

# Biorhythmic Drainer Instruction Manual

The content of this manual represents intellectual property that belongs to Phyto Distribution, Inc. doing business as PHYTO5. It is made available to active customers of appointed distributors of PHYTO5 products.



## The Biorhythmic Drainer (Biodraineur) mechanically reproduces the gentle movement of a hand massage focused on balancing vital energy and moving fluids.

The Biodraineur has been used in Europe for several decades to enhance beauty treatments of the face and body. It contributes to normalizing energy flow and is an excellent complement to face and body beauty treatments. Your client will hear the gentle humming of the pump of the drainage machine as she feels the gliding of its glass cups over the face or body.

- The five-speed Biodraineur has pre-calibrated suction rhythms adapted to the energy of each of the five aspects of vital energy according to traditional Chinese medicine (TCM).
- The equipment produces absolutely no pain or unpleasant sensation.
- There are no invasive frequencies produced or transferred.
- No electric currents are used on the skin. The machines are fully holistic, energetic, and natural in the work they perform.
- The Biorhythmic Drainer requires no special license for an esthetician or LMT.
- Training is simple but required.

Before starting, the technician will apply L'émulsion d'huiles végétales [Vegetal Oil Emulsion] mixed with R-Esserine (regulating), a blend of essential oils, on the area being treated. The oil facilitates the gliding of the cups on the skin as it helps maintain an airtight contact of cup against skin and promotes the effect of the drainage.

The pumps alternatively suck in and release the skin layers as the cups are guided by the esthetician or massage therapist following prescribed pathways.





### For Face

- Softens deep lines
- Achieves a contoured look
- Energizes the skin
- Invigorates circulation
- Stimulates lymph (detoxification)
- Soothes sensitive skin
- Decongests puffiness
- Tones

### For Eye Area

- Brightens area surrounding eyes
- Reduces puffy eyes
- Improves dark circles
- Plumps fine lines
- Enhances lift and tone
- Lessens signs of aging

### For Body

- Invigorates circulation
- Energizes the body
- Reduces congestion and/or heaviness
- Tones and shapes heavy legs
- Stimulates lymph (detoxification)
- Decreases cellulite
- Assists with weight loss
- Tones and softens
- Regulates excessive heat

### For Breasts

- Lessens soreness and reduces congested areas
- Tones and regenerates breast tissue
- Facilitates lymph circulation
- Eliminates impurities
- Improves appearance

# How to Use



1. Connect the two plastic tubes to the two metal openings on the front of the machine. At the other end of each tube insert the appropriate size glass cup and ensure they are well connected.
2. Make sure the electric cord is well plugged in (pushed all the way into the machine).
3. The Biorhythmic Drainer can be switched ON and OFF with the switch in the back of the machine. It will put the machine in Standby mode. When ready to use the machine flip on the small white switch on the front panel (top left).

4. Once you have decided on the type of drainage, push the corresponding colored button (the five colors follow the five elements of vital energy according to traditional Chinese medicine). The machine automatically provides the optimum suction rhythm. The small light below the button indicates the proper light to select if you are also using the Chromapuncteur.

5. The “Aspiration” knob needs to be adjusted according to the client’s skin.

- Use lower aspiration for face and for mature skin (particularly the face).
- Use stronger aspiration for the body and for younger skin.
- To increase or decrease the power simply turn the switch. Always adjust to the sensitivity of the individual client. Ask the client if it is comfortable.

6. The “Balance” knob can be used to balance the amount of aspiration from each cup. At different levels of Aspiration you might have to modify the amount of Aspiration from one tube to the other (A and B).

- To regulate the balance (for better results and greater client comfort) turn the knob clockwise to increase aspiration in B and reduce it in A.
- Turn the knob counterclockwise to increase the A side and to reduce the B side.

# R Esserine + L'émulsion d'huiles végétales [Vegetal Oil Emulsion]

## Composition of R-Esserine (regulating):

- ✿ lavender essential oil
- ✿ cypress essential oil
- ✿ marjoram essential oil
- ✿ lemon essential oil
- ✿ sweet orange essential oil
- ✿ ylang ylang essential oil
- ✿ sunflower oil

R-Esserine promotes superficial circulation; diminishes swelling and congestion; recommended for drainage.

L'émulsion d'huiles végétales [Vegetal Oil Emulsion] is a delicate vegetal based neutral moisturizer rich in vitamins and plant extracts and is personalized with the addition of an Esserine. It is used when performing a drainage with the Biorhythmic Drainer.

