



SOQI BED: A TOTAL HEALTH SPA

Health • Relaxation • Rejuvenation



12 Wellness Routines for the SOQI Bed



12 Wellness Routines for the SOQI Bed

Effective Wellness Routines for Common Health Issues

The SOQI Bed was designed to combine various forms of natural energy. Known as the Multiple Energy Approach, this mindset is inspired by the concept of energy & natural healing. This “Back to Nature” approach is, we believe, the gateway to improving holistic health. The SOQI Bed helps its users maintain a high standard of health and may provide early prevention against health issues.

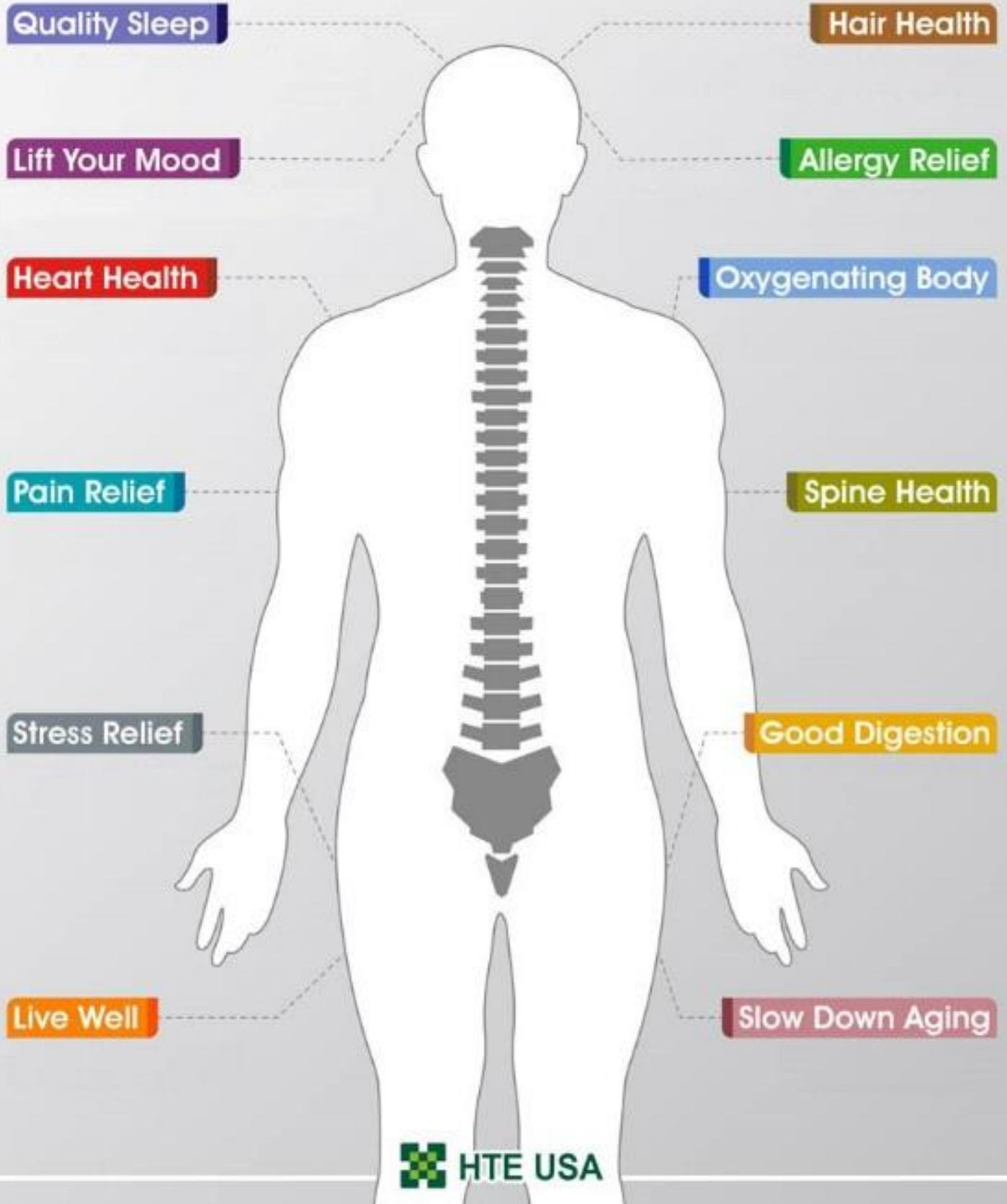
In this E-Book, we have collected 12 routines meant to address various health problems. Using these different routines with SOQI Bed may help fight against premature aging, and both chronic and acute health problems . We will also include a helpful chart showing which health issues can be addressed by various routines.

