

# **SCENAR** for the **AGING FACE**



I Know What  
WOMEN WANT.  
They want to be  
—*Beautiful.*—

— Valentino Garavani



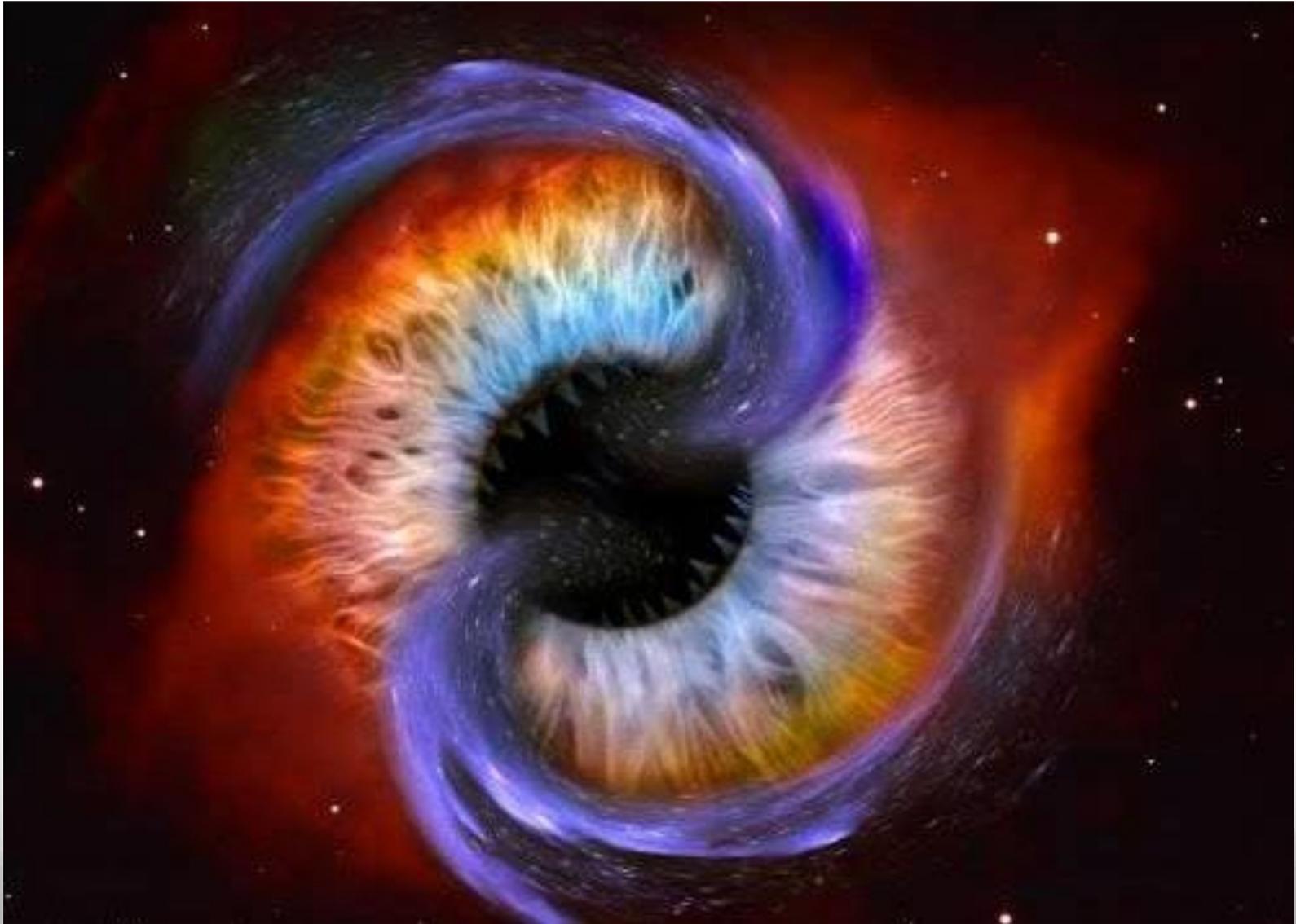
Beauty lies in the  
eyes of the  
beholder.

*Plato*

# EXTREME BEAUTY STANDARDS



# ARE THERE **UNIVERSAL** BEAUTY STANDARDS?



THE BEST AND MOST BEAUTIFUL THINGS  
IN THE WORLD CANNOT BE SEEN OR  
EVEN TOUCHED - THEY MUST BE  
FELT WITH THE HEART.

- HELEN KELLER -



*Beauty is not always  
seen, but felt by  
the heart*



“ For beautiful eyes, look for the good in others; for beautiful lips, speak only words of kindness; and for poise, walk with the knowledge that you are never alone. ”

*audrey hepburn*

“**BEAUTY** is how  
**YOU FEEL**  
**INSIDE**, and it reflects  
**IN YOUR EYES.**  
**IT IS NOT**  
something physical.”

♥ **MARIO  
BADESCU**  
SKIN CARE  
Established 1967

~ Sophia Loren



External beauty is  
more valuable  
when it  
covers the  
inner beauty

~ William Shakespeare ~



[www.StatusMind.com](http://www.StatusMind.com)



"Beauty is  
being the best  
possible  
version of  
yourself on  
the inside and  
out."

# Let's talk about the **OUTER** beauty and its worst enemy – **AGE**





"NATURE GIVES YOU  
THE FACE YOU HAVE  
AT 20. LIFE SHAPES  
THE FACE YOU HAVE  
AT 30. BUT AT 50  
YOU GET THE FACE  
YOU DESERVE"

*Mademoiselle  
Chanel*



*"Beautiful young  
people are accidents  
of nature,  
But beautiful  
old people  
are works of art"*

*.....Eleanor Roosevelt.....*

♥ MARIO  
BADESCU  
SKIN CARE  
Established 1967

**Beauty**

**Has no age limit.**

ICANHASCHEEZBURGER.COM

*"Beautiful young  
people are accidents  
of nature,  
But beautiful  
old people  
are works of art"*

*..... Eleanor Roosevelt .....*

**MARIO  
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 **MARIO  
BADESCU**  
SKIN CARE  
Established 1967



# Your Aging FACE



Old age ain't no place for sissies.

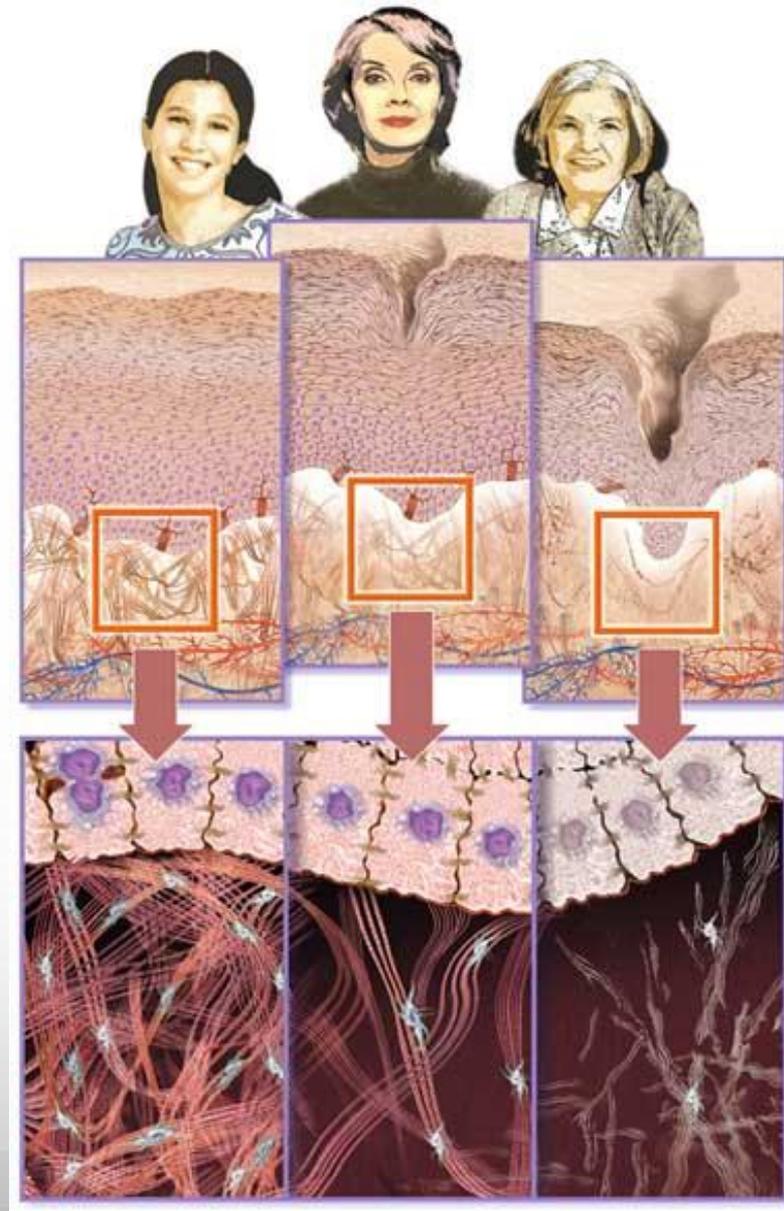
(Bette Davis)

# What Is Happening with the Face?



# The Aging SKIN

- Epidermal cells decrease **10%** per decade. They become **thinner** and divide slower.
- Dermal layer thins, **less collagen** is produced, and elastin fibers wear out.
- Sebaceous glands produce less sebum, the number of sweat glands decreases, cells lose water - all 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 resulting in skin **pale**ness.
- **Age spots (solar lentigo)** appear.



# COLLAGEN

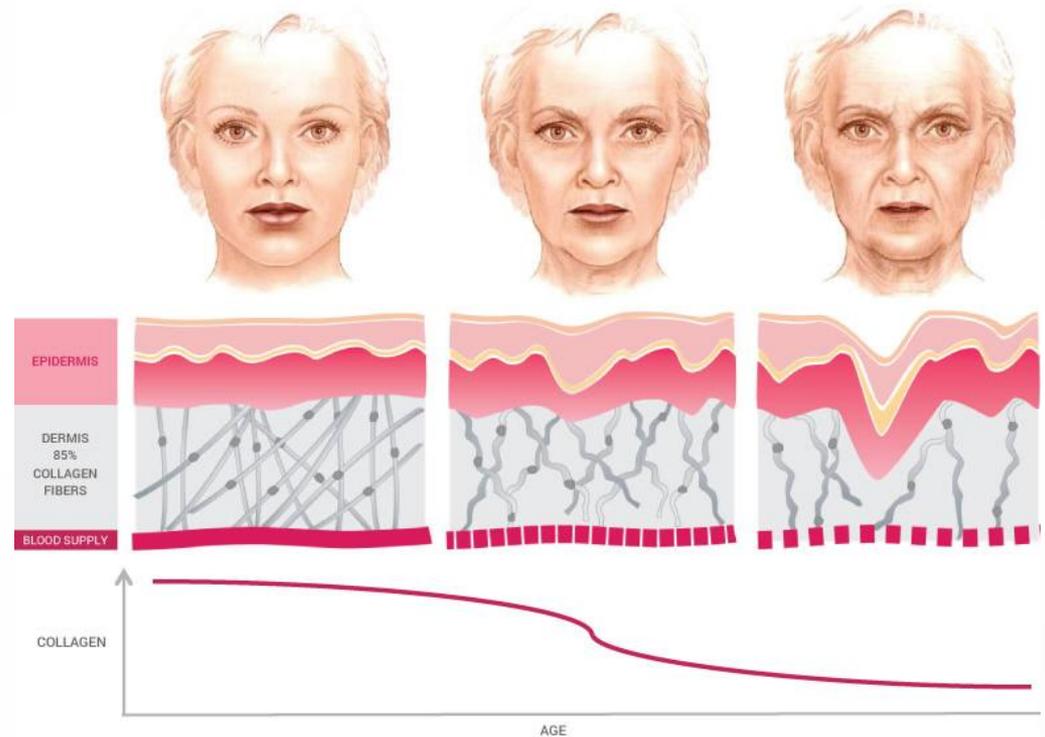
More than *a third* of the body's protein is Collagen, and it makes up **85%** of our skin.

Collagen is the **fibrous protein** constituent of skin, cartilage, bone, and other connective tissue.

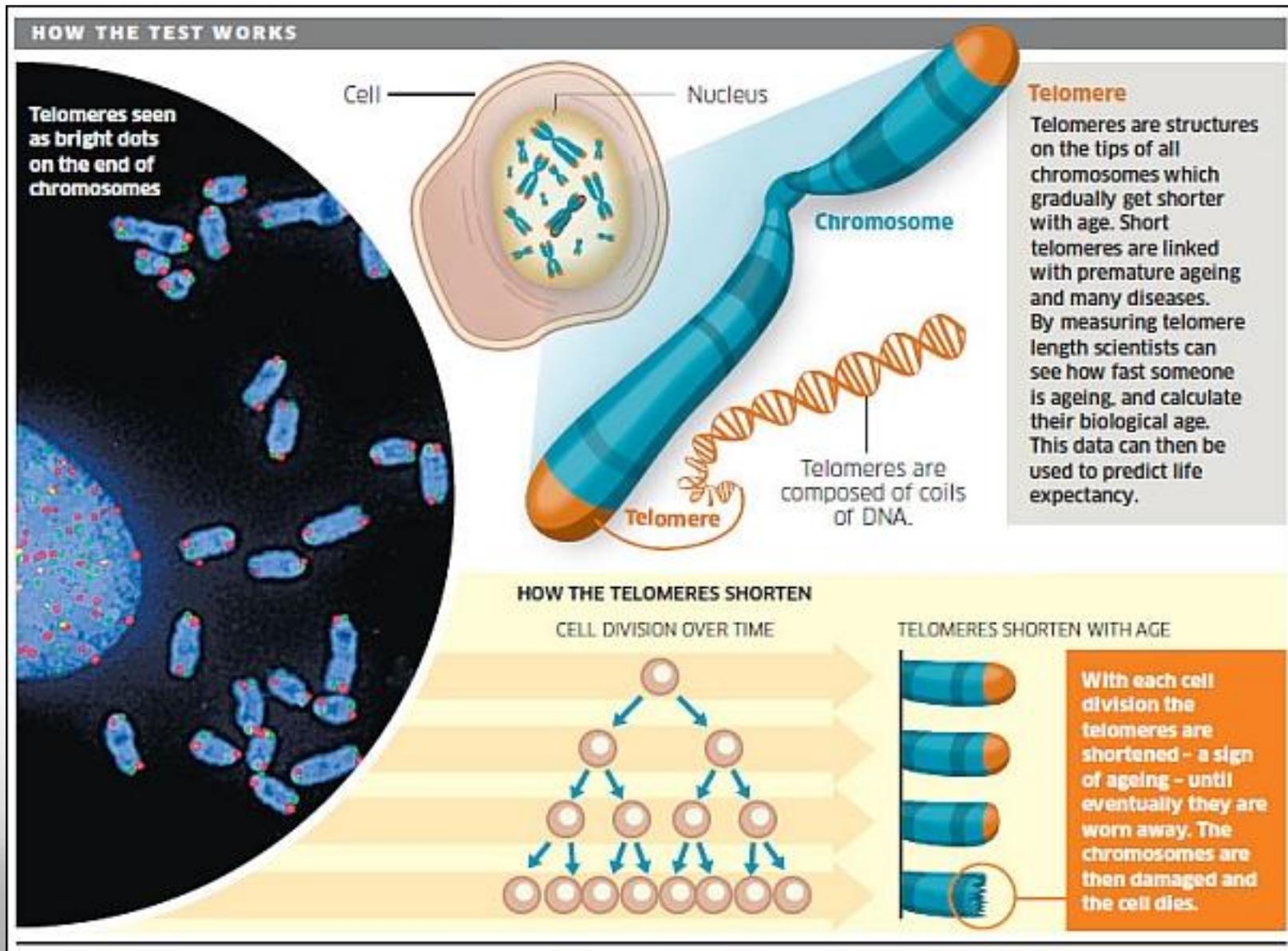
Collagen is why broken bones regenerate and wounds heal, and why blood vessels grow to feed healing areas.

