HELLO
I would like to take this opportunity to introduce Heat equipment, products, consultation, educational and training services.

Heat offers how to “Build-A-Spa” Financial and Architectural Feasability Planning Modules, which assist you in facility planning, design and layout as well as financial spa business profit analyses of an existing wellness spa operation.

Heat has researched and developed, during the past years, a line of wellness spa therapy equipment, products and services for health spas, health resorts, wellness clinics, physical therapy-rehabilitation centers, professional salons, skin care and medical spa clinics.

Heat offers ON SITE TRAINING COURSES on the following subjects:
• Wellness Spa Development
• Wellness Spa Financial Planning & Management
• Wellness Spa Management & Human Resourcing
• Wellness Spa Operations & Program Training
  • Wellness Assessment
  • Kneipp Water Therapy
  • Hydro - Balneotherapy
  • Edema-Lymphedema Therapy
  • Instrumental & Manual Lymph Drainage
  • Physical Fitness & Aquatics

consulting, equipment, products, training services, library and events can be seen at www.h-e-a-t.com www.accesswellness.com

Sincerely yours,

Dr. Reinhard R. Bergel, Ph.D.
Director

RRB:mam

MEMBER OF:
ismh

Serving the Health Care Industry Since 1980
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I. **H-e-a-t Wholesale Pricing Policies and Purchase Terms For Products**

Business Professionals (Spas, Salons, Retail Outlets, Medical Facilities) with SELLERS PERMIT qualify for wholesale prices.

Opening order must be $200.00 or more.

Prices are subject to change without notice and will be in effect at the time of shipment, unless otherwise stated.

All orders shipped UPS ground unless otherwise specified. F.O.B. Cotati, California.

Orders may be placed via telephone, fax, internet or mail. All orders sent COD or pre-paid on credit card.

Initial orders COD, cash or money order only.

Pick up orders must be telephoned in 24 hours in advance.

II. **Payment Terms For Equipment**

Pre-payment required. Payments are to be made by check or money order to h-e-a-t, Inc. unless special arrangements are made there will be a 1.5% finance charge per month on any unpaid balance.

All equipment remains property of h-e-a-t, Inc until paid in full.

III. **Returned Merchandise**

No returned merchandise will be accepted without prior written authorization.

All authorized returned merchandise will be sent freight prepaid or will not be accepted.

All authorized returned merchandise must be unused and in original packaging.

There is a 20% restocking fee on all returned merchandise.

All shortages or errors must be made within 3 days of receipt.

There will be a $20 service charge on any returned check, whatever the reason.

Books and Videos are not returnable.

IV. **Freight Damage**

h-e-a-t, Inc is not responsible for merchandise lost, damaged or destroyed after pick-up by carrier and consigned to the purchaser. If a claim is necessary, h-e-a-t, Inc will furnish proof of shipment to the purchaser, but claims are to be filed with the carrier.

V. **Consultation & Training**

h-e-a-t, Inc will offer training.

Training on site may be substituted under the following terms:

1. A $1000 A DAY ON-SITE TRAINING FEE (call for detailed training schedule).

2. All expenses paid by purchaser to include (but not limited to) the following:
SPA KUR THERAPY CONSULTING - BUILD A SPA

TO ORDER ANY ITEM INCLUDING CLASSES:
FROM THIS BROCHURE - CALL 707.942.6633
OR
PURCHASE ONLINE AT - www.h-e-a-t.com
“Build-A-Spa”

Spa Facility Financial Planning
Spa Facility Architectural Planning
Spa Facility Business Analyses

✓ Square Footage
✓ Set-Up Expenses
✓ Payroll Expenses
✓ Return on Expenses
✓ Revenue
✓ Net Profit Analysis
✓ Break-Even Analysis
✓ Cash Flow Projection

For 75 cents per square foot ($750.00 minimum) we will put together a complete financial package for your Dream Spa. Projects over 2000 square feet should consider an "onsite" evaluation for the same price plus expenses.

Base Price
$750

Consultation and Preparation by:
Reinhard R. Bergel, Ph.d (DrB@h-e-a-t.com) Fax: (707)942-0734
Skip Williams (skip@vom.com)
SPA-KUR THERAPY CONSULTING

Reinhard R. Bergel, Ph.D., has operated a health spa clinic and physical rehabilitation center for almost two decades. He is renowned for his holistic and creative abilities in physical care, rehabilitation, health resort and spa services (Exercise-Therapy, Aromatherapy, Hydrotherapy, Pelotherapy, Kneipp Therapy, Lymphedematherapy, Massagetherapy, Thalassotherapy).

Dr. Bergel is from Germany, where some of the most distinctive health spas are in use. The German health care insurance system recognizes the therapeutic value of these spa-kur facilities.

In 1986, Dr. Bergel founded the International Training Institute for Spa Therapy (ITI) a division of H.E.A.T., Inc. No other school in the country offers such a unique and comprehensive education to individuals who desire to focus their career in the area of spa therapy. Specialists from all over the world instruct in this innovative program.

During the past years, Dr. Bergel has developed a consultation service which includes spa-kur facility development, staff training and spa management.

In 1986, Dr. Bergel founded the International Training Institute for Spa Therapy (ITI), a division of H.E.A.T., Inc. No other school in the country offers such a unique and comprehensive education to individuals who desire to focus their career in the area of spa therapy.

1. **RESEARCH AND FACILITY DEVELOPMENT**: A recommendation of the type of spa best suited for your prospective market is given. A review of spa programs and operational options is also provided.

   **Phase I** includes consultation with an architect and an interior designer to create a facility in which the desired atmosphere and the building's technical functions are achieved harmoniously.

2. **CREATION OF COST-EFFECTIVE, SERVICE-ORIENTED SPA**: Programs are developed to promote continuity of style and direction throughout all phases of the operation, and to give the staff a sense of unity and clarity of purpose pertaining to fitness, health, beauty, and salon services, retail, etc.

   **Phase II** includes designing a personalized spa program to suit clientele, planning retail sales, and providing assistance in the target market.

3. **IMPLEMENTATION OF SPA PRACTICES AND OPERATIONS**: Staffing, job descriptions, training manuals, program manuals, quality assurance, and office systems are evaluated.

   Selected workbooks and video presentations of spa treatment and training are available in the following areas: Kneipp Hydrotherapy - Pelotherapy - Aromatherapy - Anma and Shi Jin Jutsu Massagetherapy - Lymphedematherapy (Lymphatic Drainage) - Exercise Science - Diet and Nutrition - Skin Care/Hygiene - Business Management Procedures - Spa-Kur Therapy vs. Physical Therapy.

   **Phase III** offers the fundamentals of recruiting, staffing, educating the appropriate staff, on-site administration, and supervision of programs and operations.

4. **ON-GOING MANAGEMENT**: The systems of highly specialized spa management in this industry consist of many unknown factors in spa programming. This phase offers an effective way to manage an efficient operational system.

   **Phase IV** comprises the revision and implementation of necessary changes and on-going management advice.
WELLNESS - HEALTH - FITNESS
ASSESSMENT AND COMPUTER
SOFTWARE

TO ORDER ANY ITEM INCLUDING CLASSES:
FROM THIS BROCHURE - CALL 707.942.6633
OR
PURCHASE ONLINE AT - www.h-e-a-t.com
Like most Spa Owners and Directors, you may be spending more time on the health and well being of your clients than you are on the health of your business.

In order to effectively manage your spa and enable you to make the decisions crucial to the continued success and health of your business, you require greater control over Guest and Employee Scheduling, Service Sales, Inventory and Commission Accounting. This software is specifically designed to meet the scheduling and reporting needs of today's sophisticated spas. Whether you operate a Resort, Destination or Day Spa, the software's innovative approach provides the tools necessary to streamline operations, boost productivity and improve client service.

DYNAMIC GUEST RESERVATION AND RESOURCE SCHEDULING
Schedule multiple appointments for multiple clients concurrently, automating the selection of therapists and resources, while simultaneously accommodating guest preferences. Book single day and overnight packages in only a few seconds. Print or view complete spa, therapist or client services on demand. Reserve non-spa activities such as tennis courts or restaurant seating.

COMPLETE CLIENT MANAGEMENT
Track all client information including demographics, service history, series use and special client notes covering any topics...all accessible throughout the system. Produce personalized letters and labels within software or merge selected client information with your favorite word processor for targeted mailings.

INTEGRATED POINT-OF-SALE (POS)
WORKSHOP & TRAINING REGISTRATION FORM

WORKSHOP______________________________________________________

TRAINING_______________________________________________________

DATE___________________________________________________________

LOCATION_______________________________________________________

LODGING________________________________________________________

AIRPORT________________________________________________________

TUITION_________________________________________________________

NOTE: for all dates, the last day to register is 14 days before training

REGISTRATION FORM

To register for a workshop - training call (707) 942-6633 fax (707) 942-0734 or email DrB@h-e-a-t.com or complete the form below together with a check payable to H-E-A-T Inc. or your credit card number and MAIL TO: H-E-A-T INC. • 1119 MITZI DRIVE PO BOX 1177 • CALISTOGA, CA, USA 94515

Name/Institution

_______________________________________________________________

Address __________________________________________ Telephone _______________

e-mail______________________________________ fax_____________________

City __________________________ State_________ Zip __________

Charge to: Visa MC AMX Exp. Date____ Card No. ______________________________

Signature ______________________________________________________
Spa Kur Therapy Training Description

It is my goal to provide an intensive education and training in the theory and practical application of Spa Kur Therapy.

The training content follows standards in Spa Kur Therapy based on clinical research and applications set by the International Society of Medical Hydrology ISMH Rheumatology Mineral Water Drinking Climatology Balneo Dermatology, the German Society of Balneology and Kur Therapy, American Physical Therapy Association and many more other organizations promoting wellness program procedures based on ongoing clinical research. Upon completion of this training we are confident that you will return to successful clinical practice in Spa Kur Therapy.

THEORY AND PRACTICE

How to “BUILD A SPA” facility financial and architectural planning square footage, set up-payroll-expense calculations, return on expenses, net profit analysis break-even analysis cash flow projections.

How to “OPERATE A Spa Kur Therapy FACILITY”, management human resources job descriptions policies and procedures including continuous education training med spa clinic programs and physical therapy program.

How to “Do Spa Kur Therapy TREATMENTS.” It is the objective to provide basic theoretical and practical instruction in various Spa Kur therapies designed for allied health professionals Spa operators, physical therapist massage therapists estheticians.

Sincerely yours,

Dr Reinhard R. Bergel
Director
H-e-a-t Inc
(Health-enhancement-accessories-training) Spa Kur Therapy Development Inc
**H-e-a-t Spa 30**

Spa Kur Therapy TRAINING

**DURATION** 3 Days 30 Class Room Hours & 30 Home Study Hours  
**TUITION** US$600.00 per person, **text & DVD/video US$199.00**  
**LOCATION** TBD  
**CONTACT** Dr Reinhard R Bergel, H-e-a-t Inc 707-942-6633 email DrB@h-e-a-t.com  
**ON SITE** Travel & Lodging Expenses are in addition to the training tuition.  
(A) Less then 6 people **US$ 1,500.00 per facility day**  
(B) 6-12 people **US$ 600.00 per person**  
Text & DVD/video **US$ 199.00 per person**  
**DEPOSIT** **US$2,000.00 non-refundable** is required to book a workshop/training date.  
Items, which must be furnished by the host facility  
• Room to hold the workshop/training  
• VCR/TV/LCD PROJECTOR set-up  
• Massage tables or equal

**TARGET GROUP** This basic training offers didactic and practical instruction of spa therapies designed for **Spa operators physical therapist allied health professionals massage therapist and esthetician**

**TRAINING TIMES** the training consists of thirty (30) classroom contact hours of theory and practicum, lasting three (3) consecutive days **plus thirty (30) home study hours** before the start of the classroom training. A home study knowledge test will be administered on day 1 of the classroom training

**TRAINING PREREQUISITS** The didactic and practical instruction of the training is designed for allied health professionals massage therapist and esthetician requiring anatomy and physiology basics

**HOME STUDY** The **Spa Kur Therapy** textbook will be provided before the training. The training participant is expected to **complete 30 hours home study** before the first day of class. This will develop an extensive knowledge of a large variety of Spa Kur therapies, as it will facilitate a smooth entry and progression of the classroom training

**TRAINING DESCRIPTION** The **30 hours classroom training** involves hands-on work with simple applications of hydrotherapy and pelotherapy. The theory covers anatomy and physiology of the
TRAINING OBJECTIVES

it is the objective to provide basic theoretical and practical instruction in various Spa-Kur Therapies designed for allied health professional spa operators physical therapists massage therapists and estheticians

At the conclusion of the sixty (60) hours training, participant will have learned the basics of Spa Kur Therapy physiology and visceral anatomy recount indications and contraindications, perform and reproduce selective Spa Kur Therapy treatments.

TRAINING PARTICULARS

due to hands-on training time enrollment is limited wear comfortable clothes sports bra 2 piece swimsuit

TRAINING CONTENT

Classroom Didactics 6 hours  Home study didactics 30 hours

The vascular and nervous system anatomy physiology

Classroom Practicum 24 hours all of the following topics will be included in the training

HYDROTHERAPY theory and practice baths showers affusions ablutions underwater massage steam sauna thalasso therapy equipment operations and business management

AROMATHERAPY: theory and practice herbal and seaweed baths wraps packs loofah dry brushing equipment operations and business management

PELOTHERAPY theory and practice mud baths wraps packs parafango (paraffin mud) treatment equipment operations and business management

WELLNESS (KNEIPP) and SPA THERAPIES hydrotherapy herbal therapy exercise diet lifestyle and wellness practices equipment operations and business management

HOW TO “BUILD A SPA” financial and architectural planning square footage set up-payroll- expense calculations return on expenses net profit analysis break-even analysis cash flow projections

HOW TO “OPERATE A SPA “ management human resources job descriptions policies and procedures including continuing education training med spa clinic programs and physical therapy program.

Day 1
8:00am-6:00pm
Home study knowledge content test
Theory & Practicum - introduction and orientation to Spa-Kur therapy review of educational material how to “Build A Spa” facility financial and architectural planning how to “do spa treatments” hydrotherapy pelotherapy wrap pack loofah dry brush etc equipment operations business management

Day 2
8:00am-6:00pm
Theory & Practicum - how to “do spa treatments” hydrotherapy pelotherapy. Wraps packs loofah dry brush etc equipment operations business management

Day 3
8:00am-6:00pm
Theory & Practicum - hydrotherapy pelotherapy herbal seaweed wrap parafango. Pack (Kneipp) wellness spa therapies and programming. Examination Written and practical
It is my goal to provide an intensive continuous education and training in the theoretical & practical application of Spa Kur Therapy & Lymph Drainage.

The training content follows standards in Spa Kur Therapy & Lymph Drainage based on clinical research and applications set by the International Society of Medical Hydrology, Rheumatology, Climatology, Balneology, Dermatology, the German Society of Balneology and Kur Therapy, International Society of Lymphology, American Physical Therapy Association and many more other organizations, promoting spa programs based on ongoing clinical research.

Upon completion of this continuous education training I am confident that you will return to continued successful clinical practice in Spa Kur Therapy & Lymph Drainage.

THEORY AND PRACTICE

How to “BUILD A Spa Kur Therapy” facility financial and architectural planning square footage, set up-payroll- expense calculations, return on expenses, net profit analysis break-even analysis cash flow projections.

How to “OPERATE A Spa Kur Therapy facility” employee management and job descriptions, policies & procedures including continuous education training, spa clinic and physical therapy programs.

How to “Do Spa Kur Therapy TREATMENTS.” basic theoretical and practical instruction in various Spa Kur therapies designed for the allied health professional, Spa operator, physical therapist, massage therapist, skin and body care trained beauty care technician.

Sincerely yours,

Dr Reinhard R. Bergel
Director
H-e-a-t Inc
(Health-enhancement-accessories-training Inc) Spa Kur Therapy Development
H-e-a-t Spa LDC 50
Spa Kur Therapy & Lymph Drainage Training

**DURATION**
5 Days 50 Class Room Hours & 30 Home Study Hours

**TUITION**
**US$1,000.00** per person, *text & DVD /video US$199.00*

**DURATION**
5 Days 50 Class room hours & 60 Home study hours

**LOCATION**
TBD

**CONTACT**
Dr Reinhard R Bergel, H-e-a-t Inc 707-942-6633 email DrB@h-e-a-t.com

**ON SITE**
Travel & Lodging Expenses are in addition to the training tuition.

(A) Less then 6 students **US$ 1,500.00 per facility day**
(B) 6 - 12 students **US$ 1,000.00 per person**

**DEPOSIT**
**US$2,000.00 non-refundable** is required to book a date

- Room to hold the workshop/training
- VCR/TV/LCD PROJECTOR set-up
- Massage tables or equal

**TARGET GROUP**
The Spa Kur Therapy & Lymph Drainage training offers basic didactic and practical instruction of spa therapies designed for the allied health professional, Spa operator, physical therapist, massage therapist, skin and body care trained beauty care technician.

**TRAINING TIMES**
The Spa Kur Therapy & Lymph Drainage training consists of fifty (50) classroom contact hours of theory and practicum, lasting five (5) consecutive days plus sixty (60) home study hours before the start of the classroom training. A home study knowledge test will be administered on day 1 of the classroom training.

**TRAINING PREREQUISITS**
The Spa Kur Therapy & Lymph Drainage didactic and practical training is designed for the allied health professional, Spa operator, massage therapist, skin and body care trained beauty care technician requiring anatomy, physiology, neurology and lymphology basics.

**HOME STUDY**
The Spa Kur Therapy & Lymph Drainage text & DVD/video, respectively will be provided before the training. The Spa Kur Therapy & Lymph Drainage training participant is expected to **complete 60 hours home study** before the first day of class. This will develop an extensive knowledge of a large variety of Spa Kur therapies & Lymphology of anatomy, physiology, neurology and patho physiology of the vascular, nervous & lymphatic system, as it will facilitate a smooth entry and progression of the CLASSROOM training.
TRAINING DESCRIPTION The Spa Kur Therapy & Lymph Drainage 50 hours classroom training involves hands-on work with systematic applications of hydrotherapeutic modalities & procedures, manual & instrumental lymph drainage, garment applications as it applies in a slimming cellulite treatment and post surgery edema treatment. Topics include inner cleansing-tissue mineralizing & decongesting, exercise physiology and the physiological conditions for proper slimming, cellulite & edema reduction, recommendation of the application of pressotherapy, compression pumps, bandaging and fitting of compression garments benefiting slimming cellulite; edema reduction and venous insufficiencies following internationally accepted standards. The theory covers anatomy and physiology of the blood vascular, lymphatic and nervous system, treatment indications and contraindications.

TRAINING OBJECTIVES The Spa Kur Therapy & Lymph Drainage training objective is to provide basic theoretical and practical instruction in various Spa Kur Therapy & Lymph Drainage procedures designed for the allied health professional, Spa operator, physical therapist, massage therapist, skin and body care trained beauty care technician. At the conclusion of the fifty (50) hours classroom training, participant will have learned the basics of Spa Kur Therapy & Lymph Drainage, physiology and visceral anatomy, recount indications and contraindications, perform and reproduce selective Spa Kur Therapy & Lymph Drainage treatments.

TRAINING PARTICULARS due to hands-on training time enrollment is limited wear comfortable clothes swimsuit sports bra 2 piece swimsuit

TRAINING CONTENT Classroom Didactics 15 hours Home study didactics 60 hours. The vascular and nervous system anatomy physiology Classroom Practicum 35 hours all of the following topics will be included in the training

HYDROTHERAPY theory and practice baths showers affusions ablutions underwater massage steam sauna thalasso therapy equipment operations and business management

AROMATHERAPY: theory and practice herbal and seaweed baths wraps packs loofah dry brushing equipment operations and business management

PELOTHERAPY theory and practice mud baths wraps packs parafango (paraffin mud) treatment equipment operations and business management

WELLNESS (KNEIPP) & SPA THERAPIES hydrotherapy herbal therapy exercise diet lifestyle and wellness practices equipment operations and business management

MANUAL & INSTRUMENTAL LYMPH DRAINAGE THERAPY Cellulite & post surgery edema treatment THEORY AND PRACTICE OF SYSTEMIC MICROCIRCULATION, LYMPH DRAINAGE TECHNIQUES, SCIENCE OF COMPRESSION CONTENTFOLLOWS THE WORLD WIDE ACCEPTED STANDARDS AND CONSENSUS OF THE INTERNATIONAL SOCIETY OF LYMPHOLOGY
HOW TO “BUILD A SPA” financial and architectural planning square footage set up-payroll- expense calculations return on expenses net profit analysis break-even analysis cash flow projections

HOW TO “OPERATE A SPA” management human resources job descriptions policies and procedures including continuing education training med spa clinic programs and physical therapy program.

TRAINING SCHEDULE

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Home study knowledge content test</th>
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<tbody>
<tr>
<td>8:00hrs – 18:00hrs</td>
<td>Theory and Practicum</td>
</tr>
<tr>
<td></td>
<td>introduction and orientation to Spa-Kur therapy review of educational material how to “Build A Spa” facility financial and architectural planning how to “do spa treatments” hydrotherapy pelotherapy wrap pack loofah dry brush, etc. equipment operations business management.</td>
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<table>
<thead>
<tr>
<th>Day 2</th>
<th>Theory and Practicum</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00hrs – 18:00hrs</td>
<td>how to “do spa treatments” hydrotherapy pelotherapy wraps packs loofah dry brush, etc. Equipment operations business management.</td>
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</table>

<table>
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<tr>
<th>Day 3</th>
<th>Theory and Practicum</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00hrs – 18:00hrs</td>
<td>hydrotherapy pelotherapy herbal seaweed wrap parafango pack (Kneipp) wellness spa therapies and programming.</td>
</tr>
</tbody>
</table>

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<thead>
<tr>
<th>Day 4</th>
<th>Theory and Practicum</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00hrs – 18:00hrs</td>
<td>Manual &amp; Instrumental Lymph Drainage Therapy, Cellulite &amp; Post Surgery Edema Treatment</td>
</tr>
<tr>
<td></td>
<td>Review anatomy &amp; physiology of microcirculation, skin structures and functions; pathology and etiologies of edema; Hand Stroke Method: Throat, Face, and Chest</td>
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<table>
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<tr>
<th>Day 5</th>
<th>Theory and Practicum</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 hrs – 18:00 hrs</td>
<td>Anatomy of the Lymph System: Abdomen; Leg Hand Stroke Methods Abdomen, Upper Leg; Applied Compression Techniques</td>
</tr>
</tbody>
</table>
Manual & Instrumental Lymphdrainage (MLD & ILD)  
Compression Physiotherapy (CPT) 

WORKSHOP & TRAINING DESCRIPTION

It is my goal to provide an intensive education and training in the theory and practical application of Compression Physiotherapy (CPT), including 

- Manual Lymph Drainage (MLD),
- Instrumental Lymph Drainage (ILD),
- Compression Bandaging,
- Compression Garment Fitting,
- Remedial Exercise and
- Skin care.

