

Dr Reinhard R Bergel PhD

President and founder of H-e-a-t. Inc., author, lecturer, trainer in
Spa Therapy and Physical Rehabilitation
presents:

*INSTRUMENTAL LYMPHATIC DRAINAGE
BODY SHAPING - SLIMMING
&
VENOUS VASCULAR CARE*

EQUIPMENT,PRODUCT,TREATMENT PROGRAMING

1. TREATMENT PROTOCOL
2. BALLANCER® – Pressotherapy Instrumental Lymphatic Drainage
Body Shaping-Slimming
3. PNEUMATRON 200® – Pneumatic Pulsation Lymphatic Drainage
4. CELLUPERSONAL – Cellulite Thermo Detector
5. Cellulite Control with SLIMMING LOTION
6. COMPRESSION SHORT STRETCH BANDAGES
7. Cellulite Control with MICROMASSAGE HOSIERY
8. DERMATOLOGICALS – SKIN CARE
9. TEXTBOOKS – WORKBOOKS - VIDEOS

INSTRUMENTAL LYMPHATIC DRAINAGE BODY SHAPING - SLIMMING & VENOUS VASCULAR CARE TREATMENT PROTOCOL

BALLANCER TREATMENT SESSIONS

recommended 3 times per week for 4 weeks, bandaging and/or MICROMASSAGE HOSIERY must be worn between sessions



NOTE: It is highly recommended that client wear **MICROMASSAGE HOSIERY** between BALLANCER LYMPHDRAINAGE VASCULAR sessions in order to ensure successful and measurable outcome.

BALLANCER MAINTENANCE SESSIONS

recommended 2 times per week intermittently, MICROMASSAGE HOSIERY must be worn between sessions



LYMPH DRAINAGE – COMPRESSION VASCULAR THERAPY SYSTEM

- **NOTE:** Unless there is ongoing micro massage action to the microcirculation in the interstitium the reduction and vascular improvement is not as noticeable and measurable.

COMPRESSION THERAPY TECHNIQUES

THE SKIN AND ITS RESPONSE TO COMPRESSION FORCES COMPRESSION THERAPY TECHNIQUES AGAINST CELLULITE AND POST SURGERY EDEMA DEVELOPMENT - by Dr. Reinhard Bergel



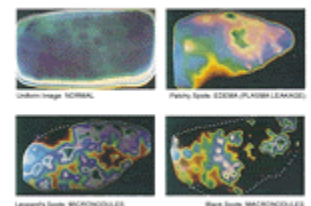
- **NOTE:** The bandage material used determines the depth of the compression effect on the epidermis or deep regions. Short stretch bandages are primarily used for the compression of cellulite, primary and secondary lymphedema and combination forms, i.e. venous-lymphedema, venous-lipo-lymphedema.

DERMATOLOGICALS - SKINCARE



CELLULITE 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.



CELLULITE THERMO DETECTOR



FOOT CARE CALLUSAN CREAM MOUSSE EXTRA

for extremely dry, chapped and cracked heels and **for diabetic foot conditions** (highly effective, quickly absorbed, leaves no greasy traces, skin functions are not impaired). Applied regularly Callusan provides the optimum platform for successful treatment.

DR REINHARD R BERGEL, PHD

Founder and President of H-e-a-t. Inc. SPA KUR THERAPY DEVELOPMENT



Memberships:

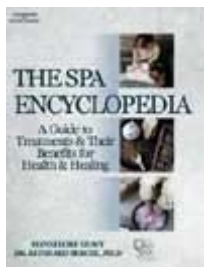
- National Lymphedema Network
- American Society of Lymphology
- International Society of Lymphology
- German Society of Lymphology
- American College of Sports Medicine
- Advisory Board:
Day Spa Association
- Board of Directors:
International Medical Spa Association
- International Society of Medical Hydrology



H-e-a-t. Inc. is Serving the Health Care Industry since 1980.

