

## ACNE

- Remove all make up and thoroughly clean the treatment area using SWISSOLOGICAL Cleansing Milk.
- Remove any grease build up on the areas to be treated using Biopton Light Fluid. If your skin is of the 'dry' type, omit this procedure and instead apply Oxy Spray to the areas and allow to dry naturally.
- Apply the Biopton lamp to all treatment areas for 4 minutes per area.
- Apply a light film of Biopton Balancing Gel to the entire treatment area.
- Apply the Biopton lamp to all treatment areas for 4 minutes per area.
- Additional areas of acne (eg.—shoulders, back, etc) may also be treated in the manner above.
- Biopton Crystal Cream is then applied to all areas and is infused into the skin by the Biopton lamp for 1 minute on each area. Treatment is now complete.

## ACNE ROSACEA

- Remove all make up and thoroughly clean the treatment area with SWISSOLOGICAL Cleansing Milk.
- Apply the Biopton lamp to all treatment areas for 6 minutes per area.
- Apply a light film of Biopton Balancing Gel to the entire treatment area.
- Apply the Biopton lamp to all treatment areas for 4 minutes per area.
- Apply Biopton Crystal Cream to all treatment areas and infuse the cream into the skin using the Biopton lamp for 1 minute per area. Treatment is now complete.

## SCARS - *acne scars, post-operative scars, post-traumatic scars, blemished skin*

- Clean area with a mild cleansing lotion to thoroughly remove all make up and grease build up.
- Apply Oxy Spray to all areas to be treated.
- Apply Biopton lamp to all treatment areas for 4 minutes per area.
- Treatment is completed with a further application of Oxy Spray over all areas.
- NOTE: Use once or twice a day. For relatively new scars, in the best cases the scars will disappear to the point of becoming almost invisible. In the case of old (already healed) scars, often the only realistically feasible treatment is cosmetically improving the appearance of its surface.

## HAIR PROBLEMS - *loss of hair, dandruff, energy depleted hair*

- Wash your hair using a good quality mild hair shampoo.
- Massage hair tonic into damp hair and scalp.
- Apply Biopton lamp to hair / scalp for 6 minutes per treatment area. Repeat once a day if possible.

## “PICK - ME - UP ” - *seasonal depression, fatigue, stress*

- Thoroughly clean the facial area with a mild cleanser to remove make up and any grease build up.
- Apply Oxy Spray to the facial area.
- Apply Biopton lamp to full frontal facial area for 12 minutes. Lamp distance (Pro & B2) 8—12 inches.
- You'll feel a relaxing, yet invigorating warmth (temperature is 37° c. - normal body temperature).
- After light therapy treatment, re-apply Oxy Spray to the treatment area and allow to dry thoroughly.
- NOTE: Experience shows that light therapy may significantly reduce certain types of depression. Users remark that they “feel” better after a Biopton light therapy session and many have reported that the quality and duration of their sleep has improved.

### Please Note :

Please refer to your Biopton Owners Manual for appropriate handling and safety aspects of your Biopton light therapy system. For officially certified MEDICAL INDICATIONS of Biopton therapy, please refer to the official BIOPTRON AG brochure.

Biopton **COLOUR THERAPY** is available as a holistic addition to the Biopton Compact III medical light. Its 12 simple-to-follow treatment schedules offer additional and alternative / holistic methods of treatment in the area of well-being and beauty. A comprehensive instruction manual is supplied.

