



USE + BREATHING GUIDE

A PRACTICAL GUIDE TO YOUR CESSA PENDANT

How to set it up, care for it, use it during familiar smoking moments, and create a deliberate pause before your next choice.

PAUSE. BREATHE. CHOOSE.



You do not have to face a craving empty-handed.

Cessa is a behavioral breathing tool - not a medical device or nicotine treatment.

START HERE

A DIFFERENT KIND OF PAUSE

After years of smoking, the routine can become physical as well as chemical: the hand-to-mouth movement, the inhale, the exhale, and the pause itself.

Cessa was created for those familiar moments. It gives you something concrete to reach for while you slow the sequence down and make a more deliberate choice.



THE IDEA IS SIMPLE

1

NOTICE

the automatic moment

2

PAUSE

before reaching for a cigarette

3

CHOOSE

your next action deliberately

CESSA IS A TOOL, NOT A MIRACLE.

Use it as one practical part of your quit or cut-back plan.

PRODUCT ANATOMY

WHAT IS INSIDE YOUR PENDANT

Your Cessa pendant uses a small cotton core inside the chamber. Depending on your kit, that core may be unscented or an aromatherapy core.



TO CHANGE THE CORE

1. Unscrew the lower section.
2. Remove the current cotton core.
3. Insert one compatible replacement core.
4. Close the pendant until snug - do not overtighten.

AROMA OPTIONS

Depending on the kit or market, available aromas may include mint, coffee, strawberry, raspberry, or lemon.

Keep unused cores sealed, cool, dry, and away from direct sunlight.

SETUP

SET UP IN 5 SIMPLE STEPS

1

OPEN THE LOWER CHAMBER

Hold the body and lower section, then twist gently until they separate.

2

REMOVE THE CURRENT CORE

Take out the installed cotton core. It may sit loosely in the lower chamber.

3

CHOOSE A REPLACEMENT CORE

Use one compatible core. Keep unused cores sealed between uses.

4

INSERT IT GENTLY

Place the core inside the chamber. A small amount of movement is normal.

5

CLOSE UNTIL SNUG

Align the threads and tighten gently. Stop when secure; never force it.

TIP

If the threads resist, stop and realign them before tightening.



WHAT GOES WHERE

Controller: lower mouthpiece section.
Cotton core: sits inside the chamber.
Diffuser: upper body attached to the chain.

CARE

KEEP IT CLEAN. KEEP IT READY.

A little regular care keeps the mouthpiece comfortable to use and helps replacement cores stay fresh.



CORE CARE

Replace the cotton core when the aroma fades, when you want a fresher experience, or roughly every 1-2 weeks for routine cleanliness.

Keep spare cores sealed in a cool, dry, dark place.

METAL CARE

Wipe the metal with a soft damp cloth or cotton swab and mild soap. Dry completely before inserting a fresh core.

AVOID

- Soaking or submerging the pendant
- Putting wet cores inside the chamber
- Harsh cleaners, bleach, or rubbing alcohol
- Damaged or unknown replacement materials

CORE BREATHING METHOD

THE CESSA PAUSE

Use this short sequence when you want to interrupt an automatic smoking moment and create a slower, more deliberate pause.



5

INHALE

seconds through Cessa

1-2

HOLD

seconds, comfortably

5

EXHALE

seconds through your mouth

HOW TO USE IT

- 1** Place the mouthpiece comfortably at your lips and inhale slowly. Do not pull as hard as you can.
- 2** Hold only if it feels comfortable. The goal is a pause, not strain.
- 3** Remove the pendant and exhale gently. Let your shoulders and jaw soften.

If you feel dizzy, uncomfortable, or short of breath, stop and return to normal breathing.

TRY WHAT FITS THE MOMENT

4 WAYS TO CREATE A PAUSE

There is no single perfect breathing pattern. These routines simply give you structure when you want to slow down instead of reacting automatically.



01

5-1-5 CESSA PAUSE

Inhale 5s. Hold 1-2s. Exhale 5s.

Cravings, stress, familiar triggers.

02

BOX BREATHING

Inhale 4s. Hold 4s. Exhale 4s. Hold 4s.

When your thoughts feel crowded.

03

8 + 8 SLOW DOWN

Inhale through Cessa 8s. Exhale 8s.

When you want a longer, steadier pause.

04

GROUNDING BREATH

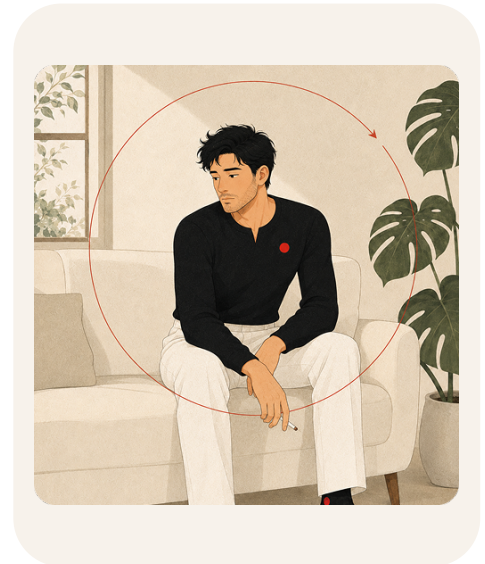
Notice 5 things you can see, then breathe slowly for 60s.

Emotional or anxious moments.

FOUR-WEEK PRACTICE

PAUSE + REPLACE FOR 4 WEEKS

The goal is replacement, not punishment. Use this as a simple behavioral practice and adapt it to your own quitting strategy.



1

WEEK 1

AWARENESS

Notice when and why you smoke. When an urge appears, pause and breathe for about 2 minutes.

2

WEEK 2

PREPARE

Choose your quit date. Practice after meals, coffee, drinks, work breaks, or other familiar trigger moments.

3

WEEK 3

QUIT

On smoke-free days, give each craving a different first response: a 2-3 minute Cessa Pause.

4

WEEK 4

STABILIZE

Keep the new sequence consistent. Notice your strongest triggers and what is starting to feel easier.

If you use medication, nicotine replacement, counseling, or another quit plan, follow that plan as directed.

IMPORTANT

USE IT SAFELY

Simple rules for a simple tool.



- Cessa is a breathing and behavioral tool, not a medical device, medication, or nicotine replacement therapy.
- If you are pregnant or have a respiratory or cardiovascular condition, ask a healthcare professional before using resistance breathing or breath-holding exercises.
- Keep the pendant and cotton cores away from children and pets. Do not swallow or chew the cores.
- Do not use while driving, operating machinery, or doing anything that requires your full attention.
- Stop if you feel dizzy, faint, short of breath, or uncomfortable. Return to normal breathing.



ONE CHOICE AT A TIME

KEEP GOING.

Changing a smoking routine is rarely one perfect decision. It is a series of small moments - after coffee, during stress, on a break, in the car, after a meal - when you practice a different response.

1 NOTICE

Catch the moment before it becomes automatic.

2 PAUSE

Reach for Cessa and slow the sequence down.

3 CHOOSE

Decide what you want to do next, one moment at a time.



NEED HELP?

For setup, replacement cores, or your order, contact Cessa Support through your order confirmation.