These statements have not been evaluated by the Food and Drug Administration, These products are not intended to diagnose, treat, cure or prevent diseases.



SOQI Life

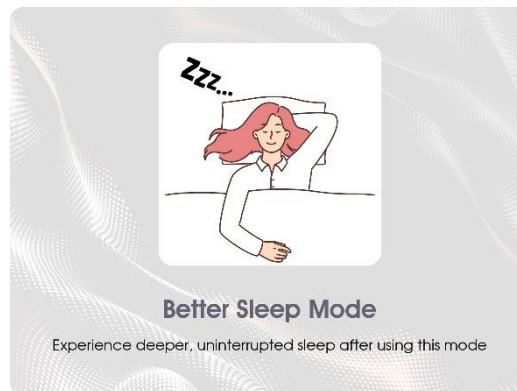
Holistic Health and Wellness with SOQI



12 Wellness Routines for the SOQI Bed

1. Better Sleep
2. Heart Health
3. Pain Relief
4. Allergy Relief
5. Oxygen Boost
6. Stress Relief
7. Hair Health
8. Spine Balancing
9. Slow Down Aging
10. Better Digestion
11. Lift Your Mood
12. Living Well

Better Sleep Routine



Aim:

Experience deeper, uninterrupted sleep after performing this routine.

Directions:

*1. Use the Ceramic Heaters to warm the **front** of your body.*

- Use the first Ceramic Heater to warm the Baihui (DU20) acupuncture point at the top of the head for 30 minutes.
- Use the second Ceramic Heater to warm the Danzhong (RN17) acupuncture point on the chest for 30 minutes.
- Use the third Ceramic Heater to warm the Xiawan (RN10) acupuncture point in the abdominal area for 30 minutes.

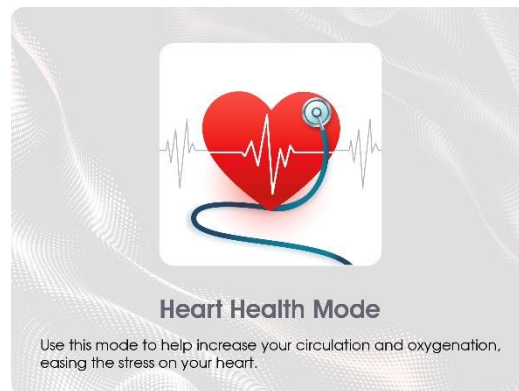
Use the Sun Ancon Chi Machine for 15 minutes while using the Ceramic Heaters

*2. Use the Ceramic Heaters to warm the **back** of your body.*

- Use the first Ceramic Heater to warm the upper back area for 15 minutes.
- Use the second Ceramic Heater to warm the lower back area for 15 minutes.
- Use the third Ceramic Heater to warm the soles of the feet for 15 minutes.

Note: Do not use the Chi Machine while lying face-down on the bed.

Heart Health Routine



Aim:

Use this routine to help increase your circulation and oxygenation, thus easing the stress on your heart.

