



SPECIALTY 06 · ANS

Aesthetic Medicine & Longevity

Skin, calm, recovery and conscious wellbeing.

9 SHEETS

What NESA modulates (and what it doesn't)

NESA does not treat or cure any of the conditions covered in these sheets. Its non-invasive neuromodulation acts on the autonomic nervous system (ANS) to help relieve the symptoms associated with its dysregulation —dysautonomia— that accompanies each condition. It does not replace diagnosis, medication or the professional's judgement: it supports them.

IN PLAIN WORDS, FOR THE PATIENT



Your body runs on electricity

Every heartbeat, movement and thought travels as a tiny electrical signal along your nerves.



The ANS is your autopilot

The autonomic nervous system quietly runs your heart, breathing, digestion and sleep — without you thinking about it.



It has an accelerator and a brake

The "sympathetic" switches you on; the "parasympathetic" calms you down. Health is when they take turns at the right time.

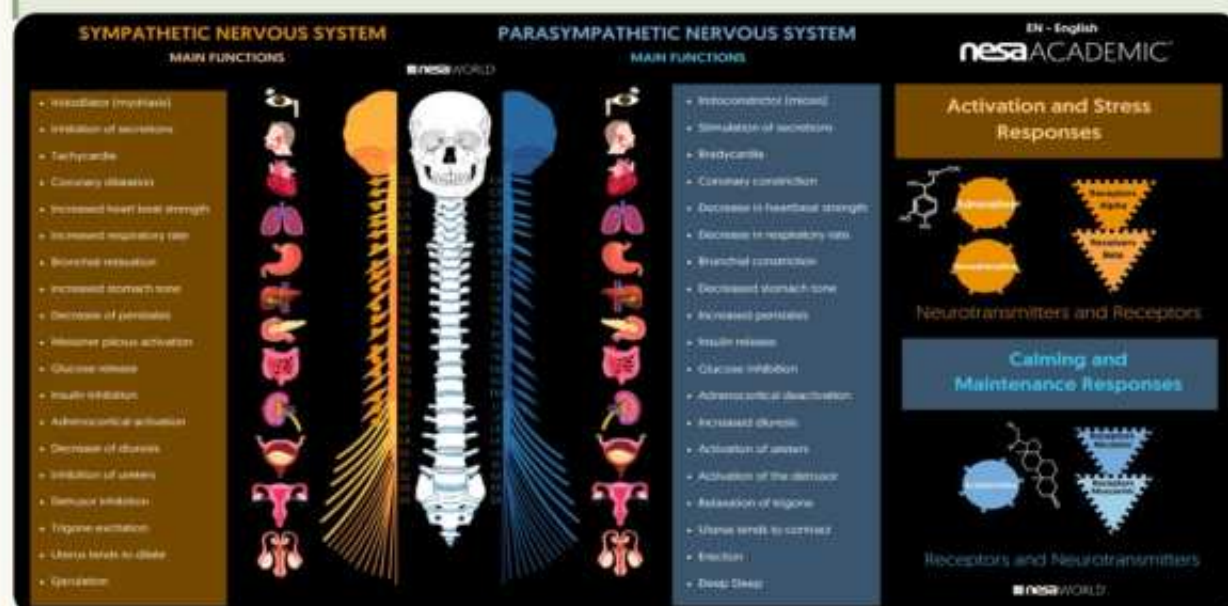


NESA speaks that language

Very gentle microcurrents through hands and feet help the accelerator and brake find their balance again.



Safe and imperceptible. No needles, no heat: the current is so faint it stays below what you can feel. Most people notice nothing during the session.



Main functions of the sympathetic and parasympathetic branches: the physiological ground —the ANS— on which NESA neuromodulation acts.

REFERENCE Goldstein DS, Robertson D, Esler M, Straus SE, Eisenhofer G. *Dysautonomias: clinical disorders of the autonomic nervous system*. Ann Intern Med. 2002;137(9):753–763. • Thayer JF, Lane RD. *A model of neurovisceral integration in emotion regulation and dysregulation*. J Affect Disord. 2000;61(3):201–216.



Restoring your skin's glow

When your skin loses its glow and looks dull and tired, even though you look after it.

Who it's for:

WHAT YOU NOTICE Do you recognise yourself?

- ✓ Dull tone
- ✓ Lack of vitality
- ✓ Poor rest that shows
- ✓ Tired face
- ✓ Worse in stressful spells
- ✓ Skin without freshness

YOUR ANS What happens in your ANS

Picture *a well-kept garden with little watering*. Sustained stress closes the skin's supply; as calm returns, some freshness comes back.

