**Using the KaasenLife device**

This Kaasen technology is based upon rapid cooling on the skin surface combined with pressure to deliver many health and aesthetic benefits. The Kaasen device is a handheld technology that uses liquid carbon dioxide which is filtered and funnelled in the form of a cold spray onto the surface of the skin which then rapidly cools the underlying tissues from around 32°C (90˚F) to 4°C (39˚F) and below.

The rapid cooling and pressure applied to the skin produces a localised thermal shock effect that we call “CryoStimulation”.

The Kaasen device is connected to a cylinder of collected liquid, food grade Co2 via a robust hose. The Kaasen device comes with a variety of nozzles to bespoke your treatments depending on the area you are treating and treatment you want to perfom.

The trained aesthetician of the technologies aim is to rapidly get the treatment area down to 4oC as quick as possible and to maintain the temperature, around 0oC throughout the application. This is achieved through their technique when using the device controlling the cooling of the treatment area. The temperature can be monitored on screen by the incorporated sensors within the device and a light is also shone onto the skin which changes colour from white to blue to indicate to the practitioner they are in the optimum temperature zone. Once an A5 size area has the blue light visible on the skin you move to another area of the body.

**Bespoking the treatment plan for each client.**

When a patient would like any cryo sculpting treatment your aim is shrink that area and to cause cryo-lipolosis. The practitioner must first take into consideration their clients diet and exercise as this will have an effect on the result, they are trying to achieve. Cryo sculpting is not a cheat or quick fix if the client is living an unhealthy lifestyle.

Every patient is different, so it is important to understand what we are trying to achieve when using the device. As a reference when spraying with the KaasenLife device, get an A5 size area down to 4oC and below as rapidly as possible before moving and working the next area. It is important to always keep the spray moving like your trainer has taught you. If you have a larger patient it will take longer to treat obviously as you have more area to cool down and coversly if you have a thinner patient you can shorten the treatment time.

When treating the face you are not trying to loose fat like Cryo sculpting, so use softer nozzles and massagers for a shorter time period.

**Tips to getting down to the optimum temperature quickly**

* Client not to eat or drink anything warm an hour before treatment
* For female patient being on her period can make the tummy warmer then usual
* To make sure patient hasn’t worked out just before treatment and have a raised temperature
* To make sure you are at optimum distance range with device when spraying
* To make sure you are not moving the spray to new area of body too quickly

If a patient is very warm before treatment use the cold nozzle to cool the area down first before using the spray nozzles as it is an efficient way to cool the client down using not much gas.

# Type of Nozzles and Uses

Safety measures

* Prior to CryoStimulation, the skin surface must be clean, dry and free from any creams or lotions
* During operation of the device, due care and attention must be observed at all times
* Ideally the room temperature should not be greater than 25˚C (77˚F) to avoid the build-up of dry ice

Acute Spray Nozzles

* Ensure nozzle is hand-tight before operation
* Do not allow nozzle to touch the skin during procedure
* Always spray with a continuous motion, do not concentrate the spray on a particular point. This will avoid over-exposure (risk of necrosis)
* Allow 10 seconds after use before attempting to remove nozzle from the device

Dome and Sleek Nozzle

* Ensure nozzle is hand-tight before operation
* At a safe distance and pointing away from persons, allow gas to pass through nozzle for set amount of time
* Remove any moisture from nozzle before treatment
* With the gas off and nozzle cooled, nozzle can be used to rub on the skin
* After cooling, nozzle is effective for between 8 to 10 minutes
* Always rub with a continuous motion, do not hold stationary at one particular point. This will avoid over-exposure (risk of necrosis)
* Allow 10 minutes after use before attempting to remove nozzle from the device
* After use nozzle must be cleaned using sterile wipes

Cone and Straight Tube Diffuser Nozzles

* Ensure nozzle is hand-tight before operation. Do not over tighten
* Do not allow nozzle to touch the skin during procedure
* Always spray with a continuous motion, do not concentrate the spray on a particular point. This will avoid over-exposure (risk of necrosis)
* After each 30/60 second treatment, allow the internal dry ice to evaporate. This typically takes 10 to 15 seconds
* Allow 10 seconds after use before attempting to remove nozzle from the device

