



头皮健康管理——头撩宝

Scalp Health Management — Head Soothing Essential Oil



精油是什么? What are essential oils?

- **从植物的种子、树皮、茎、根、花朵、果实、叶子及植物的其他部位，所萃取的芳香性、高挥发性的活性物质**

Aromatic, highly volatile active compounds extracted from plant seeds, bark, stems, roots, flowers, fruits, leaves, and other plant parts.

- **精油是非常纯萃的，比普通药草强50-70倍，就是升华版的中草药**

Essential oils are extremely pure extracts, 50–70 times more potent than ordinary herbs—an enhanced, refined form of traditional herbal medicine.

- **大自然赋予人类最完美的礼物**

The most perfect gift bestowed upon humanity by nature.

精油是一种复杂的多成分的混合物，其中含有萜类、酚类、醇类、醛类、酮类、酯类、烯类和醚类化合物与有机酸。

Essential oils are complex multi-component mixtures containing compounds such as terpenes, phenols, alcohols, aldehydes, ketones, esters, alkenes, ethers, and organic acids.



精油的生物特性 Biological Characteristics of Essential Oils

- 三性：小分子性、脂溶性、靶向性。
- 四能：再生、补氧、免疫防御及抗氧化功能。
- 五高：高浓缩、高渗透、高吸收、高代谢、高挥发。

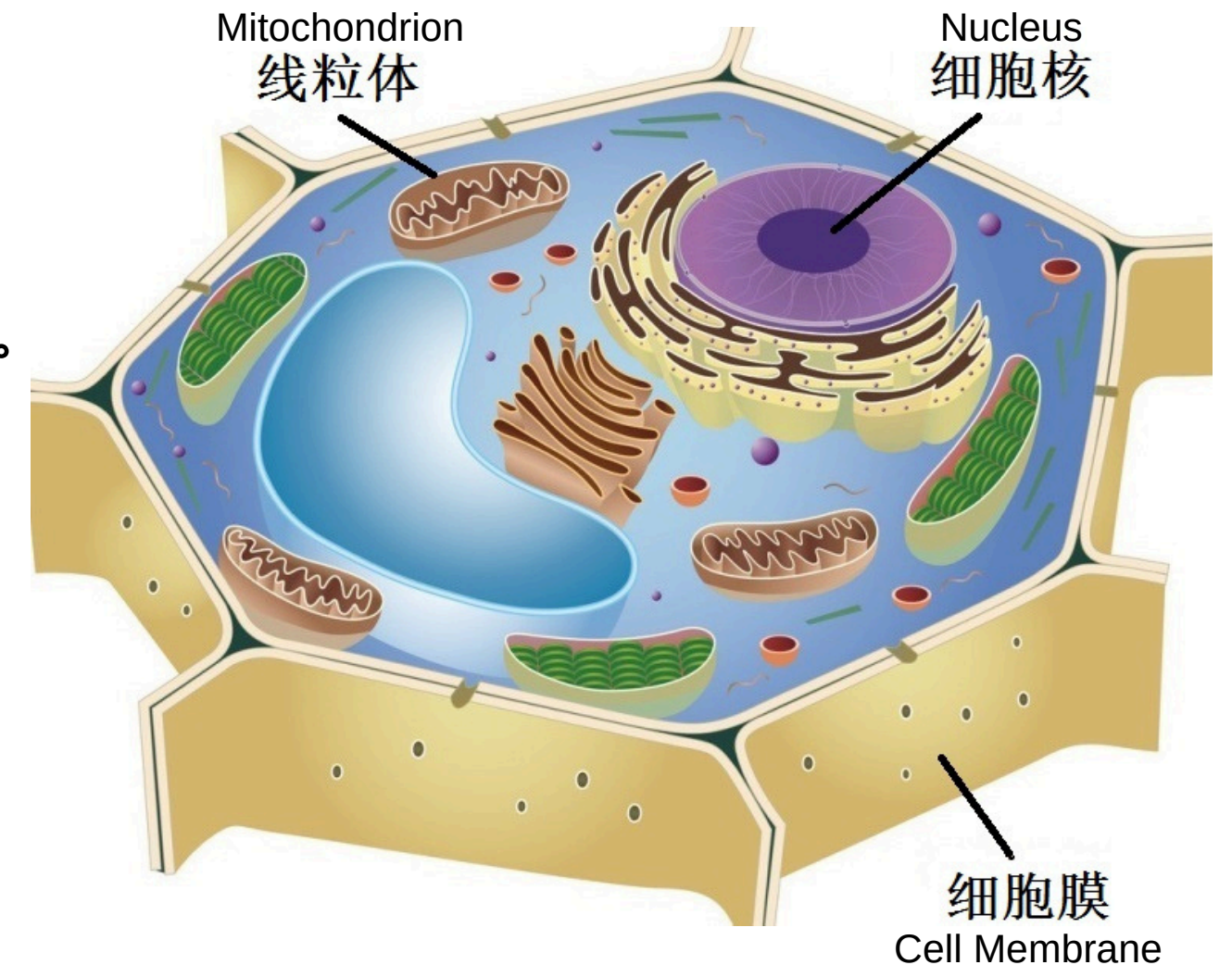
Three Properties: small molecular size, lipid solubility, and targeting ability.

Four Functions: regeneration, oxygenation, immune defense, and antioxidant activity.

Five Highs: high concentration, high permeability, high absorption, high metabolism, and high volatility.

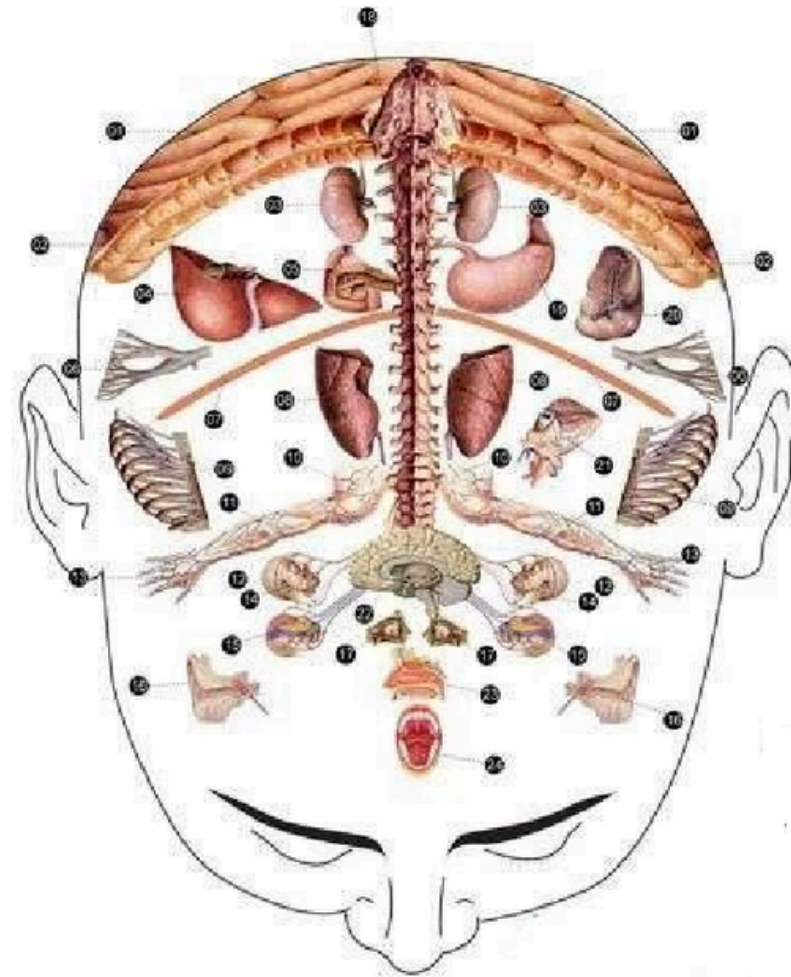
细胞膜主要由脂类组成，而精油恰恰又是脂溶性的，可以非常顺利的通过细胞膜进入细胞内，加速其解毒排毒及代谢，所以说，精油是在细胞层面发挥作用的。

