QX WORLD®



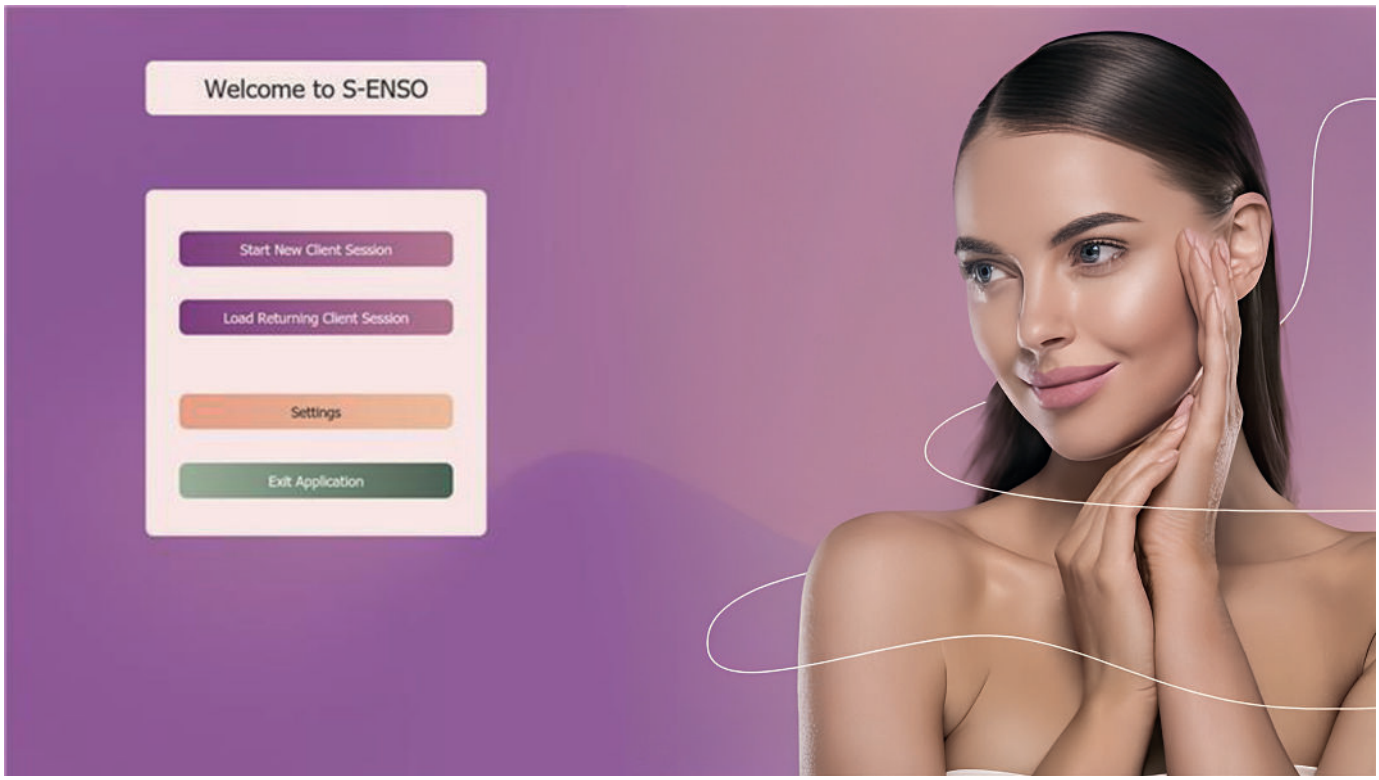
s·enso

MANUAL

Welcome to S-ENSO

S-ENSO is a holistic beauty and wellness software designed to support balance, renewal, and transformation through biofeedback. It helps practitioners guide their clients gently toward harmony – physically, emotionally, and energetically – by working with the body's subtle stress patterns and natural potential for healing.

Whether you're supporting someone's beauty goals, emotional well-being, or energetic alignment, S-ENSO offers a calming and structured space to begin.



Understanding the Technologies Behind S-ENSO

S-ENSO blends beauty, energy medicine, and biofeedback science into a graceful workflow that feels intuitive for both practitioner and client. But beneath the soft visuals and calming flow lies a robust framework of energetic and physiological tools designed to support deeper transformation.

Here's a gentle introduction to the core modalities you are working with when using S-ENSO:

Quantum Biofeedback

"Listening to the body's energetic whispers."

S-ENSO uses real-time quantum biofeedback to gather and display subtle stress patterns in the body. These may include fluctuations in skin response, heart rate variation, and other physiological indicators that reflect how the client responds to internal and external stressors. This non-invasive feedback helps practitioners tune into where support is most needed – allowing for intuitive, targeted interventions.

Microcurrents

"A gentle electrical touch for healing."

Microcurrents are ultra-low electrical signals, often too subtle to be felt, that mirror the body's own bioelectric activity. Within S-ENSO, these microcurrents can help stimulate cellular repair, ease discomfort, and support tissue regeneration – making it a favorite tool for beauty, rejuvenation, and emotional tension release.

High Frequency

"Elevating energy, enhancing vitality."

High-frequency waves are used in S-ENSO to stimulate energy at the cellular level. These frequencies may help shift stagnant patterns, enhance circulation, and activate the skin's natural glow. This makes them particularly valuable in beauty-related programs and any session aiming to uplift vitality and radiance.

PEMF (Pulsed Electromagnetic Field)

"Reset the body's rhythm with gentle electromagnetic pulses."

PEMF therapy applies rhythmic electromagnetic fields to the body. These pulses can help "reset" the nervous system, relax muscular tension, and promote overall balance. In S-ENSO, PEMF is integrated in a seamless and calming way – acting as a background support for relaxation and cellular harmony.

A Practitioner's Perspective

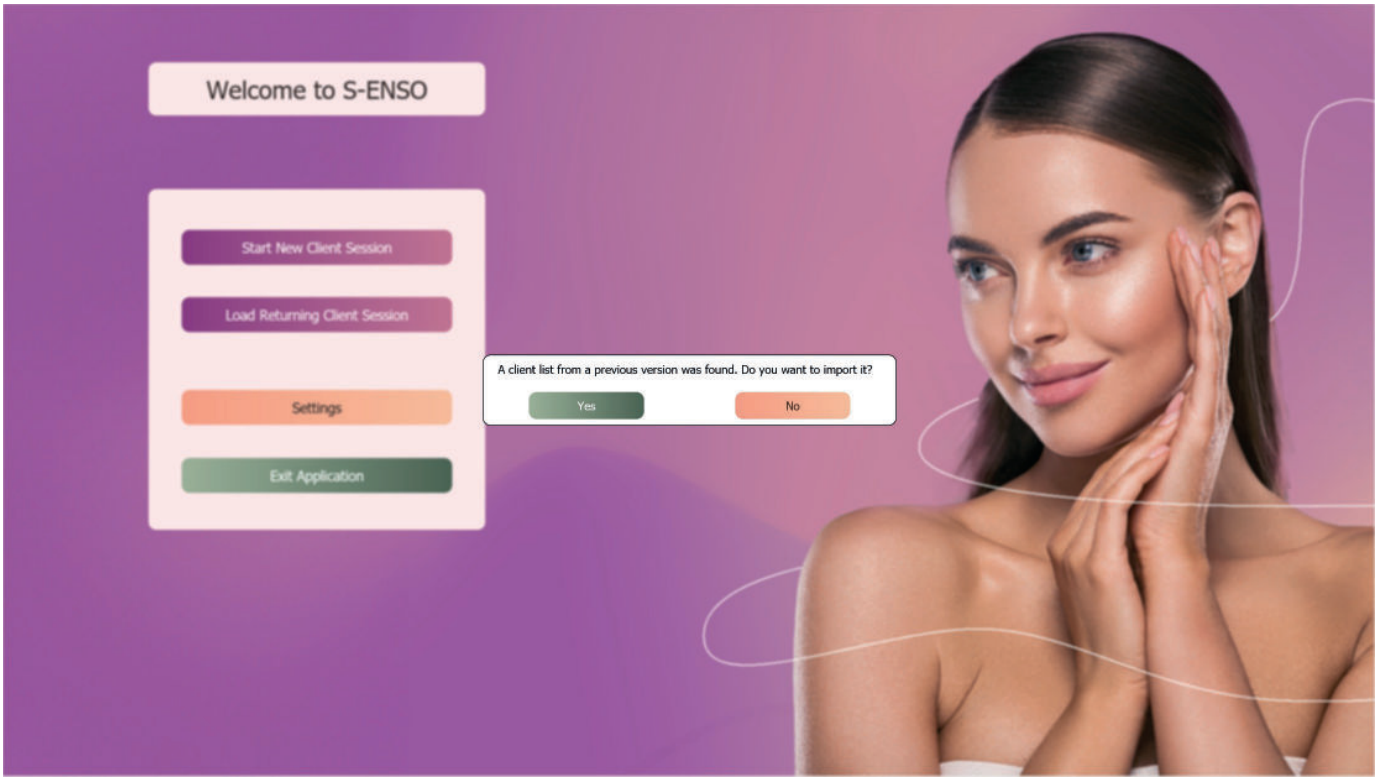
As a practitioner, you don't need to worry about managing each technology manually. S-ENSO handles the complexity in the background – your role is to observe, guide, and remain present with your client's process.

Use the visuals, programs, and results as doorways to dialogue, insight, and transformation. Let the technology be your silent assistant – and let your intuition and presence lead the way.

