
USER MANUAL

Mini S-shape



Preface

Dear users,

Welcome to choose our latest product MINI S-Shape, which is the latest slimming and firming product integrating multi-pole frequency conversion RF technology, low-frequency ultrasonic cavitation, negative pressure frequency conversion RF technology, EMS and electroporation application technology. MINI S-SHAPE is a professional beauty equipment that requires professionally trained operators to operate. If the instrument is used incorrectly, it may cause adverse consequences to the human body. Therefore, we hope that anyone who operates the MINI S-SHAPE must read this manual in detail firstly and then follow the instructions in the manual to operate the instrument. We believe that you will benefit from our quality products ,and feel that you have no any worries because of our perfect after-sales service .

Thank you!

Catalog

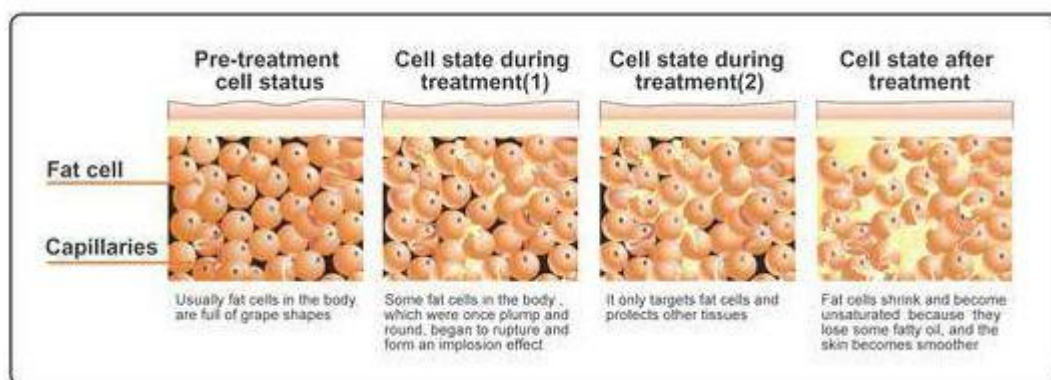
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Part I

I. Working principle of body shaping and slimming

I. RF& low-frequency ultrasound slimming

The low-frequency ultrasonic slimming technology transmits the ultrasonic low-frequency energy whose power and frequency are harmless to the human body to different parts of the adipose tissue through contact coupling, so as to make use of the principle of ultrasonic cavitation. Aiming at the pathological adipose tissue, the energy generated by cavitation makes adipose cells burst. Then the ruptured fat cells undergo fluid circulation and phagocytosis of human macrophages. Thus the number of fat cells will be reduced to achieve the purpose of slimming.



After the low-frequency ultrasound enters the human body, the human fat cells produce a strong impact and frictional movement between the fat cells. At a frequency of 10,000 times per second strong sound wave vibration, it can reach the deep subcutaneous tissue 1-6cm, stimulate the fat cells in the depth and make the deep subcutaneous warm. Thus deep capillary and lymphoid tissue can flow smoothly. It goes deep into the fat, breaks it down, and directly reduces the amount of fat. Ultrasound has the advantage of selectively destroying tissue. By setting a specific frequency, ultrasound can only destroy low-density adipose tissue, which makes it possible to protect high-density tissue such as blood vessels and nerves (as shown in figure 2). Ultrasound, like other sound waves, has periods of expansion and compression. The application principle of ultrasonic liposuction mainly produces a series of physical effects which are mainly produced by the expansion and compression. This process is caused by the expansion and compression of the wave to cause the liquid to form an implosion effect, so that a large number of micro-cavities are formed in the liquid. The inner side of micro-cavities is gas or steam. The implosion of microvoids inside and outside the cell will cause the increasing movement of the molecule, eventually leading to cell

rupture (as shown in figure 2) . The triglyceride in the fat cells is released from the fat cells, and these triglycerides are cleaved into free fatty acids (FFA) and glycerol by the action of lipase (LPI). Free fatty acids (fat-soluble) penetrate into the blood and bind to serum proteins and are slowly transported to the liver. Glycerol (water-soluble) is delivered to the liver by dissolution into interstitial fluids (blood and body fluids). Finally The FFA and glycerol are eliminated outside the body through the liver and intestines circulation as well as the kidney. Thus the goal of partial slimming can achieve (as shown in figure 1) .

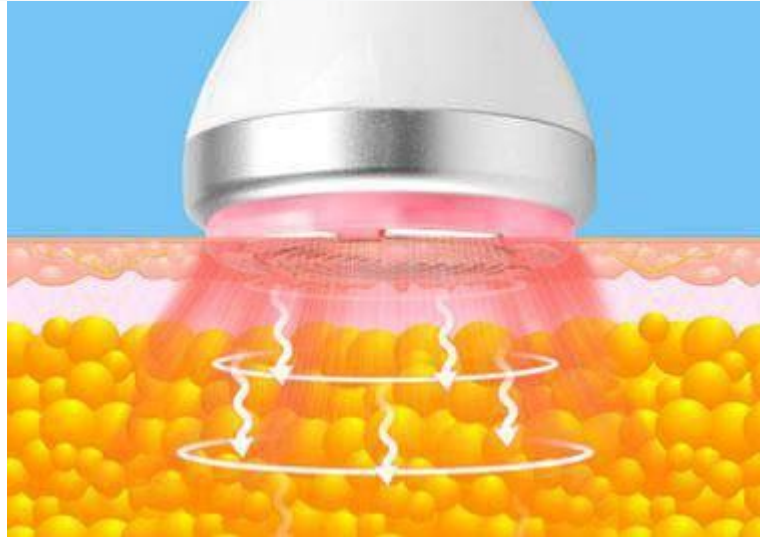


Figure 1

The radiofrequency release energy directly acts on the dermis through the epidermis of the skin, and directly generates heat from the inside of the human body. When the thermal energy of the dermis reaches 40°C - 60°C , the collagen fibers produce an immediate contraction, which stimulates secretion of more new collagen to fill the gap atrophy and loss of collagen. As the dermis collagen continues to regenerate and rearrange, allows the relaxed skin to feel the upward pull and firm pull after the treatment. With more and more collagen, the thickness and density of the dermis of the skin will increase, What's more, wrinkles will be filled, scars will be eliminated, skin elasticity and luster will be restored, the skin will look fair and smooth, and sagging skin will become full, tight and elastic.

Biological effects:

1. The separation of skin and subcutaneous tissue fibers caused by the bio-thermal effect, while stimulating the formation and reorganization of collagen, thereby achieving the purpose of firming;
2. Enhanced the blood circulation and lymph circulation of the treatment site, and break down the rapid metabolism of adipose tissue;
3. The biothermal effect causes the fat tissue of fat cells to be decomposed into free fatty acids and glycerol, which are eventually excreted by human metabolism.

The unique six-level RF functional head design of mini-shape consists of two pairs of relatively independent but complementary RF systems. It can reshape the body more effectively, faster and more uniform than ordinary single-pole RF, especially for the parts with serious body diseases (Figure 2 working principle diagram).

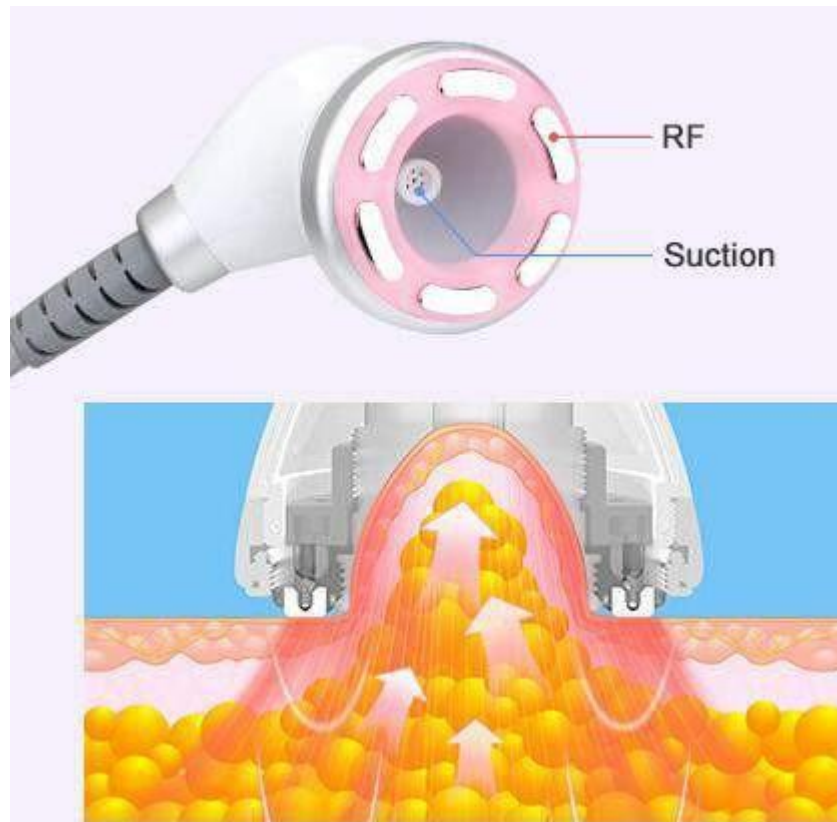


Figure 2

II. Rhythm negative pressure slimming

Using a specially designed negative pressure suction head to massage the skin and muscles can effectively improve the fluidity of body fluids between human cells, increase the movement of cells to achieve the effect of activating cells to improve skin elasticity, At the same time , it can accelerate the blood circulation of microvessels. Excess toxins in the body are excreted through the normal circulation of the lymphatic system, reducing the chances of bad conditions such as stain and pigment in various parts of the body.

Use pressure to fight stubborn fat and achieve the effect of “squeezing” fat. Negative pressure suction is performed on the epidermal layer, the vascular layer, the tissue layer, and the nervous system layer of the fat skin respectively. Vacuum negative pressure liposuction can improve the liquid state of the intercellular space and enhance the fluidity of the liquid. The kneading effect caused by the vacuum pressure increases the tissue activity of the skin and muscles ,which helps to reduce the hard honeycomb structure and increase the elasticity of the skin tissue.Finally it makes slimming and shaping complete at the same time. In addition, vacuum air pressure movement can also stimulate the surface and deep sympathetic nervous system to improve skin sensitivity. (Figure 2 working principle diagram)

The CNC rhythm mode of the Mini S-shape design breaks through the previous single and simple negative pressure working mode. It has been proved in clinical use that using different rhythm modes for different parts can be more efficient and effective. Slimming and shaping can really do what you want and will never harm the human body.

Negative pressure physical effect

1. Skin layer

The suction and release process of air pressure----- (1) will improve the fluidity between cells, thereby increasing the movement of cells, and treating blood stasis and diseases related to blood stasis .

vessels of draining lymph glands and veins

Effect: Excess water is drained from the tissue fibers.

2. Vascular layer

The suction and release process of air pressure----- (1) improve the blood circulation of micro blood vessels, not only improve the capillary system, but also improve the flow between the network of deeper veins and lymph glands.

(2) can remove excess toxins in the body.

Effect: strengthen blood vessels and improve varicose veins

3. Fiber layer

The suction and release of air pressure, which can promote the combination of two effects in different tissues (including skin, muscle tissue, etc.)

-- Repair cell tissue and increase cell-to-cell activity.

-- It enhances and repairs skin elasticity and resists skin stretching.

- The production of collagen helps the skin to regain elasticity.

-- It can improve the oxygen supply capacity of the skin and increase the consumption of carbon dioxide.

Effect: Break the hard fibers of the cellulite to make it more elastic and thus achieve the shaping effect.

4. Neural layer

The suction and release process of air pressure stimulates the surface and deep layers of the sympathetic nervous system.

-- Improve skin sensitivity.

-- Repairs the elasticity of the skin and resists tissue fibrosis.

Effect: Repair and improve skin sensitivity.

III. Efficacy

1, the whole body: The Fat melting and Sculpting of arm, abdomen, waist, back, thigh..Anti-wrinkle and firming skin.

2, buttocks: tighten and lift, hip orthopedic

-
- 3, Orange peel fat treatment; Orange peel-like skin improved (hip orange peel-like skin, thigh orange peel-like skin, etc.).
 - 4, firm tissue, prevent relaxation.
 - 5, blood lipids dredge, promote metabolism and blood circulation.
 - 6, smooth away scars, wrinkles.
 - 7, Replenish skin moisture.
 - 8, can directly reduce the amount of fat, reduce fat volume, eliminate excess fat, burn fat, sculpture perfect curve.
 - 9, Firming the skin and repairing stretch marks.
 - 10, Strengthen fibroblast elastic tissue.
 - 11, Promote gastrointestinal peristalsis and improve constipation.
 - 12, Regeneration of collagen throughout the body (neck, waist and abdomen are tightened).

IV. Applicable people

1. People who sit and stand for a long time and work for a long time with proud flesh in the waist and abdomen;
2. People with heavy humidity and acne pores;
3. People with swollen bodies who have just given birth;
4. People with the mother's buttocks;
5. People who are obese after overeating
6. People with soft skin, wrinkles and stretch marks or who want to shape;
7. People with weak health and weak resistance;
8. Those who want to sculpture partial lines;
9. do not want to operate, do not want to liposuction, afraid of pain, afraid of local fat obesity in the recovery period;
10. People who are difficult to eliminate the proud flesh through active sports.

V. Taboo people

1. Pregnancy, menstruation and lactation;
2. High risk group and heart disease;
3. The surgical wound is healing;
4. Epilepsy patients and patients with severe diabetes and hyperthyroidism;
5. Patients with malignant tumors and patients with hemophilia or severe bleeding;
6. Patients with skin diseases and infectious diseases.

II Working principle of lymphatic detoxification

The lymphatic system is a circulatory system, equivalent to a scavenger in the human body. It is the main medium for collecting toxins from various organs of the human body. If the lymphatic system slows down, it will cause toxins to accumulate in the body, and people will easily become edema and gain weight. The principle of weight loss of lymphatic drainage massage is mainly through the massage and stimulation of lymph glands, dredging the lymphatic circulation system, promoting the excretion of toxins, accelerating fat burning, and achieving the purpose of losing weight. Lymphatic detoxification also has a very important role in allowing our blood vessels to be well cleaned, lymphatic drainage, lymphatic vessels and veins. When the blood volume is too much, the lymphatic vessels can act as shunt fluid to reduce the burden on the blood vessels.

The lymphatic system of the person grows as the age, the rate of its circulatory may drop,

the effect that discharge poison also can drop. The appropriate massage can effectively education body.

I. Rhythm negative pressure slimming:

Using a specially designed negative pressure suction head to massage the skin and muscles can effectively improve the fluidity of body fluids between human cells, increase the movement of cells to achieve the effect of activating cells to improve skin elasticity, At the same time , it can accelerate the blood circulation of microvessels. Excess toxins in the body are excreted through the normal circulation of the lymphatic system, reducing the chances of bad conditions such as stain and pigment in various parts of the body.