The cell membrane is primarily composed of lipids, and essential oils are also lipid-soluble, allowing them to pass easily through the cell membrane and enter cells. They help accelerate detoxification and metabolism. Therefore, essential oils exert their effects at the cellular level.



做头疗就是做全身 Doing scalp therapy is equivalent to treating the whole body.

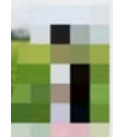
头部四大经络



- **头部有近50个穴位是人体穴位最密集的地方**
There are nearly 50 acupoints on the head, making it the most densely distributed area of acupoints in the human body.
- **头皮是人体最高的皮肤控制全身皮肤的弹性**
The scalp is the highest skin of the human body and controls the elasticity of the skin throughout the body.
- **头皮的新陈代谢为14—21天**
The scalp's metabolism cycle is 14–21 days.
- **当头皮有一条皱纹的时候脸部就会有六条皱纹意味着一次头皮保养相当于六次面部保养**
When there is one wrinkle on the scalp, there will be six wrinkles on the face, which means that one scalp care session is equivalent to six facial care sessions.

在中医理论中，头是“诸阳之首”，人体所有的阳经都得经过头部。用头撩宝做头疗有利于疏通全身经络气血，同时还能舒缓大脑紧绷的神经，对脑力工作者尤其有益。

In Traditional Chinese Medicine theory, the head is the “leader of all yang,” and all yang meridians of the human body must pass through the head. Performing head therapy with Tou Liao Bao helps to unblock the meridians and regulate qi and blood throughout the body, while also relieving tension in the brain’s nerves. It is especially beneficial for mental workers.

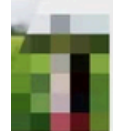


张教授您好:

我前段时间一个人在家，突然喉咙到心口窝处往一起紧紧的揪住，喘不上气来，手和脚都一点点的往上凉，头皮也麻酥酥的紧缩，出凉汗，身体无力，瘫坐在沙发上，不过我的意识还是清楚的，知道是心脏出问题了，但是这时根本无力打电话，说不出话了，好在我想起来张军教授讲过乳香精油的用处，我就使出全身的力气，也正好我的乳香精油就在沙发那，可能命不该绝，我使出全身力气往舌下滴了两滴，过来一会，真的喉咙就慢慢松下来了，我好不容易才喘口气，知道自己活过来了。马上去医院，一查 心血管堵了百分之八十，做了支架？

我现在天天含服精油，走到哪里都带着，感谢张教授的救命之恩 🙏

🙏感谢乳香精油的救命之恩！谢谢 🙏🙏



我现在提起这件事还心有余悸 太吓人了 真后怕呀！真的要感谢张教授 谢谢您的救命之恩 🙏🙏🙏🙏



24" 🗨️

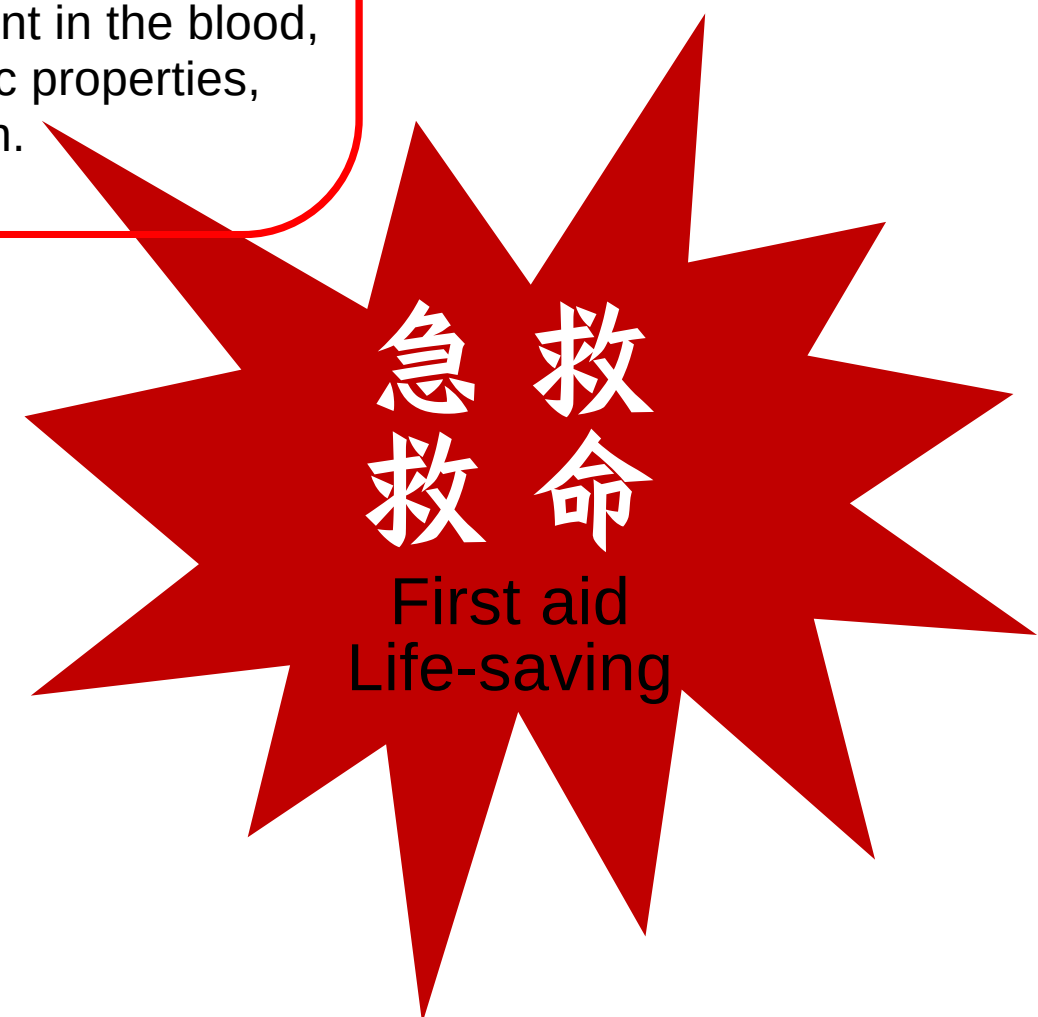


精油之王乳香救了我的命

Frankincense, the king of essential oils, saved my life.