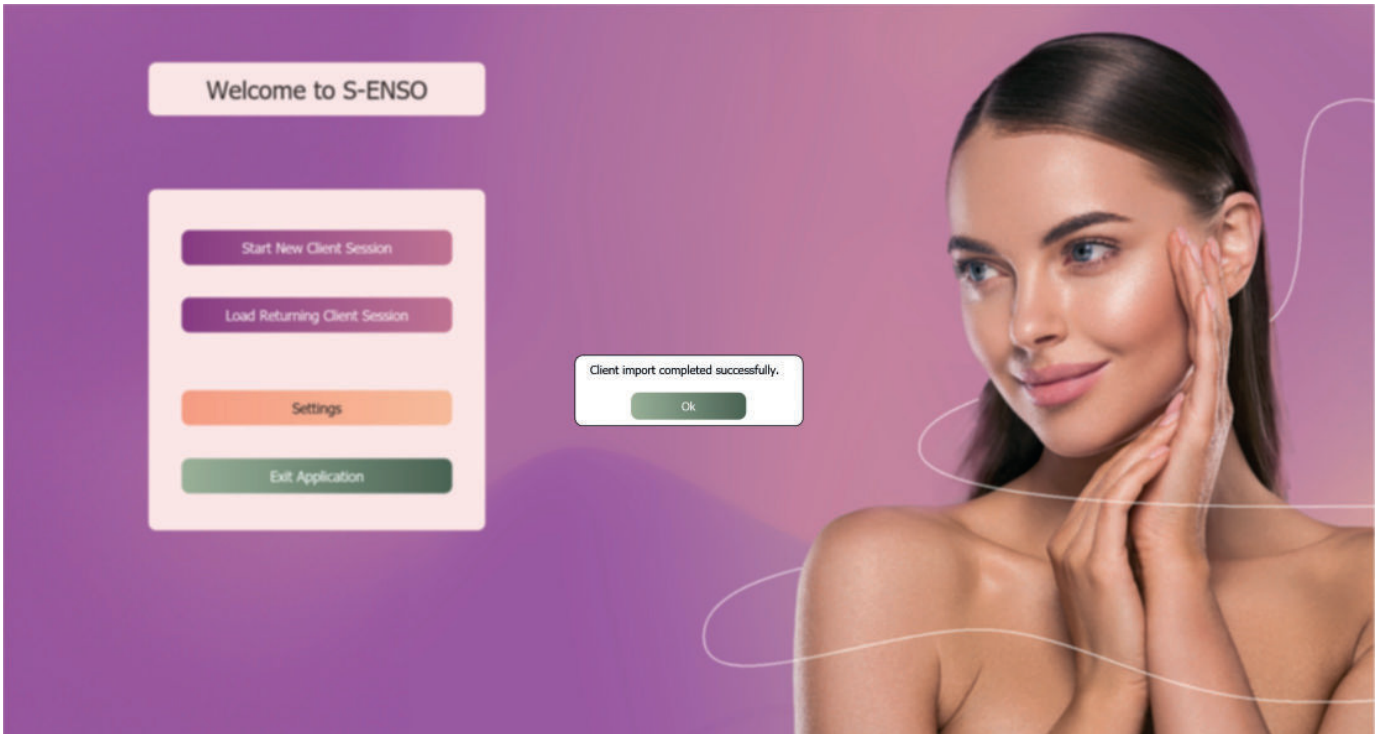
Upgrading from S-ENSO 5-5-2025

When you are upgrading from the previous version of **S-ENSO**, there are two options for you to transfer your client list from there.

The first option is to click on “Load Returning Client Session”, then click “Yes” in the pop-up box.



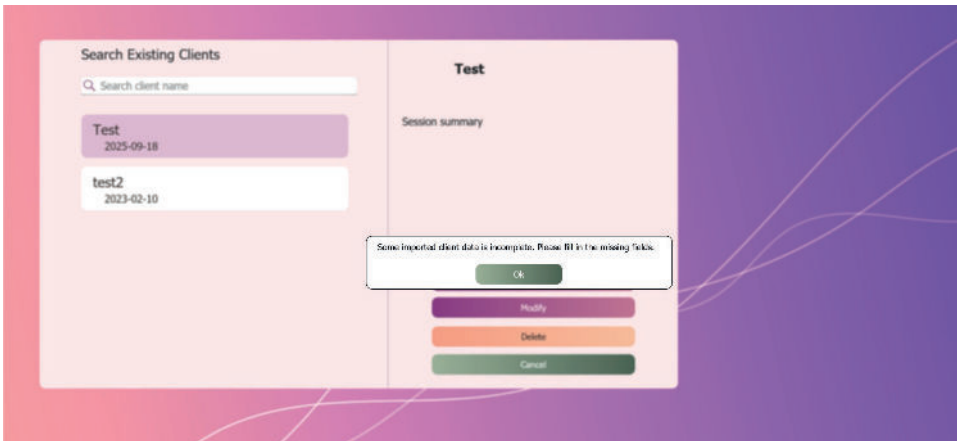
Then click “OK” in the confirmation pop-up box to finalize your client list import.



The second option is to click on “Settings”, then click “Import Client List”.

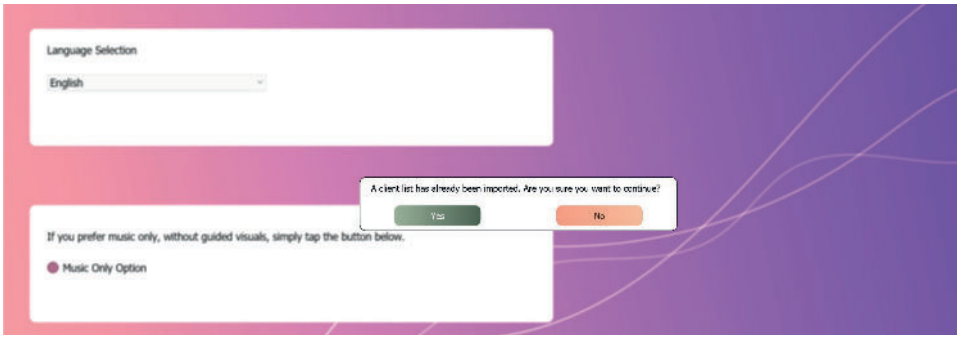
Click “OK” in the confirmation pop-up box to finalize your client list import.

When you load a client after this has been done, a warning indicating that some client data is incomplete will pop up. This is because this version of S-ENSO requires some additional client information.

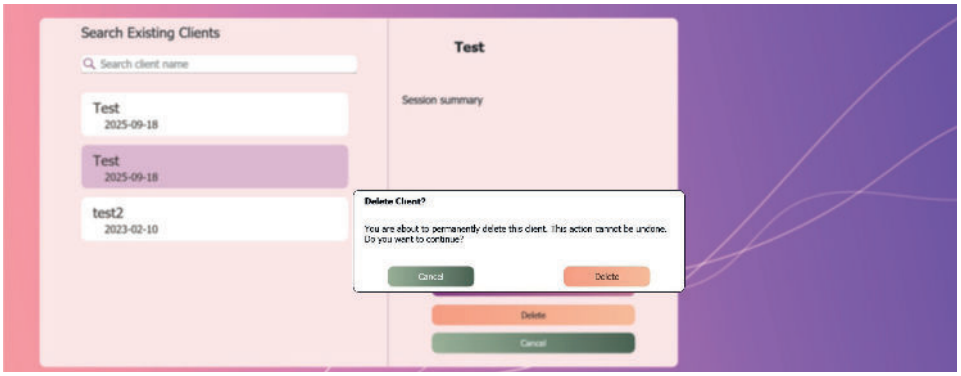


Click on “OK” then click on “Modify”, complete the additional information required and save your client.

If you have already imported the client list from the previous version, a warning message will alert you to this. Selecting “Yes” will duplicate the client list.



Should you have duplicated the client list by accident, or, if a client needs to be removed from your client list, click on that client, then click on “Delete”, and confirm the deletion.



Starting a New Client Session

When beginning a new session in **S-ENSO**, you'll enter the **Client Management** section. This part of the software helps gather essential information before starting the analysis. The process is structured, clear, and designed to give you a complete overview of the client's physical, emotional, and lifestyle background.

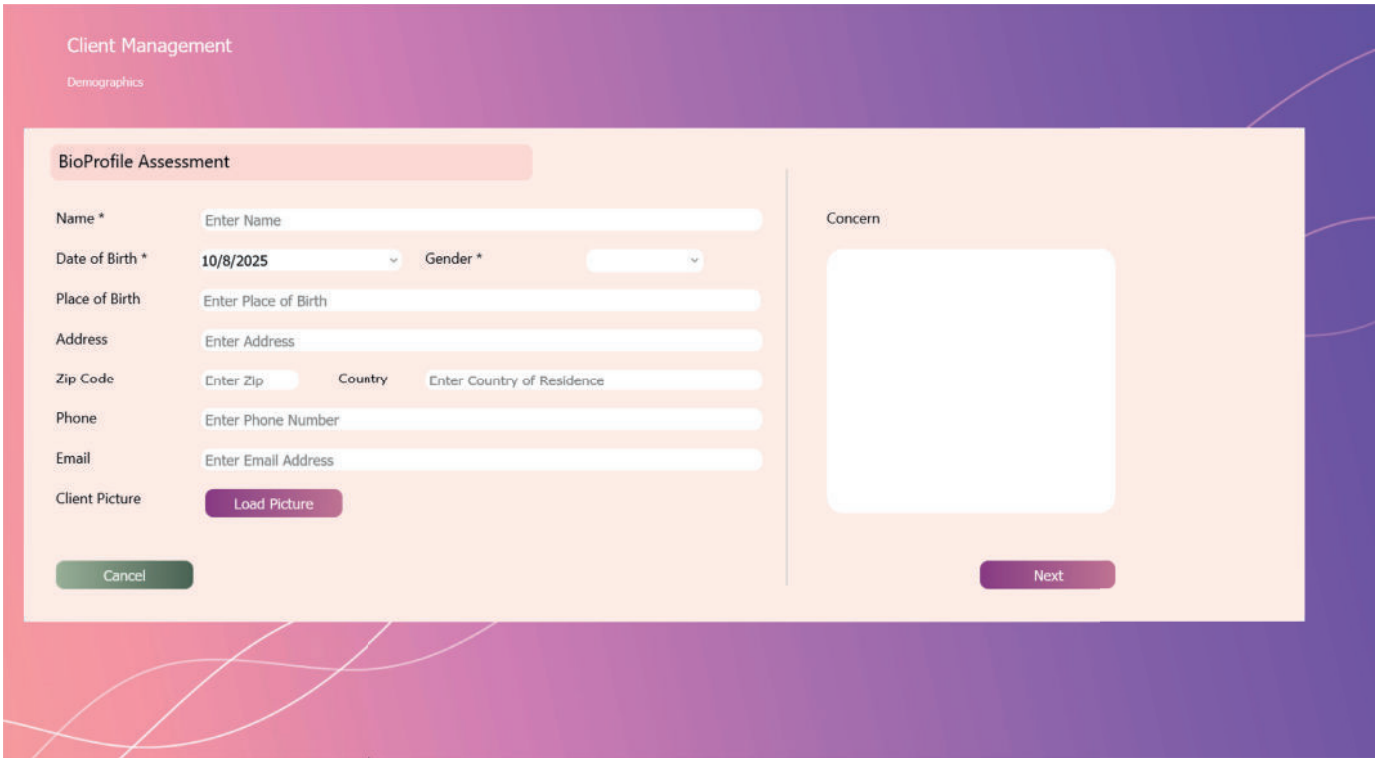
BioProfile Assessment

The **BioProfile Assessment** form collects basic client information and focus points for the session. Each entry should be completed as accurately as possible to maintain a consistent reference for future sessions.