## When to use:

- For balancing or Metal type facial treatments
- During any drainage mixed in L'émulsion d'huiles végétales [Vegetal Oil Emulsion]



# Energetic Drainage of the Body

## Using Equipment

When performing drainage with equipment, always think of the body as two halves—right and left.

Do each side of the body the same way, draining to the correct node areas on that side.

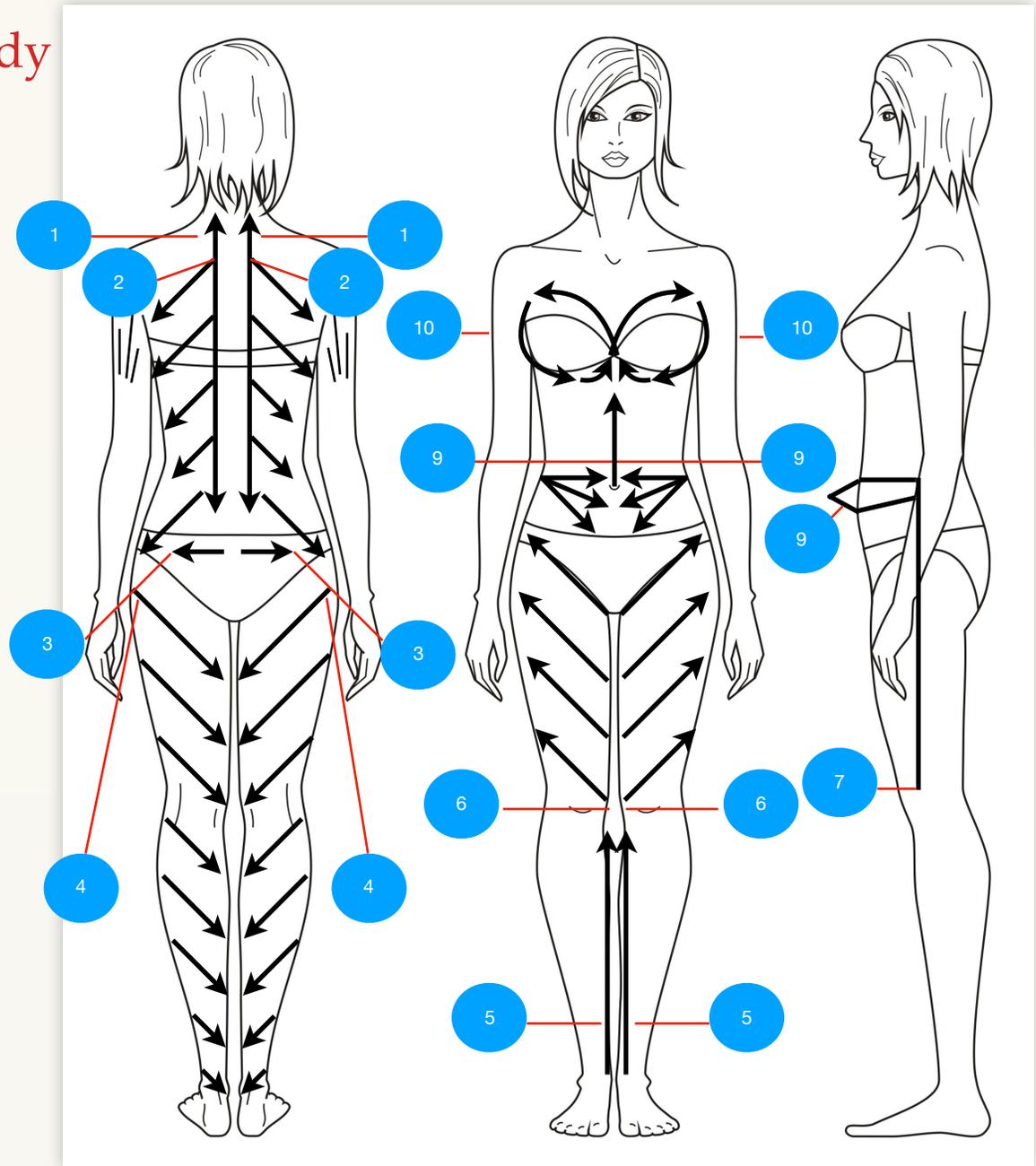
The arm and upper body drain to the axillary nodes at the armpit.

The lower extremities, abdomen and buttocks drain to the inguinal nodes in the groin.

Drainage always begins with stimulating the energy flow to prepare the way for the rest of the fluid you will be moving.