Directions:

*1. Use the Ceramic Heaters to warm the **front** of your body.*

- Use the first Ceramic Heater to warm the Danzhong (RN17) acupuncture point on the chest for 30 minutes.
- Use the second Ceramic Heater to warm the Zhongwan (RN12) acupuncture point in the abdominal area for 30 minutes.
- Use the third Ceramic Heater to warm the Guanyuan (RN4) acupuncture point in the lower abdominal area for 30 minutes.

Use the Sun Ancon Chi Machine for 15 minutes while using the Ceramic Heaters

*2. Use the Ceramic Heaters to warm the **back** of your body.*

- Use the first Ceramic Heater to warm the upper back for 15 minutes.
- Use the second Ceramic Heater to warm the lower back for 15 minutes.
- Use the third Ceramic Heater to warm the soles of the feet for 15 minutes.

Note: Do not use the Chi Machine while lying face-down on the bed.

Pain Relief Routine



Aim:

Relieve sore muscles and body aches with FIR heat using this routine.

Directions:

*1. Use the Ceramic Heaters to warm the **front** of your body.*

- Use the first Ceramic Heater to warm the top of your head for 15 minutes.
- Use the second Ceramic Heater to warm the Qugu (RN2) acupuncture point in the abdominal area for 15 minutes.
- Use the third Ceramic Heater to warm the Shuifen (RN9) acupuncture point in the abdominal area for 15 minutes.

Use the Sun Ancon Chi Machine for 10 minutes while using the Ceramic Heaters

*2. Use the Ceramic Heaters to warm the **back** of your body.*

- Use the first Ceramic Heater to warm upper back area for 30 minutes.
- Use the second Ceramic Heater to warm the Pangguangshu (BL28) acupuncture point on your lower back for 30 minutes.
- Use the third Ceramic Heater to warm the soles of the feet for 30 minutes.

Note: Do not use the Chi Machine while lying face-down on the bed.

Allergy Relief Routine



Aim:

Increase your oxygen intake and cell replication for less allergy symptoms with this routine.

Directions:

*1. Use the Ceramic Heaters to warm the **front** of your body.*

- Use the first Ceramic Heater to warm the Baihui (DU20) acupuncture point at the top of the head area for 30 minutes.
- Use the second Ceramic Heater to warm the Jiquan (HT1) acupuncture point in the armpit area for 30 minutes.
- Use the third Ceramic Heater to warm the Riyue (GB24) acupuncture point in the abdominal area for 30 minutes.

Use the Sun Ancon Chi Machine for 15 minutes while using the Ceramic Heaters

*2. Use the Ceramic Heaters to warm the **back** of your body.*

- Use the first Ceramic Heater to warm the upper back for 15 minutes.
- Use the second Ceramic Heater to warm the lower back for 15 minutes.
- Use the third Ceramic Heater to warm the soles of the feet for 15 minutes.

Note: Do not use the Chi Machine while lying face-down on the bed.

Oxygen Boost Routine



Aim:

Breathe easier and raise oxygen levels with this routine.

Directions:

*1. Use the Ceramic Heaters to warm the **front** of your body.*

- Use the first Ceramic Heater to warm the Baihui (DU20) acupuncture point at the top of the head for 30 minutes.
- Use the second Ceramic Heater to warm the Tiantu (RN22) and Yunmen (LU2) acupuncture points, one where the collarbone meets the throat, and the other near the shoulder, for 30 minutes
- Use the third Ceramic Heater to warm the Danzhong (RN17) acupuncture point on the chest for 30 minutes.

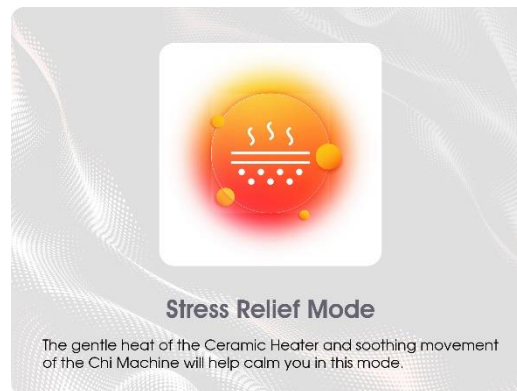
Use the Sun Ancon Chi Machine for 15 minutes while using the Ceramic Heaters

*2. Use the Ceramic Heaters to **warm** the **back** of your body.*

- Use the first Ceramic Heater to warm the upper back for 15 minutes.
- Use the second Ceramic Heater to warm the lower back for 15 minutes.
- Use the third Ceramic Heater to warm the soles of the feet for 15 minutes.

