

APPLICATION OF DENS THERAPY METHOD IN COSMETOLOGY

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Modern cosmetology has got a wide range of approaches, which enable cosmetologists to solve difficult problems with premature aging of the skin. There are methods to increase skin immunity, maintain skin vitality, prevent the development of cellulite, mostly they are managed by means of modern cosmetology programs or cosmetology devices.

About 3 years ago when we got acquainted with the DENS apparatus and we learnt about its successful application in the field of dermatology, we decided to try it in cosmetology procedures and then analyze the obtained results.

We developed some programs, where in our opinion it would be advisable to use the device, for example, programs called “Anti-aging”, myostimulation, “Anti-acne” following an appropriate scrubbing of the face and “Anti-cellulite”.

Informed consent was always obtained from the customers. The procedure was applied only in case the customers did not have any complaints concerning their health at that moment.

At heart every woman dreams of everlasting youth, but unfortunately this is an insoluble task for modern cosmetology so far. Time comes when one gets wrinkles, dry skin, discomfort and skin pigmentation. To tell the truth, this is not a cheerful story, nevertheless, it is important to know what processes develop in our skin when we are “over...” years of age.

Skin aging is due to a great number of factors: environment, free radicals, vitamins and microelements insufficiency, however, oxygen insufficiency and impaired blood supply are the main causes of immature skin withering. The skin experiences lack of oxygen and nutrition substances, as a result the process of cell renovation inhibits, cellular metabolism decreases, skin immunity becomes impaired, the number of fibroblasts – dermis cells responsible for the production of elastin and collagen (cutaneous proteins) decreases. In the long run the skin loses its elasticity, its vessels become fragile, there develop couperosis and changed face contours.

Anti-aging program of DENS therapy was used in the scrubbing procedure on the dry skin, the apparatus being adjusted at the power level comfortable for the patient. Moving the device along the massage lines from the central parts of the face to the peripheral ones special attention was paid to periorbital area and nasolabial folds. The duration of the procedure was 10 min., the device was applied to the beauty point (the center of the

chin in its lower part) for 2-3 min. Having completed the procedure by means of device, cosmetic oxygen corrective remedy was applied. This program envisages 10 procedures performed every other day. DENS therapy here stimulates trophic processes in the skin tissues, improves the oxygen supply to the upper cutaneous layers, contributes to the effective assimilation of biologically active substances contained in the cosmetic remedies by the cells of the skin.

As an outcome of this procedure fine wrinkles disappear, the skin becomes fresh, skin vitality increases. The same program without application of the device was effective only in 17-20 sessions and visually was less pronounced.

The next procedure with DENAS device application aimed at prevention of skin aging is called myostimulation. This program is used to delay the process of skin aging, it enables to correct the so-called “effect of face flow down”, which is very prevalent in women residing in Russia. This method is based on the ability of face mimic muscles to contract under the influence of DENAS device electrical impulses. The face skin is cleaned with hypoallergenic contact substance not containing any alcohol (this can be a gel cream or tonic). The therapy is carried on in a constant mode so that the patient has comfortable feelings as in the previous program. The essence of the procedure is to identify the points of mimic muscles contraction as they are very individual in every person.

The duration of treatment at one point is from 30 seconds to 1 minute. The massage lasts from 10 to 15 minutes. The course consists of 15-20 sessions performed every other day. The effect of the course of DENAS device myostimulation lasts for 8 months.

The outcome of the program: the nasolabial folds as well as the fine periorbital wrinkles become by 70-80% less pronounced, transverse wrinkles on the forehead – by 60% and vertical ones – by 40%, the double chin disappears almost completely. Especially if it was due to sagging of the sublingual muscle. Thus, the main problem of face contour modulating is solved and the circular wrinkles on the neck become less evident.

Based on the above findings one can come to the conclusion that in contrast to all other methods of electrical myostimulation DENS therapy is the most efficient and cost effective. But the main point is that sending electrical impulses the device also has a feedback resulting in an individual approach to every organism.

The second program is called “Anti-acne”. Those people who have ever experienced this problem know what kind of esthetical discomfort it can bring to them. It should also be taken into account that it is adolescents who mostly suffer from this condition and for them their appearance defines their self-esteem. It means that this situation is often accompanied by nervous breakdowns. Very often they start to hate themselves. That is

why on application of this program in DENS therapy we hoped to decrease the duration of the rehabilitation period and to improve the state of the skin. Prior to the procedure the skin was cleaned then the electrodes were applied to the area of accumulation of acne eruption. The duration of the procedure was from 1 to 5 min., the mode of treatment was comfortable for the patient. If there were pustules they were treated for 10 min. We used the increased level of power till the patient could tolerate it.

Following the treatment “Malavit” or “Malavtilin” creams were applied to the face. Application of the device decreased the time of inflammatory process twice as much compared to the program without its application, it contributed to resolving of infiltrates and maculae and to smooth scars.

Treatment of the face following cleaning. Cosmetologists recommend to have a prophylactic cleaning of the face once or twice a year. This procedure contributes to cleaner skin and elimination of pore plugs, which is of utmost importance for normal functioning of the face skin.

However, patients should be aware that following the procedure there may be some esthetic discomfort: swelling and hyperemia.

The device was used immediately after the face cleaning in constant mode and power comfortable for the patient. The electrodes were placed in the overlapping manner so that not to miss any untreated area going over the entire facial surface. After the treatment “Malavit” or “Malavtilin” creams were applied by means of the device. Application of the device relieved swelling and hyperemia, contributed to quicker restoration of damaged tissues and prevented secondary infection. The post-treatment appearance of the face significantly differed from that where the device was not applied.

Anti-cellulite program. As far as cellulite is concerned, the zones of the abdomen, thighs and buttocks are the most problematic ones in the human body, they are the so-called estrogen sensitive areas. There are receptors sensitive to estrogen “sitting” on the lipocytes. They are responsible for accumulation of fat in the body. Increase of the number of fatty lobules results in the compression of the vessels and development of venous insufficiency. As a consequence there develops a local edema, vascular compression gets worse resulting in still more impaired blood circulation. The tissues suffer the lack of oxygen and toxic effect. As a result, there form capsules and develop severe fibrous cellulite around the hypertrophied fatty lobules.

A great number of methods have been developed to fight against fibrous cellulite, but all of them are rather painful and expensive. That is why we combined traditional anti-cellulite therapy and DENS therapy. The device was in a constant mode and its effect was

endurable for the patient. A tonic remedy as a contact substance was used and the device was moved in circular and undulation manner over the areas of fat deposit. Each of these areas was treated for 10 min.

The points of connection of quadriceps and biceps muscles of the thigh and sartorius muscle were identified. The device was placed directly on the points of connection of these muscle, then it was activated at maximal power. A significant decrease of muscular mass was observed after the treatment. At the end of the procedure the patients had such sensations in the muscles as if they had spent a night at the discotheque. The treatment contributed to effective process of fatty capsules destruction.

Working on the buttocks and abdomen we used the method called a divergent “cross” for 1 min. in every position of the electrode in a constant mode at maximal power.

Following the application of the device it is much easier to massage the patient as it requires less efforts and time to break the fat deposits.

Completing the treatment with the device it is recommended to cover the patient with a blanket or carry on an anti-cellulite massage. This procedure was done three times a week. This program should be fulfilled in 15-20 sessions. Prior to each procedure control measurements of the body were done.