



Skin in Balance

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# Skin in balance

Skin reflects the state of our health. It forms the barrier between our internal system and the environment, it protects us against external factors and is the organ that carries our sense of touch. Skin is also exposed to all kinds of elements that can cause damage: illness, stress, UV rays, pollution, etc. We owe it to ourselves to take good care of our skin. Healthy skin is founded on three main elements: protection, care and hygiene. These guarantee a fresh, supple and radiant skin.

Since it was set up in 1986, Naqi has been developing creative and innovative solutions for skin problems. Based on its own operational research our laboratory has developed an extensive range of derma-pharmaceutical products for primary health care and for active and sports people. These products are the result of scientific research into the specific needs of the skin carried out in partnership with renowned hospitals and dermatologists.



## SKIN

### PREVENTIVE

- **Mechanical stress**  
Clothing - Pressure - Massage
- **Climate - Environment**  
Cold - Heat - Damp

### CURATIVE

- **Dry skin**
- **Burns - Scars**
- **Irritated skin**

## NAQI CONCEPT

CARE + PROTECTION + HYGIENE

## COSMECEUTICALS

IMPROVE QUALITY OF CARE  
INCREASE PATIENT SATISFACTION

**Our mission is to develop preventive and curative skin care products and to thus contribute to the quality of the care provided and to patient satisfaction.**

In addition to a successful range of Naqi Derma-Protectors and Naqi Cold-Hotpacks for primary health care and hospitals, Naqi also markets a unique range of medical skin care products, specifically designed for the extremely dry skin of diabetes patients and a neuro-cosmetic line for skin therapists.

In this Naqi catalogue you will discover how our products can provide solutions to a large number of skin complaints and problems. On the left hand page you will see a description of the complaint or the problem and on the right hand side you will find the appropriate Naqi solution.

**Naqi stands for creativity, innovation and optimal quality.**

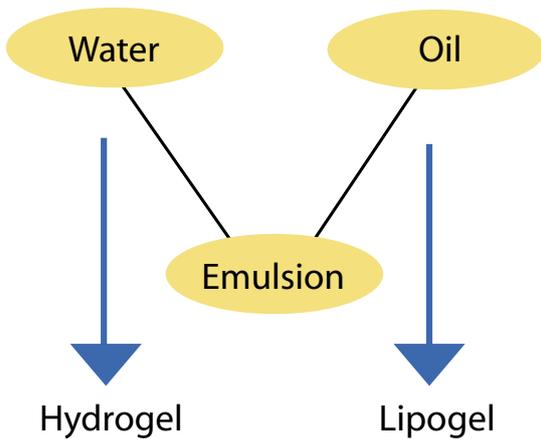


# PHYSIOLOGY OF THE SKIN

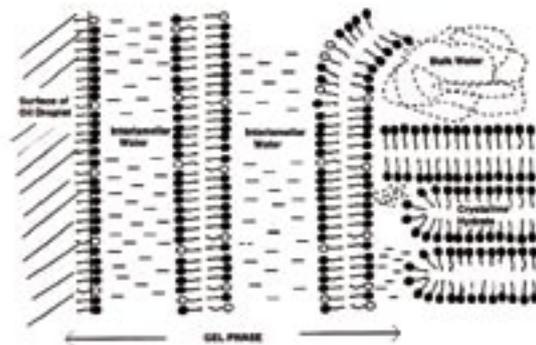
Skin forms the physical barrier between the body and the environment. Changes and possible damage to this barrier lead to dry skin and other skin problems caused by exposure to mechanical, physical or chemical stress and extreme weather conditions. In order to prevent damage to this natural skin barrier and where necessary to repair it, Naqi selects raw materials and carriers that work in harmony with the structure and metabolism of the skin.

The raw materials are split up into two categories: water-soluble on the one hand and oil-soluble on the other. Water-soluble raw materials, once processed so that they are thicker produce a very refreshing hydrogel; oil-soluble raw materials create a lipogel that leaves a protective film on the skin. When you mix oil and water, you obtain an emulsion. Naqi uses a special emulsion structure with lamellar lipids that imitate the structure of the skin and which is called the liquid crystal structure. This structure offers a wide range of advantages; it

- offers immediate and longterm hydration
- restructures and restores natural skin moisture
- is easily absorbed into the skin
- protects the skin.



Vehicles



Liquid crystal-structure

## Physiology of the skin: structure and basic functions

Skin is made up of two important structural layers: the epidermis and the dermis.

The epidermis is the outer layer of the skin. It protects the internal system from physical, chemical and microbial environmental influences.

The dermis is the deeper layer. Collagen and elastic fibre give the skin its suppleness and elasticity.

## Epidermis and stratum corneum: structure and growth of the skin

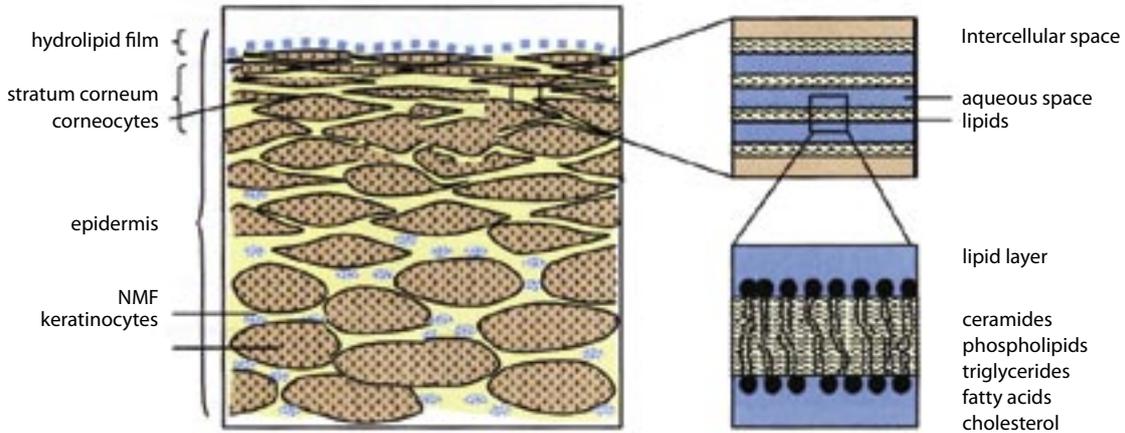
The epidermis is made out of different layers of cells. The lowest layer or basal layer, just above the dermis, is the active layer where new cells are reproduced. These cells continually multiply and gradually make their way to the surface. During this process the constitution of the cells changes. During the maturing process NMFs (natural moisturising factors) emerge which bind water and keep the skin moist and supple. When these cells reach the surface layer (the stratum corneum), they are called corneocytes which are also dead cells. Corneocytes are connected to each other by protein bridges or desmosomes. The corneocytes are surrounded by double layers of lipids, that are necessary for the formation of the natural skin barrier and to keep the skin moist and supple. These lipids form stacked multi-lamellar double layers and water is retained within this structure.



# PHYSIOLOGY OF THE SKIN

## Stratum corneum

This structure can be compared to a protective wall where the cells (the bricks) are held together by the lipid layer (the cement). This structure forms the natural physical and water-binding barrier of the skin and defines what the skin will look and feel like.



## The shedding of the skin cells

Shedding is essential for maintaining a soft skin.

Shedding or desquamation is the enzymatic process that dissolves the desmosomes (protein connections) between the corneocytes. These are shed as small invisible particles. These enzymes work in a well-hydrated stratum corneum. If there is insufficient moisture this normal shedding process will not take place leading to thick, dry, coarse and scaly skin.

## Trans-epidermal water loss

Water makes the skin supple and soft. The stratum corneum takes water from the dermis and also absorbs moisture from the environment.

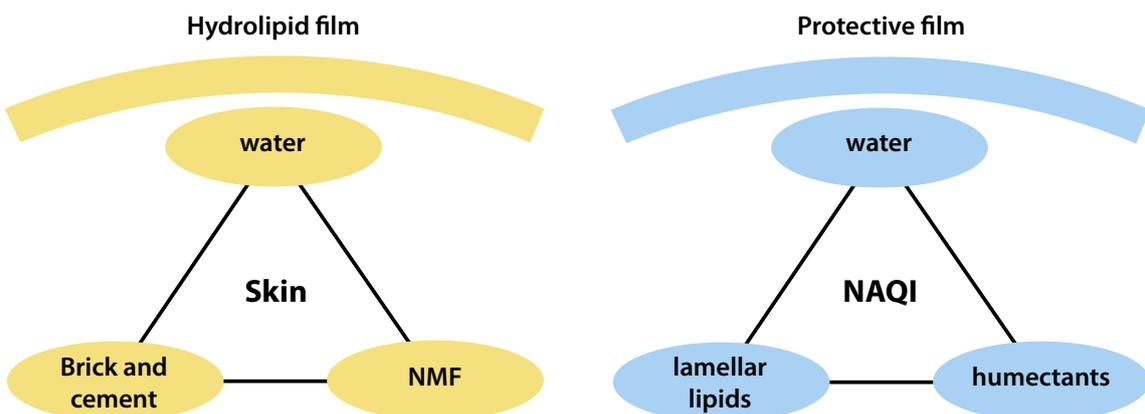
Water release from the stratum corneum is called trans-epidermal water loss (TEWL).

Increased trans-epidermal water loss is the most important cause of dry, flaky skin and many other types of skin problems.

The water content of the stratum corneum varies according to the humidity in the environment. A dry skin, when exposed to cold, wind and low humidity conditions, will become even drier.

In order to maintain skin in optimal condition and to compensate for eventual fluctuations in moisture content and the barrier structure, Naqi products work in harmony with the structure and metabolism of the skin. The structure of our products is identical therefore to that of the skin:

- lamellar lipids, similar to the lipid structure of the skin
- humectants that, just like NMFs (natural moisturizer factors), retain moisture



Source: Skin Physiology, Irritants, Dry Skin and Moisturizers. C. Marino <http://www.lni.wa.gov/Safety/Research/Dermatitis/>



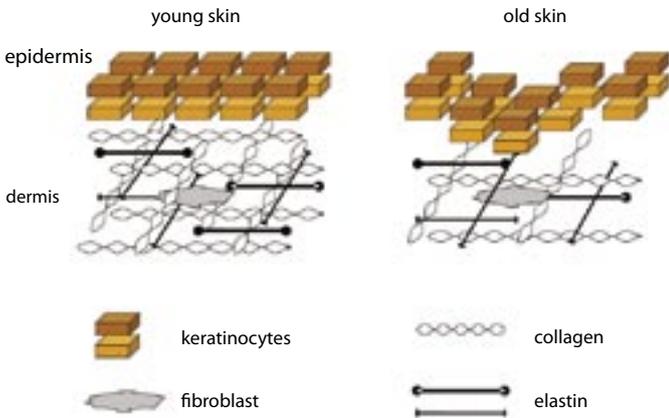
## Intrinsic factor of dry skin

### Diabetes

Skin problems occur very frequently among diabetics. A reduction in the amount of moisture reaching the dermis or epidermis from not drinking enough and a lack of nourishment at a cellular level due to the reduced circulation cause chronic dry skin. When skin is dry, the unique barrier structure is damaged so that more moisture is lost and irritants may penetrate the skin. You end up in a vicious circle: once the barrier is damaged, protection is lost and irritants, allergies and infections arise that damage the barrier even further.

Fortunately, most skin problems can be prevented. If skin problems do arise they should not be underestimated. An ordinary skin complaint can develop into a serious problem with important consequences such as ulceration and even amputation.

Diabetics suffer from accelerated skin ageing. An excess of sugar in the system creates a reaction in the collagen and elastic fibre of the skin with the result that the skin loses its elasticity and looks dull. Skin and nails may also turn yellow. Appropriate skin care can slow down this process.



Naqi Body Lotion and Naqi Body Care have been designed to correct dry skin among diabetics. They optimise the barrier function and increase moisture content. The effectiveness of these products is revealed in the following surveys.

### Survey I. Dry skin in Diabetic Patients, E. Uhoda, B. Debatisse, P. Paquet, C. Piérard-Franchimont, G.E. Piérard

Results were observed among seventeen diabetic patients who were treated with a daily application of two Naqi formulae and a hydro-alcoholic gel on a xerotic leg. The electrical dispersal of the capacitance of the skin was measured over three weeks for six days a week and compared with the untreated leg (higher electrical capacitance indicates better hydration). Better hydration was noted at the sites that were treated with Naqi Body Lotion and Naqi Body Care. There was a significant difference ( $p < 0.05$ ) at the end of the first week. Both the volunteers as well as the researchers noticed the clinical improvement.

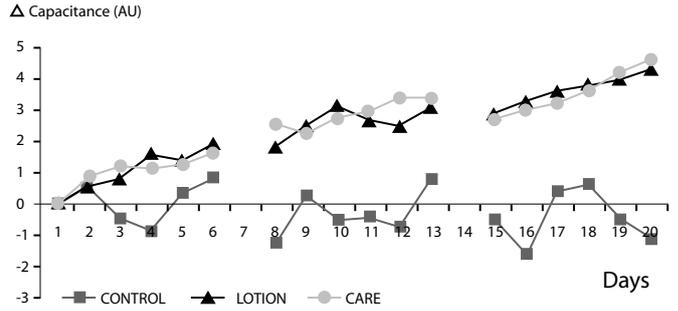


Figure: Difference between the capacitance (AU : arbitrary units) of a xerotic site on a leg treated daily with a topical product and the other leg.