Negative pressure physical effect

1.Skin layer

The suction and release process of air pressure----- (1) will improve the fluidity between cells, thereby increasing the movement of cells, and treating blood stasis and diseases related to blood stasis .

vessels of draining lymph glands and veins

Effect:Excess water is drained from the tissue fibers.

2. Vascular layer

The suction and release process of air pressure----- (1) improve the blood circulation of micro blood vessels, not only improve the capillary system, but also improve the flow between the network of deeper veins and lymph glands.

(2) can remove excess toxins in the body.

Effect: strengthen blood vessels and improve varicose veins

II. Efficacy

1. Improve chest pain, promote human metabolism and detoxification.
2. Prevent chest diseases.
3. Relieve lymph node enlargement and dark color.
4. Improve side milk.
5. Metabolize waste toxins of the chest.
6. Reduce armpit waste grease and exhaust gas.
7. Enhance immunity and blood supply of the heart

III. Applicable people

1. A person whose face lacks luster and whose skin becomes very rough;
2. People who drink regularly and often suffer from insomnia;
3. People with waist and abdomen obesity. Through lymphatic drainage can quickly improve edema and consume fat ;
4. People with bad breath and frequent constipation.

IV. Taboo people

1. Three high populations and heart disease patients;
2. Pregnancy period, lactation period;
3. The surgical wound is healing or recovering from surgery;
4. Patients with epilepsy and severe diabetes and hyperthyroidism;
5. Patients with malignant tumors and patients with hemophilia or severe bleeding;
6. Patients with skin diseases and infectious diseases;
7. Patients with severe gynecological diseases;
8. People with gynecological diseases under treatment;
9. Patients with lymphoma or signs of cancer.

III Working principle of warm palace shaping

The ovary is an important organ of women. It can stimulate hormone secretion in women and increase the hormone level in the body. It is also called the source of life for women. The ovary is well maintained, which can make the facial skin smooth and delicate, white and red, and always resilient and flexible. . It can also promote reproductive and physical health, regulate and secrete female hormones, and improve the quality of life of both sexes. Ovarian health can make a woman's chest full, firm and round. Poor ovarian function can affect the secretion of estrogen, sexual function, skin texture, skin color and

female body shape, making the female face yellow, body bloated, vaginal dryness, and early into the aging state. Therefore, ovarian maintenance is very important for female friends. Nowadays women have a lot of bad habits. For example, when dressing, they only pursue grace without asking for temperature. In addition, they often eat some cold food. When the time is long, it is prone to palace cold. Palace cold can cause dysmenorrhea, menstrual edema and even Symptoms such as amenorrhea, in general, the palace cold is very harmful to the health of women, so we must take the method to warm the palace and achieve a certain shaping effect at the same time .

I. Rhythm negative pressure RF

The radiofrequency release energy directly acts on the dermis through the epidermis of the skin, and directly generates heat from the inside of the human body. The heat reaches 40°C-60°C, and the blood circulation and lymphatic circulation of the uterus are enhanced by the biothermal effect, thereby decomposing the rapid metabolism of the adipose tissue. It can be used to regulate the uterus and increase the discharge of menstruation, which is good for suppressing the palace cold.

1. Skin layer

The suction and release process of air pressure

-----(1) will improve the fluidity between cells, thereby increasing the movement of cells, and treating blood stasis and diseases related to blood stasis .

----- (2) vessels of draining lymph glands and veins

Effect : Excess water is drained from the tissue fibers.

2. Vascular layer

The suction and release process of air pressure

----- (1) improve the blood circulation of micro blood vessels, not only improve the capillary system, but also improve the flow between the network of deeper veins and lymph glands.

----- (2) can remove excess toxins in the body.

Effect: strengthen blood vessels, eliminate toxins

II. Efficacy

- 1.Improving gynecological problems of women.
- 2.Improve cold hands and feet, palace and body.
- 3.Regulate female reproductive system function and enhance ovarian function.
- 4.Promote follicular development and regulate the secretion of sex hormones (estrogen, progesterone and androgen)

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5. Adjust female reproductive system problems (dysmenorrhea, irregular menstruation, relieve premenstrual syndrome, reduce leucorrhea and increase vaginal secretion).
 6. Maintain youthful appearance, delay the arrival of menopause, delay aging.

III. Applicable people

1. The hands and feet are cold, the palace is cold and the body is cold;
2. Gynecological inflammation, irregular menstruation, dysmenorrhea;
3. Menopausal population;
4. The face begins to appear slack and sag;
4. People who are prone to low back pain;
5. People with poor sleep quality and reduced memory;

IV. Taboo people

1. Three high populations and heart disease patients;
2. Pregnancy period, lactation period;
3. The surgical wound is healing or recovering from surgery;
4. Patients with epilepsy and severe diabetes and hyperthyroidism;
5. Patients with malignant tumors and patients with hemophilia or severe bleeding;
6. Patients with skin diseases and infectious diseases;
7. Patients with severe gynecological diseases;
8. The population during which gynecological diseases are being treated;

IV Working principle of chest care

Rf abundance is through radio frequency instrument, produces specific radio frequency waves at a specific depth under the skin. It acts directly on the dermis through the epidermis of the skin, thereby heating the tissue, promoting the catabolism of subcutaneous fat, at the same time stimulate collagen and elastic fibers hyperplasia restructuring, eventually tighten the skin and have beautiful bosom, shaping the body shape, so as to effectively delay breast aging.

I. Principle of RF breast enhancement

Specific radio frequency waves are generated in a specific depth under the skin by radio

frequency thermal effect, which directly acts on the dermis through the epidermis of the skin, thereby heating the tissue, promoting the catabolism of subcutaneous fat, at the same time stimulate collagen and elastic fibers hyperplasia restructuring, with the newborn dermis collagen and rearrange, allow the relaxed skin to feel the upward pull and firm pull after the treatment. At the same time, the form of massage promotes blood circulation of the breast, prompting the blood to speed up the circulation to clear the clots and stagnant blood, and release the fat to the chest in the case of vibration. At the same time, more nutrients are absorbed into the breast, which not only prevents the development of lobular hyperplasia and breast cancer, but also allows you to have natural, healthy, beautiful, firm breasts, and let love beautiful female friend more self-confident.

II. efficacy

1. Adjust the breast shape and improve the accessory breast.
2. Improved chest nodules, mild hyperplasia, and relieved breast pain during menstruation.
3. Improve chest expansion
4. Improve irregular menstruation
5. Improve postpartum breast atrophy, breast relaxation, mammary duct obstruction

III. Applicable people

1. People with unattractive breasts and accessory breasts;
2. People with breast nodules, mild hyperplasia and breast pain during menstruation;
3. Free, drooping and expanding chest fat
4. People with low immunity;
5. People with irregular menstruation, facial patches and lack of elasticity;
6. people who feel that their breast development is not enough, postpartum breast atrophy, breast relaxation, breast duct blockage, etc.

IV. Taboo people

1. Patients with cardiovascular and cerebrovascular diseases, diabetes, abnormal blood coagulation, and impaired vital organ function.
- 2, long-term or taking anticoagulant drugs, vasodilators, corticosteroids and other drugs.
- 3, chest skin has infections.
4. Patients with severe chest hyperplasia, fibroids and cysts
5. During pregnancy and actation

V Working principle of facial care

I. EMS lifting and tightening

The role of EMS is actually to massage and relax muscles. At the time of action, the feeling

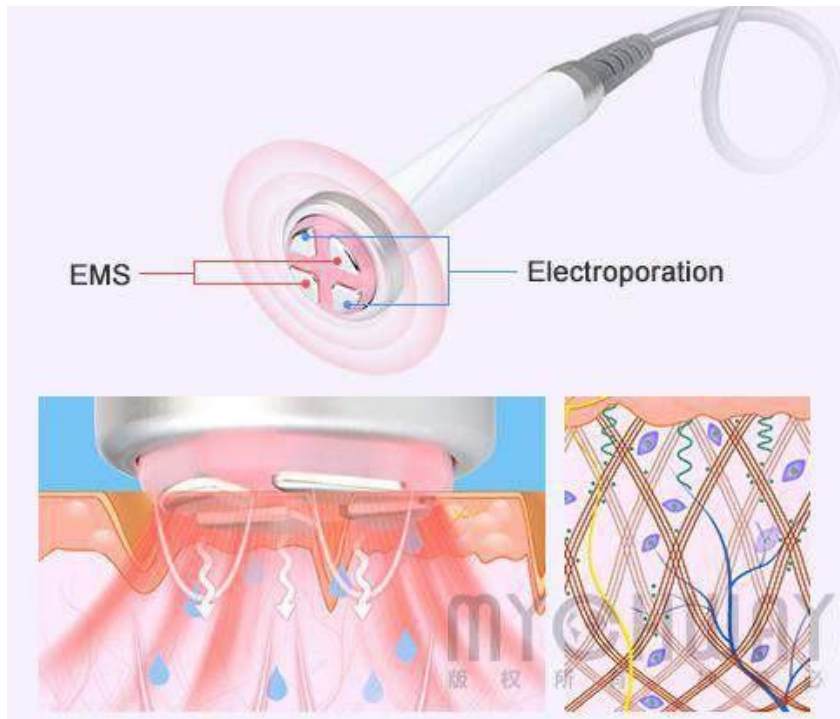
of slight acupuncture indicates that the current has passed through the skin and affects the muscle layer. The low-intensity micro-current stimulates the muscle contraction movement, and the muscles are full and developed rather than reduced. Relieves sagging caused by muscle relaxation and clears facial contours.◦

Efficacy

1. Enhance cell activity, promote muscle movement, and restore skin elasticity;
2. Accelerate blood circulation of microvessels, enhance cell permeability, and effectively supply nutrients to muscle tissue and skin;
3. The electric ions generated by the micro-current can penetrate into the skin deeply, replenish the skin moisture to make it moisturize, smooth and tender;
- 4, microwave current makes electricity stimulate deep into the subcutaneous tissue to the muscle, promote cells to produce more ATP - ATP (adenosine triphosphate, also known as adenosine triphosphate) can promote collagen production. Helps repair skin elastic fibers and gelatinous layers to stretch and diminish wrinkles.

II. Electroporation

It uses high-energy pulses generated between bipolar currents to instantly open the gap between cells and cells, forming an input channel for active ingredients, making it difficult to penetrate growth factors, especially some polymers or neutral molecules that are difficult to absorb. (such as hyaluronic acid, collagen, placenta, etc.) beauty ingredients, in a painless, non-injury situation, effectively and safely added to the dermis layer, to maximize the effect of beauty ingredients.



Efficacy

1. Nutritional introduction, deep nourishment
2. Firming and brightening
3. Smooth the bags under the eyes and remove dark circles

III. Applicable people

1. People with wrinkles, sagging skin, sagging apple muscles;
2. People who are exposed to the ultraviolet radiation of computers and mobile phones and work for a long time;
3. People with masseter hypertrophy and double chin or who want clear skin outline and tighten the skin.

IV. Taboo people

- 1 skin has damage, local symptoms such as inflammation,
- 2 skin allergy period;
- 3 pregnancy, menstrual period.

Part II

I. Detailed operation

After checking that the instrument is connected properly, the following initial interface will appear when the power is turned on.



Function selection



Button selection function



Select the set function



Adjust energy




Start, pause function

As shown in figure:



Body RF & ultrasonic specific operation

1. Selected  Enter the interface
2.  



Select the function to set



Adjust energy






Startup state, there is red light



Return to the main function interface

Body RF & negative pressure specific operation

1. Selected 
2.  



Select the function to set



Adjust energy

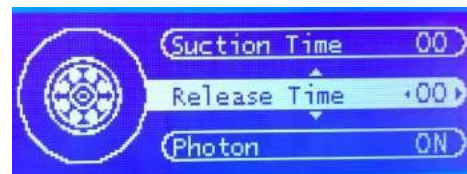
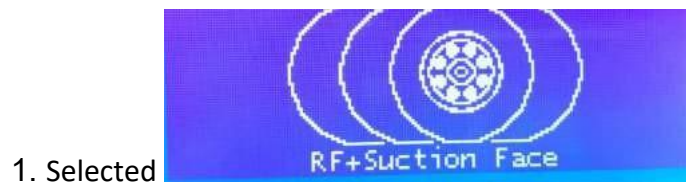


Startup state, there is red light



Return to the main function interface

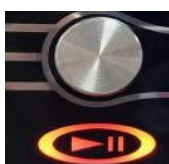
Face RF & negative pressure specific operation



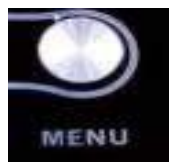
Select the function to set



Adjust energy

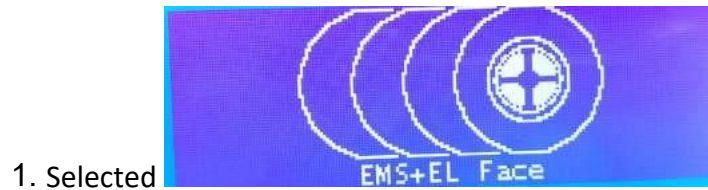


Startup state, there is red light



Return to the main function interface

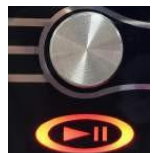
Face EMS & EL



Select the function to set



Adjust energy



Startup state, there is red light



Return to the main function interface

II. Instrument technical parameters

Ultrasound Cavitation&RF Body Shape Handle

Ultrasound Cavitation

Frequency:30KHz

Power:50W

RF Frequency:5MHz

Power:85W

Suction& RF Body Sculpture Handle

RF Frequency:5MHz

Power:85W

Suction Vacuum: <-80kPa

Pressure: >250kPa

Air flow: >10L/minute

Noise level: <70dB (30cm away)

Power:20W

Suction&RF Facial Slimming Handle

Frequency: 5MHz

Power:85W

Suction Vacuum: <-80kPa

Pressure: >250kPa

Air flow: >10L/minute

Noise level: <70dB (30cm away)

Power:20W

EMS&EL (Electroporation) Facial Anti-aging Handle

EMS Frequency: 4.5KHz

Power:10W

EL (Electroporation) Frequency: 65Hz

Power:10W

Input Power: AC 110V/220V 50/60Hz

Power Consumption:MAX 150W

Display: Touch Screen

III. User Taboos

Patients with the following symptoms should be cautious when using the device. Please consult a doctor or professional before using the details as follows:

1. Women who are pregnant or breastfeeding.
2. Patients whose surgical wounds have not yet healed.
3. Patients whose surgical wounds have not healed.
4. Patients with epilepsy, severe diabetes and hyperthyroidism.

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5. Patients with malignant tumors, patients with hemophilia or severe bleeding.
 6. Patients with skin diseases and infectious diseases should be used with caution.