Extreme Nozzle

* Ensure nozzle is hand-tight before operation
* Do not allow nozzle to touch the skin during procedure
* Always spray with a continuous motion, do not concentrate the spray on a particular point. This will avoid over-exposure (risk of necrosis)
* After each 30 second treatment, allow the internal dry ice to evaporate. This typically takes 20 to 30 seconds
* Allow 60 seconds after use before attempting to remove nozzle from the device

Nozzle type is selected as follows:

It is important to specify the nozzle being used, so that the proximity sensor’s optimum distance settings are correct, and the unit can monitor the amount of gas used during treatment.

# Typical Treatment Protocols

Users must be trained by the product manufacturer or their local certified trainer(s).

Below are some typical treatment protocols:

## Fine Face Wrinkles

### Which nozzle to use

Cone Diffuser Cooling of area

Dome Cooling Lymphatic massage

Acute Spray Red Detail CryoStimulation

### Purpose

To reduce fine wrinkles and firm and tighten the skin.

### CryoStimulation

* Use Cone Diffuser nozzle – 30 seconds on both sides of the face around the area in a continuous circular motion.
* Cool lymphatic massage around the face with the Dome Cooling nozzle. 3 minutes each side.
* Acute Spray Red nozzle for 10 seconds on the areas that are of concerns to the patient.

### Safety measures

* Prior to CryoStimulation, the skin surface must be clean, dry and free from any creams or lotions.
* Room temperature should not be greater than 25˚C (77˚F).
* Always spray with a continuous motion, do not concentrate the spray on a particular point. This will avoid over-exposure (risk of necrosis).
* Important: patient must wear eye protection when applying any treatment to the face.
* Patients mouth and nose should be shielded from the gas by a CryoGuard to avoid any discomfort.

### Duration of treatment

Approximately 7 minutes monitored constantly.

### Frequency

Five to ten sessions of CryoStimulation are recommended. For optimal results treatments should not be more than one week apart.

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## Acne

### Which nozzle to use

Cone Diffuser If condition is severe

Acute Spray Red Small areas

### Purpose

Reduce inflammation and improve skin complexion.

### CryoStimulation

* Use Cone Diffuser nozzle – 30 seconds on both sides of the face around the area in a continuous circular motion.
* Acute Spray Red nozzle for 30 seconds on the areas that are of concerns to the patient.

### Safety measures

* Prior to CryoStimulation, the skin surface must be clean, dry and free from any creams or lotions.
* Room temperature should not be greater than 25˚C (77˚F).
* Always spray with a continuous motion, do not concentrate the spray on a particular point. This will avoid over-exposure (risk of necrosis).
* Important: patient must wear eye protection when applying any treatment to the face.
* Patients mouth and nose should be shielded from the gas by a CryoGuard to avoid any discomfort.

### Duration of treatment

Maximum 60 seconds monitored constantly.

### Frequency

Four sessions of CryoStimulation are recommended. For optimal results treatments should not be more than one day apart.

## Body Sculpting – Tummy Firming

### Which nozzle to use

Cone Diffuser Cooling of area

Black or Gold Nozzle Cooling of area

Dome Cooling Lymphatic massage

### Purpose

To sculpt, firm and tighten stomach area.

**Note:** This is a temporary effect and is not a weight loss treatment

### CryoStimulation

* Using the gold or black nozzle, apply spray for 60 to 90 seconds on each A5 size area of the tummy. Once cooled move to sides.
* Recommended after CryoStimulation carry out a lymphatic massage for 5 to 10 minutes
* Using Dome Cooling nozzle, massage the tummy in a lateral motion. (always keep the nozzle moving in a continuous motion) for 3 minutes

### Safety measures

* Prior to CryoStimulation, the skin surface must be clean, dry and free from any creams or lotions.
* Room temperature should not be greater than 25˚C (77˚F).
* Always spray with a continuous motion, do not concentrate the spray on a particular point. This will avoid over-exposure (risk of necrosis).
* Important: patient must wear eye protection when applying any treatment to the face.
* Patients mouth and nose should be shielded from the gas by a CryoGuard to avoid any discomfort.
* If Black Nozzle is feeling uncomfortable to patient go to gold nozzle

### Duration of treatment

Approximately 15 minutes monitored constantly.

