

## **PROGRAMME 1: SKIN WRINKLES**

This programme helps to eliminate wrinkles – you simply follow the lines of the face using the Quantum light, as indicated below – these correspond to the lines of the muscle layers of the face. The device itself can be placed on any part of the body, but the chest or abdomen is fine, with the screen facing upwards as the antenna is at the back of the device. The body will also be getting the benefit of the electromagnetic waves emanating from the device, concomitantly with the Quantum



light working on the face.

## **PROGRAMME 2: FACIAL TONUS**

This programme helps to eliminate tiredness and facilitates skin relaxation; it also stimulates, revives, and slows down the natural ageing process, whilst improving the metabolism.

### ***METHOD OF USE***

The placement of the device itself on the body is not really important – you can place it anywhere that is convenient. Move the light from the top of the ear to the bottom part slowly. Repeat this movement four times in each ear. Keep using this movement while changing ears until the end of the



programme.

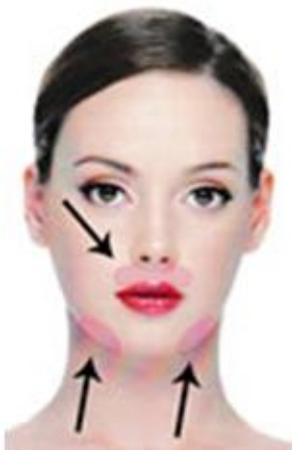
### **PROGRAMME 3: FEMALE HEALTH**

Our body produces more than 100 hormones that play an important role in all body functions such as growth, reproduction, digestion, stress control and more. Hormones are substances that are produced in the endocrine glands such as the pituitary, the thyroid and the ovaries, which are then transported by the blood to stimulate various organs and physiological systems. Any abnormal increase or decrease of these hormones can lead to a number of symptoms and pathology such as: exhaustion, stress, weak immunity, weight increase, sterility and skin problems.

The skin is a receptor of a number of hormones and can also metabolize certain hormones. Acne in women usually has a hormonal cause due to the hormonal fluctuations that are common in a woman's life. This can lead to the sebaceous glands on the skin over-secreting, leading to a very oily skin. Stress can also imbalance hormonal levels.

#### ***METHOD OF USE***

Place the device two fingers above from the navel in the area of the solar plexus. Use the quantum light on the areas of the skin illustrated in the diagram below – the upper lip area and the areas adjacent to the chin. Use slow circular movements, moving clockwise. The patient should feel a slight warmth or tingling on the skin that is not uncomfortable. Use the programme once weekly for prevention and daily if required for treating hormonal imbalances it can be used any time of the day.



Avoid using during pregnancy.

### **PROGRAMME 4: MALE HEALTH**

The hormonal system of middle aged men is prone to imbalances that may lead to blotches and dryness of the skin.

#### ***METHOD OF USE***

Place the device at the point of the solar plexus, two fingers above the navel. Use the Quantum light on the areas of the skin just below the lower lip as illustrated below. Use, slow clockwise circular movements on both sides of the face. For prevention use the program once a week, but for treating hormonal imbalances in men the programme can be used daily at any time of the day.



## **PROGRAMME 5: LIVER FUNCTIONING**

**(Alternative name: LIVER HEALTH)**

This programme helps to regulate the function of the liver and it helps in alleviation of thread veins on the skin which can be caused by liver imbalances. These thread veins can be located on the legs, thighs and face and can appear unsightly and displeasing.

### ***METHOD OF USE***

Place the appliance on the liver region on the right side of the body under the lowest rib. Use the Quantum light on the areas of the face as illustrated below – forehead area above the eyebrows and both sides of the face along the chin bone just below the ears. Use slow, clockwise circular movements and change from one side of the face to the other until the end of the programme time.



The eyes should remain closed throughout the treatments.

## **PROGRAMME 6: LIVE QUIETLY**

**(Alternative name: NERVOUS SYSTEM BALANCING)**

This programme helps to balance the Autonomic Nervous System, balancing the sympathetic and parasympathetic nervous system.

### ***METHOD OF USE***

Seat comfortably in a quiet room and use the Quantum light in small, clockwise circular movements on the forehead as illustrated below – note that this is high on the forehead just under the hair line.

The eyes should remain closed.

As the autonomic nervous system balances, the patient will feel a sense of calm and relaxation.