IV. Precautions for use

1. Remove the treatment head every time you use the instrument. Clean it with water and keep it in a safe place.
2. The instrument must have a plug with a grounding pin before use and ensure that the instrument's power outlet is properly grounded.
3. Ensure that the voltage of the instrument is adapted. If the local power supply voltage is unstable, we recommend that the user increase the power matching power supply between the mains and the instrument.
4. For the treatment effect of the instrument and to ensure the normal service life, please use the designated accessories provided or recommended by the original manufacturer.
5. The instrument should not be placed in a humid place or near a water source, and the instrument should not be directly exposed to the sun.
6. Do not place the instrument close to a strong heat source, as this may affect the life of the instrument and normal use.
7. Please remove all metal objects from your body before treatment to avoid unpredictable conditions and affect the efficacy.
8. please do not use in the eyes, thyroid, parathyroid, testis, pregnant abdomen and atrial pulse generator.

V. Troubleshooting

1. The instrument cannot be started, and the button light on the back of the instrument does not light.
 - A. Make sure the power cord is connected to a valid power outlet.
 - B. Is the fuse tube on the back of the instrument loose or burnt?
2. The instrument has no RF output.
 - A. Please check if the instrument handle and the connector connected to the body are tightly connected.
 - B. Please check whether the treatment part has been cleaned. The grease or oily essential oil product may cause the instrument's treatment handle to be in poor contact with the human body, resulting in no RF output.
3. the RF output is weakened
 - A. Please check if the instrument handle and the connector connected to the body are

tightly connected.

B. Please check if there is any non-conductive grease and other substances on the handle of the treatment. This will cause the contact to be weak and the output to be weakened.

C. Please check if the product used is the adapter specified by the instrument.

4. The instrument has no suction or very little suction.

A. Please turn off the instrument and check the filter element for the instrument. It may be that the filter element needs to be replaced.

B. Please check the rubber ring of the handle plug, which may be caused by wear of the rubber ring.

C. Please check whether the oil filter cup on the outside of the filter has been tightened and check whether the rubber ring is worn. It is possible that air leakage at this position may lead to poor air pressure.

D. If the above method cannot be processed, please contact the dealer of the instrument for assistance.

5. The instrument can start, but the screen has the wrong information.

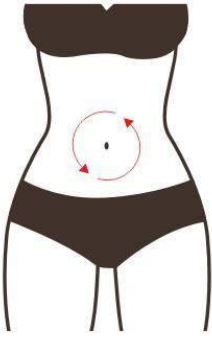
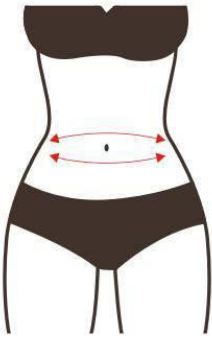
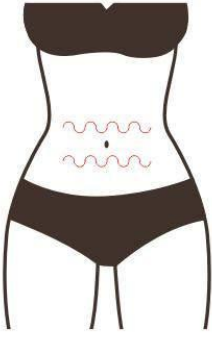



A. Unplug the power plug from the back of the instrument and wait for about 1 minute before plugging in and restarting the instrument.

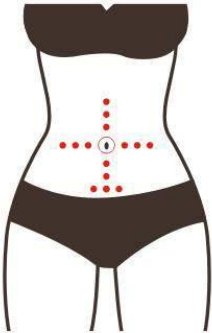


B. If the above method cannot be processed, please contact the dealer of the instrument for assistance.

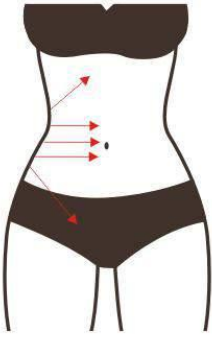

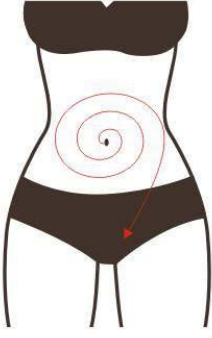

VI. Operation diagram

I. Body shaping and slimming treatment


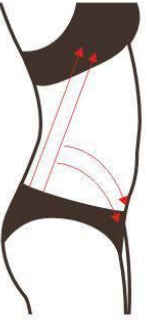
procedure	Parameter adjustment	technique	Diagram
Waist and abdomen (full belly operation time 60 minutes, once a week)			

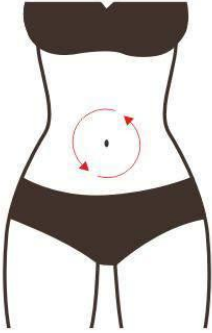
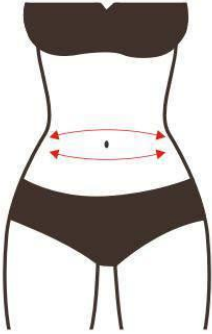
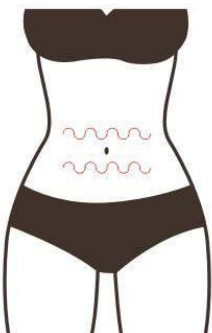
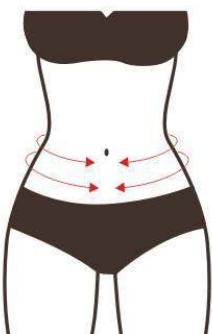

<p>Detoxification + shaping</p>	<p>technique</p>	<ol style="list-style-type: none"> 1. Circle the abdomen to accumulate oil for 3 times 2. Rub your stomach 3 times with both hands 3. Knead and knead the abdominal fat for 3 times with the chiropractic technique alternately with both hands to appease excessive 4. Lift and pull the belt veins on both sides of the waist for 16 times alternately with both hands 5. Draw the figure of eight with both hands to the waist and then lift it up from the waist side three times 6. Overlap hands and rub intestines in small circles clockwise for 3 times 7. Make circles with the whole hands to comfort 8 point: wan wan in the lower wan shenqihai guan yuan intermediate day shu big transverse curved bone.2 times 9. Make circles with both hands for 3 times 10. Alternately push the meridians from top to bottom with hands (ren mai - side open 2 "kidney meridians - side open 4" stomach meridians - side open 6 "spleen meridians - side open 8" liver meridians - side open gallbladder meridians) for 3 times 11. Push the thumb of both hands from the middle straight to the navel and slide both sides 	
			
			
			
			
			


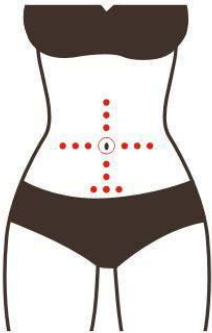

			
			
			

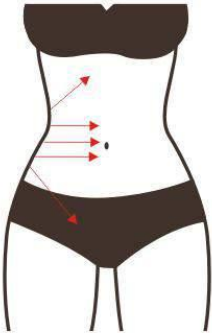

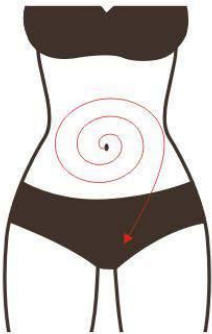
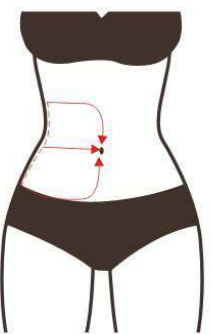
<p>Detoxification + shaping</p>	<p>RF&Ultra body+Suction &RF Body operation head RF (RF energy): 4-6 (According to the guest's heated choice)</p>	<p>1. Lift it from the waist side to the abdominal line and then to the groin for 3 times. Time:about 5 minutes</p>	
	<p>Negative air pressure: direct suction mode Energy: 0-4 (selected according to guest's strength)</p>	<p>2. Lift the other side 3 times 3. Make small circles in the abdomen and big circles three times 4, in the waist type 8 burn fat 3 times, 5, to the other side 6. Use RF negative pressure head first and ultrasonic RF head later Time:about 8 minutes</p>	
	<p>Ultrasound: 1-5 (selected according to guest's strength)</p>		
			

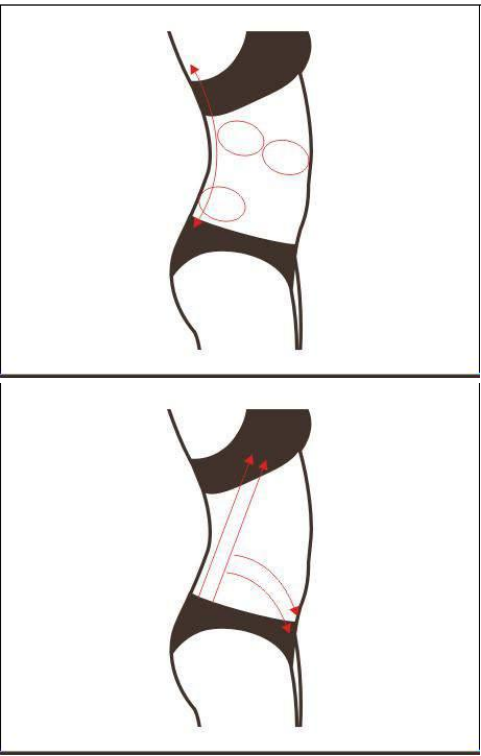
Waist and abdomen (70 minutes, once a week)

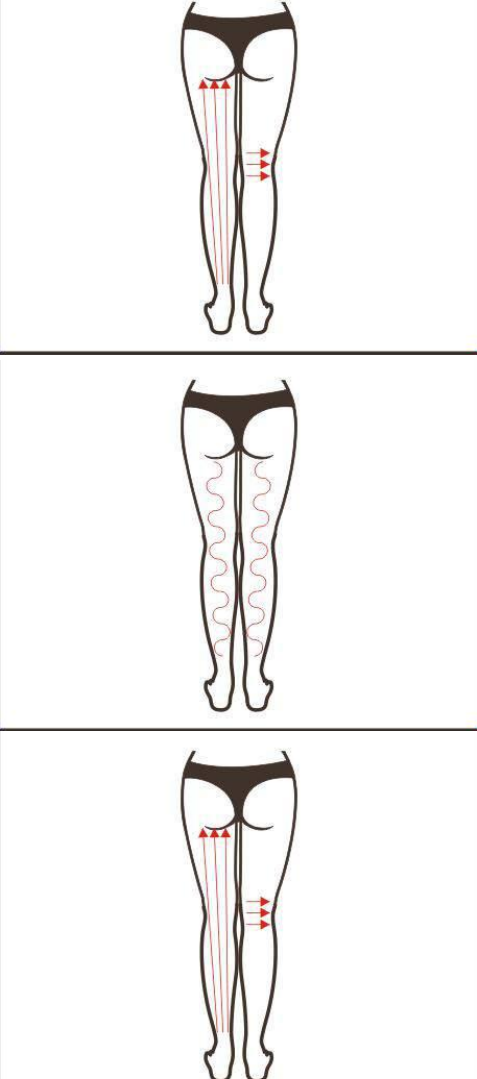
lie down Detoxification + shaping	RF (RF energy): 4-6 (According to the guest's heated choice)	"mama buttocks" and "bailiao" area burn fat in circles for three times Between the back waist and the front waist, type 8 to burn fat 3 times Repeatedly lift and shape the lower back position for 3 times Pull from the buttock of the mother to the groin for 3 times, and pull from the buttock of the mother to the armpit for 3 times	
	Negative air pressure: direct suction mode Energy: 0-4 (selected according to guest's strength)		

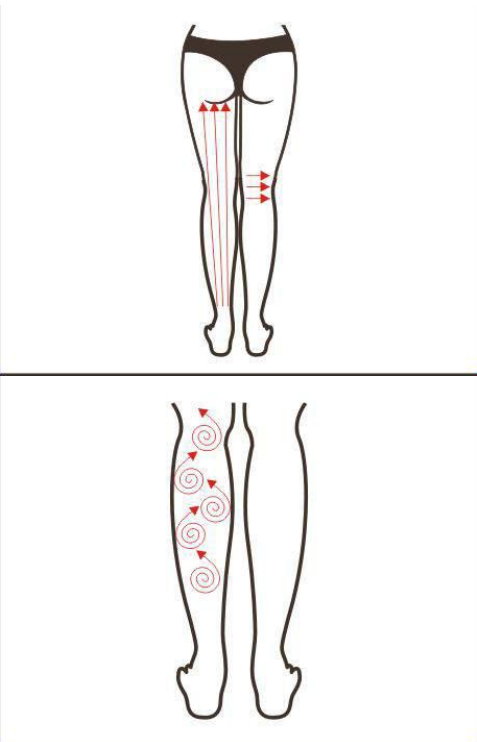
<p>Dissolve fat + model + firm technique</p>	<p>technique</p>	<ol style="list-style-type: none"> 1.Circle the abdomen to accumulate oil for 3 times 2.Rub your stomach 3 times with both hands 3.Knead and knead the abdominal fat for 3 times with the chiropractic technique alternately with both hands to appease excessive 4.Lift and pull the belt veins on both sides of the waist for 16 times alternately with both hands 5. Draw the figure of eight with both hands to the waist and then lift it up from the waist side three times 6. Overlap hands and rub intestines in small circles clockwise for 3 times 7. Make circles with the whole hands to comfort 8. point: wan wan in the lower wan shenqihai guan yuan intermediate day shu big transverse curved bone.2 times 9. Make circles with both hands for 3 times 10. Push the thumb of both hands from the middle straight to the navel and slide both sides to the waist and then lift it up to the groin, 3 times 11. Make circles with both hands for 3 times 12.Rub and heat your abdomen with both hands 13. End of comfort 	    
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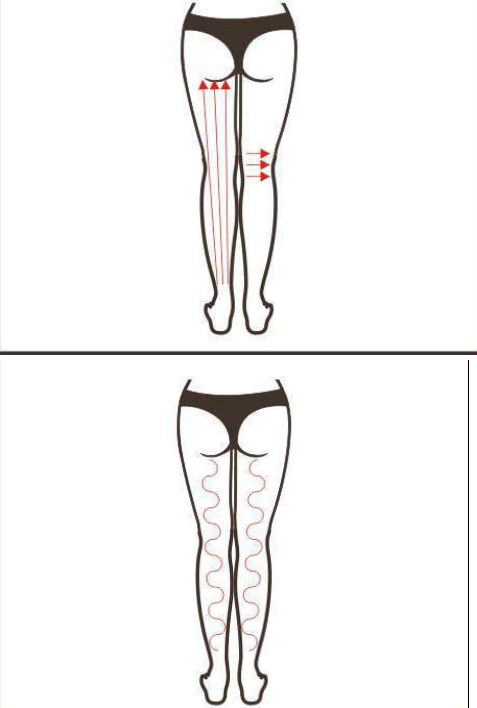
<p>Dissolve fat + Model + firm technique</p>	<p>RF+ negative pressure head + ultrasonic operation head RF (RF energy): 4-6 (depending on the guest's heating)</p>	<p>1.Pull it from the side of the waist to the front of the abdomen and then to the groin for 3 times 2.Lift the other side 3 times 3.Make small and large circles around your abdomen three times 4.Type the letter of eight on the waist to burn fat 3 times, on the other side</p>	
	<p>Negative air pressure: suction and discharge mode Energy: 0-4, 0 is a direct suction</p>		
	<p>(according to the guest's force) Ultrasound: 1-5 (selected according to guest's strength)</p>		
			