H-e-a-t. Inc provides equipment, products, education, training, design, financial planning, consultation, support and development of "SPA KUR THERAPY CENTERS" world wide.

Dr Reinhard Bergel has developed world-renowned therapy educational **books, video tapes** and training courses for the med spa industry has published numerous articles as seen on as well as the comprehensive **SPA ENCYCLOPEDIA**.



The Spa Encyclopedia:
A Guide to Treatments & Their Benefits for Health & Healing
By Dr Reinhard R Bergel & Hannelore Leavy

The only guide to total well being and spa services: it will be the standard reference for decades to come.

Dr Bergel **conducts educational workshops and staff training** (on site) in Clinical and Health Spa Centers around the world.

BALLANCER ® – Pressotherapy Instrumental Lymphatic Drainage Body Shaping - Slimming



INSTRUMENTAL UPPER AND LOWER BODY LYMPH DRAINAGE AND VENOUS SYSTEM MASSAGER - THE BALLANCER- SEQUENTIAL AND PERISTALTIC COMPRESSION SYSTEM

DESIGNED FOR USE IN SPA, SALON, FITNESS, SLIMMING & PHYSICAL THERAPY AND AT HOME.

THE BALLANCER aids in the removal of excess interstitial fluid (swelling), accelerates **VENOUS AND LYMPHATIC** function and is extremely comfortable.

It helps in **CELLULITE TREATMENT, PREVENTION AND TREATMENT OF SWELLING, BODY SHAPING, RELIEVING 'HEAVY' LEGS.**

www.h-e-a-t.com

www.ballancerusa.com

BALLANCER® – Pressotherapy Instrumental Lymphatic Drainage Body Shaping - Slimming



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 metabolic waste.

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 feeling

A regular program of lymphatic drainage twice a week will enhance your physique.

Ballancer- Pressotherapy- Instrumental Lymphatic Drainage Body Shaping - Slimming

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™ 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.

This patented overlapping cell system gives superior physiological gradient compression for the most effective therapeutic massage available today.

Ballancer™ Jacket:

12/24 cells massage the upper body, firm the arms, and soothe sore muscles for the ultimate in relaxation.

Expanders:

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

Lymphatic Massage Cellulite Lotion:

For complete massage therapy.

Bodyforming lotion stimulates blood circulation to enhance the massage action and improve skin tone, and is available in regular and sensitive skin formulas. Cell activating the lotion penetrates the skin to help dissolve fatty deposits in problem areas.