Collagen acts as a **scaffolding** for our bodies. It controls cell shape and differentiation.

In summary, the Collagen mesh provides the **blueprint**, the **road map** and the **way**.



# WHY and HOW we AGE



# Most of Us Age Prematurely



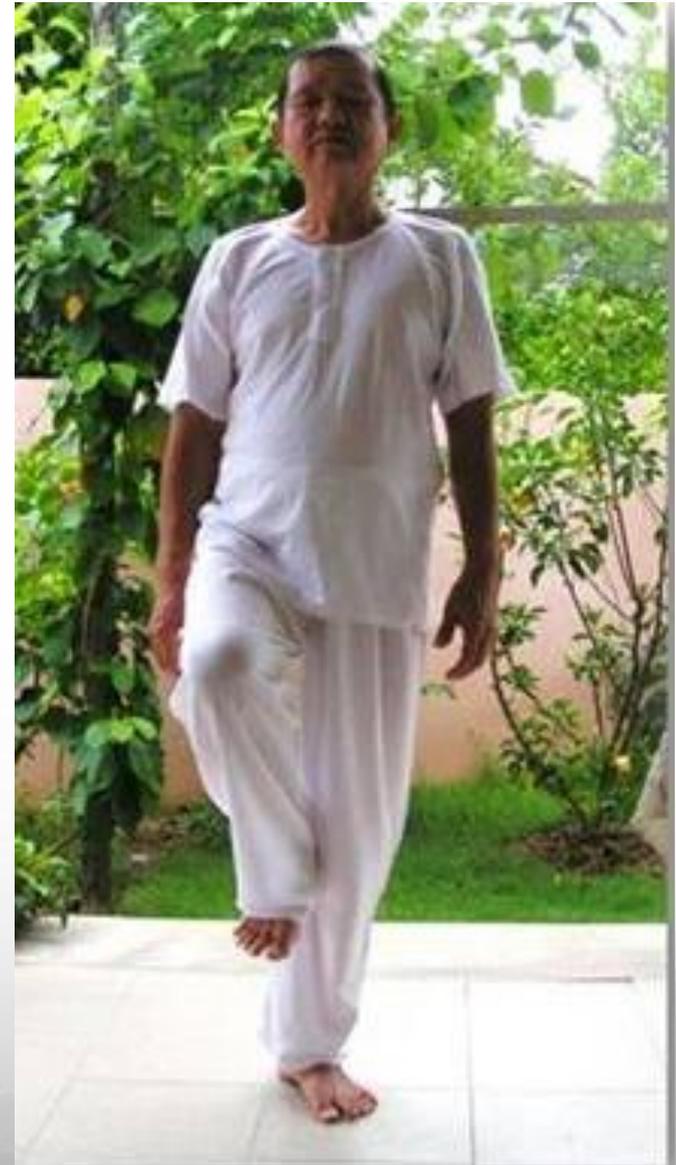
**Average life span of a contemporary man is 72.1 years, while we are genetically programmed to live 115-120 years.**

# Jin Ji Du Li, or „Wake Up Call for the Unhealthy“



Daily practice of Jin Ji Du Li for at least 2 min will help:

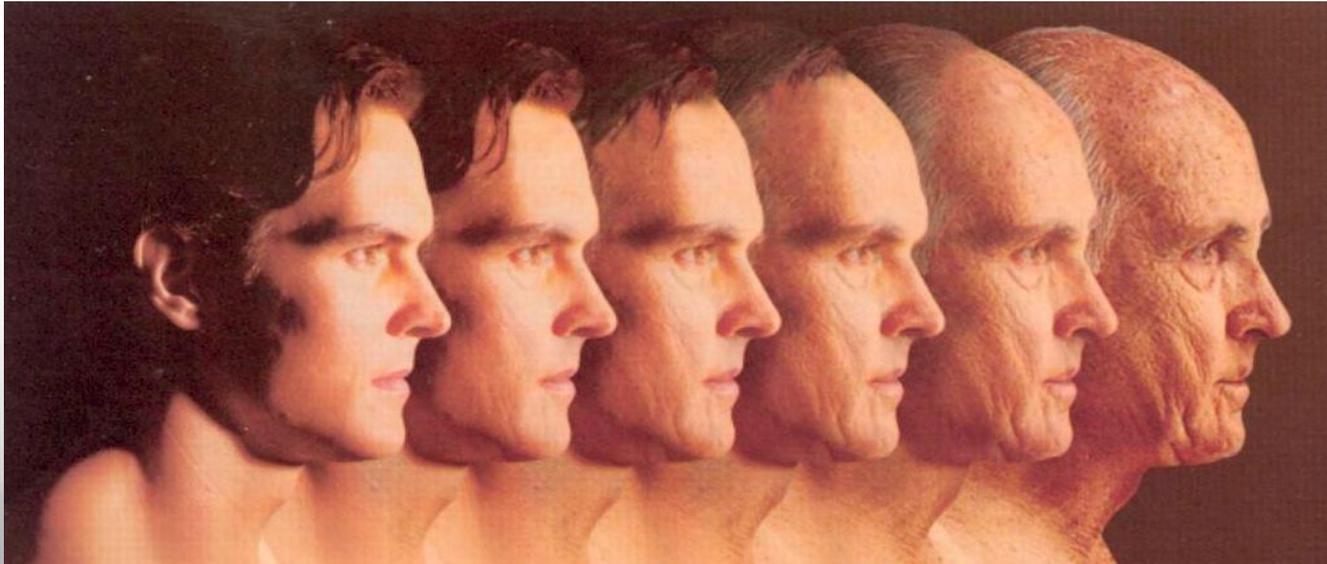
- **prevent dementia,**
- **improve quality of sleep,**
- **improve memory and clear mind,**
- **Improve many illnesses, like Hypertension, Diabetes, Neck and Spinal diseases.**



# Why We Age Prematurely

**NATURAL** Aging process includes:

- General decline of **bioenergy level**.
- Decreasing level of “**youth hormones**” (growth hormone, melatonin, testosterone, progesterone, estrogen).
- Increasing level of “**age hormones**” insulin and cortisol.
- Changing body **proportions**.
- Slowing down of **regeneration programs**.

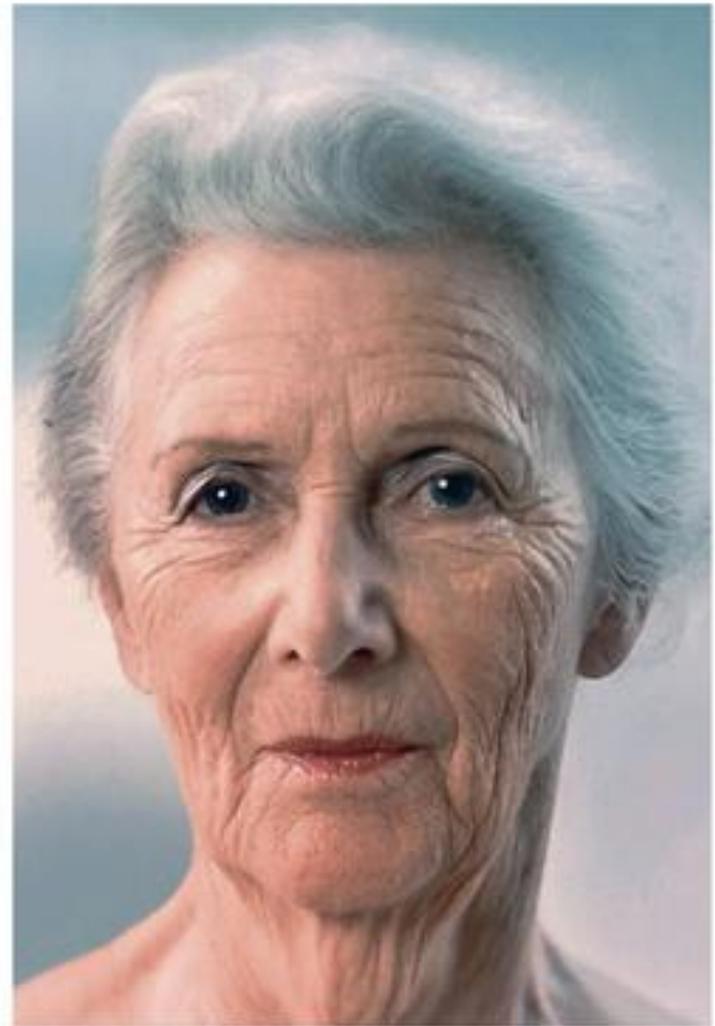




**PREMATURE** Aging  
common contributing  
factors:

- **Lack, leak, or block** of bioenergy flow.
- Accelerated loss of “**youth hormones**” (growth hormone, melatonin, testosterone, estrogen, thyroid hormone).
- Sky-rocketing levels of “**age hormones**” insulin and cortisol due to **CHRONIC STRESS** and stored negativity.
- Massive accumulation of **free radicals** (oxidative stress).
- Rapidly increasing level of **cellular toxicity** and **dehydration**.
- Slowing down and corruption of **regeneration programs**.
- Loss of physical and energetic **balance**.
- Increasing **systemic incoherence**.

# So, What Can We Do About It?!



**HAVING ENERGY is Beautiful!**



# LOW ENERGY is NOT!



# Home Healer's Energy Preserving Question:

Will This **GIVE** Me Energy –  
Or **TAKE** It Away?



# HIGH-TECH Solutions



# SCENAR for ENERGY

Amazing general **energizing** and **balancing** effect.

Hold the remote attachemants ('Pawns', 'Stamps' or double cosmetic electrodes) in both hands – and then under soles of both of your feet for a few minutes – and come out energized, rejuvenated, and centered.

**Energy** – comfortable  
**Mode** – Diag=0, Sw1-4  
**Time** – 10-15 min.



## “Full-Body Tune-Up”

# SCENAR for ENERGY

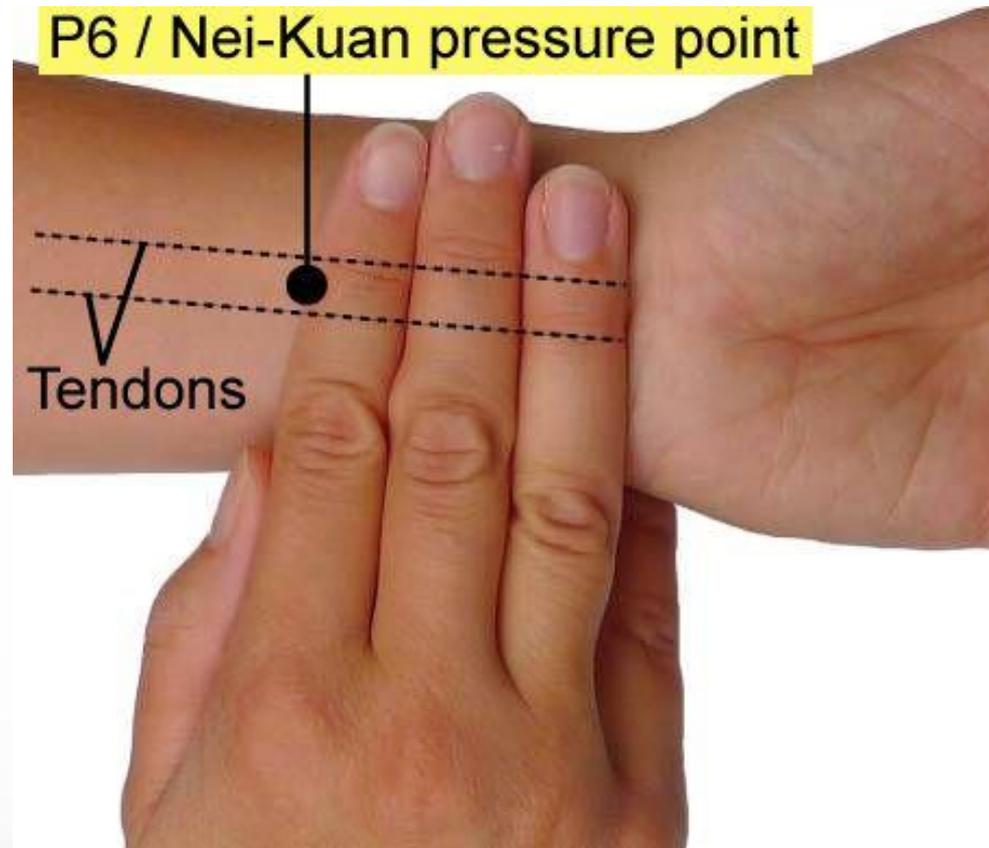
Generally known for the treatment of nausea and morning sickness, the **P6** point (Pericardium 6) is also very helpful in treatment of stress and headache.

If SCENAR remote attachments are applied to both P6 points simultaneously, a strong **energy boost** can be achieved ('Pencils' electrodes preferred).

**Energy** – comfortable

**Mode** – Diag=0,S'

**Time** – 5-10 min.



## “P6 Miracle” Technique

# SCENAR for ENERGY

The **SP6** acupuncture point (San Yin Tziao) is known for its beneficial effects on female health.

Affecting the Spleen, Liver, and Kidney channels at the same time, this point is very important in the movement and distribution of Chi in the body.

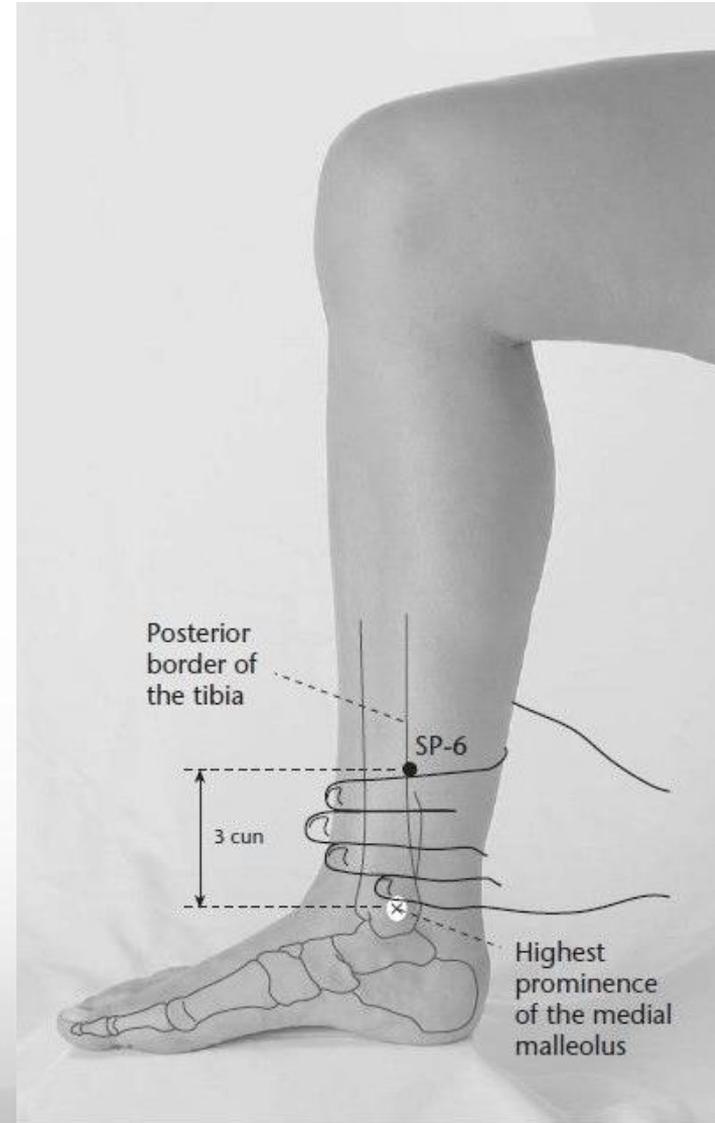
Influence this point for:

- Regulation of periods;
- Skin elasticity and wrinkle prevention;
- Strengthening of the facial muscles;
- Increasing libido and vitality;
- Treatment of insomnia;
- Digestion improvement.

