



# *The Magic of Beauty*

Cosmetology Device  
**DiaDENS-COSMO**



*The art of beauty...*



# Authors' note

The art of beauty and facial and body skin treatment has existed for many millennia. Historical records evidence that beauty recipes were made by the greats Galen, Cleopatra, Ovid and other famous personalities. Many of these recipes were eventually lost. However, we can tell you that many our contemporaries expressly believe that the loss of ancient beauty secrets has by no means affected the beauty of modern women.

The science of beauty has changed radically. The wish to look great, which is unchanged throughout time, is now aided by principally new and safe technologies based on a serious scientific approach.

Gone are the times when people added lead and arsenic to face powder to make their faces fashionably white. No one will drop belladonna in their eyes now to give them an enigmatic shine and depth. Of course, every woman has a family beauty secret (or, maybe, many secrets) passing on from generation to generation. But this is also a secret.

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# Contents

- ✦ *It is easy to be beautiful!*
- ✦ *DENS cosmetology*
- ✦ *Colorful beauty masks*
- ✦ *Beauty without sacrifice*
- ✦ *Frequently asked questions*



# *Our skin*

*useful information*



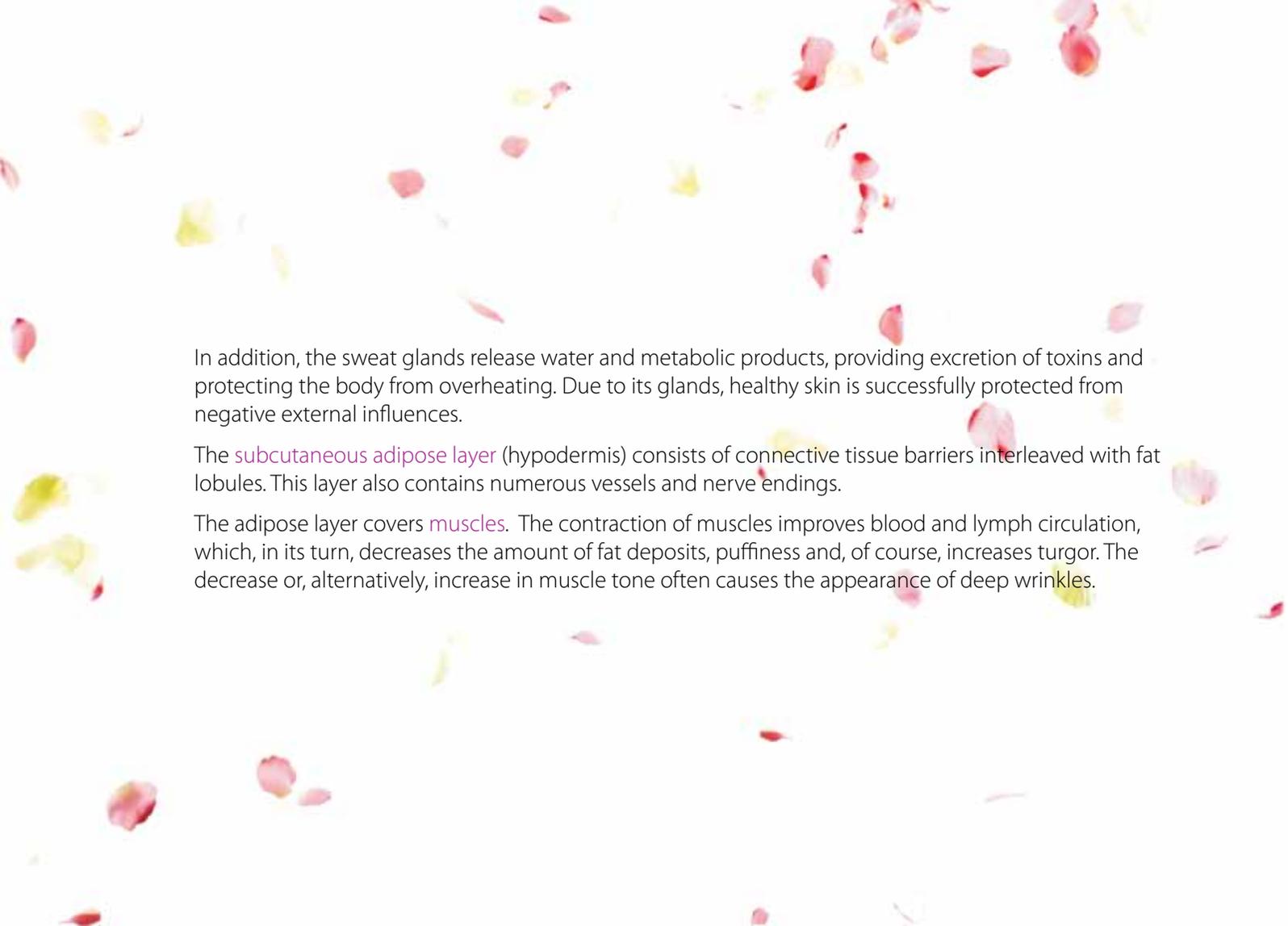


# Our skin. Useful information

Skin is composed of three primary layers: the epidermis, the dermis and the hypodermis (subcutaneous adipose layer).

The **epidermis** is the outermost layer of the skin. Its density varies in different parts of the body. The peculiarities of the epidermis may be inherited, age-related or dependent on specific work conditions. The epidermis is an important barrier protecting the body from various harmful influences. In the deep layers of the epidermis the pigment melanin develops, which is the primary determinant of human skin color and tanning after sun exposure.

The **dermis** (the skin proper) consists of connective tissue, cellular components and ground substance. The fibers of connective tissue (elastin and collagen) provide the firmness and elasticity of the skin. Below lie blood vessels, nerve endings, sebaceous glands and sweat glands. The balance and activity of these glands define the skin type, its ability to retain moisture and its antibacterial properties.



In addition, the sweat glands release water and metabolic products, providing excretion of toxins and protecting the body from overheating. Due to its glands, healthy skin is successfully protected from negative external influences.