### Survey II. Repair Kinetics of the Stratum Corneum under Repeated Insults, E. Uhoda, C. Piérard-Franchimont, B. Debatisse, X. Wang, G.E. Piérard

Naqi Body Care restores the damaged barrier and stimulates epidermal renewal.

Naqi Body Care and a classical moisturising lotion were used twice a day for two weeks among 20 diabetic volunteers. On day 15, the barrier function was damaged by a controlled removal of the stratum corneum and a 5% dihydroxyacetone (browning without sun) occlusive plaster was applied that coloured the skin. The barrier repair was slowed down by repeated immersions in a detergent solution. The products were used for a further two weeks and each day the trans-epidermal water loss (TEWL) and the skin colour (L = luminancy) were measured. This research revealed that Naqi Body Care is significantly effective in restoring the stratum corneum barrier and epidermal cell renewal.

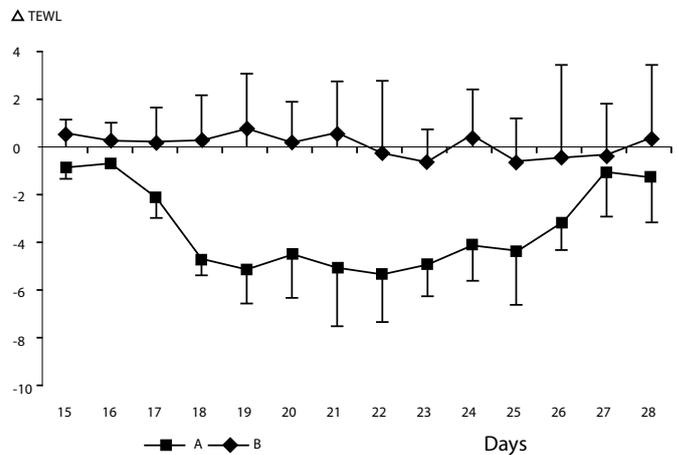


Figure: development of the different TEWL values between the sides treated with Naqi Body Care (A) and control product B

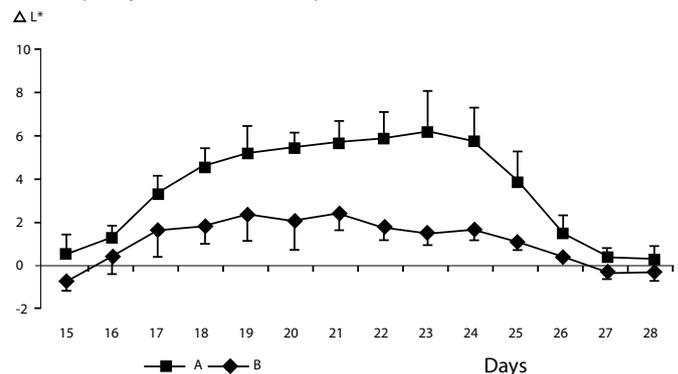


Figure: development of the different Luminancy (lightness) values between the sides treated with Naqi Body Care(A) and control product B



## Naqi Body Care

### For intensive care of vulnerable and sensitive skin

Naqi Body Care is a high-quality, very effective skin cream. Body Care may be used on the face as well as the body and feet

- intensive care for most kinds of skin problems
- prevents reactions to sugar and protein
- neutralises harmful effects of free radicals
- hydrates intensively
- prevents and reduces irritations
- promotes skin renewal
- slows down the ageing process and yellowing of the skin

**Directions:** apply once or twice a day to all dry and sensitive areas of skin and massage gently.

**Packaging:** 100ml - 500ml



## Naqi Body Lotion

### For daily care

NAQI Body Lotion optimises the barrier function

- immediate and lasting intensive hydration
- easily absorbed into the skin
- restructures and repairs the natural skin balance
- protects the skin
- spreads easily

**Directions:** apply once or twice a day to feet and the whole body.

**Packaging:** 200ml - 500ml



## Naqi Body Soap

### Mild cleansing

Cleansing with a “soap-free” soap is important. The Naqi Body Soap ensures that the natural protective layer of the skin is not damaged. It is a very mild cleanser, suitable for daily cleansing of sensitive skin:

- mild and effective cleansing
- nourishes the skin without making it feel taut
- pH skin neutral

**Directions:** apply to damp skin, cleanse gently, rinse off carefully with lukewarm water and dry.

**Packaging:** 500ml pousse mousse

**ADVICE:** After drying the skin thoroughly, rub with Naqi Body Lotion to keep it soft and smooth, which is a sign of good hydration and an effective barrier. Naqi Body Care is recommended for irritated skin. Daily skin care is recommended and necessary to prevent further problems and complications.

#### NAQI BODY CARE

Aqua, Butyrospermum Parkii, Glycerin, Oxidized corn oil, Pentaerytrityl tetracaprylate/caprate, Cetearyl Octanoate, Sorbitan Stearate, Cetearylalcohol, Sodium Stearoyl Lactylate, Glycine Soja Sterols, Vitis Vinifera, Carnosine, Sodium Carboxymethyl Betaglucon, Sucrose Cocoate, Tocopheryl Acetate, Tocopherol, Sodium Lactate, Xanthan Gum, Dimethicone, EDTA, PEG-40 Hydrogenated Castor Oil, Parfum, Vegetable oil, Alcohol, Phenoxyethanol, Methylparaben, Ethylparaben, Propylparaben, Butylparaben.

#### NAQI BODY LOTION

Aqua, Paraffinum Liquidum, Cetearyl Octanoate, Glycerin, Sorbitan monostearate, Cetearyl Alcohol, Cyclomethicone, Panthenol, Sucrose Cocoate, PPG-15-stearylether, Dimethicone, Xanthan gum, Allantoin, Imidazolidinyl Urea, Methylparaben, Propylparaben, Parfum, EDTA

#### NAQI BODY SOAP

Aqua, Sodium laureth sulphate, Sodium laureth-11 carboxylate, Glycerin, PEG-4, rapeseedamide, Sodium chloride, Sodium Lactate, Laureth-10, Inulin, Panthenol, Lactic acid, Allantoin, Parfum, Phenoxyethanol, Methylparaben, Ethylparaben, Propylparaben, Butylparaben, Disodium EDTA.



# SKIN REGENERATION – TREATMENT OF SCARS

Damage to the epidermis does not leave scars. Injuries that penetrate through to the dermis do however. The deeper the skin injury, the longer it takes for the skin barrier to be restored.

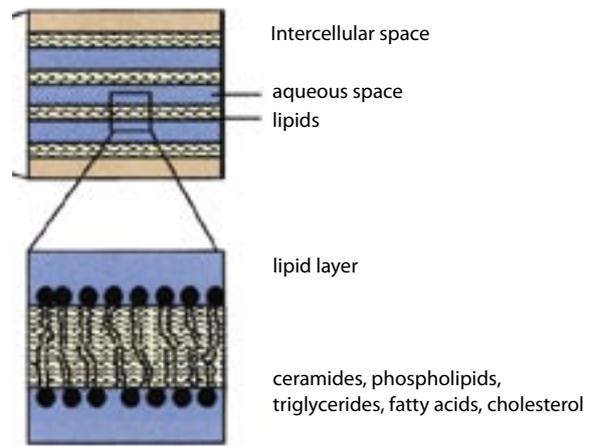
The renewal of the epidermis takes just fourteen days, but depending on the depth of the wound the increased trans-epidermal water loss (TEWL) may persist for 150 to 500 days.

While the epidermis is not functioning completely and the dermal remodelling is not completed, the barrier function of the renewed skin is problematic and needs special care in order to combat further water loss. This renewal process goes hand in hand with a dry, itchy skin that is much more sensitive and which is more easily penetrated by irritant substances, allergens and micro-organisms.

Linoleic and linolenic acids are essential fatty acids that are not produced by the body naturally. They have to be ingested in the form of food. These fatty acids are necessary for the synthesis of cell membranes and prostaglandins, for defence and growth mechanisms and for the physiological and biochemical procedures of cell regeneration.

A lack of these fatty acids leads to red flaky skin with increased porosity. Several surveys have confirmed the positive effects of locally applied essential fatty acids.

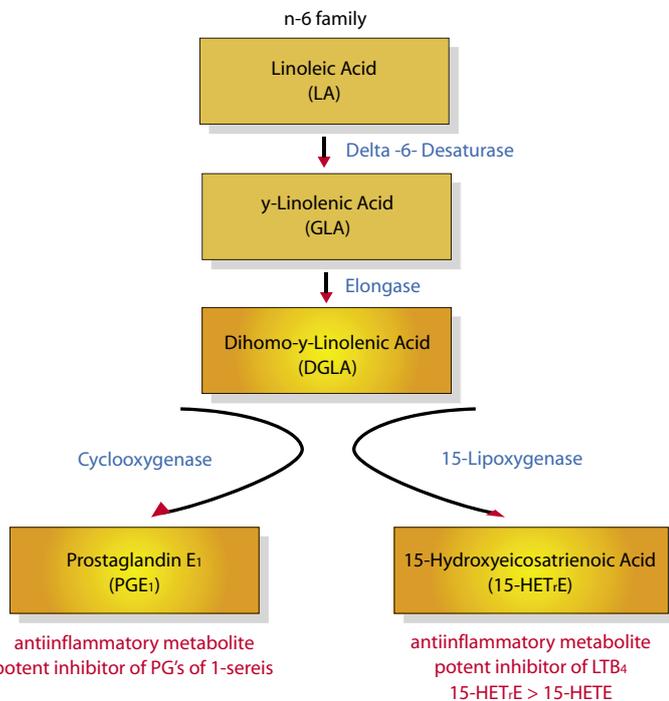
Local application of linoleic and linolenic acid slows down the trans-epidermal water loss and the emergence of elements that increase the risk of inflammation.



**Illustration:** elements that make up the intercellular cement

The local application of Rosa Mosqueta (rose hip) oil that contains 80% linoleic and linolenic acid, strengthens the skin barrier and reduces the risk of irritation. Rose hip oil is used in Naqi Repair, Naqi Massage Oil Repair and Naqi Cica Creme.

**Source:** Applications of Essential Fatty Acids in Skin Care, Cosmetics and Cosmeceuticals. J. Brenner C&T Vol. 119, No3/ 3/2004. Essential Fatty Acids and Eicosanoids in the skin: Biosynthese, Biological and Cosmetic Importance B. Härtel SOFW 124, 13/98.



## Essential fatty acids



# SKIN REGENERATION - BURNS

Even after a burn on the surface of the skin has healed, the regeneration of the skin is a long way from being complete. The fragile, new skin is very sensitive and needs extra nourishment and care. The barrier function is not yet optimal, so that a lot of moisture is lost and the skin remains sensitive. Zones that have been burned can still itch from time to time. The regeneration of the skin, depending on the depth of the burn, may take several weeks or even years. Appropriate skin care is recommended therefore.

**Source:** The Epidermal Skin Barrier: Implications for the Wound Care Practitioner, Part II J Fore-Pfliger MD,CWS, FAPWCA.

## SKIN REGENERATION – TREATMENT OF SCARS



### Naqi Repair

100% rose hip oil activates the skin regeneration process in the case of scars and striae.

- optimises the barrier function
- promotes skin regeneration
- improves the elasticity of the skin
- improves the appearance of scars
- increases the moisture content of the skin
- optimises the quality of primary care.

**Directions:** massage a few drops of Naqi Repair into scars and striae twice a day until completely absorbed. For rehabilitation therapy, Repair can be combined with ultrasound therapy. Use for two to three weeks.

**Packaging:** 10ml



### Naqi Massage Oil Repair

25% rose hip oil

- creates a healthy skin barrier
- promotes skin regeneration
- improves the elasticity of the skin
- improves the appearance and colour of scars
- increases the moisture content of the skin
- reduces flaking
- prevents and reduces wrinkles and striae
- optimises the quality of primary care.

**Directions:** in order to strengthen the skin and reduce damage (during pregnancy or radiotherapy for instance) and for use after Naqi Repair. Rub in two to three times a day. For rehabilitation therapy Massage Oil Repair can be combined with ultrasound therapy.

**Packaging:** 30ml - 100ml spray

#### REPAIR

Rosa Canina, Tocopherol

#### MESSAGE OIL REPAIR

Cetearyl Octanoate, Rosa Canina, Simmondsia Chinensis, Tocopherol

## SKIN REGENERATION - BURNS



### Cica Creme

Specialy designed for daily care of burned skin.

- stimulates skin regeneration
- rebuilds the skin barrier and reduces itching
- hydrates and smoothens regenerated skin
- improves the appearance of scars
- facilitates functional rehabilitation
- eases the process of putting on pressure garments

**Directions:** gently apply Naqi Cica Crème twice a day.

**Packaging:** 100ml - 500ml

**CICA CREME :** Aqua, Cetearyl Octanoate, Butyrospermum Parkii, Rosa Canina, Propylene Glycol, Sorbitan Stearate, Cetearylalcohol, Sucrose Cocoate, PPG-(15)-stearyl ether, Cyclomethicone, Panthenol, Allantoin, Bisabolol, Xanthan Gum, Imidazolidinyl Urea, Dimethicone, Methylparaben, Propylparaben, Parfum, EDTA, Tocopherol

*Naqi works together with a manufacturer of pressure garments supplying specialised products.  
Certain products ease the process of putting on pressure garments and reduce itching, other products ensure special cleaning of clothes.*



## MECHANICAL STRESS

Skin is directly exposed to external factors and needs to form a sufficiently impermeable and resistant barrier.