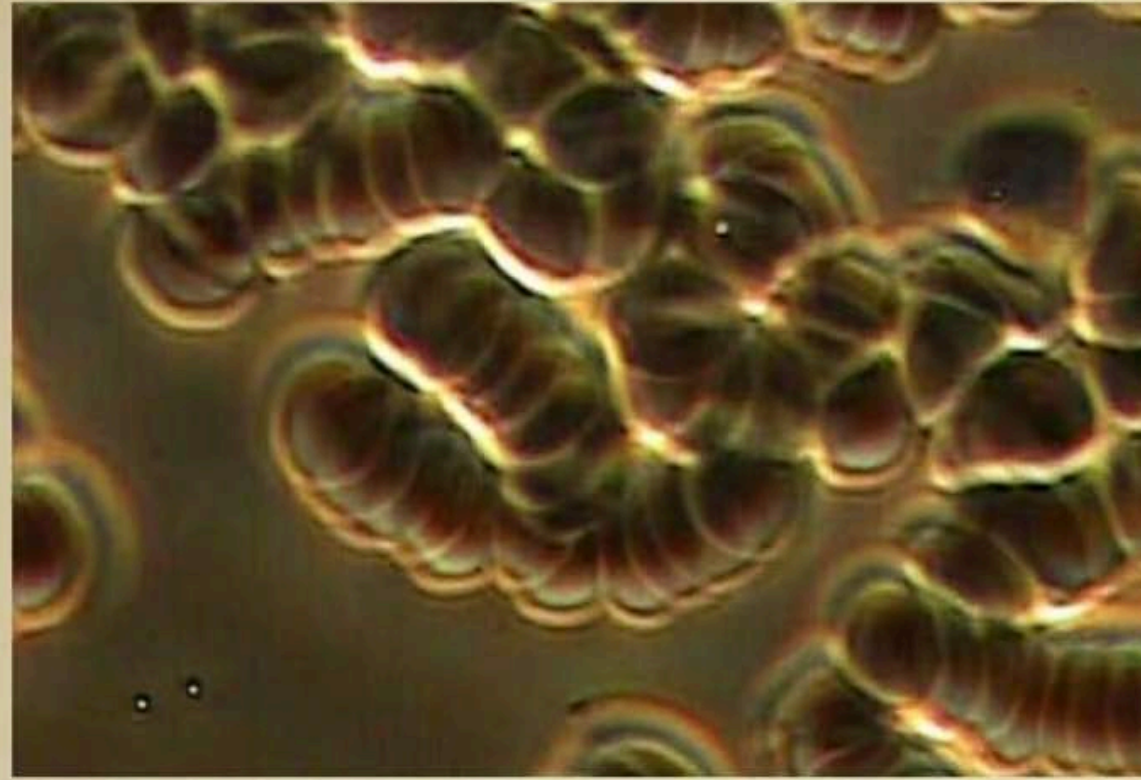
乳香可以提高血液当中的氧含量，芳香开窍，瞬间打通气血循环

Frankincense can increase the oxygen content in the blood, open the sensory orifices through its aromatic properties, and instantly promote qi and blood circulation.



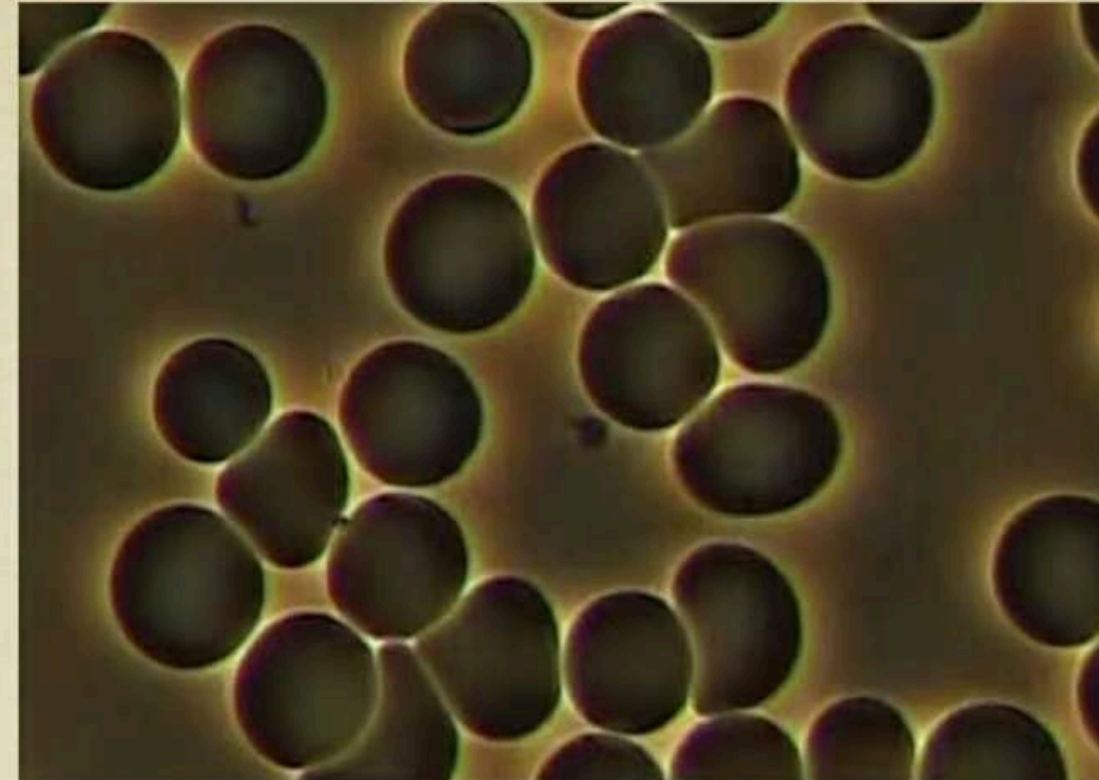
作用神速 生效极快

Rapid action, extremely fast effect.