The **subcutaneous adipose layer** (hypodermis) consists of connective tissue barriers interleaved with fat lobules. This layer also contains numerous vessels and nerve endings.

The adipose layer covers **muscles**. The contraction of muscles improves blood and lymph circulation, which, in its turn, decreases the amount of fat deposits, puffiness and, of course, increases turgor. The decrease or, alternatively, increase in muscle tone often causes the appearance of deep wrinkles.

*It is easy to be beautiful!*

*Fundamentals of the DENS cosmetology*



*DiaDENS-Cosmo*

- ✦ *Natural*
- ✦ *Simple*
- ✦ *Efficient*





*It is Easy to be Beautiful*  
*or Fundamentals of DENT Cosmetology*

The visible signs of skin aging appear in women over 25 years old. The skin at this age is still firm and elastic, but the first tiny wrinkles appear around the eyes. Women over 30–35 years old, especially those inclined to corpulence, demonstrate the first signs of a change in the face oval — the facial contours start to “flow” downwards. In slim women of this age, many tiny wrinkles appear. The skin, however, still looks good. In addition to these problems, women over 45 years old usually suffer from pronounced dryness of the skin and reduced elasticity.



It is nowadays believed that the main cause of the reduction in skin quality is a defect in blood and lymph circulation, which affects the tiniest arteries, veins, capillaries and lymphatic vessels. This results in a deterioration in the nutrition of all skin layers and a disruption of metabolic processes, in other words — in skin aging.



The only thing that is required to maintain the youthfulness and attractive appearance of the skin for a long time is to provide timely nutrition and full restoration of the skin. But, at the same time, the skin hardly allows permeation of any dust or dirt and, unfortunately, of any nutritional agents through the surface layer. That is why the most important objective of cosmetology is to provide the efficient delivery of nutritional, moisturizing and other substances to the deep layers of the skin.



*A visible result after just the first session!*

It is for these purposes that **DiaDENS-Cosmo** has been developed — this is a device that allows you to treat your skin at home: to restore quality nutrition and protection of the skin in a natural way, to quickly improve your good looks and to maintain the health of your skin for many years to come.