Cups may be held side by side when working alone, always moving the cups together, keeping one finger width in between the cups and moving the cups one cup width at a time to next position.

*For step-by-step instructions, proceed to the next page.*



# Drainage of the Body Step by Step Instructions

1. Apply drainage from the base of the neck in a downward movement to the sacrum, one cup along each side of the spine so they are side by side. Repeat back up to the base of the neck and down again, 6 times.
2. Start on the left side of the spine at the upper back, cups side by side. Drain outward diagonally across to the armpit. Pick up the cups and move one cup width down, repeat this move diagonally across, down the side to the table. Repeat all the way down to the crease in the buttocks.
3. At the crease of the buttocks, move from the inside to the outside, again, all the way to the table.
4. Begin from the outside of the leg to the inside, draining at an angle and slightly downward (follow arrows on chart). When you get to the back of the knee switch to the mid-size cup for the lower leg if area is reduced in size. Continue the same movement from outside of the leg to the inside all the way down to the ankle.
5. Repeat on right side from the base of neck down to ankle.
6. Turn client over to work in supine position (face up).
7. Start at the ankle, using one mid-size cup for smaller leg or large cup for a larger leg. Move up the inside of the leg to the knee and then over the top of the knee to the outside of the leg, 3 times.
8. Continue moving from the inside upper leg to outside of the leg to the table at a slightly upward angle. When you reach the

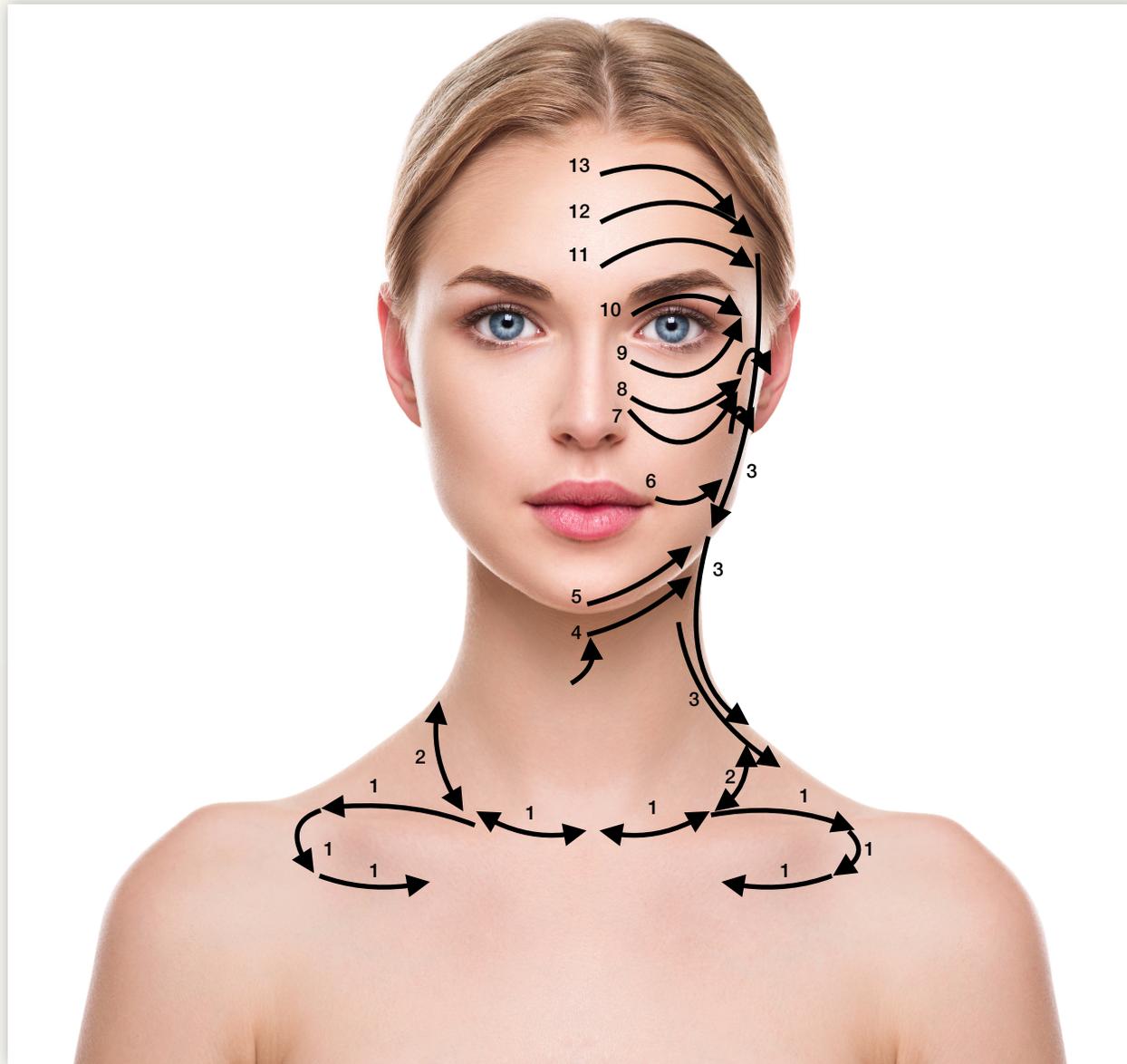
crease of the inguinal canal (groin area), drain in the crease—inside to the outside— and avoid the hip bone by staying beneath the bone.