涂抹前

Before application



涂抹后

After application

Red Blood Cells using Dark Field Microscopy

As presented by Dr. David Hill

in St. George, UT April 25, 2009

使用乳香抹脚底30秒后红细胞携氧量的对比

Comparison of red blood cell oxygen-carrying capacity after applying frankincense to the soles of the feet for 30 seconds

头撩宝 灵感之旅

将植物生命力都沉淀在这瓶油里

头部舒缓精油

✓ 自然/精粹

✓ 舒缓/呵护

精选多重植物
精粹科学配伍调制而成
滴滴珍贵 滴滴是爱



» 专研配方 甄选多重植物精粹 «

头撩宝-头部舒缓精油



乳香油



古巴香脂油



丁香花油



薄荷油



雪松油



野橘油



红桔油



安息香油



丝柏油



分馏椰子油

● 头撩宝的九大明星精油：

乳香：精油之王，补氧、活化细胞、祛皱、防衰老

古巴香脂：“小乳香”，神经修复，消炎止痛

安息香：安神定志、助眠

丁香：抗氧化、抗炎、止痛、天然麻醉剂

雪松：俗称小檀香。促进成纤维细胞生长，增加胶原蛋白、弹力蛋白。生发、去头皮屑

丝柏：收敛、防脱发。提拉紧致肌肤

红桔：抗氧化，幸福味道

野橘：净化空气，愉悦心情、招财、讨喜香气

薄荷：舒压，提神醒脑，诱导助力精油快速渗透

● Nine Star Essential Oils of Tou Liao Bao:

Frankincense: The king of essential oils, oxygen replenishing, cell activation, wrinkle reduction, anti-aging

Copaiba Balsam: "Little Frankincense," nerve repair, anti-inflammatory, pain relief

Benzoin: Calms the mind, helps stabilize emotions and improves sleep

Clove: Antioxidant, anti-inflammatory, pain relief, natural anesthetic

Cedarwood: Also known as "Little Sandalwood." Promotes fibroblast growth, increases collagen and elastin.

Supports hair growth and removes dandruff

Cypress: Astringent, helps prevent hair loss, lifts and firms the skin

Sweet Orange: Antioxidant, a fragrance of happiness

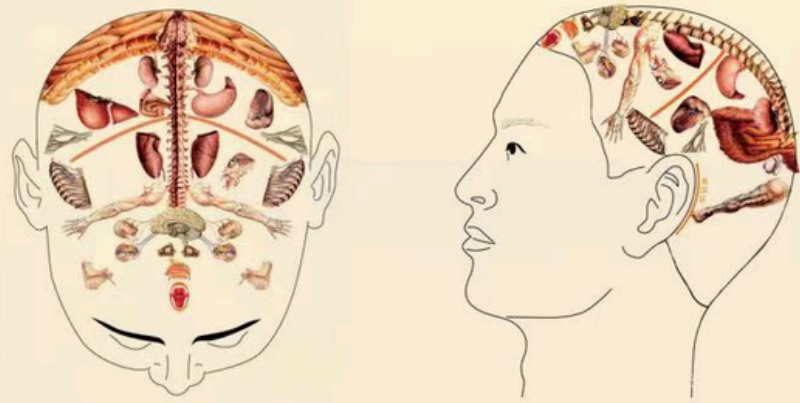
Wild Orange: Purifies air, uplifts mood, brings positive energy, pleasant aroma

Peppermint: Relieves stress, refreshes the mind, helps enhance and accelerate absorption of essential oils

四香，二树，二桔，一草

Four aromatics, two trees, two oranges, one herb.

头皮养不好 你就容易老



头皮和脸皮是一张皮，头上长一根皱纹脸上就会长六根皱纹，而且头皮是我们全身皮肤的顶端，所以它管理着我们全身皮肤的弹性，因此头皮养不好，你就容易老。

我们头上近50个穴位，四条经络：督脉、膀胱经、胆经、三焦经，**做1次头疗相当于做6次美容10次的足疗、敷70次的面膜、一次线雕。**还有做头疗可以有效防止脑血管的意外，预防脑痴呆、小脑萎缩，调理偏头痛，神经衰弱，失眠，高血压、低血压，平衡我们的自律神经，提振精神，提高工作效率。每周3次作为保健，如果有慢性病可以每天做1次。

让我们身体棒棒的、皮肤美美哒，减龄又逆龄!



神奇的精油头部按摩疗法

头痛不可忽视！看看头痛的起因：
如果是两边都痛，是胆经的问题；
如果左边偏头痛，是肝血的问题；
如果右边偏头痛，是肺气的问题；
如果是前额痛，是胃经出了问题；
如果是中空痛，是肝经出了问题；
如果是后脑痛，是膀胱经出了问题。
做头疗不容易得脑血栓！脑中风！

告诉您：头疗对失眠，头疼有非常好的效果；
更关键的是预防脑部疾病：脑中风、脑梗、脑血栓、脑出血等等，预防大于治疗……
预防、预防、预防、说三遍！

做头疗为什么那么好?

● 头皮和脸皮是一张皮，头上长一根皱纹脸上就会长六根皱纹，而且头皮是我们全身皮肤的顶端，所以它管理着我们全身皮肤的弹性，因此头皮养不好，你就容易老。我们头上近50个穴位，四条经络：督脉、膀胱经、胆经、三焦经，**做一次头疗相当于做六次美容10次的足疗、敷70次的面膜、一次线雕。**做头疗可以有效防止脑血管的意外，预防脑痴呆、小脑萎缩，调理偏头痛，神经衰弱，失眠。高血压，低血压，平衡我们的自律神经，提振精神，提高工作效率，保健每周三次，调理症状每天1次，2周后每周3-7次。让我们身体棒棒的、皮肤美美哒，减龄又逆龄🌸🌸🌸

Why is scalp therapy so beneficial?

● The scalp and facial skin are actually one continuous layer of skin. When one wrinkle appears on the scalp, six wrinkles will appear on the face. The scalp is the uppermost part of the body's skin and therefore governs the elasticity of the entire body's skin. If the scalp is not well maintained, aging happens more easily. There are nearly 50 acupoints on the head and four main meridians: the Du Meridian, Bladder Meridian, Gallbladder Meridian, and Sanjiao Meridian. One scalp therapy session is equivalent to six beauty treatments, ten foot reflexology sessions, seventy facial masks, and one thread lifting treatment. Scalp therapy can effectively help prevent cerebrovascular incidents, reduce the risk of dementia and cerebellar atrophy, and help regulate migraines, neurasthenia, and insomnia. It also helps with high and low blood pressure, balances the autonomic nervous system, boosts energy, and improves work efficiency. For maintenance, it is recommended three times per week; for symptom regulation, once daily; after two weeks, 3-7 times per week. It helps keep the body healthy and the skin beautiful, making you look younger and reversing aging. 🌸🌸🌸

● 头疗的九大作用：

1. 活化脑细胞，改善脑供血，延缓脑痴呆、偏头痛
2. 舒缓放松，缓解压力
3. 辅助降压（双向调整）
4. 改善睡眠，提高睡眠质量
5. 改善耳鸣，听力下降
6. 提拉紧致面部肌肤，拥抱年轻态
7. 清洁头皮，去除化学残留物质
8. 活化毛囊细胞养发护发防脱发
9. 疏通毛囊去除皮脂堵塞

● Nine Benefits of Scalp Therapy:

1. Activates brain cells, improves cerebral blood circulation, and helps delay dementia and relieve migraines
2. Relieves tension, soothes and relaxes the body and mind, and reduces stress
3. Supports blood pressure regulation (bidirectional balancing effect)
4. Improves sleep and enhances sleep quality
5. Helps relieve tinnitus and hearing decline
6. Lifts and firms facial skin, promoting a youthful appearance
7. Cleanses the scalp and removes chemical residue
8. Activates hair follicle cells to nourish hair and help prevent hair loss
9. Unblocks hair follicles and removes sebum blockage

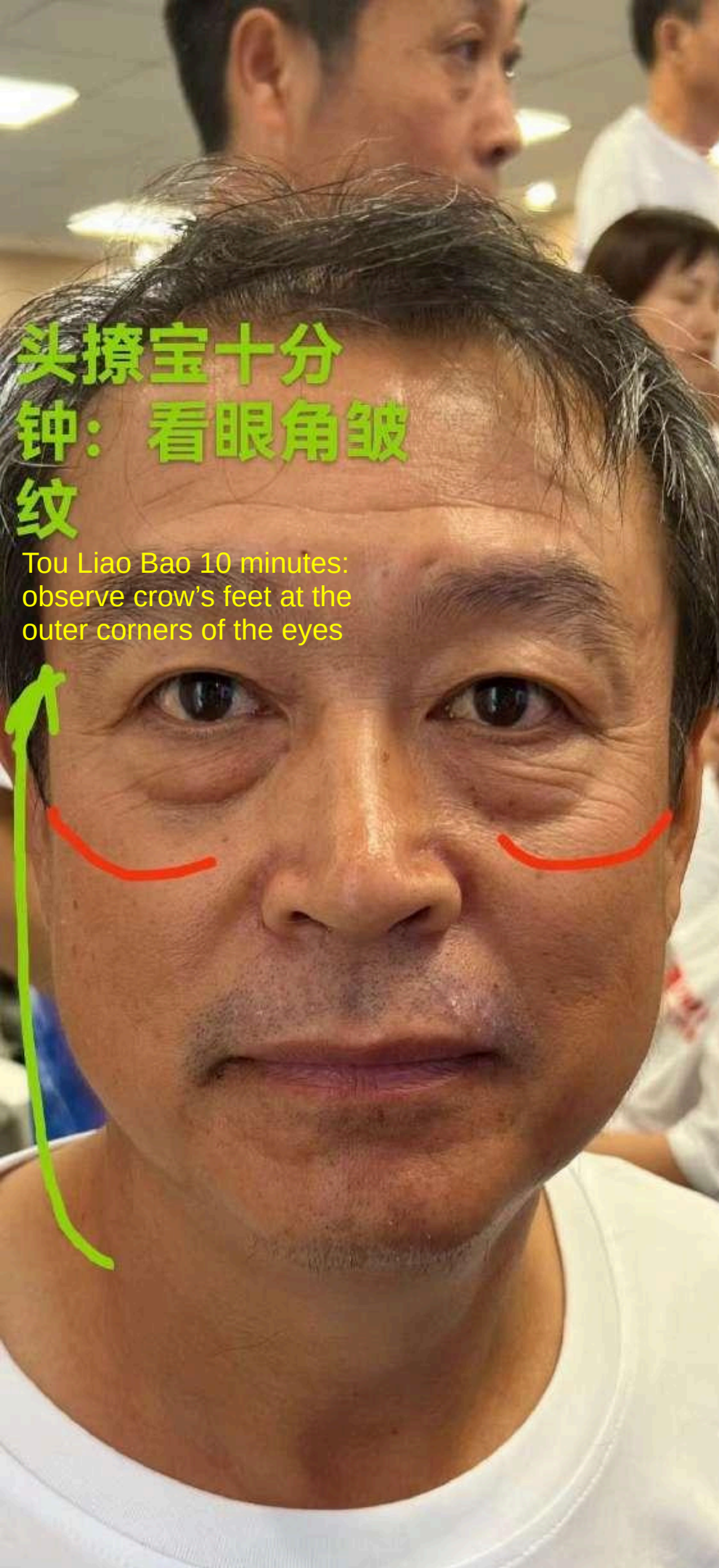


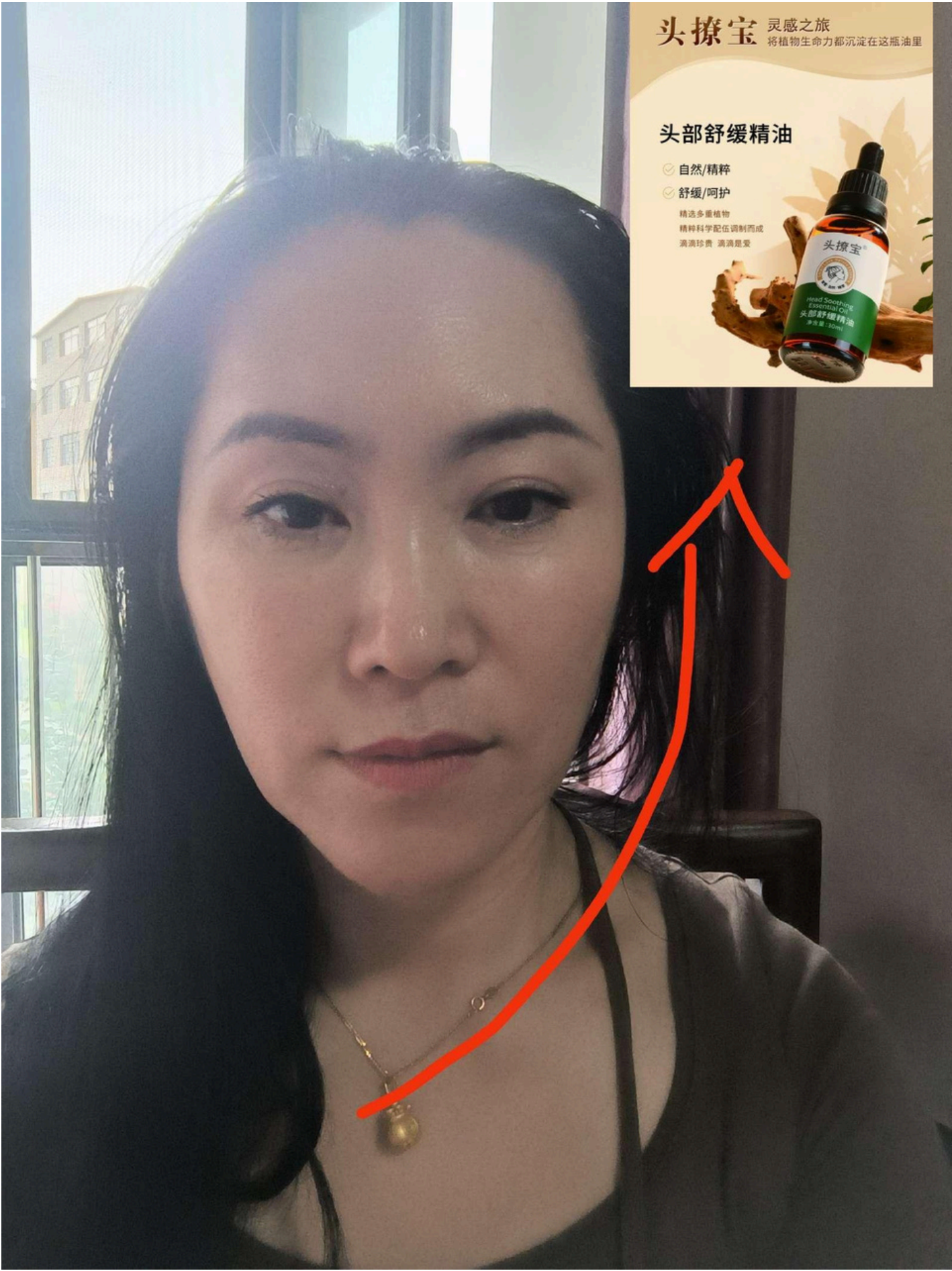
头撩宝耳疗 Tou Liao Bao ear therapy

耳朵上分布**91**个穴区，**260**多个学位，关联五脏六腑，犹如一个倒置的胎儿。
经常按摩能通经络、行气血、调脏腑！

There are 91 acupoint regions on the ear and more than 260 acupoints, which are connected to the five internal organs and six bowels, resembling an inverted fetus. Regular massage can unblock the meridians, promote the flow of qi and blood, and regulate the internal organs.







赛过线雕

Surpasses thread lifting

头撩宝面部护理 Tou Liao Bao facial care