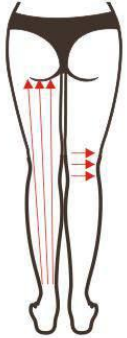
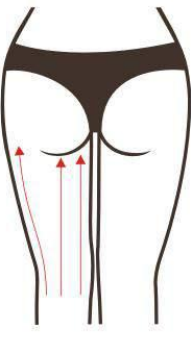
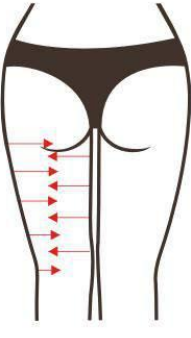
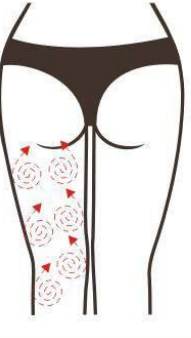
	<p>RF+ negative pressure head + ultrasonic operation head RF (RF energy): 4-6 (depending on the guest's heating)</p> <p>Negative air pressure: suction and discharge mode Energy: 0-4, 0 is a direct suction (according to the guest's force)</p> <p>Ultrasound: 1-5 (selected according to guest's strength)</p>	<p>Lie on your side: "mama buttocks" and "bailiao" area burn fat with circles for three times in the back and front of the waist between the type 8 burn fat 3 times Repeatedly lift and shape the lower back for 3 times.</p> <p>from the mother buttock pull to the groin detox 3 times</p> <p>from the mother's buttock to the armpit detoxification 3 change (available hand at the same time to comfort lift) on the other side of the operation</p>	
<p>Calf (calf + thigh total operation time 60 minutes, once a week)</p>			

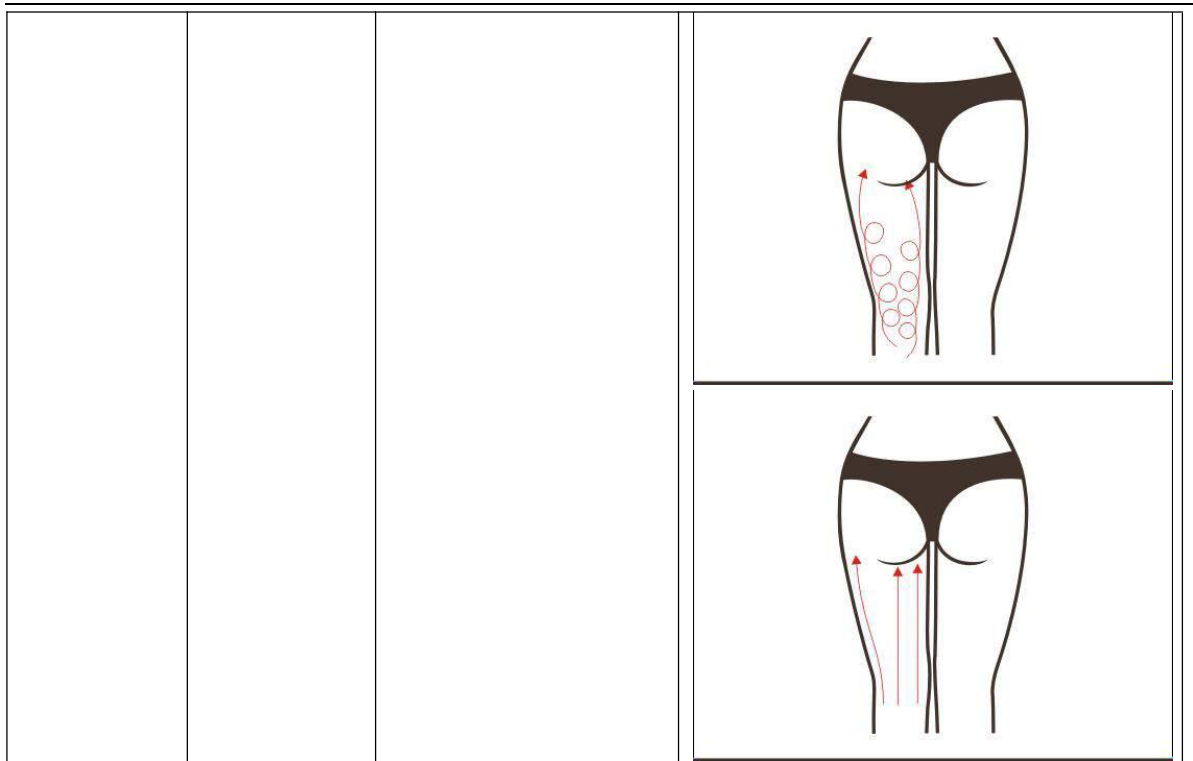
	<p>technique</p>	<p>Left leg: the hands from the lower leg to thigh package back to the heel 3 times</p> <p>Alternately push the leg bag from the bottom to the top and back to the heel 3 times</p> <p>Alternately push bladder muscle - kidney muscle - liver muscle - bile muscle from bottom to top for 3 times</p> <p>Turn your hands over your popliteal space 3 times</p> <p>Hands twisted and twisted 3 times from bottom to top</p> <p>Comfort three times</p> <p>Both hands push the bladder from the bottom to the top - the kidney - the liver - the gallbladder 3 times each</p> <p>End of appeasement</p>	
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Explosive fat	<p>RF+Ultra Sonic operating head RF (RF energy): 2-8 (According to the guest's heated choice)</p> <p>Ultrasound: 1-6 (selected according to guest's strength)</p>	<ol style="list-style-type: none"> 1, from the bottom to the armpits in turn push the bladder - kidney - liver - gallbladder 3 times 2. Apply a small circle of fat to the lower leg for 3 times. 3. Push from bottom to top to the armpit and appease 3 times by hand 4. First use the RF probe after the ultrasonic probe 5. Operate the right leg 	
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Thigh (calf + thigh total operation time 60 minutes, once a week)

technique		<ol style="list-style-type: none"> 1. Hands from the calf oil to the thigh bag back to the heel 3 times 2. The palms of both hands alternately push the leg pack from bottom to top and return to the heel for 3 times. 3. The hands of the tiger's mouth alternately push the bladder tendons from the bottom to the top - kidney tendons - liver tendons - gallstones each 3 times 4. Push the axillary part 3 times with both hands 5. Hands alternately 	
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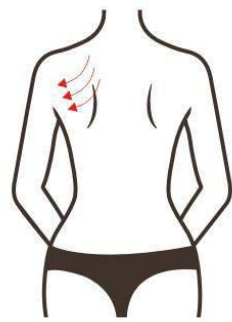
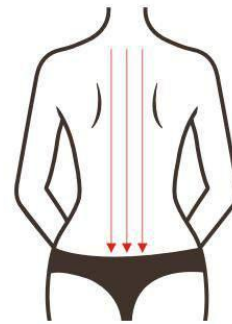
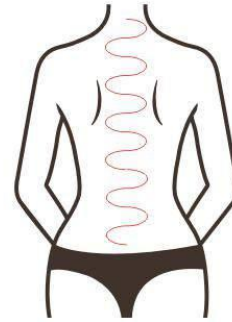
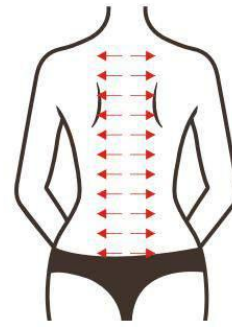
		<p>twisted and twisted 3 times from bottom to top to appease 3 times</p> <p>6. Both hands push the bladder tendons from the bottom to the top - kidney tendons - liver tendons - three times each</p> <p>7. Appease ends</p>	
Lipolysis	<p>RF+Ultra Sonic operating head RF (RF energy): 2-8 (According to the guest's heated choice)</p>	<p>1. Push the bladder from the armpits - kidney - liver - gallbladder 3 times</p> <p>2, respectively, horizontally pull the fat on both sides of the thigh, colleague with the hand together 3 times</p> <p>3, in the thigh fat area to play a small circle of fat burning, 3 times</p>	
	<p>Ultrasound: 1-6 (selected according to guest's strength)</p>	<p>4, starting from the armpit, ringing the ring to the buttocks to pull the fat on both sides of the thigh 3 times</p> <p>5, starting from the armpit, a line of pulling a line to the hips 3 times</p>	
		<p>6, first use the RF after the ultrasonic probe</p> <p>7, operate the right leg</p>	

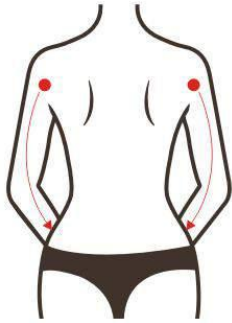
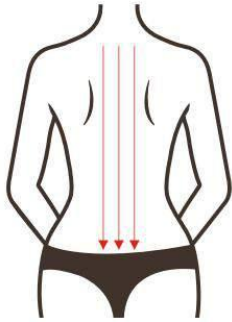
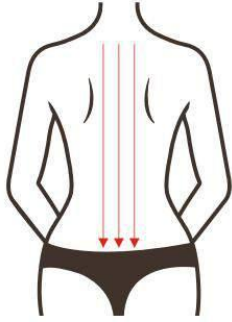
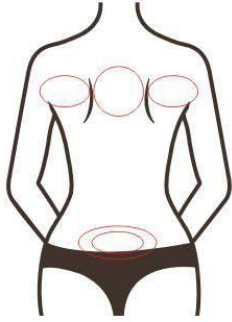
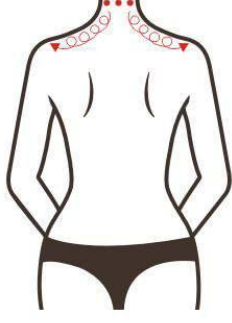


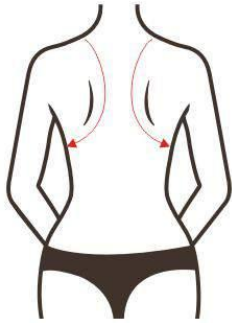
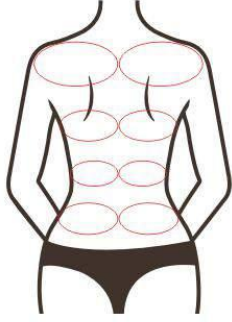
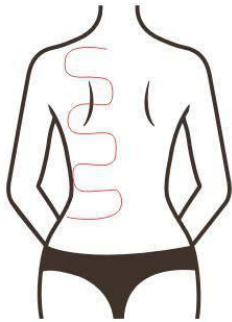
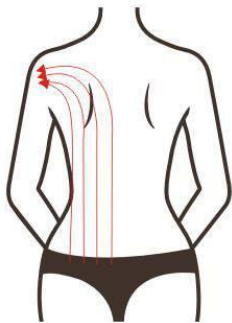
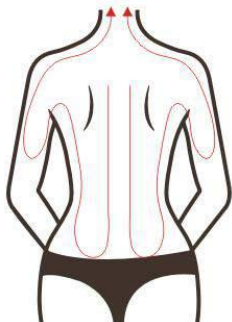
Back (60 minutes in total, once a week)


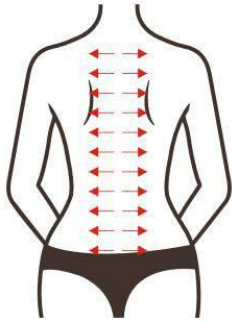
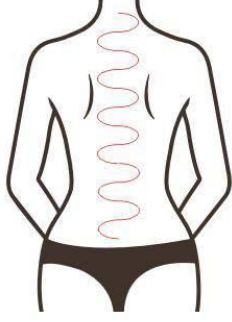
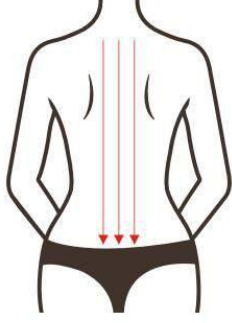

<p>Healthy and beauty back</p>	<p>technique</p>	<ol style="list-style-type: none"> 1. Rub the oil to the point of the wind pool 2. Hold the neck, big ribs 3. Thumbs up the big ribs (starting from the hairline) 3 times 4. Thumbs out to the bladder to the gossip area to appease to the wind pool wind to pay 1 point 5. Both hands go s-type from the neck to start the circle s to the tail vertebra 1 time 6. The thumb alternately pushes the bladder ribs first left and right 3 times 7. Push the bladder muscles to the gossip area 3 times at the same time with both hands. 8. Hands are divided into three lines and the finger is pushed 3 times. 9. Push your shoulders 	

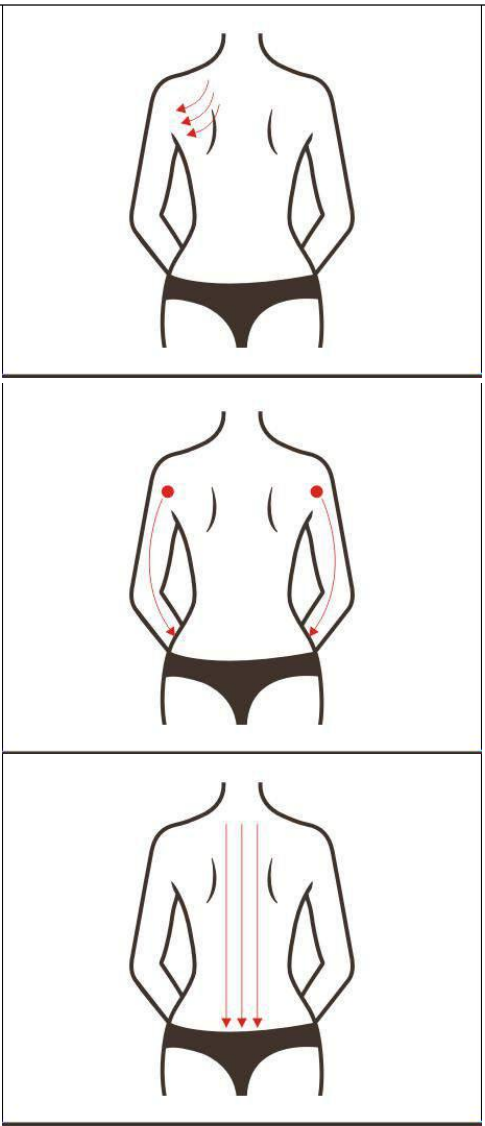
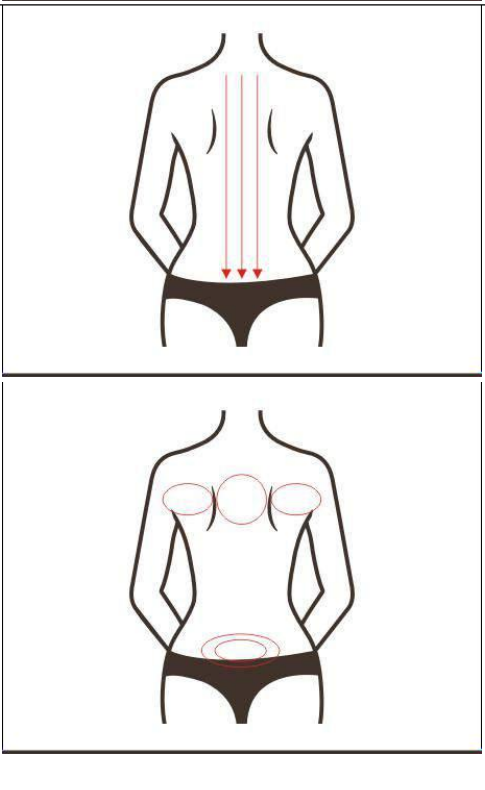
alternately with your hands on your left and right back 3 times.
 10. Both hands cross the shoulder and the sacral suture first left and right 3 times
 11. Comfort your hands to the wind pool
 12. Click on the Tianzong point and slide your arm to the arm 3 times.
 13. Operate the right 3 times
 14. Hot Du Meridian and bladder tendons
 15. End