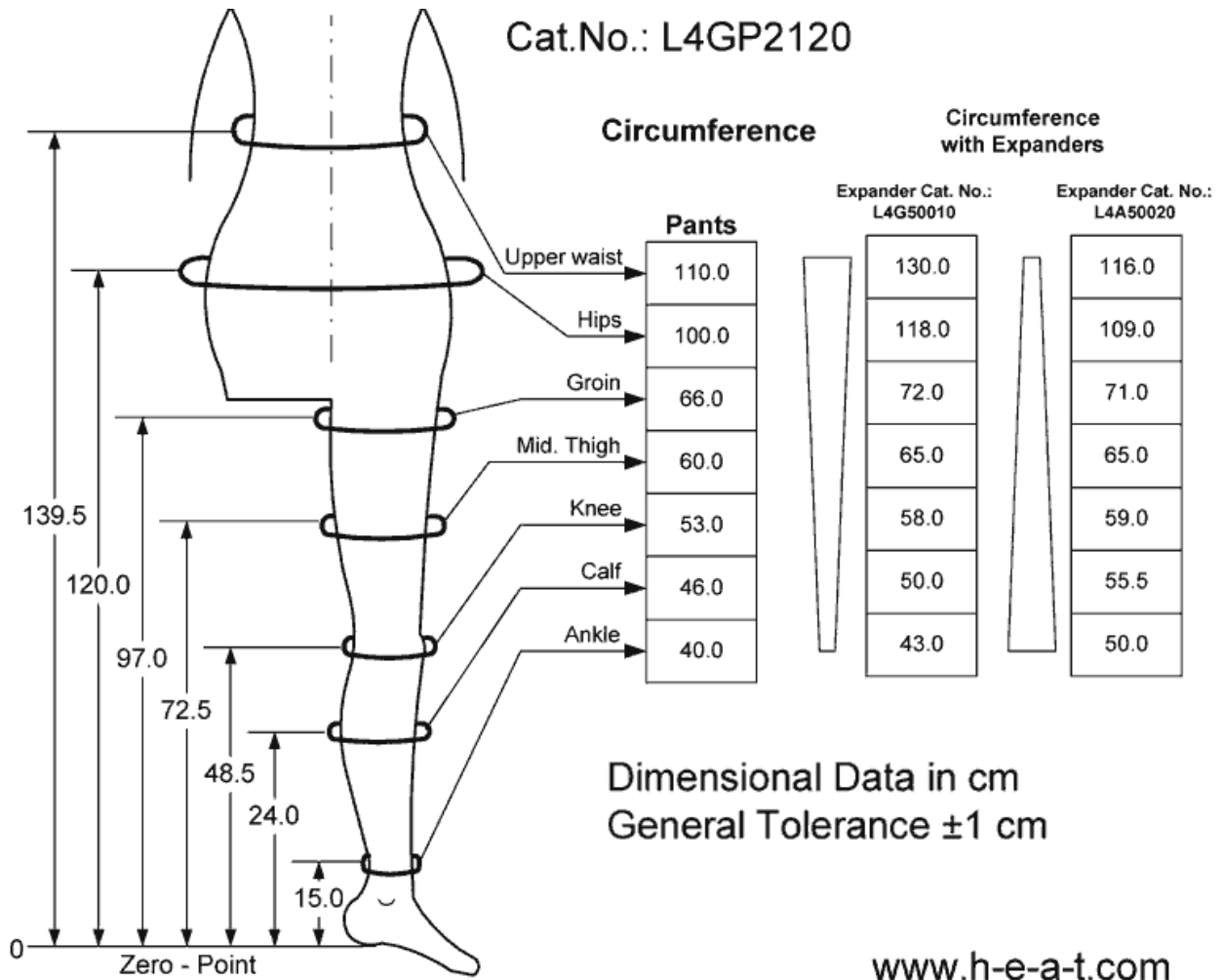
Micro-Massage Hosiery: Compression garment for hips and buttocks. Optional for use at home between Ballancer™ sessions, to enhance and maintain treatment results.

Ballancer™ pant liner inserts:

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

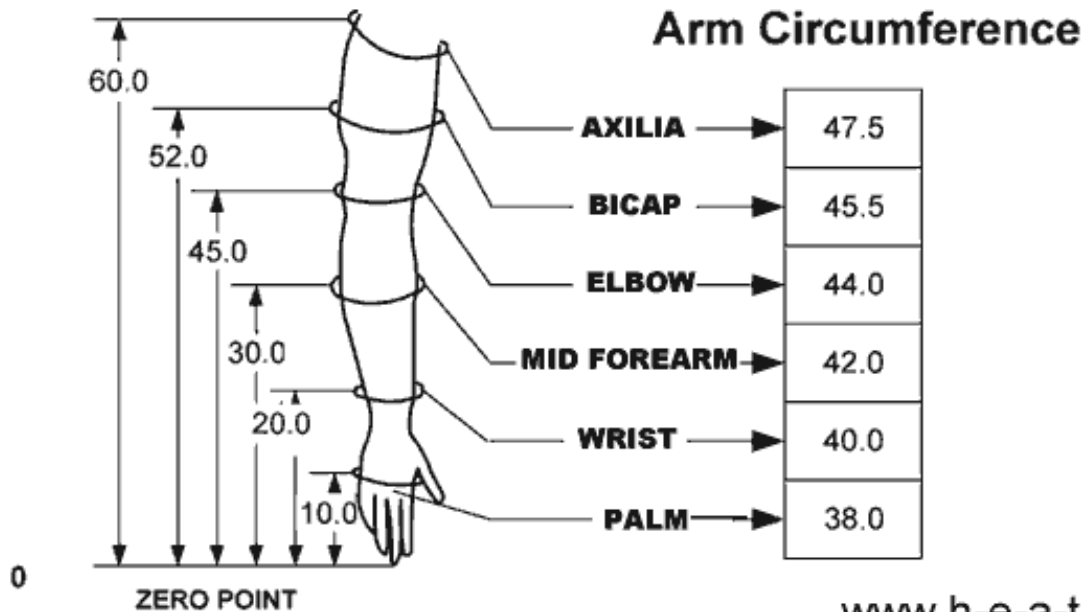
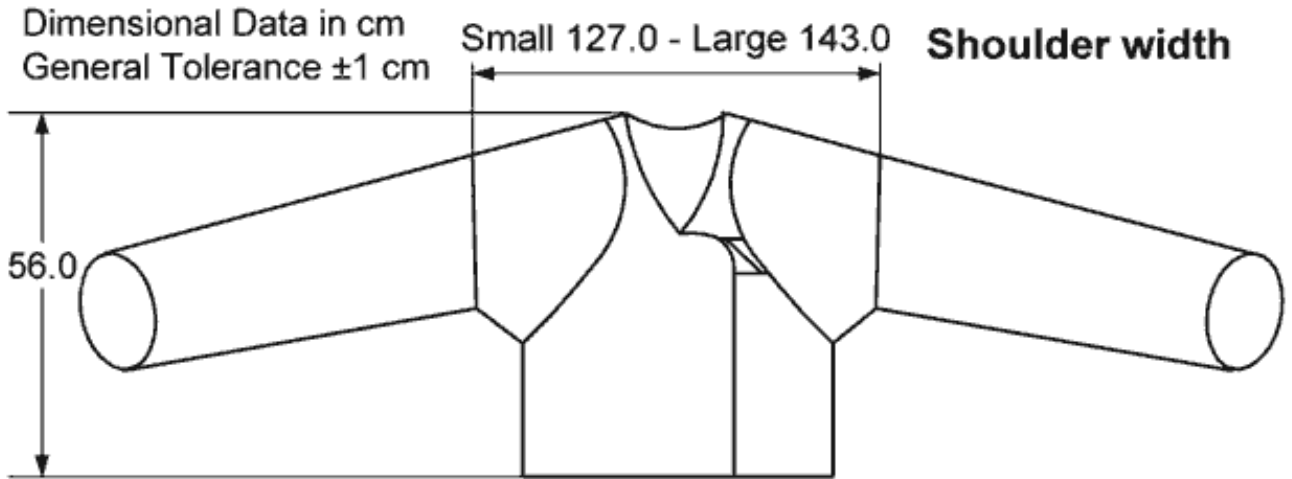
Quality lymphatic drainage for home and salon.

Ballancer® Pro Pants Measurements



Click to download [Ballancer® Operations Manual](#) (you must be online, please connect first).

Ballancer® Jacket Measurements

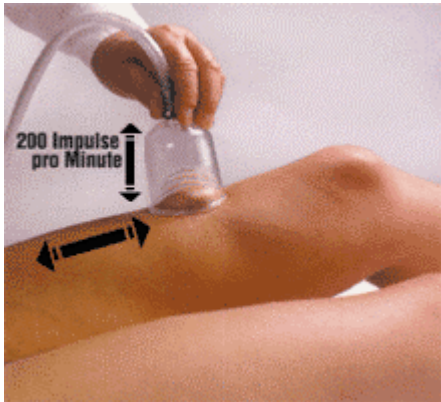


www.h-e-a-t.com

Click to download [Ballancer® Operations Manual](#) (you must be online, please connect first).