**Energy** – comfortable

**Mode** – Diag=0,Sw1-4

“Female Vitality” Point



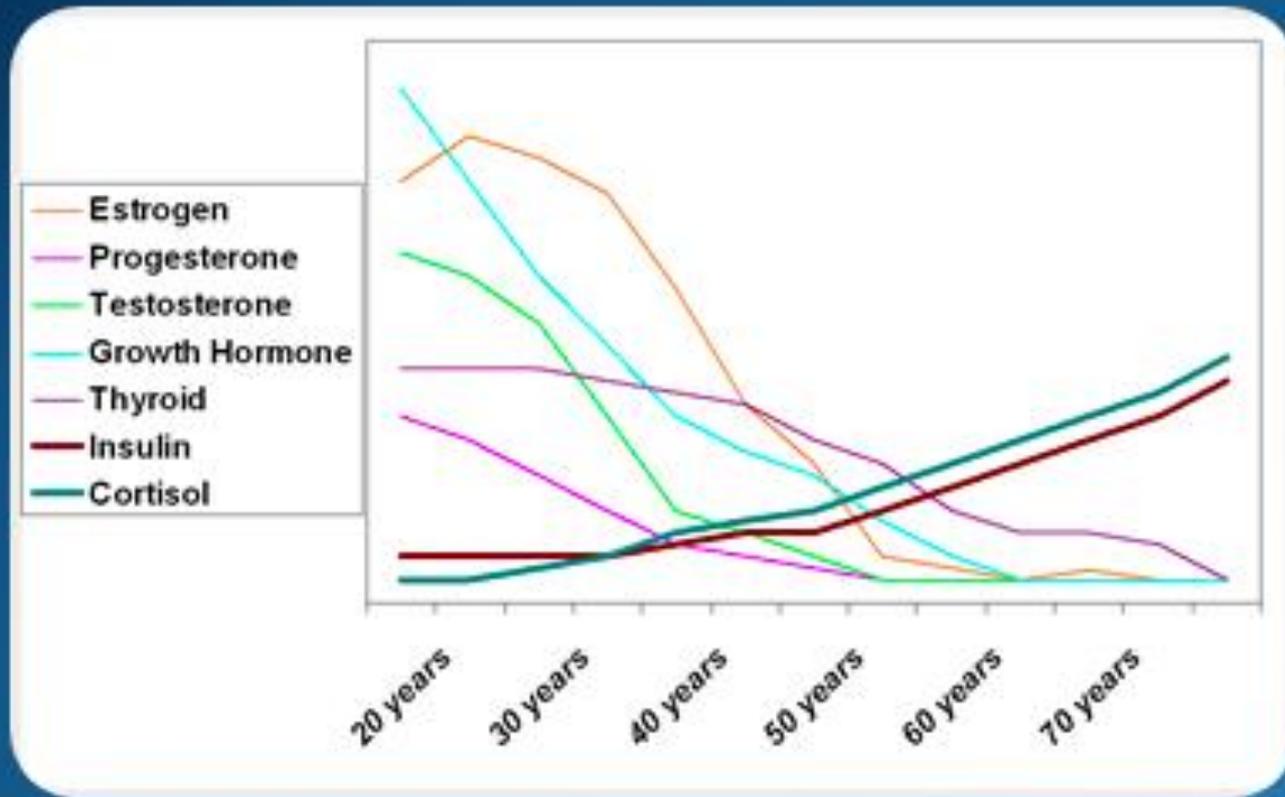
# SCENAR for „YOUTH HORMONES“



**GOAL:** Increase production of **HGH** (Human Growth Hormone), **Melatonin**, **Estrogens**, **Androgens**, **Thyroid Hormone**

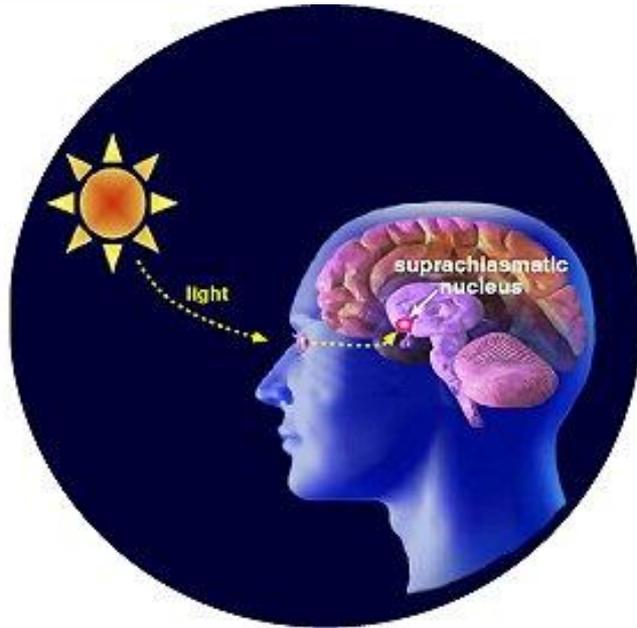
# SCENAR for „YOUTH HORMONES“

## Change Of Hormones As We Age



50 years 30 years 40 years 20 years 60 years 10 years

# SCENAR for „YOUTH HORMONES“



**Melatonin** is produced by the **Pineal Gland**



**HGH** is produced by the **Pituitary Gland**

**Androgens** (such as **Testosterone**) are produced primarily by the testes, **Estrogens** – by the ovaries, and the **Thyroid Hormone** – by the Thyroid Gland.

# SCENAR for „YOUTH HORMONES“



Both **Pituitary Gland** and **Pineal Gland** can be influenced through:

1. “Third Eye”
2. Base of the Skull
3. Both Ears (through **Ear-Brain Balancing** with ‘Pencils’ remote electrodes)

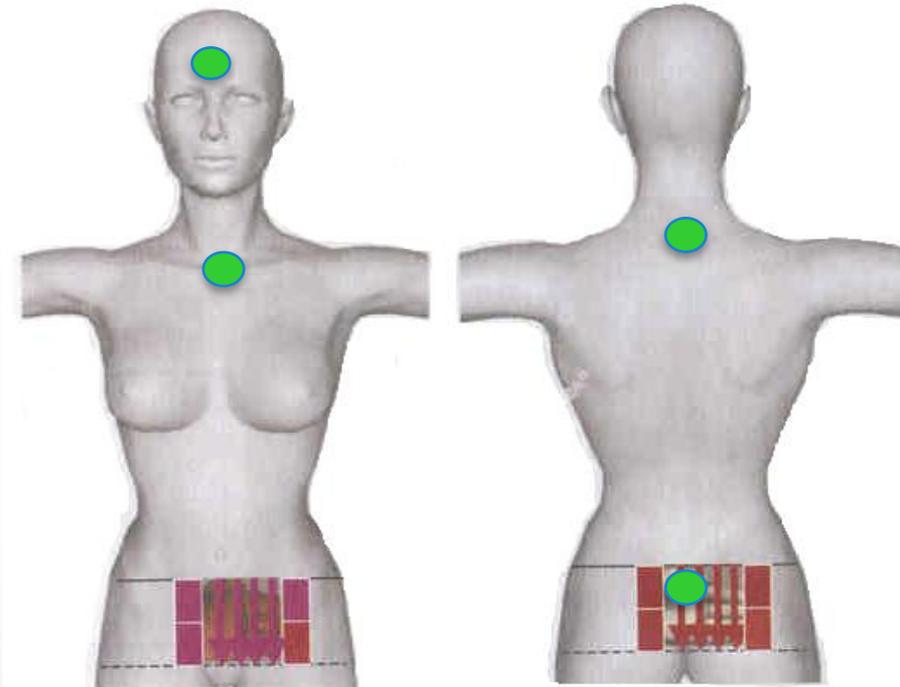


**Settings:** Diag=0, Sw1-4

The “**Third Eye**” and the **Base of the Skull** points can be influenced consecutively – or simultaneously with a pair of remote electrodes.

If it is done simultaneously and combined with the Ear-Brain Balancing, it is called “**The Brain Cross**”.

# SCENAR for „YOUTH HORMONES“



**Ovaries** and **Testicles** can be addressed through:

1. **Zone “Palm”** as described in classical SCENAR therapy (includes the **C7** and **Thymus** points) – in Subjective (**SDM**) or Objective (**IDM**) mode.
2. Directly on the **Testicles** (Diag=0, Sw1-4) or **Vaginally** with remote attachments.

Adding the **Third Eye** and the **Coccyx** points to the C7 and the Thymus points of the Zone Palm, gets us the **“Cross-Points”**.

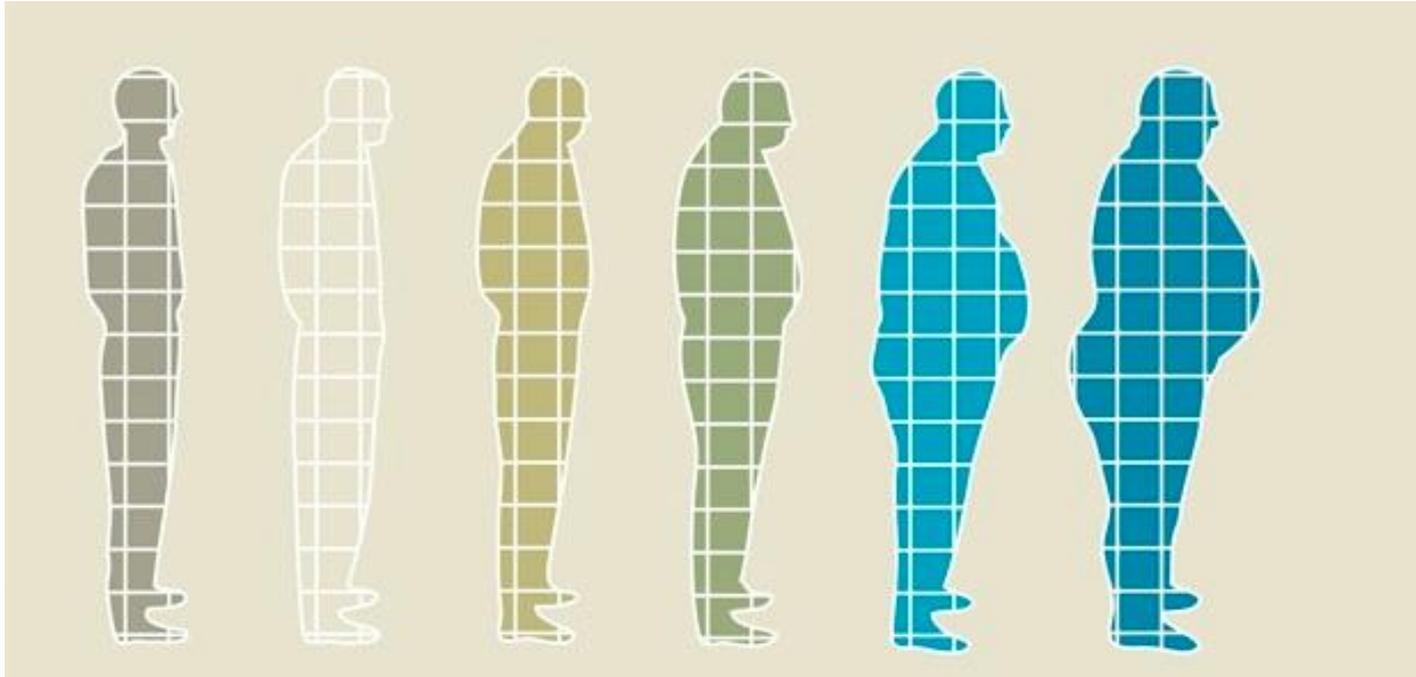
Combining the **Brain Cross** with the **Zone Palm** and the **Cross-Points** allows to increase the production of all major Youth Hormones (please note that the Third Eye point this way is treated twice).

# SCENAR for „AGE HORMONES“



**GOAL:** Decrease **Insulin** and **Cortisol** that are associated with **CHRONIC STRESS** and contribute to **Weight Gain** and **Obesity**, **Diabetes**, **High Blood Pressure** – the Diseases of Modern Age.

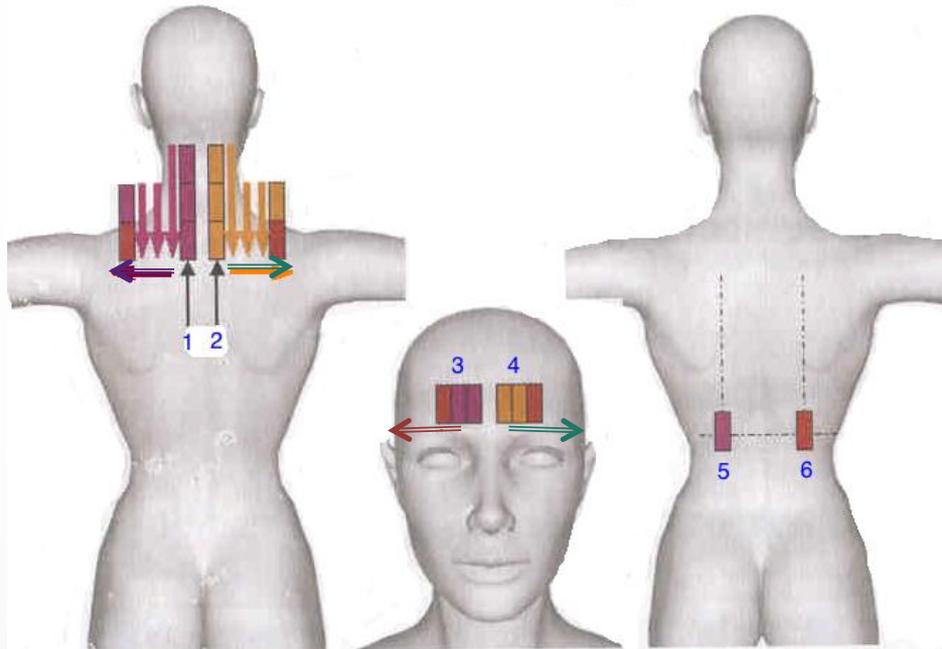
# SCENAR for „AGE HORMONES“



**Cortisol** is a steroid “stress hormone” that is massively released in the **adrenal glands** under **STRESS**, and, if stress becomes chronic, leads to Weight Gain and Obesity, Diabetes, High Blood Pressure, and deriving Cardiovascular diseases.

**Insulin** is released in the **pancreas** and often intoxicates the body when it is over-produced in the condition of insulin resistance deriving from chronic stress. Insulin resistance exhausts pancreas and leads to Type 2 Diabetes.