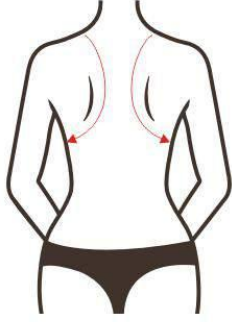
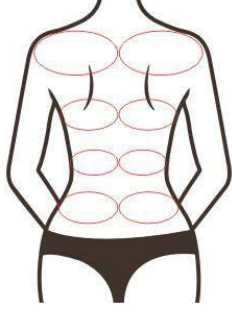
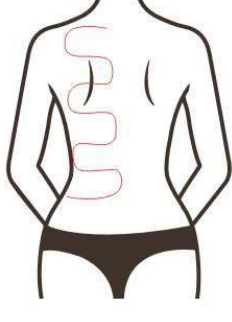
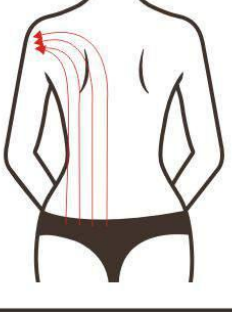


			
			
<p>Activate dredge</p>	<p>RF + negative pressure operating head RF (RF energy): 2-8 (According to the guest's choice of heat) Negative air pressure: 0-4 (Select according to the guest's strength)</p>	<ol style="list-style-type: none"> 1. After the Governor's pulse, the bladder tendons go back and forth 3 times. 2. Dazhui hole in the circle, gossip, circle, each 3 times 3. Dazhui Acupuncture Circles Eight Diagrams Circles Each time 3 times 4. The big ribs start to circle back and forth from the neck, then left and then 3 times. 5. Scapula sutures are pulled back and forth first left and right 3 times throughout the back from top to bottom horizontally 8 words to gossip area 3 times 6. From the bottom to the top, circle on both sides, first left, then right, 3 times. 7. Lift from the bottom to the top on the waist side. Left and right 3 times 	  

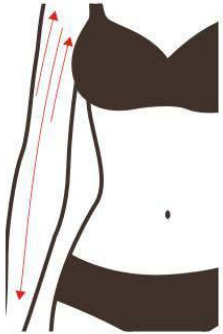
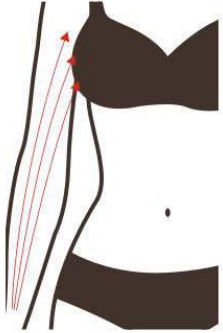


		<p>(Energy: 2-6 according to customer's ability) First RF head rear negative head operation (operation with RF instrumentation)</p>	   
<p>Warm and shape the back</p>	<p>technique</p>	<ol style="list-style-type: none"> 1. Rub the oil to the point of the wind pool 2 hold the neck, big ribs 3 thumbs to draw large ribs (starting from the hairline) 3 times 4 Thumbs out to the bladder to the gossip area to appease to the wind pool wind to pay 1 	


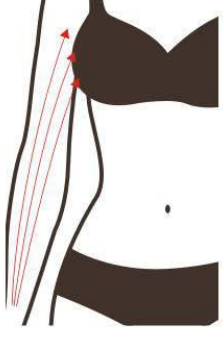
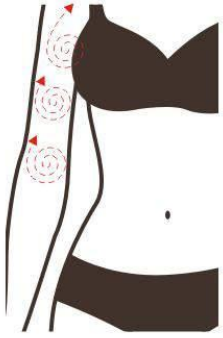


		<p>point</p> <p>5 hands to go s type from the neck to start the circle s to the tail vertebra 1 times</p> <p>6 thumbs alternately push the bladder muscles first left and right 3 times</p> <p>7 hands with both thumbs while pushing the bladder to the gossip area 3 times</p> <p>8 hands divided into three lines, fingers push the bladder muscles 3 times</p> <p>9 hands alternately push the shoulder sacral suture first left and right 3 times</p> <p>10 hands cross-shoulder scapula seam first left and right 3 times</p> <p>11 hands to appease to the wind pool wind pay</p> <p>12 points, press on the palm of your hand and slide your arm to the arm 3 times.</p> <p>13 operation 3 times on the right</p> <p>14 搓 hot Du Meridian and bladder tendons</p> <p>End of 15</p>	    
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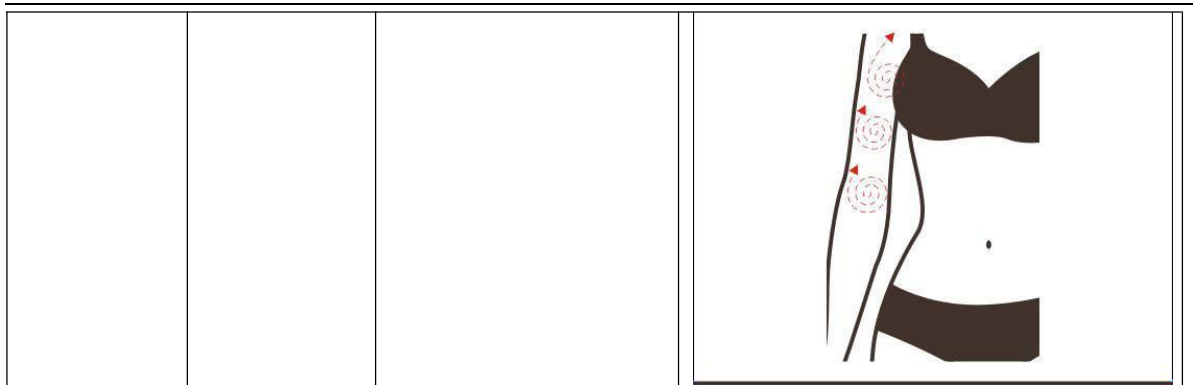
			
<p>Warm and shape the back</p>	<p>RF negative pressure operating head</p> <p>RF (RF energy): 2-8 (According to the guest's choice of heat)</p> <p>Negative air pressure: suction mode</p> <p>Energy: 0-4 (Select according to the guest's strength)</p>	<ol style="list-style-type: none"> 1. After the Governor's pulse, the bladder tendons go back and forth 3 times. 2. Dazhui hole in the circle, gossip, circle, each 3 times 3. Large ribs are looped back and forth from the neck (energy: 2-6 according to customer's ability) 4. Scapula sutures are pulled back and forth, left and right, 3 times. 5. The entire back is 8 characters horizontally from top to bottom and 3 times in the gossip area. 	

		<p>6. From the bottom to the top, circle on both sides, first left, then right, 3 times.</p> <p>7. Lifting from the bottom to the top on the waist side, then left and right 3 times</p> <p>8. Negative pressure instrument (operating with RF instrumentation) (Energy: 2-6 according to customer's ability)</p> <p>9. Moxibustion or filming for 20 minutes</p> <p>Hot towel to clean the back</p>	    
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Arm (60 minutes) once a week

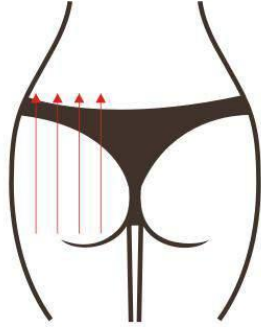
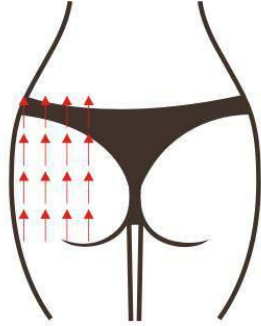

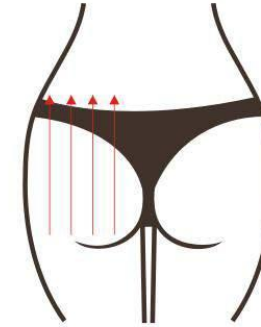
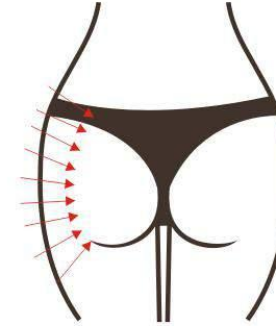
<p>Fat melting and tight</p>	<p>technique</p>	<ol style="list-style-type: none"> 1. First left and then again: arm flat: hands licking oil from the arm to appease the entire arm 3 times 2. Push the entire arm 3 times with both palms 3. The hands of the tiger's mouth push the 3 lateral ribs on the outside of the arm (the large intestine - the three Jiao Jiao - the small intestine) to the underarm each 3 times 4. The whole arm is comforted to the finger discharge 5. Fingers rub back and forth on the three meridians of the big arm 6. Overall comfort to finger discharge 7. Put your arms up and put one hand and push your mouth to the inside of the arm. 3 yin (lung - pericardium - heart) to your armpits 3 times 8. Soothe to finger discharge 9. finger push the inner arm of the 3 meridians to the underarms (back and forth heat) 3 times each 10. Overall comfort to finger discharge 11. The same technique operates on the other side 	
			
			
			

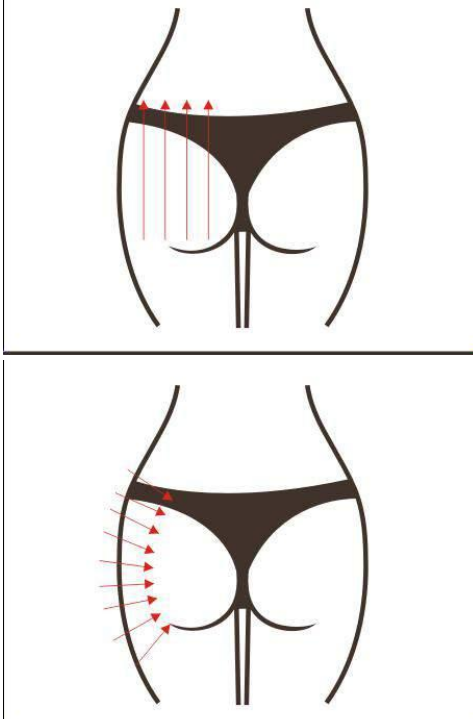
			
<p>Fat melting and tight</p>	<p>RF negative pressure RF (RF energy): 2-8 (according to guest heating) Negative air pressure: suction mode Energy: 0-4 (Select according to the guest's strength)</p>	<ol style="list-style-type: none"> 1. The arm is flat: from the place where the arm has more fat, the 3 meridians are pushed to the armpit 3 times. 2. Ring ringing 3 meridians are discharged to the armpit 3 times 3. Butterfly Sleeve The position of the worship sleeve can be strengthened 4. Extend 3 meridians from bottom to top to 3 times 5. The arm is placed upside down. The RF instrument is discharged from the arm along the 3 meridians to the armpit 3 times. 6. From the lower arm, follow the 3 meridians and circle them to the armpit (the arm has no meat and can be directly discharged from the big arm to the armpit) 3 times. 7. From the big arm, extend 3 meridians to 3 times under the arm. 8. First RF and negative pressure operation 9. The same course of operation is on the other side of the arm 	
			
			
			



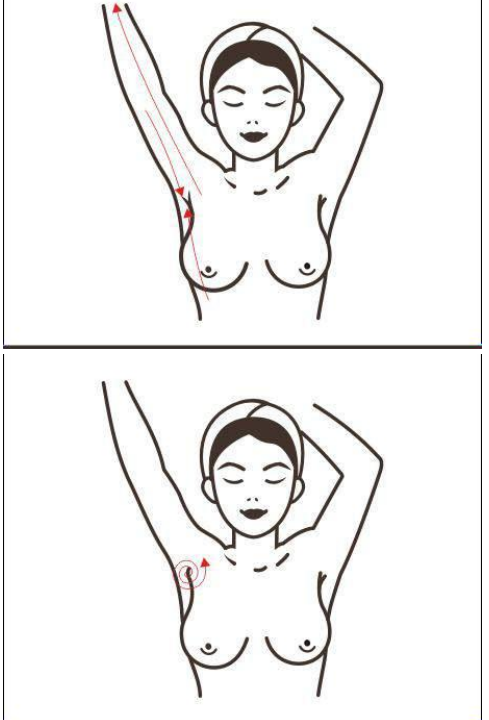
Buttocks (60 minutes, once a week)





<p>Shape and compact</p>	<p>technique</p>	<ol style="list-style-type: none"> 1. Stand sideways with both hands and squeegee from the gossip area to the waist and lift up from the waist along the buttocks (ie, appease action) 3 times 2. Push the gossip area with both hands and thumb 3 times 3. Appease the movement 3 times after the point: Shenshu points - gossip - long strong - ring jump - Cheng Fu points 25.6.7.8.9 times 4. Appease action 3 times 5. Left and then right, hands from the bottom of the thigh from bottom to top - bladder tendons - kidney - liver - gallbladder straight push to the veins 3 times 6. The hands are extended from the bottom of the thigh from bottom to top - the bladder - the kidney - the liver - the gallbladder is divided to the veins 3 times 7. The palms of both hands overlap and push up from the roots of the 	
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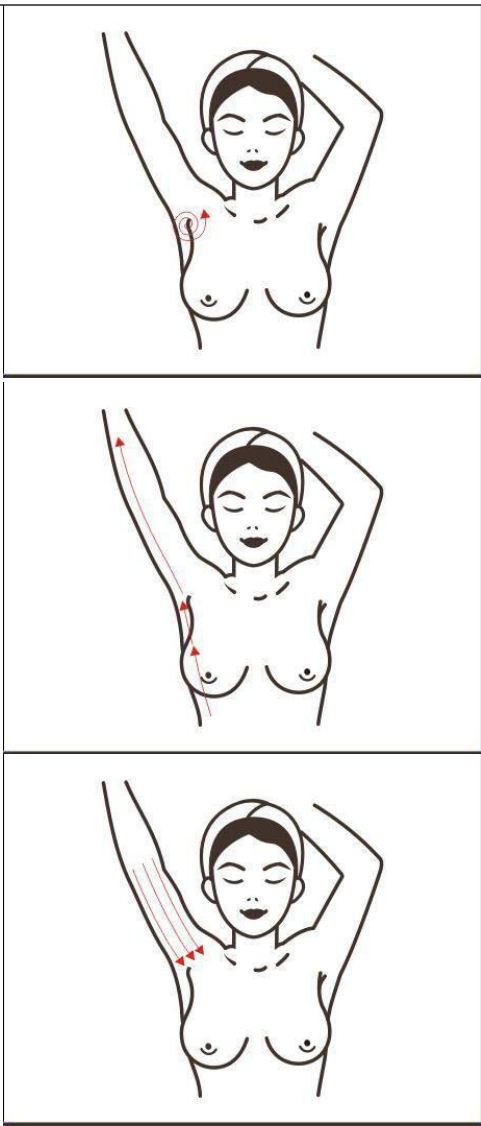
		<p>thighs to the veins (lift) 3 times.</p> <p>8. Hands from the bottom of the buttocks from bottom to top, a line of straight to the highest point of the buttocks (plastic) back and forth 3 times</p> <p>9. Repeat action 7</p> <p>10. Appease action</p> <p>11. Operate the other side</p>	  
<p>Raise the buttocks to create a perfect hip</p>	<p>RF and negative Pressure RF (RF energy): 2-8 (depending on the guest's heating)</p> <p>Negative air pressure: suction and discharge mode Energy: 0-4 (Select according to the guest's strength)</p>	<p>1. From the roots of the thighs, start the line and lift the line to the pulse.</p> <p>2. From the sides of the hips, from the bottom to the top, the line is raised to the highest point of the buttocks 3 times.</p> <p>3. Starting from the roots of the thighs, lining up the line and going to the belt for 3 times.</p> <p>4. From the sides of the hips, from the bottom to the top, the line is raised to the highest point of the buttocks 3 times.</p> <p>First RF and negative pressure operation, the</p>	 

