

# User Manual

MS-45T6SB



# Preface

Dear users,

We're pleased to present to you our beauty machine featured with weight loss, figure slimming, anti-aging, lifting, tightening, body shaping and so on. It is a multifunctional beauty machine, targeted at both face and body, mainly focusing on lifting and tightening of face, body slimming, tightening and shaping. We aim at a safe and, at the same time, effective beauty result by using high-end technologies. RF and ultrasonic beauty machines are shaping and anti-aging machines for professional use, which needs to be handled by professionals with proper training. Any improper use will result in adverse outcomes. Therefore we advise any personnel read this guide thoroughly and follow the instructions strictly before operation.

We believe our quality product will bring in good returns on your end. Also, you can count on our worry-free after-sales service.

Thank you!

# Table of Contents

Preface	
Part I	
Introduction	
Advantages	
Working Principles & Treatments	
Wrinkle Removing & Tightening	
Neck Caring	
Body Shaping	
1. Waist&Abdomen Shaping	
2. Arms Shaping	
3. Back Shaping	
4. Buttocks Shaping	
5. Legs Shaping	
Part II	
1. Detailed Operations	
2. Technical Parameters	
3. Safety Precautions	
4. Dos and Don'ts	
5. Troubleshooting & Solutions	
6. FAQs	
7. Packing List	
8. Operational Diagrams	

# Part I

## Brief Introduction

RF and ultrasonic cavitation machines are currently the most popular beauty machines that work on tightening, body-shaping and anti-aging. It's an effective replacement of all the facial and body care programs in beauty salons. Moreover, they are convenient and easy to operate. It solves both skin and body management issues for beauty-lovers. This equipment requires no injection, no medication, no operation, thus having no side-effects. It is used externally during the whole process and has an immediate effect. RF machines heats deeper skin layers, stimulates collagen cells to reform in dermis, increases blood circulation in hypodermis, thus achieving skin tightening and anti-aging. The ultrasonic with special frequency targets at the parts which are hard for fat-removing. It creates amazing effects.

## Advantages

1. 5-in-1 beauty machine that works on both of your facial and body care.
2. Ultrasonic fat burning replaces and transcends liposuction, bringing good news for treating obesity.
3. Various work heads can be replaced in different parts according to different requirements.
4. An operational head has multiple functions with stronger RF, higher and even energy.
5. The perfect combination of ultrasound and radio frequency solves the dilemma of losing weight. It helps with weight loss while at the same time maintains firm skin, increases skin elasticity, metabolism, and ultimately better health.
6. Adopting the cutting-edge technology of ultrasonic fat burning.
7. Painless, non-invasive during the process. Skipping any recovery periods without affecting any work and life plans.
8. No consumption, low cost and quick returns.
9. Wider treatment range and faster and more visible effects.
10. Unevenness, bleed, swelling and stasis will not appear after treatment.
11. Ultrasound, vacuum and EMS/EL all have the energy release of red LED respectively. They can dissolve fat and massage while at the same time accelerate metabolism, and sterilize skin. The effect is remarkable with a higher comfort level.

## Wrinkle Removing & Tightening

### Principles

## EMS/EL

EMS: EMS is short for electronic muscle stimulation, referred to as muscle electrical stimulation technology, also known as motor technology, the simple explanation is that the normal muscle after receive the brain sends a signal to start activities actively, and EMS technology through current stimulation, directly convey signals to the muscles, pushing muscles for passive movement, so as to achieve the effect of fitness.

EL: It uses electrical pulse to shock cell membrane and increase permeability, so as to promote large molecules or hydrophilic molecules into cells (the cells are in a transient high electric field environment, which makes the surface of the cell membrane appeared a lot of holes, and under the conditions of such environment the permeability of molecules in the cell membrane thereby greatly increased, so that foreign molecules can be delivered into cells)

## Face Vacuum RF

Massage skin and muscles with the special negative pressure suction head, which can effectively improve body fluid flow and increase cell activity to achieve effects like improving skin elasticity, accelerating blood circulation of capillary blood vessels. vacuum negative pressure movement can also stimulate the surface and deep sympathetic nervous system, improve skin sensitivity. The suction and release process of air pressure can not only improve the capillary system but also improve the facial sagging skin and tighten skin.