The training content follows the world wide accepted standards and consensus of the INTERNATIONAL SOCIETY OF LYMPHOLOGY (ISL) in 
THE TREATMENT OF PERIPHERAL LYMPHEDEMA
(ISL Consensus Documents on the Diagnosis and Treatment of Peripheral Lymphedema [http://www.u.arizona.edu/~witte/ISL.htm]),
as well as on clinical research and applications set by: Foeldi-MD, Asdonk-MD, Kubik-MD, Vodder, Hutschenreuther, MD, Mislin, MD, et al.

Upon completion of the training I am confident that you will return to successful clinical practice in Manual & Instrumental Lymph drainage as well as in Compression Physio Therapy (CPT), with measurable results.

Sincerely yours

Dr Reinhard R Bergel
Director
H-e-a-t (Health-enhancement-accessories-training Inc)
H-e-a-t LDC10

INTRODUCTION & DEMONSTRATION WORKSHOP

MANUAL & INSTRUMENTAL LYMPH DRAINAGE (MLD & ILD) COMPRESSION THERAPY

DURATION 1 Day 10 Class Room Hours
TUITION US$200.00 per person, text & DVD/video US$88.00
LOCATION TBD
CONTACT Dr Reinhard R Bergel, H-e-a-t Inc 707-942-6633 email DrB@h-e-a-t.com

ON SITE Travel & Lodging Expenses are in addition to the training tuition.
(A) Less then 6 people US$ 1,500.00 per facility day
(B) 6 - 12 people US$ 200.00 per person
Text & DVD/video US$ 88.00 per person

DEPOSIT US$2,000.00 non-refundable is required to book a date.

Items, which must be furnished by the host facility
- Room to hold the workshop/training
- VCR/TV/LCD PROJECTOR set-up
- Massage tables or equal

TARGET GROUP This introduction & demonstration workshop offers practical information of manual and instrumental lymph drainage compression therapy techniques designed for Physiotherapist, massage therapist and skin care specialist.

DESCRIPTION Participant will learn fundamentals of skin and systemic physiology, anatomy and microcirculation of the vascular system, about techniques of manual and instrumental lymph drainage and compression therapies as it applies in a slimming cellulite edema treatment program. This introduction covers issues of detoxification-fasting-cleansing-exercise physiology and the physiological conditions for proper slimming cellulite and edema reduction. Recommendations of the application of compression pump, bandaging and fitting of compression garments benefiting slimming cellulite; edema reduction and venous insufficiencies follow internationally accepted standards.

OBJECTIVE At the conclusion of this introduction participant will have a basic understanding of: anatomy, physiology and fluid dynamics of the lymphatic system, compression pump and bandaging wrap procedures, principles and specific uses of compression garments. Manual & instrumental lymph drainage techniques (throat-abdomen-leg)

PARTICULARS Short time hands-on practice, enrollment is limited to 40.
Wear comfortable clothes (sports bra or 2 piece swim suit)
H-e-a-t LDC20
DEMONSTRATION & TRAINING WORKSHOP

MANUAL & INSTRUMENTAL LYMPH DRAINAGE (MLD & ILD) COMPRESSION THERAPY
CELLULITE AND POST SURGERY EDEMA TREATMENT

DURATION 2 Days 20 Class Room Hours & 30 Home Study Hours
TUITION US$400.00 per person, text & DVD/ video US$88.00
LOCATION TBD
CONTACT Dr Reinhard R Bergel, H-e-a-t Inc 707-942-6633 email DrB@h-e-a-t.com

ON SITE Travel & Lodging Expenses are in addition to the training tuition.
(A) Less than 6 people US$ 1,500.00 per facility day
(B) 6 - 12 people US$ 400.00 per person
Text & DVD/video US$ 88.00 per person

DEPOSIT US$2,000.00 non-refundable is required to book a date.
Items, which must be furnished by the host facility
• Room to hold the workshop/training
• VCR/TV/LCD PROJECTOR set-up
• Massage tables or equal

TARGET GROUP This demonstration & training offers practical instruction and of manual & instrumental lymph drainage designed for physiotherapist, massage therapist and skin care specialist.

TRAINING TIME is two (2) consecutive days, twenty (20) classroom hours of theory and practicum, plus thirty (30) home study hours before the start of the classroom training. A home study knowledge test will be administered on day 1 of the classroom training.

TRAINING PREREQUISITS The didactic and practical instruction of the training is designed for physiotherapist, massage therapist and skin care specialist requiring anatomy, physiology basics.

HOME STUDY The text and video will be provided before the training. Participant is expected to complete 30 hours home study before the first day of class. This will develop an extensive knowledge of anatomy, physiology and pathophysiology of the lymphatic system, as it will facilitate a smooth entry and progression of the training.
TRAINING DESCRIPTION During the twenty (20) hours classroom training participants will learn fundamentals of skin and systemic physiology, anatomy and microcirculation of the vascular system, manual & instrumental lymph drainage techniques and compression bandaging, garment applications as it applies in a slimming cellulite treatment and post surgery edema treatment. The training covers issues of detoxification-fasting-cleansing-exercise physiology and the physiological conditions for proper slimming cellulite and edema reduction. Recommendation of the application of compression pumps, bandaging and fitting of compression garments benefiting slimming cellulite; edema reduction and venous insufficiencies follow internationally accepted standards.

TRAINING OBJECTIVES At the conclusion of the fifty (50) hours educational training participant will have learned the basics of: anatomy, physiology and fluid dynamics of the lymphatic system, compression pump and bandaging wrap procedures, principles and specific uses of compression garments, manual & instrumental lymph drainage techniques (throat-abdomen- flank-leg).

TRAINING PARTICULARS Due to hands-on training time, enrollment is limited to 20. Wear comfortable clothes (sports bra, 2 piece swim suit).

TRAINING CONTENT Classroom Didactics 4 hours Home study Didactics 30 hours
The lymphatic and venous systems: anatomy & histology; physiology & pathophysiology; fluid dynamics of lymphatic system
Classroom Practicum 16 Hours Client evaluation, Manual Lymph Drainage, hand stroke technique of throat, abdomen, flank, leg

TRAINING SCHEDULE

Day 1
8:00am-6:00pm

Home study knowledge review
Theory & Practicum
Anatomy of the arterial, venous, lymphatic system, skin structures and functions; physiology of microcirculation; post surgery pathology and cellulite etiology.
Manual Lymph Drainage hand stroke method: throat, abdomen, flank, leg

Day 2
8:00am-6:00pm

Practicum
Hand stroke methods, compression bandaging, compression pump use, compression garment fitting

Dr. Reinhard R Bergel PhD
email: DrB@h-e-a-t.com
www.h-e-a-t.com
**H-e-a-t LDT30 THERAPY 1**
HEAD-FACE-CHEST
THE BASIC BEAUTY TREATMENT TRAINING

MANUAL & INSTRUMENTAL LYMPH DRAINAGE (MLD & ILD)
COMPRESSION THERAPY

**DURATION** 3 Days 30 Class Room Hours & 30 Home Study Hours
**TUITION**  **US$600.00** per person, text & DVD/ video  **US$88.00**
**LOCATION** TBD
**CONTACT** Dr Reinhard R Bergel, H-e-a-t Inc 707-942-6633 email DrB@h-e-a-t.com

**ON SITE**  **Travel & Lodging Expenses** are in addition to the training tuition.
(A) Less then 6 people  **US$ 1,500.00** per facility day
(B) 6 - 12 people  **US$ 600.00** per person
Text & DVD/video  **US$ 88.00** per person

**DEPOSIT**  **US$2,000.00 non-refundable** is required to book a date.
Items, which must be furnished by the host facility
- Room to hold the workshop/training
- VCR/TV/LCD PROJECTOR set-up
- Massage tables or equal

**TARGET GROUP** This training offers didactic and practical instruction of manual & instrumental lymph drainage designed for the physiotherapist, massage therapist and skin care specialist.

**TRAINING TIME** is three (3) consecutive days, thirty (30) classroom contact hours of theory and practicum, plus thirty (30) home study hours before the start of the classroom training. A home study knowledge test will be administered on day 1 of the classroom training

**TRAINING PREREQUISITS** The didactic and practical instruction of the training is designed for the physiotherapist, massage therapist and skin care specialist requiring anatomy, physiology basics.

**HOME STUDY** The text and video will be provided before the training. Participant is expected to complete 30 hours home study before the first day of class. This will develop an extensive knowledge of anatomy, physiology and pathophysiology of the lymphatic system, as it will facilitate a smooth entry and progression of the training.
TRAINING DESCRIPTION The 30 hours classroom training involves hands-on work with application to head, face, neck, throat and chest as well as instruction on compression pump use. The theory covers anatomy and physiology of the lymph vessel system, connective tissue, effects of lymph drainage, indications and contraindications. Edema & Lymphedema are described with emphasis on how lymph drainage can affect them.

TRAINING OBJECTIVES At the conclusion of the sixty (60) hours training, participant will have learned the basics of anatomy, physiology and fluid dynamics of the lymphatic system, recount indications & contraindications, perform & reproduce the treatment specifics of manual lymph drainage (ad modum Vodder & Asdonk, MD) and become prepared for a subsequent advanced five (5) day class room entire body training.

TRAINING PARTICULARS Due to hands-on training time, enrollment is limited to 20. Wear comfortable clothes (sports bra, 2 piece swim suit)

TRAINING CONTENT Classroom Didactics 6 hours
   Home study Didactics 30 hours
   The lymphatic and venous systems: anatomy & histology; physiology & pathophysiology;
   fluid dynamics of lymphatic system
   Classroom Practicum 24 Hours client evaluation, Manual & Instrumental Lymph Drainage, hand stroke technique of throat, neck, face, chest

Day 1
8:00am-6:00pm

Home study knowledge content test
Theory & Practicum
Anatomy of the arterial, venous, lymphatic system, skin structures and functions; physiology of microcirculation; pathology and etiologies of edema;
Hand Stroke Method: Throat, Neck, Face

Day 2
8:00am-6:00pm

Theory & Practicum
Anatomy of the Lymphatic System
Hand Stroke Methods: Throat, Neck, Face

Day 3
8:00am-6:00pm

Theory & Practicum
Anatomy of the Lymphatic System
Hand Stroke Methods: Throat, Neck, Face, and Chest
Compression pump use
Material Review, Examination Written and practical
**H-e-a-t LDT50 THERAPY 2**
THE ENTIRE BODY TREATMENT TRAINING

MANUAL & INSTRUMENTAL LYMPH DRAINAGE (MLD & ILD)
COMPRESSION THERAPY

**DURATION** 5 Days 50 Class Room Hours & 30 Home Study Hours  
**TUITION**  $1,000.00 per person, text & DVD/video $88.00  
**LOCATION** TBD  
**CONTACT** Dr Reinhard R Bergel, H-e-a-t Inc 707-942-6633 email DrB@h-e-a-t.com

**ON SITE**  
- **Travel & Lodging Expenses** are in addition to the training tuition.  
  
  (A) Less then 6 people  $1,500.00 per facility day  
  (B) 6 - 12 people  $1,000.00 per person  
  Text & DVD/video  $88.00 per person

**DEPOSIT**  $2,000.00 non-refundable is required to book a date.  
Items, which must be furnished by the host facility  
- Room to hold the workshop/training  
- VCR/TV/LCD PROJECTOR set-up  
- Massage tables or equal

**TARGET GROUP** This training offers didactic and practical instruction of Manual & Instrumental Lymph Drainage designed for physiotherapist, occupational therapist, registered nurse, and skin care specialist.

**TRAINING TIME** five (5) consecutive days fifty (50) classroom contact hours of theory and practicum, plus thirty (30) home study hours before the start of the classroom training. A home study knowledge content test will be administered on day 1 of the classroom training.

**TRAINING PREREQUISITS** The didactic and practical instruction of the training is designed for massage therapists, estheticians, and medical and allied health professionals, requiring basic knowledge in anatomy, physiology.

**HOME STUDY** The text and video will be provided before the training. The training participant is expected to complete 30 hours home study prior to the first day of class. This will develop an extensive knowledge of anatomy, physiology and pathophysiology of the lymphatic system, as it will facilitate a smooth entry and progression of the training.
TRAINING DESCRIPTION The fifty (50) hours classroom training involves hands-on work with application to each body part. The theory covers anatomy and physiology of the lymph vessel system, connective tissue, effects of manual lymph drainage, indications and contraindications. Edema, lymph edema and venous insufficiencies are described with emphasis on how lymph drainage & compression therapy can affect them.

TRAINING OBJECTIVES At the conclusion of the eighty (80) hours training, participant will be able to describe basic principles of anatomy, physiology & pathophysiology of edema lymph edema, the venous system and fluid dynamics of the lymphatic system, recount indications & contraindications for therapeutic intervention, and systemic fluid retention, reproduce the treatment specifics of Manual Lymph Drainage (MLD) (ad modum Vodder & Asdonk, MD), perform full treatment applications of manual lymph drainage & simulated case presentations by regional anatomy of the body, advise clients regarding specifics of ADL, exercise and augmentive therapies (hydrotherapy) and skin care, and become prepared for a subsequent advanced twelve (12) day class room training, covering specifically Compression Physiotherapy (CPT) - lymph drainage & lymph edema hand stroke methods, compression bandaging, garment fitting, remedial exercise procedures & skin care) in the treatment of lymph edema and venous insufficiency edema.

TRAINING PARTICULARS Due to hands-on training time, enrollment is limited to 20. Wear comfortable clothes (sports bra, 2 piece swim suit)

TRAINING CONTENT Classroom Didactics 10 hours
Home Study Didactics 30 hours the lymphatic and venous systems: anatomy & histology; physiology & pathophysiology; fluid dynamics of lymphatic system Classroom Practicum 40 hours
Manual Lymph Drainage (MLD) Client evaluation & history, hand-stroke techniques, treatment application of hand stroke patterns by regional anatomy of the entire body.
Day 1
8:00am-6:00pm
Home study knowledge content test
Theory & Practicum
Anatomy of the arterial, venous, lymphatic system, skin structures and functions; physiology of microcirculation; pathology and etiologies of edema; Hand Stroke Method: Throat,
Day 2
8:00am-6:00pm
Theory & Practicum
Anatomy of the Lymphatic System: Throat, Neck, and Abdomen;
Hand Stroke Methods: Throat, Neck, and Abdomen
Day 3
8:00am-6:00pm
Theory & Practicum
Anatomy of the Lymphatic System: Lower Extremity, Arm;
Hand Stroke Methods: Lower Extremity, Arm
Day 4
8:00am-6:00pm
Theory & Practicum
Anatomy of the Lymph System: Back, Flank, Face, Chest
Hand Stroke Methods: Back, Flank, Face, Chest
Day 5
8:00am-6:00pm
Theory & Practicum
Hand Stroke Methods practice, evaluation & examination, deciding treatment plan, indications & contraindications, Review Examination Written and practical
H-e-a-t MLDCPT120 THERAPY 3
EDEMA & LYMPH EDEMA TREATMENT TRAINING

MANUAL & INSTRUMENTAL LYMPH DRAINAGE (MLD & ILD) COMPRESSION PHYSIOTHERAPY (CPT)

DURATION 12 Days 120 Classroom Hours & 30 Home study Hours
TUITION US$2,400.00 per person, text & DVD/video US$250.00
LOCATION TBD
CONTACT Dr Reinhard R Bergel, H-e-a-t Inc 707-942-6633 email DrB@h-e-a-t.com

ON SITE Travel & Lodging Expenses are in addition to the training tuition.
(A) Less then 6 people US$ 1,500.00 per facility day
(B) 6 - 12 people US$ 2,400.00 per person
Text & DVD/video US$ 250.00 per person
DEPOSIT US$2,000.00 non-refundable is required to book a date.

Items, which must be furnished by the host facility
• Room to hold the workshop/training
• VCR/TV/LCD PROJECTOR set-up
• Massage tables or equal

TARGET GROUP This program offers didactic and practical instruction of Edema-Lymph Edema Management/Manual Lymph Drainage (MLD) & Compression Physiotherapy (CPT) designed for PT, OT, MD, PTA, and RN, MT. This training meets requirements to sit for LANA (Lymphology Association of North America) examination

TRAINING TIME is one hundred twenty (120) classroom contact hours of theory and practicum, lasting twelve (12) consecutive days, plus thirty (30) home study hours before the start of the training. A home study knowledge content test will be administered on the first of the classroom training.

TRAINING PREREQUISITES The didactic and practical instruction of the training is designed for medical and allied health professionals involved in direct patient care This training is suitable for the professions of PT, OT, R.N, MT. State licensed massage therapists * will be considered to enroll in the training with proof that the applicant works under the direct supervision of a physician (M.D., D.O.) or licensed health professional. * Massage therapists much show proof of completion of a minimum 500 hours training program or be certified through the NCBMTB.
HOME STUDY The text and DVD/video will be provided before the training. The training participant is expected to complete 30 hours home study before the first day of class. This will develop an extensive knowledge of anatomy, physiology and pathophysiology of the lymphatic system, as it will facilitate a smooth entry and progression of the training.

TRAINING DESCRIPTION The 120 hours classroom training involves hands on work with application to each body part. Compression Physiotherapy is the most successful treatment for acute and chronic extremity and full body lymph edema. The training participant will be trained in the four components of CPT: 1. Manual lymph drainage hand stroke methodology, 2. Lymphedema hand stroke methodology; lymph quadrant anastomoses, 3. Compression bandaging, garment fitting, compression pump application 4. Skin care.

The training content follows the worldwide accepted treatment standards in edema lymph edema management and compression physiotherapy based on the clinical research and applications set by Vodder, Asdonk, M.D., Fischer, M.D., Foldi, M.D., Kubik, M.D., Partsch, M.D., Puetter, M.D., Van D. Mohlen, M.D., Staudinger, R.N. Upon completion of this 150-hour training, I am confident that you will return to clinical practice with the means to manage edematous conditions with measurable results.

The training meets requirements to sit for LANA examination (Lymphology Association of North America).

TRAINING OBJECTIVES At the conclusion of the training, participants will be able to
1. describe basic principles of anatomy, physiology/pathophysiology of edema-lymph edema and fluid dynamics of the human lymphatic system, 2. Recount indications/contraindications for physical therapeutic intervention, 3. Differentiate from among varying presenting conditions of edema-lymph edema and systemic fluid retention, 4. Reproduce the specifics of manual lymph drainage ad modum Vodder, Asdonk, MD, Foeldi, MD and edema-lymph edema hand stroke (lymph quadrant anastomoses). Methodology ad modum Foeldi, MD, Asdonk, MD, 5. Perform full treatment applications of manual lymph drainage edema lymph edema hand strokes, apply compression bandages, garments and compression pump treatments in simulated case presentations, by regional anatomy of the body. 6. Advise patients regarding specifics of A.D.L.’s, bandaging, garment fitting, exercise and augmentive therapies and skin care.

TRAINING PARTICULARS Due to hands-on training time, enrollment is limited to 20. Wear comfortable clothes (sports bra, 2 piece swim suit)

TRAINING CONTENT Classroom Didactics 24 Hours Home study Didactics 30 Hours The lymphatic, and venous system: anatomy/histology, physiology/pathophysiology microcirculation fluid dynamics of edema-lymph edema, compression/pressure/fluid dynamics, pathology edema-lymph edema: history & current status medical indications/contraindications patient counseling regarding A.D.L.’s, nutrition, exercise, augmentive therapies.

CLASSROOM PRACTICUM 96 Hours Manual Lymph Drainage (MLD)/Edema & Lymphedema Therapy/Compression Physiotherapy (CPT)
Patient evaluation/history, patient positioning for treatment, hand-stroke techniques, treatment application of hand stroke patterns by regional anatomy, bandaging, compression pump & garment fitting, exercise
Day 1 8am-6pm
HOME STUDY KNOWLEDGE CONTENT TEST
THEORY & PRACTICUM
Anatomy of the Arterial, Venous, Lymphatic System, Skin Structures and Functions: Physiology of Microcirculation; Pathology and Etiologies of Edema; technique of the manual Lymph Drainage stroke.
Day 2 8am-6pm
THEORY & PRACTICUM
Anatomy of the Lymphatic System: Throat, Neck, and Abdomen; Hand Stroke Methods: Throat, Neck and Abdomen
Day 3 8am-6pm
THEORY & PRACTICUM
Anatomy of the Lymphatic System: Lower Extremity, Arm; Hand Stroke Methods: Lower - Posterior Extremity, Arm
Day 4 8am-6pm
THEORY & PRACTICUM
Anatomy of the Lymph System: Back, flank, face, Hand Stroke methods: Back flank face
Day 5 8am-6pm
THEORY & PRACTICUM
Edema-Lymphedema Pathophysiology
Lymphedema Hand Stroke Methods: Demonstration and Practice “taking a history:physical evaluation/examination *deciding plan of treatment”indications “contraindication
Day 6 8am-6pm
THEORY & PRACTICUM
Lymphedema hand Stroke Methods of the upper and lower body quadrants, face.
Day 7 8am-6pm
THEORY & PRACTICUM
Compression/Pressure/Resistance - characteristics of compression devices (bandage, stocking, sleeve, pump). Laplace: basics of fluid dynamics and venous hypertension and the basis of compression therapy. Remedial Exercises.
Day 8 8am-6am
PRACTICUM
The principals of compression - practical application of compression bandaging. Elastic vs. non-elastic compression; bandaging of upper extremities.
Day 9 8am-6pm
PRACTICUM
Day 10 8am-6pm
PRACTICUM
Bandaging of problem areas: axilla, shoulder, groin, and hip. Compression garment fitting (stocking, sleeve)
Day 11 8am-6pm
PRACTICUM
Bandaging of problem areas: axilla, shoulder, groin, hip. Compression garment fitting (stocking sleeve)
Day 12 8am-6pm
PRACTICUM
Four hours written and practical exam; anatomy, physiology, pathophysiology, hand strokes, quadrant stroke methodology and compression bandaging.
Effects of
MANUAL LYMPH DRAINAGE (MLD),
COMPRESSION BANDAGING, COMPRESSION GARMENTS &
INSTRUMENTAL COMPRESSION PUMP TREATMENT

EFFECTS OF MANUAL LYMPH DRAINAGE (MLD)

Manual Lymph Drainage is an advanced manual therapy technique developed in Europe in the 1930’s by Dr Emil Vodder, native of Denmark. Manual Lymph Drainage is a unique method within the broad framework of classic massage, whereby very light manual strokes stretch the skin to bring about a gentle lymph vessel pumping action in the soft tissue, stimulating the movement of fluids. The gentle, rhythmic, pumping massage movements follow the anatomical direction of lymph flow and produce rapid tissue cleansing results.

Manual Lymph Drainage is used primarily to promote the optimal functioning of the superficial lymph capillaries, vessels, nodes and ducts that lead to the blood circulatory system.