# SCENAR for „AGE HORMONES“ & STRESS



“Age hormones” and Chronic Stress can be addressed through:

1. **Collar Zone** as described in classical SCENAR therapy (includes the **Forehead** and both **Adrenals**) – in Subjective (**SDM**) or Objective (**IDM**) mode.
2. **Solar Plexus** and **Pancreas** projection (Diag=0, Sw1-4).

3. Quick and effective stress relief can be achieved with the “**Little Wings**” Technique.

**Settings:** Energy – High, AM 3:1.

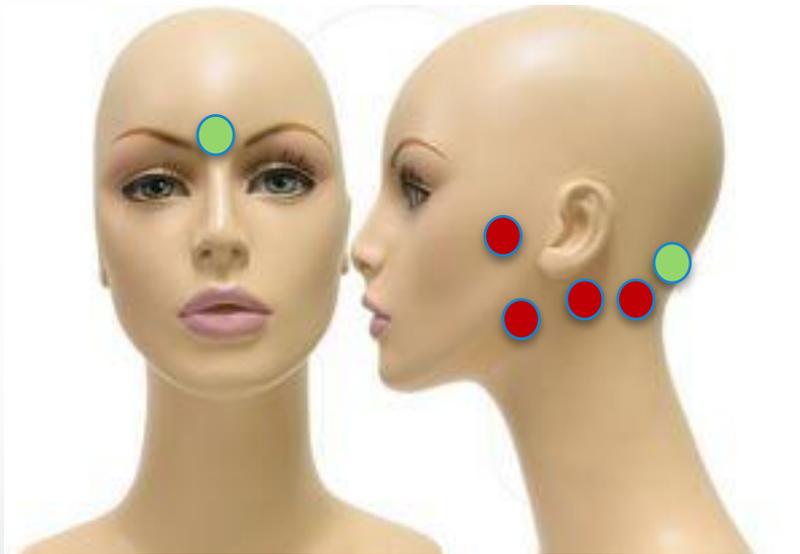
The technique can be also done with a pair of remote electrodes.



# SCENAR for CHRONIC STRESS

You are much prettier calm and relaxed than tense and stressed 😊

## 11 STRESS POINTS



**Settings:** Diag=0, Sw1-4  
Symmetrical points can be treated simultaneously with a pair of remote electrodes.

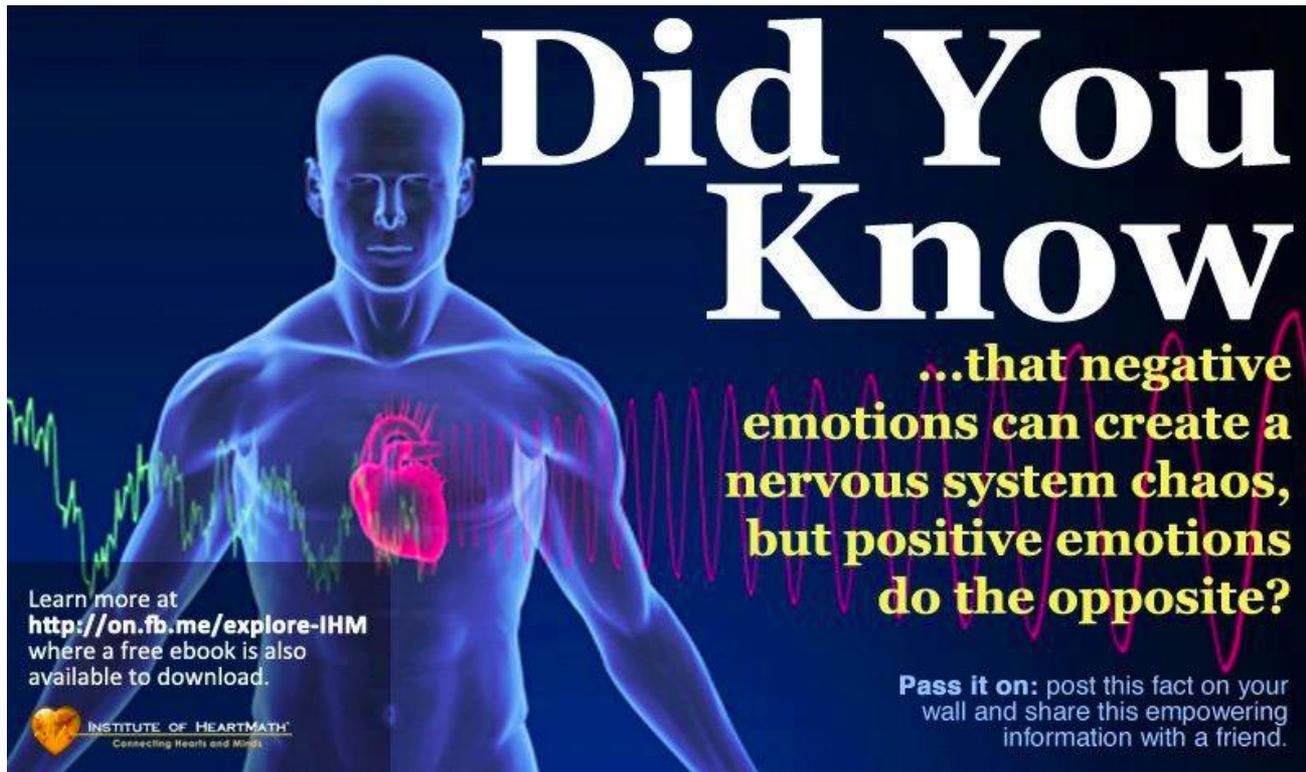
**4 Pairs of Symmetrical points (in red):**

- TMJ areas
- Internal Pterigoid muscles (under the angles of low jaws)
- Mastoid processes
- Base of the skull on both sides

**3 Single Points (in green):**

- Third Eye
- Atlas projection (base of the skull)
- Coccyx (Tailbone)

# Dealing with **NEGATIVE EMOTIONS**



**Did You Know**

**...that negative emotions can create a nervous system chaos, but positive emotions do the opposite?**

Learn more at <http://on.fb.me/explore-IHM> where a free ebook is also available to download.

**Pass it on:** post this fact on your wall and share this empowering information with a friend.

**INSTITUTE OF HEARTMATH**  
Connecting Hearts and Minds

Negative emotions stored in your facial muscles leave their imprint on your face making you unattractive and aging you.

Thus, **EMOTIONAL INTELLIGENCE** is a beauty treatment and a youthing practice. Joy and happiness are **VERY** beautiful 😊

# EMOTIONAL DETOX PROTOCOL with SCENAR

## Emotional Detox Protocol (Facial Detox)



By Dr. Milena Lipkova, PhD and  
Irina Kossovskaja MD, PhD, DNM

# CELLULAR TOXICITY and DEHYDRATION



**Increasing Cellular Toxicity leads to Premature Aging.**

**Main courses:**

- **DEHYDRATION**
- **Oxidative stress** (internal and external)
- Internal and external **pollutants**

# CELLULAR TOXICITY and DEHYDRATION



## SOLUTIONS:

- Drink at least **6 glasses** of water daily (**1L** after waking up)
- Use **moisturizing** creams and masks
- **Antioxidants** (melatonin and glutathione amongst the best)
- Limit the **sun** exposure
- **CLEANSE** and support the **LIVER function** (SCENAR can help).

# RESTORING BALANCE & PROPORTIONS

**Beauty isn't just in the eye of the beholder,  
it's in the math.**

Mathematics expresses values that reflect the cosmos, including orderliness, balance, harmony, logic, and abstract beauty.

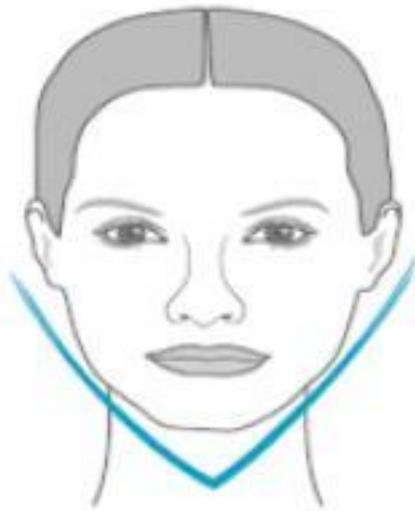
*Deepak Chopra*

meetville.com

# RESTORING BALANCE & PROPORTIONS

Beauty isn't just in the eye of the beholder,  
it's in the math.

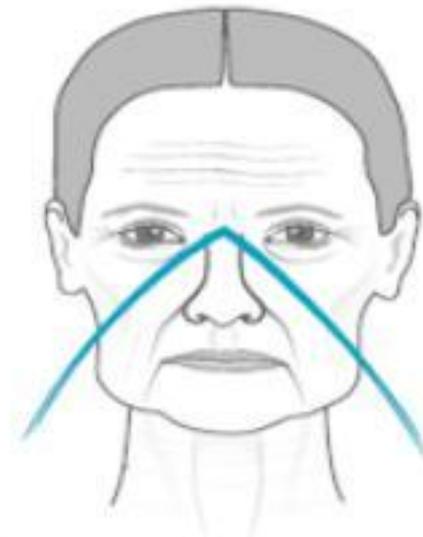
Youthful appearance:  
Optimal volume distribution



- 'V' Shape
- Taut skin appearance
- Clear contours

Ageing process

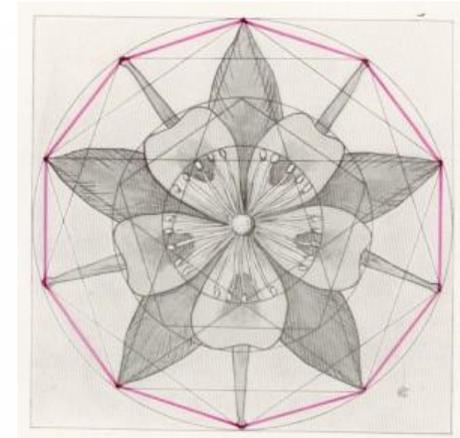
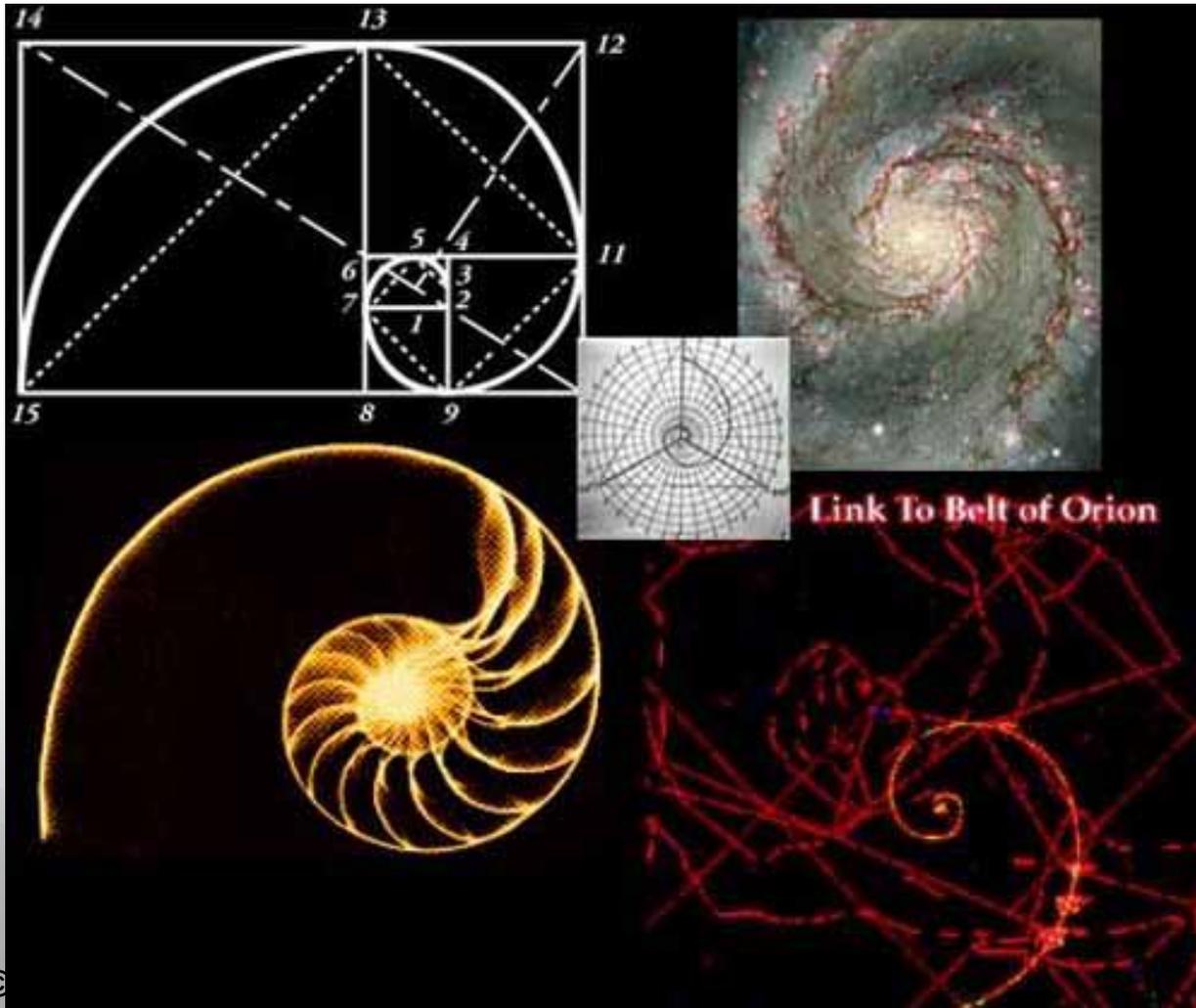
A sign of the times:  
Increased volume deficits



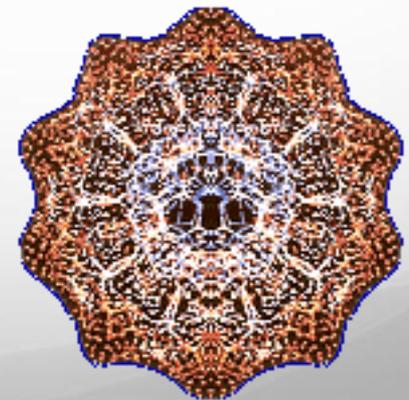
- Inverted 'V'
- Slack contours
- Wide chin line