Advantages: Unique RF functional head design, RF and negative pressure are relatively independent and with a complementary system as a whole, compared with ordinary RF, it can be more efficient and faster. The red light that matches at the same time can diminish inflammation to kill bacterium and activate a cell, increase skin elasticity.

## Effects

1. Tighten the skin and deeply infuse nutrition.
2. Increase the elasticity of skin and soften skin.
3. Moisturize skin and increase the absorption of skin.
4. Accelerate the blood circulation and metabolism.
5. Improve double chin and tighten skin.
6. Stimulate collagen regeneration for anti-aging.
7. Increase the cell's vitality and activate the cell.

## Applicable Range

1. Those with dull and sallow skin tone.
2. Those with skin relaxation and sagging.

3. Those with fine line, nasolabial folds and lines around eyes.
4. Those with indistinct facial contour.
5. Those with rough skin, large pores.
6. Those who are under long-term exposure of UV radiation at workplace.
7. Those with skin relaxation, sagging and swelling after child delivery.

## Inapplicable Range

1. Those who have just undergone plastic surgery which have implanted prostheses, metal materials and so on.
2. Those who have recently received certain injections, such as hyaluronic acid, intradermal injection, wrinkle removal, or plastic surgery.
3. Those with hypertension, heart disease, diabetes, severe thyroid and malignant tumors.
4. Those who are having an allergic reaction, or people with severe sensitive skin or allergic to metals.
5. Those with skin trauma or wound.
6. Those who are overaging.
7. Those in menstruation, pregnancy, lactation and surgical recovery.
8. Those with skin diseases and infectious diseases.
9. Those who are unrealistic about the effects.

## Notes after Operation

1. Do not wash your face with overheated water within three days (lukewarm or cold water is recommended).
2. Enhance moisturizing and sunscreen.
3. Do not soak in hot springs, steam saunas or exercise strenuously, etc., within three days.
4. Use facial masks at least three times a week.
5. Spicy, greasy food should be avoided. Staying up late, smoking and drinking are prohibited. Eat more vegetables, fruits, and less greasy food.
6. Avoid food that will cause '3 High'(high blood pressure, high cholesterol and high blood sugar), less greasy food is advised.

## Neck Caring

### Principles

### Face Vacuum&RF

Massage skin and muscles with the special negative pressure suction head, which can effectively improve body fluid flow and increase cell activity to achieve effects like

improving skin elasticity, accelerating blood circulation of capillary blood vessels, clearing out toxins through lymphatic drainage, and improving and lowering the occurrence of dark spots, hyperpigmentation and blood stasis. The kneading action generated by vacuum suction can increase the tissue activity of skin and muscle, thus helping to reduce the cellular tissue and increase the elasticity of skin tissue, so that both slimming and shaping can be completed at the same time. In addition, vacuum negative pressure movement can also stimulate the surface and deep sympathetic nervous system, improve skin sensitivity. The suction and release process of air pressure can not only improve the capillary system but also improve the flow between deeper veins and lymph network, strengthen blood vessels, and improve varicose veins.

Advantages: breaking through the previous single and simple working mode of negative air pressure, using different modes for different parts can be more efficient and more effective, slimming, shaping, and will never harm human body. Unique RF function head design, RF and negative pressure are relatively independent but complementary metabolic system as a whole, RF has negative pressure, negative pressure has RF, each other as a whole. Compared to the ordinary single-stage RF can be more effective, faster and more uniform perfect remodeling body.

## Effects

1. Improve the flabbiness, roughness and dullness of the neck skin.
2. Tighten skin and increase skin elasticity.
3. Remove double chin.
4. Accelerate the lymphatic detox to improve the facial skin.
5. Prevent cervical and lymphatic diseases.

## Applicable Range

1. Those with coarse neck skin and dull skin tone.
2. Those with clogged lymph in neck.
3. Those with sagging and inelastic skin.
4. Those who often lower head.
5. Those with acne on cheeks.