Field descriptions:

- **Name:** The client's full name, used to identify the session and link stored data.
- **Date of Birth:** The client's birth date, used to calibrate energetic and biological parameters.
- **Gender:** Select the client's gender to help define frequency patterns related to hormonal and structural balance.
- **Place of Birth:** Indicates the geographical origin, often associated with environmental or cultural related stress response.
- **Address:** The client's current address, for contact purposes and general regional reference.
- **Zip Code:** Assists in location-based data organization and completes the address field.
- **Country:** The country of residence, used for demographic and contextual tracking.
- **Phone:** A contact number for follow-up or communication purposes.
- **Email:** The client's email address, allowing you to send reports or schedule future sessions.
- **Client Picture:** An optional image upload that personalizes the record and helps quickly identify the client in future sessions.
- **Concern:** A short written description of the client's main reason for attending the session – for example, *skin rejuvenation, fatigue, emotional stress, or relaxation goals*.

Click **Next** when all data has been reviewed and confirmed.



Physical Health Metrics

The **Physical Health Metrics** section gathers measurable details about the client's physical state and recent medical or environmental history. This helps interpret how lifestyle, medications, and exposures may influence overall stress patterns.

Entry descriptions:

- **Excess Weight (in kilograms):** Enter the approximate amount of weight above the client's target or ideal range.
- **Number of Organs Removed:** Include any major surgical removals; two wisdom teeth count as one organ.
- **Number of Synthetic Medications Currently Used:** Total number of prescribed or over-the-counter medications currently being taken.
- **Number of Metal Amalgam Dental Fillings:** Enter the count of metal fillings still present or received within the past year.
- **Number of Steroid-Type Medications Used in the Past Year:** Record any use of corticosteroids or anabolic-type drugs during the last 12 months.
- **Number of Times Nicotine Products Used per Day:** Average daily frequency of cigarettes, cigars, vapes, or other nicotine items.
- **Number of Street Drug Uses per Month:** Approximate count of non-prescribed or recreational drug use episodes per month.
- **Number of Known Allergies:** List the total number of allergies (food, environmental, or medication-related).

- **Number of Major Injuries Sustained:** Include fractures, surgeries, or trauma incidents affecting long-term function.
- **Number of Serious Infections (Past or Present):** Count infections that required medical treatment or caused significant recovery time.
- **Number of Glasses of Water Consumed per Day:** Enter the daily average of water intake in glasses.
- **Number of Extreme Toxic Exposures per Year:** Count repeated or occupational exposures to chemicals, radiation, insecticides, or pollutants.

Click **Next** to proceed after completing all entries.

Lifestyle Metrics

The **Lifestyle Metrics** section examines daily routines and habits that influence physical and energetic balance. Accurate data in this area supports better session targeting and progress tracking.

Entry descriptions:

- **Number of Alcoholic Drinks Consumed per Week:** Average number of drinks per week, including wine, beer, and spirits.
- **Number of Cups of Caffeinated Beverages per Day:** Includes coffee, tea, and energy drinks consumed daily.
- **Number of Sugar-Containing Products Consumed per Day:** Number of sweet snacks, desserts, or sugary drinks per day.
- **Number of Exercise Sessions per Week (10 min+):** Count of physical activity sessions lasting at least 10 minutes.
- **Amount of Dietary Fat Intake (Scale 0–10):** Rate overall dietary fat consumption, where 0 is minimal and 10 is high.
- **Quality of Sleep (Scale 0–10):** Rate average sleep quality, where 0 represents poor rest and 10 represents deep, restorative sleep.
- **Average Minutes of Sun Exposure Daily:** Estimate the total time spent outdoors with natural light exposure.
- **Gut Health Perception (Scale 0–10):** Self-assessed digestive comfort and regularity.
- **Connection to Nature (Scale 0–10):** Frequency and quality of time spent in natural environments.
- **Average Hours of Screen Time per Day:** Total daily hours spent on electronic devices, including phones, computers, and TVs.

Click **Next** to continue.

Emotional and Self-Perception Metrics

This section records how clients perceive their emotional health, stress levels, and self-image.The goal is to provide a psychological context for physical findings.

Entry descriptions:

- **Rating of Personal Responsibility for Body (0–10):** How responsible the client feels for maintaining their own health and well-being.
- **Personal Stress Level (0–10):** The client's perceived overall stress level.
- **Number of Unresolved Psychological Issues:** Approximate count of recurring or ongoing emotional concerns.
- **Current Satisfaction with Body Image (0–10):** Self-evaluation of body confidence and acceptance.
- **Level of Self-Kindness and Inner Dialogue Tone (0–10):** Measures how supportive or critical the client's internal dialogue tends to be.

Click **Next** when complete.

Reflection Questions

The **Reflection Questions** page encourages short written answers to open-ended topics. These entries give insight into how the client thinks and feels about transformation, confidence, and acceptance.

Questions:

1. How might your life transform if you experienced a consistent sense of inner peace and contentment?
2. Are there aspects of your physical appearance that you find challenging to embrace, and how do they affect your self-confidence?
3. Imagine feeling more attractive and confident – what changes might you notice in your personal and social life?
4. How might your daily life change if you experienced more inner peace and self-acceptance?
5. Is there a part of your body you struggle to accept, and how does it affect you?
6. In what ways could feeling more attractive influence your personal life?

Answers can be brief; the purpose is to record personal reflections that help align emotional insight with biofeedback outcomes.

Returning Clients

When working with returning clients, use the **Search Existing Clients** feature. Type the client's name to locate their file. On the right, session details and summaries are displayed for review.

Options:

- **Confirm:** Proceed with the current client profile.
- **Modify:** Edit or update existing data.
- **Cancel:** Exit the search or return to the previous screen.
- **SENSO Index:** The SENSO Index reflects energetic resistance. Lower values indicate greater balance, flow, and coherence.This ensures continuity between sessions and makes it easy to track changes over time.

SENSO Index

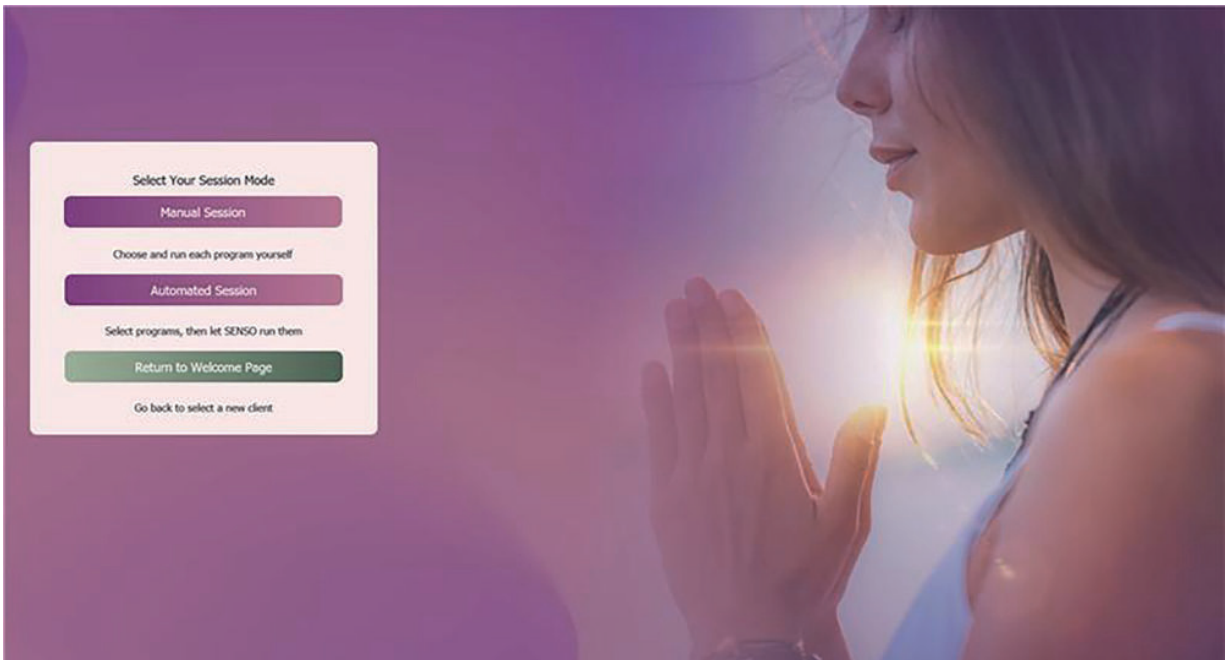
The **SENSO Index** reflects the level of energetic resistance detected within the client's system, and is a measure of how freely the body's natural communication and renewal processes are functioning. It serves as an overall indicator of harmony: **the lower the value, the greater the coherence and flow**.

SENSO Index Range	Interpretation	Energetic Meaning
0 – 50	**Excellent**	The system is open, responsive, and in optimal energetic alignment.
50 – 100	**Good**	Mild resistance present; energy flows freely with only minimal correction needed.
100 – 150	**Moderate**	Noticeable energetic congestion; further balancing recommended.
150 – 200	**Weak**	System shows clear tension or depletion; harmonization required.
200 +	**Poor**	Strong resistance and blocked flow; restorative focus and repeated sessions advised.

Over time, the goal is to **lower the SENSO Index**, gradually moving from resistance toward coherence. A decreasing value indicates that the client's energetic field is becoming clearer, more receptive, and more capable of sustaining natural balance and radiance.

Session Mode Selection

After completing or selecting a client profile, S-ENSO opens the **Session Mode Selection** screen. This screen determines how the session will be conducted – either manually, under full practitioner control, or automatically, using preselected programs.



Options available:

- **Manual Session:** In this mode, the practitioner selects and activates each program step by step. It allows full control over session order, timing, and duration. This mode is recommended for practitioners who prefer to observe reactions, adjust or customize protocols during the process.
- **Automated Session:** This mode runs programs automatically once they have been selected. It is designed for consistency and efficiency – ideal when repeating standard protocols or managing multiple clients in sequence. S-ENSO automatically handles transitions between programs.
- **Return to Welcome Page:** Returns to the starting screen, allowing the user to choose a different client or close the session setup process.