# Restoring **BALANCE** and **PROPORTIONS**

## **SACRED GEOMETRY –** **The Architecture of The Universe**

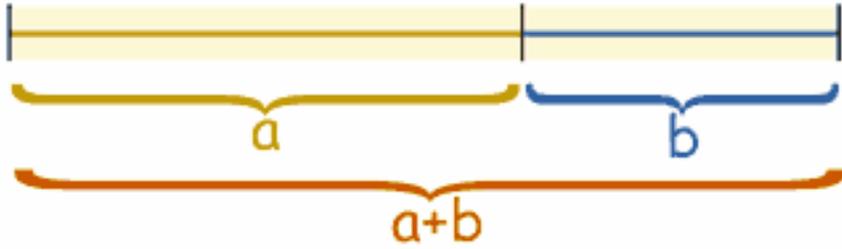


**FLOWER**

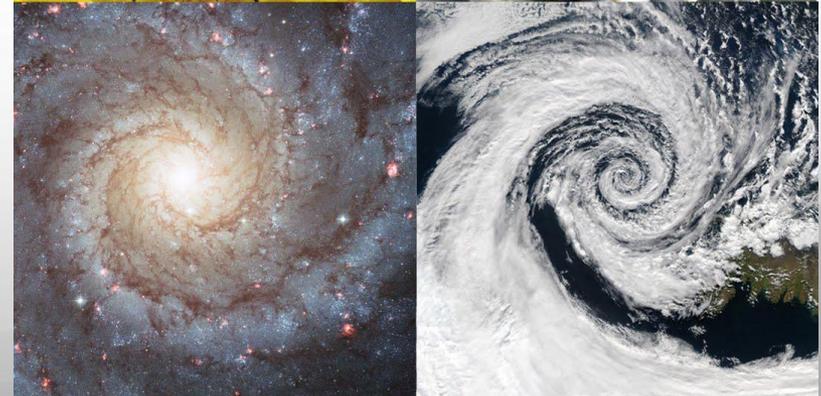
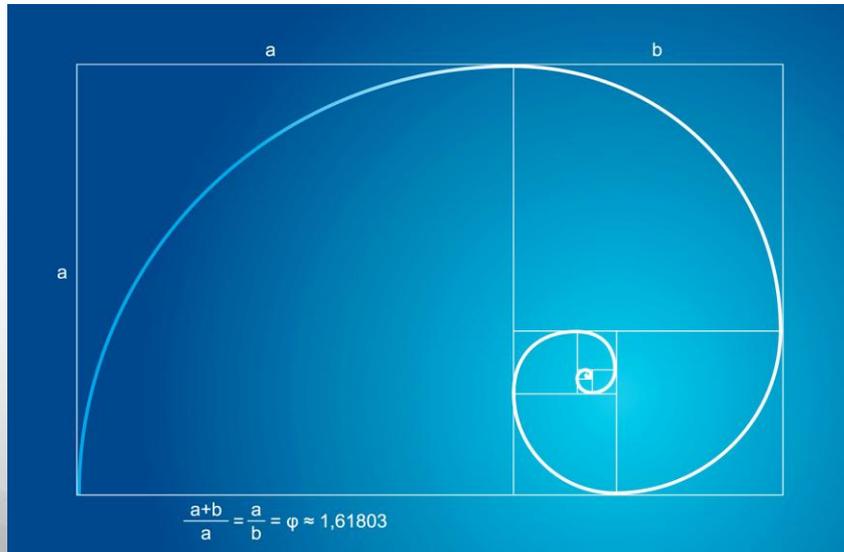


**DNA cross-section**

# SACRED GEOMETRY – GOLDEN RATIO



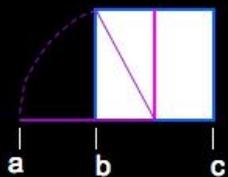
$$\frac{a}{b} = \frac{a+b}{a} = 1.618... = \varphi$$



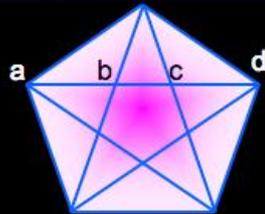
# SACRED GEOMETRY –

## The Architecture of The Universe

$\emptyset$  = Phi = Golden Ratio = Golden Mean = Divine Proportion

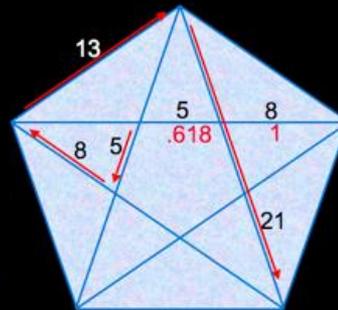


$$\frac{ab}{bc} = \frac{bc}{ac}$$

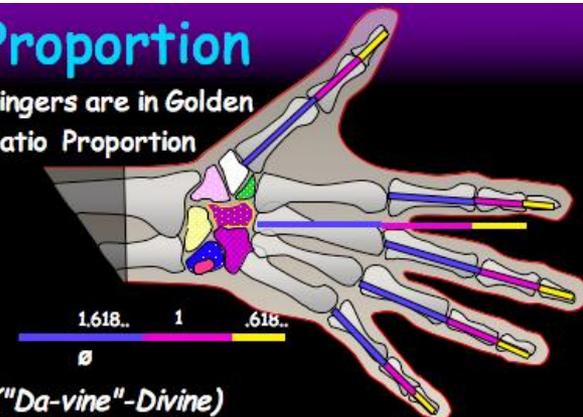


$$\frac{ab}{bd} = \frac{bd}{ad} = \frac{bc}{ac}$$

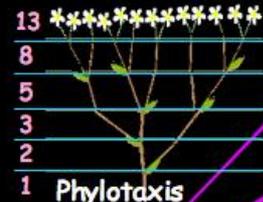
$$\frac{.618..}{1} = \frac{1}{1.618..} = \frac{1.618..}{2.618..}$$



Fingers are in Golden Ratio Proportion



("Da-vine"-Divine)



Phyllotaxis

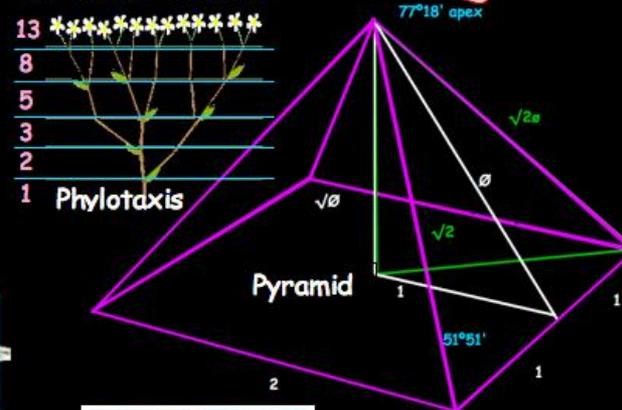


Nautilus Shell

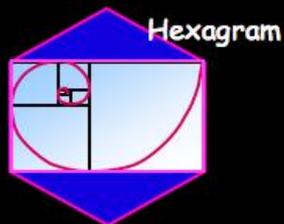


Pine Cone

Fibonacci Series  
1,2,3,5,8,13,2,34...



Pyramid



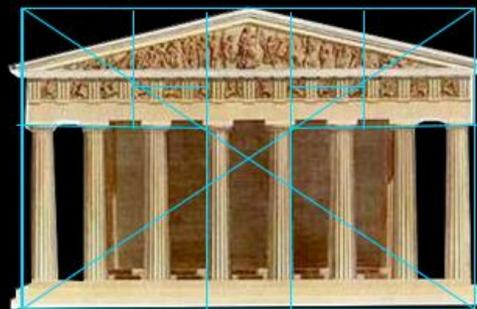
Hexagram

Golden Rectangle nested inside Hexagon



Icosahedron

3 Golden Rectangles nest inside Icosahedron



Architecture

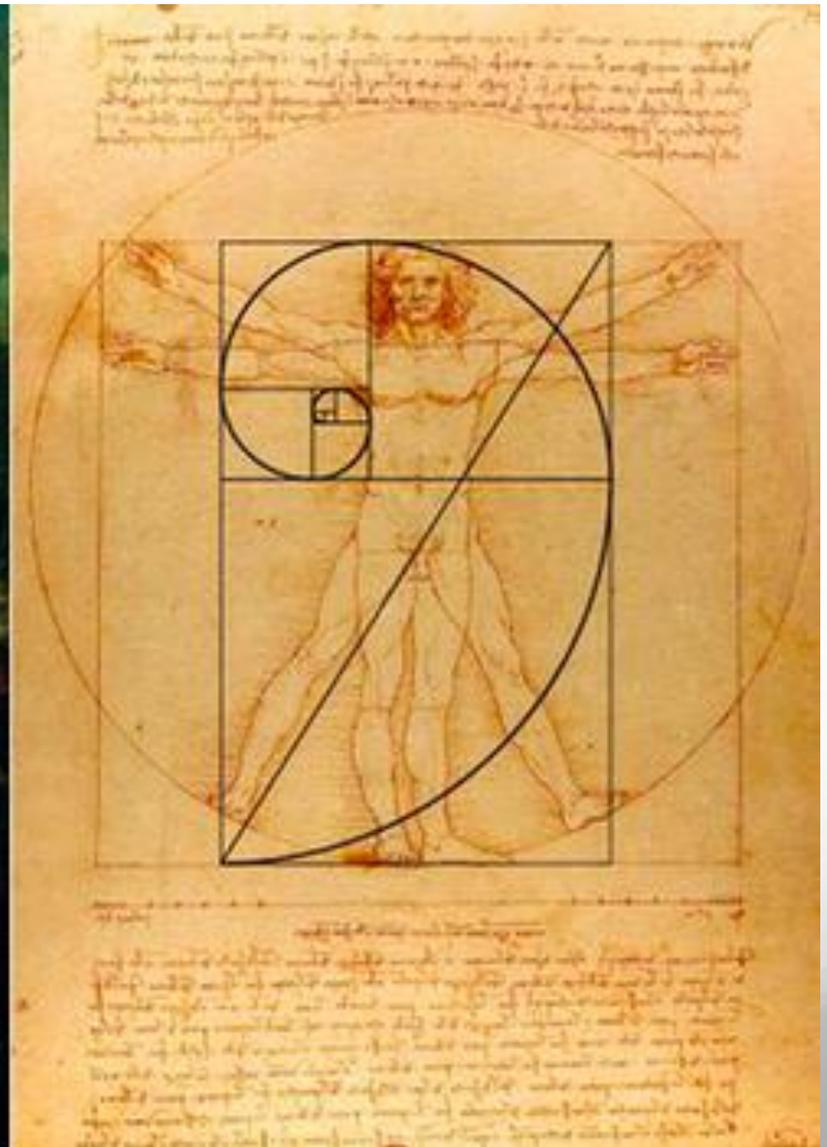
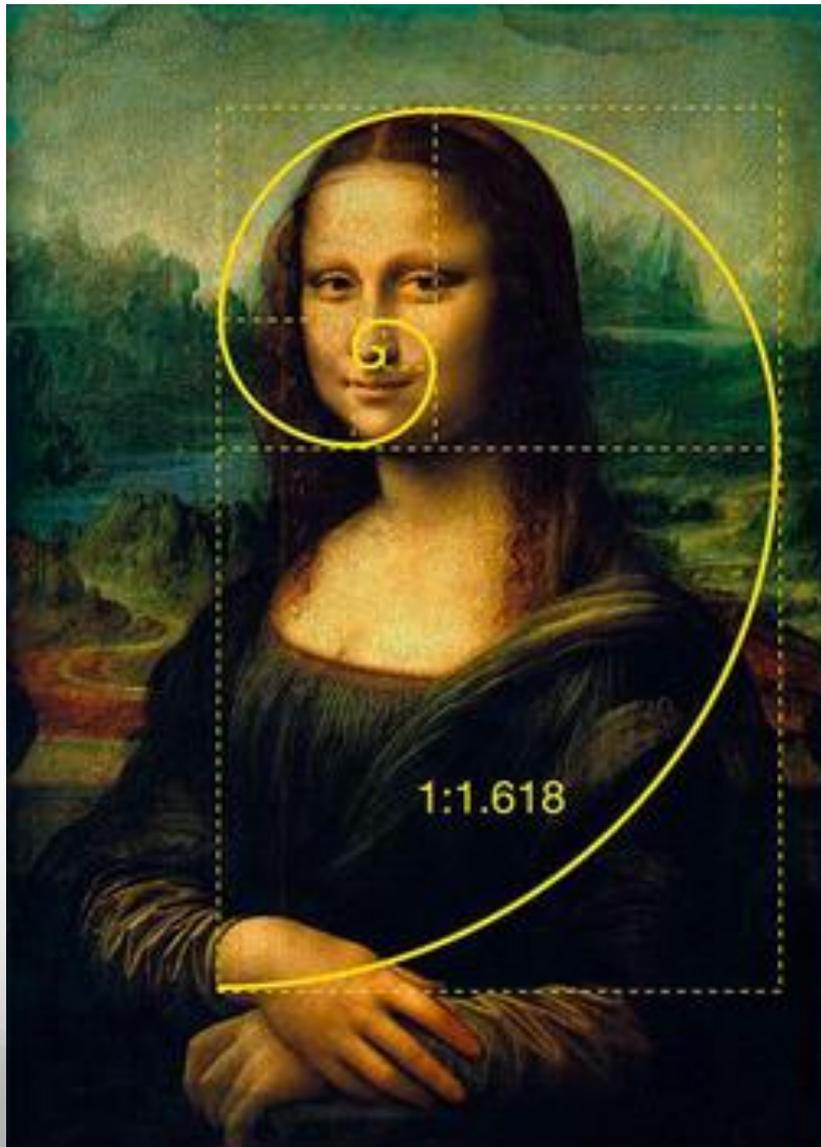