## Inapplicable Range

1. Those who have just undergone plastic surgery.
2. Those with hypertension, heart disease, diabetes, severe thyroid and malignant tumors.
3. Those who are having an allergic reaction, or people with severe sensitive skin.
4. Those with skin trauma or wound.
5. Those who are over aging.

6. Those who are pregnant or convalescents.
7. Those with skin disease and other contagious diseases.

## Notes after Operation

1. Sunscreen is encouraged . Keep the neck warm.
2. After operation, the treated area is relatively dry, moisturizing and sun protection is encouraged.
3. Within 1-3 days after operation, it is better not to use alcohol, AHA or other exfoliating products.
4. Avoid facial washing with overheated water, sauna steaming, hot springs or strenuous exercise within 7 days after operation.
5. Moisturizing and mask for the neck is encouraged, at least 3 times masks a week. Essence or neck cream is encouraged.
6. Avoid bowing head for a long time.

## Body Shaping

### Principles

#### 30K RF

30K: Using the strong sound waves, human adipocytes can produce a strong impact and friction movement between adipocytes after entering the human body, which can effectively consume heat, water and shrink adipocytes. In addition, when sound waves vibrate, it can make adipocytes smaller. Strong crack will come along, cells will burst instantly, adipocytes reduce, so as to achieve the effect of fat removal.

Cavitation Principle of Ultrasound: Tens of thousands of tiny bubbles, namely cavitation bubbles, are produced by vibration of liquid. These bubbles grow in the negative pressure region formed by the longitudinal propagation of ultrasound, and close rapidly in the positive pressure region, thus being compressed and stretched under alternating positive and negative pressures. The bubbles will be compressed until burst, which will generate huge instantaneous pressure, generally up to tens of MPa to hundreds of MPa, and produce strong vibration and noise.

RF: RF wave directly penetrates the skin and generates energy by the resistance action of the skin, which makes the temperature of the skin bottom rise, rapidly and continuously heats the tissue and promotes the growth of collagen in the skin, so as to achieve the effect of tightening skin, lifting skin, refining skin.

#### Vacuum&RF



Massage skin and muscles with the special negative pressure suction head, which can effectively improve body fluid flow and increase cell activity to achieve effects like improving skin elasticity, accelerating blood circulation of capillary blood vessels, clearing out toxins through lymphatic drainage, and improving and lowering the occurrence of dark spots, hyperpigmentation and blood stasis. The kneading action generated by vacuum suction can increase the tissue activity of skin and muscle, thus helping to reduce the cellular tissue and increase the elasticity of skin tissue, so that both slimming and shaping can be completed at the same time. In addition, vacuum negative pressure movement can also stimulate the surface and deep sympathetic nervous system, improve skin sensitivity. The suction and release process of air pressure can not only improve the capillary system but also improve the flow between deeper veins and lymph network, strengthen blood vessels, and improve varicose veins.

Advantages: breaking through the previous single and simple working mode of negative air pressure, using different modes for different parts can be more efficient and more effective, slimming, shaping, and will never harm human body. Unique RF function head design, RF and negative pressure are relatively independent but complementary metabolic system as a whole, RF has negative pressure, negative pressure has RF, each other as a whole. Compared to the ordinary single-stage RF can be more effective, faster and more uniform perfect remodeling body.

#### Vacuum Physical Effects

##### 1. Skin layer

The suction and release of air pressure:

(1) It can improve the fluidity of cells, thus increasing the movement of cells, and can treat diseases related to blood stasis and blood stagnation.

(2) Draining lymph glands and veins.

Effects: redundant water is discharged from tissue fibers.

##### 2. Vascular layer

The suction and release of air pressure:

(1) Improve the blood circulation of microvessels, not only for the capillary system, but also the flow between the deeper veins and lymphatic networks.

(2) Remove excess toxins in the body.

Effects: Strengthen blood vessels, eliminate toxins and relieve varicose veins.

##### 3. Fibrous layer

The suction and release of air pressure:

It can promote the combination of two effects in different tissues (including skin, muscle and so on).