⚡ Accelerator

Sustained stress · less perceived skin microcirculation, less glow.

🛑 Brake

Calm and rest · a better sense of supply and vitality.



A moment of calm for your skin.

HOW IT HELPS How NESA can help

Non-invasive, painless microcurrents, through electrodes on the hands and feet, help your autonomic nervous system rebalance the accelerator and the brake.

~ NESA is thought to improve the sense of microcirculation, calm and rest, preparing a serene foundation.

It is not an aesthetic treatment and does not change your skin on its own. Results vary from person to person.

THE JOURNEY Your 5 phases with NESA

1

Assessment with your professional.

2

First sessions: calm and rest.

3

You notice more comfort and better sleep.

4

Integration with your treatment.

5

Follow-up and maintenance.

SUPPORT With your professional & what you may notice

♥ With your professional

It complements your aesthetic-medicine plan; it does not replace it.

✓ What you may notice

- ✓ Better rest
- ✓ More calm
- ✓ A more alive-looking skin

It may help; results vary from person to person.

For use under professional supervision, NESA does not replace your aesthetic-medical treatment or your medication. It is a complementary support. Results vary from person to person.



Supporting your treatments

A more favourable foundation to better experience your advanced treatments (exosomes, growth factors).

Who it's for:

WHAT YOU NOTICE Do you recognise yourself?

- ✓ You want to face it calmly
- ✓ Poor rest from anticipation
- ✓ Built-up tension
- ✓ Nerves before the session
- ✓ You want to experience it better
- ✓ A wish to care for the foundation

YOUR ANS What happens in your ANS

Picture *sowing in well-watered soil*: the soil is not the seed, but it helps. NESA cares for the soil, not the product.

⚡ Accelerator

Chronic stress · low perceived perfusion and little repair.

🛑 Brake

Calm and sleep · better perceived supply and tolerance.



Arriving calm at your treatment.

HOW IT HELPS How NESA can help

Non-invasive, painless microcurrents, through electrodes on the hands and feet, help your autonomic nervous system rebalance the accelerator and the brake.

- ~ It is thought to prepare a more favourable foundation and improve tolerance and the treatment experience.

It does not act on the product, does not enhance it, does not improve its "absorption" and does not guarantee results. Results vary.

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SUPPORT With your professional & what you may notice

💖 With your professional

Your aesthetic doctor leads the treatment; NESA only supports.

✓ What you may notice

- ✓ Better tolerance
- ✓ More calm
- ✓ Better rest

It may help; results vary from person to person.

For use under professional supervision, NESA does not replace your aesthetic-medical treatment or your medication. It is a complementary support. Results vary from person to person.



More calm in your session

Experiencing needle treatments (botox, fillers) more calmly.

Who it's for:

WHAT YOU NOTICE Do you recognise yourself?

- ✓ Tension before the session
- ✓ Racing heart just thinking about it
- ✓ Poor sleep the night before
- ✓ Nerves or alertness
- ✓ A harder time with the needle
- ✓ A wish to arrive calm before

YOUR ANS What happens in your ANS

Picture *stepping into warm water instead of cold*.
Anticipation fires the "accelerator"; calm softens it.

⚡ Accelerator

Anticipation · tension, alertness and a harder experience.

🛑 Brake

Calm · more comfort and better tolerance.



More comfort in every session.

HOW IT HELPS How NESA can help

Non-invasive, painless microcurrents, through electrodes on the hands and feet, help your autonomic nervous system rebalance the accelerator and the brake.

~ It is thought to help you arrive calmer and more comfortable at your session.

It does not act on the botox or filler nor change its effect. Results vary.

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First sessions; calm and rest.

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Follow-up and maintenance.

SUPPORT With your professional & what you may notice

♥ With your professional

It complements the session; it does not replace or modify it.

✓ What you may notice

- ✓ More calm
- ✓ More comfort
- ✓ A better experience

It may help; results vary from person to person.

For use under professional supervision, NESA does not replace your aesthetic-medical treatment or your medication. It is a complementary support. Results vary from person to person.



Recovering with calm

A more comfortable recovery after an aesthetic treatment.

Who it's for:

WHAT YOU NOTICE Do you recognise yourself?

- ✓ Sensitive skin
- ✓ Difficult rest
- ✓ A wish to recover calmly
- ✓ Some swelling or discomfort
- ✓ Tension in the area
- ✓ A feeling of alertness

YOUR ANS What happens in your ANS

Picture how *after the rain, calm settles the soil*. Rest and calm help you recover better.