Manual Lymph Drainage facilitates initial lymph vessel and venous capillary actions, which are responsible for carrying excess water, large protein molecules and metabolic wastes from the connective tissue back to the circulatory venous system. During the transportation process the lymph is cleaned, filtered and concentrated and many immune reactions occur in the lymph nodes. If the pathways become congested, blocked, damaged or severed, then fluids can build up in the connective tissue leading to edema. Eventually cell pathology may begin. If there is damage in the connective tissue (e.g. burns, chronic inflammation, ulceration, hematoma), then the lymph vessel system must transport the damaged cells, inflammatory products and toxins away from the area. The quicker this can happen, the faster recovery will occur. Through the pumping and stretching effect on the lymph vessels, this special Manual lymph drainage method based on Dr. Vodder’s findings and method, stimulates the contraction of lymph vessels, helping lymph fluid to move. Scientific research in Europe for nearly sixty years by Dr’s Vodder, Hutschenreuter, Mislin, Foldi, et al. has made this procedure a well documented therapeutic technique used in the successful treatment of over sixty pathologies.
Manual Lymph Drainage is effective in the treatment of acute and chronic edema (e.g. lymph edema, edemas following strokes and local edemas of traumatic origin such as dislocations, tears and fractures), neuromuscular disorders and facial dysfunction, reflex sympathetic dystrophy, scleroderma, burns, scar therapy, acne, local chronic inflammations in the respiratory tract (including sinusitis and allergies), periodontal disease, bursitis, carpal tunnel syndrome, migraine, and digestive tract disorders. Used as pre- and post-operative procedure, manual lymph drainage removes congestion and minimizes scar formation. Manual lymph drainage therapy of edematous soft tissue causes skin tissue fluid volume reduction. Subsequent compression therapy with bandages, compression stockings, and pneumomassage is used to preserve the therapeutic success. Compression results in increased tissue pressure with the following consequences: Reduction of abnormally increased ultra filtration into the interstitium. Improved reabsorption from the interstitium. Joint- and muscle pump becomes more effective. Reduction of fibrosis or sclerosis of the interstitium. Compression results in higher drainage activity –motoricity- of the lymph vessels as well as the initial Lymphatic and lymph capillaries in the epidermis. The extent of these effects depends upon compression pressure, the used compression and the mobility during compression.

EFFECTS OF COMPRESSION BANDAGING
The bandage material used determines the depth of the compression effect on the epidermis or deep regions. Short stretch bandages are primarily used for the compression of cellulite, primary and secondary lymph edema and combination forms, i.e. venous-lymph edema, venous-lipo-lymphedema. The use of SHORT STRETCH bandages cause high pressure during exercise and general physical activity and relatively low pressure while the body is resting. An ACE or LONG STRETCH bandage is not as useful for compression because the required bandage pressure results in a disturbed skin perfusion. SHORT STRETCH bandages, however, allow adequate drainage of the lymphatic fluid, waste and toxins. The ‘massaging’ effect of the bandages on the tissues underneath can be enhanced by special ‘padding’ foam of high density. Even obstinate connective tissue proliferation can be loosened this way.
EFFECTS OF COMPRESSION GARMENTS

There are four standardized grades of compression garments available to treat cellulite, edema and the various combination forms. For cellulite and post surgery edemas three grades of compression are recommended:

Grade 1: Superficial effect; ankle pressure 18-21 mmHg
Grade 2: Medium superficial effect; 25-32 mmHg
Grade 3: Superficial & deep tissue effect; 36-46 mmHg

Compression stockings/garments are customized following 4-6 weeks of compression drainage therapy-manual lymph drainage, bandaging, exercise, compression pump. Sufficient long-term therapy vitally depends on the proper adjustment and use of compression stockings/garments. There is no standard formula for the correct adjustment. However, individual differences such as severity and localization of edema, the client’s age and the existence of an additional problem must always be considered. Exact individual adjustment of the compression garment is an important precondition to achieve optimal wearing comfort. The desired effect can only be achieved with full compliance of the client.

EFFECTS OF INSTRUMENTAL PUMP COMPRESSION

Intermittent pneumatic compression with multiple chamber instruments and pressure built up from distal to proximal has been used in Europe to support and conserve the therapeutic effect of the Combined Compression Therapies.

Instrumental compression-20-80 mmHg- has been beneficial to manage peripheral edemas (and cellulite) of the arms and legs, respectively, because of technical reasons. However, pneumomassage of the legs and arms causes the edema to shift into the adjacent trunk quadrant, which must then be treated with manual lymph drainage.

Only recently multi-purpose full body pneumomassage devices have been introduced by the manufacturers of the therapeutic compression extremity pumps widely known for its effectiveness in the treatment of lymphatic and venous disorders. These compression devices should be peristaltic and should not exceed 80 mmHg compression values, which is the recommended norm for such kind of device. This full body suit, covering the trunk quadrants, performs a peristaltic massage in two stages. The body suit ensures effective and total treatment from ankles to shoulders. The pressure adjustable jacket 20-80 mmHg gives an upper body massage of the arms and shoulders and the pants provide a lower body massage of the legs, thighs, abdomen, hips and buttock, thus accounting for trunk drainage. Comprehensive research by plastic surgeons and physiotherapists has been showing promising results in removal of excess interstitial stagnating fluid accelerating venous and lymph fluid return.

These unique devices have also been very effective in fluid activation in pre-and post liposuction procedure, varicose veins, and cellulite (lipedema) problems. It is important to continuously evaluate the client’s progress in edema reduction. Since instrumental compression is limited to peripheral edema, it is often necessary to supplement this treatment format with Manual lymph drainage and/or bandaging in order to accomplish optimal results.
Dr Reinhard R Bergel PhD

Dr. Bergel is the president and founder of
H-e-a-t. Inc (Health-enhancement-accessories-training)
Spa Kur Therapy Development.
He is an advisor in Spa Kur facility development and conducts educational workshops and
staff training. He has published numerous articles as seen on www.h-e-a-t.com as well as the
comprehensive SPA ENCYCLOPEDIA.

He is a founding member of the American Back Society, American Society of Lymphology, American
Day Spa Association, and International Medical Spa Association
and has operated a health spa clinic and physical rehabilitation center for almost two decades and
founded in 1985 the International Training Institute of Spa Kur Therapy.

He is renowned for his holistic and creative abilities in physical care, rehabilitation, wellness resort
and spa services such as exercise-hydro-pelo-thalasso and massage therapy as well as Manual
Lymph Drainage (MLD) and Compression Physiotherapy (CPT). He has been practicing and teaching
Lymphedema Management since 1986.

Dr. Bergel is from Austria-Germany, where some of the most distinctive medical spas and wellness
centers are in use. The Austrian-German Medical Associations and health care insurance system
recognize the therapeutic value of these Spa-Kur programs.

Dr. Bergel received degrees from University of Cologne Deutsche Sporthochschule Germany
(Exercise Science & Physical Rehabilitation), University of California Los Angeles (Kinesiology) and
University of California Berkeley (Education & Exercise Science).

MEMBERSHIPS AND AFFILIATIONS

American College of Sports Medicine
American Back Society
American Society of Lymphology
International Society of Lymphology
International Society of Medical Hydrology
American Day Spa Association
International Medical Spa Association
Diagnosis and Treatment of Peripheral Lymphedema

This International Society of Lymphology (ISL) Consensus Document is the current revision of the 1995 Document for the evaluation and management of peripheral lymphedema (1). It is based upon modifications suggested and published following the 1997 XVI International Congress of Lymphology (ICL) in Madrid, Spain (2), discussed at the 1999 XVII ICL in Chennai, India (3), considered at the 2000 (ISL) Executive Committee meeting in Hinterzarten, Germany (4), and derived from integration of discussions and written comments obtained during and following the 2001 XVIII ICL in Genoa, Italy as modified at the 2003 ISL Executive Committee meeting in Cordoba, Argentina (5).

I. GENERAL CONSIDERATIONS
II. STAGING OF LYMPHEDEMA
III. DIAGNOSIS
A. Imaging
B. Genetics
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A. Non-operative Treatment
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The document attempts to amalgamate the broad spectrum of protocols advocated worldwide for the diagnosis and treatment of peripheral lymphedema into a coordinated proclamation representing a “Consensus” of the international community. The document is not meant to override individual clinical considerations for problematic patients nor to stifle progress. It is also not meant to be a legal formulation from which variations define medical malpractice. The Society understands that in some clinics the method of treatment derives from national standards while in others access to medical equipment and supplies is limited and therefore the suggested treatments are impractical. We continue to struggle to keep the document concise while balancing the need for depth and details. With these considerations in mind, we believe that this version of the Consensus represents the best judgment of the ISL membership on how to approach patients with peripheral lymphedema as of 2003. We anticipate that the document will and should be challenged, debated in the pages
of Lymphology (e.g., as Letters to the Editor), and ideally become a continued focal point for robust discussion at local, national and international conferences in lymphology and related disciplines. We further anticipate as experience evolves and new ideas and technologies emerge that this “living document” will undergo periodic revision and refinement.

I. GENERAL CONSIDERATIONS

Lymphedema is an external (or internal) manifestation of lymphatic system insufficiency and deranged lymph transport. It may be an isolated phenomenon or associated with a multitude of other disabling local sequelae or even life-threatening systemic syndromes. In its purest form, the central disturbance is a low output failure of the lymphvascular system, that is, overall lymphatic transport is reduced. This derangement arises either from congenital lymphatic dysplasia (primary lymphedema) or anatomical obliteration, such as after radical operative dissection (e.g., axillary or retroperitoneal nodal sampling), irradiation, or from repeated lymphangitis with lymphangiosclerosis (secondary lymphedema) or as a consequence of functional deficiency (e.g., lymphangiospasm, paralysis, and valvular insufficiency) (primary or secondary lymphedema). The common denominator, nonetheless, is that lymphatic transport has fallen below the capacity needed to handle the presented load of microvascular filtrate including plasma protein and cells that normally leak from the bloodstream into the interstitium. Swelling is produced by accumulation in the extracellular space of excess water, filtered plasma proteins, extravascular blood cells and parenchymal cell products. This process culminates in proliferation of parenchymal and stromal elements with excessive deposition of ground matrix substances. High output failure of the lymph circulation, on the other hand, occurs when a normal or increased transport capacity of intact lymphatics is overwhelmed by an excessive burden of blood capillary filtrate.

Examples include hepatic cirrhosis (ascites), nephrotic syndrome (anasarca), and deep venous insufficiency of the leg (peripheral edema). Although the final pathway is the manifestation of tissue edema whenever lymph formation exceeds lymph absorption, the latter entities should properly be distinguished from lymphedema, which is characterized by decreased lymphatic transport. In some syndromes where high output lymphatic transport failure is longstanding, a gradual functional deterioration of the draining lymphatics may supervene and thereby reduce overall transport capacity. A reduced lymphatic circulatory capacity then develops in the face of increased blood capillary filtration.

Examples include recurring infection, thermal burns, and repeated allergic reactions. These latter conditions are associated with “safety valve insufficiency” of the lymphatic system and can be considered a mixed form of edema/lymphedema and as such are particularly troublesome to treat. Peripheral lymphedema associated with chylous and non-chylous reflux syndromes is an infrequent but complex condition that requires specific diagnostic measures and treatment methods. In the treatment of “classical” lymphedema of the limbs (that is, peripheral lymphedema), improvement in swelling can usually be achieved by non-operative therapy. Because lymphedema is a chronic, generally incurable ailment, it requires, as do other chronic disorders, lifelong care and attention along with psychosocial support. The continued need for therapy does not mean a priori that treatment is unsatisfactory, although often it is less than ideal.
For example, patients with diabetes mellitus continue to need drugs (insulin) or special diet (low calorie, low sugar) in order to maintain metabolic homeostasis. Similarly, patients with chronic venous insufficiency require lifelong external compression therapy to minimize edema, lipodermatosclerosis and skin ulceration. The compliance and commitment of the patient is also essential to an improved outcome. For example, in a patient with diabetes, poor compliance can result in weight loss, polyuria, and even coma and, long-term, also blindness, renal failure, and stroke. With chronic venous insufficiency, poor patient cooperation may be associated with progressive skin ulceration, hyperpigmentation, and other trophic changes in the lower leg. Similarly, failure to control lymphedema may lead to repeated infections (cellulitis/lymphangitis), progressive elephantine trophic changes in the skin, sometimes crippling invalidism and on rare occasions, the development of a highly lethal angiosarcoma (Stewart-Treves syndrome).

II. STAGING OF LYMPHEDEMA
Whereas most ISL members generally rely on a three stage scale for classification of a lymphedematous limb, an increasing number recognize Stage 0 which refers to a latent or sub-clinical condition where swelling is not evident despite impaired lymph transport. It may exist months or years before overt edema occurs (Stages I-III). Stage I represents an early accumulation of fluid relatively high in protein content (e.g., in comparison with “venous” edema) and subsides with limb elevation. Pitting may occur. Stage II signifies that limb elevation alone rarely reduces tissue swelling and pitting is manifest. Late in Stage II, the limb may or may not pit as tissue fibrosis supervenes. Stage III encompasses lymphostatic elephantiasis where pitting is absent and trophic skin changes such as acanthosis, fat deposits, and warty overgrowths develop. Within each Stage, severity based on volume difference can be assessed as minimal (<20% increase) in limb volume, moderate (20-40% increase), or severe (>40% increase). These Stages only refer to the physical condition of the extremities. A more detailed and inclusive classification needs to be formulated in accordance with improved understanding of the pathogenetic mechanisms of lymphedema (e.g., nature and degree of lymphangiodyplasia, lymph flow perturbations and nodal dysfunction as defined by anatomic features and physiologic imaging and testing) and underlying genetic disturbances, which are gradually being elucidated. Some healthcare workers examining disability utilize the World Health Organization’s guidelines for the International Classification of Functioning, Disability, and Health (ICF). Quality of Life issues (social, emotional, physical disabilities, etc.) may also be addressed by individual clinicians and can favorably impact therapy and compliance (maintenance).

III. DIAGNOSIS
An accurate diagnosis of lymphedema is essential for appropriate therapy. In most patients, the diagnosis of lymphedema can be readily determined from the clinical history and physical examination. In other patients confounding conditions such as morbid obesity, venous insufficiency, occult trauma, and repeated infection may complicate the clinical picture. Moreover, in considering the basis of unilateral extremity lymphedema, especially in adults, an occult visceral tumor obstructing or invading more proximal lymphatics needs to be considered. For these reasons, a thorough medical evaluation is indispensable before embarking on lymphedema treatment. Co-morbid conditions such as congestive heart failure, hypertension, and cerebrovascular disease including stroke may also influence the therapeutic
If the diagnosis of lymphedema is unclear or in need of better definition for prognostic considerations, consultation with a clinical lymphologist or referral to a lymphologic center if accessible is recommended. The diagnostic tool of isotope lymphography (also termed lymphoscintigraphy or lymphangioscintigraphy) has proved extremely useful for depicting the specific lymphatic abnormality. Where specialists in nuclear medicine are available, lymphangioscintigraphy (LAS) has largely replaced conventional oil contrast lymphography for visualizing the lymphatic network. Although LAS has not been standardized (various radiotracers and radioactivity doses, different injection volumes, intracutaneous versus subcutaneous injection site, epi-or subfascial injection, one or more injections, different protocols of passive and active physical activity, varying imaging times, static and/or dynamic techniques), the images, which can be easily repeated, offer remarkable insight into lymphatic (dys)function. LAS provides both images of lymphatics and lymph nodes as well as semi-quantitative data on radiotracer (lymph) transport, and it does not require dermal injections of blue-dye (as used for example in axillary or groin sentinel node visualization i.e., lymphadenoscintigraphy). Dye injection is occasionally complicated by an allergic skin reaction or serious anaphylaxis. Moreover, clinical interpretation of lymphatic function after vital dye injection alone (“the blue test”) is often misleading. Direct oil contrast lymphography, which is cumbersome and occasionally associated with minor and major complications, is usually reserved for complex conditions such as chylous reflux syndrome and thoracic duct injury. Non-invasive duplex-Doppler studies and occasionally phlebography are useful for examining the deep venous system and supplement or complement the evaluation of extremity edema. Other diagnostic and investigational tools used to elucidate lymphangiodyplasia/lymphedema syndromes include magnetic resonance imaging (MRI), computed tomography (CT), ultrasonography (US), indirect (water soluble) lymphography (IL) and fluorescent microlymphangiography (FM). DEXA, or bi-photonic absorptiometry, may help classify and diagnose a lymphedematous limb but its greatest potential use may be to assess the chemical components of limb swelling (% fat, water, lean mass) before and after treatment. IL and FM are best suited to depict initial and terminal lymphatics and accordingly have limited clinical usefulness. US has found its most practical value in depicting the dance of the living adult worms in scrotal lymphatic filariasis.

B. Genetics

Genetic testing is almost becoming practical to define a limited number of specific hereditary syndromes with discrete gene mutations such as lymphedema-distichiasis (FOXC2) and some forms of Milroy disease (VEGFR-3). The future holds promise that such testing combined with careful phenotypic descriptions will become routine to classify familial lymphangiodyplastic syndromes and other congenital/genetic-dysmorphogenic disorders characterized by lymphedema, lymphangiectasia, and lymphangiomatosis.

C. Biopsy

Caution should be exercised before removing enlarged regional lymph nodes in the setting of longstanding peripheral lymphedema as the histologic information is seldom helpful, and such excision may aggravate distal swelling. Fine needle aspiration with cytological examination by
a skilled pathologist is a useful alternative if malignancy is suspected. Use of sentinel node biopsy in the groin or axilla in staging malignancy such as breast and melanoma, if validated for determining metastasis, may lessen the incidence of peripheral lymphedema by discouraging removal of normal lymph nodes.

IV. TREATMENT

Therapy of peripheral lymphedema is divided into conservative (non-operative) and operative methods. Applicable to both methods is an understanding that meticulous skin hygiene and care (cleansing, low pH lotions, emollients) is of upmost importance to the success of virtually all treatment approaches. Basic range of motion exercises of the extremities, especially combined with external limb compression, and limb elevation is also helpful to virtually all patients undergoing treatment.

A. Non-operative Treatment

1. Physical therapy

   a. Combined physical therapy (CPT) (also known as Complete or Complex Decongestive Therapy (CDT) or Complex Decongestive Physiotherapy (CDP) among others) is backed by longstanding experience and generally involves a two-stage treatment program that can be applied to both children and adults.

   The first phase consists of skin care, light manual massage (manual lymph drainage), range of motion exercise and compression typically applied with multi-layered bandage-wrapping. Phase 2 (initiated promptly after Phase 1) aims to conserve and optimize the results obtained in Phase 1. It consists of compression by a low-stretch elastic stocking or sleeve, skin care, continued “remedial” exercise, and repeated light massage as needed. Prerequisites of successful combined physiotherapy are the availability of physicians (i.e., clinical lymphologists), nurses, and therapists highly trained and educated in this method, acceptance of health insurers to underwrite the cost of treatment, and a biomaterials industry willing to provide high quality products. Compressive bandages, when applied incorrectly, can be harmful and/or useless. Accordingly, such multilayer wrapping should be carried out only by professionally trained personnel. Newer manufactured devices to assist in compression (i.e. pull on, velcro-assisted, quilted, etc.) may relieve some patients of the bandaging burden and perhaps facilitate compliance with the full treatment program. Some clinics find that patient self-care and risk reduction strategies help maintain edema reduction. CPT may also be of use for palliation as, for example, to control secondary lymphedema from tumor-blocked lymphatics. Treatment is typically performed in conjunction with chemo- or radiotherapy directed specifically at producing tumor regression.

   Theoretically, massage and mechanical compression could promote metastasis in this setting by mobilizing dormant tumor cells, although only diffuse carcinomatous infiltrates which have already spread to lymph collectors as tumor thrombi might be mobilized by such treatment. Because the long-term prognosis for such an advanced patient is already dismal, any reduction in morbid swelling is nonetheless decidedly palliative. A prescription for low stretch elastic garments (custom made with specific measurement if needed) to maintain lymphedema reduction after CPT is essential for long-term care. Preferably, a physician should prescribe the compression garment to avoid inappropriate
usage in a patient with medical contraindications such as arterial disease, painful postphlebitic syndrome or occult visceral neoplasia. Generally the highest compression level tolerated (~20-60 mm Hg) by the patient is likely to be the most beneficial. Failure of CPT is confirmed only when intensive non-operative treatment in a clinic specializing in management of peripheral lymphedema and directed by an experienced clinical lymphologist has been unsuccessful.

b. Intermittent pneumatic compression. Pneumomassage is usually a two-phase program. After external compression therapy is applied, preferably by a sequential gradient “pump,” form-fitting low-stretch elastic stockings or sleeves are used to maintain edema reduction. Displacement of edema more proximally in the limb and genitalia and the development of a fibrosclerotic ring at the root of the extremity with exacerbated obstruction of lymph flow needs to be assiduously avoided by careful observation.

c. Massage alone. Performed as an isolated technique, classical massage or effleurage usually has limited benefit. Moreover, if performed overly vigorously, massage may damage lymphatic vessels.

d. Wringing out. “Tuyautage” or wringing out performed with bandages or rubber tubes is probably injurious to lymph vessels and should seldom if ever be performed.

e. Thermal therapy. Although a combination of heat, skin care, and external compression has been advocated by some practitioners in Europe and Asia, the role and value of thermotherapy in the management of lymphedema remain unclear.

f. Elevation. Simple elevation of a lymphedematous limb often reduces swelling particularly in the early stage of lymphedema. If swelling is reduced by antigravimetric means, the effect should be maintained by wearing of a low-stretch, elastic stocking/sleeve.

2. Drug therapy

a. Diuretics. Diuretic agents are occasionally useful during the initial treatment phase of CPT. Long-term administration of diuretics, however, is discouraged for it is of marginal benefit in treatment of peripheral lymphedema and potentially may induce fluid and electrolyte imbalance. Diuretic drugs maybe helpful to treat effusions in body cavities (e.g., ascites, hydrothorax) and with protein-losing enteropathy. Patients with peripheral lymphedema from malignant lymphatic blockage may also derive benefit from a short course of diuretic drug treatment.

b. Benzopyrones. Oral benzopyrones, which are thought to hydrolyze tissue proteins and facilitate their absorption while stimulating lymphatic collectors, are neither an alternative nor substitute for CPT. The exact role for benzopyrones (and related rutin and bioflavonoid compounds) as an adjunct in primary and secondary lymphedema treatment including filariasis is still not definitively determined including appropriate formulations and dose regimens. Coumarin, one such benzopyrone, in higher doses has been linked to liver toxicity.

c. Antimicrobials. Antibiotics should be administered for bona fide superimposed acute inflammation (cellulitis/lymphangitis or erysipelas). Typically, these episodes are characterized by erythema, pain, high fever and, less commonly, even septic shock. Mild skin erythema without systemic signs and symptoms does not necessarily signify bacterial infection. If repeated limb “sepsis” recurs despite optimal CPT, the administration of a prophylactic antibiotic (usually broad spectrum) is recommended. Fungal infection, a common complication of extremity lymphedema, can be treated with antymycotic drugs (e.g., fluconazole, terbinafine). In most instances, washing the skin using a mild disinfectant followed by antibiotic-antifungal cream is helpful.

d. Filariasis. To eliminate microfilariae from the bloodstream in patients with lymphatic filariasis, the drugs diethylcarbamazine, Albendazole, or Ivermectin are recommended. Killing of the adult nematodes by these drugs (macrofilaricidal effect) is variable and may be associated with an inflammatory-immune response by the host.
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e. Mesotherapy. The injection of hyaluronidase or similar agents to loosen the extracellular matrix is of unclear benefit.

f. Immunological therapy. Efficacy of boosting immunity by intraarterial injection of autologous lymphocytes is unclear.

g. Diet. No special diet has proved to be of therapeutic value for uncomplicated peripheral lymphedema. In an obese patient, however, reducing caloric intake combined with a supervised exercise program is of distinct value in decreasing limb bulk. Restricted fluid intake is not of demonstrated benefit. In chylous reflux syndromes (e.g., intestinal lymphangiectasia), a diet low in long-chain triglycerides (absorbed via intestinal lacteals) and high in short and medium chain triglycerides (absorbed via the portal vein) is of benefit especially in children.