肩颈疼痛 Shoulder and neck pain

开背、脊柱 Back opening and spine care

关节疼痛 Joint pain



贞雅姐 888888



贞雅姐 888888

你看有一个大姐他买了一瓶精油用出了这么好的效果



贞雅姐 888888

就用了一个月时间

9月27日 11:32



侯兰芳~头部, 面部抗衰

@贞雅姐 888888, 用头寮宝抹的脸吗?

9月27日 11:44



贞雅姐 888888

@侯兰芳~头皮抗衰白发养黑发, 对用头寮宝跟面霜搅拌起来再涂抹



这就是头寮宝的效果

这个头擦宝真是好！我今天早上起床感觉头晕胀，一量血压147，赶紧拿出头擦宝做起来，半个小时后测血压正常了，真的感谢张教授和张虹校长给我们带来的宝贝！感恩大地的礼物！



孙人人讲会员想买精油的



孙人人讲会员想买精油的

谢谢张教授和张校长! 🌹🌹🌹

昨天 18:37



张虹





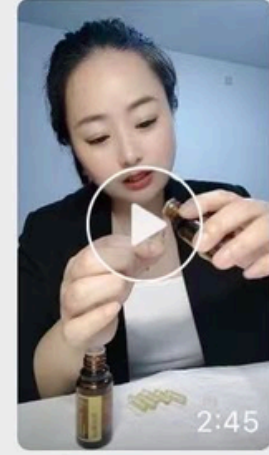
周函美 (小号)

劲爆好消息 🎉🎉🎉
阿姨痛风反应很大，苦不堪言，都痛得直哭！挂盐水，止痛药都无济于事，然后用头疗宝擦脚底试试，擦了没几天，竟然痛风的痛症缓解好多，阿姨连连说谢谢，谢谢 🙏🙏
精油头疗宝又帮助了一个人 👍👍👍

星期六 19:31



小何 (何玉燕)



2:45



浪花



小何 (何玉燕)

家人们，我女儿通过“感冒炸弹”三颗，昨天感冒喉咙疼痛头疼的症状今天就没有了，今天生龙活虎，终于可以断了化学药物 👍👍



25"

继续播放

张军教授，哎，我刚才牙齿痛 🙏，我把精油直接在口腔里，直接涂在那个牙齿上，牙牙齿上可以的。我后来想想看，嗯，应该涂在外面，我已经涂在牙嘴巴里了，嘴巴里直接涂在牙齿上。

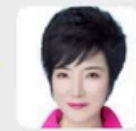


16"

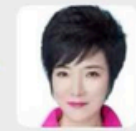
一两分钟就缓解了牙痛，现在三四分钟啊，已经不痛了 🙏，好像跟原来一样的，哎呀，这么灵，止痛好灵，止痛很灵的。

星期三 19:12

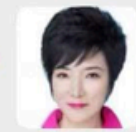
是的，您用对了 👍 就是滴在牙齿上疼痛的那个地方。



精油的效果就是那么快。



你用的哪个精油？



6"

我就是头疗宝。

九次头撩宝富贵包几乎不见了

After nine Tou Liao Bao sessions, the dorsal hump is almost gone.