PNEUMATRON 200®

– Pneumatic Pulsation Lymphatic Drainage



DENY® Pneumatic pulsation treatment (PPT) with the Pneumatron 200®

The demands made on therapists are increasing all the time. More and more clients make greater demands and expect fast and effective treatment that is also gentle and free of side effects.

A few years ago, painful or stressful applications and methods were accepted for “a cure at any price”, but these days many patients **expect treatment procedures to be gentle but effective.**

Therapies no longer use any means to effect a cure; the real target cure has to be integrated and achieved without stress. This realization has been fully taken into account in the development of the **PNEUMATRON 200®**.

The Pneumatron 200 S

has a unique deep action, which ensures its therapeutic usefulness for medical and cosmetic indications.

- Pneumatic pulsation treatment - PPT 200 Impulse / Minute, 110V
- The apparatus is lightweight and easily transportable, also suited for home visits.
- The intensity can be gradually adjusted and it has inbuilt timer control and overheating protector.
- **Standard equipment:**
1 individual tube with five different acrylic glass bells (15, 20, 37, 50, 67 mm), 1 silicon bell (13 cm), 2-year guarantee.



CELLUPERSONAL – Cellulite Thermo Detector



[#HEAT CPD-100](https://www.heat.com/products/cellu-personal)

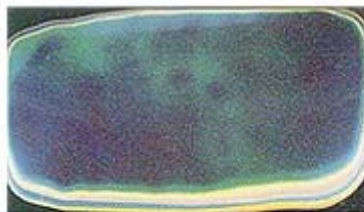
Easy-to-use Cellulite thermo-detector

Detect cellulite before it's too late!

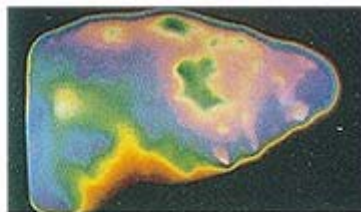
CelluPersonal helps to locate areas that may be in the beginning or serious stages of cellulites, and areas that need careful treatment. It will help you choose the best type of product, massage, or exercise to deal with each specific stage of cellulites.

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.

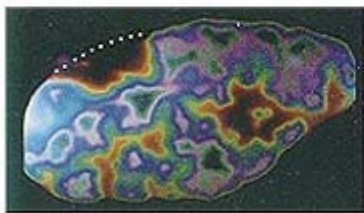
CelluPersonal uses **Encapsulated liquid crystals** (ELC) as the ideal method to detect and display these temperature differences. It is easy and quick to use, repeatable, and -above all- harmless. The ELC Plate takes on different colors depending on the temperature of the tissue below it, producing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



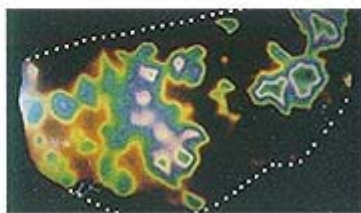
Uniform Image: NORMAL



Patchy Spots: EDEMA (PLASMA LEAKAGE)



Leopard's Spots: MICRONODULES



Black Spots: MACRONODULES

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
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 short stretch bandaging and/or MicroMassage
Hosiery**

INGREDIENTS: Panthenol, Aloe Vera Extract, Green Tea Extract, Chamomile Extract,
Tocopheryl Acetate (Vitamin E), Retinyl Palmitate (Vitamin A),
Cholecalciferol (Vitamin D3),

COMPRESSION SHORT STRETCH BANDAGES

Compression reduces capillary leakage and promotes re-absorption of interstitial fluid, resolving and controlling edema & cellulite. The fabric of the compression support also acts to replace the diminished elasticity and resistance of the skin. We offer you compression products to meet all your clients

- Comprilan® 100% cotton short stretch bandage
- Isoband® 85% cotton stretch longitudinally elastic bandage.