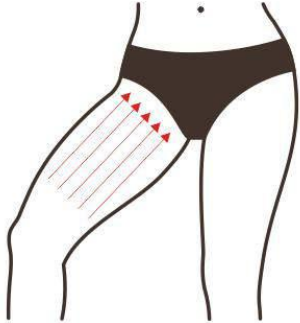
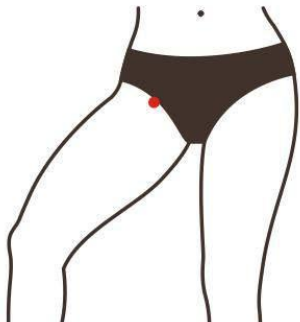
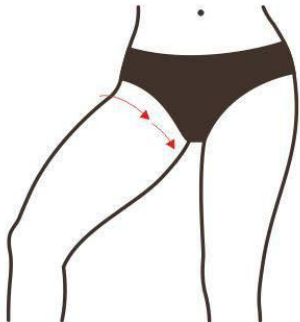

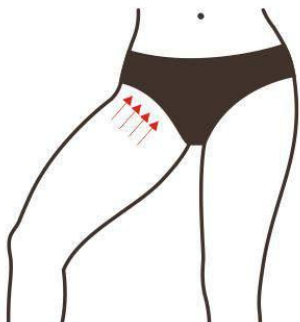
		operation method is the same as RF	
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II Lymphatic detoxification treatment

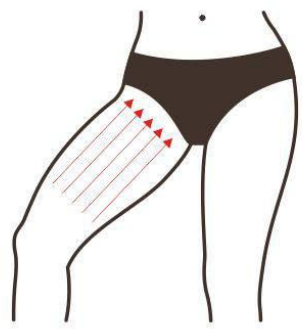
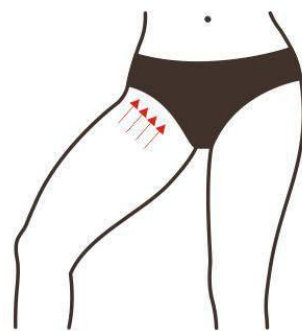
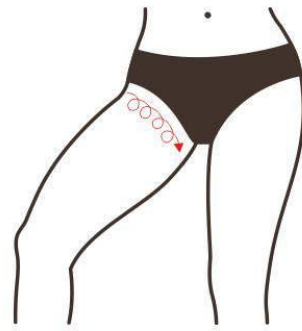
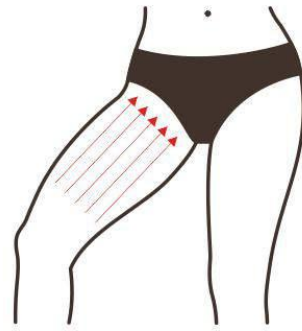
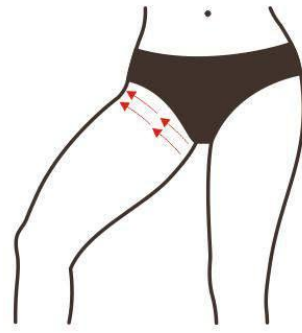
Axillary lymphatic drainage (60 minutes, once a week)			
Axillary lymphatic drainage	technique	<p>1 in the armpit position. Hands alternately simmer oil to the fingertips, 3 times</p> <ol style="list-style-type: none"> 1. One hand palm root presses the pole spring point, 3-5 times 2. The whole hands alternately massage the entire armpit, 3 times 3. Always hold the arm with one hand and knead the arm from the arm to the armpit, 3 times. 4. The entire arm is soothed to the fingers, 3 times 5. The two hands alternately push three meridians (lung, 	


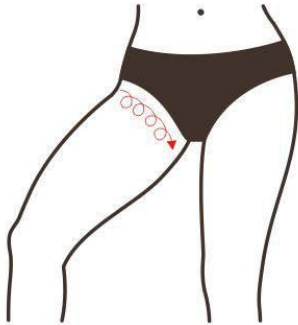

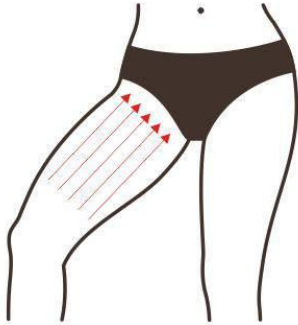
		<p>pericardium, and heart) from the elbow position to the armpit, 3 times. 6. Fingers rub the inner arm to the armpit position, 7. Push the chest with both hands and push the chest bile through the armpit to the finger, 3 times 8. Push the lungs alternately with both hands and thumb, from the Yunmen point, through the armpit to the finger discharge, 3 times 9. One palm of the palm is pressed 3-5 times according to the pole spring 10. Hands alternately squat down to the finger discharge 11. Operate the instrument: the RF instrument turns off the suction and turns the circle at the position of the pole spring, 3-5 times. 12. Push the three meridians from the elbow position to the armpit, while appeasing the hand, 3-5 times, 13. Push from the position of the chest bile to the armpit, while appeasing the hand, 3-5 times 14. Circle in the polar spring, 3-5 times 15. Operate the other side</p>	   
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<p>Axillary lymphatic drainage</p>	<p>RF probe operation RF (RF energy): 2-8 (depending on the guest's heating)</p>	<ol style="list-style-type: none"> 1. RF instrument first left and right: 3-5 times in the circle 2. Push the gallbladder from the chest side to the armpit and appease the hand 3 times 3. Push the three meridians from the elbow to the armpit 3 times 4. Loop 3-5 times in the pole spring 5. Operate the other side, ibid. 	
<p>Inguinal lymphatic drainage (60 minutes, once a week)</p>			

<p>Inguinal lymphatic drainage</p>	<p>technique</p>	<ol style="list-style-type: none"> 1. Left and then right, hands on the thigh root to the groin, 3 times 2. Acupuncture points: punching the door, 3 times 3. Overall comfort, 3 times 4. The tiger's mouth alternately dials the groin, 3 times 5. Overall comfort, 3 times 6. The hands of the tiger's mouth alternately push the three meridians (spleen, liver, kidney) inside the leg 3 times 7. Push the three meridians (spleen, liver, gallbladder) 3 times with both hands 8. Overall appease 3 times 9. Thumb fan shape alternately dials the groin, 3 times 10. The tiger's mouth alternately dials the groin, 3 times 11. The palms of both hands are alternately pulled to the inside of the thigh and the groin, 3-5 times. 12. Overall appease 3 times 13. RF negative pressure instrument pushes three meridians from the thigh to the groin, 3 times 14. Loop back and forth in the groin position, 3 times 15. The instrument alternates with the hand 	
			
			
			
			


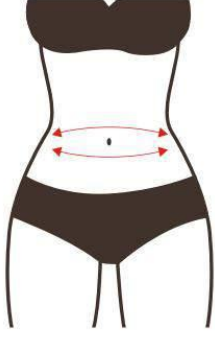

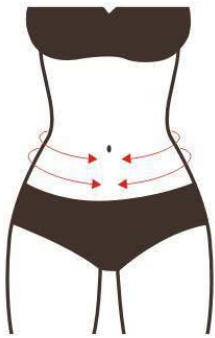

to push the groin
alternately, 3 times
16. Push the line from the
middle of the thigh to the
groin, while appeasing
the hand, 3 times to
operate the other side




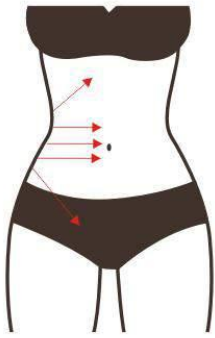



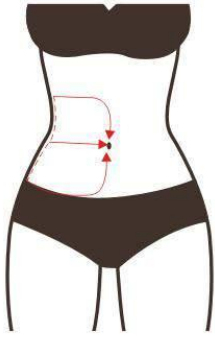
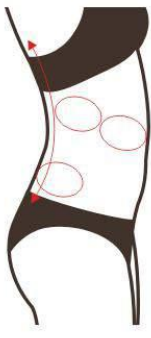
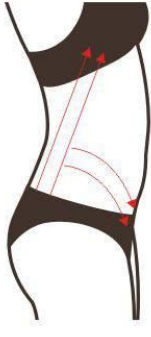
<p>Inguinal lymphatic drainage</p>	<p>RF probe operation RF (RF energy): 2-8 (depending on the guest's heating)</p>	<ol style="list-style-type: none"> 1. RF negative pressure instrument pushes three meridians from the thigh to the groin, 3 times 2. Circle back and forth in the groin position, 3 times 3. The instrument and the hand alternately push the groin, 3 times 4. Push the line from the middle of the thigh to the groin while appeasing, 3 times 5. Operate the other side (ibid.) 	
			
			
			

III Warm palace and maintenance treatment

Warm palace shaping (70 minutes, once a week)

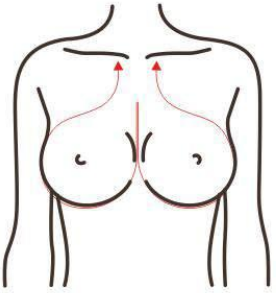
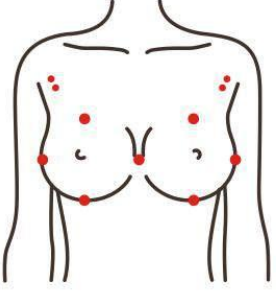
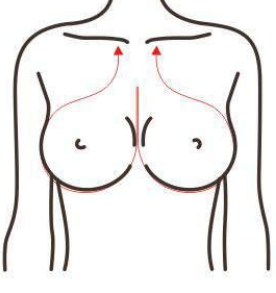
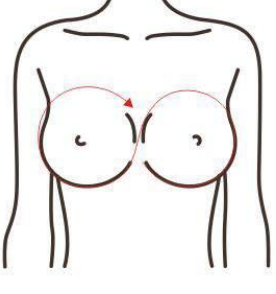
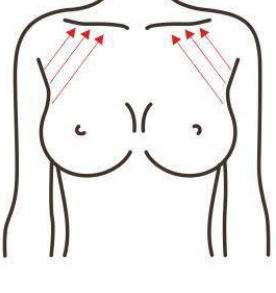
<p>Warm palace and shape</p>	<p>technique</p>	<ol style="list-style-type: none"> 1. Abdominal ringing oyster sauce 3 times 2. Hands back and forth 3 times 3. Hands alternately knead belly fat by chiropractic for 3 times, soothing excessive 4. Hands alternately pull the waist with 16 veins on both sides 5. Put your hands on the splay to the waist and lift them up from the waist side 3 times. 6. Hands overlap with a small circle clockwise 3 times intestines 7. The whole hands are circled and appease 8. Acupuncture points: Shangyu Zhongyu Xia Shen Shen Qi Hai Guan Yuan Intermediate Tianshu Daheng Bone. 2 times 9. Hands and circles to appease 3 times 10. Push your thumb straight from the middle to the navel and slide it to the waist and then lift it up to the groin, 3 times. 11. Hands and circles to appease 3 times 12. Apply hot hands to the lower abdomen 13. End of appeasement 	    
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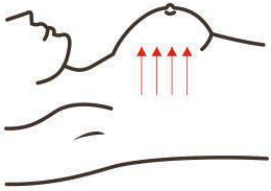
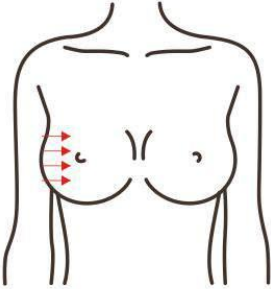
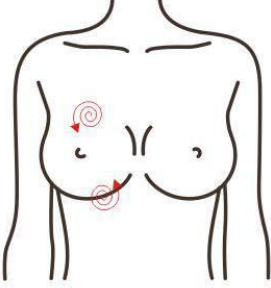
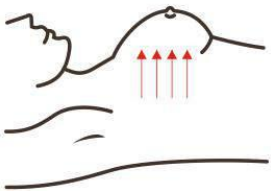
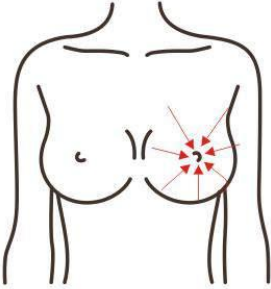
			
			
			
<p>Warm palace and shape</p>	<p>RF (RF energy): 4-6 (depending on the guest's heating)</p> <p>Negative air pressure: suction and discharge mode Energy: 0-4, 0 is a direct suction (according to the guest's force)</p> <p>Ultrasound: 1-5 (selected according to guest's strength)</p>	<ol style="list-style-type: none"> 1. The RF instrument is first pulled from the waist side to the abdomen, and the line is pulled up to the groin 3 times. 2. Lift the other side 3 times 3. RF instrument in the abdomen first hit a small circle in the big circle 3 times 4. The RF instrument burns 8 words at the waist for 3 times, on the other side. 5. First use RF plus negative pressure, then use ultrasonic, the operation method is the 	
			