If skin is exposed to friction, it will defend itself by:

- Increasing the number of and the activity of the cells in the lowest epidermal layer
- Accelerated cell migration through the stratum corneum
- The thickening of the stratum corneum (formation of calluses).

The skin thus gradually adapts itself to the change in conditions but there are limits.

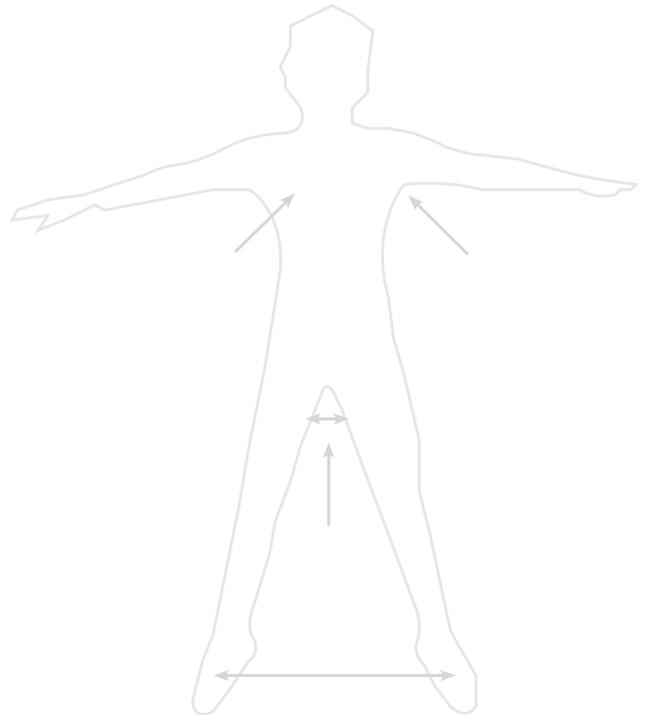
An inflamed red skin is the first sign that there is a problem with extended or intense friction. In thicker skin on the palms of the hands and the sole of the feet for instance, this can lead to splits in the epidermis and the formation of blisters. Where the skin is less thick, this tears away immediately leaving a wound.

Sweat on skin increases the effects of friction and can result in a wound. Recent surveys have shown that a damaged skin barrier reduces the mechanical properties of skin so that there is an increased risk of irritation and wounds. Friction is the cause of a great number of skin problems.

Naqi created Body Screen to act as a barrier in order to reduce the direct contact between the skin and the aggressor, to strengthen skin and make it less susceptible to irritation. Naqi uses Shea Butter in this product which has excellent dermatological properties.

**Note:** in order to prevent the formation of blisters, Vaseline is sometimes used. Vaseline forms an occlusive film on the skin so that normal water release cannot take place. The water stacks up with the result that there is a greater risk of problems from friction.

Skin response to Mechanical Stress: Adaptation rather than Breakdown- A review of the Literature; J.E. Sanders, B.S. Goldstein, D.F. Leotta.





## Naqi Body Screen

**Naqi Body Screen protects the skin against friction caused by the following:**

- skin contact between the legs, breasts, corpulence, etc.
- contact between the skin and clothing, shoes, prostheses.
- skin contact with body fluids in instances such as incontinence.

**Naqi Body Screen:**

- strengthens the skin
- improves the skin barrier
- prevents and minimises skin irritations caused by friction
- hydrates the skin.

**Directions:** to prevent problems caused by friction and to protect sensitive or moist skin, apply a sufficient amount of NAQI Body Screen. Repeat several times a day if necessary.

**Packaging:** 50ml - 100ml - 500ml



## Naqi Leather Cream

Naqi Leather Cream keeps leather supple and prevents it scratching against the skin. For additional preventive protection of the skin we recommend using Naqi Body Screen.

**Directions:** rub Naqi Leather Cream into the inside of the leather of riding trousers, leather trousers or shoes.

**Packaging:** 100ml - 500ml

### **BODY SCREEN**

Aqua, Butyrospermum Parkii, Cetearyl Octanoate, Cetearylalcohol, Propylene Glycol, Sorbitan Stearate, Sucrose Cocoate, Panthenol, Allantoin, Bisabolol, Trimethylsiloxysilicate, PPG-(15)-stearyl alcohol, Cyclomethicone, Xanthan Gum, Imidazolidinyl Urea, Dimethicone, Methylparaben, Propylparaben, EDTA, Tocopherol

### **LEATHER CREAM**

Aqua, Butyrospermum Parkii, Cetearyl Octanoate, Cetearylalcohol, Propylene Glycol, Trimethylsiloxysilicate, Sodium Cetearyl Sulfate, Imidazolidinyl Urea, Dimethicone, Methylparaben, Propylparaben, EDTA, Tocopherol



# ITCHING - REDNESS - NEUROCOSMETICS

Skin innervation is extremely dense and reaches the most superficial layers of the epidermis. The relationship between the skin and the nervous system has been underestimated for a long time. Recent surveys confirm the anatomical and physiological relationship between nerve cells and skin cells.

Neurotransmitters are the mediators transmitting information between the skin and the nervous system. Neurotransmitters are synthesized by the nerve endings, but the cells of the skin itself and the immune system are also able to produce neurotransmitters. All cutaneous and immune cells have specific receptors for these neuromediators and enzymes for degrading them. All skin cells and the cells of the immune system are regulated and controlled by the nerves. At the same time the skin cells regulate neuronal activity and growth.

The nervous system is important for maintaining skin balance. If there are skin problems this is usually an indication that this balance is disturbed.

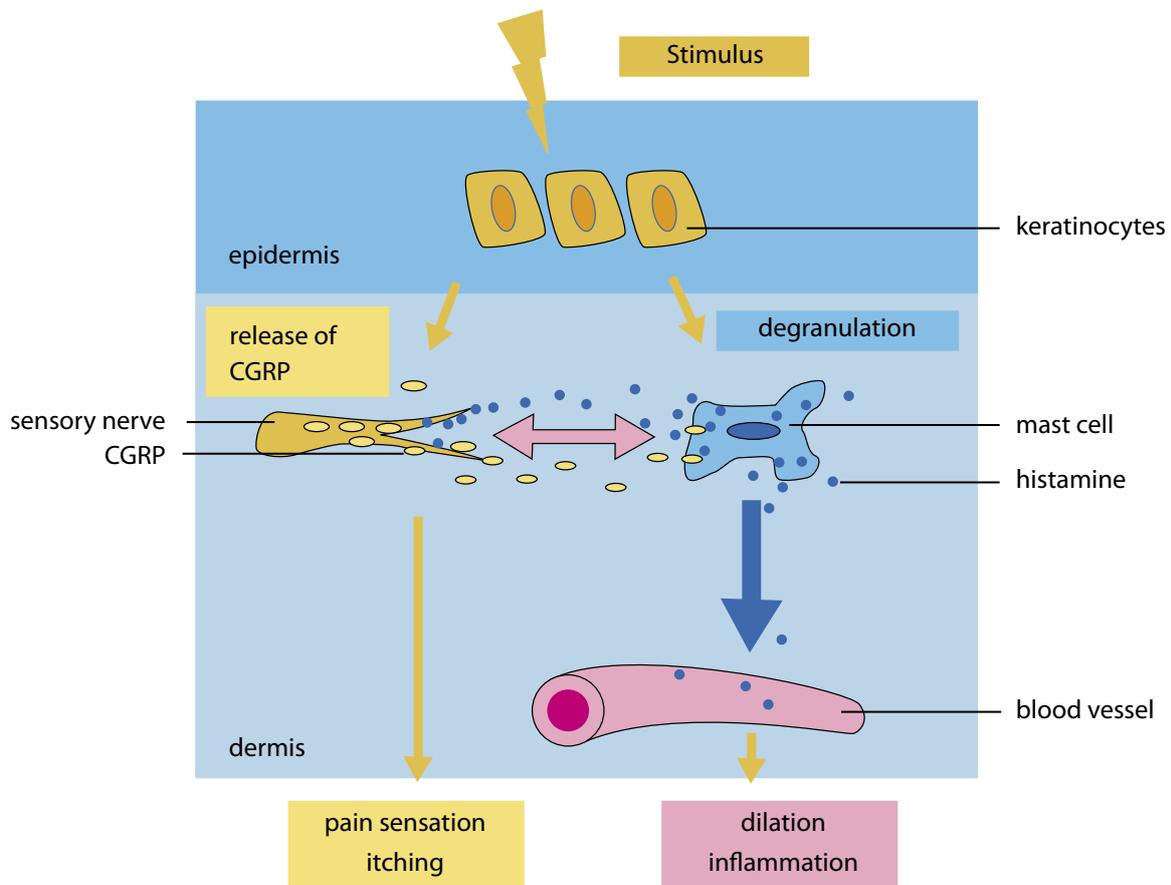
The great difference between nerve cells and other cells, is that nerve cells are not regenerated. Each time they are damaged therefore means that there are serious repercussions. Because they lie on the surface, they are also

exposed to environmental factors such as UV rays and they need to be protected therefore. Sense R contains Glistin in order to protect the nerves of the skin.

50 % of the population has a sensitive skin, more specifically dry skin that feels taut.

Sensitive skin reacts more strongly to environmental factors. It becomes red, itches or breaks out when it comes into contact with cosmetics, plants, clothing, heat or cold, etc. Itching is caused by the interaction between the stratum corneum, the free nerve endings and the mast cells (a type of white blood cells) when skin is irritated.

Irritation of the skin leads either to a direct reaction of the nerve endings or to the activation of mast cells. Irritation of the nerves leads to a reflex reaction, pain and the release of neuropeptides through the nerve endings. These neuropeptides cause dilation of the surrounding blood vessels with inflammation and activation of mast cells. The activation of mast cells releases histamine that causes itching and ends up as a local inflammation caused by the stimulation of the nerve endings. Opuntia streptacantha, an ingredient in Sense R, reduces the release of neuropeptides and thus reduces irritation and itching.



Source: Les nerfs à fleur de peau. L. Misery IJCS 2002, vol. 24, n°2, 111-116 Neurocosmetics Pr. M.C. Martini Jun. 2006 Soothing Factor from Opuntia Cactus for Sensitive Skin D. Schmid SÖFW 11-2005



## Sense R – gel

This professional gel eases skin irritations. SENSE R Gel breaks the chain reaction of skin inflammation and itching and protects the cutaneous nervous system against environmental factors. SENSE R Gel contains the following properties:

- reduces itching
- reduces local inflammation and redness
- reduces the reaction of sensitive skin to environmental factors
- hydrates
- softens coarse, dry skin
- improves patient comfort.

**Directions:** to be applied by the therapist to sensitive skin during ultrasound treatments or electro-therapy. It is recommended that use of SENSE R-LOTION be continued after treatment.

**Packaging:** 500ml



## Sense R - Lotion

A softening lotion for sensitive, red or itchy skin. SENSE R-LOTION breaks the chain reaction of skin inflammation and itching and protects the cutaneous nervous system against environmental factors. SENSE R-Cream has the following properties:

- reduces itching
- reduces localised inflammation and redness
- reduces the reaction of sensitive skin to environmental factors
- hydrates
- reinforces the skin barrier function
- softens coarse, dry skin
- improves patient comfort.

**Directions:** massage gently with the lotion twice a day.

**Packaging:** 50ml - 500ml

### **Sense R-Gel**

Aqua, Glycerin, Polysorbate 20, Opuntia Streptacantha Stem Extract, Hydrolyzed jojoba esters, Glutamylamidoethyl indole, Phenoxyethanol, Ethylhexylglycerin, Carbomer, Sodium Hydroxide, Trisodium Ethylenediamine Disuccinate.

### **Sense R-Lotion**

Aqua, Simmondsia Chinensis, Glycerin, Cetyl esters, Butyrospermum Parkii, Pentaerythrityl Tetracaprylate / Caprate, Octyl Stearate, Oxidized Corn Oil, Cetearylalcohol, Opuntia Streptacantha Stem Extract, Bisabolol, Glutamylamidoethyl Indole, Phenoxyethanol, Ethylhexylglycerin, Carbomer, Sodium Hydroxide, Trisodium Ethylenediamine Disuccinate, Sucrose laurate, Inulin Lauryl Carbamate, Xanthan Gum, Parfum, Sucrose erucate, Tocopherol.



## PROTECTION OF HANDS AGAINST WATER AND IRRITANTS

### Hand hygiene

Therapists and other primary care providers who need to wash their hands frequently for their work experience extreme changes in the appearance and feel of their skin. The extent of the damage depends on the type of skin and the intensity of the contact.

These symptoms are more prevalent in winter as water release increases in drier conditions.

### Water is a mild irritant:

Significant exposure to water results in a loss of water-soluble natural moisturizing factors (NMF'S) and some of the protective lipids. This results in an increased trans-epidermal water loss (TEWL).

Continuous exposure of skin to water leads to :

- the penetration of foreign bodies which can lead to allergies and irritating skin problems
- changes in normal ecological condition of the skin, which can lead to the overgrowth of pathological organisms on the skin.