Automatic Session Summary

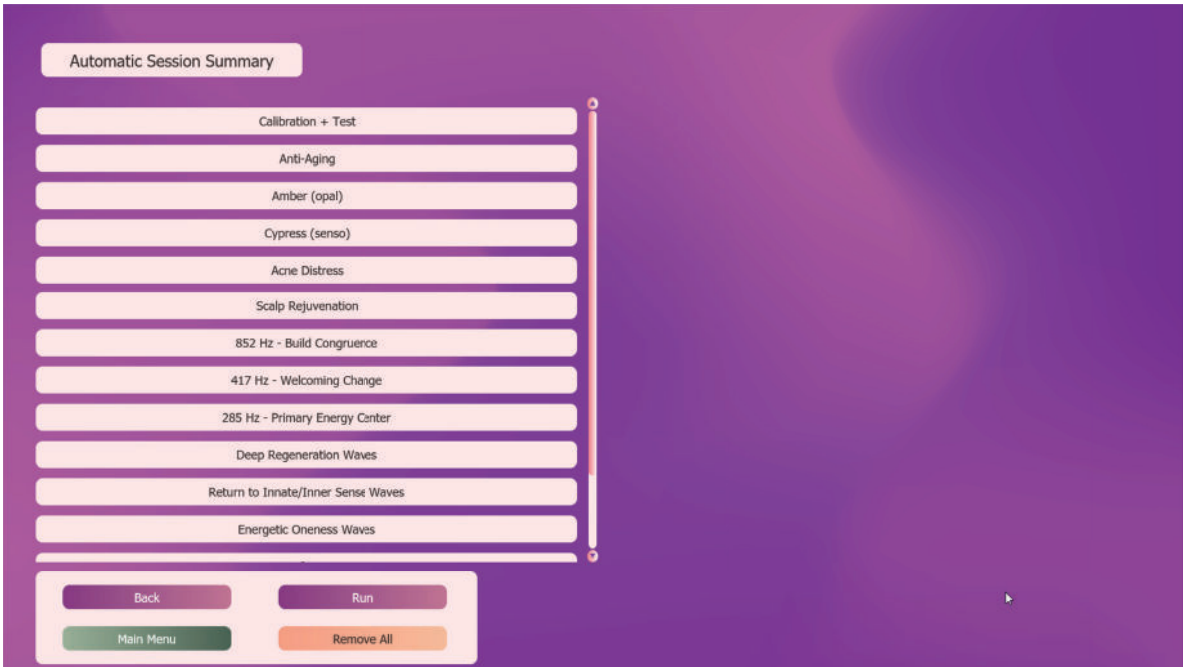
Once all desired programs have been selected for the Automated Session, they are displayed together in the Session Summary.

This view allows you to review your chosen combinations – from calibration to rejuvenation, frequency waves, and beauty essences – before the system begins transmission.

Each selected module appears in order, forming a personalized sequence designed to flow harmoniously through the session.

You can make final adjustments, remove or add programs, or simply proceed to Run the complete session as configured.

This summary ensures clarity, coherence, and control – so every automated session reflects the client's unique energetic and aesthetic profile.



Use this screen to define how the session will proceed before any measurements or frequencies are started.

Calibration and Test

Before every session begins, S-ENSO performs a short **Calibration and Test**. This is where the system connects to the client's unique energy field, setting the foundation for all rejuvenation and balance programs that follow. Think of it as the moment when S-ENSO and the client's body start "speaking the same language."

Purpose of Calibration

Calibration allows the software to understand how the client's system naturally responds to gentle energetic signals. During this step, S-ENSO measures how easily the body communicates through the biofeedback connection and adjusts itself to ensure accurate, individualized readings.

This process:

- Aligns the system to the client's personal energy field
- Compensates for natural variations such as hydration, temperature, and conductivity
- Ensures that every upcoming frequency or signal is precisely matched to the person being tested

It is the energetic equivalent of tuning an instrument before a performance – essential for clarity and harmony throughout the session.

Trivector Signature Test

Once calibration is complete, S-ENSO performs the **Trivector Signature Test** – the energetic assessment that identifies the client's personal frequency pattern. In quantum biofeedback, this test captures a subtle "snapshot" of how the body's physical, emotional, and energetic systems are currently interacting.

How it works:

- S-ENSO sends a range of micro-signals through the body's energy field.
- The software measures how the system reacts to each one – the timing, intensity, and resonance of the response.
- From this data, S-ENSO builds a *trivector signature* – a three-dimensional energetic map that reflects balance, tension, or stagnation in the system.

This signature becomes the reference point for the rest of the session. It helps determine which rejuvenation frequencies will best support the body's natural repair and vitality.

Practitioner Notes

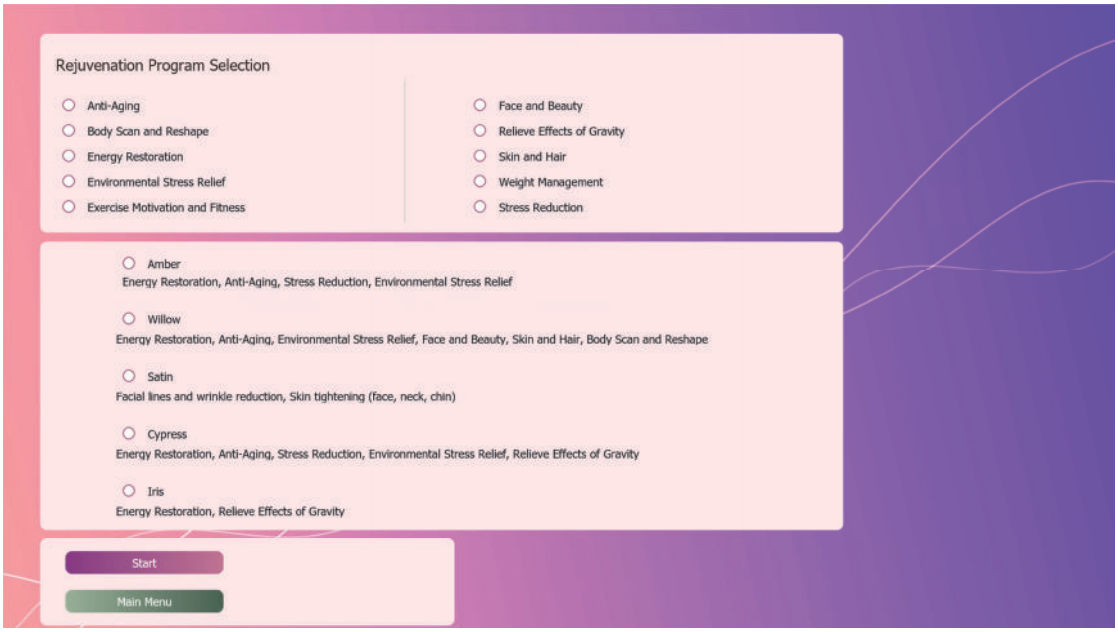
- Make sure all accessories are connected and comfortable for the client.
- Keep the environment quiet and free of electronic distractions.
- Encourage the client to relax and breathe normally during the process.
- Going forward, clicking on the ⓘ in selective panels, display the time duration for each option, with a summary in the back of this guide.



Rejuvenation Programs

The **Rejuvenation Programs** offer a selection of targeted vibrational protocols designed to restore natural radiance, vitality, and balance. Each option works through frequency communication with the body's energetic field, gently encouraging renewal and harmony from within.

These programs can be chosen intuitively or according to the client's focus – whether to re-energize, calm, reshape, or uplift. Each pathway resonates with specific layers of well-being, supporting both visible beauty and the underlying flow of energy that sustains it.



Selecting a Program

The upper section of the screen lists the available rejuvenation categories. Each option focuses on a specific aspect of well-being or appearance and adjusts the energetic emphasis accordingly.

Program descriptions:

- **Anti-Aging** Targets cellular renewal and vitality. Designed to encourage natural collagen activity, improve tissue elasticity, and support overall rejuvenation.
- **Body Scan and Reshape** Works with body contouring and toning patterns. It helps harmonize the body's shape by supporting local circulation and energetic flow to areas of imbalance.
- **Energy Restoration** Focuses on rebuilding vitality when energy levels are low. This program is ideal for clients who feel depleted, tired, or energetically disconnected.

- **Environmental Stress Relief** Aims to clear the effects of environmental and electromagnetic stress. It helps the system regain equilibrium after exposure to modern stressors such as screens, pollution, or travel fatigue.
- **Exercise Motivation and Fitness** Designed to stimulate focus, motivation, and muscular energy. It gently supports metabolic balance and encourages better physical performance and recovery.
- **Face and Beauty** Concentrates on facial tone, skin texture, and radiance. Frequencies in this mode target microcirculation and promote a more lifted, refreshed appearance.
- **Relieve Effects of Gravity** Addresses the subtle energetic patterns linked to sagging, heaviness, or loss of firmness. It supports tone and lift in both the face and body.
- **Skin and Hair** Enhances the natural regenerative potential of the skin and scalp. Useful for dryness, dullness, and overall texture improvement.
- **Weight Management** Supports energetic and emotional balance linked to appetite control and metabolism. Helps harmonize the body's natural rhythm of nourishment and release.
- **Stress Reduction** Uses calming frequencies to reduce energetic overload, support relaxation, and restore clarity. Ideal as a grounding or closing program after more active sessions.

The panel below offers a selection of **energetic blends** – each one combining multiple program types into a single flow.

Energetic Blends

Each blend represents a curated combination of frequency ranges and focus areas. These have been designed to address beauty and wellness needs in a more complete and harmonized way.

Available blends:

- **Amber:** Supports *Energy Restoration, Anti-Aging, Stress Reduction,* and *Environmental Stress Relief*. Ideal for clients seeking overall balance and recovery from stress-related aging effects.
- **Willow:** Combines *Energy Restoration, Anti-Aging, Environmental Stress Relief, Face and Beauty,* and *Skin and Hair*. A versatile choice for general rejuvenation and radiance.
- **Satin :** Focuses on *Facial lines and wrinkle reduction* and *Skin tightening* for the face, neck, and chin. Best suited for visible rejuvenation and skin-firming protocols.

- **Cypress:** Integrates *Energy Restoration, Anti-Aging, Stress Reduction, Environmental Stress Relief,* and *Relieve Effects of Gravity*. Excellent for mature or fatigued skin needing lifting and relaxation support.
- **Iris:** Designed for *Energy Restoration* and *Relieving the Effects of Gravity*. It helps reawaken tone and lift in facial tissues while calming energetic fatigue.

Running the Rejuvenation Program

After selecting a rejuvenation focus or blend:

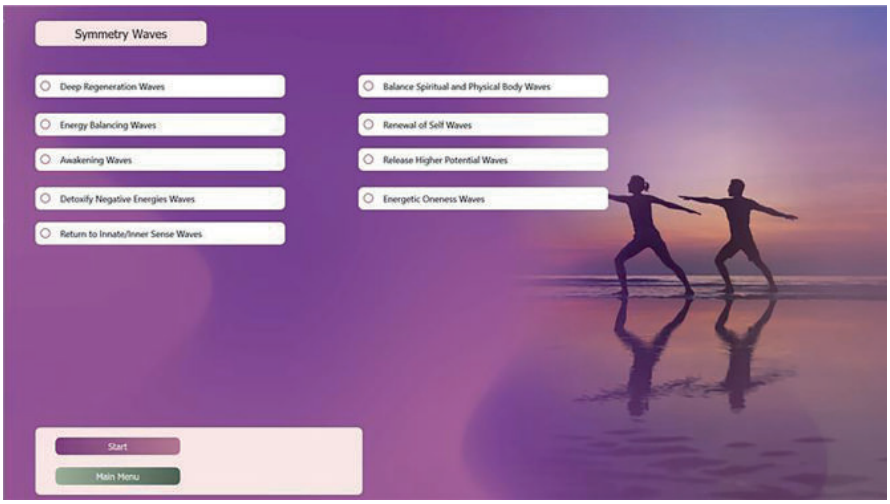
1. Confirm your choice by clicking **Start**.
2. The session begins automatically, displaying real-time progress.
3. The **Main Menu** button allows you to return to previous selections if you wish to change or review the setup.