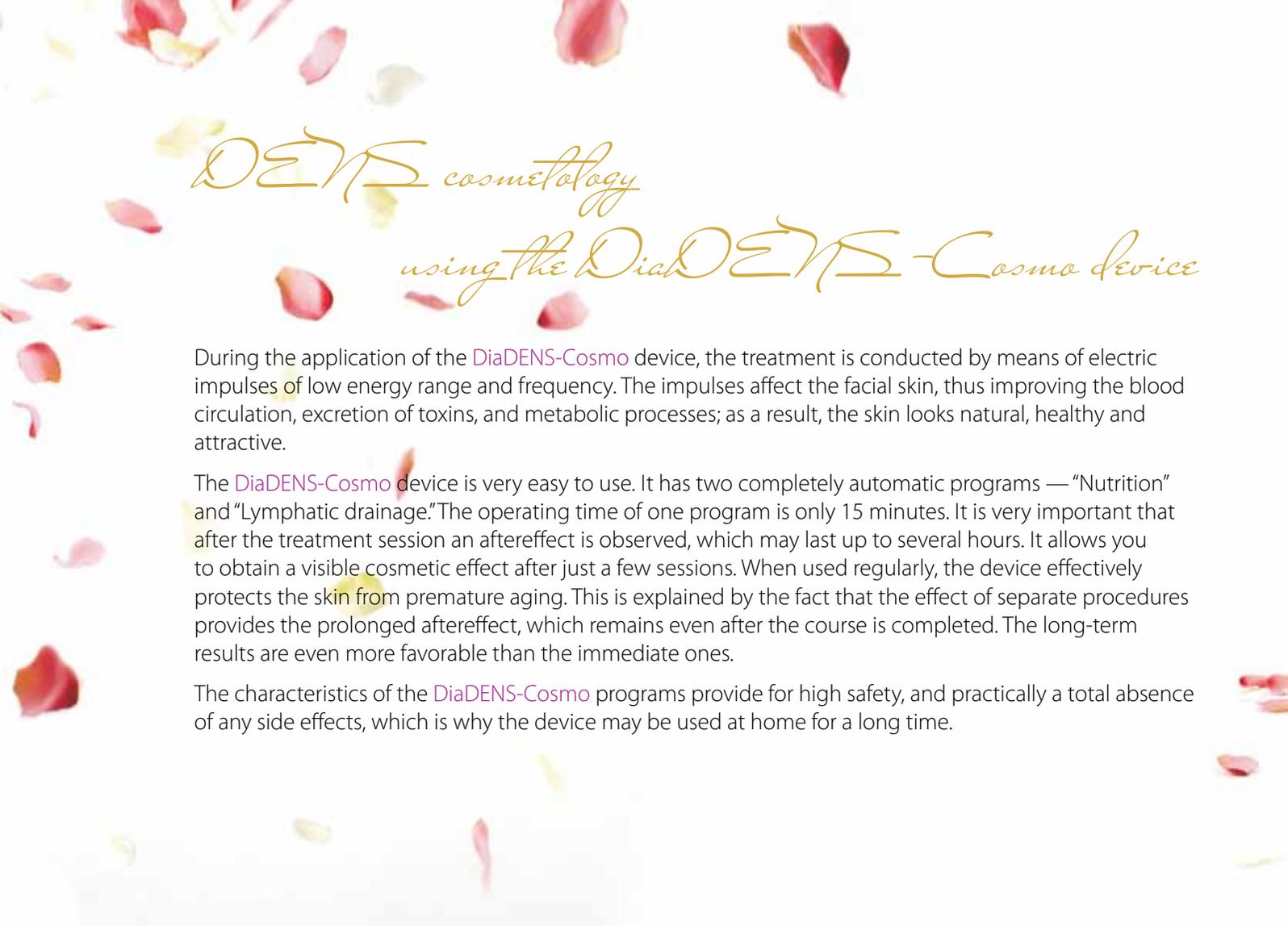
# DENS cosmetology

*Using the DiaDENS-Cosmo device*





*Your skin will not only become beautiful, but also healthy!*



*DENS cosmetology*

*using the DiaDENS-Cosmo device*

During the application of the **DiaDENS-Cosmo** device, the treatment is conducted by means of electric impulses of low energy range and frequency. The impulses affect the facial skin, thus improving the blood circulation, excretion of toxins, and metabolic processes; as a result, the skin looks natural, healthy and attractive.