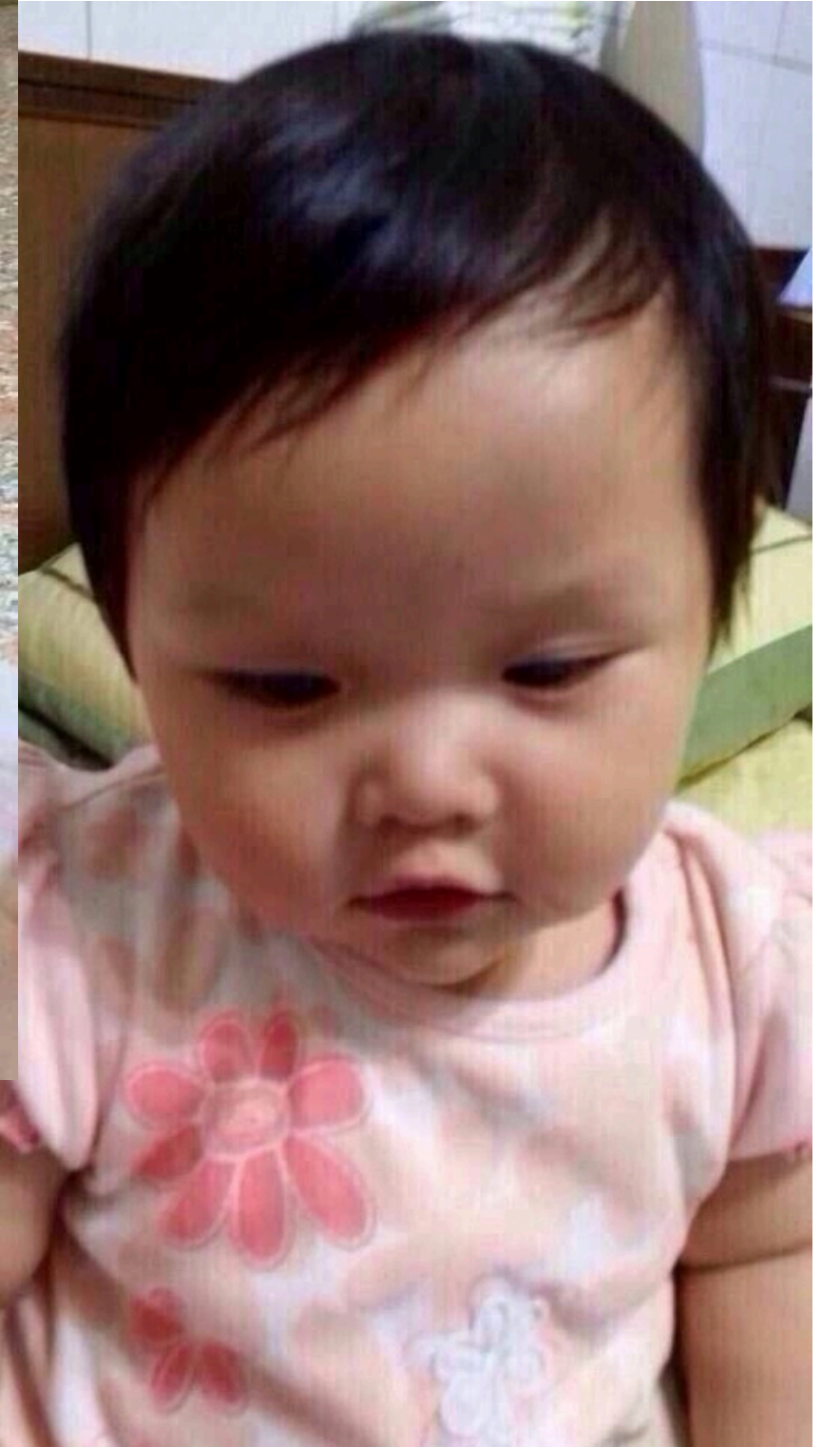




Recovery two days after applying Tou Liao Bao to a burn

涂抹头疗宝烫伤两天回复





跌伤使用精油后，一天即恢复

Recovered within one day after using essential oils for a bruise.

呵护家人 (孩子)

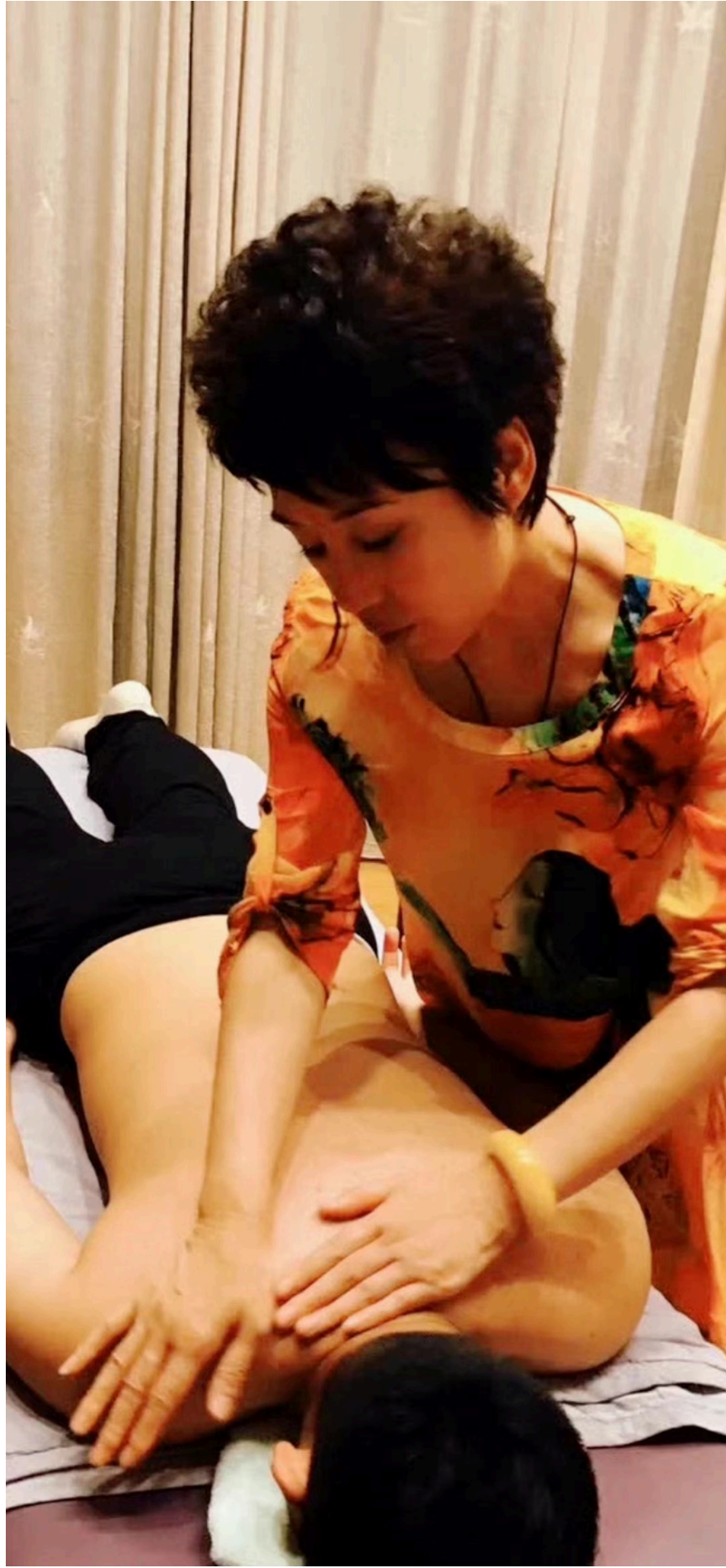
Care for your family (children)



急性化膿性扁桃腺炎

Acute suppurative tonsillitis





A



B



家庭天然药箱 (A+B套装)

Family Natural Medicine Cabinet (A + B Set)