3. Psychosocial rehabilitation.
Psychosocial support with a quality of life assessment-improvement program is an integral component of any lymphedema treatment.
B. Operative Treatment

Operations designed to alleviate peripheral lymphedema by enhancing lymph return have not as yet been accepted worldwide and often require combined physiotherapy after the procedure to maintain edema reduction. In selected patients, these procedures may act as an adjunct to CPT or be undertaken when CPT has clearly been unsuccessful. In some specialized centers, operative treatment within specific guidelines may be a preferred approach.

1. Resection

The simplest operation is “debulking”, that is, removal of excess skin and subcutaneous tissue of the lymphedematous limb. The major disadvantage is that superficial skin lymphatic collaterals are removed or further obliterated. After aggressive CPT, redundant skin folds may require excision. Debulking is probably useful in treatment of advanced fibrosclerotic lymphedema (elephantiasis). Caution should be exercised in removing enlarged lymph nodes or soft-tissue masses (e.g., lymphangiomas) in the affected extremity as lymphedema may worsen thereafter. Omental transposition, enteromesenteric bridge operations, and the implantation of tubes or threads to promote perilymphatic spaces (substitute lymphatics) have not shown long-term value. Chylous and other reflux syndromes are special disorders which may benefit from CT-guided sclerosis, operative ligation of visceral dysplastic lymphatics, and/or lymphatic to venous diversion. Liposuction has been reported to alleviate non-pitting, non-fibrotic upper extremity lymphedema due to excess fat deposition (which has not responded to non-operative therapy) as, for example, after treatment of breast cancer. At this time, results are encouraging but long-term management requires strict patient compliance with dedicated wearing of a low-stretch elastic compression sleeve. This operation should be performed by an experienced team of surgeon, nurses and physiotherapists to obtain optimal outcomes.

2. Microsurgical procedures

This operative approach is designed to augment the rate of return of lymph to the blood circulation. The surgeon should be well-schooled in both microsurgery and lymphology.

a. Reconstructive methods. These sophisticated techniques involve the use of a lymphatic collector or an interposition vein segment to restore lymphatic continuity. Autologous lymph vessel transplantation generally has been restricted to unilateral peripheral lymphedema due to the need for one healthy leg to harvest the graft.

b. Derivative methods. Although lympho-venous and lympho-nodal venous shunt are promising, these procedures still require confirmation of long-term patency and demonstration of improved lymphatic transport (i.e., objective physiologic measurements of long-term efficacy). Experience with these procedures over the last 20 years suggests that improved and more lasting benefit is forthcoming if performed early in the course of lymphedema.

3. Treatment Assessment

In each patient undergoing therapy, an assessment of limb volume should be made before, during and after treatment. This volume can be measured by water displacement, derived from circumferential measurements using the truncated cone formula, by perometer, or by other means. It is desirable, however, that treatment outcomes be reported in a standardized manner in order to compare and contrast the effectiveness of various treatment protocols. Additional assessments by imaging modalities such as lymphangioscintigraphy to document functional changes in lymphatic drainage and DEXA or magnetic resonance imaging to determine volume and tissue compositional changes would add scientific rigor to analysis of the different treatment approaches. Tissue alterations and fluid changes may also be examined by tonometry and bioelectrical impedance. Psychosocial indices and visual analog scales of patient perceptions are also useful.
V. RESEARCH AGENDA
While recognizing and encouraging individual investigators to pursue many different avenues of investigation, some general directions can be formulated. Ongoing epidemiologic studies on the incidence and prevalence of lymphedema regionally and worldwide will benefit from the further development and establishment of standardized, secure, intercommunicating database-registries. Assessment of lymphedema risk and steps for lymphedema prevention in different groups of at risk patients need to be determined. Studies might include research on minimizing or preventing secondary lymphedema through altered operative/sampling techniques (e.g., sentinel node biopsy or precise anatomical knowledge of derivative pathways), vector control and prophylactic drugs for filariasis, identification of patients with heritable genetic defects for lymphangiodysplasia (lymphedema), and use of massage or compression where lymphatic drainage is subclinically impaired as documented by imaging techniques (e.g., LAS). Research in molecular lymphology including lymphatic system genomics and proteomics should be encouraged. With the cellular and molecular basis of lymphedema-associated syndromes better defined, an array of specific biologically-based treatments including modulators of lymphatic growth and function should become available. Improved imaging techniques and physiological testing need to be devised to allow more precise non-invasive methods to measure lymph flow dynamics and lymphangion activity. As knowledge accrues, the current crude classification of lymphedema should be revisited and modified to include a more encompassing clinical description based on genetic, anatomic, and functional disability. Accordingly, treatment, whether by designer drugs, gene or stem cell therapy, tissue engineering, physical methods or new operative approaches, should be directed at preventing, reversing or ameliorating the specific lymphatic defect and restoring function and quality of life.

VI. CONCLUSION
Lymphedema may be simple or complex but should not be neglected. Accurate diagnosis and effective therapy is now available, and lymphology itself is now recognized as an important specialty in which clinicians are carefully trained in the intricacies of the lymphatic system, lymph circulation and its related disorders. The emerging era of molecular lymphology should result in improved understanding, evaluation and treatment in clinical lymphology.

REFERENCES
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2. Balneotherapy - Text - and Practical Treatment Workbook, Dr. Reinhard R. Bergel, Ph.D.
3. Textbook of Lymphology, Drs Foeldi, Foeldi, Kubik (eds)
4. Lymphedema-Modern Treatment Textbook, Drs. Casley-Smith, Ph.D.
5. Lymphedema-Diagnosis & Therapy, Drs. Weissleder & Schuchhart, MDs
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Lymphedema-Complex Decongestive Physical Therapy
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Ulcus Cruris Venosum & Primary Care of Venous Leg Ulcers (30 Minutes)
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Lymphedema-Modern Treatment - Drs. Casley-Smith, Ph.D.
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Compression Bandaging Step By Step - Peter Staudinger, RN, Trainer Medical International
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Content: theoretical and practical sections, cosmetic care.

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Parkinson's Disease, A Guide for Patient and Family - R.C. Duvolsin, MD  
Heat 5312  
Living with Parkinson's, A Guide for Patient and Caregiver - David Carroll  
Heat 5313  
Complete Review Guide for National & State Certification Examination in Therapeutic Massage and Bodywork - Patrick Barron  
Heat 5314  
The Personalized Client Evaluation Kit  
Heat 5315
Hydrotherapy is the external and internal use of water for therapeutic purposes. Externally, water can be applied in any of its three physical states – steam, liquid or solid – or in any combination of them. In its modern development, an array of apparatus is available for the application of various water treatment measures:

- Underwater Massage
- Aroma and Mud Baths
- Contrast Baths
- Kneipp Showers and Affusions
- Scotch and Vichy Showers

**Swiss Cascade Showers**

The benefits of Hydrotherapy are endless. It is being applied to stimulate circulation, (contrast baths, Kneipp affusions), relax muscles and nervous system (aroma and mud baths), stimulate the lymphatic systems, (underwater massage) and invigorate the body (swiss, vichy, and cascade shower) just to mention a few.

Often herbology is combined with Hydrotherapy to increase the benefits of its effectiveness in mind and body.

**TO ORDER ANY ITEM INCLUDING CLASSES:**
**FROM THIS BROCHURE - CALL 707.942.6633**
OR
**PURCHASE ONLINE AT - www.h-e-a-t.com**
HYDROTHERAPY EQUIPMENT

HYDROMASSAGE AND AROMA TUBS

Heat 6000 Underwater Massage Tub
With Massage Hose Only

Heat 6002 Underwater Massage Tub
With Water/Air Jets And Massage Hose

Areas of use.....
The Heat 6000 Hydrotherapy tub with an underwater jet massage system is used to perform manual underwater massage by an attendant via a hand-held jet hose.
TECHNICAL DATA

HEAT 6000
UNDERWATER MASSAGE TUB
WITH MASSAGE HOSE

This tub is designed for durability and comfort. It is manufactured with a smooth scratch proof surface made of polyurethane that is virtually maintenance free.

The tub is equipped with a water temperature and pressure control gauge, a massage hose, two handrails, a hand shower for easy rinsing, headrest and portable footrest.

Length: 2124 mm/83 in
Width: 1054 mm/41 in.
Height: 900 mm/35 in.
Weight: Empty - 135 kg/297 lbs.
Full: 735 kg/1620 lbs.
Capacity: Empty - 600 L/156 gals.
with patient 520 L/137 gal.

1. Cold water feed line min. 1" nom.
2. Hot water feed line min. 1" nom.
3. Electrical service entrance (120/208V)
   1 phase, 15 amp. minimum, 30 amp. max.
4. Drain, stench trap min. 3" must be installed.
5. Cold and hot water safety valves

Note: Tub is to be installed with min. 24", 610 mm clearance all around.
Tub transportation path min. dimensions (hallway, doors):
Width: 1010 mm/40 in.
Height: 2180 mm/86 in.
Required minimum area: 8 sq. m/80 sq. ft.

Heat will work in conjunction with your architect and interior designer to create a facility that is functional and appealing.
HYDROTHERAPY EQUIPMENT

COST AND PROFIT ANALYSES APPROXIMATION
HEAT 6000 SERIES UNDERWATER MASSAGE EQUIPMENT

The following calculations are based on the HEAT 6000 Serie’s prices outlined below.

Assumptions

**Income:** At $40 per treatment - 10 treatments per day = income totals $400 per day.

**Expenses:**
- Therapist cost: $20.00
- Supplies: $2.00
- Maintenance: $1.00
- Total Expense: $23.00 per treatment

**Profits:**
- $17.00 per treatment

<table>
<thead>
<tr>
<th>Unit</th>
<th>Profit Per Day</th>
<th>Profit 5 Days</th>
<th>Profit 20 Days</th>
<th>Profit $Per Equip. Paid Off</th>
<th>Potential Profits Per 50 Weeks</th>
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<tbody>
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<td>$3400.00</td>
<td>80 Days</td>
<td>$42,500.00</td>
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HYDROTHERAPY EQUIPMENT
Heat 6200 Aroma And Mud Bath Tub

HEAT 6200

The Heat 6200 Hydrotherapy aroma tub is used for herbal/seaweed and mud baths which calm the nerves, relax the muscles, nourish the skin and revitalize the body.
The following calculation is based on the Heat 6200 Hydrotherapy Aroma and Mud Bathtub at the price of $3123.00. The length of the treatment is 30 minutes.

**ASSUMPTION**

**Income:** At $40 per treatment - 10 treatments per day = income totals $400 per day.

**Expenses:**
- Therapist cost: $10.00
- Supplies: $2.00
- Maintenance: $1.00
- Total Expense: $13.00 per treatment

**Profits:** 27.00 per treatment

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<tr>
<th>Unit</th>
<th>Profit $Per Day</th>
<th>Profit 5 Days</th>
<th>Profit $Per Equip. 20 Days</th>
<th>Profit Paid Off 12 days</th>
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<tr>
<td>$3123.00</td>
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</tbody>
</table>
HYDROTHERAPY - WATER SANITATION PRODUCTS

TO ORDER ANY ITEM INCLUDING CLASSES:
FROM THIS BROCHURE - CALL 707.942.6633
OR
PURCHASE ONLINE AT - www.h-e-a-t.com
(HEAT AT SS) JET CLEANER
PHOSPHORIC ACID SCALE AND LIME REMOVER

➢ JET quickly dissolves scale, lime and water stains from most hard surfaces. Use it to brighten stainless steel and aluminum.
➢ JET also descales pipes, boats, pressure washers, steam cleaners, spray nozzles, trays, steam tables, coffee urns, drinking fountains, glassware, plastic and ceramics.
➢ At low concentrations it neutralizes caustic residues and removes carbon and iron stains.

(HEAT BT SS) E-SAN 205
ONE-STEP CLEANER, DISINFECTANT, SANITIZER AND DEODORIZER

➢ E-SAN 205 is a phosphate-free formulation for cleaning, deodorizing and disinfecting hospitals, nursing homes, schools, food processing plants, or anywhere you need to control cross-contamination.
➢ Use it to clean and disinfect walls, floors, sink tops, toilet bowls, tables, chairs, telephones and bed frames. It also cleans and disinfects operating rooms and patient care facilities. It has a D-2 USDA rating which allows you to sanitize previously cleaned food equipment and food contact surfaces and not potable water rinse is required.
➢ E-SAN 205 kills HIV-1 (AIDS virus) on precleaned surfaces and objects previously soiled with blood or body fluids.
➢ It deodorizes garbage storage areas, empty garbage bins and cans, toilet bowls, or anywhere microorganisms cause odors.
➢ E-SAN 205 kills influenza A2/Japan (common flu virus), Herpes Simplex Type 1 (fever blisters), Adenovirus Type 2 (upper respiratory infection virus), and Vaccina (pox virus group). It also kills Pseudomonas aeruginosa PRD 10, Escherichia coli, Klebsiella pneumoniae, Salmonella schottmulleri, Salmonella cholerasuis, Streptococcus salivaruis, Brevibacterium ammoniagenes, Streptococcus faecalis, Shigella dysenteriae, Enterobac-
HYDROTHERAPY - SHOWER SYSTEMS -
WET ROOM EQUIPMENT - ACCESSORIES

TO ORDER ANY ITEM INCLUDING CLASSES:
FROM THIS BROCHURE - CALL 707.942.6633
OR
PURCHASE ONLINE AT - www.h-e-a-t.com
Areas of use...

The *Heat 6909/6910/6911* Swiss Shower units are used for full body cold/warm shower massages. They are most beneficial after a stay in the sauna or steam room, an herbal bath, herbal wrap, or a body massage.
HEAT 6909
SWISS SHOWER
WITH NINE SHOWERHEADS

HEAT 6910
SWISS SHOWER AND
FLOOD SHOWERHEAD

HEAT 6911
SWISS SHOWER AND
SPRAY SHOWERHEAD

The SwissShower unit has nine deluxe showerheads. Each one is separately adjustable for water flow direction and water pressure to accommodate the client's individual height and skin sensitivity. The Flood and Rain Showerheads are mounted above the shower, giving the effect of a waterfall or a rainfall.

The water temperature is regulated by a state of the art thermostatic mixer that prevents extreme temperature changes when other water sources are in use. Water temperature is changed instantaneously when selecting temperature setting on the dial.

Require minimum area is 2 sq. m/18 sq. ft. Installation plans available upon order. Heat will work in conjunction with your architect and interior designer to create a facility that is functional and appealing.
SHOWER SYSTEMS EQUIPMENT
Heat 7171K Vichy Shower Rainbar Ceiling Unit

Heat 7172D Vichy Shower Rainbar Swivel Unit

Heat 7173 Stainless Steel Hydrotherapy Table

Areas of use...
The Vichy Shower is used for full body shower massages, salt glow rubs or herbal sponge treatments.
HEAT 7171K VICHY SHOWER RAINBAR CEILING UNIT

HEAT 7172D VICHY SHOWER RAINBAR SWIVEL UNIT

The 7171K/7172D Vichy Shower has a rainbar with 4 deluxe adjustable showerheads that totally cover the body length up to 7 ft., 2.5 m.

The water temperature is regulated by a state of the art thermostatic mixer that prevents extreme temperature changes when other water sources are in use.

Water temperature is changed instantaneously when selecting temperature setting on the dial.

HEAT 7173 STAINLESS STEEL HYDROTHERAPY TABLE

This table is made from stainless steel and has a polyurethane foam padding that provides firm yet comfortable support. The table is completely waterproof and rust free.

The required minimum area is 3-5 sq. m/27-45 sq. ft. Installation plans are available upon order.

Heat will work in conjunction with your architect and interior designer to create a facility that is functional and appealing.
HYDROTHERAPY - KNEIPP
WATER THERAPY EQUIPMENT
- PRODUCTS - ACCESSORIES

TO ORDER ANY ITEM INCLUDING CLASSES:
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OR
PURCHASE ONLINE AT - www.h-e-a-t.com
KNEIPP-KUR THERAPY EQUIPMENT
Heat 6305 Hydrotherapy Arm Bath/Heat 6315 Hydrotherapy Foot Bath/
Heat 7330 Combination Arm/Foot Bath

Areas Of Use...

The Heat 6330 Hydrotherapy combination arm-foot bath is used for alternating or contrast temperature baths.

Contrast baths are used to stimulate local circulation in limbs without obstructive vascular pathology.
Technical Data

These tubs are designed for durability and comfort. They are manufactured with a smooth scratch-proof surface made of polyurethane that is virtually maintenance free.

The arm bath tubs are installed on swivel arms that adjust easily to any sitting position of the client.

OPTIONS: Available in 20 color combinations
Technical Data

Heat 6330
Combination Arr: Foot Bath

These tubs are designed for durability and comfort. They are manufactured with a smooth scratch-proof surface of polyurethane that is virtually maintenance free.

The arm bath tubs are installed on swivel arms that adjust easily to any sitting position of the client. A stainless steel frame of rectangular tubes ensures a high level of stability. The water supply and temperature are regulated by a thermostatic mixer.

OPTIONS: Available in 20 color combinations to match your decor.

1. Cold water feed line 3/4"
2. Hot water feed line 3/4"
3. Cold and hot water safety valves
4. Drain, stench trap min. 3" must be installed

Width: 990 mm/39 in.
Depth: 1000 mm/40 in.
Height: 950 mm/37.5 in.
Weight: Empty: 45 kg/100 lbs.
Full: 155 kg/340 lbs.
Capacity: Filled both: 45 l(12 gal)
HEAT 6405 KNEIPP SHOWER SYSTEM WITH SPLASHGUARD AND AFFUSION FRAME

HEAT 6406 KNEIPP SCOTCH MASSAGE HOSE SYSTEM

All hoses are made of non-breaking rubber. The Kneipp hoses have a rosette and rainshower head. The Kneipp Scotch hose has a jet nozzle.

The water temperature is regulated by a state of the art thermostatic mixer that prevents extreme temperature changes when other water sources are in use. Water temperature is changed instantaneously when selecting temperature setting on the dial.

The Affusion Frame is used for Kneipp water affusions and the Splash Guard protects the therapist during treatment from getting wet.

Required minimum area is 3-7 sq. m/27-63 sq. ft.

Installation plans available upon order.

Heat will work in conjunction with your architect and interior designer to create a facility that is functional and appealing.
HYDROTHERAPY - STEAM - SAUNA
EQUIPMENT SYSTEMS - PRODUCTS
- ACCESSORIES

TO ORDER ANY ITEM INCLUDING CLASSES:
FROM THIS BROCHURE - CALL 707.942.6633
OR
PURCHASE ONLINE AT - www.h-e-a-t.com
STEAM AND SAUNA EQUIPMENT

Heat 3401 Soft Heat Radiant Sauna SC-101-One Person
Heat 3402 Soft Heat Radiant Sauna SC-102-Two People
Heat 3403 Soft Heat Radiant Sauna SC-104-Four People
Heat 3404 Soft Heat Radiant Sauna SF-101-One Person
Heat 3405 Soft Heat Radiant Sauna SF-103-Two People
Heat 3406 Soft Heat Radiant Sauna SF-114-Four People

**THE BENEFITS** of steam bathing have been recognized for thousands of years from ancient traditions to the hydrotherapeutic techniques of European and American health spas. Today Steam baths are considered an integral method for purifying and detoxifying the skin and body, increasing circulation, stimulating the immune system and encouraging complete physical and mental well-being.

The Steam Embrace Steam Cabinet is designed to make available to the individual the many faceted benefits of steam bathing in comfort and confidence. Steam Embrace offers a modern designed, lightweight, portable, safe and easy to use cabinet. It is perfect for personal as well as commercial use.

**SPECIFICATIONS**

<table>
<thead>
<tr>
<th>Temperature Range</th>
<th>86½-126½°F</th>
</tr>
</thead>
<tbody>
<tr>
<td>Power Requirements</td>
<td>110VAC-11.5 AMPS 50/60 CYC. 1 KW. 69LBS.</td>
</tr>
<tr>
<td>Weight</td>
<td>AVAILABLE IN SOFT SILVER &amp; SNOW WHITE</td>
</tr>
</tbody>
</table>

**MANY ARE AWARE OF THE WIDE RANGE OF BENEFITS OF STEAM:**

Massage Therapists use steambaths in preparation for massage as a means of increasing the suppleness of the muscles and creating a deep sense of relaxation in the body and mind.

Aromatherapy treatments are easily given by placing essential oils directly into the cabinet. The smell evokes powerful effects throughout the body and has a wide range of therapeutic benefits.

Aestheticians prefer the use of steam to enhance their treatments. During a treatment the heat stimulates circulation while preparing the surface of the skin for better absorption of products. The steam cleans the skin through perspiration and creates an energy throughout the body that helps burn up fat.

Ayurvedic purification treatments can be given while keeping the head cool. The head speeds up the chemical process in the body making steambaths one of the most comfortable ways to rid the body of toxins.

Fitness users know that steambaths have a stimulating effect on the cardiovascular system. The pulse rate increases from 75 beats per minute to between 100-150 beats per minute during a 15-20 minute treatment. This increases blood circulation and enables the blood stream to carry greater amounts of nutrients to the skin, enhancing the nutritive status.

**Heat 3408 Eucalyptus Sauna Scent**
Parafango is a mixture of dehydrated *mud* containing healing ingredients such as minerals and converted plant parts, mixed with various paraffins. Compact 1 kg bars are formed that are completely odorless when melted, easy to work with and reusable.

The Parafango bars are melted, heated and applied to specific portions of the body. Dilation of blood vessels, tissue hyperaemia and increased blood flow are among the most important results. During the treatment the patient experiences deep heat and relaxation. Parafango therapy is the deepest localized heat treatment available, replacing traditional hot packs commonly used.

The Parafango system is the perfect thermal therapy. Hands, arms, elbows, feet, knees, shoulders, back and hips can easily be treated. Parafango should be employed whenever heat therapy is indicated.

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OR
PURCHASE ONLINE AT - www.h-e-a-t.com
HEAT G-2043 PARAFANGO PARAFFIN-MUD

Parafango is a mixture of dehydrated ‘mud’ containing healing ingredients such as minerals and converted plant parts, mixed with various paraffins. Compact 1 kg bars are formed that are completely odorless when melted and easy to work with.

The Parafango bars are melted, heated and applied to specific portions of the body. Dilation of blood vessels, tissue hyperaemia and increased blood flow are among the most important results. During the treatment the patient experiences deep heat and relaxation. Parafango therapy is the deepest localized heat treatment available, replacing traditional hot packs commonly used. Parafango is the perfect thermal therapy; hands, arms, elbows, feet, knees, shoulders, back and hips can easily be treated. Parafango should be employed whenever heat therapy is indicated (see indications and contraindications)

VERSATILE APPLICATION

Physical Therapy and Rehabilitation: in combination with massage or direct remedial exercise, Parafango wraps have positive influence on residual damages from injury, often completely removing them.