The **DiaDENS-Cosmo** device is very easy to use. It has two completely automatic programs — “Nutrition” and “Lymphatic drainage.” The operating time of one program is only 15 minutes. It is very important that after the treatment session an aftereffect is observed, which may last up to several hours. It allows you to obtain a visible cosmetic effect after just a few sessions. When used regularly, the device effectively protects the skin from premature aging. This is explained by the fact that the effect of separate procedures provides the prolonged aftereffect, which remains even after the course is completed. The long-term results are even more favorable than the immediate ones.

The characteristics of the **DiaDENS-Cosmo** programs provide for high safety, and practically a total absence of any side effects, which is why the device may be used at home for a long time.

### **“NUTRITION” PROGRAM**

- ✦ Enhances the absorption of beauty mask active ingredients.
- ✦ Helps the skin breathe and stay smooth and elastic for a long time.
- ✦ May be used both for quick cosmetic effects and continuous basic skin treatment with a preventive purpose.

### **“LYMPHATIC DRAINAGE” PROGRAM**

- ✦ Combats the stagnation of blood and lymph.
- ✦ Makes the tissue and muscles stronger — as a result, the skin becomes firm and elastic.
- ✦ Is used to provide lifting, reduction of facial skin puffiness and pastosity.
- ✦ Enhances the absorption of beauty mask active ingredients.



# *Colorful beauty masks!*

*3 beauty masks for each age*



*The masks have been developed to satisfy the requirements of every skin type, be it nutrition, moisture treatment or combating the first signs of aging.*

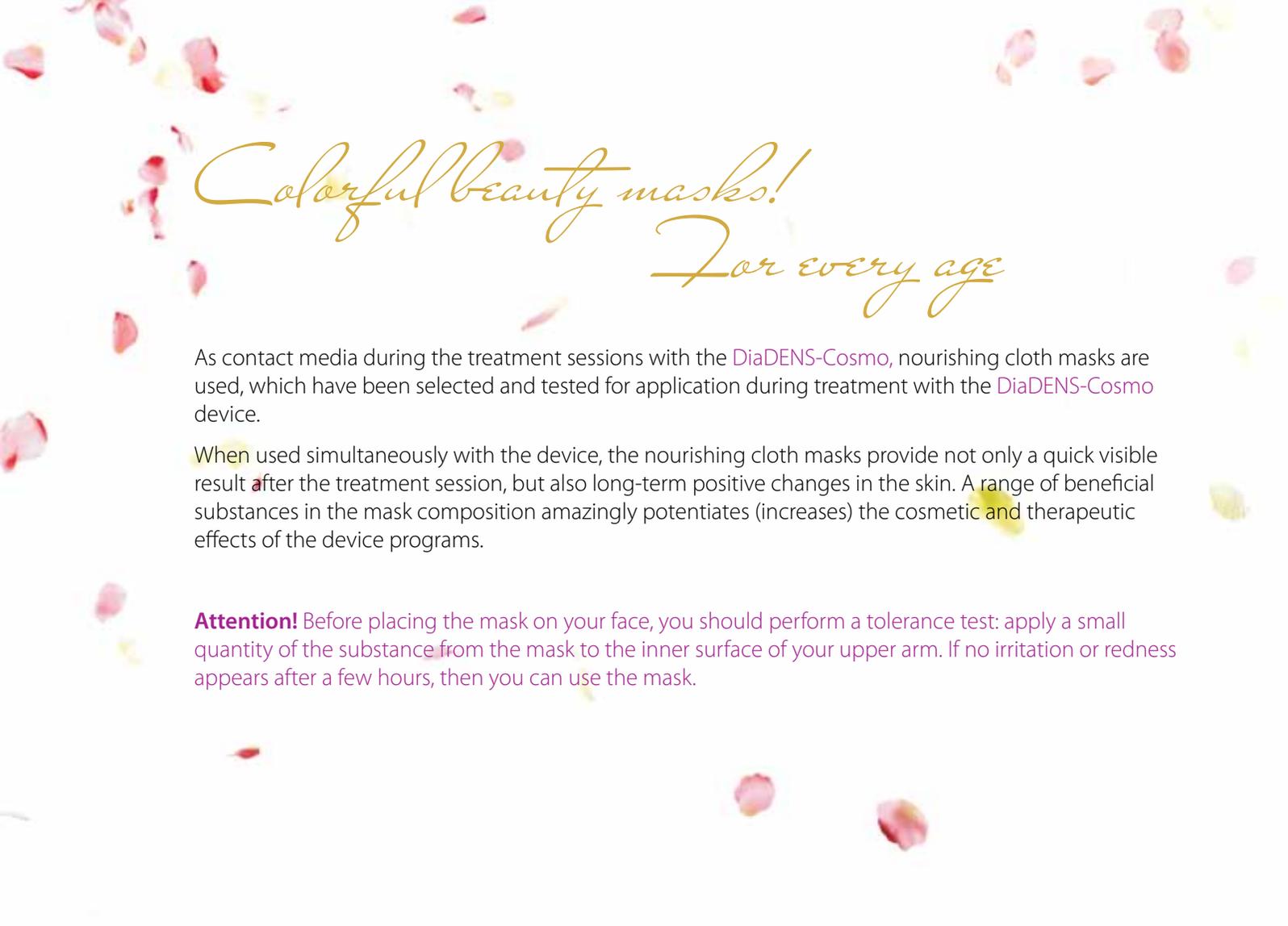
*The results have been confirmed by a dermatological test.*

