

## TREATMENT PROTOCOL

neoQi®

# STEAM SESSION

25 min\*

\* does not include the time spent on preparing the cocoon for the treatment and cleaning after the treatment.

### BENEFITS:

Relaxation for the body and mind, improvement of skin tone and balancing of metabolism, opening respiratory tract and easing breathing.

### PREPARATION FOR THE TREATMENT:

- Warm up the cocoon by turning on steam and IR sauna function 10 min prior the start of the treatment.
- Prepare the aroma dispenser by adding required amount of drops of essential oil.
- Turn on the music and LED lights that promote relaxation.

### BEFORE THE TREATMENT:

- check client's needs and wishes;
- explain the course of the treatment;
- inform the client about the contraindications to the treatment (see separate page).

### THE SEQUENCE OF THE TREATMENT:

Ask your customer to lie down onto the vibrating treatment table. Close the hood and turn on:

- steam + infrared sauna (the choice of temperature is individual);
- vibration;
- chromotherapy;
- face fan.

Duration – 18-20 minutes.

- After the steam session, turn on Vichy shower function – 2-3 minutes;

By the end of the treatment offer your client an opportunity to relax.

It is recommended to perform 2-3 treatments per week, course of 8 – 15 treatments

### COLORS OF CHROMOTHERAPY

Stimulating:

red, orange, yellow, white.

Relaxing:

green, blue, violet, white.

### VIBRATION

Stimulating:

medium fast.

Relaxing:

slow wave.

### PRODUCTS NEEDED

Essential aroma oil.

We recommend to combine treatments in NeoQi® with professional marine cosmetics ESTI.

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FRANCE