Comprilan®

100% cotton short stretch compression bandage

Indications

- Venous ulcers
- Venous insufficiency
- Edema / lymphedema
- Post sclerotherapy
- Slimming



*Short Stretch
Compression
Bandage*

Product Characteristics

- 100% cotton
- Provides high working pressure and lower resting pressure
- Ideal for body shaping
- Washable, reusable
- Available in four sizes

Isoband®

Finished edge bandage short stretch longitudinally elastic bandage. High cotton content (85%) provides maximum comfort

Indications

- Suitable for phlebological, slimming, & body shaping applications. Well tolerated by clients with sensitive skin. Washable, reusable.
- Available in two sizes.



Cellulite Control with MICROMASSAGE HOSIERY

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



MAGIC WENDY FITNESS



Middle version patented elastic hosiery, with sanitary opening for post liposuction treatment.



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.

Cellulite Control with MICROMASSAGE HOSIERY



Clinical test confirm that the micromassaging “wave” is an effective toning aid.



SIZE CHART:

		WEIGHT LBS												
		100	110	120	130	140	150	160	170	180	220			
HEIGHT IN	4' 10	S											145/150	HEIGHT CM
	5' 0	S		M									150/155	
	5' 2		M		ML								155/160	
	5' 4		M		ML		L						160/165	
	5' 6		M		ML		L		XL				165/170	
	5' 8				ML		L		XL				170/175	
	5' 10						L		XL				175/180	
		45	50	55	60	65	70	75	80	85	105			
		WEIGHT KG												

DERMATOLOGICALS – SKIN CARE

FOOT SKIN CARE - 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)

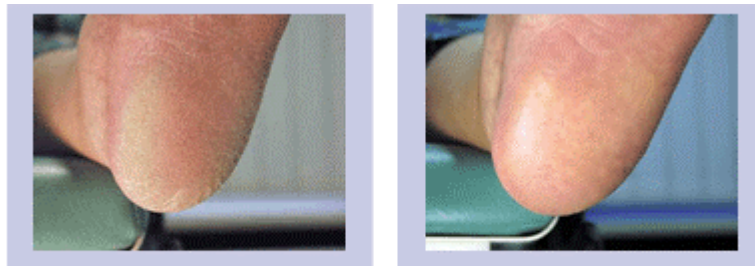


AKTIVE INGREDIENTS

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

INGREDIENTS:

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



Before and after - try and test it!

TEXTBOOKS – WORKBOOKS - VIDEOS

H-e-a-t Inc., Spa Kur Therapy Video-Workbooks & Manuals

5000	<p>5000 Kneipp Hydrotherapy / Herbal / Wrap & Pack Procedure (90 Minutes) Bergel & Specht - Video / Manual <u>Content:</u> Indications, Contraindications, step by step video illustration and text description of procedure for affusion, bath, ablution, wrap, pack, compress, hot roll, hay pack, body hardening and conditioning through contrast temperature water treatments, dry brushing, air bath, dew walking, water treading, snow walking, example of weekly treatment, programming.</p>
5001	<p>Underwater Pressure Massage Procedure / Tub (60 Minutes) Bergel - Video / Manual <u>Content:</u> Indications, Contraindications, water pressure control, client positioning, variations of stroke patten and massage procedure in therapy tub Heat 6000.</p>
5003	<p>Parafango (Paraffin Mud) Wrap Procedure (30 Minutes) Bergel - Video / Manual <u>Content:</u> Indications, Contraindications, method of application, versatile applications in massage therapy sports therapy physical therapy rheumatology.</p>
5004	<p>Herbal Wrap Procedure (30 Minutes) Bergel - Video / Manual <u>Content:</u> Indication, Contraindication, room and table preparation, hydrocollator and sheet preparation, client preparation, the herbal room and equipment.</p>
5005	<p>Seaweed Wrap Procedure (30 Minutes) Bergel - Video / Manual <u>Content:</u> Indication and contraindication, room and table preparation, client preparation, the wrapping, using the electric-thermal blanket.</p>