Art

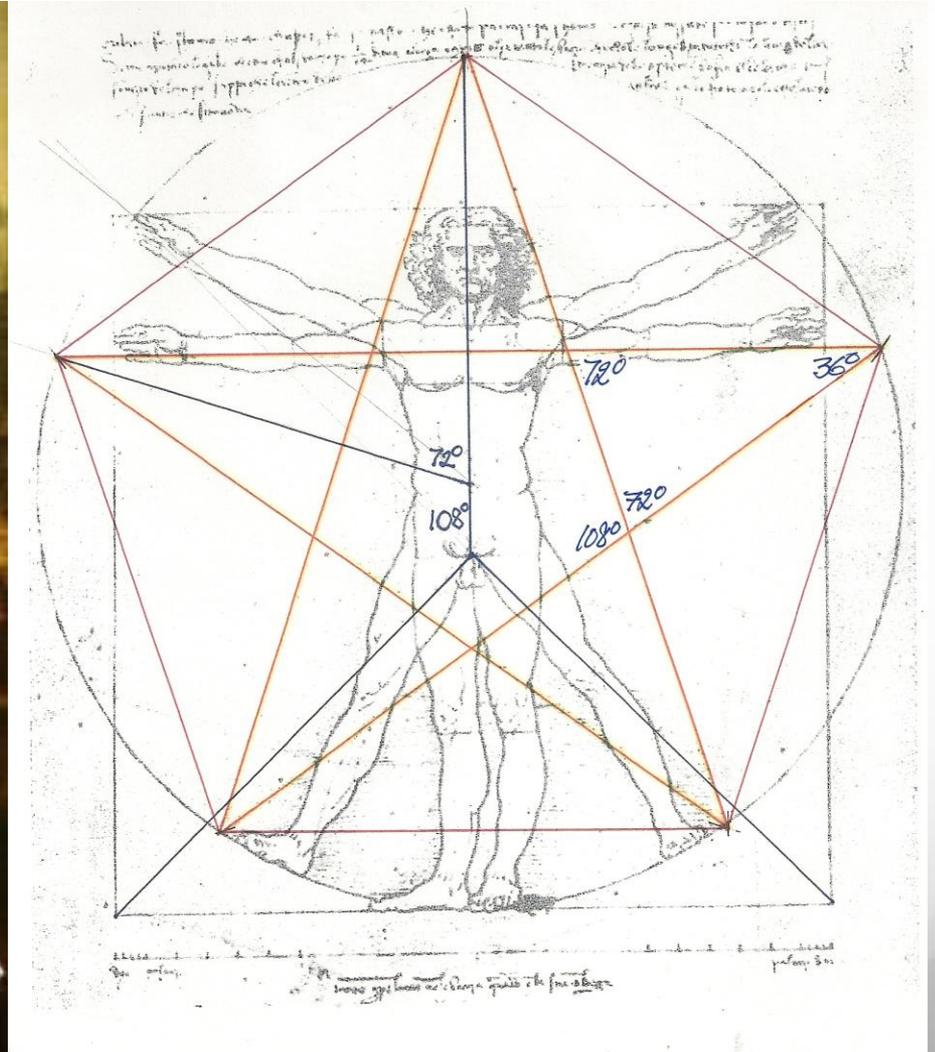
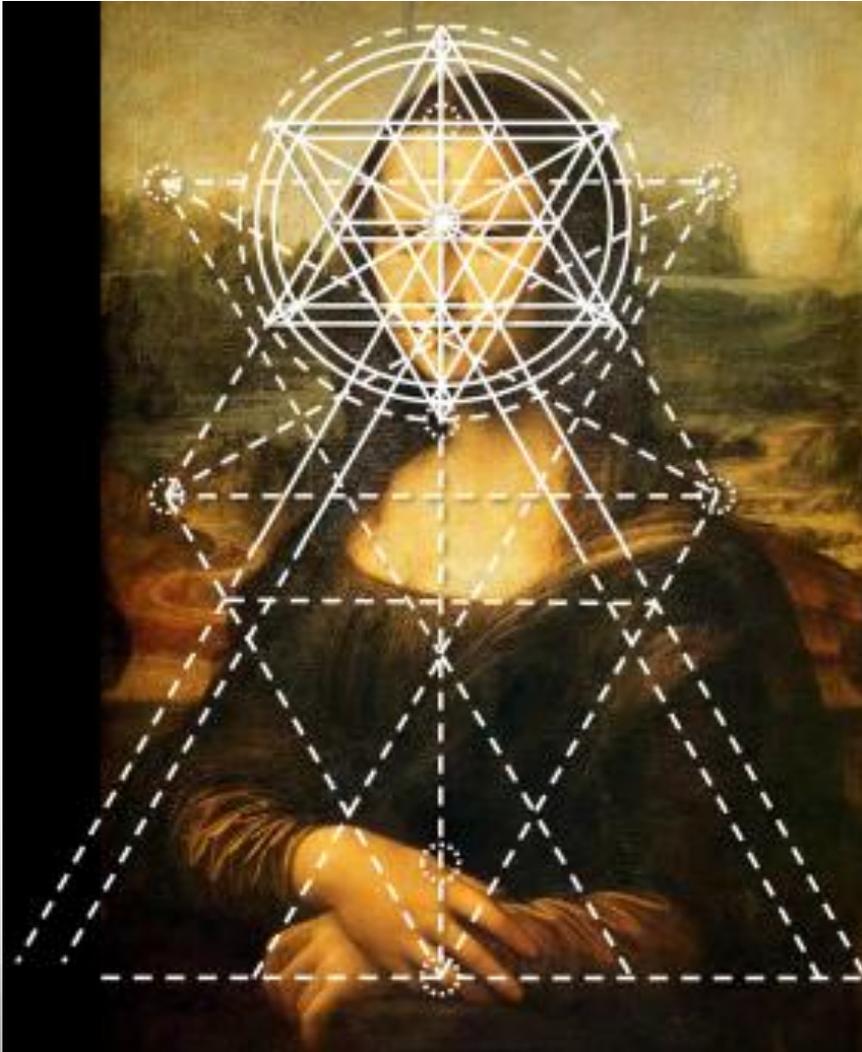


Spiral Nebulae

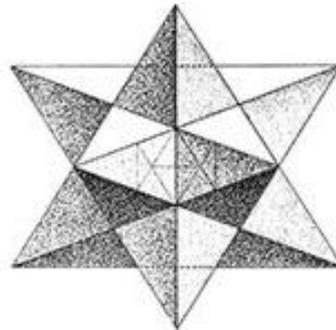
# SACRED GEOMETRY in the Human BODY



# SACRED GEOMETRY in the Human BODY

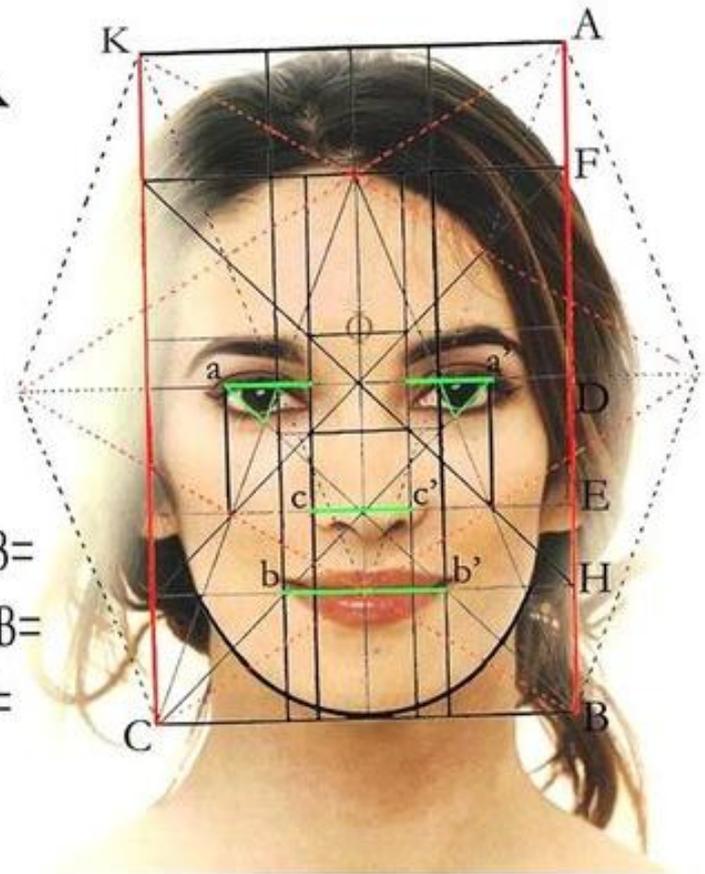


# SACRED GEOMETRY in the FACE

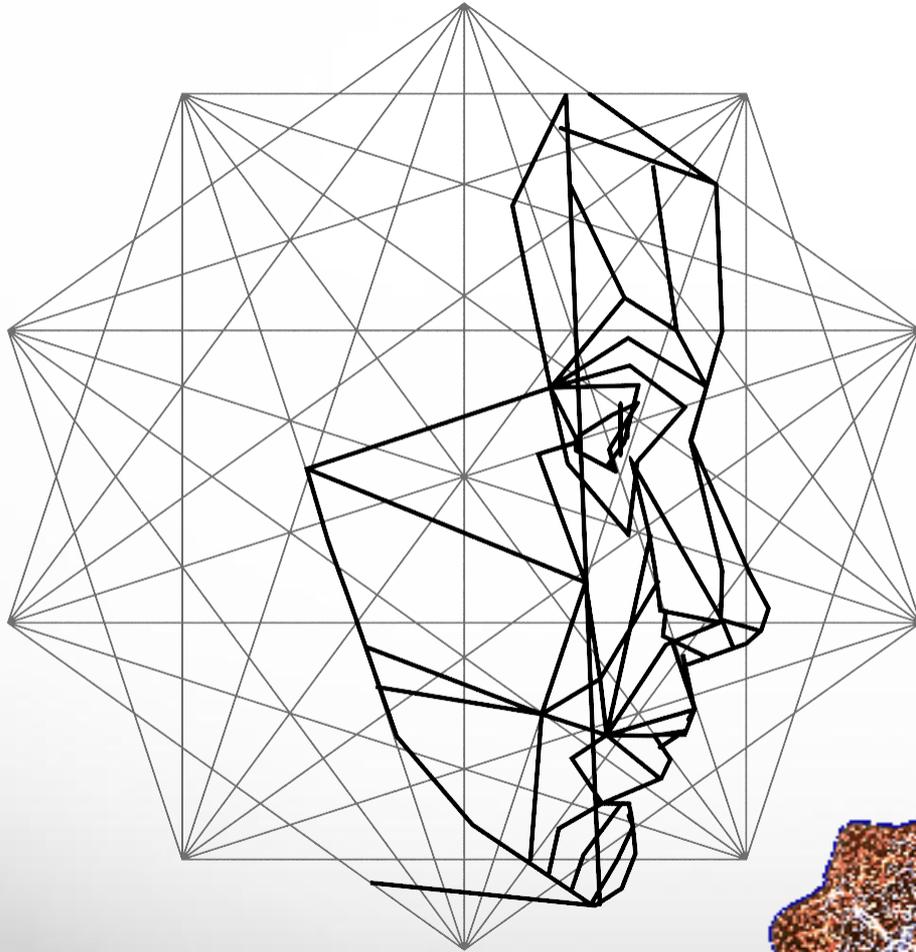


$$\begin{aligned}
 AB/BC &= AD/FD = DB/EB = \\
 FD/DE &= DH/DE = EB/HB = \\
 CB/aa' &= aa'/bb' = bb'/cc' =
 \end{aligned}$$

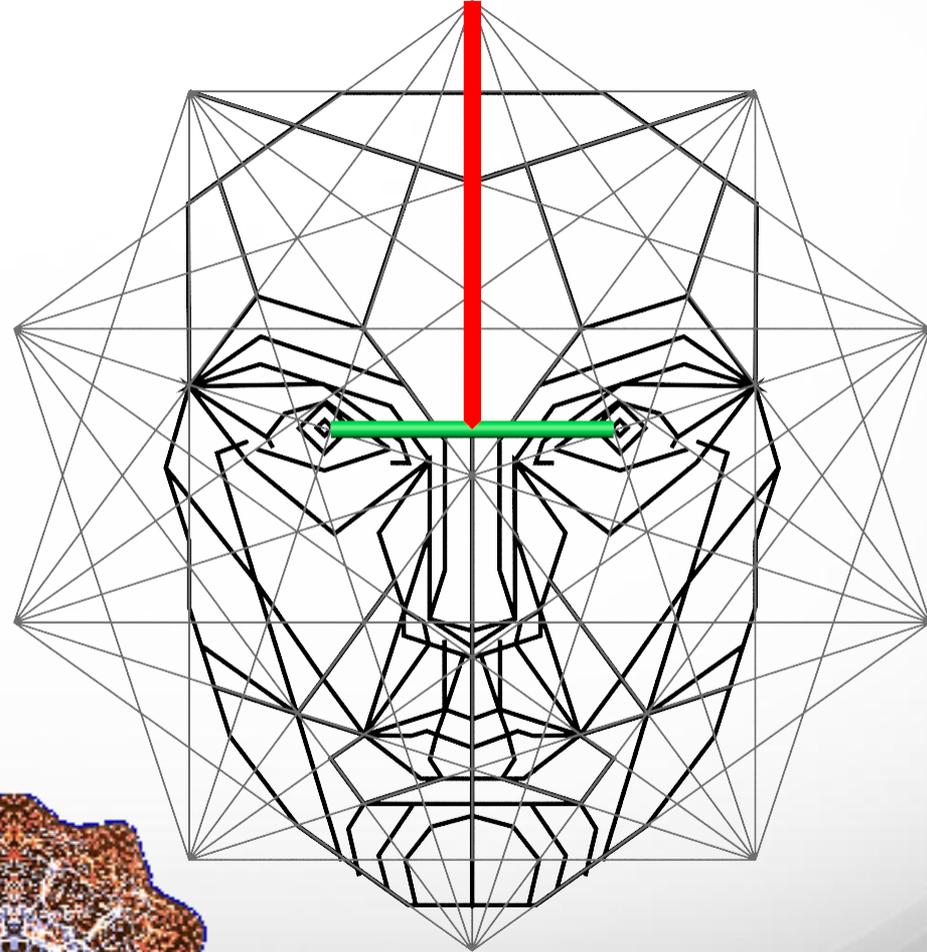
$\Phi$



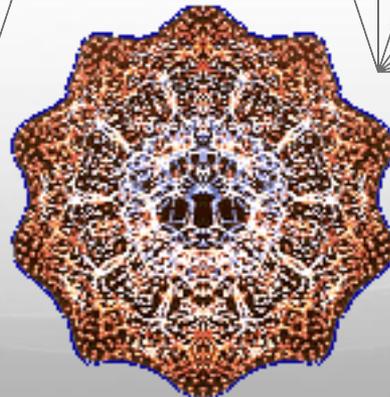
# SACRED GEOMETRY in the FACE



**DNA cross-section**



**The Golden Decagon Matrix**



# PHI ANIMATION

## the PHI Decagon and DNA

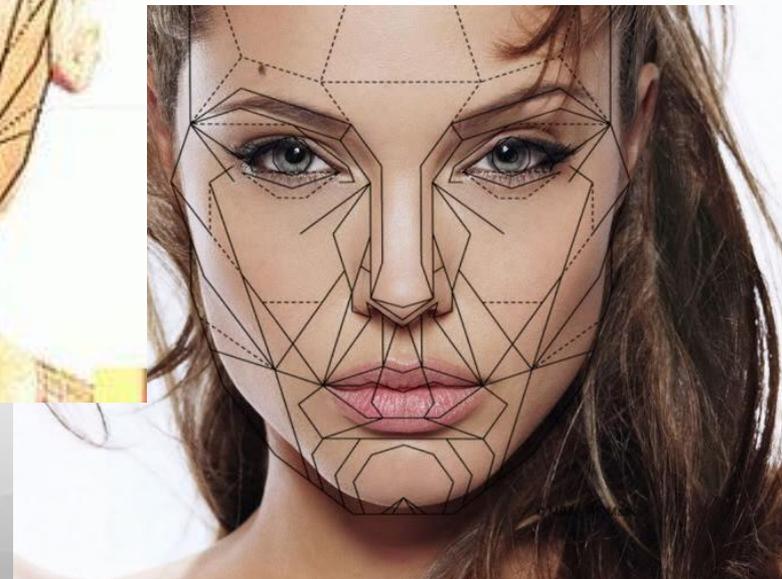
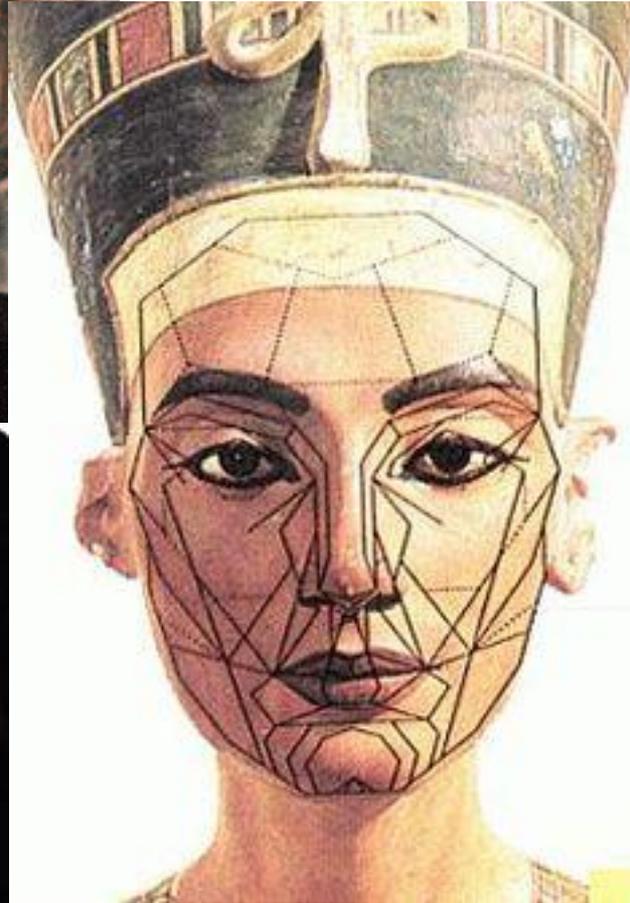
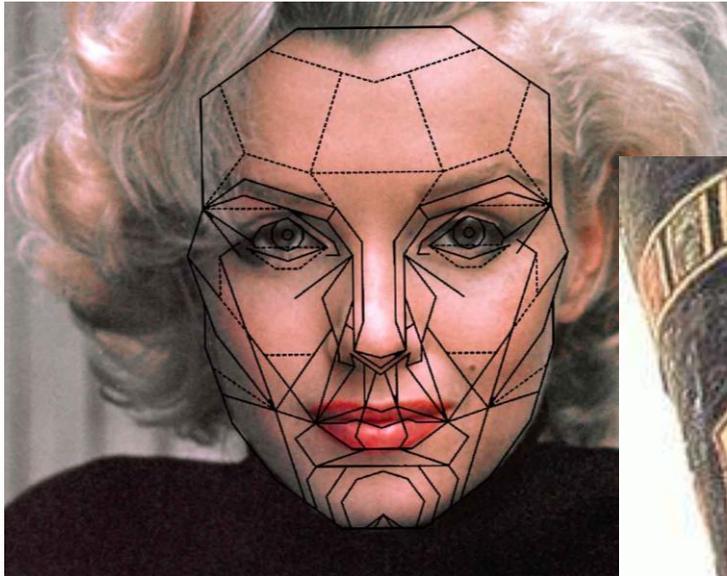
Copyright 2001  
Dr. Stephen R. Marquardt