#### Authorised U.K. Distributors: **D & R MARKETING LTD**

Unit 37, Concorde House, Concorde Business Centre,  
Concorde Way, Stockton-on-Tees, Teesside TS18 3RB  
Tel: 01642 673787 / 612512 E: therapy@drmarketingltd.co.uk  
Web: www.advancedlighttherapyuk.com

#### Consultant :

# BIOPTRON

## Light Therapy Systems

## BEAUTY and WELL-BEING

A practical guide to professional  
beauty treatments for the  
**HOME USER**



## THE BIOPTRON LIGHT THERAPY SYSTEM

BIOPTRON is a revolutionary and technologically advanced medical light therapy system that has been developed through many years of research at leading medical, scientific and academic institutions in Europe and throughout the World. Biopton lamps are officially certified and approved as MEDICAL DEVICES under the European Medical Union guideline 93/42/EEC. Currently, Biopton polarised light therapy systems are being used in over 1 000 clinics and by more than 5 000 medical doctors as supportive or mono-therapy in the following areas:

- Wound Healing, Burns & Tissue Repair
- Pain treatment in Rheumatology / Arthritis
- Pain treatment in Physical Therapy & Rehabilitation, Sports Medicine
- For integration in different applications in the area of well-being

The nature of the biological effects of Biopton polarised light is such that it has been extensively adopted by leading cosmetologists and beauty therapists for professional integration in the areas of well-being and beauty. Years of experience and outstanding cosmetic-therapeutic results have resulted in the wide acceptance of Biopton light therapy within the beauty /cosmetology and well-being industries as a superior and scientifically advanced treatment method. Biopton's simplicity of use, its short treatment times, affordability and lack of harmful side effects make it ideal for HOME USE. It is now possible for " amateur " home-users to enjoy the benefits of professional beauty / cosmetic treatments in the privacy, convenience and comfort of their own homes at a fraction of the cost. This brochure contains suggested treatment programmes that are used and recommended by leading professionals worldwide in the fields of beauty and well-being.

## HOW DOES BIOPTRON WORK - Cosmetic applications

BIOPTRON light therapy activates and regenerates the body and blood cells by emitting 95% polarised light. The electromagnetic waves of polarised light oscillate in parallel planes only, giving it very special qualities. As opposed to the monochromatic, coherent LASER light, BIOPTRON light is POLYCHROMATIC and employs a wide range of wavelengths (480-3400 nm). It is not characterised by temporary or spatially synchronised light, and is not subject to diurnal or seasonal variations as is the case with sunlight. BIOPTRON light is incoherent in nature, thereby allowing access to the treatment area with a constant and steady intensity, making it possible to apply a generally lower degree of energy for a longer period of time. The human organism transforms this carefully regulated therapeutic dosage of light into electrochemical energy which activates a chain of biochemical reactions within the cells. Cellular biological processes are modulated, metabolism is stimulated and the immune response of the body is reinforced. It rapidly improves blood micro-circulation and cell oxygenation, whilst enhancing fibrocyte stimulation and the production of collagen fibre in skin and subcutaneous tissue to restore skin tightness and elasticity. The skin feels smooth and takes on a healthier appearance even from the first treatments. The calming iridescent beam of this 37° c. light contains no harmful ultraviolet rays and is appropriate and totally safe for use on all skin types and complexions.

## TREATMENT PROGRAMMES - for the home-user

The following treatment schedules are designed to generate dynamic cosmetic-therapeutic results if followed correctly. The cosmetic creams and products described may be substituted for similar high quality products. However, it is very important that only superior cosmetic products are used in combination with light therapy as inferior products are intrinsically unsuitable. The effect of inferior products is **not** enhanced by Biopton light therapy, and their use may lead to unfavourable effects and possible allergic reactions. Our beauty advisors are always available to help should you require assistance or advice regarding alternatively suitable cosmetic products. These cosmetic products should not contain any animal components, artificial preservatives, or artificial emulsifiers.

The range of applications for Biopton light therapy covers a wide range of skin disorders, fine lines, wrinkles, and other cosmetic problems. If these have been present for only a short time, applying polarised light leads to good results soon, whereas chronic conditions demand longer-term therapy.

Treatments should be administered at least once a week. However, accelerated results may generally be achieved with more frequent treatments.