Each program runs in a carefully timed sequence, combining aesthetic stimulation with energetic realignment. Clients typically feel relaxed, balanced, and subtly refreshed after completion – both physically and emotionally.

Symmetry Waves

The **Symmetry Waves** section offers a series of frequency programs designed to restore inner and outer balance. These options can be used independently or as part of a broader rejuvenation session by QUEX ED practitioners. While the Rejuvenation Programs focus on targeted physical and aesthetic benefits, Symmetry Waves support the deeper energetic structure – helping the client feel centered, clear, and harmonized.

Each wave set of 2 minutes, carries a specific energetic purpose. They can be selected according to the client's emotional state, energetic needs, or session goals. These programs help synchronize the flow between body systems and enhance the natural rhythm of regeneration.



Symmetry Waves – Frequency Reference Guide

Each Symmetry Wave in S-ENSO resonates with a specific vibrational frequency, combining energetic alignment with emotional and cellular renewal. They represent the harmony between science and subtle energy – helping the body return to balance, coherence, and natural vitality.

111 Hz – Deep Regeneration Waves

The Divine Frequency – Cellular Regeneration – Deep Meditation 111 Hz is associated with the production of endorphins and supports deep physical and emotional restoration. It encourages cell rejuvenation, pain relief, and a naturally elevated mood. This frequency promotes clarity, empathy, and an overall sense of well-being – a perfect foundation for inner peace and focused rejuvenation.

222 Hz – Energy Balancing Waves

The Energy Balancer Symbolizes balance, trust, and connection. 222 Hz encourages harmony in relationships, alignment within the self, and the stabilization of body-mind energy. It promotes faith, emotional steadiness, and the gentle integration of opposites, helping restore equilibrium after stress or imbalance.

333 Hz – Awakening Waves

The Spiritual Awakening

Represents ascension and an abundance of love. 333 Hz supports new beginnings, eye-opening awareness, and realization of inner potential. It assists clients in reconnecting with their higher insight and emotional clarity, symbolizing the moment of awakening and forward movement.

444 Hz – Detoxify Negative Energies Waves

The Spiritual Detoxer 444 Hz resonates with wisdom and intuition. It clears stagnant or negative energetic patterns and promotes purification at both the emotional and energetic level. This setting supports detoxification, grounding, and the release of stress or emotional residue, restoring purity and balance.

555 Hz – Return to Innate / Inner Sense Waves

The Rebirth Frequency

555 Hz represents renewal and transformation – a *soul reset*. It marks a shift toward a new stage of creation and change. This frequency supports adaptability, emotional rebirth, and alignment with one's authentic self and purpose.

666 Hz – Balance Spiritual and Physical Body Waves

The Harmony Frequency

Symbolizes the meeting point between the physical and spiritual planes. 666 Hz encourages awareness, balance, and grounding – uniting body and spirit into a single, harmonious rhythm. It acts as a "spiritual wake-up call," reconnecting the client with inner stability.

777 Hz – Renewal of Self Waves

The Illumination Frequency

Associated with awareness, divinity, and enlightenment. 777 Hz is a frequency of inner illumination – sometimes described as a spiritual *"big bang."* It promotes insight, calm wisdom, and deep self-understanding, helping the client realign with their higher awareness.

888 Hz – Release Higher Potential Waves

The Manifestation Frequency

Symbolizes manifestation and abundance. 888 Hz supports creative flow, goal realization, and the expansion of personal potential. It encourages balance between giving and receiving energy, promoting harmony in both material and emotional aspects of life.

999 Hz – Energetic Oneness Waves

The Completion Frequency

Represents completion, unity, and the highest attainable frequency. 999 Hz symbolizes divine connection and total coherence – the merging of physical, emotional, and spiritual layers into oneness. Sessions at this frequency often leave the client with profound calm, centered awareness, and a sense of universal harmony.

Using the Symmetry Waves Frequencies

The **Symmetry Waves** are a core part of the S-ENSO experience, designed to align beauty, energy, and consciousness into one balanced flow. Each frequency represents a specific vibrational signature that influences both the body's biofield and emotional state.

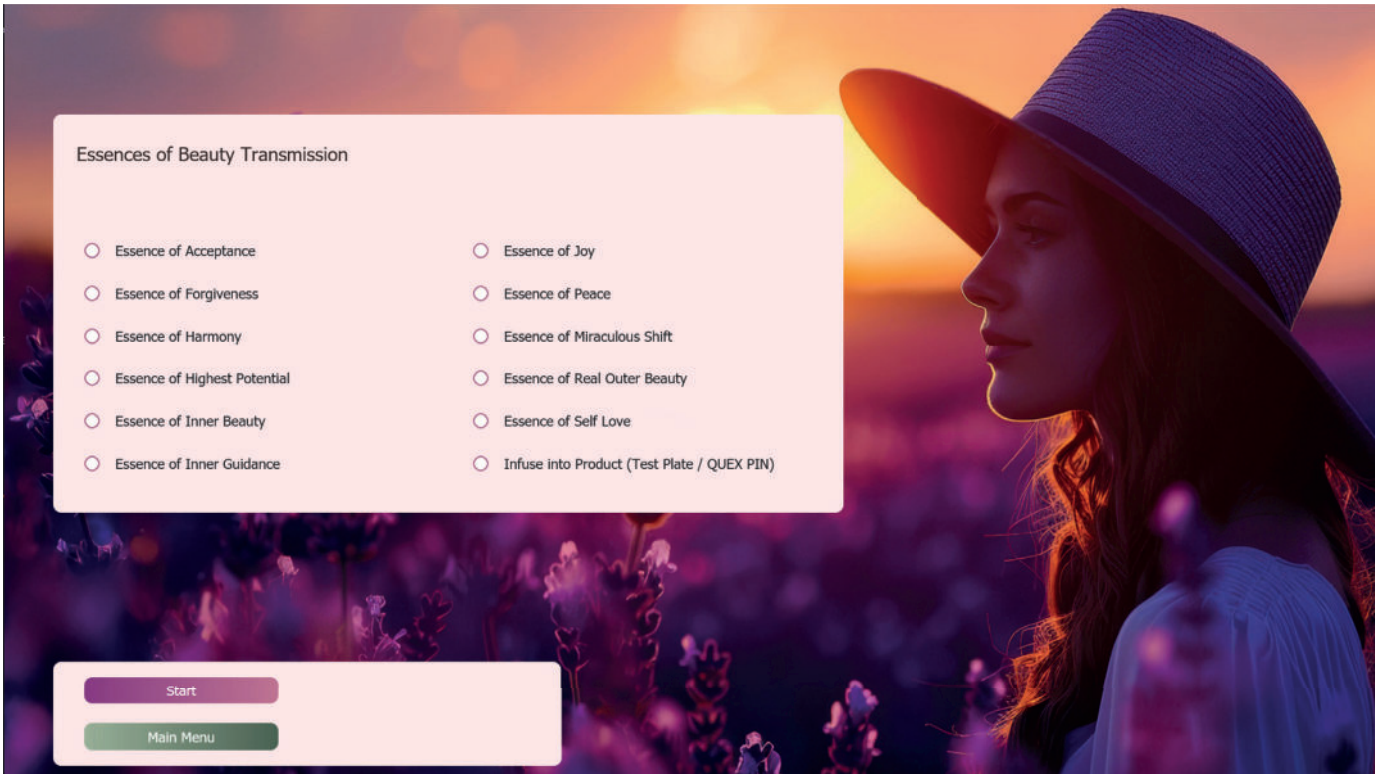
When choosing a Symmetry Wave, consider the client's current mood, physical state, and desired outcome – whether that is relaxation, focus, renewal, or release. There is no need for over-analysis; the right frequency will naturally resonate with the client's energetic state. Sessions may last from a few minutes to several cycles, depending on the practitioner's preference and the client's sensitivity.

Used consistently, the Symmetry Waves support a state of harmony that extends beyond the session – encouraging clarity, emotional balance, and lasting radiance.

Essences of Beauty Transmission

The **Essences of Beauty** represent subtle energetic fields that awaken inner qualities connected to emotional harmony, confidence, and authentic beauty. Each essence of 2 minutes, transmits a refined vibration that supports balance between the inner state and its outer reflection. These frequencies can be experienced as stand-alone harmonizations or combined with other S-ENSO programs to amplify their effects.

While the physical aspect of beauty may be visible, its deeper resonance is emotional – formed by acceptance, joy, peace, and self-love. By transmitting these essences, S-ENSO helps restore coherence between the mind, body, and the energy field, allowing beauty to radiate naturally from within.



Essence Descriptions

Essence of Acceptance Encourages release of self-judgment and resistance. Helps the client settle into inner peace and calm, restoring harmony between the body and self-perception.

Essence of Forgiveness Promotes emotional liberation and heart openness. A supportive frequency for those holding tension or guilt, allowing the release of emotional weight and renewal of compassion.

Essence of Harmony Balances emotional polarity and internal conflict. Ideal when the client's energy feels scattered or restless, this essence restores calm alignment and rhythmic balance.

Essence of Highest Potential Activates self-belief and confidence. It enhances clarity of purpose and aligns thought with inspired action, helping the individual express their full capacity with grace.

Essence of Inner Beauty Connects the client with their natural radiance – the beauty that originates from authenticity and self-respect. This essence harmonizes emotional expression with gentle confidence.

Essence of Inner Guidance Strengthens intuition and trust in one's own insight. It supports decision-making from a calm inner knowing, promoting direction and emotional centeredness.

Essence of Joy Lifts mood and lightens emotional tone. Joy acts as an internal rejuvenator, revitalizing both the energetic field and facial expression with a sense of delight and vitality.

Essence of Peace Brings deep stillness and release of emotional turbulence. Supports the nervous system in relaxing, helping the client reconnect to a sense of safety and serenity.

Essence of Miraculous Shift Facilitates transformation at a subtle level. Useful in times of transition or when a mental or emotional "reset" is needed. Encourages openness to new beginnings and self-reinvention.

Essence of Real Outer Beauty Bridges the inner and outer reflection of harmony. As emotional energy clears and balances, the external expression – posture, skin tone, and overall presence – becomes naturally radiant.