Sport Therapy: Excellent for later states of athletic injuries and chronic ailments such as fractures, sprains, contusions and contractures.

Massage Therapy: enhances circulation, local metabolism, muscle tone and connective tissue; it intensifies strain circulation and leads to hyperaemia of muscles.

PREPARATION

The Parafango blocks are melted, stirred and heated to 140°F (60°C) in the Prepunit. This mixture is then poured onto a tray and allowed to cool. As the Parafango cools to the desirable 122°F, a shiny film becomes noticeable on its surface. The Parafango is now ready to be applied.

METHOD OF APPLICATION

The mixture should always be placed under or around the part of the body being treated and shaped accordingly. This direct contact with the skin produces rapid heat induction and hyperaemia. Once the Parafango is molded to the body, the person is wrapped tightly with a sheet and blanket and allowed to rest for 30 minutes.

During this time the temperature remains constant at 122°F. No other thermal therapy equals the efficiency of Parafango in this respect.

As there is no water in Parafango this temperature is well tolerated and due to the close contact of the Parafango to the skin, heat cannot escape, thus producing the desired effect of thermocoagulation.

Note: Parafango does not stick to body hair; the person is completely clean after removing the pack.

ADVANTAGES OF PARAFANGO USE

Parafango bars are completely odorless, compact and easy to use. Perspiration cannot penetrate the parafango mixture. After removing the pack is wiped clean with a sponge or cloth, placed back into the Prepunit and reused.
PARAFANGO THERAPY EQUIPMENT
Heat G-2015 Parafango System Prep-Unit
Heat G-2016 G-2015W/ Mobile Cart

Areas of use...
The Heat G 2015 Parafango Prep Unit is highly suitable for melting and sterilizing paraffin wax and paraffin mixtures.

The 15 Liter capacity unit can accommodate 6-8 treatments daily.
**Technical Data**

*Heat G 2015*

**Parafango Prep Unit**

The Parafango Prep Unit is placed in a mobile cart for accessibility. It operates with a thermostatic temperature control which sterilizes the mixture. It is also equipped with a thermal protection cut-out to prevent overheating.

Included with the unit is 20 kg of parafango, 2 trays, plastic foil, and an operation manual.

---

Depth: 460 mm/18 in.

Width: 410 mm/16 in.

Height: 835 mm/33 in.

Weight: 80 lbs./36 kg

**Electrical Specifications:**

- Voltage: 110
- Amperage: 1KW

*Heat* will work in conjunction with your architect and interior designer to create a facility that is functional and appealing.
PARAFANGO THERAPY EQUIPMENT
Heat G 2040 Parafango System Prep-Unit 40 Liter
Parafango Prep-Unit

Areas of use...
Parafango is the deepest localized heat treatment available, replacing hot packs commonly used in physical therapy, rehabilitation, sports therapy and massage therapy. It is odorless, compact and easy to use.

During the treatment heat cannot escape, keeping the pack at a constant 122F, 50C, creating the desired effect of thermocoagulation.

It does not burn even the most sensitive skin and doesn't stick to body hair. The person is completely clean after removing the pack. Perspiration cannot penetrate the Parafango mixture. After removing the pack, it can be wiped clean with a sponge or cloth, placed
Technical Data

**Heat G 2040**

**Parafango Prep Unit**

The **Heat G 2040** has the following features:

- Temperature is constantly controlled by a thermostat
- Automatic mixing system maintains parafango at correct consistency
- Can be placed on top of a thermo storage unit
- Stainless steel, easy to maintain

The Prep Unit package includes 50 kg of parafango, 4 trays, plastic foil, and an operation manual.

- Height: 670 mm/26 in.
- Width: 510 mm/20 in.
- Depth: 630 mm/25 in.
- Weight: 67 kg/148 lbs.
- Capacity: 40 L/11 gal.

**Electrical Specifications:**

- Voltage: 120/208
- Amperage: 3KW; 30 Amp Maximum
- Phase: 3
- Hertz: 60 cycle
- Rotation: Clockwise

*Heat will work in conjunction with your architect and interior designer to create a facility that is functional and appealing.*

Please print to view
PARAFANGO THERAPY EQUIPMENT
Heat G 2000 T1 Parafango Thermo Storage Unit

Areas of use...

The Heat G 2000 T1 Parafango Thermo Storage Unit is used to store parafango packs at the correct temperature, keeping it ready for immediate use.
Technical Data

Heat G 2000 T1
Parafango Thermo Storage Unit

The Parafango Thermo Storage Unit is a...
PARAFANGO THERAPY EQUIPMENT
Heat G 2040 T1 Parafango System Combo Unit

Areas of use...

The Heat G 2040 T1 Parafango System includes both the Parafango Prep Unit (Model G 2040) and the Thermo Storage Unit (Model G 2000 T1)
Technical Data

Heat G 2040 T1
Parafango System

The principle of the Fango-Paraffin procedure requires equipment that can evenly heat and stir the entire mixture at the same time. Only in this way can the desired temperature be reached quickly and evenly. The entire system is fully automatic and equipped according to safety regulations. As soon as you open the lid, the stirrer stops turning.
PARAFANGO THERAPY EQUIPMENT

COST AND PROFIT ANALYSIS APPROXIMATION
PARAFANGO SYSTEMS
G-2016, G-2040 AND G-2040 TI

The following calculations of the Parafango Systems are based on the prices below.

**Assumptions**

**Income:**
- G-2016 at $40 per treatment - 10 treatments per day = income totals $400
- G-2040 at $40 per treatment - 20 treatments per day = income totals $800
- G-2040TI at $40 per treatment - 40 treatments per day = income totals $1,600

**Expenses:**
- Therapist cost $20.00
- Supplies $2.00
- Maintenance $2.00
- Total Expense $23.00 per treatment

**Profits:**
- $17.00 per treatment

<table>
<thead>
<tr>
<th>Unit</th>
<th>Profit $ Per Day</th>
<th>Profit $ Per 5 Days</th>
<th>Profit $ Per 20 Days</th>
<th>Equip. Paid Off</th>
<th>Potential Profits Per 50 Weeks</th>
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<tbody>
<tr>
<td>Heat G-2016</td>
<td>$2,147.00</td>
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<td>$850.00</td>
<td>$3,400.00</td>
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<td>15 days $170,000.00</td>
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</table>
Thalassotherapy is the use of seawater or seaweed for therapeutic purposes and preventative skin care treatments. The treatments are used in the form of baths and showers of seawater, body wraps of seaweed and marine mud, and massages with creme of seaweed.

Seawater is a rich and balanced substance, containing all of the elements necessary for cellular life. Seaweed has the unique property of being able to concentrate these elements in a density up to 10,000 times greater than that of seawater.

Due to its iodine content, seaweed helps to increase the metabolic rate, activating the exchange of substances and eliminating toxins. The amino acids found in seaweed aid in tissue development and mineral salts act on cell vitality, moisturizing dry and sensitive skin. Seaweed has been known to have slimming effects because of its high concentration of iodine and it acts to revitalize the system and give relief from stress.

The vitamins in seaweed nourish the skin and work to increase circulation which in turn allows more oxygen to reach and nourish the cells. Seaweed has also been proven

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OR
PURCHASE ONLINE AT - www.h-e-a-t.com
THALASSOTHERAPY EQUIPMENT
T100 Seaweed Wrap System

Areas of use...
Seaweed Wraps are used to detoxify and remineralize the skin tissues. It is highly effective in hydrating and toning the skin.

4003.1 Thermoplastic Film (TPF) (165 Treatments)
Specifications: Measurement- 30"x2-fold x 10,000" x .001 mil on a 3" core/approximately 23 lbs. per roll.

**BENEFITS:**
1. Reduces linen costs by eliminating soiled sheets.
2. Cut only what you need for either full or partial body treatment.
3. High thermal insulation factor.
4. A single use material prevents the development of unhygienic conditions.
5. Simply dispose of TPF film with treatment product residue after each use.
6. Seen by your clients at the finest clinics and salons worldwide.

4003.2 Thermal Metallized Mylar Foil (TMMF) (65 Treatments)
THALASSOTHERAPY EQUIPMENT

Heat 4001 Electric Thermal Blanket

DESCRIPTION

• The Thermal Blanket is made to provide efficient perspiration combined with high technology making it suitable for every care.
• Before plugging in, check if you are in the correct voltage.
• The Thermal Blanket must be used flat on table, and never on a chair in which case the cover could be creased causing overheating problems.
• To obtain maximum initial heat, follow the instructions here below:
  Set each variation on the highest position.
  The Blanket must be folded along the length, never the width.
  After 10 minutes, place the client in the blanket and set the variations according to the treatment and to the client's comfort.
• Before the end of the treatment, turn the control on each variation to position 0, and allow the Blanket to cool down with the client still wrapped.
• For permanent use, set each variation on position 2 between treatments.
• To extend the lasting quality of the appliance, please note the following points:
  Do not connect the appliance to a direct current source.
  Do not allow metal articles to come into contact with the blanket.
  Do not use for a child, an invalid, an animal or an insensitive client.
  Do not crease the Blanket while heating.
  Check the appliance regularly.
  Use the Blanket flat.
  Clean the Blanket after each treatment with a soft sponge and soapy water, do not use solvents (you have to disconnect the appliance before cleaning it.)
  At the end of the treatment, do not leave the Blanket on high power.

TECHNICAL CHARACTERISTICS

Dimensions 1,90m x 1,70m
Maximum Power 270W
Nominal Tension 220 VAC or 110 VAC

Heating Element:
• 3 independent heating areas
• 3 connection cords of 3 meters with connectors to control box
• 3 heat protection thermostats for each area

Cover:
• White PVC sheet
• 3 casings for hearing zones
• Side closing
• Inflatable pillow

Control Box:
• 3 Electronic power variators
• Suppressors
• Safety use
• 3 light signals
• 3 meter supply cord with standard plug
• 3 sockets for heating area

DO NOT FOLD THE BLANKET - THE HEATING COILS WILL BREAK
The following calculation of the T-100 Seaweed Wrap System is based on the price of $1807.00. The length of the treatment is 30 minutes.

**Income:** At $50 per treatment - 10 treatments per day = income totals $500 per day.

**Expenses:**
- Therapist cost $20.00
- Supplies $5.00
- Total Expense $25.00

**Profits:** $25.00 per treatment

<table>
<thead>
<tr>
<th>Unit</th>
<th>Profit Per Day</th>
<th>Profit 5 Days</th>
<th>Profit 4 Weeks</th>
<th>Equipment Paid Off</th>
<th>Potential Profits Per Year</th>
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<tbody>
<tr>
<td>Heat T100</td>
<td>$250.00</td>
<td>$1250.00</td>
<td>$5000.00</td>
<td>7 days</td>
<td>$60,000.00</td>
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<tr>
<td>$1,807.00</td>
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</tbody>
</table>
Aromatherapy is a science and an art that uses natural fragrant essential oils as an aid to good health and subsequent beauty.

Throughout the centuries, these aromatic oils, whether used in baths, saunas, or massages have contributed to people’s sense of well being.

Essential oils are oily, volatile substances. They are highly concentrated extracts that contain vitamins, hormones, antibiotics and antiseptics. When used in massage oils, or with warm baths, the oils are absorbed through the skin inducing deep relaxation that reduces stress, tension, and muscular aches.

In herbal wraps, they are essential in drawing toxins out of the body and in treatment areas, oils are used in diffusers to create a clean healing atmosphere.

The whole Aromatherapy experience aids in relaxation, stimulation, helping sore muscles, poor circulation, even abetting jet lag, offering quick and effective mind and body management.

TO ORDER ANY ITEM INCLUDING CLASSES:
FROM THIS BROCHURE - CALL 707.942.6633
OR
PURCHASE ONLINE AT - www.h-e-a-t.com
AROMATHERAPY THERAPY EQUIPMENT
HEAT M-1 HERBAL WRAP SYSTEM

Heat M-1-1 Hydrocollator
Table Unit
  Overall Dimensions:
  14W x 22L x 12H
  Electrical: 120 Volts,
  1200 Watts, UL, CSA

Heat M-1-2 Hydrocollator
w/Mobile Cart

HEAT M-1 HERBAL WRAP SYSTEM
INCLUDES:
1  M-1 Hydrocollator w/cart
2  Herbal Linen Sheets
2  Metallic Wrap Blankets
2  Wool Blankets
1  Tongs
1 pr Rubber Gloves
1 dz Muslin Bags
5 lbs Herbal Blend

Areas of Use...
The Heat M-1 Herbal Wrap System
Universal Heater is suitable for heating herbal wrap sheets and wet mud packs. It is an ideal heating unit for herbal wrap sheets, herbal sacks, meadowflower sacks, wet mud and
AROMATHERAPY EQUIPMENT
Heat M-2 Herbal Wrap System

Heat M-2-2 Hydrocollator Only (Mobile)

Areas of use...
Herbal Wraps are used to stimulate circulation, eliminate toxins, and revitalize the skin. The system includes everything you need to get started right away. Heat M-2 Herbal Wrap System includes:

1 M-2 Hydrocollator
2 Stainless Steel Containers
4 Wool Blankets
4 Metallic Wrap Blankets
8 Herbal Linen Sheets
1 Tongs
2 pr Rubber Gloves
2 dz Muslin Bags
10 lbs Herbal Blend

Operation manual is included with your order.
AROMATHERAPY EQUIPMENT

COST AND PROFIT ANALYSIS APPROXIMATIONS
HERBAL WRAP SYSTEMS

The following calculations of the Herbal Wrap Systems are based on the prices listed below.

**Assumptions**

**Income:**
- M-1 System at $40 per treatment - 10 treatments per day = income totals $400
- M-2 System at $40 per treatment - 15 treatments per day = income totals $500
- M-4 System at $40 per treatment - 20 treatments per day = income totals $800

**Expenses:**
- Therapist cost $20.00
- Supplies $2.00
- Maintenance $1.00
- Total Expense $23.00 per treatment

**Profits:** $17.00 per treatment

<table>
<thead>
<tr>
<th>System</th>
<th>Profit $Per Day</th>
<th>Profit 5 Days</th>
<th>Profit $Per 20 Days</th>
<th>Equip. Paid Off</th>
<th>Potential Profits Per 50 Weeks</th>
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<tbody>
<tr>
<td>M-1</td>
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<td>$170.00</td>
<td>$850.00</td>
<td>$3,400.00</td>
<td>6 Days $42,500.00</td>
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<tr>
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<td>$3,045.00</td>
<td>$255.00</td>
<td>$1,275.00</td>
<td>$5,100.00</td>
<td>13 Days $63,750.00</td>
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<td>M-4</td>
<td>$5,493.00</td>
<td>$340.00</td>
<td>$1,700.00</td>
<td>$6,800.00</td>
<td>16 Days $85,000.00</td>
</tr>
</tbody>
</table>
AROMATHERAPY EQUIPMENT
Heat HP-1 Alpine Meadowflower Pack System

Areas of use...
The Heat HP-1 Alpine Meadowflower Pack System is suitable for steaming Alpine Meadowflower Packs.

Heat HP-1 Alpine Meadowflower Pack System includes:
1 Heat M-1-2 Hydrocollator w/Cart  1 Tongs
40 Hayflower Packs               1pr Rubber Gloves
2 Metallic Wrap Blankets
2 Wool Blankets
AROMATHERAPY EQUIPMENT

COST AND PROFIT ANALYSIS APPROXIMATION
HEAT HP-1 ALPINE MEADOWFLOWER PACK SYSTEM

The following calculation of the HEAT HP-1 Alpine Hayflower Pack System is based on the price of $1,564.00. The length of the treatment is 30 minutes.

**Income:** At $40 per treatment - 10 treatments per day = income totals $400 per day.

**Expenses:** Therapist cost $20.00
Supplies $2.00
Maintenance $1.00
Total Expense $23.00 per treatment

**Profits:** $17.00 per treatment

<table>
<thead>
<tr>
<th>Unit</th>
<th>Profit $Per Day</th>
<th>Profit 5 Days</th>
<th>Profit $Per 20 Days</th>
<th>Equip. Paid Off</th>
<th>Potential Profits Per 50 Weeks</th>
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</thead>
<tbody>
<tr>
<td>Heat HP-1</td>
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<td>$850.00</td>
<td>$3400.00</td>
<td>9 days</td>
<td>$42,500.00</td>
</tr>
</tbody>
</table>

$1,564.00
AROMATHERAPY BATH & BODY CARE PRODUCTS - OIL BATHS

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FROM THIS BROCHURE - CALL 707.942.6633
OR
PURCHASE ONLINE AT - www.h-e-a-t.com
AROMATHERAPY BATH & BODY CARE PRODUCTS/OIL BATHS

**Balm Mint (3006 32 oz; 201 8 oz; 408 2 oz)**
This relaxing and fragrant bath eases nerves and relieves stress. Sleep inducing. Contains balm mint extract, balm mint oil and citrus oil.

**Camomile (3004 32 oz; 202 8 oz; 402 2 oz)**
The extract of camomile blossoms has properties that beautify the skin. The camomile bath is particularly rewarding when the skin is stressed from harsh sun, wind and polluted air.

**Lavender (3010 32 oz; 204 8 oz; 403 2 oz)**
This bath is rich in lavender oil which is known for its stimulating effect. The pleasant fragrance of lavender oil enhances your sense of well-being.

**Meadowflower (3008 32 oz; 205 8 oz; 404 2 oz)**
A stimulating meadowflower bath will revitalize you after a strenuous day's activities. Contains meadowflower herb extract, meadowflower oil, thyme oil and sage oil.

**Pine Needle (3000 32 oz; 206 8 oz; 413 2 oz)**
The rich concentration of pine needle oil will leave the skin feeling softer. The pleasant forest aroma combination with the soothing effects of the bath provide a refreshing, invigorating experience.

**Eucalyptus (3012 32 oz; 203 8 oz; 411 2 oz)**
Eucalyptus oil baths stimulate and refresh. Inhaling cool eucalyptus essential oil heightens breathing. Circulation improves, nourishing the skin and body.
Rosemary (3002 32 oz; 207 8 oz; 405 2 oz)
The rosemary bath is ideal for invigorating the system in the morning and to help prepare for a full day of work or play. The effect of a rosemary bath can be enhanced by slightly increasing bath temperature and decreasing its duration. Contains rosemary leaf extract and rosemary oil.

Valerian (3014 32 oz; 208 8 oz; 415 2 oz)
Valerian oil baths ease stressed nerves and promote relaxation. Like a gentle massage valerian essential oil brings on restful sleep. Skin and body are soothed and quieted.

Golden Fango Essential Oil Bath (3099 33.8 oz; 210 8 oz; 416 2 oz)
**RHEUMATISM BATH!!!!!!**
This bath alleviates signs of chronic sciatica and lumbago, chronic soft tissue and joint rheumatism, arthritis and neuritis.

**Lavender Seaweed Oil Bath**
**Lavender Seaweed Bath Concentrate (3051 1 gal)**
A balanced concentrate of the ocean’s nutrients to nourish, tone, detoxify skin tissues and reduce bloat. This combination of seaweeds has a high concentration of the minerals calcium, iodine, magnesium and potassium which are absorbed through the skin. Seaweed treatments reduce inflammation, relieve stress, and help prevent muscle strain.
AROMATHERAPY
BATH & BODY CARE PRODUCTS -
POWDER BATHS

TO ORDER ANY ITEM INCLUDING CLASSES:
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OR
PURCHASE ONLINE AT - www.h-e-a-t.com
AROMATHERAPY - BATH & BODY CARE PRODUCTS/BATH POWDERS

Milk Whey bath powder 3060 32 oz; 3061 13.2 lbs; 103 16 oz; 409 2 oz
Milk Whey baths retain and replenish the skin’s protective acid layer. In Europe this whey and essential oil bath is prescribed for healing and restoring dry, sensitive or damaged skin. Milk Whey is naturally cleansing and moisturizing. Skin feels hydrated, healthier, more radiant. Soap is not recommended.

Fango Mud Salicyl bath powder (3062 32 oz; 3063 15.4 lbs; 102 16 oz; 410 2 oz)
Fango Salicyl Mud baths are the favorite European spa treatment for toning the skin and soothing the body. Fango, pure volcanic ash, removes impurities, replaces minerals and gently exfoliates. Skin is smoother and softer, ready to absorb moisture and nutrients. Heat from the fango promotes healing and relaxation while pine needles extract stimulates circulation. Salicyl aspirin powder relieves aches and pains making this the ultimate mud bath.

Fango Natrium Mud bath powder (3065 32 oz; 3066 4 lbs; 101 16 oz; 407 2 oz)
Fango Natrium Mud baths used in spas worldwide are pure mineral-rich volcanic ash. This ancient beauty ritual is effective for removing impurities and smoothing the texture of the skin so it can readily absorb moisture and nutrients. Fango treatments relax tired muscles, detoxify and re-vitalize the body. For fango-aromatherapy baths, add Abano Bath Oil.

Mustard bath powder (3067 32 oz; 105 16 oz; 413 2 oz)
Mustard is renowned for its stimulating, cleansing, and rejuvenating qualities. The warmth of Mustard assists in opening the pores of your skin, helping you sweat out impurities. Use as an aid in relieving stress, muscle and joint soreness, congestion, skin conditions, periodic tensions, and sleeplessness.
AROMATHERAPY
BATH & BODY CARE PRODUCTS
- SALT BATHS

TO ORDER ANY ITEM INCLUDING CLASSES:
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OR
PURCHASE ONLINE AT - www.h-e-a-t.com
BATH SALTS
Dead Sea Mineral Salt  (3085 110 lbs./3087 8 lbs; 104 16 oz; 414 2 oz)
Mint Sea Salt baths stimulate circulation and eliminate toxins from the body. Pure Dead Sea salts are prised for their high concentration of minerals, seaweed and algae. Energizing mint extracts enhance the bath's healing, nourishing and detoxifying benefits. Like a swim in the ocean, this treatment revitalizes tired skin and restores its natural glow.
### AROMATHERAPY - BATH AND BODY CARE PRODUCTS

**COST AND PROFIT ANALYSIS APPROXIMATION**

**HERBAL OIL BATHS, BATHPOWDERs, BATH SALTS**

<table>
<thead>
<tr>
<th>Assumptions Bath Product</th>
<th>Cost $/Product</th>
<th>#/Amt./Gals.</th>
<th>Charge $/Bath</th>
<th>Income $/Bath</th>
<th>Profit $</th>
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</thead>
<tbody>
<tr>
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<td>16/2oz/50gal</td>
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<td>Milk Whey</td>
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<td>30.00</td>
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<tr>
<td>Fango Salicyl</td>
<td>32/32 oz</td>
<td>16/2oz/50gal</td>
<td>30.00</td>
<td>24.00</td>
<td>384.00</td>
</tr>
<tr>
<td>Fango Natrium</td>
<td>32/32 oz</td>
<td>16/2oz/50gal</td>
<td>30.00</td>
<td>24.00</td>
<td>384.00</td>
</tr>
<tr>
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<td>16/2oz/50gal</td>
<td>30.00</td>
<td>25.00</td>
<td>400.00</td>
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<tr>
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<td>160/2oz/50gal</td>
<td>30.00</td>
<td>25.00</td>
<td>4,000.00</td>
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<tr>
<td>Bath Salt</td>
<td>31/8lbs</td>
<td>8/1lb/50gal</td>
<td>30.00</td>
<td>22.25</td>
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<tr>
<td>Bath Salt</td>
<td>220/110lbs</td>
<td>110/1lb/50gal</td>
<td>30.00</td>
<td>24.00</td>
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**Expenses Per Bath**

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<th>32 oz/oil Powders</th>
<th>100lbs Salt</th>
<th>8lbs Salt</th>
<th>Seaweed Oil Bath/2.5gal</th>
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<tr>
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<tr>
<td>TOTAL</td>
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**HEAT Product Catalog Page 98**
AROMATHERAPY
FACIAL - BODY MASQUES
AND SALT GLOW SALT

TO ORDER ANY ITEM INCLUDING CLASSES:
FROM THIS BROCHURE - CALL 707.942.6633
OR
PURCHASE ONLINE AT - www.h-e-a-t.com
VOLCANIC POWDER
FANGO MASQUE

PROPERTIES:
When mixed with water, volcanic fango turns into a natural mud pack which is ideal for storing heat. A mixture of 1 Quart (0.5 liters) of water (also thermal or mineral water at spas) per 1 kg (2.2 lbs) of volcanic fango yields an optimal consistency for packs to be used for therapeutic purposes. Due to its high capacity for absorption, volcanic fango mud is capable of absorbing body secretions penetrating through the skin.