### Soap and cleaning substances can also be mild irritants:

- these products eliminate external dirt, bacteria, skin oils, sweat and flaking cells.
- Repeated and long-term exposure to these substances result in the denaturing of proteins, disorganisation of lamellae layers, removal of the protective intercellular lipids, loss of water-soluble natural moisturizing factors (NMF'S) and reduced cohesion between cells.
- Insufficient and excessive hygiene can disturb the balance of the skin flora: it is essential that the physiological pH of the skin is maintained in order to prevent the proliferation of pathogenous germs.

- The temperature of the water can increase irritation: the higher the temperature, the greater the loss of protective lipids.
- Continuous use of water and cleaning products results in the reduced ability for the skin to retain water and an increased trans-epidermal water loss (TEWL) therefore. The result is a red, dry and coarse skin that is less supple, feels taut that is susceptible to chafing.

Following its concept of Care – Protection – Hygiene, Naqi has created a special range of products for primary care providers. The specific characteristics of this range are: mild cleansing, rapid disinfecting and restoration of the skin barrier.

### Hand hygiene is essential each and every day! Everyone should pay heed to their hand hygiene:

- Before and after each physical contact with a patient: for instance, measuring vital parameters, positioning the patient.
- Before and after each (invasive) contact: for example, after placing a catheter, treating a wound.
- Before a preparation.
- Between different investigations, or patient care activities during the dirty-to-clean process.
- After contact with sources of infection: blood, body fluids, mucous membranes or damaged skin, or with materials in the immediate vicinity of the patient .
- After removing gloves.

Source: national campagne "u bent in goede handen" (F.O.D.)  
[www.health.fgov.be/antibiotics](http://www.health.fgov.be/antibiotics)





## Naqi Liquid Soap

### Gentle cleansing.

- mild and skin-friendly cleanser.
- pH specially adapted to the skin doesn't attack the skin's natural acidic protection and protects against micro-organisms.
- very well tolerated by the skin which makes it particularly suitable for frequent hand washing.
- skin feels pleasant after washing.

**Directions:** moisten skin, pour a small quantity of Naqi Liquid Soap into the palms of the hands and lather. Rinse, dry hands well and apply Hand Emulsion.

**Packaging:** 500 ml - 800 ml bag for wall dispenser - 5 l.



## Naqi Alcohol Gel

### Quick and efficient disinfectant.

- 70% alcohol
- hand disinfectant
- protects and cares for the skin
- hydrates and softens
- easy to use.

**Gebruik:** apply a small amount of Alcohol Gel to visibly clean hands and rub in. When hands are visibly dirty, you should first wash your hands and only then use the Naqi Alcohol Gel.

**Packaging:** 100ml - 500 ml - 800 ml bag for wall dispenser



## Naqi Hand Emulsion

### Strengthens and repairs the barrier function of the skin.

- water-repellent and protective film
- repairs the natural skin balance
- reinforces the skin barrier function
- protects and hydrates the skin
- prevents irritation and chafing and promotes skin regeneration.
- penetrates easy in the skin
- hands are soft after use, never oily

**Directions:** apply Naqi Hand Emulsion to washed, dry hands before contact with water or irritants.

**Packaging:** 100 ml - 500 ml - 800 ml bag for wall dispenser.

#### Liquid Soap

Aqua, Sodium Laureth Sulfate, Sodium Laureth-11 Carboxylate, Peg-7 Glyceryl Cocoate, Peg-4- Rapeseedamide, Sodium Chloride, Polysorbate 21, Lauryldimonium Hydroxypropyl Hydrolysed Wheat Protein, Laureth-10, Panthenol, Laureth-4, Peg-150 Distearate, Allantoin, Parfum, Phenoxyethanol, Methylparaben, Ethylparaben, Propylparaben, Butylparaben, Disodium Edta.

#### Alcohol Gel

Alcohol, Aqua, Polyquaternium-37, Glycerine, Panthenol, Peg-7 Glyceryl Cocoate, Cyclomethicone, Ppg-15-Stearyl Ether, Parfum, Lactic Acid.

#### Handemulsion

Aqua, Butyrospermum Parkii, Cetearyl Octanoate, Propylene Glycol, Sorbitan Stearate, Dimethicone, Cetearylalcohol, Cyclomethicone, Trimethylsiloxysilicate, Sucrose Cocoate, Ppg 15-Stearyl Ether, Panthenol, Bisabolol, Allantoin, Xanthan Gum, Methylparaben, Propylparaben, Imidazolidinyl Urea, Parfum, Tocopherol, Edta

It is very important that therapists choose the right massage product. Massage always involves applying mechanical pressure to the skin. This means that the skin of both the therapist as well as that of the patient need to remain in good condition and optimally balanced. Therapists will choose their products in function of the condition of the skin and the desired effects.

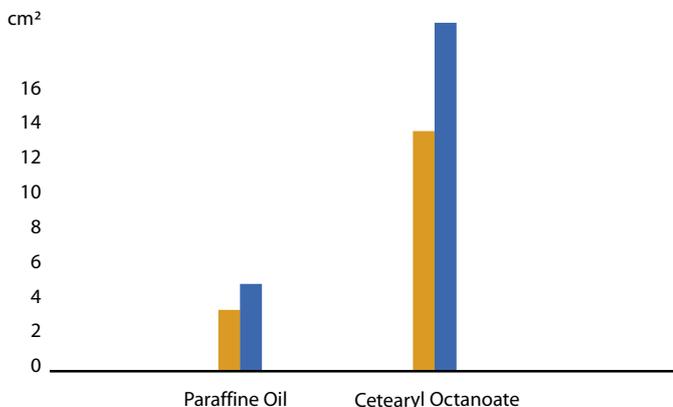
The properties of massage lotions play an important role in this. Massage products should be selected in function of the length of the massage and the type of skin. Massage lotion should ensure a good gliding movement during the massage, but the patient's skin should be dry at the end of the treatment.

**The purpose of Naqi massage is to:**

1. facilitate the gliding movement of the hands on the skin
2. protect the skin from mechanical stress
3. promote the penetration of certain products into the skin
4. to care for the skin of both the therapist as well as that of the patient.

**Naqi massage lotions:**

- are skin-friendly emulsions
- have the same pH as skin
- are well tolerated by skin
- spread well over the body
- are well absorbed into the skin
- can be rinsed off with water
- do not block the pores
- do not soil clothes
- contain hypoallergenic perfumes.



**Table 1:** The spreading in cm<sup>2</sup> of paraffin oil and cetearyl octanoate on the skin after 10 and 20 minutes.

In order to obtain optimal dispersal and penetration, Naqi has chosen a selective range of fine oils. Paraffin Pharma guarantees extended massages, Cetearyl Octanoate (synthetic oil, similar to skin lipids) facilitates the dispersal and does not hinder normal skin functions. Cyclomethicone and PPG-15-stearylether improve the feel of the skin and reduce oiliness. Thanks to the high content of synthetic oil, Naqi massage lotions have good spreading properties (table 1) and do not hamper the skin's normal functions (table 2).

Naqi also uses allantoin and panthenol in all its massage products to prevent and treat possible irritations.

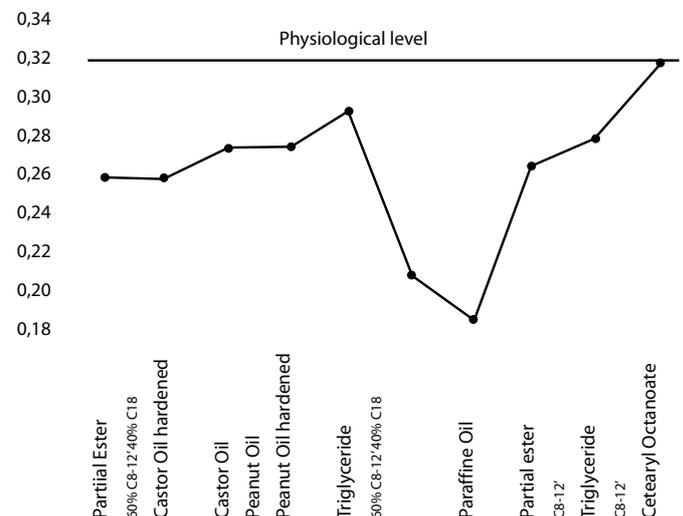
**1. Panthenol pro-vitamin B5**

Panthenol encourages cell multiplication at the basal membrane level and contributes to the formation of epithelium. The skin must have a consistent thickness so that dead skin cells that flake off are replaced by new cells at the basal layer. Panthenol promotes skin repair and has a positive effect on erythemas. It also has moisturising and softening properties.

**2. Allantoin ureum derivate**

Allantoin has skin regenerating properties and promotes the natural healing process. Allantoin is an effective skin protector and has a positive effect on irritations.

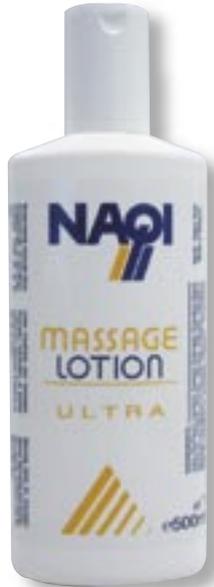
Given the diversity of therapeutic treatments carried out, Naqi has developed a range of products with different percentage of oils in order to guarantee and enhance to the quality of the treatment and to increase patient comfort.



**Table 2:** Water release from skin covered with different cosmetic oils microgram/cm<sup>2</sup>/sec



## Neutral massage lotions



### Naqi Massage Lotion

Especially oil-rich massage lotion with excellent gliding and dispersal properties, specially developed for extended massages such as sports massages. Particularly suited for hairy skin.

### Naqi Massage Lotion Ultra

This lotion has a pleasant texture with good immediate gliding and dispersal properties. The lotion provides lasting hydration and protection for the skin and restores the natural skin balance. After use skin is soft but never oily. Ideal for physiotherapy treatments.

### Naqi Massage Lotion Medium

This lotion is initially somewhat stiff what provides optimal sensing the underlying tissue for manipulations. Then it quickly develops optimal lubrication.

### Naqi Massage Lotion Light

Massage lotion with a pleasant texture, ideal for short massages. This lotion provides lasting hydration and protection and restores the natural skin balance. After use the skin feels soft but never oily.

**Packaging:** 200 ml - 500 ml - 500 ml with pump - 5 l.

#### **Massage Lotion**

Paraffinum Liquidum, Aqua, Cetearyl Octanoate, Peg-25 Glyceryl Trioleate, Propylene Glycol, Panthenol, Allantoin, Carbomer, Methylparaben, Sodium Methylparaben, Propylparaben, Imidazolidinyl Urea, Parfum.

#### **Massage Lotion Ultra**

Aqua, Paraffinum Liquidum, Cetearyl Octanoate, Glycerine, Sorbitan Monostearate, Sucrose Cocoate, Cetearyl Alcohol, Stearyl Alcohol, Cyclomethicone, Ppg-15-Stearyl Ether, Xanthan Gum, Panthenol, Allantoin, Dimethicone, Imidazolidinyl Urea, Methylparaben, Propylparaben, Parfum, Edta.

#### **Massage Lotion Medium**

Aqua, Paraffinum Liquidum, Cetearyl Octanoate, Propylene Glycol, Ceteth-20 , Cetearyl Alcohol, Glyceryl Stearate, Steareth-7 , Stearyl Alcohol , Steareth-10, Panthenol, Allantoin, Dimethicone, Carbomer, Imidazolidinyl Urea, Methylparaben, Sodium Hydroxide, Propylparaben, Parfum, Edta.

#### **Massage Lotion Light**

Aqua, Paraffinum Liquidum, Cetearyl Octanoate, Propylene Glycol, Sorbitan Monostearate, Panthenol, Sucrose Cocoate, Cetearyl Alcohol, Cyclomethicone, Stearyl Alcohol, Ppg-15-Stearyl Ether, Xanthan Gum, Allantoin, Imidazolidinyl Urea, Methylparaben, Propylparaben, Parfum, Edta.



# WARMING MASSAGE

For certain complaints or treatments, therapists and sports people need extra warming up. Naqi has developed specific warming massage lotions. The lack of scientific research into the effectiveness of warming products has been the subject of many discussions. The most important counter-arguments are that warming lotions may cause vasodilatation which takes blood away from the muscles and that their active ingredients do not penetrate through to the muscle. Naqi warming massage products merit important consideration in treatments and contribute to the quality of the care provided as we will illustrate here.

## Empirical research

### Protocol

Sixteen male volunteers were treated with a neutral massage lotion (Naqi Massage Lotion) and a warming massage lotion (Naqi Massage Lotion Plus) on their thighs. Four massage techniques were applied: effleurage(EF), petrissage(PE), tapotement movements (HA) friction (IN). The temperature of the skin and of the muscle tissue at a depth of 1.5 cm were measured before the massage, immediately after the massage and five minutes after the massage.

### Data

#### • Skin temperature

Diagrams 1 and 2 show the evolution of the skin temperature. We see that a massage with a neutral lotion (LO) leads to a drop in skin temperature. This drop is only corrected through the tapotement massage. When using a warming lotion (MP) there is an immediate increase in temperature that increases even further after five minutes. Friction using a warming hydrogel (WU = oil-free lotion) or warming lubricant (MP) first results in a slight drop which is followed after five minutes by an increase in temperature. In the tests with the neutral lotion we see a drop in temperature.