9. Begin one cup width above the knee on the outside of the leg moving the fluid slowly up to the first rib at the rate of one cup width for each pulsation. Take care to avoid going over hipbones as this can be painful.
10. Continue to carry the fluid from the rib area to the center just over the navel and pulsate 3 times releasing the cup by breaking suction with your finger. Repeat step 9 again as you move from the rib to the center stopping one cup width below the navel pulsating 3 times and releasing with your finger. Repeat step 9 again as you move from the rib to the center at a downward angle stopping just above the pubic bone, pulsating 3 times, releasing the cup with your finger.

## Breast and Arm Drainage

11. Making a figure 8 pass from one breast to the other, with one breast cup start at navel and drain upwards around breast (only on tissue surrounding breast), along the side and under breast and then back to the center. Continue with your figure 8 to the other side.
12. Place client's arm in upward position and position cup below the elbow. Apply the drainage down the triceps to eliminate the fluid into the armpit (auxiliary gland area) (see chart, #10).

# Drainage Pathways



## Drainage of the Face Step by Step Instructions

1. Begin under the clavicle on the chest and open the passage of fluids by moving the Biorhythmic Drainer over the Lung points (L1 and L2) back and forth three times or in small circles over the acupuncture points.
2. Move above the clavicle in the soft tissue and open the nodes by moving the Biorhythmic Drainer back and forth three times over the small area between the clavicle and the top of the shoulder.
3. Start behind the earlobe and bring the cup down the side of the neck ending at the clavicle. Do three passes moving the cup slightly toward the back of the neck.
4. Begin under the chin off the bone in the fleshy area. Follow the jaw line out to the ear and down the neck ending at the clavicle. Do three passes.
5. Start on the middle of the chin along the jawbone and follow the jawline up to the front of the earlobe. Continue moving down under and slightly behind the ear all the way down to the clavicle. Do three passes.
6. Begin at the corner of the mouth across the cheekbone to the front of the ear then down under the ear and down the neck to the clavicle. Do three passes.
7. Start next to the nostril and move the cup down the nasolabial fold to the corner of the mouth and then across the cheekbone to the front of the ear. Continue down the ear and neck to the clavicle. Do three passes.
8. Place the cup between eye and nose and move the cup out to the side of the ear then down below the ear and down the neck to the clavicle. Do three passes.
9. Using the flat eye cup, drain the area under the eye. Start at the side of the nose under the eye and move outward to the temple. Do three passes.
10. Continue to drain above the eye underneath the brow. Holding the cup sideways, begin moving under the brow and over the eye across to the temple. Do three gentle passes.
11. Begin at the center between the eyes and move above the brow out to the temple then down in front of the ear and down the neck to the clavicle. Do three passes.
12. Move up on the forehead starting at the center then out to the temple and down to the clavicle. Do three passes.
13. Repeat #12 only higher on the forehead.

# You Need to Know

- Keep the box the machine came in in the event you need to return the machine to Phyto Distribution, Inc. (PDI) or the manufacturer in France. Should you need to return the machine please make sure it is well packed and insured and provide PDI with tracking info.
- Remember, you have a one-year manufacturer's warranty. Our machines have proven to work for decades if they are well taken care of.
- We advise you to purchase an optional accessory: a pair of racks which can be mounted to the side of the machine to hold the glass cups. It reduces the incidence of breakage and looks more organized.
- You can purchase any of a number of replacement accessories from PDI: cups, tubes, cones and O-rings.
- When the machine is not in use, keeping the machine in standby mode is advisable.
- For any assistance, please call **1-415-435-2411** or send email to [maryloveland@sbcglobal.net](mailto:maryloveland@sbcglobal.net).