Note: Do not use the Chi Machine while lying face-down on the bed.

Stress Relief Routine



Aim:

The gentle heat of the Ceramic Heater and soothing movement of the Chi Machine will help calm you.

Directions:

*1. Use the Ceramic Heaters to warm the **front** of your body.*

- Use the first Ceramic Heater to warm the top of the head for 20 minutes.
- Use the second Ceramic Heater to warm the chest for 20 minutes.
- Use the third Ceramic Heater to warm the Riyue (GB24) acupuncture point in the abdominal area for 20 minutes.

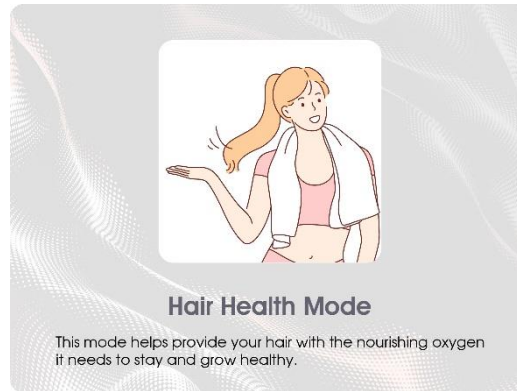
Use the Sun Ancon Chi Machine for 15 minutes while using the Ceramic Heaters

*2. Use the Ceramic Heaters to warm the **back** of your body.*

- Use the first Ceramic Heater to warm the Fengchi (GB20) acupuncture point on the back of the head for 30 minutes.
- Use the second Ceramic Heater to warm the lower back for 30 minutes.
- Use the third Ceramic Heater to warm the soles of the feet for 30 minutes.

Note: Do not use the Chi Machine while lying face-down on the bed.

Hair Health Routine



Aim:

This routine provides your hair with nourishing oxygen to encourage healthy hair growth and protect existing hair.

Directions:

*1. Use the Ceramic Heaters to warm the **front** of your body.*

- Use the first Ceramic Heater to warm the top of the head for 20 minutes.
- Use the second Ceramic Heater to warm the chest for 20 minutes.
- Use the third Ceramic Heater to warm the Riyue (GB24) and Shangwan (RN13) acupuncture points in the abdominal area for 20 minutes.

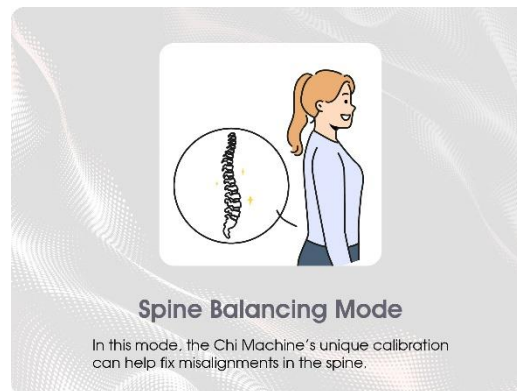
Use the Sun Ancon Chi Machine for 15 minutes while using the Ceramic Heaters

*2. Use the Ceramic Heaters to warm the **back** of your body.*

- Use the first Ceramic Heater to warm the Danshu (BL19), Ganshu (BL20), and Pishu (BL20) acupuncture points along the upper back for 30 minutes.
- Use the second Ceramic Heater to warm the Shenshu (BL23) and Zhishi (BL52) acupuncture points along the lower back for 30 minutes.
- Use the third Ceramic Heater to warm the soles of the feet for 30 minutes.