## ***DiaDENS-Cosmo***

- ✦ Enhancement of microcirculation*
- ✦ Improvement of cell metabolism*
- ✦ Restoration of muscle tone*

*Beauty and a good mood!*





# *Colorful beauty masks!*

## *For every age*

As contact media during the treatment sessions with the **DiaDENS-Cosmo**, nourishing cloth masks are used, which have been selected and tested for application during treatment with the **DiaDENS-Cosmo** device.

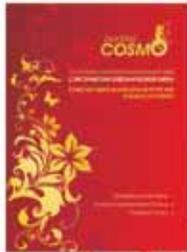
When used simultaneously with the device, the nourishing cloth masks provide not only a quick visible result after the treatment session, but also long-term positive changes in the skin. A range of beneficial substances in the mask composition amazingly potentiates (increases) the cosmetic and therapeutic effects of the device programs.

**Attention!** Before placing the mask on your face, you should perform a tolerance test: apply a small quantity of the substance from the mask to the inner surface of your upper arm. If no irritation or redness appears after a few hours, then you can use the mask.



### Mask 1—Moisture and purification

This is the universal and basic mask for all DiaDENS-Cosmo programs due to the aloe extract in its composition. Aloe has always been famous for its moisturizing and purifying properties and its ability to stimulate cell regeneration. This mask is suitable for all skin types.



### Mask 2 — Nutrition with the extract of ocean fish roe

The high nutritional value of the mask is provided due to the extract of ocean fish roe in combination with seaweed. This “pharmacy” from the ocean bottom stimulates blood circulation in the skin, improves the metabolism in cells and their cleansing, normalizes the endocrine profile of the skin and the operation of sebaceous glands. Roe activates the production of collagen, which makes the skin firm and elastic. It is applied as a means against skin aging.



### Mask 3 —Anti-age with swallow's nest extract

The nutritious and moisturizing complex of swallow's nest extract and arbutin combats the skin aging process: fights undesirable pigmentation by evening out skin tone; smoothes existing wrinkles and prevents the appearance of new ones; softens the skin and provides a lifting effect.