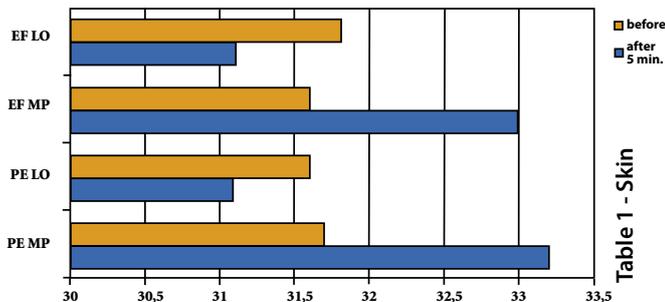


Table 1 - Skin

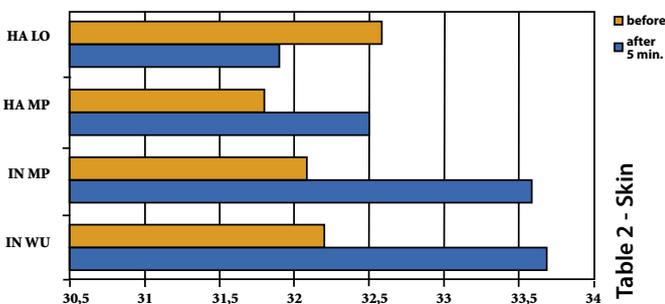


Table 2 - Skin

#### • Tissue temperature

Diagrams 3 and 4 illustrate the evolution of the temperature of the muscle tissue. Massage with a neutral lotion creates a drop in temperature in the muscle tissue. When using a warming lotion, the temperature remains constant when applying effleurage; it rises with petrissage and drops slightly with tapotement. Rubbing in a hydrogel leads to a drop in temperature.

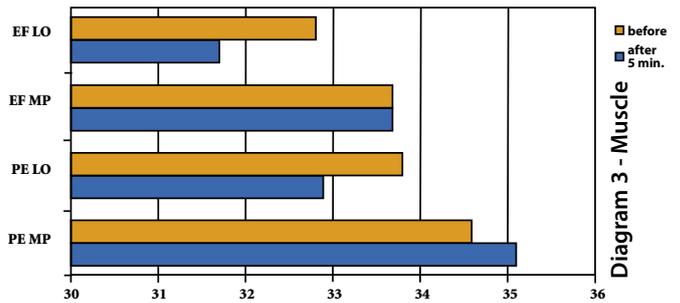


Diagram 3 - Muscle

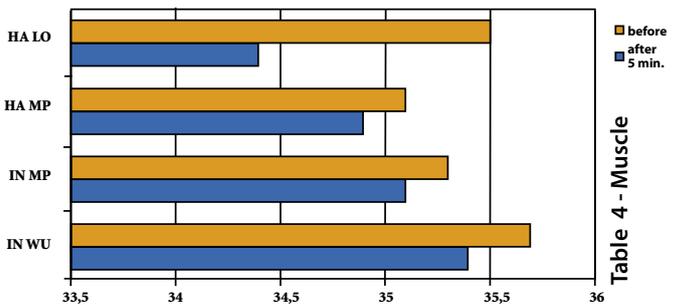


Table 4 - Muscle

## Conclusion

Applying or just rubbing in warming products only creates an increase in blood circulation to the skin. It is only when used in specific massage techniques that warming products have a significant effect. Massage creates a drop in temperature (ten minutes after massaging, the blood that has been massaged away has not yet been replaced) this is compensated for by the effect of the warming product. In order to obtain an active hyperaemia in the muscles five minutes after a massage, a vasodilatation product is needed, combined with an intense massage (Petrissage).

Source: E. Petroon, 1988.

## Research from documentation:

### Operation mechanism: shunt

When applying a warming product the receptors are awakened. Neuropeptides that are responsible for vasodilatation are separated out.

The network of blood vessels in the skin is more extensive than is needed for nourishing this organ, this is also because the thermo-regulation is controlled by the skin. At room temperature blood flows only to 50 to 70% of the capillaries. Under the influence of heat and cold skin temperature changes and the thermo receptors are awakened sending a signal to the central nervous system. The blood vessels in the skin and the muscles react to this: vasodilatation with heat, vasoconstriction with cold.

A speedy regulation of the blood supply can be obtained through arterio-vascular anastomoses (natural connection between blood vessels) also called shunts.

When influenced by hot and cold, shunts can cause extreme differences in blood supply: an increase from 0.3 ml/min to 150 ml/min blood per 100 mg of tissue. These differences have an influence on the underlying muscle tissue.

The local application of a heating product has the same physiological effect as external heat as is described above. Hence the great importance of protecting the skin in a cold environment with a lipogel (product made exclusively from oil, such as Naqi Warming Up Competition) in order to avoid loss of body heat. The natural protection (vasoconstriction) is switched off therefore.

Source: Claes G, 1990



## Warming Massage Lotion

### Naqi Massage Lotion Plus

Warming massage lotion with good gliding and dispersal properties, ideal for extended massages such as sports massages. With intense warming effect.

### Naqi Massage Lotion Ultra Plus

Warming massage lotion with good gliding and dispersal properties. Moderate warming effect. Suitable for physiotherapy treatments.

### Naqi Massage Lotion Menthol

Warming massage lotion with good gliding and dispersal properties. Ideal for relaxing massages after sports. Increases circulation and cools the skin.

## Refreshing Massage Lotion

### Naqi Massage Lotion Cool

Cooling and refreshing massage lotion. Very pleasant in warm weather and after exercise.

**Packaging:** 200 ml – 500 ml – 500 ml with pump – 5 l.

#### **Message Lotion Plus**

Aqua, Paraffinum Liquidum, Cetearyl Octanoate, Peg-25 Glyceryl Trioleate, Propylene Glycol, Camphor, Methyl Nicotinate, Panthenol, Allantoin, Carbomer, Methylparaben, Sodium Methylparaben, Propylparaben, Imidazolidinyl Urea, Parfum, Tocopherol, Edta.

#### **Message Lotion Ultra Plus**

Aqua, Paraffinum Liquidum, Cetearyl Octanoate, Propylene Glycol, Ceteth-20, Cetearyl Alcohol, Glyceryl Stearate, Steareth-7, Stearyl Alcohol, Steareth-10, Camphor, Methyl Nicotinate, Panthenol, Allantoin, Dimethicone, Lavandula Hybrida, Imidazolidinyl Urea, Methylparaben, Propylparaben, Linalol - Edta.

#### **Message Lotion Menthol**

Aqua, Paraffinum Liquidum, Cetearyl Octanoate, Propylene Glycol, Ceteth-20, Glyceryl Stearate, Eucalyptus Globulus, Cetearyl Alcohol, Menthol, Steareth-7, Stearyl Alcohol, Camphor, Methyl Nicotinate, Steareth-10, Allantoin, Dimethicone, Imidazolidinyl Urea, Methylparaben, Propylparaben, Limonene, Edta.

#### **Message Lotion Cool**

Aqua, Paraffinum Liquidum, Cetearyl Octanoate, Ppg-15 Stearyl Ether, Steareth-2, Glycerine, Steareth-20, Cetearyl Alcohol, Menthyl Pca, Menthol, Panthenol, Allantoin, Imidazolidinyl Urea, Xantan Gum, Methylparaben, Propylparaben, Edta.



# TREATING CELLULITE

Cellulite is a physiological characteristic of female skin caused by oestrogen. Cellulite is a localised excess of fatty tissue.

Skin therapy treatment for cellulite includes:

- stimulating blood and lymph circulation
- breaking down and eliminating superfluous fatty tissue.

**Naqi Gel Slim**, developed for ultrasound or electrotherapy, and **Naqi Massage Lotion Slim**, for massaging cellulite zones, both contain the active ingredient **methylsilanetriol theophyllinate** that has the following properties:

- stimulates the beta -adrenergic receptors in the fat cells that encourage lipolytic activity
- stimulates triglyceride hydrolysis
- combats the accumulation of unsaturated fatty acids
- encourages tissue drainage
- regenerates collagen and elastic fibres
- is non-toxic

Both products therefore contribute to better results from your treatment.

The results of an in-vivo test:

9 women of normal weight applied the produce twice a day without massaging for 30 days; 15 women did the same for 50 days. Massage would improve the results even more.

	30 DAYS		60 DAYS	
	%	cm	%	cm
Waist	44	2	40	3
	55	3-5	40	4-8
Hips	50	3	60	3
	50	4-7	26,5	4-7
Thighs	44	2	33,3	3
	44	3	32,5	4-7
Knees	22	1	36	0,5
	55	2	43	1

## TIPS

Maintain a **balanced diet** and drink enough **water** : an unbalanced quantity/quality ratio causes a disruption to the metabolism of lipocytes. This is even more harmful when faced with a bad circulation. This process will eventually lead to metabolic suffocation.

**Avoid smoking:** nicotine causes even worse circulation.

**Be active:** limited physical activity or total lack of sports activities worsen the problem. Inactivity will cause the capillaries to expand and water to accumulate, which will reinforce the already problematic situation.



## Naqi Gel Slim

A gel for professional use with ultrasound or electrotherapy. Effective treatment of cellulite should stimulate blood circulation. Heat and massage stimulate blood circulation and lymph drainage increases the elimination of toxins. The active ingredients activate fat breakdown, promote tissue drainage and improve the condition of the connective tissue. The firmness of the skin is measurably improved.

**Directions:** with ultrasound or electrotherapy. Results are even better when used in combination with lymph drainage.

**Packaging:** 500ml



## Naqi Massage Lotion Slim

Effective treatment of cellulite should stimulate blood circulation. Heat and massage stimulate blood circulation and lymph drainage increases the elimination of toxins. The active ingredients activate fat breakdown, promote tissue drainage and improve the condition of the connective tissue. The firmness of the skin is measurably improved.

**Directions:** massaging gently twice a day for a minimum of 30 days to allow the connective tissue to be restructured. A combination of regular lymph drainage and a treatment with Naqi Gel Slim by the therapist will improve results.

**Packaging:** 100ml - 500ml

### **Gel Slim**

Aqua, Methylsilanol carboxymethyl theophylline alginate, Glycerin, Polysorbate 20, Hydrolyzed jojoba esters, Phenoxyethanol, Ethylhexylglycerin, Carbomer, Sodium Hydroxide, Trisodium Ethylenediamine Disuccinate.

### **Massage Lotion Slim**

Aqua, Cetearyl Octanoate, PPG-15-stearyl ether, Methylsilanol Carboxymethyl Theophylline Alginate, Propylene Glycol, Sorbitan monostearate, Cyclomethicone, Sucrose Cocoate, Cetearyl Alcohol, Dimethicone, Xanthan gum, EDTA, Imidazolidinyl Urea, Methylparaben, Propylparaben, Parfum.



# AROMATHERAPIE

Aromatherapy is a science that uses the aroma and the therapeutic properties of natural essential oils. Essential oils are the oil-soluble aromatic parts of flowers, plants and trees. These are obtained through distillation and pressing. Essential oils have a complex chemical composition that defines their aroma and therapeutic properties.

Only pure natural aromatic essential oils have the healing effect of maintaining, stimulating or restoring bodily and spiritual health.

## Essential oils

- stimulate the metabolism and organ functions
- have anti-bacterial and anti-viral properties
- stabilise psychological balance
- encourage the ability to heal oneself
- increase well-being.

Essential oils are used to improve both the physical and spiritual health as well as for sheer pleasure.

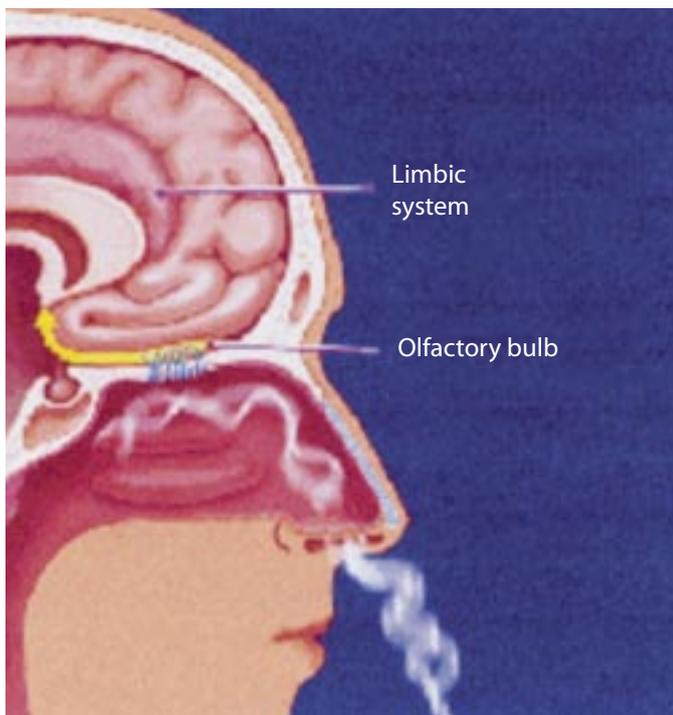
Each oil has its own specific composition and properties: clove relieves pain, cypress contracts veins, rosemary improves circulation and activates the brain.