Note: Do not use the Chi Machine while lying face-down on the bed.

Spine Balancing Routine



Aim:

In this routine, the Chi Machine's unique calibration can help fix misalignments in the spine.

Directions:

*1. Use the Ceramic Heaters to warm the **front** of your body.*

- Use first Ceramic Heater to warm the top of the head for 20 minutes.
- Use the second Ceramic Heater to warm the chest for 20 minutes.
- Use the third Ceramic Heater to warm the abdominal area for 20 minutes.

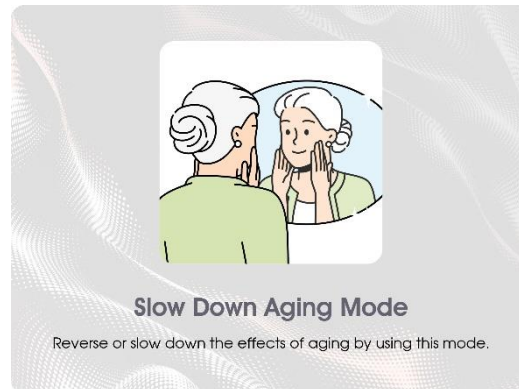
Use the Sun Ancon Chi Machine for 15 minutes while using the Ceramic Heaters

*2. Use the Ceramic Heaters to warm the **back** of your body.*

- Use the first Ceramic Heater to warm the Pangguangshu (BL28) acupuncture point on the lower back for 30 minutes.
- Use the second Ceramic Heater to warm the Shenshu (BL23) and Jingmen (GB25) acupuncture points on the lower back for 30 minutes.
- Use the third Ceramic Heater to warm the Zhongshu (DU7) acupuncture point on the back for 30 minutes.

Note: Do not use the Chi Machine while lying face-down on the bed.

Slow Down Aging Routine



Aim:

Reverse or slow down the effects of aging by using this routine.

Directions:

*1. Use the Ceramic Heater to warm the **front** of your body.*

- Use the first Ceramic Heater to warm the Shimen (RN5) acupuncture point in the abdominal area for 30 minutes
- Use the second Ceramic Heater to warm the Xiawan (RN10) acupuncture point in the abdominal area for 30 minutes.
- Use the third Ceramic Heater to warm the upper leg and groin areas for 30 minutes.

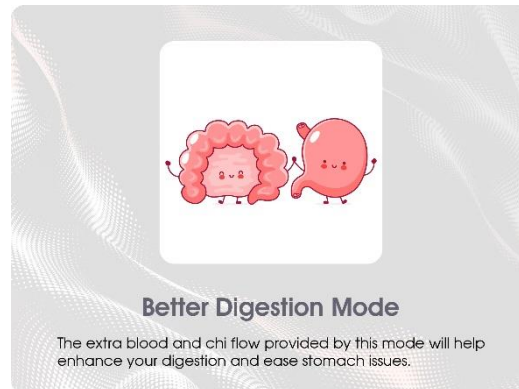
Use the Sun Ancon Chi Machine for 15 minutes while using the Ceramic Heaters

*2. Use the Ceramic Heater to warm the **back** of your body.*

- Use the first Ceramic Heater to warm the upper back for 15 minutes.
- Use the second Ceramic Heater to warm the lower back for 15 minutes.
- Use the third Ceramic Heater to warm the soles of the feet for 15 minutes.

Note: Do not use the Chi Machine while lying face-down on the bed.

Better Digestion Routine



Aim:

The extra blood and chi flow provided by this routine will help enhance your digestion and ease stomach issues.

Directions:

*1. Use the Ceramic Heaters to warm the **front** of your body.*

- Use the first Ceramic Heater to warm the Baihui (DU20) acupuncture point at the top of the head for 30 minutes.
- Use the second Ceramic Heater to warm the Qihai (RN6) acupuncture point in the abdominal area for 30 minutes.
- Use the third Ceramic Heater to warm the Xiawan (RN10) acupuncture point in the abdominal area for 30 minutes.