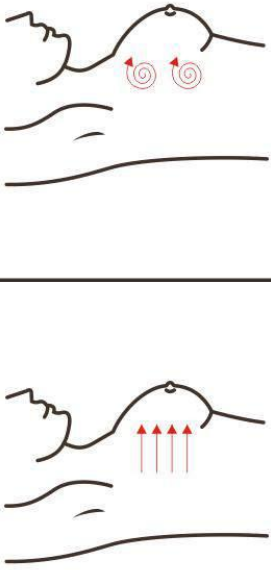
		<p>same as RF</p> <p>6. Apply film for 25 minutes</p> <p>7. Remove the film and wipe it off with a hot towel.</p> <p>8. End.</p>	
<p>Side lying warm and shape palace</p>	<p>RF (RF energy): 4-6 (depending on the guest's heating)</p> <p>Negative air pressure: suction and discharge mode</p> <p>Energy: 0-4, 0 is a direct suction (according to the guest's force)</p> <p>Ultrasound: 1-5 (selected according to guest's strength)</p>	<ol style="list-style-type: none"> 1. Mom's buttocks and gossip area ring fat burning 3 times 2. Beat 8 words between the back waist and the front waist for 3 times. 3. The back of the waist is repeated up and down to shape 3 times. 4. Detoxification from mother's buttocks to groin 3 times Detoxification from mother's buttocks to underarms for 3 times (use both hands to appease the lift) 5. On the other side of the operation First use RF plus negative pressure, then use ultrasonic 	 

IV Chest care

Chest (60 minutes, once a week)

Chest shaping	technique	<p>1. Standing on the head of the bed, start with the hands of the sputum in the middle of the sputum to the underarm bag and lift the suspensory ligament 3 times.</p> <p>2. Acupuncture points with both hands: shanzhong rugen big bag Eagle window Zhongfu Yunmen 3 times</p> <p>3. Appease action: start half a circle from the squat to the squat to the lifting ligament 3 times</p> <p>4. The palms of both hands overlap. Starting from the middle of the hole, you can draw 8 words on both sides of the chest. 3 times.</p> <p>5. The palms of both hands are pulled from the position of the secondary milk to the suspensory ligament. First left and right 10 times.</p> <p>6. Appease action 3 times</p> <p>7. Standing on the side of the customer, first left and right: both hands palms to raise the chest 3 times</p> <p>8. Two-handed tiger mouth pushes the breast duct around the chest: (one round of the chest) 3 times</p> <p>9. Thumbs up to clear the chest nodules (first alternately in the circle) 3 times</p> <p>10. Both hands palms</p>	
			
			
			
			

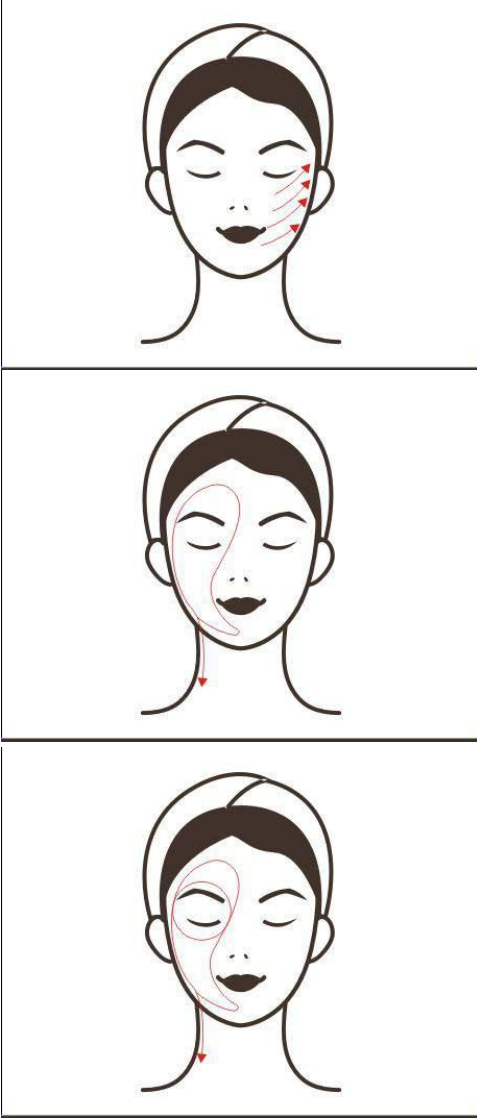
		<p>appease the entire chest</p> <p>11. Operate the other side</p>	
			
			
			
<p>Chest shaping</p>	<p>Radio frequency RF (RF energy): 2-8 (depending on the guest's heating)</p>	<p>1. RF instrument: sideways first left and right: from the bottom to the top of the chest, a lap to the nipple, lift the hand to appease 5 times</p> <p>2. Pull a half circle along the chest from the bottom to the position of the middle point, and</p>	


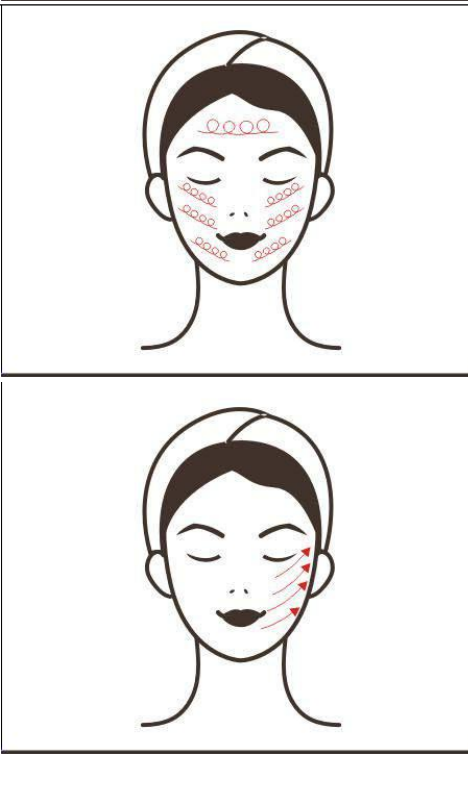
		<p>appease 5 times with one hand.</p> <p>3. The instrument plays a small circle to clear the place with nodules 3 times</p> <p>4. The customer is lying on the side: the arm is lifted. The instrument is pushed from the position of the underarm milk to the chest 5 times (shaping, receiving the milk)</p> <p>5. Instrument operation on the other side</p> <p>6. End</p>	
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V Operational precautions

- 1, 10 times for a course of treatment, one course of treatment has effect, two courses of strengthening effect, three courses of consolidation
- 2, keep warm after the treatment, avoid blowing cold
- 3, drink more hot water, add water to the body
- 4, 4-6 hours after taking a shower
- 5, avoid high temperature bath, sauna or hot springs within one week
- 6, avoid eating cold, spicy greasy food
- 7, maintain good sleep habits, avoid staying up late, regular maintenance, to maintain a perfect and healthy body
8. The operating head must be in close contact with the skin during the operation, so that the guest does not feel acupuncture.
- 9, the use of the operating head must be crisp and neat.
10. Cannot operate at fixed point after turning on RF (Radio Frequency).
11. When treating, choose the maximum pressure to the extent that the guest can tolerate.
12. When the local obesity is dissolved or tightened, the air pressure can be relatively small.
13. Ultrasound energy must be completely turned off during back and neck treatment.
14. It is recommended to select continuous air pressure during shaping or detoxification and drainage, and choose the maximum air pressure to the extent that the guests can tolerate.


V. Facial care treatment


Function	Treatment	technique	Diagram
Firming anti-aging (60 minutes, once a week)			
Firming and anti-aging	Manual massage for 15 minutes+instrument(RF+negative pressure) for 25 minutes	<p>1 .remover, clean for 3 minutes</p> <p>2. use massage cream. Hands from the chin - behind the ear mouth corner - listening to the palace nose - ear door, three-line full face to appease excessive movement, to the hands of the eye circle to tap the temple</p> <p>3. Unilateral face detoxification: a. Unilateral hand four-finger buckle chin along the ear before the hairline back knife hand through the forehead corner of the nose nose mouth to pull the chin to the neck side lymphatic discharge b. Unilateral hand four-finger buckle chin along the ear Hairline to the eye around the circle 3 times back the knife hand through the corner of the corner of the nose and nose to draw down the chin to the neck side lymphatic discharge 3 times.</p> <p>4. Unilateral face muscle</p>	

		<p>lift: a hand starts from the chin: diaphragmatic lower lip square muscle masseter muscle ring rolling muscle upper lip muscle spasm muscle eye rolling muscle tendon muscle frontal muscles b hands unilateral face palm root from chin to temple 3 times overall pulling 3 times</p> <p>5. Comfort to the other side of the operation</p> <p>6. Hands and face the whole face to appease</p> <p>7. Eyes and strokes to appease the temples</p> <p>8 full face palm root lifts appease end and clean.</p>	
<p>Firming and anti-aging</p>	<p>Electroporation (Energy: 2-6 according to customer's ability) RF negative pressure (suction and release time mode: 0-4 0 for direct suction, energy: 2-6 according to customer's ability to withstand</p>	<p>Instrument operation: electroporation</p> <ol style="list-style-type: none"> 1.Circle your chin until Tinghui three times 2.Circle the chin to the ear gate 3 times 3.Circle the chin to the temple three times 4.Circle the nose wing to the ear door for 3 times 5.Circle the nose wing to the temple three times 6.Circle the forehead 3 times (energy: 2-4 according to the customer's bearing capacity) 7.Instrument lift from the chin to the temple with 	


		<p>hands for 3 times</p> <p>8. Instrument lift from the nose wing to the temple with hands for 3 times</p> <p>9. Instrument lift from the corner of the eye to the forehead for 3 times with hands</p> <p>10. Rf negative pressure instrument operation: like rf instrument manipulation, masseter and mandibular line can be strengthened.</p> <p>11. Apply the moisturizing mask for 15 minutes\</p> <p>12. Remove the mask and clean it</p> <p>13. Take a toner, essence, cream</p> <p>14. End</p>	
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Cleansing hydration and firming anti-aging (70 minutes, once a week)

<p>Clean, hydrating, firming, anti-aging</p>	<p>Clean for 20 minutes + instrument (RF + negative pressure) for 25 minutes + ultrasonic instrument for 6 minutes</p>	<ol style="list-style-type: none"> 1. Wash face for 3 minutes 2. Blackhead extract + hot spray for 3-8 minutes (sensitive muscle for 3 minutes) 3. Operate the small bubble instrument for 5-8 minutes (sensitive muscles only operate the t-zone for 5 minutes) 4. Facial firming and anti-aging (electroporation + rf operation: <ul style="list-style-type: none"> A. make a circle from the chin to Tinghui for 3 times (energy: 2-6 according to the customer's capacity) B. make a circle of the chin to the ear gate for 3 	
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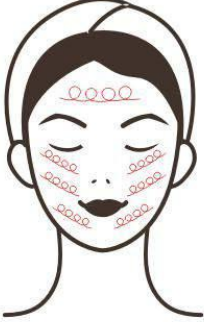
	<p>times (energy: 2-6 according to the customer's bearing capacity)</p> <p>C circle the chin to the temple three times (energy: 2-6 according to the customer's capacity)</p> <p>D circle the nose wing to the ear gate for 3 times (energy: 2-6 according to the customer's bearing capacity)</p> <p>E circle the nose wing to the temple three times (energy: 2-6 according to the customer's bearing capacity)</p> <p>F circle the forehead 3 times (energy: 2-4 according to the customer's bearing capacity)</p> <p>G Instrument lift from the chin to the temple with hands for 3 times (energy: 2-6 according to the customer's bearing capacity)</p> <p>H. Instrument lift from the nose wing to the temple with hands for 3 times (energy: 2-6 according to the customer's bearing capacity)</p> <p>I . Instrument lift from the corner of the eye to the forehead for 3 times with hands (energy: 2-6 according to the customer's bearing capacity)</p> <p>J. Rf instrument operation: like rf</p>	
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		<p>instrument manipulation, masseter and mandibular line can be strengthened.(suction and discharge mode: 0-4 0 is direct suction, energy: 2-6 according to the customer's bearing capacity)</p> <p>5. Operate to the other face</p> <p>6. Facial deep hydrating essence import (ultrasound import: full face daub elite, instrument from chin up whole face dozen small circle import 3 times) (acute muscle import repair essence - pore bulky skin long blain import oil control acne skin contractive pore essence - long dark spots skin yan anti-wrinkle cream) and import (energy: 2-6 according to the customer to bear ability)</p> <p>7. Apply the moisturizing mask for 15 minutes</p> <p>8. Remove the mask and clean it</p> <p>9. Take a toner, essence, cream</p> <p>10. End</p>	
<p>Snowflakes compact (90 minutes, once a week)</p>			

<p>Snowflakes firming</p>	<p>Clean 20 minutes + RF instrument 25 minutes + Snowflake skin + mask 35 minutes + illumination</p>	<ol style="list-style-type: none"> 1. Remove makeup and clean face for 3 minutes 2. Blackhead extract + thermal spray for 6 minutes (sensitive muscle for 3 minutes) 3. Clean small bubbles for 8 minutes (sensitive muscles only do t-zone for 5 minutes) 4. Apply the snowflake essence on the whole face and then introduce it by electroporation (half of the face is divided into three lines and circled to the forehead: chin, ear gate, nose wing, temple and apple machine, and circled to the temple forehead) for 5 minutes (energy: 2-6 according to the customer's bearing capacity) 5. Import to the other side for 5 minutes 6. The negative pressure head turns off the suction half of the face and leads it to the forehead in 3 lines and circles for 5 minutes (energy: 2-6 according to the customer's bearing capacity). 7. Import to the other side for 5 minutes 8. Apply collagen patch (apply clean water to face for 10 minutes and then massage with hands until completely absorbed for 10 minutes) 9. Cover with gauze 10. Apply water and snowflake soft film 	 <p>The diagram shows a woman's face with red markings. On the forehead, there are three horizontal lines of small red circles. On the lower face, there are three vertical lines of small red circles, one on each side of the nose and one in the center. These markings represent the areas where the snowflake essence is applied and where the negative pressure suction is used.</p>
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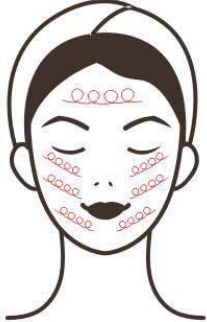
		<p>powder in a 2:1 ratio on the whole face</p> <p>11. While applying the mask, take light to help the skin absorb and relax for 15-20 minutes (blue light for sensitive muscles)</p> <p>12. Remove the mask and clean it</p> <p>13. Take toner and snowflake cream</p> <p>14. End</p>	
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Rejuvenation wrinkle (90 minutes, once a week)