Essential oils can be used in three different ways. Naqi has created different compositions for these different methods. The most common complaints therefore can be helped simply with the method chosen by the therapist. Aromatherapy is very successful thanks to its flexibility and the pleasure it brings for both the therapist as well as the patient.

## Vaporising

This is the easiest way to use pure essential oils. Vaporising essential oils in a room does not just create a pleasant aroma, the room is also purified of micro-organisms. The essential oils also neutralise the excess of positive ions that can create a feeling of discomfort and headaches.

When inhaling essential oils via the nose, the olfactory bulb



is awakened. The olfactory bulb is the only place in the human body where the central nervous system comes into direct contact with the environment. You react immediately therefore. The aromatic substances activate the limbic system and neuro-chemical substances are released:

- encephalins: relieve pain, stimulate and lead to a feeling of well-being (e.g. rose, clary sage)
- endorphins: relieve pain, stimulate sexuality and lead to a feeling of well-being (e.g. ylang ylang)
- serotonin: calms and relaxes (e.g. marjoram, lavender)
- noradrenalin: has a stimulating effect, uplifting (e.g. rosemary, juniper berry).

Inhaling essential oils promotes health and can help in stressful situations.

For an intense effect put a few drops on a handkerchief and inhale.

## Massage

Aromatherapy massage involves applying a massage oil made of a natural base oil that is mixed with essential oils. The therapist focuses on both the physical as well as the emotional aspects. He or she works towards a physical as well as psychological result.

Essential oils are never used neat on the skin. They are made up of tiny molecules that penetrate into the skin very easily and this is how they do their work. This is why the essential oils in Naqi Massage Oils are mixed into jojoba oil. The composition of the essential oils depends on the specific treatment being applied by the therapist.

## Hydrotherapy

A bath with essential oils brings the whole skin into contact with the oil and the aromatic elements are also inhaled. It is important that the essential oils are not added until the bath is full, otherwise a large part of the effect is lost through condensation while the bath is filling up.





## Ambiant

Naqi **Ambiants** are blends of pure essential oils for vaporising.

### Naqi Ambient Active:

- promotes concentration.

### Naqi Ambient Relax:

- relaxes and promotes a feeling of peace.

### Naqi Ambient Breathing:

- eases breathing.

### Naqi Ambient Clean:

- purifies rooms of germs and unpleasant odours.

### Naqi Ambient Breathe Sport:

- eases breathing and clears the nose.

**Directions:** vaporise by adding a few drops to warm water or in an atomiser.

**Packaging:** 30 ml.

## Massage

Naqi Massage Oils have been specially created for demanding professionals. Each Naqi massage oil contains 10% essential oils in a jojoba base oil.

### Naqi Massage Oil Active:

- stimulates the circulation
- keeps muscles supple
- stimulates and creates mental energy
- use before exercise.

### Naqi Massage Oil Relax:

- stimulates circulation
- reduces stiff muscles and cramps
- relaxes and promotes a feeling of peace
- use after exercise.

### Naqi Massage Oil Breathing:

- eases breathing with coughs, bronchitis, asthma.

### Naqi Massage Oil Inflammation:

- stimulates circulation
- reduces inflammation and pain.

### Naqi Massage Oil Lymphatic:

- stimulates lymphatic circulation
- reduces water retention and cellulite.

**Directions** gently massage in small quantities.

**Packaging:** 100 ml.

## Hydrotherapie

### Naqi Bath Foam Active:

- stimulates circulation
- energises.

### Naqi Bath Foam Relax:

- stimulates circulation
- reduces cramps
- relaxes and promotes a feeling of peace.

### Naqi Bath Foam Breathing:

- eases breathing with colds, coughs and bronchitis.

### Naqi Bath Foam Reuma:

- stimulates the circulation
- eases pain.

**Directions:** fill the bath with warm water (37-39 °C) and add two to three capfuls of Naqi Bath Foam. Mix well and relax in the bath for ten to twenty minutes.

**Packaging:** 200 ml.

## Whirlpool

### Naqi Whirlpool Active:

- stimulates the circulation
- energises.

### Naqi Whirlpool Relax:

- stimulates the circulation
- reduces cramps
- relaxes and promotes a feeling of peace.

### Naqi Whirlpool Breathing:

- eases breathing.

**Directions:** fill the bath with warm water (37-39 °C) and add 15-20 drops. Mix well and relax in the bath for ten to twenty minutes.

**Packaging:** 30 ml.

## Sauna - Steambath

### Naqi Sauna Active - Naqi Steambath Active:

- energises.

### Naqi Sauna Relax - Naqi Steambath Relax:

- relaxes and promotes a feeling of peace.

### Naqi Sauna Breathing - Naqi Steambath Breathing:

- eases breathing.

**Packaging: Sauna:** 30 ml.

**Packaging: Steambath:** 500 ml.

#### MASSAGE OIL

**Active** Buxus Chinensis, Ocimum Basilicum, Rosmarinus Officinalis, Eugenia Caryophyllus, Eugenol, Linalool, Limonene, Tocopherol.

**Relax** Buxus Chinensis, Origanum Majorana, Lavandula Officinalis, Aniba Rosaedora, Santalum Album, Linalool, Limonene, Tocopherol.

**Breathing** Buxus Chinensis, Eucalyptus Globulus, Melaleuca Viridiflora, Boswellia Carteri, Rosmarinus Officinalis, Linalool, Limonene, Tocopherol.

**Inflammation** Buxus Chinensis, Rosmarinus Officinalis, Lavandula Officinalis, Boswellia Carterii, Eugenia Caryophyllus, Pelargonium Odorantissimum, Eugenol, Linalol, Limonene, Geraniol, Tocopherol.

**Lymphatic** Buxus Chinensis, Cupressus Sempervirens, Cedrus Atlantica, Pinus Sylvestris, Juniperus Communis, Limonene, Tocopherol.

#### BATH FOAM

**Active** Aqua, Sodium Laureth Sulfate, Sodium Laureth-11 Carboxylate, Ppg-1-Peg-9 Lauryl Glycol Ether, PEG-7 Glyceryl Cocoate, Pelargonium Odorantissimum, Rosmarinus Officinalis, Satureja Montana, Laureth-10, Rapeseedoilamide Ethoxylate, Linalol, Limonene, Geraniol, Tocopherol

**Breathing** Aqua, Sodium Laureth Sulfate, Sodium Laureth-11 Carboxylate, Ppg-1-Peg-9 Lauryl Glycol Ether, PEG-7 Glyceryl Cocoate, Eucalyptus Globulus, Melaleuca Viridiflora, Lavandula Officinalis, Pinus Sylvestris, Laureth-10, Linalol, Limonene, Tocopherol

**Relax** Aqua, Sodium Laureth Sulfate, Sodium Laureth-11 Carboxylate, Ppg-1-Peg-9 Lauryl Glycol Ether, PEG-7 Glyceryl Cocoate, Lavandula Officinalis, Aniba Rosaedora, Amyris Balsamifera, Cananga Odorata, Laureth-10, Linalol, Limonene, Benzyl Benzoate, Benzyl Salicylate, Tocopherol.

**Reuma** Aqua, Sodium Laureth Sulfate, Sodium Laureth-11 Carboxylate, Ppg-1-Peg-9 Lauryl Glycol Ether, PEG-7 Glyceryl Cocoate, Origanum Majorana, Lavandula Officinalis, Pinus Sylvestris, Juniperus Communis, Laureth-10, Linalol, Limonene, Tocopherol

#### WHIRLPOOL

**Active** Decaglycerol Oleic Acid Ester, Rosmarinus Officinalis, Citrus Bergamia, Citrus Limonum, Mentha Piperita, Linalol, Limonene, Citral, Tocopherol.

**Relax** Decaglycerol Oleic Acid Ester, Citrus Reticulata, Vetiveria Zizanioides, Cananga Odorata, Lavandula Angustifolia, Aniba Rosaedora, Linalol, Limonene, Benzyl Benzoate, Benzyl Salicylate, Tocopherol.

**Breathing** Decaglycerol Oleic Acid Ester, Eucalyptus Globulus, Pinus Sylvestris, Lavandula Angustifolia, Mentha Piperita, Linalol, Limonene, Tocopherol.

#### SAUNA

**Active** Alcohol, Rosmarinus Officinalis, Mentha Piperita, Citrus Bergamia, Citrus Limonum, Decaglycerol Oleic Acid Ester, Tocopherol.

**Relax** Alcohol, Pinus Sylvestris, Juniperus Communis, Cedrus Atlantica, Aniba Rosaedora, Tocopherol.

**Breathing** Eucalyptus Globulus, Alcohol, Pinus Sylvestris, Mentha Piperita, Decaglycerol Oleic Acid Ester, Tocopherol.

#### STEAM BATH

**Active** Aqua, Polysorbate 20, Rosmarinus Officinalis, Ocimum Basilicum, Mentha Piperita, Tocopherol, Phenoxyethanol, Methylparaben, Ethylparaben, Propylparaben, Butylparaben.

**Relax** Aqua, Polysorbate 20, Aniba Rosaedora, Cananga Odorata, Amyris Balsamifera, Lavandula Angustifolia, Pelargonium Graveolens, Tocopherol, Phenoxyethanol, Methylparaben, Ethylparaben, Propylparaben, Butylparaben.

**Breathing** Aqua, Polysorbate 20, Eucalyptus Globulus, Pinus Sylvestris, Mentha Piperita, Tocopherol, Phenoxyethanol, Methylparaben, Ethylparaben, Propylparaben, Butylparaben.



# REHABILITATION - WARMING UP MUSCLES

## REHABILITATION

Naqi Aroma Gels are hydrogels with 5% essential oils that have been created for different therapy treatments. Carefully selected essential oils form the active ingredients in Naqi aroma gels. These hydrogels are ideal complements to

the work of the practitioner. The gels can be used as contact gel, as an ionising substance or mixed with a neutral massage lotion for manual therapy. The patients can also continue the treatment at home.

## MUSCLE WARM UP

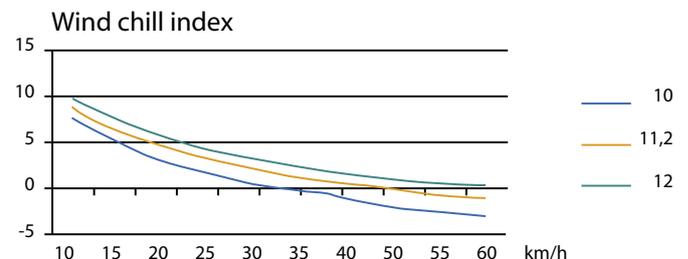
Cold muscles in a relaxed mode should not be suddenly put into motion. This could cause them to tear. Before any sports exercises, a warm up is necessary in order to increase the temperature of the muscles. A passive warm up can increase the temperature in the same way as an active warm up – but without drawing on any energy reserves. Passive warm ups are also important as a complement to the increase in temperature from active warm ups or in order to maintain the temperature.

When skin is moist or wet, it loses 25% more heat. When it rains therefore an oil should be applied in order to reduce the loss of heat.

This is even more important in cold weather conditions. The body reacts to the cold by narrowing the blood vessels so that it can maintain the body temperature. A cold environment can reduce blood circulation to a third of its normal volume. This occurs not just at skin level but also in the underlying muscles, with the result that the blood supply is reduced and the body temperature drops.

Bodies lose more warmth at a temperature of +10 °C and a wind speed of 40 km/h than at – 5 °C with no wind.

These factors hamper performance and increase the risk of injury. Heat loss is reduced by using a water-free and water-resistant product. A lipogel for example, provides specific long lasting protection against cold, wind and rain.



**Source:** Warm up I: potential mechanisms and the effects of passive warm up on exercise performance Bishop D. Sport Med. 2003;33 (6): 439-54  
Warm up II: performance changes following active warm up and how to structure the warm up Bishop D. Sport Med. 2003;33 (7): 483-98

Applying a product that stimulates blood circulation and also protects against the cold lengthens the effect of the active warm up and doubles the duration of the protection. This promotes the capacity to function as well as coordination. The Naqi Warming Up Competition range was designed specifically with this in mind. The film left on the skin by this product does not hamper the skin's normal functions and is particularly suitable for outdoor sports or to maintain vasodilatation achieved after a massage.



## Rehabilitation

### JOINTS

#### Naqi Aroma Gel Inflam

- reduces inflammation and pain
- keeps joints supple

**Directions-Packaging:** see •

### TRAUMA

#### Naqi Aroma Gel Cool

- very cold gel
- reduces inflammation and pain

**Directions-Packaging:** see •

#### Naqi Arnica Gel

- Contusion gel for sprains, injuries and bruises.
- Relieves rheumatic pain
- Recommended for functional rehabilitation

**Directions:** see •

**Packaging:** 100ml

### SWELLINGS

#### Naqi Aroma Gel Lymph

- Stimulates venous circulation
- Prevents water retention
- Lightens heavy legs

**Directions-Packaging:** see •

### Muscles

#### Naqi Aroma Gel Plus

- stimulates circulation
- reduces stiff muscles

**Directions-Packaging:** see •

• **Directions:** massage a small amount or use with ultrasound and electro-therapy. Can also be used with a compress.