The thermophysical properties of volcanic fango cause the pack to cool down very slowly. As a result, an intensive and uniform conduction of heat is achieved.

AREAS OF APPLICATION:
1. Heat application with volcanic fango:
   a) Rheumatism of the tissues and muscles
   b) Chronic rheumatic diseases of the joints with minor inflammation
   c) Spasm of smooth-muscle organs
2. Withdrawal of heat with volcanic fango:
   a) Traumatic contusions and distortions
   b) Rheumatic illnesses with greater inflammatory activity

New areas of application have been successfully demonstrated with volcanic fango: e.g., in gynecology and orthopedics. A special form of treatment improves circulation in the hands and feet. Positive effects are achieved in treating degenerative ailments in the joints, chronic polyarthritis, psoriasis-arthritis.

THERAPEUTIC EFFECTS:
Mineral peloids play a major role in heat therapy. They are stirred to a pastey substance and applied externally according to doctor’s orders. Combined with massages, physical therapy and thermal baths, fango therapy effectively helps in the treatment as well as the prevention of many diseases of the locomotory system. The temperature of volcanic fangos when applied are in practice: 65°F (15-20°C) for acute disorders; 110°F (37-48°C) for chronic disorders. Cool temperatures have an anti-inflammatory and anti-swelling effect. High temperatures stimulate blood circulation and relieve pain. They relax the muscles and slaken connective tissues. The most frequent form of application is the heated partial pack which brings about a deeply penetrating heat into the tissues lasting for some time. The total pack conducts heat over a larger area and increases body temperature. The result is profuse perspiration and stimulation of heart action. Furthermore, adequate doses applied lead to reflective effects on the inner organs and glands.
GEOLOGY:
The volcanic rock “phonolite” has been determined to be, by the potassium-argon method, about 16 million years old. The once volcanic molten lava, of the Miocene Epoch, exists today in solidified form under fertile loess.

The volcanic rock is broken down in a special way, annealed at 750°F (400°C) and ground very fine. The manufactured powder is called volcanic fango and has many curative uses. Its main mineral component is natural zeolite, which is capable of high ion exchange.

CONTRAINDICATIONS:
Hot fango packs should not be administered when there is an acute inflammation, eczematous or inflammatory skin, when there is a tendency for general or local bleeding, or in the case of heart disease and malignant hypertension, open wounds, over sensitive skin, artery obstructions and malignant tumors.

INGREDIENTS:
PURE PHONOLITE VOLCANIC ROCK, ANNEALED AND GROUND.
HEAT 3102 - 8 LBS

INSTRUCTIONS FOR TREATMENT:
Heat treatments are given daily or every other day; cold treatments, up to three times daily. Apply a thickness of at least 1 inch of volcanic fango onto the skin and cover with plastic thermal blanket. During heat treatments, the entire body is wrapped in a thermal blanket. Following treatment, the client should be quickly showered with water at 100°F (38°C) and carefully dried.

INGREDIENTS:
PURPH ONOLITE VOLCANIC ROCK
ANNEALED AND GROUND
Siliconoxide 48.9%
Titaniumoxide .33%
Aluminumoxide 19.5%
Ironoxide 3.25%
ManganeseII Oxide .24%
Sodiumoxide 5.47%
Potassium Oxide 4.79
Magnesium Oxide .70%
Calcium Oxide 8.04%
Strontium Oxide .26
Barium Oxide .25
Phosphorus V Oxide .13%
Carbondioxide 3.46%
AROMATHERAPY - HERBAL BATH BAGS

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Delightful Bath Bags

48 bags per box

This new product was recently imported by H.E.A.T., Inc. to provide the same wonderful bath products available in larger jars, in this easy to use packaging. Perfect for the single bath.

Abano #s  501   Lavender
502   Eucalyptus
503   Mountain Rain
504   Geranium Detox
505   Rose/Sandalwood
506   Jasmine

Great Gift or Room Amenities for your Hotel or Spa

**Eucalyptus**
Butea Flower, Chamomile Flower, Comfrey Root, Eucalyptus Leaf, Rose Petal, Rosemary Leaf, Witch Hazel Leaf, Orris, Oil

**Geranium Detox**
Allspice Berry, Butea Petal, Cloves Stem, Eucalyptus Leaf, Ginger Root, Rosemary Leaf, Orris, Oil

**Lavender**
Blue Malva Flower, Burdock Root, Comfrey Leaf, Lavender Petal, Linden Flower Oats, Yarrow Flower, Orris, Oil

**Mountain Rain**
Calendula Petal, Chamomile Flower, Comfrey Leaf, Juniper Berry, Oats, Rosemary Leaf, Sage Leaf, Orris, Fragrance

**Jasmine/Bergamot**
Calendula Petal, Chamomile Flower, Comfrey Leaf, Juniper Berry, Oats, Rosemary Leaf, Sage Leaf, Orris, Jasmine Fragrance, Bergamot Oil

**Rose/Sandalwood**
Hibiscus, Roses, Orris, Fragrance, Oil
AROMATHERAPY
BATH & BODY CARE
SPECIALTY BATHS

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OXYGEN MINERAL PEARL BATH
HEAT 4367 (50 PER CASE)

Treatment Value:
The oxygen mineral bath salt develops smooth small pearl-like bubbles across the skin and soothes the inside, releasing tension, increasing physical vitality, regenerating the nervous and metabolic systems, improving blood circulation in arms and legs.

Directions:
Dissolve content of salt bag 1 (the oxygen carrier) in 97F (36C) bath water, enter the bath water and then add content of bottle 2, (the oxygen activator). The pearl-like oxygen bubbles cover the skin and vitalize the entire body during the 20 minute bath.

For a real spa treatment, shower with cool water, rest, wrapped warmly for one hour.
Ingredients:
Bag 1 & Bottle 2: Natriumpercarbonate with 13.5% active oxygen, 4.4 oz - 125.2 gr

BI-CARBONATED MINERAL PEARL BATH
HEAT 4327 (20 PER CASE)
HEAT 4320 (PER PACK=1 BATH)

Treatment Value:
This bath is mildly bi-carbonated and is especially good for STRESS RELEASE. Bi-carbonated baths alleviate mild forms of dermatological problems, high blood pressure, vagotonic and respiratory conditions, and muscle fatigue.

The pain release happens when the effervescence salt is added to 86F (30C) to 98F (37C) degree bath water.

Directions for Use:
Add Bag 1 - Natriumhydrogencarbonate 15.1 oz (429 gr) to 86F (30C) to 98F (37C) bath water.
Enter the water.
THEN Add Bag 2 - The Aluminumsulphate pebbles (18 oz). The pebbles and the bi-carbonate development sets in and allows the bicarbonate development to occur. Stay in the bath 20 minutes until all pebbles are dissolved.
For a real spa treatment, shower with cool or cold water after, then rest wrapped warmly for 30 minutes.
Ingredients:
Natriumhydrogencarbonate 15.1 oz (429 gr)
Aluminumsulphate 18 oz (508 gr)
AROMATHERAPY - COLLAGEN
MASSAGE CREAM, BODY
LOTION, SLIMMING CELLULITE
LOTION

TO ORDER ANY ITEM INCLUDING CLASSES:
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Massage Cream With Collagen

Massage Therapists and Spa's around the world are raving about our product. This continues to be our **Number One** selling product imported from Europe. Here's what our body care professionals have to say:

"The Massage Cream moisturizes the skin leaving no residue on the sheets."

"The Massage Cream slides easily on the skin for a continuous hands on motion to the body."

"As a massage therapist the cream keeps my hands smooth and in good condition."

"My clients really love it! Once I started using the Massage Cream with Collagen I just can't find anything else that compares."

**MAKE YOUR CLIENTS FEEL SPECIAL WITH THIS UNIQUE EUROPEAN PRODUCT!**

- Available in 1 gallon, 32 oz, 16 oz & 2 oz sizes
Cellulite Control With Micro-Massage System

SLIMMING LOTION

Apply and massage well onto a clean and dry area of the skin (thighs or waist), preferable twice daily, after showering. Maximize reduction effect with a short stretch bandaging.

For external use only.
Avoid contact with eyes. Keep out of reach of children.
If accidental ingestion occurs, contact a poison center immediately.

INGREDIENTS:

Purified Water, Methylsilanol Mannuronate, Ethoxydiglycol, Glycerin, Caprylic / Capric Triglyceride, Cetearyl Alcohol, Ceteareth-20 Glyceryl Stearate, PEG-100 Stearate, Emulsifying Wax, Polysorbate 60, Sorbitol, Panthenol, Aloe Vera Extract, Green Tea Extract, Chamomile Extract, Tocopheryl Acetate (Vitamin E), Retinyl Palmitate (Vitamin A), Cholecalciferol (Vitamin D3), Dimethicone, Carbomer, Triethanolamine, Potassium Sorbate, Phenoxyethanol, Methylparaben, Ethylparaben, Propylparaben, Butylparaben.

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MASSAGE EQUIPMENT - PRODUCTS - ACCESSORIES

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A COMPLETE LINE OF:

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SALON
ELECTRIC
HYDROLIC LIFT
BATTERY OPERATED
WET-DRY
PORTABLE
TABLES

ALL AVAILABLE UPON SPECIAL ORDER

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AROMATHERAPY - NO SHOWER
WRAP TREATMENT COLLECTION
- PRODUCTS - ACCESSORIES

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NO SHOWER TREATMENT COLLECTION

We pride ourselves in offering you the finest body treatments from famous spas around the world. These are proven best sellers for Day and Full-Service Spas alike. All treatments can be customized to create signature services unique to your spa.

Valerian Herbal Wrap
RELAXATION TREATMENT
This popular European treatment utilizes a VALERIAN HERBAL GEL that is directly applied to the body before the client is wrapped in warm sheets or the ELECTRIC HEATING BLANKET. After resting in the wrap for 20 minutes, the client is unwrapped and misted with ROSEWATER. Apply AVOCADO BODY LOTION or MASSAGE CREME W/COLLAGEN concluding the treatment.

Products Used:  
- Heat 3110 Valerian Herbal Gel  
- Heat 3111 Rosewater Spray  
- Heat 3114 Avocado Lotion  
- Heat 3150 Massage Creme w/Collagen  
- Heat AT001 Electric Body Masque Blanket

Body Buff and Glow
EXFOLIATING TREATMENT
A very gentle way to exfoliate all skin types. After applying the HONEY ALMOND SCRUB, refresh the skin with the BODY POLISH GEL then apply the AVOCADO BODY LOTION or MASSAGE CREME W/COLLAGEN.

Products Used:  
- Heat 3115 Honey Almond Scrub  
- Heat 3116 Body Polish Gel  
- Heat 3114 Avocado Lotion  
- Heat 3150 Massage Creme w/Collagen  
- Heat 3117 Pina Colada Body Gel
FOOT CARE PRODUCTS:

GEHWOL NATURAL NAIL - FOOT
- LEG CARE PRODUCTS - FOOT
CARE IMPLEMENTS - TOOLS /
CALLUSAN CREAM MOUSSE -
FOAMING FOOT CARE - SUITABLE,
FOR DIABETICS
AKELEINE FOOT CARE

TO ORDER ANY ITEM INCLUDING CLASSES:
FROM THIS BROCHURE - CALL 707.942.6633
OR
PURCHASE ONLINE AT - www.h-e-a-t.com
FOOTCARE WITH GEHWOL

I Feel Good!

GEHWOL

Natural Nail, Foot and Leg Care
GEHWOL EFFECTIVE INGREDIENTS

The following ESSENTIAL OILS can be found in almost all of the products:

**Rosemary:** Stimulating, gives increased feeling of well being, activates and improves blood circulation, bactericide.

**Lavender:** Relaxing, has soothing effect, promotes healing process, gives feeling of well-being, germicide.

**Mountain Pine:** Stimulating, refreshing, disinfecting and deodorizing effect.

**Eucalyptus:** Stimulating, antiseptic, and wound healing effect.

**Thyme:** Strong disinfecting action, stimulating.

**Citronella:** Strong antiseptic effect refreshes, stimulating and healing.

SPECIAL FORMULATIONS with the essential oils increases the properties of these oils against MYCOSIS, ACHING FEET, FORMATION OF BLISTERS and ODOR.

**Zinc Oxide:** is anti microbial, mildly astringent, skin protecting, effective against many sweat-decomposing skin bacteria.

**Manuka:** is a tangy oil from the leaves of the manuka shrub applied in antibacterial and fungal foot hygiene.

**Urea:** the skin’s watering system. In the skin, urea reacts with proteins (albumin). The immense water (hydration) and moisture-binding properties of urea rehydrate the skin. The Trans Epidermal Water Loss (TEWL) is reduced and the skin retains its essential elasticity. **LIPIDRO CREAM** penetrates the skin leaving no residues, no greasy film on the skin surface; **SUITABLE FOR DIABETICS.**

NATURAL INGREDIENTS

**Menthol** Constituent of peppermint oil, its effects are cooling, refreshing, deodorizing, itch soothing, and bactericide.

**Camphor** is absorbed very well by the skin together with vegetable oils. Supports blood circulation and stimulates metabolism.

**Allantoin** A substance derived from horse chestnut to increase circulation.

**Hamamelis** Strengthens blood vessels, has astringent effect assists cellular reproduction, and alleviates irritations, soothes skin.

**Panthenol** Provitamin B5 with marked healing promoting properties. Accelerates skin regeneration.

**Camomile** such as azulene and bisabolol acts to prevent inflammation, assists in healing and as a germicide; excellent skin compatibility.

**Carbamide** is particularly beneficial to the skin and used with great success in both medicinal and cosmetic preparations. It aids in softening corns. Acts as an antiseptic and relieves itching.
CREAM BASES

Skin strengthening, protecting and conditioning are oil-in-water emulsions, which are absorbed easily by the skin.

- **Natural Falls**
  - Keeps skin supple and elastic. Prevents formation of callus and hyperkeratosis. Serve as the bases of most GEHWOL preparations.

- **Lanolin**
  - A substance similar to skin fat with excellent conditioning properties, contains pro-vitamin B.

- **Med. Special Soap**
  - Strengthen the skin and keeps no fatigue; normalizes perspiration.

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GEHWOL

Everything for the well being of the feet

**Tired & Painful**
- Herbal Lotion
- Herbal Bath
- Foot Odor
- Foot Perspiration
- Blisters
- Ingrown Toenails

**Burning & Aching**
- Herbal Lotion
- Herbal Bath
- Foot Odor
- Foot Perspiration
- Brittle Nails
- Tired & Overworked Legs

**Cracks & Fissures**
- Med Oint. Cracked Skin
- Fungal Care: Med. Protective Nail and Hand Cream

**Fungal & Athlete's Foot**
- Med. Protective Foot Cream

**Cold Feet**
- Med. Cold Feet Cream

**Comes**
- Corns

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**Foot Odor**
- Med. Deodorant Cream
- Med. Deodorant Lotion
- Foot Powder

**Hand & Callouses**
- Med. for Callouses
- Med. Deodorant Lotion
- Foot Powder

**Cold Feet**
- Med. Cold Feet Cream

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**Foot Perspiration**
- Fungal Care
- Med. Deodorant Cream
- Med. Deodorant Lotion
- Foot Powder

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Dr. Reinhard R Bergel PhD
email: DrB@h-e-a-t.com
www.h-e-a-t.com
ALL foot creams are to be used once or twice a day, foot baths from one to three times a week depending on the foot problem.

All foot creams and footbaths have a freshness seal in order to insure the quality of the product. All footbaths have special ingredients to prevent skin from absorbing excess water and becoming too soft.

To achieve the best results with the GEHWOL line, you should try to sell the products as a package as you would do with skin care products. A synergy will take place between the active ingredients, giving your client optimum results.

GEHWOL BALM (FOOT)
#GE11 24 205 75 ml Tube
* Makes the skin smooth, supple and resistant.
* Soothes aching feet.
* Non greasy and helps to maintain healthy feet.
* Refreshing, stimulating, cooling and deodorizing.
* Effectively prevents athlete’s foot, itching and blisters.

**INGREDIENTS:** JOJOBA, ALOE VERA, ROSEMARY, LAVENDER OIL, MENTHOL, THYME

GEHWOL REFRESHING BALM
#GE11 23 705 75 ml Tube
* Immediately soothes, cools and deodorizes feet for fresh feeling that lasts.
* Prevents athlete’s foot and itching between the toes.
* Absorbs rapidly and is non-greasy.
* Refreshes tired burning, aching feet and legs.

**INGREDIENTS:** PEPPERMINT OIL AND MENTHOL

GEHWOL LEG BALM
#GE11 24 307 125 ml Tube
#GE11 24 319 450 ml Pump Dispenser
#GE11 24 309 450 ml Refill
* Refreshes tired feet and legs.
* Makes skin beautiful, smooth and soft.
* Prevents drying out and premature aging of the skin.
* Stimulates circulation in the feet and legs.
* Affords a pleasant feeling of being fresh and well-groomed.
* Deodorizes and prevents blisters between the toes.
* Can fade away broken capillaries in early stages.
* Alleviates leg discomfort during pregnancy.

**INGREDIENTS:** ALLANTOIN, BISABOLO, PANthenol AND WITCH HAZEL EXTRACTS

**TIP:** For vein problems or tired legs - apply a thick coat onto skin and wrap legs in saran wrap and elevate the legs for 15-20 minutes. Massage in balm and remove excess with a towel. This will help reduce the pain and inflammation.
GEHWOL EMULSION
#GE10 24 507 125 ml Tube
#GE11 24 512 1000 ml Bottle
* Liquid lubricant for foot massage, IDEAL.
* Disinfecting.
* Suitable for reflex zone therapy.
** Ingredients: ROSEMARY, LAVENDER AND PEPPERMINT OIL.

GEHWOL CREAM FOOTBATH
#GE10 25 012 1000 ml Bottle
* Contains re-lubricating bath oil.
* For dry and cracked skin.
* Prevents athlete’s foot.
* Deodorizes, disinfects.
* Gives relief to worn aching and overstrained feet, cleans down to the pores and makes skin soft.
** Ingredients: MENTHOL AND LAVENDER OIL.
Tip: Many older/handicapped or pregnant people like this product, as it is a footbath and foot cream in one. VERY CONCENTRATED, REMOISTURIZING, USE PRIOR TO REFLEXOLOGY MASSAGE, USE AS MANICURE SOAK, FOR SEVERE CRACKS/FISSURES.

GEHWOL FOOTBATH
#GE11 24 916 400 gr
* For tired, aching, itching feet.
* Calluses and corns are made soft and supple.
* The skin is cleansed and deodorized deep down.
* Stimulates the circulation and warms the feet.
* Slightly alkaline bath salts with re-lubricating components.
** Ingredients: LAVENDER, ROSEMARY, THYME

GEHWOL ROSEMARY BATH SALT
#GE11 25 222 10x25 gr Individual Packs
#GE11 25 212 1000 gr Bottle
* For full baths and footbaths.
* Stimulates circulation in the skin.
* Invigorates and strengthens.
* Good for diabetics or people with poor circulation.

GEHWOL FOOT POWDER
#GE10 24 806 100 gr Shaker
SPECIAL CREAMS FOR TIRED AND WEARY FEET

GEHWOL GERLACHS FOOT CREAM
#GE11 24 005  75 ml Tube
* Prevents aching feet, sores, blisters and chafing.
* Forms a durable protective film.
* Fortifies and protects the skin.
* Prevents athlete’s foot.
* Keeps the feet dry and odorless.
* Prevents calluses.

INGREDIENTS: HIGH MELTING FATS, WOOL WAX, PHARMACEUTICAL SOAP, ROSEMARY, LAVENDER, EUCALYPTUS, THYME, MENTHOL, CAMPHOR

TIP: For tired feet and skin on which high demands are made. Indispensable for hikers, mountaineers, sporty individuals and joggers, or anyone who has had frost bite.

GEHWOL GERLACHS EXTRA (UNIVERSAL FOOTCREAM)
#GE11 24 105  75 ml Tub
* Cares for and fortifies worn-out feet intensively.
* Prevents overworked feet from getting calluses.
* Makes dry, cracked skin supple.
* For cold and moist feet, deodorizes, prevents athlete’s foot.
* To combat sweaty feet, foot odor and arching feet.

INGREDIENTS: EUCALYPTUS, ROSEMARY, LAVENDER, AND THYME OILS

GEHWOL FUSSKRAFT

Special preparations for strengthening of foot skin. The products contain twice the concentration of natural essential oils of LAVENDER, MOUNTAIN PINE, AND ROSEMARY as well as the GEHWOL effective ingredients against foot mycosis, itching feet, formation of blisters and foot
Gehwol  Everything for the well-being of the feet.

GEHWOL Balm for dry skin  1124705

Effective ingredients
Caring emulsion base of gentle skin lipids with lanolin, oils of rosemary and lavender, menthol, ferns, climbazole, aloe vera

Application
For the care of dry skin on the feet, massage the cream in once or twice a day.

Effects of product
The fatty ingredients and aloe vera make dry skin smooth and elastic. Oils of rosemary and lavender promote blood flow to the skin. Menthol provides freshness.

GEHWOL Balm for normal skin  1124205

Effective ingredients
Skin-friendly, caring and non-fatty emulsion base with oils of jojoba, rosemary, lavender, menthol, climpazole and aloe vera.

Application
For the care of normal foot skin, massage in the cream once or twice daily.

Effects of product
Maintains skin elasticity. Oils of lavender and rosemary promote blood flow to the skin. Menthol provides freshness. Helps to protect against fungal infections of the feet and nails and has a deodorising effect.
Gehwol  Everything for the well-being of the feet.

GEHWOL Warming Balm  1124405

Effective ingredients
Rich oil in water emulsion with lanolin, glycerine, avocado oil, aloe vera, oils of lavender and rosemary, extracts of ginger and paprika, camphor, climbazole.