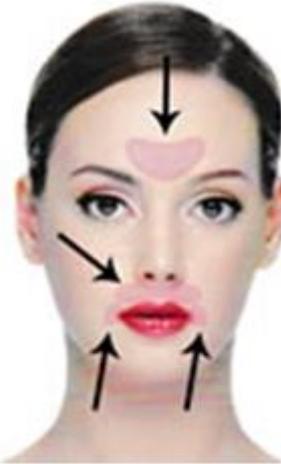


## **PROGRAMME 7: STOMACH REGULATION**

This programme will help to calm the stomach as well as helping balance normal physiological functioning.

### ***METHOD OF USE***

Place the appliance on the stomach. Use the Quantum light in small, clockwise circular movements in the areas illustrated below – forehead just above the eyebrows, upper lip area, and the sides of the lips on both sides.



The eyes should remain closed.

## **PROGRAMME 8: DIGESTION**

This programme helps to balance the digestive processes of the gastrointestinal tract, making them more efficient. A sluggish digestive system can be a major reason for premature ageing and wrinkles.

### ***METHOD OF USE***

Place the appliance near the stomach. Use the Quantum light in small, clockwise circular movements in the areas illustrated below – middle of forehead, lower lip, side of lips on both sides of face. Use four circular movements in each area illustrated and continue circulating between the areas until the completion of the programme.



The eyes should remain closed.

## **PROGRAMME 9: LIKE CLOCKWORK**

**(Alternative name: CONSTIPATION)**

This programme will help people that are chronically constipated. Chronic constipation makes the skin pale or yellowish – it loses its elasticity, and becomes flabby.

### ***METHOD OF USE***

Place the device near in the stomach. Use the Quantum light with small, clockwise circular movements on the areas of the face illustrated below – two areas of the forehead high on the hairline parallel with the eyebrows. Use four circular movements on each area and move to the other side and



repeat until the end of the programme.

The eyes should remain closed.

## **PROGRAMME 10: RENAL STIMULATION**

**(Alternative name: KIDNEY FUNCTION)**

Swollen and darkened areas under the eyes with oedema is usually a sign of kidney malfunction.

### ***METHOD OF USE***

Place the device on the back near in the kidneys. Use the Quantum light in the areas illustrated below – under both eyes and the areas in the middle of both ears – use four small, clockwise circular movements and move onto the next point, repeating the cycle until the programme ends.



The eyes should remain closed.

## **PROGRAMME 11: THYROID**

Many hormonal problems are reflected in the skin. These can include thyroid disorders, diabetes, polycystic ovary syndrome and hormonal changes during menopause – these are all very commonly diagnosed. Hypothyroidism, for example, makes the skin cold and dry, with brittle nails and decreased sweating. On the contrary, with hyperthyroidism the skin is hot, humid, with intensive perspiration, while the hair become thin and fragile and the nails begin peeling.

**METHOD OF USE** You may place the device anywhere on the body – use the Quantum light in small, clockwise movements on the areas of the neck shown in the diagram below. Use the light for about



30 seconds either side and alternate until the completion of the programme.

## **PROGRAMME 12: HEART AND BLOOD VESSELS**

**(Alternative name: CARDIOVASCULAR SYSTEM)**

The skin can also present cyanosis, that is to say acquire a blue nuance. This colour implies that the blood is not oxygenated sufficiently, which can be a result of breakage of capillary networks, anaemias and pneumopathologies, as well as cardiac or circulatory insufficiency (regional cyanosis).

**METHOD OF USE**

Place the device on the region near in the heart. Use the Quantum light on the area of the face as illustrated below on the left side of the cheek bone, just underneath the left eye.



The eyes should remain closed.

## **PROGRAMME 13: SPLEEN FUNCTIONING**

One of the major functions of the spleen is to filter the blood of old and dying red blood cells. Although the spleen acts as a reservoir of special type of white blood cells called monocytes in humans, in animals this is not so. The monocytes stored in the spleen migrate to the injury sites and transform into dendritic cells and [macrophages](#) that may help in healing wounds and injuries. In humans, the spleen also stores platelets that normally help in blood coagulation and clotting. In animals the spleen acts as a reservoir of blood cells. This programme helps to balance any weaknesses of the spleen.

### ***METHOD OF USE***

Place the device in the region of the body near in the spleen (is found in the abdomen, on the right side of the body, between the 9th and 12th vertebrate). Use the Quantum light in small, clockwise circular movements on the area of the face illustrated below – on the left temple adjacent to the left eye. Use until the end of the programme.



The eyes should remain closed.

## **PROGRAMME 14: KEY OF LIFE**

### **(Alternative name: PANCREAS FUNCTIONING)**

Many experts say that the pancreas is the Key of Life. The duration of human life depends on the health of this gland. As the pancreas declines and degenerates, so does the body, ageing faster and faster.