• **Packaging:** 50ml - 500ml

#### Naqi Warming Up

This warm up and oil-free hydrogel protects against muscle aches and stiffness. Naqi Warming Up penetrates the skin immediately, does not stick and does not stain. This gel is particularly suitable for indoor sports and in warm, dry weather.

**Directions:** Before exercise or massage, rub a small quantity of NAQI Warming Up into the arms, legs, neck and back. Avoid contact with eyes and mucous membranes.

**Packaging:** 200ml - 5l

**Aroma Gel Inflam:** Aqua, Alcohol Denat, Peg-54 Hydrogenated Castor Oil, Peg-15 Hydroxystearate, Propylene Glycol, Rosmarinus Officinalis, Eucalyptus Globulus, Boswellia Carterii, Mentha Piperita, Linalol, Limonene, Tocopherol, Carbomer, Edta, Sodium Hydroxide, CI 42051.

**Aroma Gel Cool:** Aqua, Alcohol Denat, Polysorbate 20, Propylene Glycol, Peg-54 Hydrogenated Castor Oil, Peg-15 Hydroxystearate, Menthol, Mentha Piperita, Menthyl PCA, Eucalyptus Globulus, Camphor, Tocopherol, Carbomer, Edta, Limonene, Sodium Hydroxide.

**Arnica Gel :** Aqua, Pentaerythrityl Tetracaprylate Caprate, Glycerin, Cyclomethicone, Arnica, Helianthus Annuus, Carbomer, Inulin Lauryl Carbamate, Sodium Hydroxide, EDTA, Phenoxyethanol, Methylparaben, Ethylparaben, Propylparaben, Butylparaben.

**Aroma Gel Lymph:** Aqua, Alcohol Denat, Polysorbate 20, Propylene Glycol, Peg-54 Hydrogenated Castor Oil, Peg-15 Hydroxystearate, Cupressus Sempervirens, Cedrus Atlantica, Juniperus Communis, Mentha Piperita, Limonene, Tocopherol, Carbomer, Edta, Sodium Hydroxide.

**Aroma Gel Plus:** Aqua, Alcohol Denat, Polysorbate 20, Propylene Glycol, Peg-54 Hydrogenated Castor Oil, Peg-15 Hydroxystearate, Lavandula Angustifolia, Eugenia Caryophyllus, Laurus Nobilis, Eugenol, Linalol, Limonene, Tocopherol, Carbomer, Edta, Sodium Hydroxide.

**Warming Up:** Aqua, Alcohol Denat, Polysorbate 20, Propylene Glycol, Peg-54 Hydrogenated Castor Oil, Peg-15 Hydroxystearate, Cupressus Sempervirens, Cedrus Atlantica, Juniperus Communis, Mentha Piperita, Limonene, Tocopherol, Carbomer, Edta, Sodium Hydroxide.



# WARMING UP MUSCLES AND PROTECTING FROM COLD

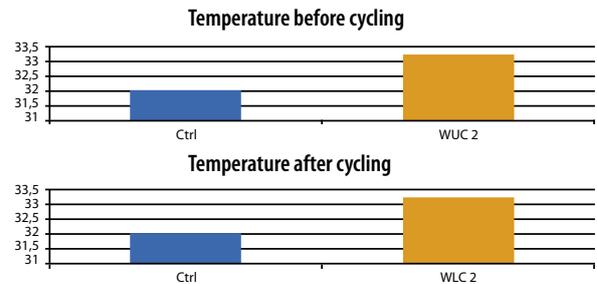
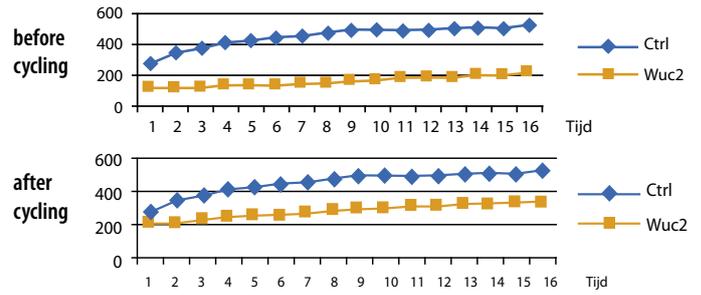
## RESEARCH

Scientific research has revealed that there is a significant effect when applying a warm up lipogel at 12°C. 15 people were treated with Naqi Warming Up Competition 2, after 15 minutes their skin temperature and water release were measured against a site on the body that had not been treated with the product. The volunteers had to cycle outside for 30 minutes and 15 minutes after coming back in, the measurements were taken again.

## RESULTS

The following figures clearly illustrate that the application of the lipogel results in a significant drop in water release. After cycling we notice a significant increase in water release among the sample group, which goes hand in hand with an increase in heat loss. The lipogel maintains the significant reduction of heat loss after cycling.

**Naqi Warming Up Competition 2 (WUC 2)** increases the temperature of the skin. After cycling the temperature drops overall. The lipogel really maintains the temperature higher than the sample site and guarantees less heat loss therefore.

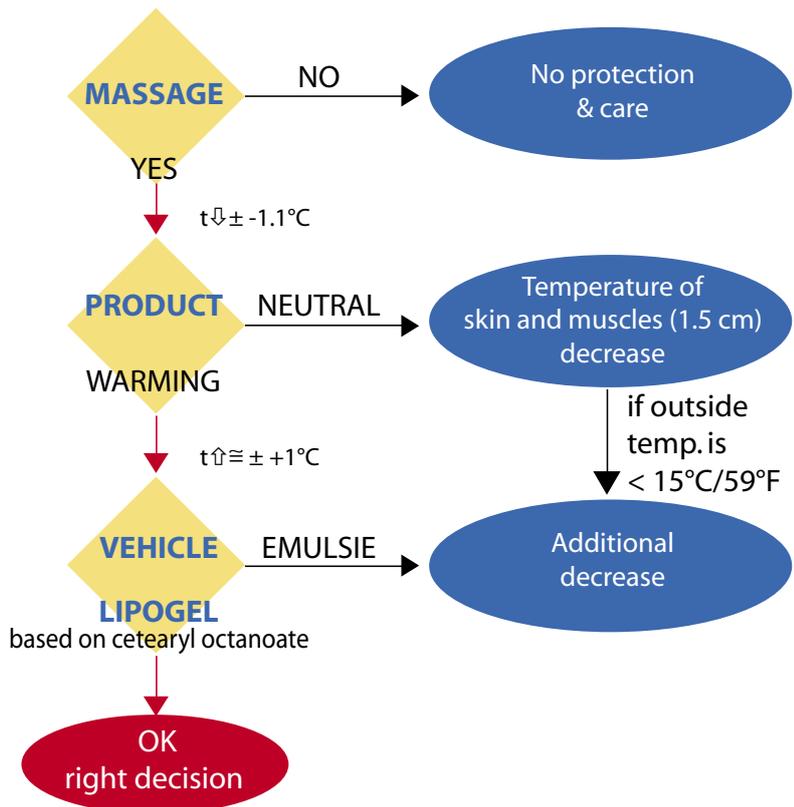


Source: Biometrological Assessment of Skin Protectors against Moderate Cold Threat. G. Claes, G.E. Piérard Exog. Dermatol. 2002;1: 92-96

The table below illustrates the importance of the use of warm up products for certain treatments and the necessity of lipogels such as Naqi Warming Up Competition, before exercise in cold weather.

## WHY WARMING MASSAGE LOTIONS

⇒ 10 minutes BEFORE exercise





## WARMING UP MUSCLES

### Protection in rain

#### Naqi Start Oil

Lightly warming oil that feels pleasantly soft. NAQI Start Oil slows down heat loss when it is raining in mild weather conditions.

**Directions:** massage NAQI Start Oil into the legs, arms, back and neck before exercising.

**Packaging** 200ml

### Protection against cold

*Better performance with less heat loss*

#### Naqi Warming Up Competition

Protective and water-resistant lipogels that stimulate the circulation and protect against cold without impeding the skin's normal functions.

##### **NAQI WARMING UP COMPETITION 1:**

- Gentle feeling of heat, specially designed for sensitive skins.
- Inclement weather conditions.

##### **NAQI WARMING UP COMPETITION 2:**

- Pleasant feeling of warmth, makes the skin slightly red.
- Inclement weather conditions.

##### **NAQI WARMING UP COMPETITION 3:**

- Intense feeling of heat, lasting effect.
- For extremely bad weather conditions.

**Directions:** massage gently into legs, arms, back and neck in cold weather ten minutes before exercise and definitely after a warm up massage. If necessary repeat. Avoid contact with the face and mucous membranes.

**Packaging:** 100ml - 500ml



#### Naqi Votra Plus

This lipogel protects the feet against the cold and slows down heat loss without impairing normal skin functions.

**Directions:** massage Naqi Votra Plus into feet in cold weather. Repeat if necessary. Avoid contact with the face and mucous membranes.

**Packaging:** 100ml

##### **Start Oil**

Cetearyl Octanoate, Paraffinum Liquidum, Dimethicone, Trimethylsiloxysilicate, Camphor, Origanum Majorana, Lavandula hybrida, Linalol, Tocopherol.

##### **Warming Up Competition 1**

Cetearyl Octanoate, Paraffinum Liquidum, Ethylene-vinyl acetate copolymer, Dimethicone, Trimethylsiloxysilicate, Camphor, Origanum Majorana, Lavandula hybrida, Linalol, Tocopherol.

##### **Warming Up Competition 2**

Cetearyl Octanoate, Paraffinum Liquidum, Ethylene-vinyl acetate copolymer, Dimethicone, Trimethylsiloxysilicate, Camphor, Methyl Nicotinate, Rosmarinus Officinalis, Limonene, Linalol, Tocopherol.

##### **Warming Up Competition 3**

Cetearyl Octanoate, Paraffinum Liquidum, Ethylene-vinyl acetate copolymer, Dimethicone, Trimethylsiloxysilicate, Thymus Vulgaris, Rosmarinus Officinalis, Capsicum Frutescens, Camphor, Methyl Nicotinate, Limonene, Linalol, Tocopherol.

##### **VOTRA PLUS**

Paraffinum Liquidum, Cetearyl Octanoate, Aluminum Starch Octenylsuccinate, Ethylene-vinyl acetate copolymer, Cetearyl alcohol, Dimethicone, Eucalyptus Globulus, Rosmarinus Officinalis, Trimethylsiloxysilicate, Thymus Vulgaris, Laurus Nobilis, Limonene, Linalol, Tocopherol



## ULTRASOUND GEL

When ultrasound energy penetrates body tissue, you can expect to see biological effects when this energy is absorbed by the tissue. Light as a contact substance is totally unsuitable because of the almost total reflection of the ultrasound.

It is necessary therefore to use a contact substance between the ultrasound probes and the body in order to be able conduct the sound energy to the body. A neutral hydrogel is recommended for this.



### Naqi UltraSon Gel

Neutral, hydrating viscous gel. Ensures optimal absorption of the ultrasound waves and excellent gliding movement when making echographs. Does not stain clothes. Can be used with electro-therapy. Properties:

- water-soluble
- contains no salt or alcohol
- hypo-allergenic
- pH-neutral
- does not stain.

**Packaging:** 500ml - 5l

### Naqi UltraSon Gel Crystal

Neutral, hydrating viscous gel. Ensures optimal absorption of the ultrasound waves and excellent gliding movement when making echographs. Does not stain clothes. Can be used with electro-therapy. Properties:

- water-soluble
- contains no salt or alcohol
- hypo-allergenic
- pH-neutral
- does not stain.

**Packaging:** 500ml - 5l



## ELECTRO GEL

Electrical current is only possible via a polar conductor as ions need to be dissociated. The electrode comes into contact with the epidermis that only has a low water content. This results in a poor electrical conductivity to the skin. The use

of a neutral hydrogel is needed in order to ensure electrical conductivity and to avoid burns when the skin comes into direct contact with the electrode. The use of Naqi Electro Gel increases this conductivity.



### Naqi Electro Gel Crystal

Salt- and chloride-free electrogel for optimal conductivity during electro-therapy.

Characteristics :

- water-soluble
- contains no salt or alcohol
- hypo-allergenic
- pH-neutral
- does not stain.

**Packaging:** 200ml

### Naqi AdHesive Gel

Hypo-allergenic conducting viscous gel. Odourless and water-soluble. Suitable for electro-therapy, Tens, EKG and EMG.

**Packaging:** 50ml

#### Ultrason Gel

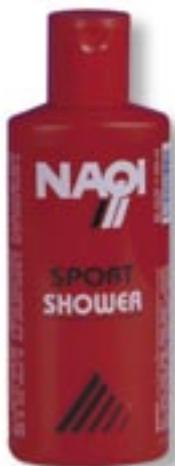
Aqua, Propylene Glycol, Carbomer , Imidazolidinyl Urea, Methylparaben, Sodium Hydroxide, EDTA, CI 42051.

#### Ultrason Gel Crystal

Aqua, Propylene Glycol, Carbomer , Imidazolidinyl Urea, Methylparaben, Sodium Hydroxide, EDTA.

**FEEL NAQI!  
FEEL FRESH!**





## Naqi Body Cooler

Moisturising and cooling hydrogel. Used after exercising NAQI Body Cooler cools the body and reduces perspiration and the feeling of tiredness. Ideal after a massage.