# *Beauty without sacrifice!*

*Practical advice for the beginning DENS cosmetologist*

*Despite the fact that DENS therapy nowadays is a popular and highly effective method, DENS cosmetology is a new science, requiring comments and explanations. These concern, above all, the practical application of the DiaDENS-Cosmo device. Below we provide several plans for its practical application.*



# Practical Advice for a Beginning DENT Cosmetologist or Beauty without Sacrifice

## Basic intensive program

This program is intended for systematic facial treatment, for three age categories:

### *Under 30 years old*

Cycle I	Day 1:		"Nutrition" mode	+		Mask 1—Moisture and purification
	Day 2:		"Nutrition" mode	+		Mask 2 — Nutrition with the extract of ocean fish roe
1 time a day; repeat the cycle three times						
Cycle II	One time a week		"Nutrition" mode	+	 	Mask 1 or Mask 2

## 30-45 years old

Cycle I	Day 1:		"Nutrition" mode	+		Mask 1—Moisture and purification
	Day 2:		"Nutrition" mode	+		Mask 2 — Nutrition with the extract of ocean fish roe
	Day 3:		"Nutrition" mode	+		Mask 1—Moisture and purification
	Day 4:		"Nutrition" mode	+		Mask 3 —Anti-age with swallow's nest extract
1 time a day; repeat the cycle three times						
Cycle II	One time a week		"Nutrition" mode	+		Mask 1—Moisture and purification
	One time a week		"Nutrition" mode	+		Mask 2 — Nutrition with the extract of ocean fish roe

## Over 45 years old

Cycle I	Day 1:		"Nutrition" mode	+		Mask 1—Moisture and purification
	Day 2:		"Nutrition" mode	+		Mask 2 — Nutrition with the extract of ocean fish roe
	Day 3:		"Nutrition" mode	+		Mask 3 —Anti-age with swallow's nest extract
1 time a day; repeat the cycle 4 times						
Cycle II	One time a week		"Nutrition" mode	+		Mask 1—Moisture and purification
	One time a week		"Nutrition" mode	+		Mask 3 —Anti-age with swallow's nest extract

# *Frequently asked questions*

## How often should treatment with the DiaDENS-Cosmo be conducted?

The optimal way is to conduct the first short course of “saturation” consisting of 4-6 daily sessions; then move to the less frequent, “supportive” application — 1 or 2 times a week.

## Is it necessary to use the masks with cosmetic solution during the treatment sessions?

Yes, it is. In fact, the disposable cosmetic mask performs two functions:

- first, it acts as a hydrophilous pad, and in combination with the electrode mask it provides the uniform exposure of current impulses over the whole surface of the face;
- second, the mask moistened with a special solution acts as a source of nutrient substances and increases the efficiency of the treatment session. There are different cosmetic solutions, depending on the skin type and the purpose of treatment.

## What is the correct way to place the cosmetic mask and the electrode mask on the face?

First, place and carefully smooth the cosmetic mask on the face. Then place the electrode mask over it. Please, remember that there is no need for the electrode mask to fit the cosmetic mask tight over its entire surface.

It is sufficient to ensure that the electrode mask fits the face oval tightly.

### Can I apply the DiaDENS-Cosmo device if I have allergies?

Yes, you can, but only after you perform a tolerance test. For this purpose, make a small cut (1–2 mm) in the mask packing and squeeze a drop of the cosmetic solution on the inner surface of the upper arm. If within 1–24 hours you notice that the skin has become red in the place where you applied the substance, then you may have individual intolerance to some ingredients of the solution and you shouldn't use this mask.

### The manual recommends that the device be fastened on the outer surface of the upper arm. Can I fasten the device to the inner part of the upper arm?

The cuff of the device is at the same time its electrode, that is why it is recommended to fix the device to the outer surface of the upper arm, because, unlike the inner surface, the outer surface is less sensitive and, hence, more safe. If the cuff's length is insufficient to fix it on the upper arm, the device may be fixed on the outer surface of the wrist joint.

### What is the correct way to prepare the facial skin for the treatment session with the DiaDENS-Cosmo device?

Take off all make-up before the procedure; then wash the face carefully with a large amount of running water. This is necessary because during the procedure masks including many active cosmetic ingredients are used. All ingredients are compatible with each other, but they have not been tested for compatibility with the active ingredients of other cosmetic substances.

When the session is over, wash your face with running water.



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