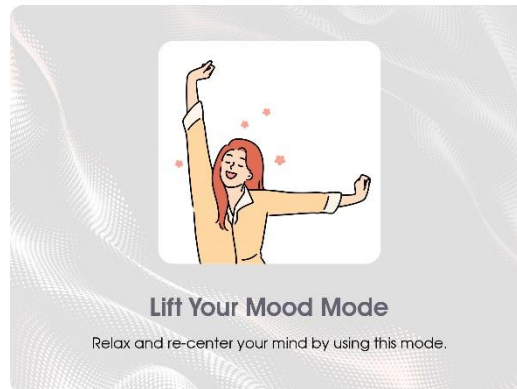
Use the Sun Ancon Chi Machine for 20 minutes while using the Ceramic Heaters

*2. Use the Ceramic Heaters to warm the **back** of your body.*

- Use the first Ceramic Heater to warm the upper back for 15 minutes.
- Use the second Ceramic Heater to warm the lower back for 15 minutes.
- Use the third Ceramic Heater to warm the soles of the feet for 15 minutes.

Note: Do not use the Chi Machine while lying face-down on the bed.

Lift Your Mood Routine



Aim:

Relax and re-center your mind by using this routine.

Directions:

*1. Use the Ceramic Heaters to warm the **front** of your body.*

- Use the first Ceramic Heater to warm the top of the head for 20 minutes.
- Use the second Ceramic Heater to warm the chest area for 20 minutes.
- Use the third Ceramic Heater to warm the abdominal area for 20 minutes.

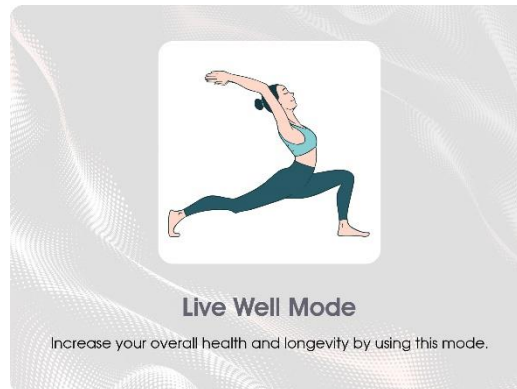
Use the Sun Ancon Chi Machine for 15 minutes while using the Ceramic Heaters

*2. Use the Ceramic Heaters to warm the **back** of your body.*

- Use the first Ceramic Heater to warm the Baihui (DU20) acupuncture point at the top of the head for 30 minutes.
- Use the second Ceramic Heater to warm Jingmen (GB25) acupuncture point along back for 30 minutes.
- Use the third Ceramic Heater to warm the Yongquan (KI1) acupuncture point in the abdominal area for 30 minutes.

Note: Do not use the Chi Machine while lying face-down on the bed.

Live Well Routine



Aim:

Increase your overall health and longevity by using this routine.

Directions:

*1. Use the Ceramic Heaters to warm the **front** of your body.*

- Use first Ceramic Heater to warm the top of the head for 20 minutes.
- Use the second Ceramic Heater to warm the chest area for 20 minutes.
- Use the third Ceramic Heater to warm the abdominal area for 20 minutes.

Use the Sun Ancon Chi Machine for 15 minutes while using the Ceramic Heaters

*2. Use 3 Ceramic Heater to warm the **back** of the body.*

- Use the first Ceramic Heater to warm the Pangguangshu (BL28) acupuncture point in the lower back for 30 minutes.
- Use the second Ceramic Heater to warm the Shenshu (BL23) and Jingmen (GB25) acupuncture points in the lower back for 30 minutes.
- Use the third Ceramic Heater to warm the Zhongshu (DU7) acupuncture point at the back for 30 minutes.

Note: Do not use the Chi Machine while lying face-down on the bed.