Application
Treat the feet generously with the cream once or twice a day. A hot foot bath is recommended beforehand.

Effects of product
The essential oils of lavender and rosemary, as well as extracts of ginger and paprika and camphor, stimulate blood flow. The water in oil cream base supports the effect by delaying the evaporation of moisture. The skin of the feet becomes elastic and smooth. Helps protect against fungal infections of the feet and nails.

GEHWOL Fresh Balm  1123705

Effective ingredients
Alcohol, skin friendly cream base, urea, menthol, essential oils of mint, eucalyptus, lavender, rosemary, mountain pine, orange, Climbazole.

Application
Rub into hot and burning feet once or twice a day.

Effects of product
The cream gel contains alcohol and after it has been applied to the skin it provides immediate freshness. Oils of mint, eucalyptus and menthol continue the feeling of freshness. Urea also has a cooling effect and maintains skin elasticity. Lipid replacements also help to keep the skin smooth. Climbazole protects from fungal infections of the feet and nails.
Gehwol  Everything for the well-being of the feet.

**GEHWOL Leg Balm**

**Effective ingredients**
Hamamelis, panthenol, bisabolol, allantoin, menthol, guaiazulene, climbazole

**Application**
Rub cream into the legs and feet once or twice a day.

**Effects of product**
Healing herbal extracts of hamamelis, chamomile and horse chestnut have a beneficial effect on skin disorders and inflammation and help to smooth the skin. The preparation deodorises and refreshes. Climbazole helps prevent fungal infections, itching and blisters between the toes. A gentle massage with GEHWOL leg balm strengthens the veins. Regular application helps to prevent dry skin, skin disorders, discolouration and premature aging of the skin. Guaiazulene has an anti-allergic effect.

**GEHWOL Caring Footdeo**

**Effective ingredients**
Alcohol, urea, panthenol, oils of eucalyptus, rosemary, lavender, orange, mountain pine, farnesol, allantoin, bisabolol, undecylenic aminopropyl trimonium methosulfate (UTM)

**Application**
Spray the feet well once or twice a day and rub in if necessary.

**Effects of product**
For rapid and comfortable foot care. Alcohol refreshes and deodorises. Ideal for sport and as protection after visiting swimming pools or saunas. Looks after skin and nails. The essential oils stimulate blood flow and have a deodorising effect. Farnesol is a deodorant, Allantoin, bisabolol and panthenol promote healing. Urea softens hard skin. UATM helps to protect against athletes’ foot.
GEHWOL Rosemary Bath Salts 1125222

Effective ingredients
Oil of rosemary, base of bath salts, triclosan, chloroxylenol.

Application
Dissolve the contents of a sachet in 3-4 litres of hot water. Soak the feet in the solution for approximately 15 minutes. A full bath needs 2-3 sachets of GEHWOL bath salts.

Effects of product
Cleansing foot bath with the natural power and stimulation of oil of rosemary. Triclosan protects against foot odours and chloroxylenol helps to protect against fungal infections.

GEHWOL Foot Bath 1124405

Effective ingredients
Sodium carbonate, emollients, oils of rosemary, lavender and thyme, camphor, eucalyptus oil.

Application
Add 1 dessert spoonful or 1 sachet of GEHWOL foot bath to 3-4 litres of hot water and soak the feet in it for approximately 15 minutes.

Effects of product
GEHWOL foot bath refreshes and stimulates the feet with oils of rosemary and lavender. For painful, tired, burning, sweaty feet. Sodium carbonate softens hard skin, corns and calluses. Emollient. Oil of thyme has a disinfectant action.

Also suitable for diabetics

GEHWOL Cream Foot Bath 1124001

Effective ingredients:
Liquid foot bath base containing 3% camphor, menthol and essential oils.

Application
Add 2 teaspoons of GEHWOL cream foot bath to 3-4 litres of hot water and soak the feet for 15 minutes.

Effects of product
The liquid bath concentrate dispersed and makes a pleasant and fragrant foot bath. Containment of the skin of the feet is repleased at the same time. Contains lavender oil to promote blood flow, menthol to refresh, paraben to disinfect.
**GEHWOL med Foot Powder** 1140906

**Effective ingredients**
Talcum, tapioca starch, zinc oxide, clotrimazole, bisabolol, triclosan

**Application**
Sprinkle powder on feet and in stockings and shoes daily.

**Effects of product**
Helps keep feet dry by absorbing sweat. Talcum and tapioca starch make skin feel pleasantly smooth. Zinc oxide also lends skin a pleasant feel; it also has antiseptic properties. The active substance in chamomile is bisabolol. This promotes healing and has a positive effect on damaged and tired skin on the feet. Clotrimazole helps protect against fungal infections and triclosan has a

**GEHWOL med Deodorant Foot Cream** 1140705

**Effective ingredients**
Manuka oil, jojoba oil, aloe vera, zinc oxide

**Application**
Apply once or twice daily

**Effects of product**
The combination of manuka oil and zinc oxide has proved to be especially effective for foot hygiene because of its wide-ranging effect and gentleness to the skin. It is a powerful deodorant. The effect of aloe vera is bacteriostatic, anti-inflammatory, regenerative and moisturising. Jojoba oil supports the natural skin functions. With regular application, the mildly fatty cream prevents foot odours, helps

**GEHWOL med Nail Softener**

**Effective ingredient**
Medicated soap, bisabolol, ethanolamine

**Application**
Coat the nails daily.

**Effects of product**
Makes hard nails more flexible and helps prevent them from crumbling. Softens hard skin beneath and in the nail fold, so they are easily removed without pain. Bisabolol helps prevent redness and irritation.
GEHWOL med
Lipidro Cream 1140805

Effective ingredients
Skin friendly treatment emulsion with avocado oil, sea buckthorn oil, urea, glycerine, algae extracts, allantoin, famesol.

Application
Apply and rub into the skin of the feet or other areas of hard skin once or twice daily.

Effects of product
The tried and tested composition balances the hydrolipids of the skin. Dry skin becomes smooth and soft. Cracked and flaking skin disappears. The cream helps protect against itching and fungal infections. It is extremely economical to use, is absorbed quickly and does not contain any perfume.

Also suitable for diabetics

GEHWOL med
Salve for Cracked Skin 1140105

Effective ingredients
Lanolin, vaseline, medicated soap, panthenol, bisabolol, zinc oxide, eucalyptus oil, lavender oil, oil of rosemary, menthol, camphor

Application
Rub cream into dry or cracked skin once or twice daily. In resistant cases, apply thickly and cover with cloth and keep moist with a plastic bag if necessary.

Effects of product
Ointment for severe hard skin, or very cracked, dry or rough skin. Protects the skin and allows it to regain its natural elasticity and resistance. Helps protect against the symptoms linked with cracked skin and inflammation. Medicated soap, lanolin and vaseline soften hard skin quickly and keep it smooth. Bisabolol and panthenol help to clear up small skin cracks. The blood flow to the skin is stimulated by oils of eucalyptus, lavender, rosemary and camphor. Menthol cools and refreshes. Zinc oxide has a mildly disinfectant effect.
GEHWOL med Nail and Skin Protection
Cream and Oil 1140301 / 1140201

Effective ingredients
Wheat germ oil, panthenol, bisabolol, clotrimazole

Application
Apply to damaged areas once or twice daily.

Effects of product
High quality ingredients such as wheat germ oil, panthenol and bisabolol care for the skin and the nails. Clotrimazole helps prevent athletes’ foot. The appearance and flexibility of broken nails are improved. Helps prevent inflammation.

Also suitable for diabetics
Dermatologically tested
Gehwol  Everything for the well-being of the feet.

GEHWOL Foot Cream 1124005

**Effective ingredients**
Medicated soap, vaseline, lanolin, talcum. Essential oils of eucalyptus, rosemary, lavender, thyme, chloroxylenol, menthol, camphor

**Application**
Apply GEHWOL foot cream approximately 1 mm thick to tired feet. Wear thick socks and strong footwear. Socks can be easily washed out in cold water.

**Effects of product**
Base ointment of medicated soap. Vaseline, lanolin and talcum. Effective protection against wounds, blisters and intertrigo. Keeps the skin of the feet smooth and elastic. Contains chloroxylenol and oil of thyme to deodorise, disinfect and help to protect from athletes’ foot. Contains camphor to stimulate blood flow and menthol to refresh.

GEHWOL Extra 1124105

**Effective ingredients**
Potassium stearate, paraffin oil, lanolin, oil of rosemary, eucalyptus, lavender and thyme, camphor, menthol, triclosan, chloroxylenol

**Application**
Rub the cream into the feet once or twice daily.

**Effects of product**
For tired feet, chilblains, very sweaty feet, severe hard skin. Softens dry skin. Helps protect against calluses and cracked skin. Cream base made of soap, paraffin oil and lanolin softens hard skin. Essential oils and camphor promote blood flow and strengthen the skin. Cooling and refreshing effect from menthol. Triclosan is a deodorant, Chloroxylenol is a disinfectant and helps protect against athletes’ foot.
Gehwol Everything for the well-being of the feet.

GERLAN Hand Cream 2105009

Effective ingredients
Protective care emulsion with urea, jojoba oil, glycerine, tapioca starch, panthenol, aloe vera, bisabolol, triclosan, clotrimazole

Application
Use before and after each foot care treatment to protect the hands from drying out, cracked skin and germs such as bacteria and fungi that can be transmitted during contact with customers.

Effects of product
GERLAN hand cream has been developed so that reliable materials such as urea, aloe vera and glycerine will make and keep the skin smooth and the healing potential of bisabolol and panthenol will help to make the skin healthy again. Triclosan and clotrimazole help to prevent the growth of pathogens. With regular application, the product provides all round protection for the skin on the hands.

GERLAN Nail Care 1125101

Effective ingredients
Wheat germ oil, vitamin E, bisabolol, undecylenic acid monoethanolamide

Application
Massage one to two drops into finger and toe nails mornings and evenings.

Effects of product
Makes broken and torn nails flexible again. Stimulates nail growth. Supports the treatment of fungal infections of the nails with bisabolol, the active substance in chamomile, and undecylenic acid monoethanolamide.
GEHWOL and leading Chiropodists have worked closely to formulate the FOOT VIGOUR RANGE.

THE FOOT VIGOUR RANGE IS COLOR CODED:

- The RED packaging is for cold feet, poor circulation and diabetics.
- The GREEN packaging is for foot odor and foot perspiration.
- The BLUE packaging is for dry skin.

GEHWOL FUSSKRAFT GREEN
(FOOT ODOR AND FOOT PERSPIRATION)
#GE11 10 105  75 ml Tube
#GE11 10 119  450 ml Pump dispenser
#GE11 10 109  450 ML refill
* To combat sweaty, moist and aching feet.
* Foot odor is prevented; the feet are fresh and supple.
* Cools and refreshes worn-out, sore and tired feet.
* Fortifies the feet, prevents athlete's feet.

INGREDIENTS: MOUNTAIN PINE, ROSEMARY, LAVENDER, CAMPHOR, AND MENTHOL OILS.

TIP: The cream should be used with a foot powder and the herbal bath for home care.

GEHWOL FUSSKRAFT BLUE (FOR DRY SKIN)
#GE11 10 205  75 ml Tube
#GE11 10 219  450 ml Pump dispenser
#GE11 10 209  450 ML refill
* A lubricating balm for daily care of dry, chapped skin and rhagades on the feet.
* Disinfects and deodorizes. Will bind moisture in the skin.
* Excellent for foot massage.

INGREDIENTS: LANOLIN, ROSEMARY, LAVENDER, CAMPHOR, MENTHOL, PINE OILS.

GEHWOL FUSSKRAFT RED (RICH) (COLD FEET, POOR CIRCULATION & DIABETICS)
#GE11 12 305  75 ml Tube
#GE11 12 319  450 ml Pump dispenser
#GE11 12 309  450 ML refill
* With warming effect for cold feet, stimulates the circulation.
* Makes dry, rough skin smooth and elastic again.
* Invigorates worn-out, tired, aching feet,
* Deodorizes, helps prevent athlete’s feet and itching between the toes.

INGREDIENTS: JOJOBA, CAMPHOR, PAPRIKA, GINGER, ROSEMARY, MOUNTAIN PINE, LAVENDER OILS.

TIP: Use the cream in winter before outdoor sports or walking outside, to prevent cold feet. Also use the cream with the warming bath twice a week.
GEHWOL FUSSKRAFT MINT – COOLING (FOR HOT AND BURNING FEET)
#GE11 10 405
#GE11 10 405 75 ml Tube
#GE11 10 419 450 ml Pump DISPENSER
#GE11 10 409 450 ml refill
- Cools and refreshes immediately. Relieves tired, burning feet.
- Gently caring.
- Rapidly absorbed.
- Deodorizes. Prevents athlete’s foot.

**INGREDIENTS:** MINT, ROSEMARY, MOUNTAIN PINE, LAVENDER OILS.

**TIP:** This cream is a must during summer for people who don’t like to wear socks.

GEHWOL FUSSKRAFT HERBAL LOTION
#GE11 11 308 150 ml pump atomizer BOTTLE
#GE10 11 312 1000 ml
- Cools and refreshes tired feet.
- Softens calluses.
- Prevents skin itching and athlete’s foot.
- Deodorizes over a long period of time and eliminates foot odor.
- Keeps the skin smooth and beautiful

**INGREDIENTS:** ROSEMARY, LAVENDER, EUCALYPTUS, PINE OILS

**TIP:** Ideal for men instead of using a cream or anyone using public areas like pools, sauna, etc.

GEHWOL FUSSKRAFT HERBAL BATH
#GE10.11.520 10x25 GR INDIVIDUAL PACKETS
#GE11 11 516 400 gr
#GE10 11 514 10 kg TUB
- To combat rough and cracked skin.
- For long lasting, pleasant feeling of freshness; keeps the skin elastic.
- Foot perspiration is normalized and food odor eliminated.
- Has an intensive cleansing action and long-lasting deodorizing effect.
- Prevents athlete’s foot.

**INGREDIENTS:** CAMPHOR, LAVENDER, ROSEMARY, PINE OILS.

**TIP:** The Herbal Bath can be sold to anyone with foot odor, perspiration, cracked fissures and fungus problems.

GEHWOL FUSSKRAFT WARMING BATH
#GE11 11 808 150 ML BOTTLE
- Revitalizes and warms the feet.
- Keeps your feet supple by retaining moisture.
- Has a thermic action and will warm up feet right away.
- Highly concentrated – 2 teaspoons fully diluted in 4 liters of water.
- Excellent for diabetics/cold feet/poor circulation, spontaneous warmth to feet.

**INGREDIENTS:** ROSEMARY & PAPRIKA EXTRACT, VITAMIN E & B

**TIP:** The warming bath should be recommended in conjunction with Fusskraft Red Cream as a daily treatment.
GEHWOL FUSSKRAFT LEG VITALITY
#GE11 11 107 125 ml Tube
#GE11.11.119 450 ML PUMP DISPENSER
#GE11.11.109 450 ML REFILL
* Refreshes tired legs.
* Makes your skin beautiful, smooth and supple.
* Improves the skin’s moisture, has a beneficial effect against aging and impurities of the skin.
* It is absorbed rapidly and is non-greasy.

**INGREDIENTS: AVOCADO OIL & ALGAE EXTRACTS, VITAMIN E, ALLANTOIN, BISABOLOL & HAMAMELIS.**

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GEHWOL FOR PROFESSIONAL USE

GEHWOL FUSSKRAFT LIQUID
#GE11 10 512 1000 ml
* Ideal for use as a massage lotion after a pedicure.
* Will absorb into the skin easily.

**INGREDIENTS: LANOLIN, ROSEMARY, MOUNTAIN PINE AND CAMPHOR.**

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GEHWOL LOTION
#GE11 10 612 1000 ml
* Can be used as a disinfecting lotion sprayed on client’s feet prior to examination or pedicure.
* Disinfects implements.
* Active ingredients fight bacteria and fungus.

**INGREDIENTS: ISOPROPYL ALCOHOL, MENTHOL, LAVENDER**
**AND GEHWOL’S SPECIAL INGREDIENTS.**

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GEHWOL CALLUS SOFTENER
#GE10 10 711 500 ML
#GE10 10 714 2000 ML
* Helps to soften corns and callus in cuticle area and soles of feet.
* Apply directly to the feet. (Do not put into footbath).
* Softener starts to work instantly.
* Alkalic solution.
* A must for every cabin.

**INGREDIENTS: PROPYlene GLyCOL, ETHANOLAMINE, POTASSIUM CARBONATE, POTASSIUM CASTOR OIL.**

**TIP:** Wipe off excess liquid. Callus will become transparent in order to only cut dead skin.

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GEHWOL CALLUS JELLY
#GE11 10 812 1000 ml
* Helps to soften corns and callus in cuticle area and soles of feet.
* Apply directly to the feet. (Do not put into footbath).
* Softener starts working instantly jelly is used for thicker callus area and needs to stay on for approximately 10-15 minutes.
* Alkalic solution.
* A must for every cabin.

**INGREDIENTS:** Propylene Glycol, Ethanolamine, Potassium Carbonate, Potassium Castorate.

**TIP:** Wipe off excess liquid. Callus will become transparent in order to only cut dead skin.

**GERLAN SOFT**

**#GE20 50 712 1000 ml**
* Mild medicated hand washing gel
* pH Balance with anti-fungal, disinfecting and re-moisturizing agents.
* Restores the natural oils and contains proteins for skin care.

**GEHWOL NAIL COMPOUND**

**#GE10 25 201 15 ml Tube**
* Used to treat torn and ingrown nails, nail wall and nails with fungal infections.
* For repairing and making artificial toenails.
* Protects against recurring attacks of nail fungus and against inflammation.
* Must be applied to nail bed to adhere properly.
* Nail polish can be applied on top and will look just like a natural nail.

Should be used in conjunction with the cellulose wading gauze.

**GEHWOL CORN TINCTURE**

**#GE10 25 901 15 ml bottle**
* This product is extremely strong!
* For removal of corn and callus growth.
* Apply 1-2 drops on corn, insuring surrounding area (good skin) is protected from tincture. Apply clear nail polish to protect skin.
* Usually corn can be removed painlessly in a few days.

* SHOULD NEVER BE USED ON DIABETICS.

**GEHWOL SCALING TREATMENT**

**#GE10 25 817 20 ml Tube**
* For treatment of planters warts.
* For rapid removal of thick hard skin/callus and corns.
* Deep penetration.
* Protect surrounding area being treated with nail polish. Apply something similar depending on treatment. Fill hole in toe ring with paste and cover with a gauze like bandage. After a few days soak foot in a warm GEHWOL footbath and the skin/callus/corn should be removed easily.
GEHWOL FLUID (DISINFECTANT)

* A first-aid product.
* Apply to any cut to disinfect and stop the bleeding.
* Reduces inflammation of ingrown toenails, soothes and softens nail folds with corns/callus.
* A must for every cabin.

INGREDIENTS: OIL OF CLOVE.

GERLAN NAIL CARE

* Improves brittle and cracked nails, will promote nail growth.
* Can be used on finger and toenails.
* Must be applied to “unpolished” nail.
* Improves the condition within 2 weeks.
* Great for use after having artificial fingernail tips removed.

INGREDIENTS: WHEAT GERM OIL, CAMOMILE AND NATURAL VITAMIN E.

---------

GEHWOL MED LINE

GEHWOL MED LIPIDRO CREAM

* Helps soothe dry and sensitive skin.
* Daily application helps to protect against foot odor, fungal infections and inflammation.
* Suitable for diabetics.

INGREDIENTS: SEA BUCKTHORN OIL, AVOCADO OIL, UREA, ALGAE EXTRACT

GEHWOL MED DEODORANT FOOT CREAM

* Long lasting elimination of strong foot odor.
* Protects against fungal infection.
* Soothes skin.
* Bacteriostatic, anti-inflammatory, growth encouraging

INGREDIENTS: MANUKA OIL, ZINC OXIDE, JOJOBA OIL, ALOE VERA.

GEHWOL MED SALVE FOR CRACKED SKIN

---------
**GEHWOL NAIL SOFTENER**

* Helps prevent ingrown toenails.
* Hard nails and callus in the nail fold will become softer with use. Can be used daily to maintain nail and cuticle elasticity.

**INGREDIENTS:** WATER, ISOPROPYL ALCOHOL, POTASSIUM CASTORATE, GLYCERIN, ETHANOLAMINE, BISABOLOL

**TIP:** Apply the Cream at night on the cracked skin, then wear a pair of cotton socks.

---

**GEHWOL MED – PROTECTIVE NAIL AND SKIN CREAM**

* Skin cream to prevent fungal infection.
* Brittle and damaged nails regain a healthy sheen and appearance.
* Massage into cuticles/nails everyday, must be applied to natural nail.
* Can be used on diabetics.

**INGREDIENTS:** BISABOLOL, PANTHENOL, CLOTRIMAZOL

**TIP:** The Med Cream is gentle enough to treat fungus on other parts of the body.

---

**GEHWOL MED - PROTECTIVE NAIL AND SKIN OIL**

* Skin oil to prevent fungal infection.
* Brittle and damaged nails regain a healthy sheen and appearance.
* Massage into cuticles/nails everyday, must be applied to natural nail.
* Can be used on diabetics.

**INGREDIENTS:** BISABOLOL, PANTHENOL, CLOTRIMAZOL, WHEATGERM OIL

**TIP:** The Med Oil can be used on fingernails and toenails to kill fungus.

---

**VARASI ORGANIC NAIL FORMULA LIQUID**

(To Replace GEHWOL FUNGICIDE PRODUCTS)

* Varasi Cleansing Formula is a safe organic formulation containing a blend of citrus seed and pulp extracts or extractives. If used consistently as directed, Varasi Cleansing Formula will exert a positive influence on nails that have been adversely affected by trauma or fungus.
FOOTCARE WITH CALLUSAN

Callusan® Cream Mousse Extra

The special formulation for any extremely dry, chapped and cracked skin. It is especially recommended for patients with diabetic foot or other skin conditions, which need special attention and care. A combination of active ingredients with increased urea (10%) and stearic acid delivers moisture to the skin and protects from drying out. The natural skin functions are not impaired. Free of fragrance, it helps reduce any allergic potential to a minimum.

Callusan Cream Extra for sensitive feet and diabetic foot conditions.
Applied regularly they provide the optimum platform for successful treatment.

- highly effective
- easy dosage
- simple to use
- quickly absorbed
- pleasant / neutral scent
- leaves no greasy traces
- non-comedogenic (will not clog pores)
- skin functions are not impaired
- up to 140 uses per can (125ml/4.2oz)

AKTIVE INGREDIENTS
- Glycerin binds moisture and has a smoothing effect on the skin
- Urea hygroscopic (binds water), keratolytic (softens hard skin)
- Jojoba Oil natural, protectant substance with excellent skin-caring properties
- Stearic acid smoothes skin and protects it from exogenous influences

INGREDIENTS:
Water, Propane, Butane, Glycerin, Urea, Mineral Oil, Octyldodecanol, Cetearyl Alcohol, PEG-40 Castor Oil, PEG-20 Gliceryl Stearate, Jojoba Oil, Stearic Acid, Aminomethyl Propanol, Phenoxyethanol, Dehydroacetic Acid, Benzoic Acid, Lactic Acid, Sorbic Acid.