H-e-a-t Inc., Spa Kur Therapy Training Text & Workbooks	
5110	<p>The Spa Encyclopedia: A Guide to Treatments and Their Benefits for Health and Healing (Hannelore Leavy & Dr Reinhard Bergel)</p>
5100	<p>Spa Management / Employee Training Operations Manual by Dr Reinhard Bergel <u>Content:</u> Spa organization, selecting key personnel, outline for lesson plans, job descriptions, task analysis, spa/resort/clinic organization, guest relations, employee attitude, appearance, conduct, and telephone courtesy; spa services, menus and fees.</p>
5101	<p>Balneotherapy Text and Practical Treatment Workbook - by Dr Reinhard Bergel <u>Content:</u> Balneotherapy, classification of mineral waters, peloids, methods and prescription of spa therapy, types of hydrotherapy, artificial baths: oxygen & carbon dioxide; thalassotherapy, aromatherapy, physiologic-metabolic effects, spa-kur therapy programming. Includes both Addendum 1 (Kneipp system) & Addendum 2 (thermal cures in Montecatini).</p>
5103	<p>Kneipp - Your Daily Health Care K.H. Angele, MD <u>Content:</u> Daily exercise, daily food, daily water applications, the sauna, dry brushing, daily herbs, harmony of daily life.</p>

Lymphology - H-e-a-t Inc., Video Work & Textbooks	
5006	<p>Manual Lymphatic Drainage Total Body Technique (90 Minutes) Bergel - Video / Manual <u>Content:</u> Indication and contraindication, manual technique definition and description, demonstration of throat, neck, abdomen, leg, arm, back, flank, face, breast drainage, example treatment sequence of a primary lymph edematous leg.</p>
5006.1	<p>Lymphedema - Complex Decongestive Physical Therapy (90 Minutes) Beiersdorf Company Med Information - Video Foldi <u>Content:</u> Anatomy physiology, pathophysiology, illustration of four phase treatment procedure of edema-lymphedema, skin care, manual lymph-drainage, compression bandaging, garment, pump exercise. Initial phase/containment phase. Documentation and illustration of the treatment of lymphostatic elephantiasis.</p>
5006.2	<p>Living With Lymphedema & Patient Therapy (30 Minutes) Beiersdorf Company Med Information - Video / Manual <u>Content:</u> Dos and Don'ts, corn press/on stocking, bandaging, skin and garment care, exercise, and recreation.</p>
5006.3	<p>Ulcus Cruris Venosum & Primary Care of Venous Leg Ulcers (30 Minutes) - Video only Beiersdorf Company Med Information <u>Content:</u> Anatomy physiology, wound care, compression bandaging, and garment, wound dressing, wound cleansing, exercise, skin care, dos and don'ts.</p>
5006.4	<p>The Technique of Manual Lymphatic Drainage and Edematherapy of the Throat, Neck, Face & Breast (30 Minutes) Bergel - Video / Manual <u>Content:</u> Indication and contraindication, manual technique definition and description, demonstration o throat, neck, face, breast drainage, example treatment.</p>
5006.5	Lymphedema Today - Modern Therapy / Video only
5006.6	Spanish MLD Tecnica
5006.7	<p>Textbook of Lymphology Foeldi MD, Kubik MD</p>

Lymphology - H-e-a-t Inc., Video Work & Textbooks

5104

Compression Bandaging Step By Step

Peter Staudinger, RN, Trainer Medical International

Content: Textbook and Instructional Workbook

The science of compression, practical bandaging instructions. This book is designed to show the possibilities of compression therapy beyond customary bandaging techniques, give suggestions and act as an aid to the user and assisting the experienced when training staff.

5105

Principals of Wound Healing

Asmussen & Soellner

Content: Textbook Beiersdorf Company Med Information

This wonderfully illustrated and east to follow tutorial communicates complex physiological and biomedical information in an easily Accessible form, i.e. structure of skin, mechanisms of wound healing, types of wound healing etc.