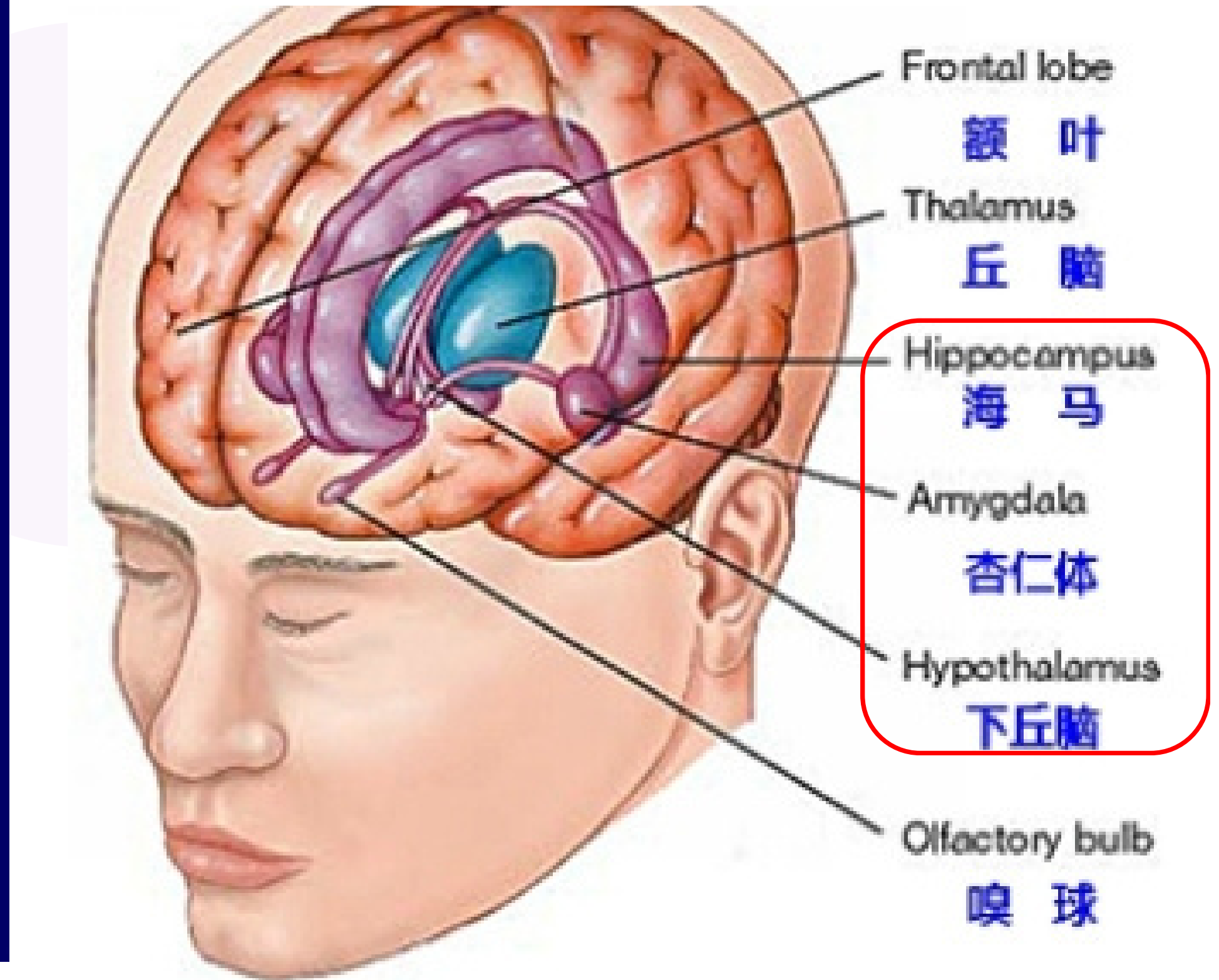
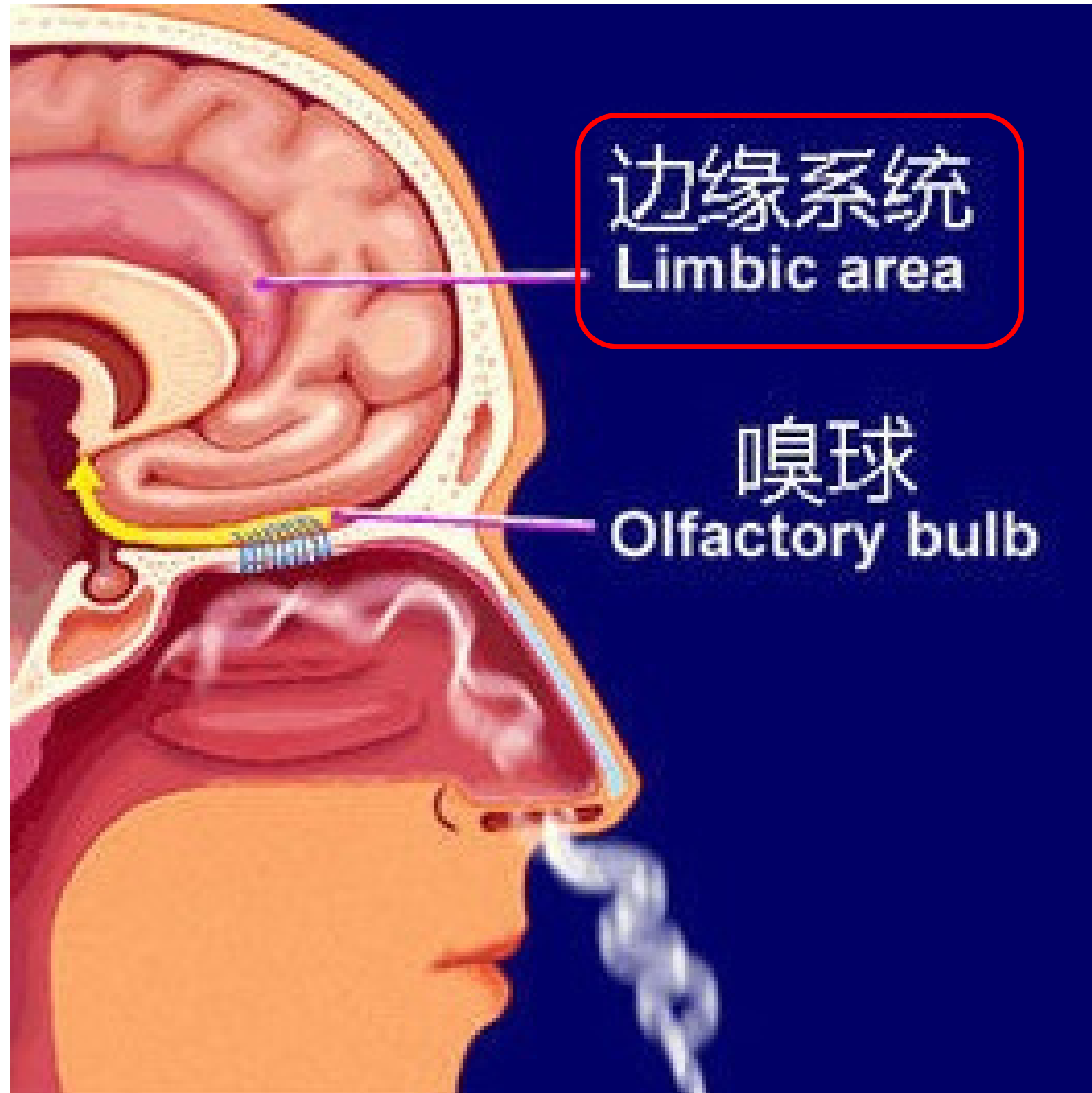
- 1. 乳香 Frankincense
- 2. 薄荷 Peppermint
- 3. 茶树 Tea Tree
- 4. 野橘 Wild Orange
- 5. 薰衣草 Lavender
- 6. 天竺葵 Geranium
- +1 分馏椰子油 +1 Fractionated Coconut Oil

- 1. 柠檬 Lemon
- 2. 牛至 Oregano
- 3. 顺畅呼吸复方 Breathe Easy Blend
(Respiratory Support Blend)
- 4. 保卫复方 Protective Blend
- 5. 乐活复方 Joyful Living Blend
- 6. 舒缓复方 Soothing Blend
- +1 分馏椰子油 +1 Fractionated Coconut Oil



情绪、认知、传导、内分泌

Emotion, cognition, conduction, endocrine system





感谢观看
THANKS