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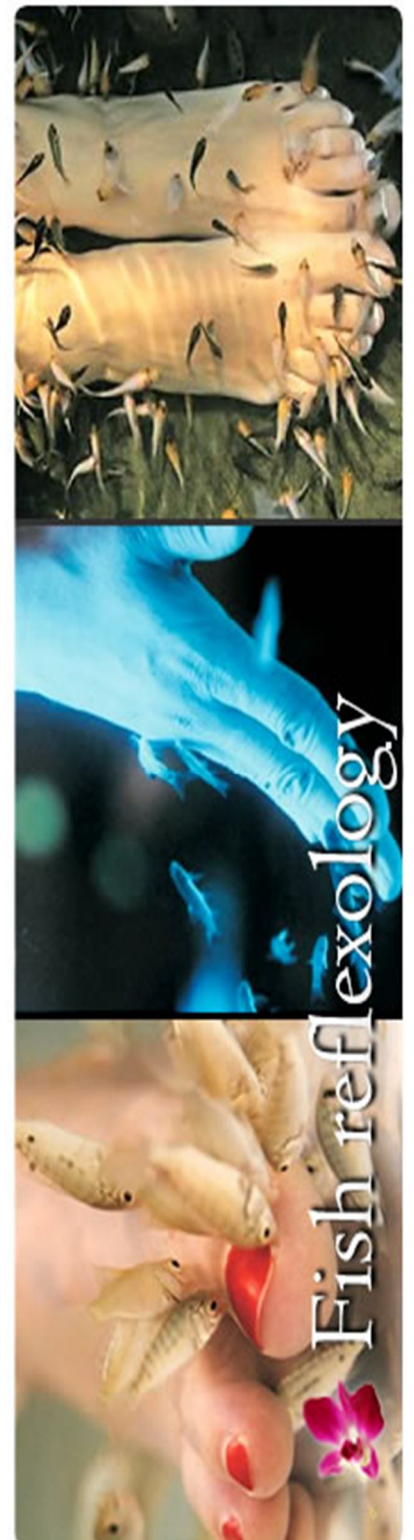
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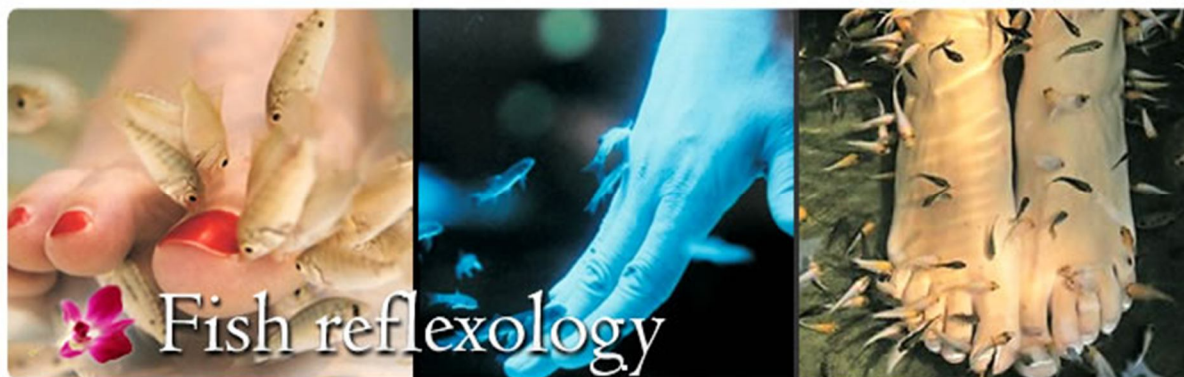
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## Introduction

The Dr Fish Spa treatments are becoming increasingly popular in Salons and Spas throughout the world, these treatments are very popular to maintaining good proper health and well being. The saying is the healthier your feet and hands are the healthier your body organs will function.

Any person who wants to try something new, these friendly Dr Fish are sure to make you laugh and feel pampered and relaxed. Micro-massaging the nerve-ending of the hands and feet, improves healthier body functioning centring the mind body and soul.

Once you have set up your treatment area and settled your fish, it is important to spend as much time with them as you possibly can. The more you spend time with them the easier it will become to look after them. But do not worry soon enough you will bond with your new fish that will definitely make you feel proud every time a client has a treatment with you.

Through experience you will have good days and not so good days, but it is all worth it. Keep going do not give up.

You can decide to start off with hand and feet treatments first to help your clients get used to the idea of how a treatment feels and works, or you can start with the full package doing hands, feet and the whole body. The full body treatments are usually clients who have Psoriasis, Eczema or bad skin conditions that is located in different areas of their body.

Remember your Dr Fish treatments can be used to compliment other Salon or Spa treatments. Before a Pedicure a client can have their feet stimulated and buffed by the fish to relax your client into other treatments.

This manual will guide and help you from start to finish. So enjoy, enjoy and enjoy!

From the Dr Fish Therapy Team

# The Dr Fish



## Origins

There are two species of fish mainly known as "Doctor Fish" and one type is known as *Garra rufa* which is found in Turkey, and the other Chinchin found in China. Other nicknames include nibble fish, kanga fish, little dermatologists and doctorfishen. The Chinchin fish live and breed in water temperatures of 40 degrees Celsius, higher than that of the *Garra rufa* fish of Turkey. The *Garra rufa* is called the reddish log sucker. They live and breed in the outdoor pools of some Turkish Spas, where they feed on the skin of patients with psoriasis. They are comb fishes that only consume affected and dead skin areas, leaving the healthy skin to grow. These fish are found throughout certain parts of the world, found in warm lakes and rivers where they thrive on enzymes and algae.