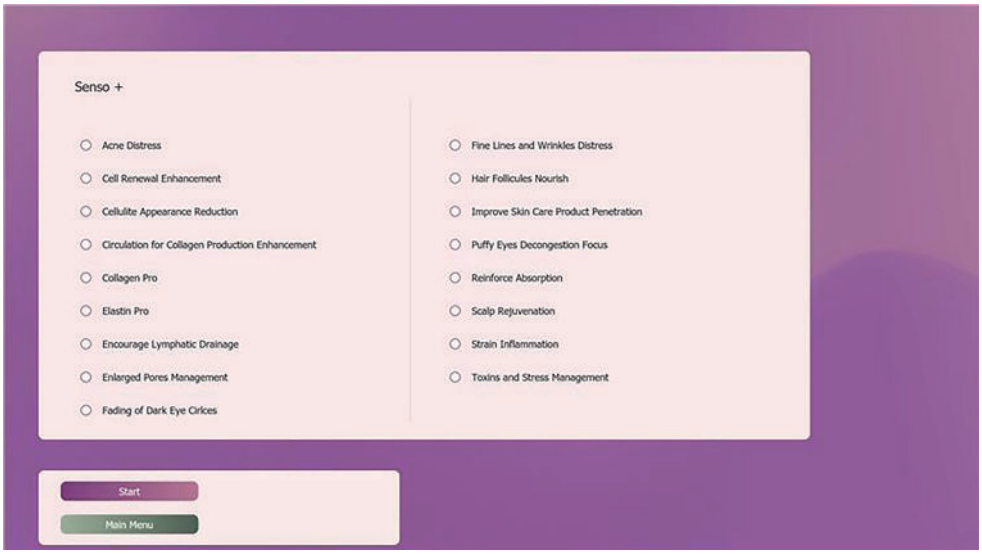
Essence of Self Love Cultivates self-respect, worthiness, and nurturing energy. Supports the acceptance of one's own body and uniqueness, helping beauty emerge through genuine self-care.

Infuse into Product (Test plate / Test link / QX Pin / QX Aqua) Allows the practitioner to imprint or transfer the chosen essence frequency into a carrier medium – such as a cream, serum, or remedy – using the device's output function. This enables continued energetic support beyond the session, enhancing the client's daily beauty and wellness routine.

Senso+

The **Senso+** programs are designed to refine and elevate the skin's natural renewal process through precise energetic stimulation. Each 3 minute frequency sequence acts as a supportive signal for the body's regenerative intelligence, assisting with visible concerns such as tone, texture, and vitality.

Beyond surface beauty, Senso+ harmonizes the biological and energetic rhythm of skin function – promoting circulation, nourishment, and balanced detoxification. These programs can be used independently or combined with other rejuvenation modules for an enhanced, tailored experience. Options for the QUEX ED include:



Program Descriptions

Acne Distress Targets skin imbalance and excess oil production. Supports cleansing and calming of irritated areas, while energetically addressing internal stress factors contributing to inflammation.

Cell Renewal Enhancement Encourages natural cellular turnover for a smoother, more radiant complexion. This frequency assists in the rejuvenation of damaged or tired skin tissue, supporting a healthy glow.

Cellulite Appearance Reduction Aims to improve lymphatic flow and microcirculation. Helps release stagnation and fluid retention, softening the appearance of uneven skin texture over time.

Circulation for Collagen Production Enhancement Stimulates energetic flow through the dermal layers, encouraging oxygenation and nutrient delivery. Enhances collagen synthesis for firmer, more resilient skin.

Collagen Pro Supports collagen regeneration and stability. Strengthens skin elasticity, helping to minimize fine lines and maintain structure and firmness.

Elastin Pro Focuses on elasticity and suppleness. Reinforces the skin's ability to stretch and recover, restoring a youthful softness and natural lift.

Encourage Lymphatic Drainage Assists the body's natural detox mechanisms by promoting the movement of lymphatic fluid. Reduces puffiness, heaviness, and toxin buildup in facial and body tissues.

Enlarged Pores Management Helps refine skin texture by balancing sebum activity and improving surface tone. Leaves the complexion looking smoother and more even.

Fading of Dark Eye Circles Targets poor microcirculation and energetic congestion under the eyes. Encourages brighter, refreshed skin and reduces the appearance of tiredness.

Fine Lines and Wrinkles Distress Works to soften visible aging signs through energetic support for collagen and hydration balance. Encourages smoother contours and youthful texture.

Hair Follicles Nourish Stimulates the scalp's energetic field to enhance follicular vitality. Supports stronger hair growth, improved density, and scalp balance.

Improve Skin Care Product Penetration Optimizes the skin's receptivity to topical treatments by balancing electrical charge across the surface. Enhances the absorption of active ingredients for more effective results.

Puffy Eyes Decongestion Focus Encourages gentle drainage and relaxation of the under-eye area. Reduces tension and fluid retention, resulting in a refreshed and calm expression.

Reinforce Absorption Prepares the skin to better receive nutrients, serums, or essences applied during protocol. Useful before beauty infusions or rejuvenation procedures.

Scalp Rejuvenation Supports healthy scalp circulation, vitality, and balance. Can be used to promote relaxation, improve hair condition, and stimulate natural regeneration.

Strain Inflammation A soothing program for localized discomfort or redness. Helps restore balance to stressed tissues, relieving irritation and tension.

Toxins and Stress Management Assists the body's detox pathways while harmonizing the nervous system. Promotes overall energetic cleansing and emotional relaxation, essential for radiant skin and inner balance. The selection for the QUEX S include Cell Renewal Enhancement, Cellulite Appearance Reduction, Fine Lines and Wrinkles Distress, and Scalp Rejuvenation.



Solfeggio Beats

The 2 minute **Solfeggio Beats** choices in S-ENSO bring the ancient Solfeggio frequencies to the front. – tonal vibrations long associated with cellular healing, emotional release, and energetic harmony. Each frequency corresponds to a precise vibrational tone that resonates with both the physical and subtle energy bodies, promoting a deep sense of balance and coherence.



In the S-ENSO system, these frequencies are reinterpreted into a beauty and well-being context – supporting emotional renewal, mental clarity, and the restoration of inner radiance. They are especially effective when used after rejuvenation or balancing programs, allowing the client to anchor their transformation on a cellular and energetic level.

Frequency Descriptions

174 Hz – Relieve Distress Known as the stabilizing frequency, 174 Hz provides grounding and safety. It soothes tension and physical discomfort, encouraging the body to release accumulated stress and return to ease.

285 Hz – Primary Energy Center This tone is linked to the body's natural field repair and regeneration. It strengthens the energetic foundation of the body, helping restore vitality and improve resilience against external stressors.

396 Hz – Relinquish Fear and Guilt Used to dissolve heavy emotional patterns, 396 Hz gently helps free the mind from fear and guilt. It promotes emotional liberation and supports a state of acceptance and self-forgiveness.

417 Hz – Welcoming Change A tone of renewal and transition, 417 Hz clears negative influences and prepares the energy field for transformation. It supports the release of old habits, inviting openness to new beginnings.

528 Hz – Miraculous Clarity / Translucency One of the most recognized Solfeggio tones, 528 Hz is known as the "Love Frequency." It resonates at the core of cellular repair and DNA integrity, encouraging vitality, clarity, and luminous skin tone.

639 Hz – Rekindle Relationships This frequency nurtures harmony and communication in relationships – both with others and oneself. It balances the heart field, fostering empathy, connection, and emotional understanding.

741 Hz – Expand Creative Mind 741 Hz clears energetic toxicity and mental fog, stimulating intuition and creative flow. It enhances expression, clarity of thought, and open-minded problem-solving.

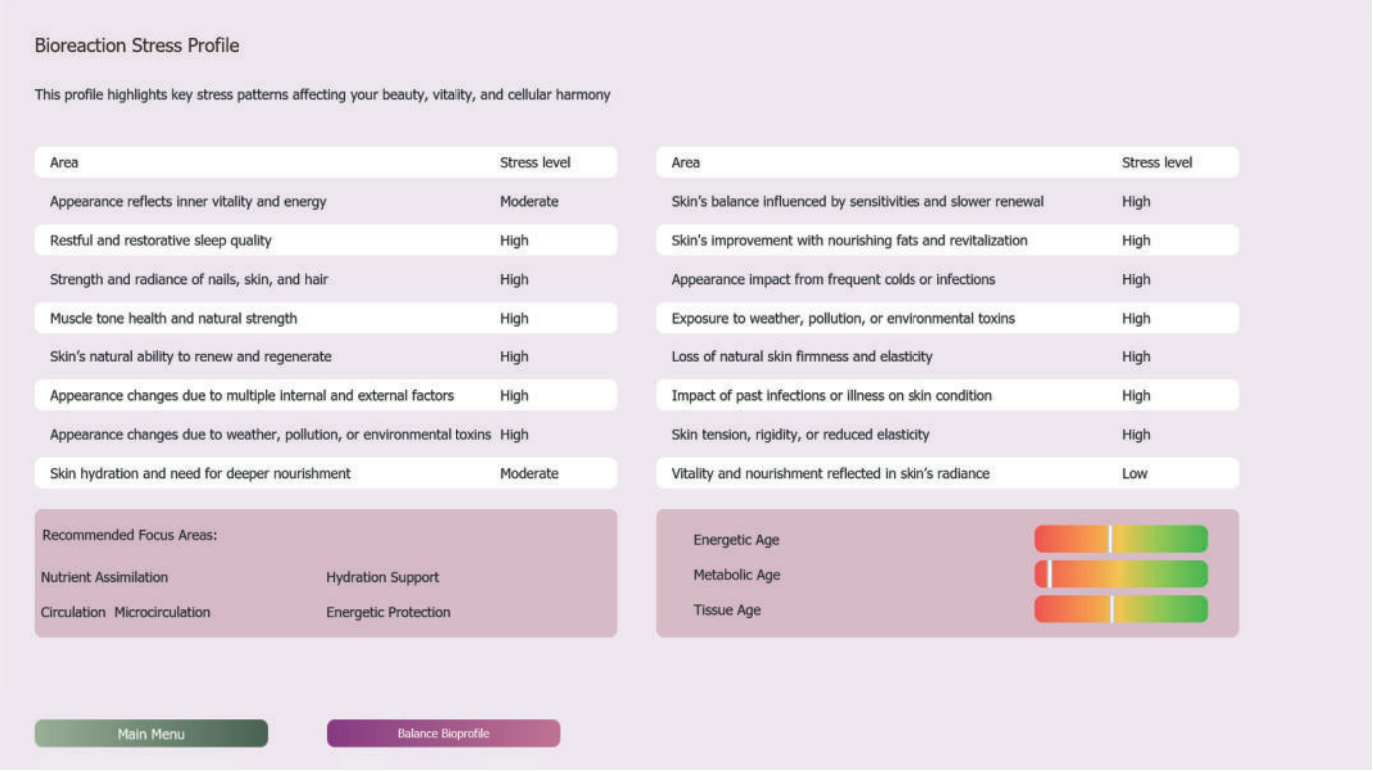
852 Hz – Build Congruence Known for awakening spiritual perception, 852 Hz aligns thought and emotion, helping one reconnect to higher awareness. It supports honesty, authenticity, and energetic alignment.

936 Hz – Awaken Your Uniqueness The frequency of awakening and illumination. 936 Hz opens intuitive awareness and connection to one's higher self, allowing full expression of individuality and purpose.