⚡ Accelerator

Stress and poor rest - alertness and an uphill recovery.

🛑 Brake

Calm and better sleep - a more comfortable recovery.



Recovering with calm.

HOW IT HELPS How NESA can help

Non-invasive, painless microcurrents, through electrodes on the hands and feet, help your autonomic nervous system rebalance the accelerator and the brake.

~ It is thought to support a more comfortable recovery, with more calm and better rest.

It does not speed up or guarantee healing. Follow your doctor's instructions. Results vary.

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Follow-up and maintenance.

SUPPORT With your professional & what you may notice

♥ With your professional

Follow your doctor's instructions; NESA supports.

✓ What you may notice

- ✓ More comfort
- ✓ Better rest
- ✓ More calm

It may help; results vary from person to person.

For use under professional supervision, NESA does not replace your aesthetic-medical treatment or your medication. It is a complementary support. Results vary from person to person.



When stress shows on your skin

Stress and skin vitality: when tense spells dull it.

Who it's for:

WHAT YOU NOTICE

Do you recognise yourself?

- ✓ Skin dulled by stress
- ✓ Poor sleep
- ✓ Less freshness
- ✓ Tired face
- ✓ Sustained tension
- ✓ A feeling of wear

YOUR ANS

What happens in your ANS

Picture *a candle lit all day*: it burns faster. The sustained "accelerator" wears you down and takes from night-time repair.



Accelerator

Sustained "accelerator" - more wear, less supply and night-time repair.



Brake

Brake and better sleep - a more alive-looking skin.



Easing the pace when stress bites.

HOW IT HELPS

How NESA can help

Non-invasive, painless microcurrents, through electrodes on the hands and feet, help your autonomic nervous system rebalance the accelerator and the brake.



It is thought to improve rest, calm and the sense of skin vitality.

It does not stop or reverse ageing. Results vary.

THE JOURNEY

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SUPPORT

With your professional & what you may notice



With your professional

It complements your habits and your aesthetic plan.



What you may notice

- ✓ Better sleep
- ✓ More calm
- ✓ A sense of vitality

It may help; results vary from person to person.



Recovering your energy

More energy and vitality when you look after yourself but lack spark.

Who it's for:

WHAT YOU NOTICE Do you recognise yourself?

- ✓ Tiredness despite self-care
- ✓ Lack of spark
- ✓ Poor rest
- ✓ Little reserve
- ✓ Built-up load
- ✓ A low-battery feeling

YOUR ANS What happens in your ANS

Picture *a battery that never reaches 100%*. With little reserve and built-up load, energy won't start.

⚡ Accelerator

Built-up load - low recovery tone, little reserve.

🛑 Brake

Better rest - less fatigue and a greater sense of energy.



Recovering energy and vitality.

HOW IT HELPS How NESA can help

Non-invasive, painless microcurrents, through electrodes on the hands and feet, help your autonomic nervous system rebalance the **accelerator** and the **brake**.

~ It is thought to improve rest, lower fatigue and increase the sense of energy.

It is not a stimulant. Results vary from person to person.

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SUPPORT With your professional & what you may notice

♥ With your professional

It supports your wellbeing plan and your habits.

✓ What you may notice

- ✓ Less fatigue
- ✓ Better rest
- ✓ More perceived vitality

It may help; results vary from person to person.



Coming back to calm sooner

Recovery and reserve: when you struggle to “come back” after effort or a bad day.

Who it's for:

WHAT YOU NOTICE Do you recognise yourself?

- ✓ You struggle to “come back” after effort
- ✓ Little reserve
- ✓ Tension that won't drop
- ✓ Slow recovery after a bad day
- ✓ Poor rest
- ✓ A feeling of running in fits and starts

YOUR ANS What happens in your ANS

Picture a *spring slow to regain its shape*. With little recovery tone, the return to calm is slow.

⚡ Accelerator

Low variability · a slow return to calm.

🛑 Brake

Recovery tone · you come back to calm sooner.



Coming back to calm sooner.

HOW IT HELPS How NESA can help

Non-invasive, painless microcurrents, through electrodes on the hands and feet, help your autonomic nervous system rebalance the **accelerator** and the **brake**.

~ It is thought to help you come back to calm sooner, sleep better and notice more reserve.

It is support, not guaranteed performance. Results vary.

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SUPPORT With your professional & what you may notice

♥ With your professional

It complements your plan; your professional assesses your progress.

✓ What you may notice

- ✓ Better recovery
- ✓ Better sleep
- ✓ More perceived reserve

It may help; results vary from person to person.



Ageing well, at your own pace

Healthy ageing: feeling good as the years go by.