*Garra rufa* fish occurs in the river basins of the Northern and Central Middle East, mainly in Turkey, Syria, Iraq and Iran. It is legally protected from commercial exploitation in Turkey due to concerns of overharvesting for export.

When these fish are removed from their environment they thrive on enzymes of the human skin. However they cannot live on dead skin alone so you do have to feed them.

Other parts of the world you will find these fish are Africa, Egypt, Iran, Japan, Malaysia, USA, Hong Kong, Singapore and most of Asia and the Middle East Countries.

Our Fish are imported to and a **Health certificate of origin** is given to us to ensure you get the best Fish.

## Benefits of the Dr Fish Treatment

1. This treatment is a feel good treatment for all ages young and old.
2. The Dr Fish stimulate the nerve-ending in the skin creating better blood circulation.
3. The treatment creates micro-massage making it a feel good treatment.
4. Helps to aid in the relief of Psoriasis, Eczema.
5. Exfoliates and buffs dead skin cells, and leaves healthy skin to grow.
6. Helps to lower high blood pressure and to relieve stress and tension.
7. Dr Fish love Athletes foot, injured, scabs and wounded skin.
8. The fish strike and lick the psoriatic plaque - or plaques of other skin diseases - which have been softened by the water.
9. This clears away the scales, causes minor bleeding, and exposes the lesion to water and sunlight.
10. This may also cause drainage of pus in patients with abscesses.
11. The high level of selenium in the water, an element the topical application of which is beneficial in some diseases, is reported to be the most important factor for wound healing.
12. Selenium is a co - factor for glutathione peroxidase, an enzyme protecting cells against the effects of free radicals.



### **BENEFICIAL FACTS**

Cleanses the body and exfoliates  
Micro-massages improving blood circulation  
Disinfects injured skin, spots, scratches, wounds etc



## DR FISH TREATMENT INCORPORATED INTO THE SPA

This is a unique therapy to incorporate with your other hand, foot and body treatments as the stimulation of blood circulation increases, allowing better absorption of any moisturizing or replenishing product that is applied after having this done (such as a Paraffin Wax treatment that follows a Manicure or Pedicure) it also has an exceptional exfoliating and desquamating effect on the skin, specifically on areas such as the cuticles as it eliminates the possibility of damage or wounding due to its gentle and even removal of dead or dry skin. This in turn gives your client the perfect Manicure or Pedicure look and feeling.

The Fish can also be incorporated into treatments such as Reflexology and Foot massages as the client has already reached a point of visible relaxation and is therefore more willing to accept the long term healing effects of the treatment that is to follow. Again, due to the blood stimulation the effects are all beneficial to your client. Conventional Reflexology, for example, is more of a firm pressure pointing on the feet and a large group of people cannot tolerate the "pain" during this treatment as the pressure that is needed is just too much for them to bear. Therefore, the Fish are ideal for these clients as the effects of the treatment are still the same, but the client is more accepting due to the comfort factor. This also insures that the client will return for follow-up treatments. It is preferable for a client to have their feet done first if this is the first time that they are having this treatment done. The fact that it is the furthest point from the face allows the client to be more open and accepting of the treatment. From this point, depending on the comfort and trust of the client, one could progress onto a full body Fish treatment.

This treatment could also be done before any Full Body handling as a great way to introduce the client to the purpose and long term effects of the healing that you are offering them. (Such as before a mud wrap, massage or even a Reiki session.)

This treatment does not only work on the physical aspect, but more so on the physiological and spiritual side of a person, which, a lot of the time is where most of our problems tend to manifest and linger. This treatment allows your client to let go of any hindrance that is preventing them from living their life to its full potential.



## **SKIN CONDITIONS AND TREATMENTS**

There is a nation of people out there that suffer with skin conditions such as Acne, Psoriasis, Eczema, Contact Dermatitis, just to name a few of the more common ones. This is a great problem in today's society as the medical field has grown tired of fighting this battle with their patients and the patients are fed up of being pumped full of drugs that don't yield any satisfactory, nor long term results. The medical field is fast losing their credibility with their patients when they are required to suggest a more natural remedy or alternative therapy for a skin condition when all conventional methods have failed. This is where the Fish come in and provide the relief for the people that have "tried it all before".

### **PSORIASIS**

Skin conditions such as Psoriasis has no cure and can cause some severe discomfort for its sufferers. The Dr Fish allow a significant amount of relief as it rids the area of dead, hard or rough skin and immediately opens it up for natural moisturizing that is provided by the fish. They secrete Selenium into the water, which is a natural moisturizer and cell replenisher for the affected area, without exposing it further to any irritants such as perfumes or stimulants. It leaves an invisible film on the surface of the skin that locks in all the healing properties of the Selenium and starts the repair process.

### **ACNE**

In the case of Acne, it allows for a soothing disinfection of the area. The Fish will remove and expel any impurities or toxins on the surface of the skin, therefore eliminating any repeat infection that may occur. This leaves the client with the soothing after effect that they so rarely experience when affected with this condition. The Fish are used in conjunction with treatments such as Laser and High Frequency to allow the optimal benefit when endeavoring to treat Acne successfully.

### **HOLISTIC**

However, one does not require a skin condition to be able to experience this treatment, it can be enjoyed just as much as an alternative therapy to aid in relaxation and stress relief. This treatment lowers the heart rate, therefore treating high blood pressure. A sense of well being is felt almost instantly by the client as the presence of the fish immediately activates the secretion of Serotonin, this is present due to the "feeling closer to nature" factor. Breathing slows and the client will exhibit contentment. This allows the balancing and alignment of the Chakras and also cleanses the Aura. Your client will experience an all round "cleansed" feeling.