# PHI ANIMATION

## From the PHI Mask to the Face

Copyright 2001  
Dr. Stephen R. Marquardt

# SACRED GEOMETRY in the FACE

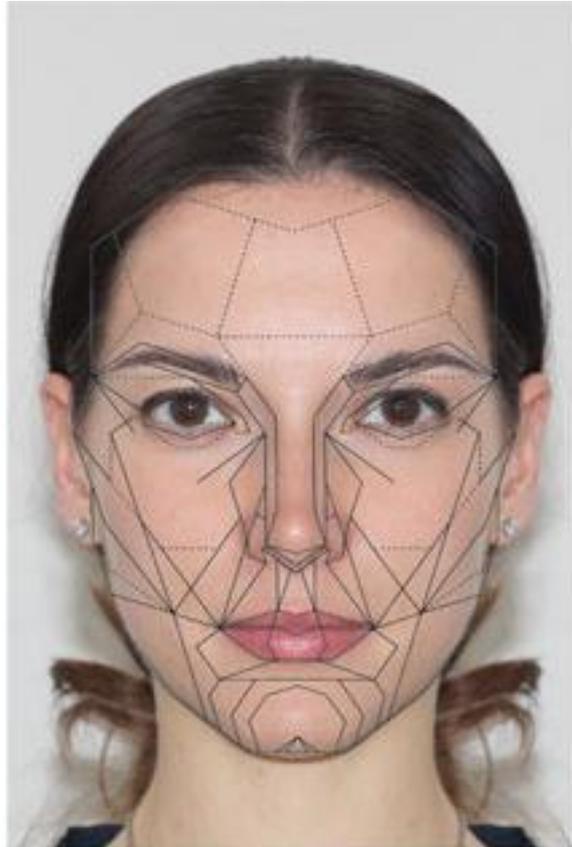


© MBA - RF Mask

# SACRED GEOMETRY in the **FACE**



(1)



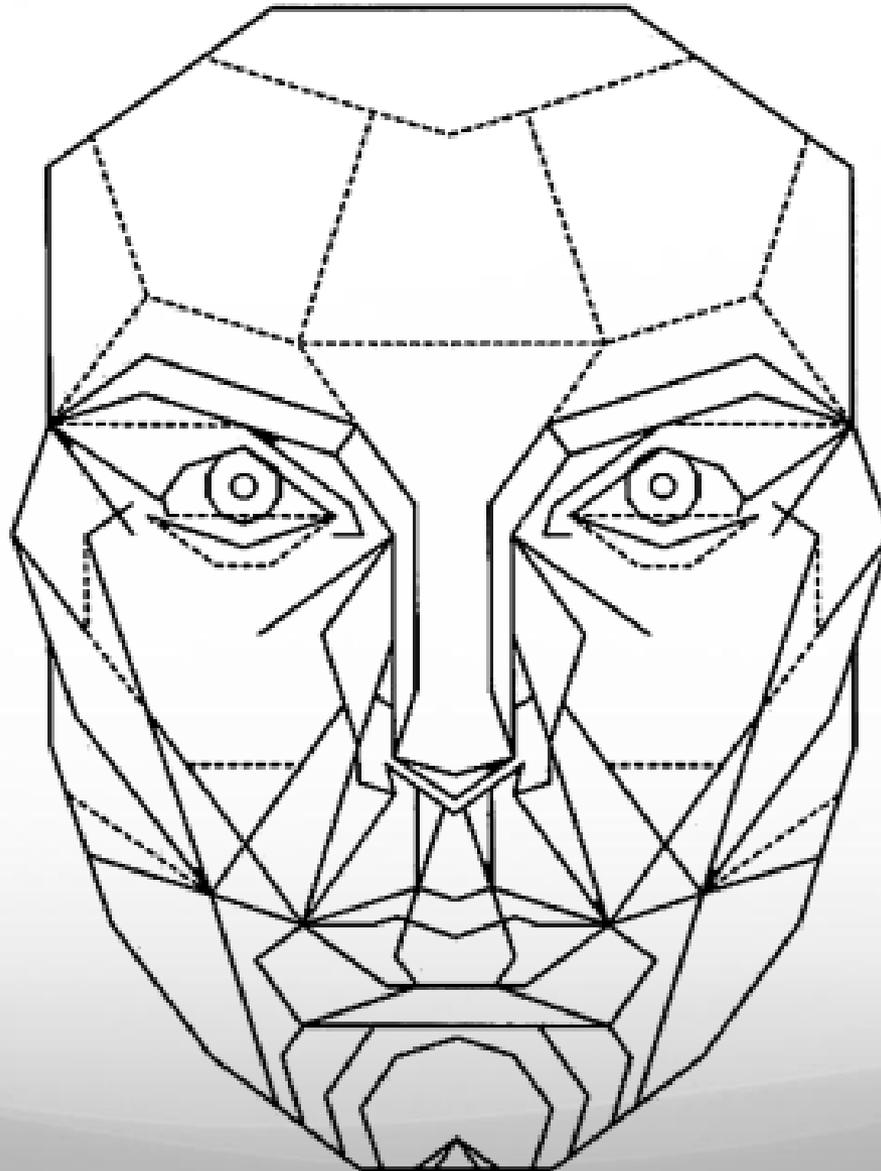
(2)



(3)

The **GOLDEN MASK** application in plastic surgery

# The Golden Decagon Mask **MAKEUP**



# Cinderella Beauty Protocol

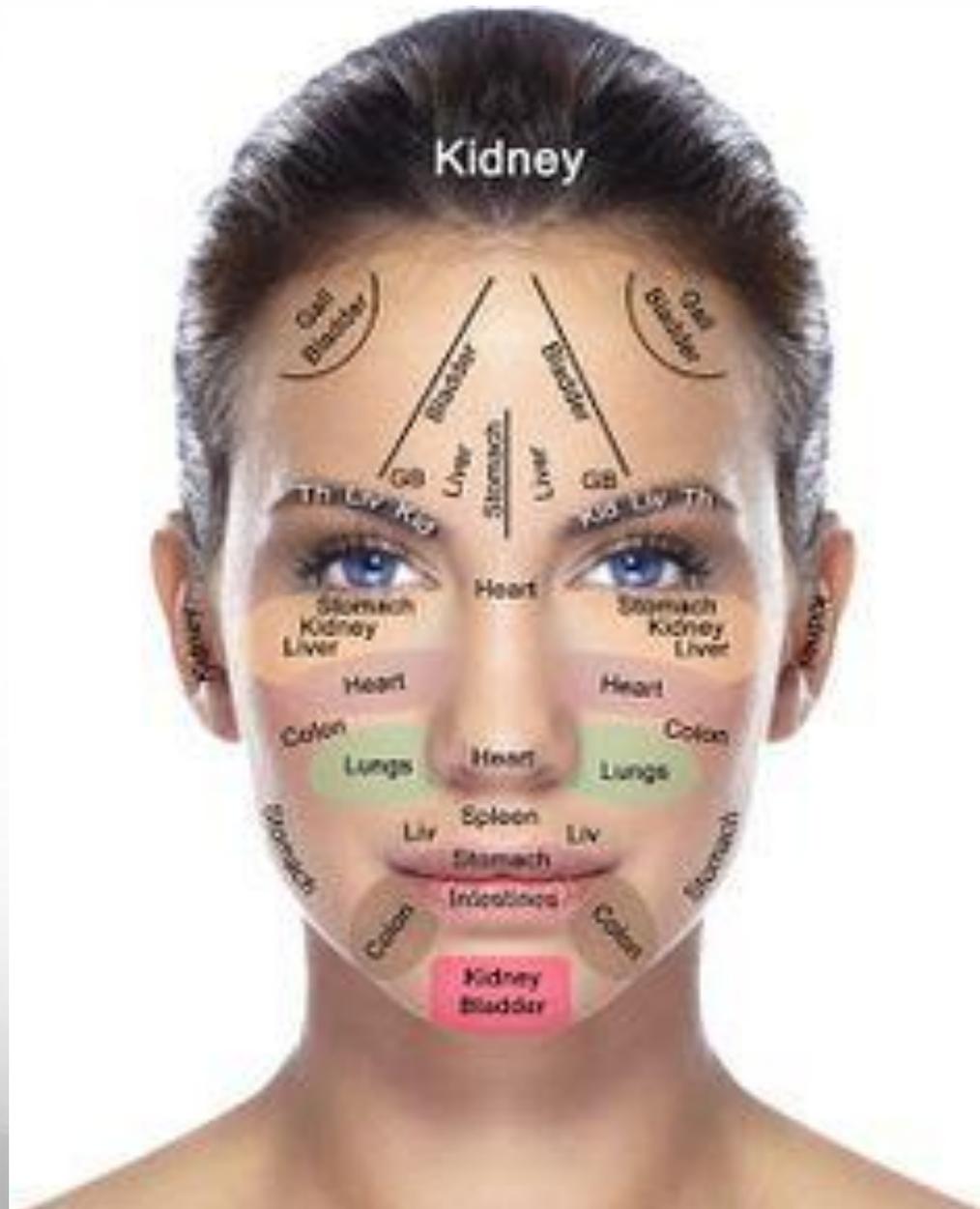
## NOTE:

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

**Emotional reactions** are quite common and desirable.



# Microsystems in the Face



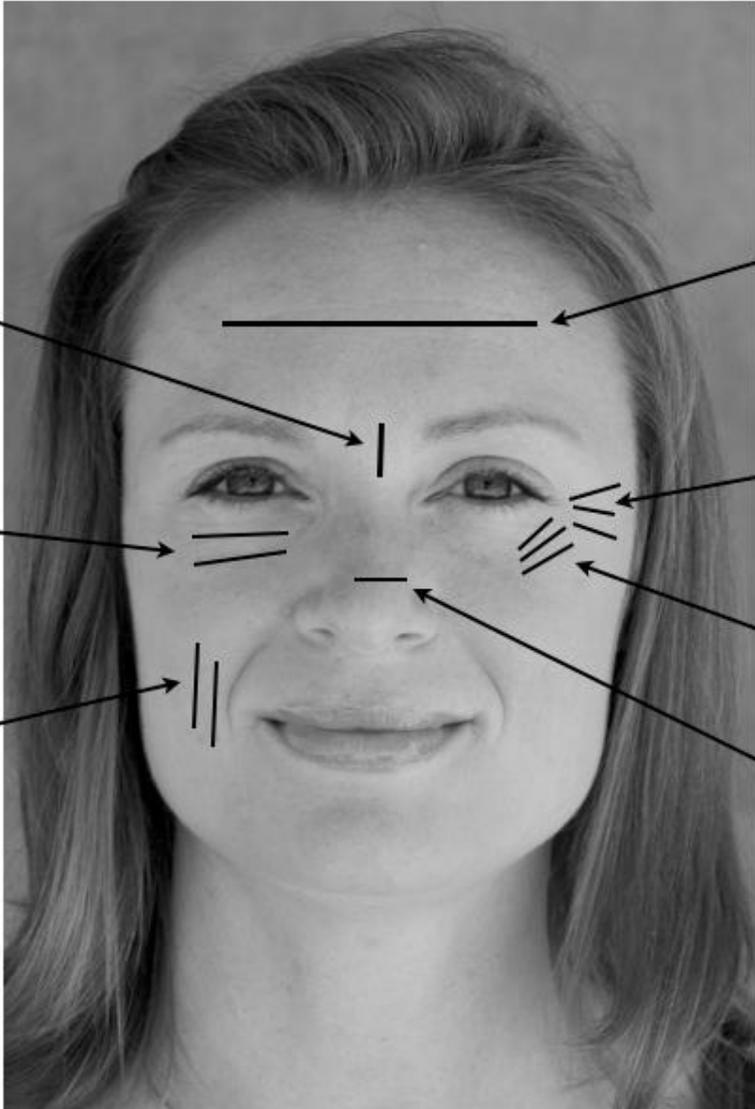
# Emotions & Wrinkles



Suspended  
Needle

Lines of  
Lost Love

Grief  
Lines



Leaving the Past  
Behind Line

Smile Lines, or  
Skepticism

Pain Lines  
(Physical)

Line of  
Permanent  
Heartbreak

# TOOLS for FULL Cinderella Protocol



- SCENAR device
- SCENAR remote attachments:

- 'Pencils'
- 'Pawns', 'Stamps' or Double cosmetic electrode **Low Level Laser** with an Enhancer
- Health **Blanket**



**NOTE:** this set is “the best case scenario”. You do not have to use them all for your procedure to be effective, but the more of them you have the better.

# 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 (**AM= 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).

# STEP 1. Neck and shoulders



**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** (**Diag=0, Sw1-4**) 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 2. “Little Wings”



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

Energy – high, **AM 3:1**

‘Pawns’, ‘Stamps’ or double cosmetic remote attachments can be very helpful when used on both sides of the neck simultaneously.