### Frequency

Five to ten sessions of CryoStimulation are recommended. For optimal results treatments should not be more than one day apart.

## Jawline Tightening

### Which nozzle to use

Cone Diffuser If condition is severe

Acute Spray Red Small areas

### Purpose

To sculpt and tighten jawline area

### CryoStimulation

* Use Cone Diffuser nozzle – 30 seconds on both sides of the jaw around the area in a continuous circular motion.
* Acute Spray Red nozzle for 10 to 15 seconds on the neck areas that are of concerns to the patient.
* Using Dome Cooling nozzle, massage the tummy in a lateral motion. (always keep the nozzle moving in a continuous motion) for 3 minutes

### Safety measures

* Prior to CryoStimulation, the skin surface must be clean, dry and free from any creams or lotions.
* Room temperature should not be greater than 25˚C (77˚F).
* Always spray with a continuous motion, do not concentrate the spray on a particular point. This will avoid over-exposure (risk of necrosis).
* Important: patient must wear eye protection when applying any treatment to the face.
* Patients mouth and nose should be shielded from the gas by a CryoGuard to avoid any discomfort.

### Duration of treatment

Maximum 5 minutes monitored constantly.

### Frequency

Four sessions of CryoStimulation are recommended. For optimal results treatments should not be more than one day apart.

## Thigh Sculpting – Cellulite Firming

### Which nozzle to use

Black or Gold Spray Cooling of area

Dome Cooling Lymphatic massage

### Purpose

To sculpt, firm and tighten stomach area.

**Note:** This is a temporary effect and is not a weight loss treatment

### CryoStimulation

* Using the gold or black nozzle, apply spray for 60 to 90 seconds on each A5 size area of the tummy. Once cooled move to sides.
* After CryoStimulation carry out a lymphatic massage for 5 to 10 minutes
* Using Dome Cooling nozzle, massage the tummy in a lateral motion. (always keep the nozzle moving in a continuous motion) for 3 minutes

### Safety measures

* Prior to CryoStimulation, the skin surface must be clean, dry and free from any creams or lotions.
* Room temperature should not be greater than 25˚C (77˚F).
* Always spray with a continuous motion, do not concentrate the spray on a particular point. This will avoid over-exposure (risk of necrosis).
* Important: patient must wear eye protection when applying any treatment to the face.
* Patients mouth and nose should be shielded from the gas by a CryoGuard to avoid any discomfort.
* If Black Nozzle is feeling uncomfortable to patient go to gold nozzle

### Duration of treatment

Approximately 15 minutes monitored constantly.

### Frequency

Five to ten sessions of CryoStimulation are recommended. For optimal results treatments should not be more than one day apart.

## Psoriasis and Eczema patients

### Which nozzle to use

Cone Diffuser If condition is severe

Acute Spray Red Small areas

Acute Spray God

### Purpose

Reduce inflammation and improve skin complexion.

### CryoStimulation

* Use Cone Diffuser nozzle – 30 seconds on skin area in a continuous circular motion.
* Acute Spray Red or Gold nozzle for 10 to 15 seconds on the areas that are of concerns to the patient.

### Safety measures

* Prior to CryoStimulation, the skin surface must be clean, dry and free from any creams or lotions.
* Room temperature should not be greater than 25˚C (77˚F).
* Always spray with a continuous motion, do not concentrate the spray on a particular point. This will avoid over-exposure (risk of necrosis).
* Important: patient must wear eye protection when applying any treatment to the face.
* Patients mouth and nose should be shielded from the gas by a CryoGuard to avoid any discomfort.
* If Gold Nozzle is feeling uncomfortable to patient go to Red nozzle

### Duration of treatment

Maximum 60 seconds monitored constantly.

### Frequency

Four sessions of CryoStimulation are recommended. For optimal results treatments should not be more than one day apart.