<p>Rejuvenation and anti-wrinkle</p>	<p>Clean 20 minutes + RF instrument 25 minutes + gold skin + gold soft film + light 35 minutes</p>	<ol style="list-style-type: none"> 1. Makeup Remover Cleansing 5 minutes 2. Blackhead extract + thermal spray for 8 minutes (sensitive muscle for 3 minutes) 3. Small bubble instrument operation for 8 minutes (sensitive muscles only for T minutes in 5 minutes) 4. Gold essence is applied to the whole face and then imported with electroporation (half face is divided into 3 lines to the forehead a chin to the ear door b nose to the temple c apple machine to the temple) 5 minutes (Energy: 2-6 according to customer's ability) 5. Import the other side for 5 minutes 6. Negative pressure head turns off the suction half face 3 lines into the forehead for 5 minutes (Energy: 2-6 according to customer's ability) 	
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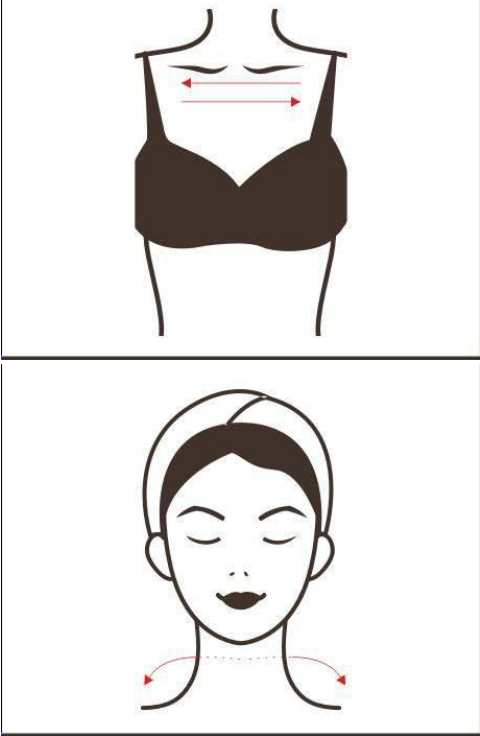
		<ol style="list-style-type: none"> 7. Import the other side for 5 minutes 8. Stick 24k gold foil paper on the face and wait for 10 minutes 9. Massage with a special cream to absorb for 10 minutes. 10. Wash out the discharged toxins 11. Rub the gold essence + cover with gauze 12. Apply special gold soft film (2:1 with water and stir evenly) 13. At the same time led light for 20 minutes (sensitive muscle blue light) 14. Remove the mask and clean it 15. Wipe toner + gold essence 16. End 	
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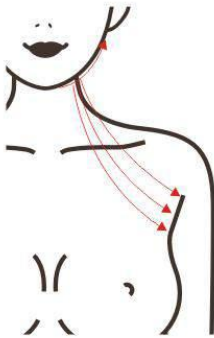
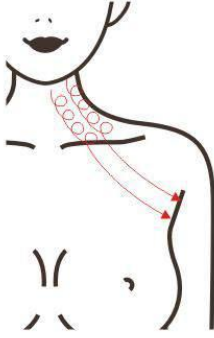
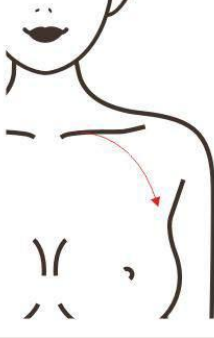
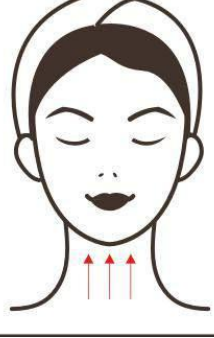

Mummy skin resurfacing (90 minutes, once a week or two weeks)

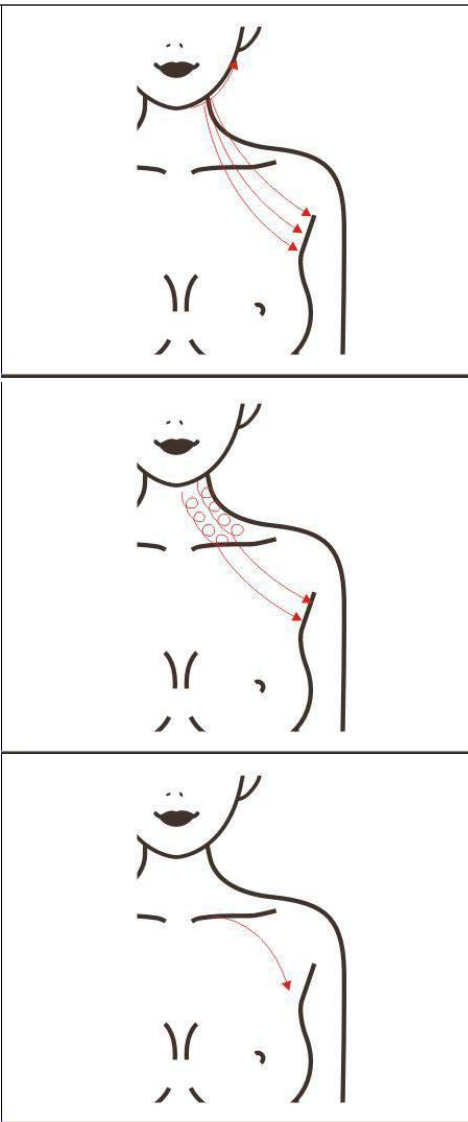
<p>Mummy skin resurfacing</p>	<p>Cleansing Oil - Facial Cleanser - Blackhead Derivative - RF Negative Pressure Instrument - Mummy Renewal</p>	<ol style="list-style-type: none"> 1. Remover Cleansing 5 minutes 2. Blackhead extract + thermal spray 8 minutes (sensitive muscle 3 minutes) 3. Clean the small bubbles for 8 minutes (the sensitive muscles only do the T zone for 5 minutes) 4. Apply mummified essence to the entire face with electroporation + RF instrument introduction operation for 25 minutes (negative pressure to turn off suction, energy: 2-6 	
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		<p>according to customer's ability)</p> <p>5. Apply a dry cell mask (covering the mouth of the eyes) for 10 minutes</p> <p>6. Apply dry cell mummified plaster strips (soak the cut mummified gypsum strips in water in the order of forehead - nose - cheek - mouth - chin) once to cover the stem cell mummies, form a closed type, add nutrients to the skin to tighten pores, mention Pull the skin, 25 minutes</p> <p>7. Uncover the mummy and clean it</p> <p>8. Take a toner, essence, sunscreen</p> <p>9. End</p>	
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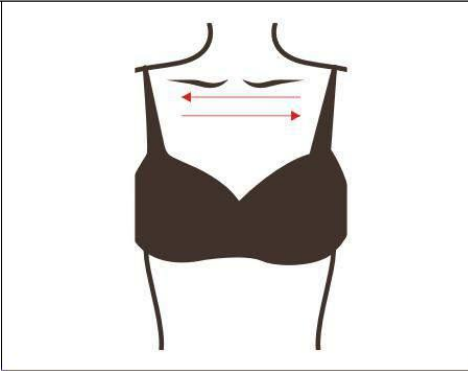
Neck (60 minutes, once a week)


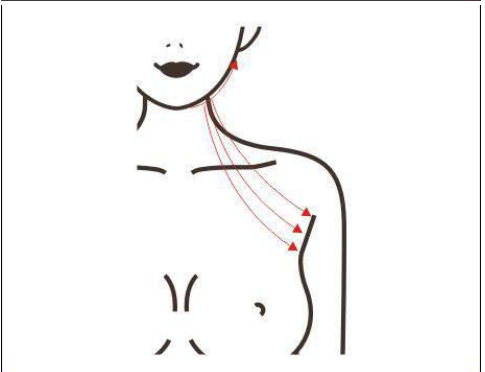
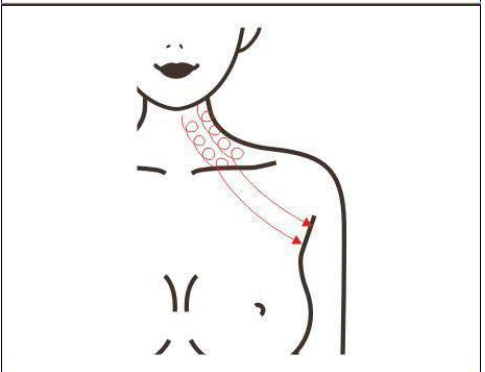
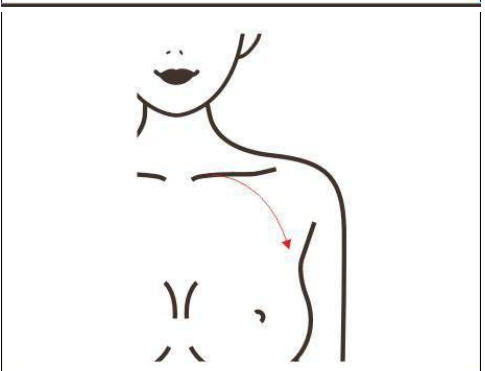
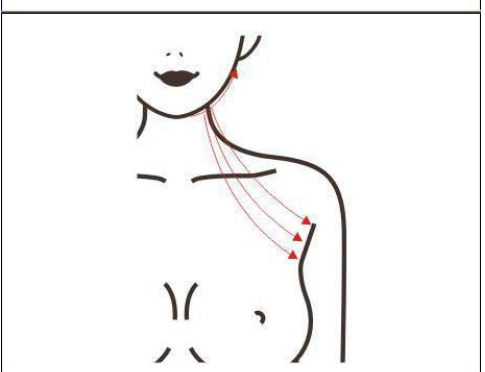
<p>Neck care</p>	<p>technique</p>	<ol style="list-style-type: none"> 1. Apply oil from both hands to the neck and press the wind pool Fengfu point 3 times 2. Hands alternately dial the back neck, 3 times 3. First left and right: four fingers hold the lower jaw line and pull up, then the rear row is discharged to the armpit, 3 times 4. The size of the tiger's mouth is dialed by the neck and the lymph is divided into three lines. 5. Four fingers dial the neck side of the lymph line three lines to the armpit each 3 times 6. One-handed sputum refers to the hot neck 	
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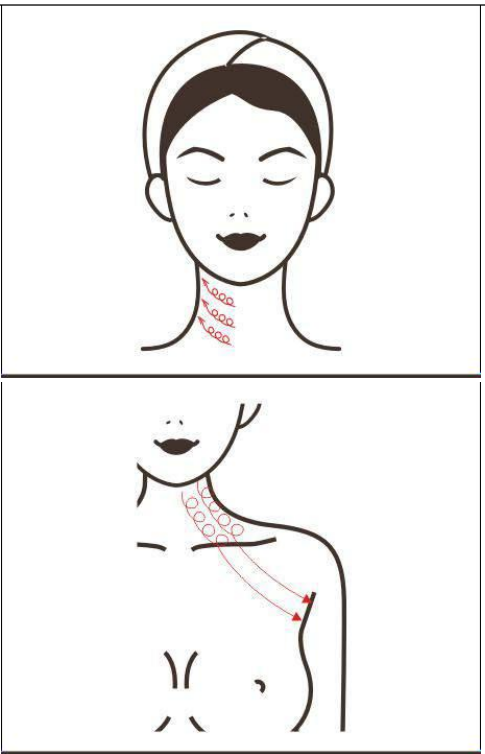
		<p>side lymph line to the armpit 3 times</p> <p>7. One hand slips the inner clavicle to the axillary lymphatic discharge 3 times</p> <p>8. Appease action 1 time</p> <p>9. right</p> <p>10. Raise the entire neck alternately with both hands, 3 times</p> <p>11. One hand spreads the neckline, one hand hits the small circle, the neckline (the whole neck), 3 times</p> <p>12. Appease action 1 time</p>	    
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Neck care	<p>Electroporation energy: 2-6 according to customer's ability</p> <p>RF energy: 2-6 according to customer's ability</p>	<p>left:</p> <ol style="list-style-type: none"> 1. Lifting from the lower jaw line from the back of the ear to the underarm. 3 times 2. The small side of the neck is pulled out to the underarms (avoiding the position of the throat) 3 times 3. The neck side is up and down and back and forth 3 times and then discharged to the underarm (for an action) 3 times. 4. Detoxification from the inner clavicle to the underarm, 3 times (energy: 2-6 according to customer's ability) 5. Operation right 6. RF probe: operate first left and right 	
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Firm skin, remove neckline, hydrate (90 minutes, once a week)

<p>Cleansing + neck special cleansing milk + neck exfoliation + neck massage cream + cement film + neck essence + instrument + neck film</p>	<ol style="list-style-type: none"> 1. Makeup remover clean 5 minutes 2. Exfoliation of the neck (twice a week) 5 minutes 3. Techniques: first left and right: massage cream with both hands. Start pulling from the chest to the neck and press the wind pool Fengfu (this is a soothing action) 3 times 4. Hands alternately dial the back neck 3 times 5. Four-finger button 	
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<p>Firming skin, remove neck lines</p>	<p>lower jaw line pulls up from the back of the ear to the armpit 3 times</p> <p>6. The tiger's mouth is looped back and forth over the entire neck side 3 times and then discharged to the armpit (this action is repeated once) 3 times</p> <p>7. 跪 finger hot neck side 3 times</p> <p>8. Appease action 1 time</p> <p>9. Simultaneously slide both sides of the clavicular lymph to the underarms 3 times (the clavicle is not obvious, it can be slipped several times)</p> <p>10. Manipulating the other side (same as 5.6.7.8.9.)</p> <p>11. Wash off the massage cream</p> <p>12. Apply cement film (eg rose) for 10 minutes</p> <p>13. After cleaning the mud film, use the electroporation instrument to introduce the delicate anti-wrinkle essence.</p> <p>14. After evenly applying the essence, the instrument will alternately pull the position of the double chin from the lower jaw line (together with the hand) in the back of the ear to the armpit 3 times (Energy: 2-6 according to customer's ability)</p> <p>15. The instrument is poured into the small</p>	    
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	<p>circle from the neck side and poured into 3 times (Energy: 2-6 according to customer's ability)</p> <p>16. The instrument is shaped up and down on the neck side 3 times to the underarm (this action is once), 3 times (Energy: 2-6 according to customer's ability)</p> <p>17. The other side of the instrument operation (same as 14.15.16.)</p> <p>18. RF operation: turn off the negative pressure: alternately pull from the lower jaw line from the back of the ear to the armpit 3 times (Energy: 2-6 according to customer's ability) Can not go out</p> <p>19. Always fix the lower jaw by hand, always use the instrument to circle the entire neck texture, 3 times (energy: 2-6 according to customer's ability)</p> <p>20. Finally, the entire neck of the instrument is circulated to the armpit 1 time (Energy: 2-6 according to customer's ability)</p> <p>21. Operate the other side (same as 18.19.2.)</p> <p>22. Clean the neck (warm water)</p> <p>23. Peritoneum 15 minutes</p> <p>24. Remove the neck membrane and clean it (cold water)</p> <p>Rub the neck essence</p>	
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		and finish.	
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Treatment recommendations:

10 times for a course of treatment, you can see the neck is tender and firm after one time. After a course of treatment, the neck is smooth, the outline is clear, and the wrinkles become lighter. After three treatments, the double chin disappears, the neck skin is firm, delicate, fair, and the complexion is rosy and healthy. Rejuvenate your youth and delay neck aging.

Precautions:

1. After the operation, apply mask to replenish moisture to accelerate metabolism.
2. Pay attention to the neck essence or neck cream,
3. Pay attention to sun protection,
4. Minimize long-term bowing,
5. Keep your neck warm. (can be silk scarves)