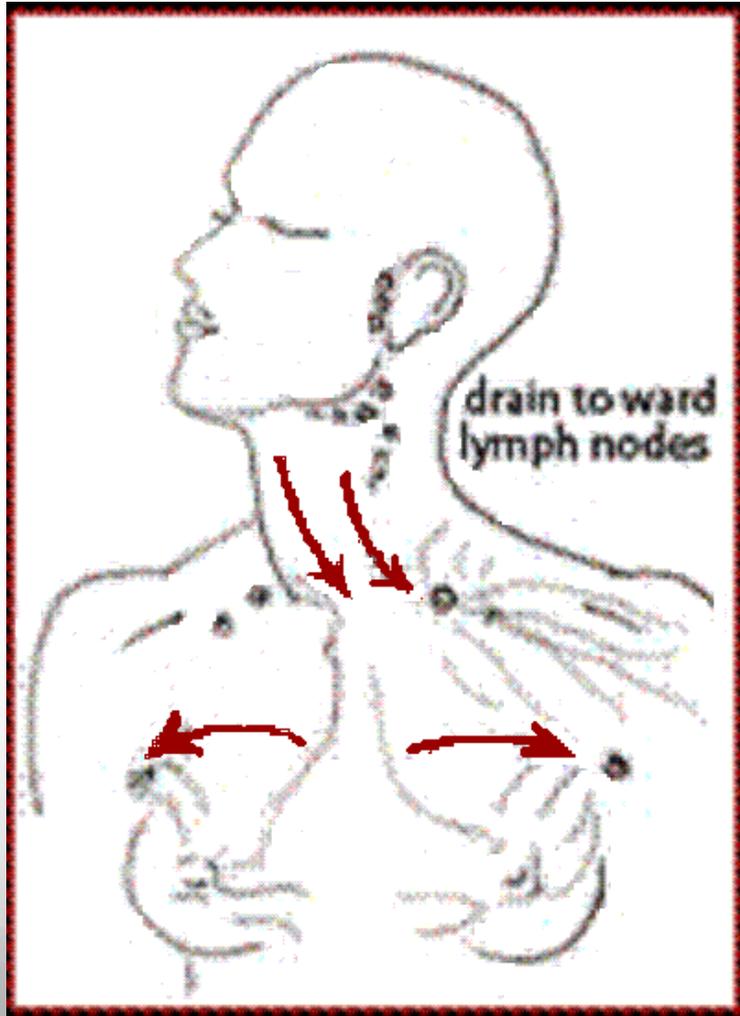
# STEP 3. Lymphatic Circulation

“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 3. Lymphatic Circulation



## NECK

Start on the front of the neck in stroking motions with slight pressure, at least **90 sec.** on each side, moving downward:

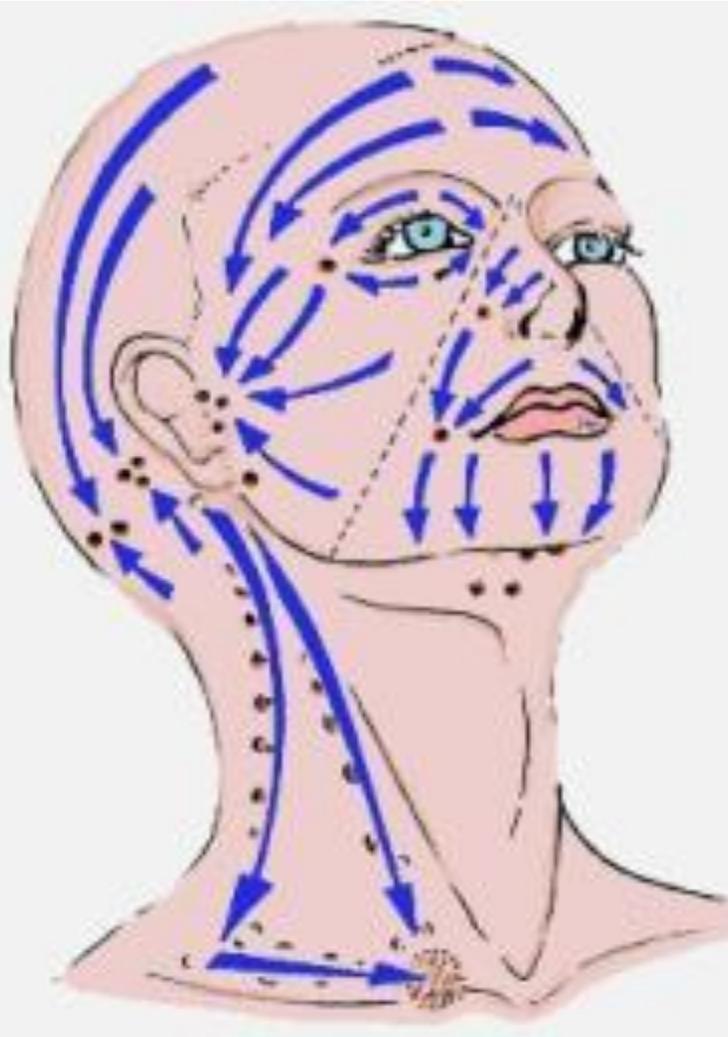
- from the sternum towards the underarms,
- and from the jaw to the clavicle.

Energy – comf., **AM 3:1**

# STEP 3. Lymphatic Circulation

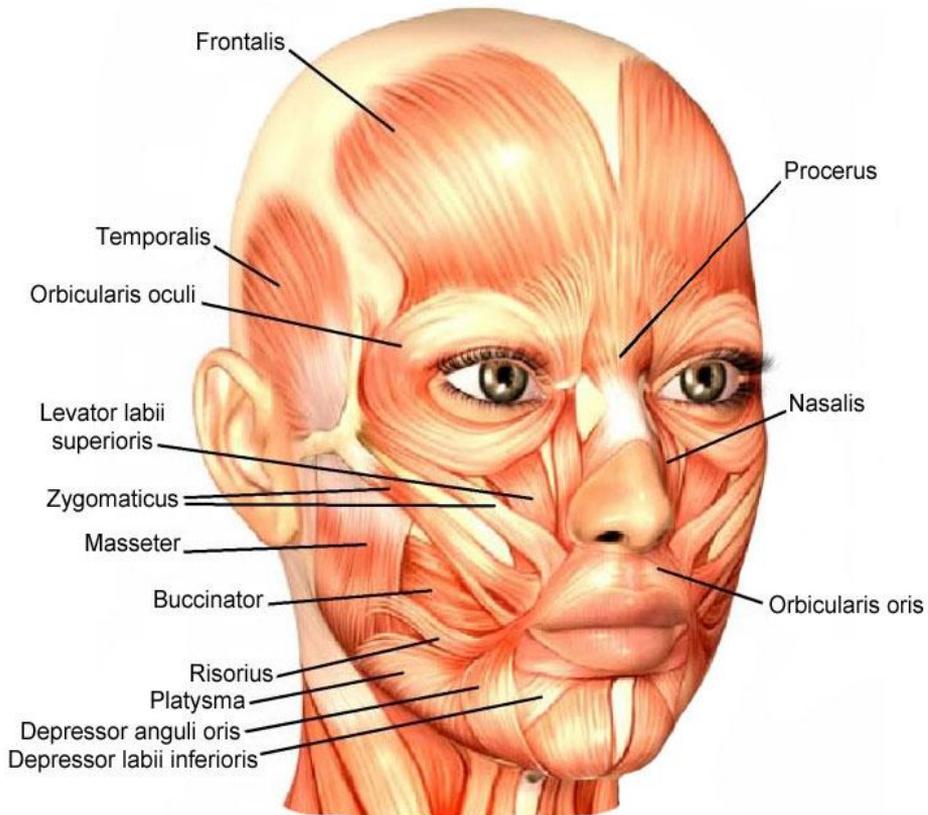
## FACE

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.

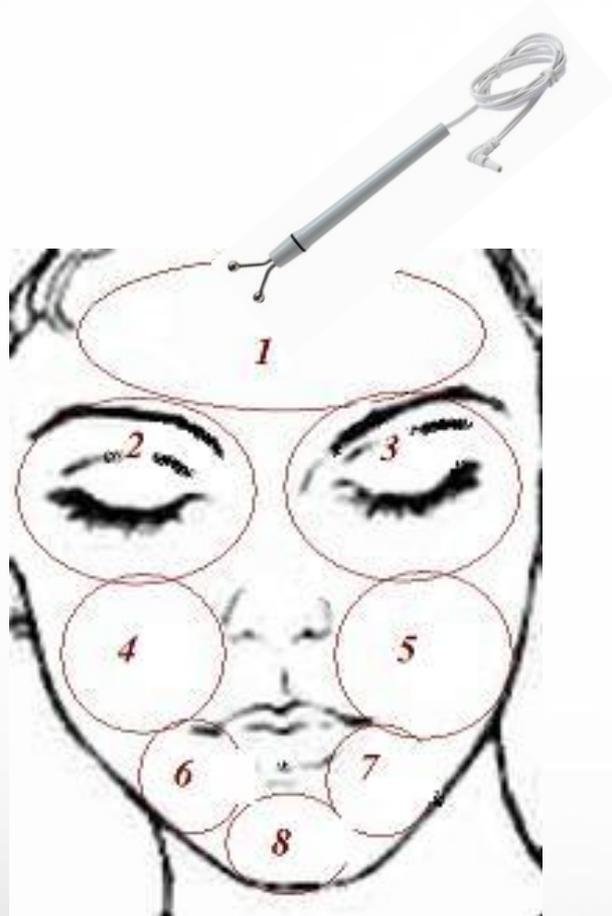
# STEP 4. Muscle stimulation



## Facial muscles

Many of the 43 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

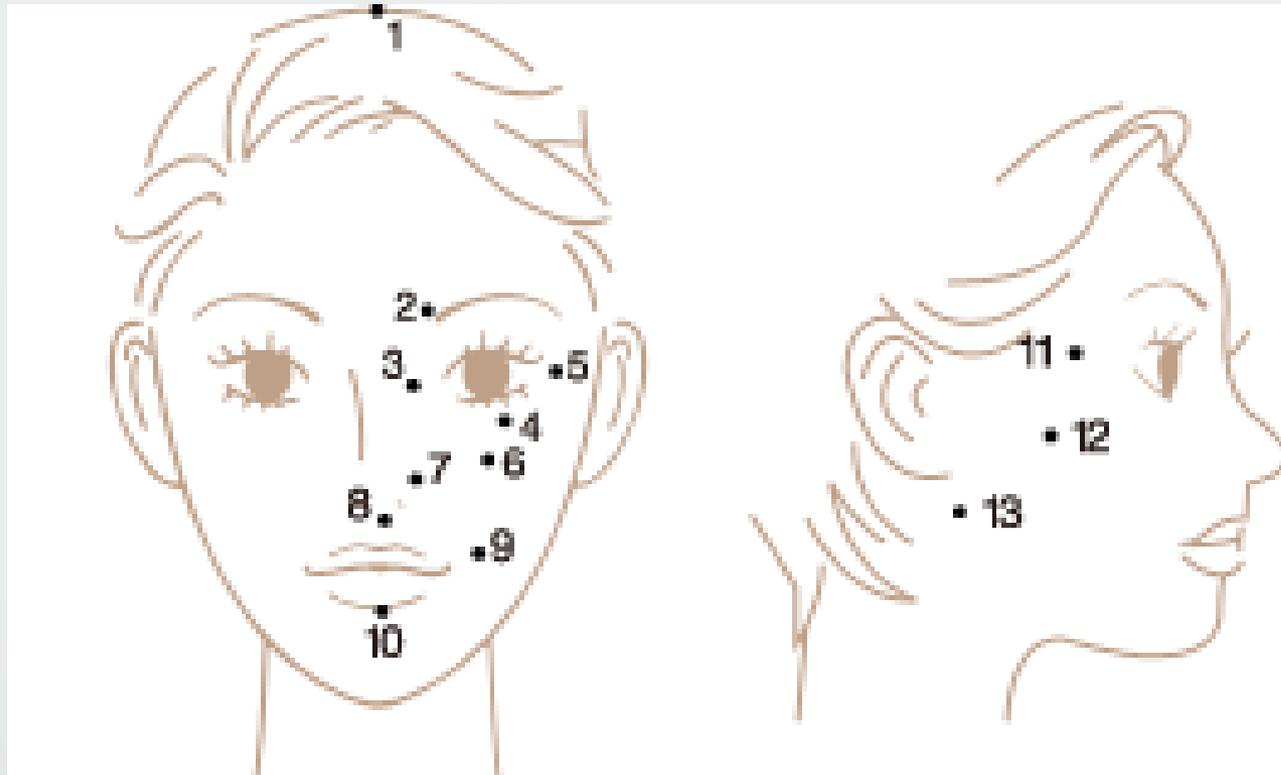


Work on facial muscles with the SCENAR and small remote electrodes, starting with the forehead, then around the eyes, down from the nose to the cheeks, around the mouth and on the neck – treating *the origin and the insertion* points of every muscle causing **visible contractions of muscles** separately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



**Diag=0, AM 3:1**

# STEP 5. Key Points (Balancing)



**NOTE:** Use 'Pencils' attachment to work on symmetrical points *simultaneously* (**30 sec.** on each pair), and in any order – on single 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.

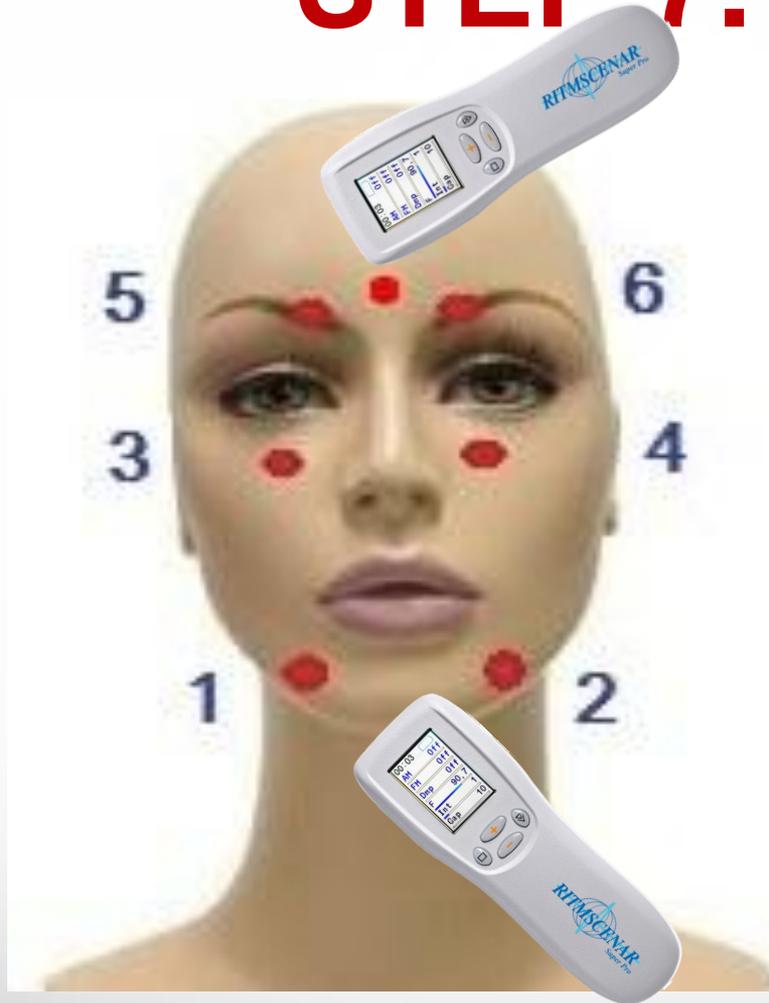
# STEP 6. Wrinkle management



Work along **every deep wrinkle** with small remote SCENAR attachments and 660 Qlaser Enhancer.

Place the SCENAR on the **TMJ area** and keep it steady or slightly massaging the point for **1-2 min.** on each side (use FM or Sw1-4).

# STEP 7. Re-Balancing



Work on **6 points** on the face with the **SCENAR** (first - bottom right, last - top left) for **1 min. on each point.** (Diag=0, Sw1-4)

Finish on the '**third eye**' position with SCENAR held steady or being slowly twisted clockwise for **2 min.** (you may also opt for the **full Brain Cross**, adding the Base of the Skull point and the Ear-Brain Balancing with the 'Pencils' electrode).

At the same time, use **Soft Laser** sweeping it over the whole face & neck and finishing on the **Crown Chakra** for at least 2-3 min.

**NOTE:** Some of the 6 points in this Step are located close to some points in Step 5 – **DO THEM ANYWAY!** Repetition is the mother of learning, even for the body 😊

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