The **Solfeggio Beats** act as a bridge between the body's vibrational intelligence and the practitioner's intent. Used with awareness, these tones can guide the client into a meditative and regenerative state – where emotional harmony, beauty, and consciousness meet.

Bioreaction Stress Profile

The **Bioreaction Stress Profile** provides a detailed insight into the key physiological and energetic stress patterns influencing beauty, vitality, and cellular balance. Rather than focusing only on visible signs, this profile reveals the deeper energetic dynamics that shape how the body regenerates, nourishes, and maintains radiance.



Each line corresponds to an area where the system has detected an elevated stress response – whether physical, emotional, or environmental. High readings indicate regions where vitality may be depleted or renewal slowed, while moderate levels show mild imbalances that can benefit from gentle support and harmonization.

This analysis helps practitioners understand the underlying factors affecting the skin and body's ability to thrive – including circulation, hydration, cellular oxygenation, and emotional balance. From these readings, S-ENSO recommends **targeted focus areas** such as nutrient assimilation, microcirculation, energetic protection, and tissue oxygen saturation.

The Biobalance Profile

The **Biobalance Profile** can follow the Bioreaction Stress Profile analysis. It is designed to address and harmonize every imbalance identified – energetically supporting renewal across all affected systems.

During the session, the software automatically applies a sequence of frequency patterns aimed at restoring equilibrium. These patterns encourage the body's self-repair potential, improving circulation, tissue oxygenation, and nutrient exchange while calming overactive stress pathways.

On an emotional and energetic level, the Biobalance process helps the client return to inner coherence. It supports beauty and rejuvenation from within – allowing the outer appearance to reflect balance, ease, and radiance.

This session acts as a bridge between **assessment and renewal**, turning observed stress points into opportunities for healing and transformation.

At the end of the Biobalance session, the system displays a **Rectification Index**, a numerical reflection of the protocol's effectiveness. An index of **80 or above** indicates that the energetic field has successfully realigned and responded harmoniously to the applied frequencies – signifying that balance and integration have been achieved. Lower values suggest that additional sessions or supportive programs may further enhance the outcome.

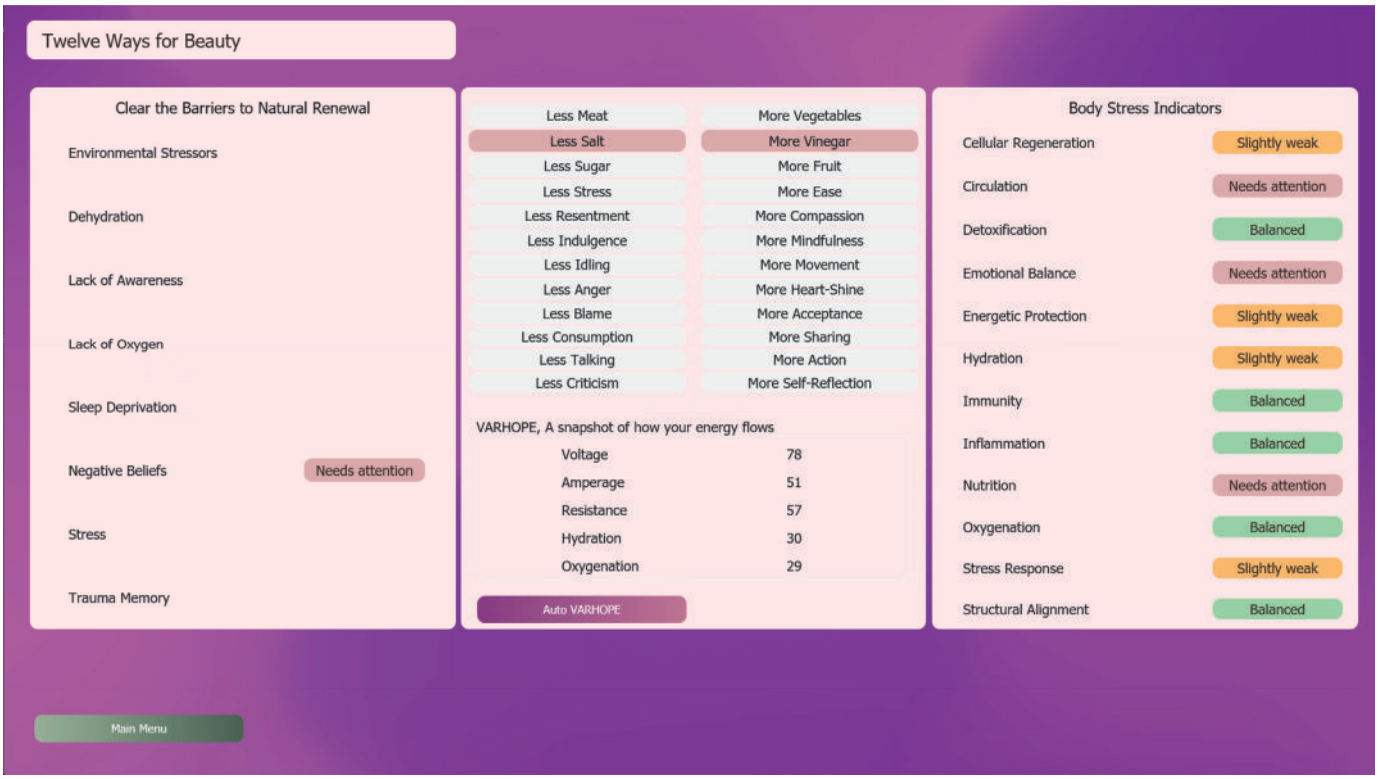
The Biobalance Profile is both **a balance and a reflection of progress**, guiding practitioner and client alike toward a visible and measurable restoration of beauty, vitality, and energetic harmony.



Twelve Ways for Beauty

The **Twelve Ways for Beauty** module acts as a bridge between inner harmony and outward radiance. It focuses on clearing the barriers that prevent natural renewal and vitality – both on the physical and energetic level. By identifying lifestyle, emotional, and environmental influences that disturb balance, this panel helps restore the body's natural flow of rejuvenation and self-repair.

Here, beauty is approached as a state of **energetic coherence**. Each imbalance shown – whether dehydration, stress, fatigue, or negative beliefs – represents an interruption in the body's rhythm of renewal. When these factors are harmonized, the body regains its ability to rejuvenate naturally, and the skin begins to reflect that balance through clarity, tone, and brightness.



Clearing the Barriers to Natural Renewal

This section displays the influences that may slow regeneration – from external factors like pollution and oxygen deficiency, to internal ones such as emotional stress or limiting thought patterns. Each item that "needs attention" highlights an area where vitality can be strengthened through awareness and energetic balancing.

The goal is to gently **reconnect the mind and body** with their natural capacity for self-repair. As these barriers lift, circulation, hydration, and emotional balance return to their natural flow, creating the foundation for true radiance.

Lifestyle Balancing Suggestions

The **Less / More** column offers intuitive guidance for supporting harmony in daily life – small, mindful adjustments that amplify the effects of every session. These reminders are not strict rules but reflections of a more balanced energetic rhythm: less stress, less reactivity, less self-judgment – balanced by more compassion, more movement, more heart-centered awareness.

Together, these simple shifts help the client align lifestyle with the energy of renewal that S-ENSO promotes.

VARHOPE – A Snapshot of Energy Flow

The **VARHOPE indicators** provide a live measurement of how energy moves through the body and cells. They represent the following principles of bio-energetic balance:

- **Voltage** – Reflects overall vitality and charge available to the system.
- **Amperage** – Indicates the strength and flow of current within the body.
- **Resistance** – Measures how freely energy circulates, revealing blockages or stagnation.
- **Hydration** – Shows how efficiently cells conduct signals through water content and tissue fluid balance.
- **Oxygenation** – Reflects cellular respiration and the body's ability to support repair and regeneration.

The **Auto VARHOPE** function automatically calibrates the output based on these values, ensuring that all frequencies resonate precisely with the client's current energetic condition. As balance improves, the values naturally move toward their optimal range, showing an increase in overall vitality, hydration, and tissue coherence.

Body Stress Indicators

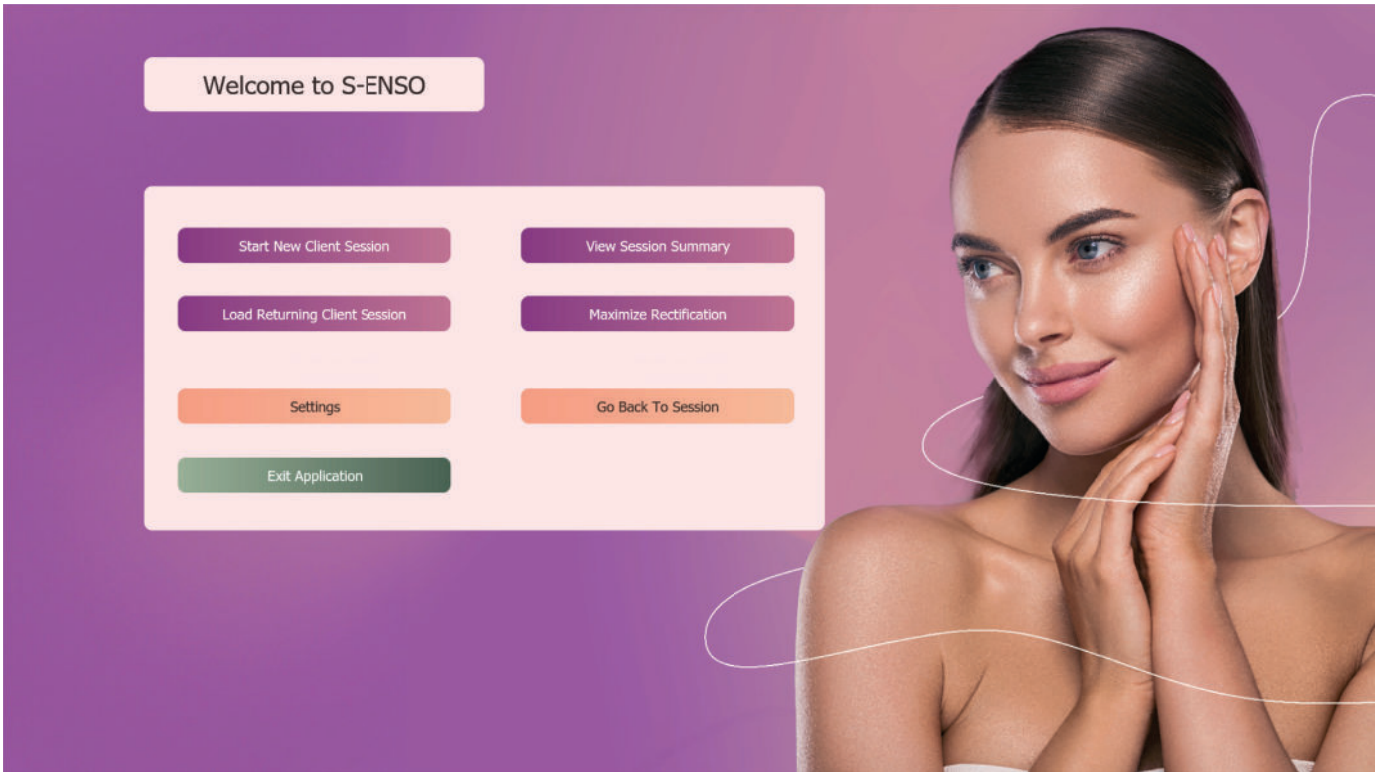
The **Body Stress Indicators** column offers an overview of how different systems are performing in real time. Areas marked *balanced* show good energy flow and functional stability, while *slightly weak* or *needs attention* reflect zones where rejuvenation is slowed or energy is not efficiently distributed.

