

In combination of Rubefacient, the synergistic effect of cryotherapy in the healing process that enhances the results. A case study in combining these two elements in the healing of post cosmetic procedures



Fai Chan

ABSTRACT

Rubefacient is related to heat generation during the process while cryotherapy is a kind of cold therapy that heals a particular area or whole body through exposure to cold temperature usually for minutes.

Rubefacient and cryotherapy, when taken seriously, is not for commercial enjoyment as it really brings therapeutic and clinical benefits to some health issues or more potent, in injury recovery. In this speech, we are going to explore how by applying these two concepts can advance the healing process to more perfection.

It is done with illustration on a case study. The patient went through cosmetic procedure in micro needling, the injury resulted was a more severe one, as you could see some bleeding on the face. Then the patient needed to go through a series of heat generation/cold therapy in healing. This was done by using some essential oils for rubefacient results and then putting a cold pack for cold therapy, in this case, a sheet mask. Pictures will be shown to see how the healing takes place and the progress. The point is with this protocol, only 3 days are needed for complete healing, and the reversed aging results are better than without using it. Two sets of pics will be used for comparisons, one with rubefacient ONLY and one with rubefacient + cryotherapy (cold therapy). Then some implications will be drawn to see if it helps with future research.

BIOGRAPHY

Clinical Aromatherapist Fai Chan started her career in 2014, when she was still a student, she already published research findings with international Aromatherapy journals. In 2015, she served the board of a world leading aromatherapy association (Alliance of International Aromatherapists). She was also the chair of the publication committee.

Deli Aroma LLC is dedicated to holistic healing protocols and research. Grounded by pharmacology, her specialties are in the healing of psychiatric/neurological issues and diabetes/rheumatoid arthritis, pneumonia, apnea, severe insomnia, anti-aging etc. Based on Traditional Chinese Medicine (TCM) framework, with the synergistic effects of combining the therapeutic approach with chemistry, her remedies are very effective.

From 2019, she started to give seminars, speeches in international conferences. She also has a clinic that do treatments of diseases of different kinds.

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