____	_____	_____	_____

- Whole body dry brushing with linen mitten
  - Aromapeat wrap with IR sauna 10 minutes
  - Wash off with massaging shower
  - Cellulite oils massage application 30 minutes lower limbs, hips and buttocks.
- Offer drink

**1. Three treatments per two weeks for eight weeks:**

Drybrushing + aromapeat on cellulite areas + IR + oil (1 hour)

or

**2. One treatment per week + self care gels for eight weeks:**

Drybrushing+ aromapeat + IR + cellulite oil massage (1hour) + self care gels at home

**Daily home care instructions;** dry brushing and the use of Cellulite gels, drinking water 1,5-2 litres daily (coffee or alcohol not recommended)

**For Sale Products to intensify the treatment procedure:** Linen dry brushing mitten, Cellulite gels

# NeoQi Treatment Card

## Muscle care treatment, 1 hour

**Benefits; see alternatives below**

**Preparations before treatment.**

- turn IR on for minutes before the treatment,
- warm AromaPeat in hot water 10 minutes,
- prepare treatment board or bath
- put disposable pants and wraps ready for client on the treatment board.

**Colours**

**Music XXX**

**Products needed:**

- Linen dry brushing mitten / brush
- AromaPeat 250 gr
- or Muscle Care bath oil
- Cramp oil
- Bodywrap cloth and plastic sheeting

**Treatment procedure**

- Check clients needs and wishes
- Explain treatment procedure and recommendations of repetitions
- Inform when treatment is not appropriate = see separate page

**Treatment:**

1. -Dry brushing with linen mitten on problem areas or whole body 5-10 minutes
- IR sauna with Aroma peat 10 minutes with vibration to loosen muscles
- Wash off with massaging shower
- Massage locally on tight muscles with Cramp oil 20 minutes
- or
- 2.- Dry brushing with linen mitten on problem areas or whole body 5 -10 minutes
- Bath with Muscle Care bath oil 20 minutes
- Underwater water massage 15 minutes
- Massage on tight muscles with Cramp oil 15 minutes

**Alternatives to treatment according to problem:**

- To loosen tight muscles and relieve pain due to cramps use Cramp oil
- No IR heat to damaged tissue

# NeoQi Treatment Card

## Sleep disorders, 1 hour

**Benefits;** improved restful sleep, brighter more energetic daytime, calm stress free mind, feeling of better physical stamina.

### **Preparations before treatment.**

- turn Steam sauna on 10 minutes before the treatment or run bath with Relaxing bath oil
- Prepare aroma dispenser add 4 drops of Relaxing Blend

**Colours** Blue, Violet, White

**Music** XXXX

- Products needed:**
- Relaxing Blend
  - Linen dry brushing mitten
  - Relaxing massage oil
  - Relaxing bath oil

### **Treatment procedure**

- Check clients needs and wishes – check for any indication that may be the cause for sleeplessness
- Explain treatment procedure and how many treatments recommended
- Inform when treatment is not appropriate = see separate page

### **Treatment:**

- Whole body dry brushing with linen mitten 5 – 10 minutes
- Steam sauna 20 mins. with relaxing aroma and gentle rocking vibration for relaxation + shower
- Relaxing massage body oil application 30 minutes – Back 15 minutes client turns over chest and neck + feet 15 minutes

### **Two 1 hour treatments per week for eight weeks:**

- Alternate treatments
1. Steam sauna 20 mins. with aroma + Relaxing oil massage 30 mins.
- or
2. relaxing bath 20 mins. with Relaxing oil massage 30 mins

Offer drink

### **Daily home care instructions**

- dry brushing, drinking water 1,5-2 litres daily,
- advice on organizing bedtime rhythm (if possible for client)
- use Relaxing Blend at bedtime in aroma lamp 0,5 –1 hour before going to bed
- calming breathing practice

### **For Sale Products to intensify the treatment programme:**

- Relaxing Blend
- Dry brushing mitten