By addressing these points through specific S-ENSO programs, the practitioner helps harmonize the underlying energetic blueprint – encouraging visible improvements in tone, firmness, and overall well-being.

The **Twelve Ways for Beauty** session completes the rejuvenation process by aligning energy flow, emotional state, and cellular function. It restores the natural rhythm of self-healing – allowing beauty to emerge as a reflection of inner equilibrium, rather than as an isolated surface result.

Session Completion

The final stage of the S-ENSO experience brings together all the results and restorative actions taken during the session. Here, the practitioner can choose to **review the session summary** or proceed with the **Maximize Rectification** function, designed to anchor and stabilize the energetic harmony achieved.



Maximize Rectification

Maximize Rectification acts as a final integrative entrainment. It consolidates the energetic shifts achieved during calibration, rejuvenation, and frequency programs, ensuring that the system's resonance remains balanced and coherent.

This phase gently reinforces the frequencies that most effectively supported the client's process, optimizing **cellular communication**, **energy flow**, and **emotional equilibrium**. It fine-tunes the final adjustments within the bio-energetic field, helping the body fully absorb and integrate the harmonizing patterns of the session.

In S-ENSO, *rectification* refers to the degree of alignment between the client's measured bio-signal and its optimal frequency range. A rectification level of **80 or above** signifies that the energetic field has successfully realigned – the system has responded, adapted, and entered a state of restored coherence.

The **Maximize Rectification** entrainment is the closing movement of the energetic process – subtle yet powerful, guiding the body toward sustained balance and radiant calm.

View Session Summary

The **Session Summary** provides a clear and structured reflection of the journey just completed. It lists all protocols performed during the session – from calibration and testing to rejuvenation programs, symmetry waves, and beauty essences – offering a holistic view of the client's energetic progress.

This overview allows the practitioner to observe patterns of change, note which programs achieved high rectification, and plan supportive follow-up sessions accordingly. By visually mapping the process, the summary serves as both a **record** and an **energetic mirror** of transformation – a moment to acknowledge the body's movement toward greater balance and beauty.



Returning to the Main Interface

From this screen, practitioners can choose to:

- **Start a new client session** for another user,
- **Load a returning session** to continue a client's energetic evolution,
- Or **exit the application**, concluding the S-ENSO experience.

Each return to the main menu marks the completion of a full energetic cycle – a process of reading, responding, and renewing – in harmony with the philosophy that beauty is the natural expression of balance.

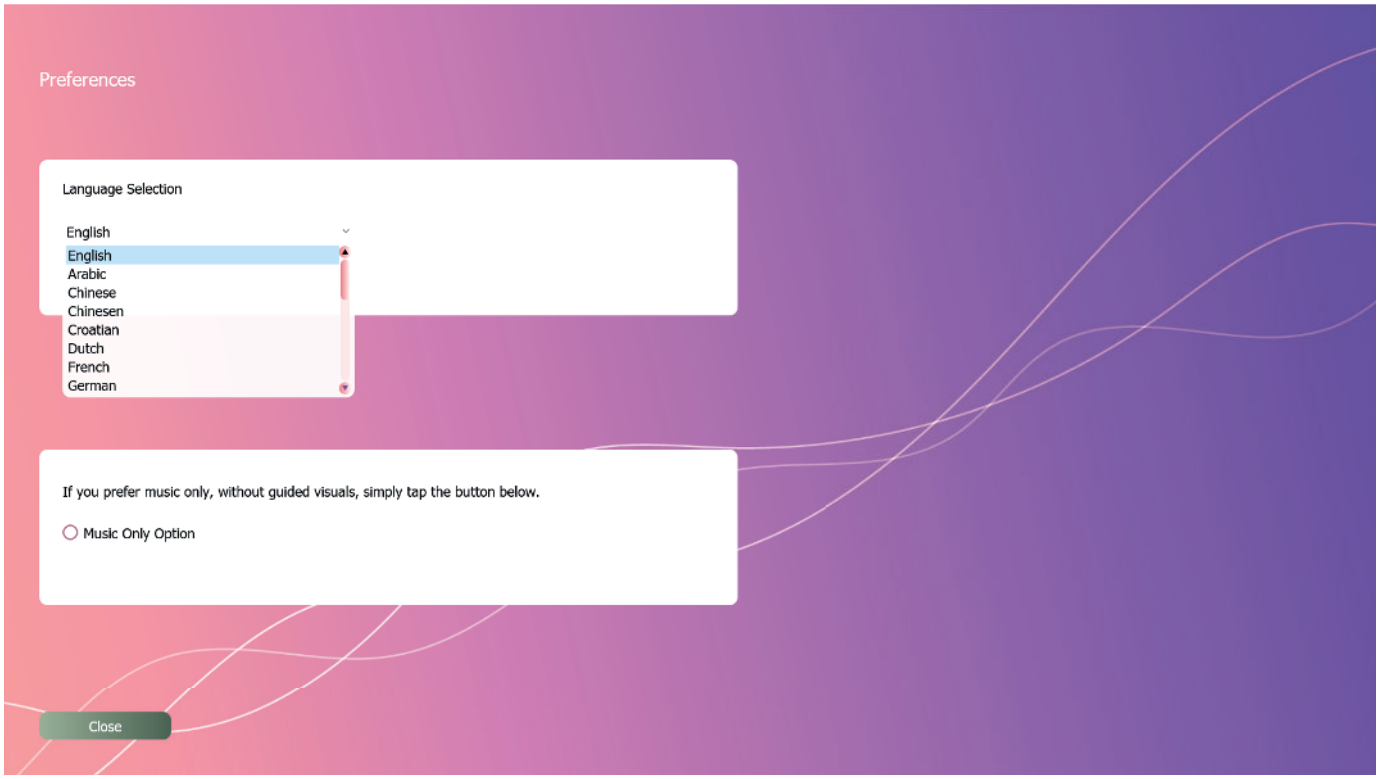
Preferences

The Preferences panel allows you to personalize the S-ENSO experience to suit your comfort and focus.

You may select your preferred interface language, ensuring clarity and ease throughout the session flow.

For moments when simplicity is desired, the Music Only option enables sessions to run without guided visuals, allowing the frequencies and sound to work gently in the background.

These settings can be adjusted at any time, supporting a session environment that feels intuitive, calm, and aligned with individual needs.



S-enso Program Timers in minutes

Rejuvenation Program Selection			
Anti-Aging	**5 min**	Face and Beauty	**5 min**
Body Scan and Reshape	**5 min**	Relieve Effects of Gravity	**20 min**
Energy Restoration	**5 min**	Skin and Hair	**5.3 min**
Environmental Stress Relief	**5 min**	Weight Management	**6 min**
Exercise Motivation and Fitness	**6 min**	Stress Reduction	**5 min**

Amber -	Energy Restoration, Anti-Aging, Stress Reduction, Environmental Stress Relief	**20.3 min**
Willow -	Energy Restoration, Anti-Aging, Environmental Stress Relief, Face and Beauty, Skin and Hair, Body Scan and Reshape	**31 min**
Satin -	Facial lines and Wrinkle Reduction, Skin Tightening (face, neck, chin)	**20 min**
Cypress -	Energy Restoration, Anti-Aging, Stress Reduction, Environmental Stress Relief, Relieve Effects of Gravity	**40.3 min**
Iris -	Energy Restoration, Relieve Effects of Gravity	**25.3 min**

Essences of Beauty Transmission - 2 minutes each	
Essence of Acceptance	Essence of Joy
Essence of Forgiveness	Essence of Peace
Essence of Harmony	Essence of Miraculous Shift
Essence of Highest Potential	Essence of Real Outer Beauty
Essence of Inner Beauty	Essence of Self Love
Essence of Inner Guidance	Infuse into Product (Plate/ Pin/ Aqua)

Symmetry Waves - 2 minutes each	
Deep Regeneration Waves	Balance Spiritual and Physical Body Waves
Energy Balancing Waves	Renewal of Self Waves
Awakening Waves	Release Higher Potential Waves
Detoxify Negative Energies Waves	Energetic Oneness Waves
Return to Innate/Inner Sense Waves	

Senso + - 3 minutes each	
Acne Distress	Fine Lines and Wrinkles Distress
Cell Renewal Enhancement	Hair Follicules Nourish
Cellulite Appearance Reduction	Improve Skin Care Product Penetration
Circulation for Collagen Production Enhancement	Puffy Eyes Decongestion Focus
Collagen Pro	Reinforce Absorption
Elastin Pro	Scalp Rejuvenation
Encourage Lymphatic Drainage	Strain Inflammation
Enlarged Pores Management	Toxins and Stress Management
Fading of Dark Eye Circles	

Solfeggio Tunes - 2 minutes each	
174 Hz - Relieve Distress	639 Hz - Rekindle Relationships
285 Hz - Primary Energy Center	741 Hz - Expand Creative Mind
396 Hz - Relinquish Fear and Guilt	852 Hz - Build Congruence
417 Hz - Welcoming Change	936 Hz - Awaken your Uniqueness
528 Hz - Miraculous Clarity	

Closing Reflections

Each S-ENSO session is more than a protocol – it is a return to harmony. Through the fusion of quantum precision and intuitive design, the system listens to the body's quiet intelligence and responds with frequencies that restore coherence, vitality, and calm.

As the inner peace rises and the fields realign, a deeper transformation unfolds – one that extends beyond appearance into the subtle architecture of being. Beauty becomes not something applied, but something remembered: the natural glow of balance, ease, and self-awareness.

In every pulse, tone, and wavelength, S-ENSO reflects the essence of renewal – a reminder that true radiance begins where energy flows freely, thought softens, and presence awakens. Each session closes, but the resonance continues – gently supporting the body's ongoing dialogue between vitality and serenity.

May every use of S-ENSO inspire a deeper connection to the harmony within, and may every reflection in the mirror remind you that balance itself is the most beautiful form of light.



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