Who it's for:

WHAT YOU NOTICE Do you recognise yourself?

- ✓ You want to feel good with age
- ✓ You care for your rest
- ✓ Prevention in time
- ✓ You want to keep your vitality
- ✓ You want more calm
- ✓ A wish to care for yourself



Caring for your long-term health.

YOUR ANS What happens in your ANS

Picture *a tree that grows serene and strong*. Keeping good autonomic reserve gives vitality and better rest with age.



Accelerator

Low reserve · less vitality and worse rest with age.



Brake

ANS balance · rest, calm and vitality.

HOW IT HELPS How NESA can help

Non-invasive, painless microcurrents, through electrodes on the hands and feet, help your autonomic nervous system rebalance the **accelerator** and the **brake**.



It is thought to favour rest, calm, less fatigue and vitality.

It does not halt ageing or promise longevity. Results vary.

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SUPPORT With your professional & what you may notice

With your professional

It supports your health and prevention plan.

What you may notice

- ✓ Better rest
- ✓ More calm
- ✓ Perceived vitality

It may help; results vary from person to person.



Sleep deep, truly restore

Restorative sleep: when you sleep but don't rest.

Who it's for:

WHAT YOU NOTICE Do you recognise yourself?

- ✓ You wake without recovering
- ✓ An active mind at night
- ✓ Worse with stress
- ✓ Fragmented sleep
- ✓ Tired on waking
- ✓ Rest that doesn't restore



Sleep deep, truly restore.

YOUR ANS What happens in your ANS

Picture a *plugged-in phone that doesn't fully charge*. With the "accelerator" active at night, sleep doesn't restore.

⚡ Accelerator

"Accelerator" active at night - fragmented sleep, poorer repair.

🛑 Brake

Night-time brake - deeper, more restorative sleep.

HOW IT HELPS How NESA can help

Non-invasive, painless microcurrents, through electrodes on the hands and feet, help your autonomic nervous system rebalance the accelerator and the brake.

~ It is thought to help you sleep deeper and rest more restoratively.

Results vary from person to person.

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SUPPORT With your professional & what you may notice

♥ With your professional

It complements your sleep hygiene and your plan.

✓ What you may notice

- ✓ Better sleep
- ✓ More energy on waking
- ✓ More calm

It may help; results vary from person to person.

Scientific bibliography

A selection of literature documenting the involvement of the **autonomic nervous system** —vagal tone, heart-rate variability (HRV) and the cholinergic anti-inflammatory reflex— in the symptoms of the conditions addressed. It supports the physiological rationale of the approach; it does not represent a claim of NESA's clinical efficacy for each indication. Ordered by specialty.

Foundations · ANS, HRV & the anti-inflammatory reflex

1. Thayer JF, Lane RD. *A model of neurovisceral integration in emotion regulation and dysregulation*. J Affect Disord. 2000;61(3):201–216.
2. Thayer JF, Åhs F, Fredrikson M, Sollers JJ, Wager TD. *A meta-analysis of heart rate variability and neuroimaging studies*. Neurosci Biobehav Rev. 2012;36(2):747–756.
3. Shaffer F, Ginsberg JP. *An overview of heart rate variability metrics and norms*. Front Public Health. 2017;5:258.
4. Tracey KJ. *The inflammatory reflex*. Nature. 2002;420(6917):853–859.
5. Pavlov VA, Tracey KJ. *The vagus nerve and the inflammatory reflex — linking immunity and metabolism*. Nat Rev Endocrinol. 2012;8(12):743–754.
6. Task Force of the ESC and NASPE. *Heart rate variability: standards of measurement, physiological interpretation and clinical use*. Circulation. 1996;93(5):1043–1065.

Aesthetic medicine & longevity

1. Chen Y, Lyga J. *Brain-skin connection: stress, inflammation and skin aging*. Inflamm Allergy Drug Targets. 2014;13(3):177–190.
2. Arck PC, Slominski A, Theoharides TC, Peters EMJ, Paus R. *Neuroimmunology of stress: skin takes center stage*. J Invest Dermatol. 2006;126(8):1697–1704.
3. Dhabhar FS. *Effects of stress on immune function: implications for immunoprotection and immunopathology*. Neuroimmunomodulation. 2009;16(5):300–317.

The references support the physiological relationship between the autonomic nervous system and the symptoms described. Use of NESA under professional supervision; it does not replace treatment or medication.



***We modulate the autonomic nervous system.
Everything else follows.***

Non-invasive neuromodulation of the autonomic nervous system. One root,
many clinical expressions.

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