### ***METHOD OF USE***

Place the device in the region near in the pancreas. Use the Quantum light in the face regions illustrated below, with four circular movements in each indicated area, repeating the process up to the completion of programme.



The eyes should remain closed.

## **PROGRAMME 15: BRIGHT EYES**

**(Alternative name: IMPROVE EYESIGHT)**

This programme relieves spasms of small blood vessels in eye muscles, restores the normal functioning of the muscle which controls the eye-lens, therefore improving eyesight with a good success rate.

### ***METHOD OF USE***

Follow the steps below to achieve success:

1. Move near to a window
2. With a marker pen make a small round mark on the glass
3. Use the Quantum light on the face as illustrated below – the sides of the upper cheeks next to the eyes on both sides of the face. Make small, clockwise circular movements on both sides of the face until the programme finishes.
4. Focus on the small round mark on the glass window during the treatment – keep your distance so that the eyes do not tire.
5. Focus on the spot for 8 – 10 seconds then look away into the distance through the glass.
6. Continue this exercise until you feel your eyes getting tired, then stop the exercise and simply carry on using the Quantum light until the programme finishes.
7. After completing the treatment, allow the eyes to rest for 20 – 30 minutes in order to adapt



and maintain flexibility.

## **PROGRAMME 16: CLEAR SKIN**

As most women know, beautiful smooth complexion and glowing skin without pimples and acne is the main goal of every woman.

This programme will help to remove inflammation from the face and therefore optimize complexion.

### ***METHOD OF USE***

Place the device at a distance of 25-30 cm from the face. Using the Quantum light, make small circular motions first on the forehead then the two cheeks. Keep repeating the cycle till the programme ends. For preventive purposes use the program every other day. If necessary you can use it for 3-4 consecutive days, then break for 3-4 days and then repeat the session for a total of 10



sessions.

## **PROGRAMME 17: BRAID AT ITS BEST**

**(Alternative name: HAIR CARE)**

Daily hair loss up to 100 hairs is considered normal. However, when more hair is lost then this indicates some functional disturbance in the body.

### ***METHOD OF USE***

Place the device in front of the face or in the area around the eyes. Use the Quantum light on the sides of the head as indicated in the diagram below. Make 4 circular motions on one area, then move



on to the other, repeating the cycle till the programme completes.

## **PROGRAMME 18: MANICURE MASTER**

**(Alternative name: HAND CARE)**

Most women like to have beautiful and well-groomed hands. Nutrition, Avoiding toxins and getting good amounts of sleep are important factors. The health of the nails is a reflection of overall health.

### ***METHOD OF USE***

Place the antenna device at a distance of about 20 cm from the treated hand. Using the Quantum light, make linear slow movements from the base of the hand (wrist joint) to the tip of each finger. First, on the back side, then on the palm. Repeat the procedure with the other hand. Repeat the cycle



till the end of the programme.

## **PROGRAMME 19: FACE WITHOUT DEFECTS**

Skin cells are constantly being regenerated, however, often skin cannot look its best due to old dead cells on the surface of the skin. Regular use of this programme will help to avoid this from occurring.

### ***METHOD OF USE***

Place the device at a distance of 25-30 cm from the face. Using the Quantum light on the areas of the face shown in the diagram below, make slow circular motions first on the forehead, then the cheeks, then the stomach.

Repeat the cycle till the end of the programme. For preventive purposes use the programme every other day. If necessary you can use it 3-4 days consecutively, then take a break for 3-4 days and repeat the session.



A total of 10 sessions will be required.

## **PROGRAMME 20: EASY FEET**

Beautiful legs are rarely a gift of nature, they require constant attention and care. Also maintaining healthy feet is important as we use them so often during the day. This programme will help to normalise blood circulation on the legs, helping with weariness and any swelling.

### ***METHOD OF USE***

Place the antenna device at a distance of 20 cm from the treated foot. Using the Quantum light, make linear slow movements from the tips of the toes up to the ankle-joint. Do both front and back sides of



both feet. Repeat the cycle till the programme ends.

### **General instructions for using the DEVITA COSMO**

1. Select the program you wish to use
2. Start the programme
3. Place the device on different parts of the body as instructed
4. The quantum light should be placed as close to the skin as possible in order to feel the heat and light
5. Move the quantum light about 1 to 2 centimeters per second
6. Move the quantum light horizontally
7. If the area on the face is very small, use small clockwise circular motions
8. If there are a number of zones on the face, use 3-4 circular clockwise motions for each zone, and then change the zone.