Before and after - try and test it!
**Callusan HYDRO**
For dry, chapped feet and DIABETIC foot conditions

★ Protects and nourishes dry, chapped and cracked skin.
★ 5% Urea traps moisture in the skin.
★ Stearic Acid protects the skin from environmental exposure.
★ Perfect in the treatment of Diabetic foot conditions.

**INGREDIENTS**
Water, Propane, Butane, Glycerin, Urea, mineral Oil, Octyldodecanol, Cetearyl Alcohol, PEG-40 Castor Oil, PEG-20 Glyceryl Stearate, Jojoba Oil, Stearic Acid, Aminomethyl Propanol, Phenoxyethanol, Dehydroacetic Acid, Benzoc Acid, Lactic Acid, Sorbic Acid.

---

**Callusan FORTE**
For dry, chapped feet and DIABETIC foot conditions

★ Callusan FORTE has over 25% urea which gives the skin back its elasticity and suppleness.
★ Tough calluses rapidly turn soft.
★ FORTE is suitable for DIABETIC SKINCARE.
★ Callusan FORTE is absorbed quickly by the skin. There is no unpleasant, greasy film and the pores are unblocked so they can breathe naturally.
★ FORTE is exceptionally economical, containing up to 140 applications.

**INGREDIENTS**

---

**Callusan FRESH**
For Sweaty Feet and Athlete’s Feet

This lime scented cream mousse:
★ Regulates perspiration.
★ Prevents odors.
★ Protects skin from fungus.
★ Protects fatigued skin with GLYCERINE and JOJOBA OIL ingredients.

**INGREDIENTS**
Water, Propane, Butane, Mineral Oil, Glycerin, Cetearyl Alcohol, Ceteareth-12, Ceteareth-20, Glyceryl Stearate, Jojoba Oil, PEG-40 Castor Oil, Propylene Glycol, Aluminum PCA, Isopropyl Alcohol, Triclosan, Aminomethyl Propanol, Phenoxyethanol, Dehydroacetic Acid, Benzoc Acid, Lactic Acid, Sorbic Acid, Fragrance, Lemon Oil.

---

**Callusan HYDRO**
For dry, chapped feet and DIABETIC foot conditions

★ Protects and nourishes dry, chapped and cracked skin.
★ 5% Urea traps moisture in the skin.
★ Stearic Acid protects the skin from environmental exposure.
★ Perfect in the treatment of Diabetic foot conditions.

**INGREDIENTS**
Water, Propane, Butane, Glycerin, Urea, mineral Oil, Octyldodecanol, Cetearyl Alcohol, PEG-40 Castor Oil, PEG-20 Glyceryl Stearate, Jojoba Oil, Stearic Acid, Aminomethyl Propanol, Phenoxyethanol, Dehydroacetic Acid, Benzoc Acid, Lactic Acid, Sorbic Acid.

---

**Callusan EXTRa**
For extremely dry, cracked heels and DIABETIC foot conditions

★ Special formula for the treatment of EXTREMELY dry, chapped and cracked skin.
★ Recommended for DIABETIC FOOT CARE.
★ A combination of active ingredients with Urea (10%) and Stearic Acid delivers moisture to the skin, protects the skin from drying out.
★ Natural skin functions are not impaired.
★ Fragrance free.

**INGREDIENTS**
Water, Propane, Butane, Glycerin, Urea, Mineral Oil, Octyldodecanol, Cetearyl Alcohol, PEG-40 Castor Oil, PEG-20 Glyceryl Stearate, Jojoba Oil, Stearic Acid, Aminomethyl Propanol, Phenoxyethanol, Dehydroacetic Acid, Benzoc Acid, Lactic Acid, Sorbic Acid.
LYMPHOLOGY - INSTRUMENTAL LYMPHATIC DRAINAGE AND VENOUS COMPRESSION THERAPY SYSTEMS

TO ORDER ANY ITEM INCLUDING CLASSES:
FROM THIS BROCHURE - CALL 707.942.6633
OR
PURCHASE ONLINE AT - www.h-e-a-t.com
THE BALLANCER and MICRO MASSAGE HOSIERY
LYMPH DRAINAGE VASCULAR TREATMENT SYSTEM
http://www.h-e-a-t.com/ballancer_info.htm
http://www.h-e-a-t.com/micromassage.htm

BALLANCER- LYMPH DRAINAGE VASCULAR PNEUMOMASSAGER
http://www.h-e-a-t.com/ballancer_info.htm
http://www.h-e-a-t.com/ballancer_garments.htm
http://www.h-e-a-t.com/slimming.htm

SYSTEM (M303PPL) PANTS, PANTS LINERS (DPL, WPL)
SYSTEM (M303PPL) PANTS, PANTS LINERS (DPL, WPL), JACKET
BALLANCER (M303) MODEL 303
BALLANCER (PP) PRO PANTS
BALLANCER (PE) PANTS EXPANDERS (PAIR)
BALLANCER (DPL) Disposable PRO PANTS LINERS (CASE12)
BALLANCER (WPL) Washable PRO PANTS LINERS (CASE12)
BALLANCER (M303J) JACKET

TREATMENT PROTOCOL

NOTE: It is highly recommended that client wear MICRO MASSAGE HOSIERY between BALLANCER LYMPH DRAINAGE VASCULAR sessions in order to ensure successful and measurable outcome.

BALLANCER TREATMENT SESSIONS recommended 3 Times per week for 4 weeks, bandaging and/or MICRO MASSAGE HOSIERY must be worn between sessions.

BALLANCER MAINTENANCE SESSIONS recommended 2 times per week intermittently, MICRO MASSAGE HOSIERY must be worn between sessions.

REVIEW http://www.h-e-a-t.com/slimming.htm
Unless there is ongoing micro massage action to the microcirculation in the interstitium the reduction and vascular improvement is not as noticeable and measurable.

REVIEW PUBLICATION ARTICLE http://www.h-e-a-t.com/compresstherapy.htm
Ballancer™ - Bodyshaping and cosmetic massage

From Lympha Press© - the compression therapy experts

Shape your body and enhance your well-being!

Now you can slim down in the right places, diminish the appearance of cellulite, and improve your skin tone, with The Ballancer™.

Slim and shape your body, Reduce cellulite, Tighten and tone your skin - with the Ballancer.

Based on the principles of Lympha Press© medical compression therapy, The Ballancer™'s gentle, effective lymphatic drainage massage increases lymphatic flow and stimulates circulation, reducing edema and cellulite, and removing toxins. Use The Ballancer as part of a sensible diet and exercise program to

• help release and reduce fat deposits
• reduce the appearance of cellulite and prevent its accumulation
• shape your arms, legs, hips, waist and buttocks
• reduce edema and swelling
• relieve tired, sore muscles
• tone and firm the skin for a soft, velvety, youthful feel

A regular program of lymphatic drainage twice a week will enhance your physique and your well being. And it’s so relaxing!
Let Ballancer massage away stress and aching muscles from exercise or a hard day’s work.

**Applications:**
- Slimming and body shaping
- Cellulite reduction
- Pre/post liposuction, surgery
- Relief for tired, sore muscles
- Increase circulation and skin tone

**Ballancer Professional™:**
A total system for clinic and salon use.
- Fully programmable, for individualized client treatment.
- Choice of cycles: Sequential, peristaltic, and our new “pre-therapy” cycle, specially designed to open up the lymphatic channels prior to treatment.
- 24-26 overlapping pressure compartments
- Full data input, output and storage capabilities, including client progress reports
- Compatible with standard PC operating systems Windows 98 or higher
- Pressure range of 20-80 mmHg.

**Ballancer™ Original:**
Our highly effective system for treatment in salons and at home. Sturdy, lightweight, durable and easy to use, the Ballancer™ Original has a pressure range of 20-80 mmHg.

**Ballancer Plus™ Pants:**
Medical-grade trousers contain 24 cells for complete treatment from ankles to abdomen. Our patented overlapping cell system gives superior physiological gradient compression for the most effective therapeutic massage available today.

**Ballancer Basic™ Pants:** With 26 cells for complete lower-body lymphatic massage, including lumbar area treatment, the Ballancer Basic™ pants are ideal for slimming applications and cellulite treatments in the salon or at home.

**Ballancer™ Jacket:**
12 cells massage the upper body, firm the arms, and soothe sore muscles for the ultimate in relaxation.

**Expanders:**
For Ballancer Plus and Ballancer pants, to fit all shapes and sizes.

**Lymphatic Massage gels:**
For complete massage therapy. Bodyforming Gel stimulates blood circulation to enhance the massage action and improve skin tone, and is available in regular and sensitive skin formulas. Zallaktiv penetrates the skin to help dissolve fatty deposits in problem areas.

**Ballancer™ Micro-Short:**
Compression garment for hips and buttocks. Optional for use at home between Ballancer™ sessions, to enhance and maintain treatment results.

**Ballancer™ pants inserts:**
Comfortable, cloth-like disposable full length pants for use underneath the Ballancer™ garments. Ideal for use with creams and gels.

Quality lymphatic massage for home and salon from the medical compression therapy experts Lymphapress™.
What is CATHERINE ATZEN Lymphobiology®?

Lymphobiology is an exclusive treatment method, developed by CATHERINE ATZEN, which combines a unique massage and the application of biological products to dramatically improve your skin condition. The most relaxing and pleasurable skin treatment you will ever experience.

How does Lymphobiology work?

The lymphatic system consists of the lymph, a colorless fluid that circulates through a system of ducts in the dermis. Along these ducts the lymph glands act as "purifying stations" destroying bacteria, dead cells, and eliminating waste materials and toxins.

Your lymphatic system removes waste material and excess fluids in the deeper layers of your skin. This allows healthier fluids and nutrients to enter your skin tissue, thus promoting the healing and renewal process of your skin.

In France in 1936, Dr. Emile Vodder developed a manual lymphatic drainage massage method to help stimulate the lymphatic system. This manual method is widely recognized in Europe by both the medical and esthetic professions.

Today, CATHERINE ATZEN is pioneering the new science of Lymphobiology in skin care. This modern treatment method works eight times faster than the manual method.

Lymphobiology works by combining a lymphatic draining massage using the CATHERINE ATZEN Lymphodrain® machine with the application of CATHERINE ATZEN integral DNA b. e. and other active ingredients found in the CATHERINE ATZEN biological products.
CATHERINE ATZEN Lymphobiology® effectively minimizes lines and wrinkles, balances oily or dry skin, helps control acne, restores hydration, and reduces cellulite. CATHERINE ATZEN Lymphobiology® has been shown effective when used before and after surgical procedures such as facial cosmetic surgery, breast surgery, and liposuction. Three treatments are given in the three days prior to surgery to stimulate the lymphatic system and prepare the skin. Post-surgical treatments can begin immediately after surgery (depending on type of procedure) and help reduce swelling, bruising and discomfort, and improve the skin's texture, elasticity and tone.

If you are considering a surgical procedure, ask your esthetician for case study pictures comparing swelling, bruising, and skin appearance of patients who had Lymphobiology® with those who didn't. A brochure on Lymphobiology® is available.

What is Cellulite? Cellulite is a condition affecting approximately 85% of women in the United States, appearing on the thighs, hips, buttocks, stomach, and arms. Fat, fluid, and toxic wastes cause capillary leakage at the cellular level. The "cottage cheese" appearance is created by fibrous cells that surround fat cells and create micronodules (soft cellulite) and macronodules (hard cellulite). Contributing factors include fluid retention, hormonal changes, stress, poor nutrition, poor circulation, lack of exercise, and hereditary factors. Because our lymphatic system slows down with age, it isn't always capable of working efficiently enough to eliminate the wastes and toxins before they affect the fat cells, and cellulite appears.

CATHERINE ATZEN Lymphobiology® works at the root of these problems by stimulating the lymphatic system to carry away fluids and wastes. Treatment usually begins with an intensive series of 10 30-minute sessions over a period of five weeks. This is combined with the at-home use of CATHERINE ATZEN Biological Firming Treatment and Biological Contouring Gel. Results can be maintained throughout the year with monthly maintenance treatments and continued use of home products.
Lymphobiology:

- Provides a Healthy, Radiant Glow
- Restores Hydration
- Minimizes Lines and Wrinkles
- Balances Oily or Dry Skin
- Controls Acne
- Reduces Cellulite
- Corrects Post-Surgical Bruising and Swelling

Lymphobiology treatments are 100% safe, natural and healthy.

How soon will you see results?

Results are visible after the first session.
On the face: reduced wrinkles, radiant complexion, refined skin tone.
On the body: a feeling of lightness, reduced swelling of the legs.

What does the treatment feel like?

The treatment is relaxing and enjoyable. You will feel gentle, rhythmic massage movements.

How often should you have treatments?

For long-lasting results, a series of ten twenty-five minute sessions is commonly recommended.

All CATHERINE ATZEN Biological Products are formulated and manufactured in France under stringent laboratory conditions. They are natural, fragrance free, alcohol free, allergy tested and simple to use. CATHERINE ATZEN products are not tested on animals. They are non-comedogenic, containing no mineral oil, lanolin or petrolatum.

Integral DNA®: CATHERINE ATZEN pioneered the use of Integral DNA® in skin care while working with plastic surgeons and doctors of esthetic medicine in France in the early 1980’s. Prior to that, Integral DNA® was only used in the medical field for the regeneration of damaged tissue conditions such as scars, burns, and wrinkles.

Integral DNA® has anti-oxidant properties to protect your skin from free radicals due to stress, environmental damage, improper diet, and other factors that can damage skin cells. Integral DNA® absorbs damaging UVB and UVC rays from the sun and provides deep hydration and stimulation to the skin cells. (Ref: Studies by Institute Pasteur, Paris; University of California, Berkeley; University of Pennsylvania, Philadelphia testing method of Albert Kligman, MD, PhD.)
LYMPHEDEMA THERAPY
BANDAGING SET - COMPRESSION AND WOUND DRESSING BANDAGES

TO ORDER ANY ITEM INCLUDING CLASSES:
FROM THIS BROCHURE - CALL 707.942.6633
OR
PURCHASE ONLINE AT - www.h-e-a-t.com
### Lymph Set ™ #1

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</tbody>
</table>
Compression Bandage & Woundcare

Dressing Product Information

Bandaging

Tricofix–tubular bandage
* Excellent for protecting skin when used under compression bandages or casts
* Highly absorbent natural material has both lengthwise and crosswise stretch
* Available in 4 sizes to fit most any body part
#2195/2197/2198/2199

Isoband Shortstretch Compression Bandage 85% Cotton
* Short stretch longitudinally elastic bandage suitable for phlebological and lymphedema applications
* High cotton content (85%) provides maximum comfort, high absorbency and breathability
* Well tolerated by patients even with sensitive skin
#1958/1959

Comprilan low-stretch compression bandage 100% cotton
* Low stretch elastic reusable bandage
* Provides high working pressure and low resting pressure, ideal for compression therapy
* Natural cotton fiber is comfortable, absorbent and air-permeable

#1026/1027/1028/1029/77187

Artiflex non-woven padding bandage
* Highly comfortable, synthetic padding bandage
* Ideal as an underwrap for any compression bandage, such as an application for lymphedema, or as an undercast padding
* Polyester/polyprophylene blend is non-absorbent and comfortable
#9046/9047

Elastomull Gauze Bandage
* A soft and absorbent conforming gauze bandage
* Available in a variety of sizes in sterile or non-sterile packages
#2088/2089/2101-2103
Foam Padding Shapes

- Popletal-Cubital Pad
  5x7
  HEAT 4525.6

- Ankle Pad (3 pcs)
  5x6 (small kidney)
  HEAT 4525.4

- Ankle Pad U Shaped
  41/4 x 51/4
  HEAT 4525.3

- Ankle Pad L-Shaped (3 pcs)
  51/2 x 51/2
  HEAT 4525.2

- Foam Chips for Muff
  1/2 x 1/2 x 1/2 Cubes
  HEAT 2318.8

- Knee Pad, Oval (3 pcs)
  51/4 x 31/2
  HEAT 4525.1

- Hand Shaped Pads
  91/2 x 11
  HEAT 4525.0

- Foot/Shoulder Pad (3 pcs)
  12x171/2
  HEAT 4525.7

- Arm/Leg Pad
  10 x 14 x 4
  HEAT 4526.5

- Roll Pad
  4” OR 5”
  HEAT 3225.4 or HEAT 3225.5
Compression Therapy

Compression reduces capillary leakage and promotes re-absorption of interstitial fluid, resolving and controlling edema. The fabric of the compression support also acts to replace the diminished elasticity and resistance of the skin. **Beiersdorf—Jobst** provides you with a comprehensive range of compression products to meet all your needs.

- Comprilan® 100% cotton short stretch bandage
- Gelocast® the original Unna’s boot

**Comprilan®**

100% cotton short stretch compression bandage

**Indications**
- Venous ulcers
- Venous insufficiency
- Edema / lymphedema
- Post sclerotherapy
- Thrombophlebitis

**Product Characteristics**
- 100% cotton
- Provides high working pressure and lower resting pressure
- Ideal for home health care
- Washable, reusable
- Available in 4 sizes

**Gelocast®**

The original Unna Boot

**Indications**
- Venous ulcers
- Edema management
- Phlebitis

**Product Characteristics**
- Semi-rigid cast creates inelastic wrap
- Dries quickly, firmly
- Impregnated with zinc oxide and calamine to soothe irritated skin
- Long wear, up to one week
- Use in conjunction with Tricofix, a lightweight stockinette
**Tricofix®**

Lightweight, absorbent stockinette

**Applications**
- Can be used under Gelocast® Unna’s boot to protect the skin
- Can be used over Gelocast® Unna’s boot for smooth finish

**Product Characteristics**
- Absorbent
- Lightweight
- Smooth Gelocast® finish
- Four sizes available

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**Artiflex®**

Non-woven padding bandage

**Applications**
- Can be used as padding under Gelocast® Unna’s boot and Comprilan Short Stretch bandage

**Product Characteristics**
- Provides padding for added comfort
- Ensures even distribution of pressure
- Air permeable, non-absorbent
Callusan® Cream Mousse Extra

The special formulation for any extremely dry, chapped and cracked skin. It is especially recommended for patients with diabetic foot or other skin conditions, which need special attention and care. A combination of active ingredients with increased urea (10%) and stearic acid delivers moisture to the skin and protects from drying out. The natural skin functions are not impaired. Free of fragrance, it helps reduce any allergic potential to a minimum.

Callusan Cream Extra for sensitive feet and diabetic foot conditions.
Applied regularly they provide the optimum platform for successful treatment.

- highly effective
- easy dosage
- simple to use
- quickly absorbed
- pleasant / neutral scent
- leaves no greasy traces
- non-comedogenic (will not clog pores)
- skin functions are not impaired
- up to 140 uses per can (125ml/4.2oz)

AKTIVE INGREDIENTS

- Glycerin binds moisture and has a smoothing effect on the skin
- Urea hygroscopic (binds water), keratolytic (softens hard skin)
- Jojoba Oil natural, protectant substance with excellent skin-caring properties
- Stearic acid smoothes skin and protects it from exogenous influences

INGREDIENTS:
Water, Propane, Butane, Glycerin, Urea, Mineral Oil, Octyldodecanol, Cetearyl Alcohol, PEG-40 Castor Oil, PEG-20 Glceryl Stearate, Jojoba Oil, Stearic Acid, Aminomethyl Propanol, Phenoxyethanol, Dehydroacetic Acid, Benzoic Acid, Lactic Acid, Sorbic Acid.

Before and after - try and test it!
Measurement Board for:

- Arms
- Leg/Hip/Waist

Product #9999
COMPRESSION HOSIERY- MICRO-MASSAGE HOSIERY SLIM SYSTEM (CELLULITE CONTROL) PRODUCTS

TO ORDER ANY ITEM INCLUDING CLASSES:
FROM THIS BROCHURE - CALL 707.942.6633
OR
PURCHASE ONLINE AT - www.h-e-a-t.com
Cellulite Control With Micro-Massage System

The Micromassage Magic Line

Micromassage Magic is a line of tights and panties that combine effective massage with regenerating compression and is fully recognized as an anti cellulite treatment. The exclusive "wave" mesh of the fabric, with its special relief, has been confirmed effective by clinical tests. It uses natural body movements to micromassage skin and adipose tissue, stimulating microcirculation, and reducing the look of "orange peel".

MAGIC PANTY

Ultimate long-lasting sports panty with patented micromassaging. Wear for sport, in the gym or even during normal, everyday activities and experience micromassaging. Confirmed effective for the prevention and reduction of cellulite since it promotes microcirculation, tones the skin and shapes the body silhouette.

MAGIC WENDY MAXI

Patented elastic hose active on cellulite. The graduated compression - decreasing to the thigh - massages, promotes blood microcirculation and venous return. It enhances the results of active mobilization and physical therapy. It prolongs the effects of mesotherapy. It can be worn at the ankle or under the heel.

MAGIC WENDY FITNESS

Middle version patented elastic hosiery, with sanitary opening for post liposuction treatment.
Cellulite Control With Micro-Massage System

CELLULITE THERMO DETECTOR

Easy-to-use Cellulite thermo-detector

Detect cellulite before it's too late! CelluPersonal helps to locate areas that may be in the beginning or serious stages of cellulites, and areas that need careful treatment. It will help you choose the best type of product, massage, or exercise to deal with each specific stage of cellulites.

CelluPersonal is a detector plate that rests against any area of your body, which you wish to check for cellulite. Cellulite affects the tissue temperature, causing areas with plasma leakage or dilated capillaries to be warmer, and areas where fatty deposits have settled to be colder.

CelluPersonal uses Encapsulated liquid crystals (ELC) as the ideal method to detect and display these temperature differences. It is easy and quick to use, repeatable, and -above all- harmless. The ELC Plate takes on different colors depending on the temperature of the tissue below it, producing a "thermal map" of the whole area.

CelluPersonal comes with an interpretation poster, detector plate; easy-to-follow directions for use (including diagrams), a guide to treatments, and a room thermometer.

Each shade means a different color, and set out on a reference scale which is included with your CelluPersonal.
Cellulite Control With Micro-Massage System

SLIMMING LOTION

Apply and massage well onto a clean and dry area of the skin (thighs or waist), preferable twice daily, after showering. Maximize reduction effect with a short stretch bandaging.

For external use only. Avoid contact with eyes. Keep out of reach of children. If accidental ingestion occurs, contact a poison center immediately.

INGREDIENTS:

Purified Water, Methylsilanol Mannuronate, Ethoxydiglycol, Glycerin, Caprylic / Capric Triglyceride, Cetearyl Alcohol, Ceteareth-20 Glyceryl Stearate, PEG-100 Stearate, Emulsifying Wax, Polysorbate 60, Sorbitol, Panthenol, Aloe Vera Extract, Green Tea Extract, Chamomile Extract, Tocopheryl Acetate (Vitamin E), Retinyl Palmitate (Vitamin A), Cholecalciferol (Vitamin D3), Dimethicone, Carbomer, Triethanolamine, Potassium Sorbate, Phenoxyethanol, Methylparaben, Ethylparaben, Propylparaben, Butylparaben.

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