**Directions:** When hot apply NAQI Body Cooler to the forehead, the back of the neck and if necessary the whole upper body. Avoid contact with eyes and mucous membranes.

**Packaging:** 200 ml – 5 l.

## Naqi Cool Down

Soothing hydro-alcoholic toner for refreshing the body before, during and after sports. Essential oils stimulate circulation.

**Directions:** Massage the body with NAQI Cool Down. Avoid contact with eyes and mucous membranes.

**Packaging:** 200 ml

## Naqi Sport Shower

This refreshing shower gel gently cleanses and cools with a soothing effect on the skin and hair. Contains menthol.

**Directions:** apply a small quantity of NAQI Sport to wet hair and body. Gently massage and then rinse thoroughly. Suitable for daily use.

**Packaging:** 200 ml

## Naqi Cleanser Gel

Cleanser Gel removes all traces of dirt without damaging the natural moisture of the skin and gives the skin a soft and fresh feel. Remove with a tissue. Suitable for removing lipogels from the skin.

**Directions:** apply with fingertips to the areas to be cleansed and rub gently. Remove with cotton wool or tissue.

**Packaging:** 500 ml – 5 l.

## Naqi Refreshing Tissue

Individually packed refreshing tissues with a fine perfume.

**Packaging:** 10-tissue box.

### Body Cooler

Aqua, Alcohol Denat, Propylene glycol, Polysorbate 20, Menthol, Mentha Piperita, Menthyl PCA, Panthenol, Imidazolidinyl Urea, Carbomer, Sodium Hydroxide, EDTA, PEG-15 hydroxystearate, PEG-54 hydrogenated Castor Oil, Limonene, CI 42051, CI 191405.

### Cool Down

Aqua, Alcohol Denat, PEG-54 hydrogenated castor oil, PEG-15 Hydroxystearate, Tocopherol, Menthyl PCA, Mentha Piperita, Citrus Limonum, Thymus Vulgaris, Ocimum Basilicum, Rosmarinus Officinalis, Panthenol, Tocopherol, Citral, Limonene, Linalol, CI 42051, CI 19140, CI 28440.

### Sport Shower

Aqua, Sodium Laureth Sulfate, Sodium laureth-11 carboxylate, Laureth-10, Sodium Chloride, PEG-4-Rapeseedamide, Lauryldimonium Hydroxypropyl Hydrolysed Wheat Protein, Menthol, Panthenol, Polysorbate-21, Laureth-4, PEG-150 Distearate, Parfum, Lactic Acid, EDTA, Phenoxyethanol, Methylparaben, Ethylparaben, Propylparaben, Butylparaben.

### Cleanser Gel

Aqua, Alcohol denat, Propylene Glycol, Ppg-1-Peg-9 Lauryl Glycol Ether, PEG-7 Glyceryl Cocoate, Menthol, Bisabolol, Panthenol, Allantoin, Carbomer, Methylparaben, Propylparaben, Sodium Hydroxide, EDTA, Parfum.

The face has the most sensitive skin and it is the only part of the body that cannot be protected by clothing. Exposure to all environmental factors such as sunlight, wind, rain, smoke and air pollution is responsible for sensitive skin and pre-

ture ageing. This does not just lead to the formation of wrinkles, serious skin problems can also arise. Daily skin care is recommended therefore.



## NAQI Face Cream

- nourishes and moisturises the skin
- forms a protective film
- reduces irritation
- protects against premature ageing
- leaves a soft, non-oily film on the skin.

**Directions:** massage NAQI Face Cream gently into the skin morning and evening.

**Packaging:** 50ml.

## NAQI After Sun

- refreshing cream.
- nourishes and moisturises the skin.
- reduces redness and irritation after exposure to the sun.
- prevents premature ageing of the skin.
- skin regains its suppleness, softness and elasticity.

**Directions:** after each exposure to the sun and as daily skincare treatment.

**Packaging:** 100ml.

## NAQI Face Protector

Unique lipogel for special protection for the face in cold, rain and snow.  
NAQI Face Protector

- nourishes fragile skin on the face
- simulates circulation
- reduces redness and irritation
- contains no preserving agents
- non-oily
- contains special UVA/UVB filter. (SPF-10 – titanium dioxide).

**Directions:** massage with NAQI Face Protector 15 minutes before exposure to the cold. Repeat if necessary.

**Packaging:** 50ml.

## NAQI Face Care

Essential oils can be used effectively on the skin. Many skin problems are caused by tiredness, stress or emotional tension. Using essential oils can be relaxing for the skin and the spirit.

For the face, a mixture of 3% pure essential oil is used. The base oils are selected according to the condition of the skin.

### NAQI FACE CARE REGULAR:

- maintains healthy skin in good condition.

### NAQI FACE CARE DRY SKIN:

- restores the skin's barrier, delays ageing.

### NAQI FACE CARE +35:

- firms and cares for the skin, prevents redness and irritation.  
Specially designed for more mature skins.

### NAQI FACE CARE ACNE:

- cleanses, purifies and promotes healing.



**Face Cream:** Aqua, Cetearyl Octanoate, Simmondsia Chinensis, Propylene Glycol, Cyclomethicone, Butyrospermum Parkii, Sorbitan stearate, Sucrose cocoate, Cetearylalcohol, Tocopheryl acetate , PPG-15-Stearyl Ether, Dimethicone, Bisabolol, Panthenol, Xanthan Gum, Allantoin, Tocopherol, Methylparaben, Propylparaben, Imidazolidinyl Urea, Parfum, EDTA.

**After Sun:** Aqua, Cyclomethicone, Cetearyl Octanoate, Sorbitan Stearate, Propylene Glycol, Cetearylalcohol, PPG-(15)-stearyl ether, Simmondsia Chinensis, Butyrospermum Parkii, Tocopheryl Acetate, Sucrose Cocoate, Panthenol, Bisabolol, Dimethicone, Allantoin, Menthyl PCA, Xanthan Gum, Menthol, Methylparaben, Propylparaben, Imidazolidinyl Urea, Parfum, Tocopherol, EDTA.

**Face Protector:** Hydrogenated Polyisobutene, Cyclomethicone, Aluminium Starch Octenyl Succinate, Dimethicone, Butyrospermum Parkii, C12-15 Alkyl Benzoate, Triethylhexanoin, Cetearyl Octanoate, PPG-15 Stearyl Ether, Titanium Dioxide, Ethylene/Propylene/Styrene Copolymer, Butylene/Ethylene/Styrene Copolymer , C30-40 Alkyl Cetearyl Dimethicone Crosspolymer , Hippophae Rhamnoides , Tocopherol, Aluminum Stearate, Polyhydroxystearic Acid, Alumina.

### Face Care

**Dry Skin:** Simmondsia Chinensis, Rosa Canina, Aniba Rosaedora, Boswellia Carterii, Lavandula Angustifolia, Cananga Odorata, Linalol, Limonene, Benzyl Salicylate, Benzyl Benzoate, Tocopherol.

**Acne:** Simmondsia Chinensis, Oxidized Corn Oil, Citrus Limonum, Lavandula Angustifolia, Juniperus Communis, Linalol, Limonene, Citral, Tocopherol.

**Regular:** Simmondsia Chinensis, Rosa Canina, Aniba Rosaedora, Amyris Balsamifera, Lavandula Angustifolia, Linalol, Limonene, Tocopherol.

**+ 35:** Simmondsia Chinensis, Rosa Canina, Oxidized Corn Oil, Aniba Rosaedora, Boswellia Carterii, Pelargonium Graveolens, Geraniol, Linalol, Limonene, Tocopherol.



# HEAT AND COLD THERAPY

## COLD THERAPY

The application of cold onto an injury is very common. Cryotherapy reduces pain, cold causes the blood vessels to constrict so that bleeding in the damaged tissue and swellings are also reduced. The drop in temperature of the tissue also slows down the metabolism so that any further damage through lack of oxygen is also prevented.

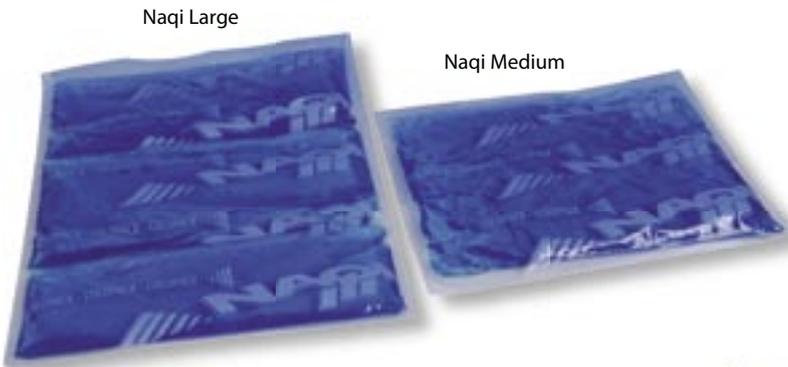
If the temperature continues to drop, nerve activity is suppressed. Blood vessels regain their original volume and warm blood flows to heat up the tissue again. The swelling increases irrespective of whether further cold is applied. After a time the nerves heat up again so that the blood vessels constrict again and a new cycle of cooling and heating up starts.

This is why it is important to limit the application of cold to

ten minutes. When the cold is removed, the skin temperature rises, but the temperature of the underlying tissue continues to drop. It is recommended to apply cold again after 30 minutes for ten minute.

During the first 24 – 48 hours after the injury, it is recommended to repeat this cycle as often as possible. On the following days you can cool down the injury twice for ten minutes three to five times per day with a break of half an hour in between. Repeat until the injury disappears.

*Source:* R. Meeusen, P.Lievens, The Use of Cryotherapy in Sports Injuries, Sport Medicine 3:398-414 (1986) R.Kanlayanaphotporn, Janwantanakul P., Comparison of skin surface temperature during the application of various cryotherapy modalities, Arch Phys Med Rehabil, Jul, 86(7):1411-1415 (2005)



Cold evolution	Without cool box		With coolbox
	COLD PACK	COLD PACK SPORT	COLD PACK SPORT
Initial temperature	-13,5°C	-13,5°C	-13,5°C
Ambient temperature	+21°C	+21°C	+21°C
0°C After	50 min	4 hours	23 hours



## HEAT THERAPY

Localised heat stimulates the circulation. This increased circulation relaxes the muscles and makes the joints more supple so that they can move better. Heat is ideal also for painful muscle spasms.



Naqi Mini



Naqi Small



Naqi Standaard



Naqi Sport



Naqi Cooldetox

## Cold Therapy

### Naqi Cold Pack

Re-usable **Naqi Cold Pack** for lasting pain relief with sprains, dislocations, injuries and other ailments where cold treatment is recommended.

- Pharmaceutical Quality
- This non-poisonous gel remains flexible up to  $-30^{\circ}\text{C}$ .
- The Naqi sports version remains flexible up to  $-13^{\circ}\text{C}$ . This remains **really** cold longer so that it can be transported if moving from one place to another.
- The instructions are printed on the inside so that the ink does not come into contact with the skin.
- The Cold Pack can be **used many times over**.

Name	Dimensions	Use
<b>Naqi Mini</b>	9 x 13 cm	On face, after eye surgery
<b>Naqi Small</b>	7 x 27 cm	Gynaecology Ear/Nose/Throat
<b>Naqi Standard</b>	13 x 27 cm	Everyday Use
<b>Naqi Sport</b>	13 x 27 cm	Remains cold long
<b>Naqi Medium</b>	27 x 27 cm	Ankle elbow
<b>Naqi Large</b>	27 x 35 cm	Knee, shoulder, back

Keep the Cold Pack in the freezer all the times (or at least two hours before use) . Never put the **Naqi** Cold Pack directly onto the skin..

### Naqi Instant Coldpack

Dimensions: 17 x 15cm

### Naqi Cooldetox

Cooling down the genitals has a stimulating effect so that excess and toxic substances are eliminated and this has a positive effect on health, appearance and shape.

Dimensions: 17 x 15cm

### Naqi Cooling Gel

- Very cold hydrogel.
- Reduces inflammation and pain.

Dimensions: 500ml

## Heat Therapy

### Naqi Hot Pack

The Naqi Hotpack with its three detachable sections can be heated up in the microwave and in hot water. Very hygienic and time-saving solution for heat therapy applications. Ideal for back and muscle pains, lasting pain relief for tired or painful muscles and other non-inflammatory rheumatic complaints. Specially designed for professional use.

- This non-poisonous gel can be heated up to max.  $70^{\circ}\text{C}$  in hot water or in the microwave.
- Instructions are printed on the inside so that the ink does not come into contact with the skin.
- Pharmaceutical Quality

Dimensions: 37 x 37cm





## COLD AND HEAT THERAPY

### Naqi re-usable Cold - Hot Pack

Re-usable **Naqi** Cold-Hot Pack for lasting pain relief. Pharmaceutical quality. Thanks to its flexible shape, the Naqi Cold/Hotpack moulds itself easily to the affected part of the body.

- Flexible: this non-poisonous gel remains flexible until -30 °C and can be heated up to max. 70 °C in hot water or in the microwave. Pharmaceutical raw materials.
- Safe: instructions are printed on the inside so the ink does not come into contact with the skin.
- Strong: 4 layers, for continual use.
- Best price/quality ratio.

**Dimensions:** 13 x 27cm



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**This catalogue is only for medical doctors, physiotherapists, skin therapists and hospitals**



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