(1) Repair cell tissue, increase its activity.

(2) Lift and revive skin elasticity.

(3) Stimulate the production of bone collagen and improve skin plumpness.

(4) Improve the oxygen support capacity of skin and increase the consumption of carbon dioxide.

Effects: Break the hard fibers of cellulite, make it more elastic, so as to achieve the effect of body-shaping.

#### 4. Nerve layer

The suction and release of air pressure:

It stimulates the surface and deep sympathetic nervous system.

(1) Improve the sensitivity of skin.

(2) Repair skin elasticity and resist tissue fibrosis.

Effects: Repair and improve skin sensitivity.

## Laser Pads

Laser fat-dissolving device uses red laser with a wavelength of 635nm-650nm, which is a visible spectrum. This wavelength of light has a strong penetrating power, which can effectively activate and repair fat cells, penetrate the fat layer, and dissolve subcutaneous fat by heat. Its treatment method is safe, without side effects or pain.

Low levels of laser energy chemical signals are sent to fat cells to break down triglycerides stored in the body's fat layer into free fatty acids and glycerol and release them through membrane channels. Fatty acids and glycerol are transported to tissues that produce metabolic energy. The release of fatty acids is a natural response when the body needs to use stored energy reserves, so there is no unnatural reaction in the body, nor does it affect or damage surrounding structures such as skin, blood vessels and peripheral nerves. After a period of exercise therapy, it will ensure that the free fatty acids of the body are eliminated through complete metabolism.

### Biological Effect

LED uses 635nm - 650nm LED laser heating fat cells in the target zone to make it decompose. In a very short period of time, fat deposition is only absorbed by our body's natural metabolic processes and discharge. In the process of operation, the laser seal small blood vessels, significantly reduce the injuries, introduce the heat treatment area, stimulates the production of collagen, to make it smooth and tight and also achieve the effect of body-sculpting.

Laser mainly acts as a low-energy laser (biological stimulation) to reach fat in depth. It stimulates biological cells and induces or strengthens a series of physiological reactions by giving appropriate energy, including promoting local blood circulation, regulating cell function, enhancing immune function and promoting cell metabolism. It can at the same time tighten skin, wrinkles, reduce fat, and shape body. Laser penetrating power is very strong, and can activate or repair fat cells more effectively. It can also penetrate the fat layer, heat up and dissolve subcutaneous fat. The treatment method is safe, and has no side effects, no pain.

Using the latest non-operative, non-invasive laser fat decomposition technique, low levels of laser energy released. It produce a kind of chemical signals in the fat cells

that will dissolve the trioxide triene stored in body into free fatty acid, glycerin and water molecules. And this is the natural reaction when using the energy reserves one need. The free fatty acids are transported into the body through the lymphatic system to provide energy for the body, just like the body would respond when lack of heat.

## 1. Waist&Abdomen Shaping

### Effects

1. Relieve cold hands and cold feet, cold womb or cold body of women.
2. Tighten the skin on the waist and abdomen.
3. Reduce lumbar and abdominal fat.
4. Tighten skin, relieve stretch marks, obesity lines and increase skinelasticity.
5. Accelerate metabolism, relieve constipation and encourage intestinalperistalsis.

### Applicable Range

1. Those with cold feet and cold womb.
2. Those with lumbar and abdominal fat or who have sagging skin after birth.
3. Those sitting for a long time, or with unideal waistlines.
4. Those with striae due to obesity and pregnancy.
5. Those with constipation or obstruction of abdominal meridians.

### Inapplicable Range

1. Those with "3 Hs"(hypertension, hyperglycemia, hyperlipidemia) and who have heart disease.
2. Those in pregnancy, menstruation or lactation.
3. Those who have just undergone surgical wounds or convalescents.
4. Those with epilepsy and severe diabetes and hyperthyroidism.
5. Those with malignant tumors, hemophilia or severe bleeding.
6. Those with skin diseases and infectious diseases.
7. Those with severe gynecological diseases.
8. Those whose gynecological diseases are being treated.