## PHOTO FACIAL BIOPTRON - standard

- Remove all traces of make up and thoroughly clean pores with SWISSOLOGICAL Cleansing Milk.
- Apply Oxy Spray to the facial and neck area.
- Apply Biopton light therapy for 5 minutes on each of the following areas: full frontal face, left side face, right side face, neck area (total 20 mins).
- Re-hydrate and oxygenate skin with a further application of Oxy Spray on all treatment areas.
- Treatment is now complete.

## PHOTO FACIAL BIOPTRON - de luxe

- Remove all traces of make up and thoroughly clean pores with SWISSOLOGICAL Cleansing Milk.
- Apply Oxy Spray to the facial and neck area.
- Apply SWISSOLOGICAL Purifying Facial Scrub Gel to the whole face and neck area in gentle circular movements, paying particular attention to the " T " zone. Then remove Gel using WARM water.
- Apply SWISSOLOGICAL Clay mask to the treatment area and infuse it into the skin using the Biopton lamp for 1 minute on each of the following areas: full frontal face, left side face, right side face, neck area (total 4 minutes).
- Relax for 10 minutes then remove the mask using COLD water.
- Remove the last traces of the mask using SWISSOLOGICAL Cleansing Tonic.
- Apply Oxy Spray to all treatment areas.
- Apply the Biopton lamp for 3 minutes each on all treatment points above (total 12 mins).
- Apply SWISSOLOGICAL Multi-Regenerating Cream to all treatment areas.
- Apply the Biopton lamp for 3 minutes each on all treatment points above (total 12 minutes) to ensure maximum infusion of the cream into the skin.
- The treatment is now complete.

## PHOTO FACIAL BIOPTRON - wrinkles, fine lines and the mature skin

- Remove all traces of make up and thoroughly clean pores with SWISSOLOGICAL Cleansing Milk.
- Apply Oxy Spray to the facial and neck area.
- Apply SWISSOLOGICAL Purifying Facial Scrub Gel to the whole face and neck area in gentle circular movements, paying particular attention to the " T " zone. Then remove Gel using WARM water.
- Apply SWISSOLOGICAL Clay mask to the treatment area and infuse it into the skin using the Biopton lamp for 1 minute on each of the following areas: full frontal face, left side face, right side face, neck area (total 4 minutes).
- Relax for 10 minutes then remove the mask using COLD water.
- Remove the last traces of the mask using SWISSOLOGICAL Cleansing Tonic.
- Apply Oxy Spray to all treatment areas.
- Apply the Biopton lamp for 5 minutes each on all treatment points above. (total 20 mins).
- Apply SWISSOLOGICAL Hydro Lifting Serum to all treatment areas.
- Then Apply SWISSOLOGICAL Hydro Lifting Cream to all treatment areas.
- Apply the Biopton lamp for 2 minutes each on all treatment points above (total 8 minutes). The absorption of the cosmetic-therapeutic ingredients of these high quality creams is considerably enhanced by this final procedure in the treatment process.
- The treatment is now complete.

## SKIN ENERGISING THERAPY - listless, flabby, irritated, energy-depleted skin

- Apply Oxy Spray to the treatment area and allow Oxy Spray to stand/absorb for 1 minute.
- Use a mild cleansing lotion to thoroughly remove any grease build up.
- Re-apply Oxy Spray to the entire treatment area.
- Apply the Biopton lamp to the entire treatment area for 5 minutes per area.
- Re-apply Oxy Spray to the treatment area and allow to dry naturally - do not wipe off.
- The treatment is now complete.

## CELLULITE - " orange-peel " skin

- Thoroughly remove any grease build up from the treatment area using a mild cleansing lotion.
- Apply Oxy Spray to the treatment area.
- Systematically apply the Biopton lamp to each treatment area for 6 minutes per treatment area.
- Then massage ZEPTEP Cellular Anti-Cellulite Cream into each individual treatment area.
- NOTE: - The area may feel warm for a while and be slightly red. This is normal and only temporary
- Treatment is now complete. Repeat as necessary.