



*and SPA Detox*

### **Gynura Procumbens in SPA procedures.**

The tests were carried out with the participation of six volunteers, three at the age of 28 years, one at 32 years old, one at 35 years old and one at 44 years old at the Ocean Breeze Resort Detox Center, Thailand.

The patients did not have any hypertensive or hypotonic diseases in the anamnesis.

Patient 1 has a glucose sensitivity disorder.

### **Results:**

1. Obvious hypotonic effect; The hypoglycaemic effect is obvious, but more to the persons, who have glucose sensitivity disorder;
2. A slight effect of swelling and pain relieve in the joints, when using Gynura oil extract in the form of compresses at night, on the affected joint;
3. Visible effect of changing the Zeta-potential on erythrocytes (the effect of unsticking sludge of erythrocytes) in 30 min after consumption of one 250 ml cup of Gynura tea;
4. An increase in the ratio of the amount of plasma and formed elements in the blood after consumption of one 250 ml cup of Gynura tea in 10-30 minutes towards the value of the norm 161;
5. External application of Gynura oil extract in the form of massage oil showed a good relaxing effect and the effect of an even and beautiful tan after its application;
6. There was an improvement in the hair quality after immersion in a bath with extract of Gynura.

## Suggestions:

1. Develop a hair tonic. Use to rinse hair after washing;
2. Develop an oil-based Gynura concentrate in disposable ampoules for external application on the face, hands and hair;
3. Develop a bath salt - regular sea salt with Gynura powder;
4. Develop a tanning cream to be applied after a body scrub;

## Recommendations:

1. Applications to joints have a more lasting effect from 3-5 procedures. Can be recommended to patients who cannot use serious remedies;
2. Skin moisturising effect is more sufficient after the 3rd bath, daily use;
3. Hot brewed Gynura tea can be recommended before the sauna and before sports activities, because Gynura is a good lymph drainage agent, which enhances the elimination of toxins through the sweat glands during the procedure (except for hypotonic patients).

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03/27/2015



**Patient B before Gynura tea consumption**



Patient B in 30 min after Gynura tea consumption