### Notes after Operation

1. Avoid crop top or anything exposing waist and abdomen as well as cold and windy environment.
2. Avoid binge eating or drinking. No alcohol, no spicy and greasy food. Staying up late should be avoided. Drink warm water.
3. Keep abdomen warm. Take a bath after 4-6 hours.
4. Steam sauna, hot spring or strenuous exercise should be avoided within 7 days after operation.

5. Before going to bed at night, you can rub your abdomen clockwise with your hands, so as to better the effect of weight loss and metabolism.

## 2. Arms Shaping

### Effects

1. Stimulate collagen hyperplasia in the bottom of the skin to shape and firm it.
2. Improve loose skin.
3. Improve flabby arms and thick arms.
4. Soothe and firm loose skin.
5. Tighten skin.
6. Accelerate blood circulation and dredge channels and collaterals.

### Applicable Range

1. Those with thick arms and want to look better in clothes.
2. Those with jiggly and flabby arms.
3. Those with loose arm skin.
4. Those whose arms are prone to pain and numbness.

### Inapplicable Range

1. Those who have just had plastic surgery.
2. Those with hypertension, heart disease, diabetes, severe thyroid gland, malignant tumor, etc.
3. Those who are during allergic period and has severely sensitive skin.
4. Those with skin trauma or cut.
5. Those who are overly old.
6. Those who are pregnant and who are recovering from surgery.
7. Those with skin diseases and infectious diseases.

### Notes after Operation

1. Keep warm after operation. Do not eat cold food.
2. Take shower in 4-6 hours.
3. Drink plenty of warm water to stay hydrated.
4. Refuse to overeat or stay up late.
5. Avoid sauna, hot spring or strenuous exercise within one week after operation.

### 3. Back Shaping

#### Effects

1. Relieve shoulder and back soreness, and improve the lump on back of the neck.
2. Dredge channels and collaterals, and improve channels and collaterals blocking.
3. Increase blood circulation and metabolism.
4. Improve blood supply to the head and sleep.
5. Regulate the functions of viscera and strengthen the body.
6. Firm skin and prevent sagging.
7. Reduce excess fat on the back and shape the back.

#### Applicable Range

1. Those with sore shoulders and backs and stiff necks.
2. Those with insomnia, dreaminess and fading memory.
3. Those who are prone to fatigue, drowsiness and poor circulation of qi and blood.
4. Those with thick back and want to look better in clothes.
5. Those who has a lump on the back of the neck.

#### Inapplicable Range

1. Those with metal implants in the body, such as stents and pacemakers, are allergic to metal.
2. Those are during pregnancy, menstruation and lactation.
3. Those whose surgical wound is healing or convalescence
4. Those who has "three Hs" , heart disease, epilepsy and severe diabetes and hyperthyroidism.
5. Those with malignant tumor and hemophilia or severe bleeding.
6. Those with skin diseases and infectious diseases.
7. Those who are too weak.
8. Those who are drunk, full, empty, thirsty and overworked.

#### Notes after Operation

1. Keep warm, avoid cold air and drink plenty of hot water.
2. Take shower in 4-6 hours after operation.
3. Avoid staying up late, drinking and overeating.
4. Avoid raw, cold and spicy foods and get enough sleep.
5. Avoid sauna, hot spring or strenuous exercise within one week after operation.

### 4. Buttocks Shaping

Buttocks are located in the middle of human body, and are the key hub of meridian qi and blood operation. They are the main switch of six meridian and also the bridge connecting the upper jiao qi and lower jiao qi blood operation of human body. They are the important factor of the body management whose S curve increases the feminine charm.

## Effects

1. Improve blood circulation and speed up metabolism.
2. Improve menstrual pain, irregular menstruation, abnormal leucorrhea and other female diseases.
3. Improve sleep quality, improve female sexual function and tighten the vagina.
4. Activate the warm nest function, stimulate the secretion of glands, and increase the feelings between husband and wife.
5. Make complexion ruddy, fade color spots and return to young state.
6. Shape hips, improve sagging and outward expansion of hips, tighten skin and increase elasticity.

## Applicable Range

1. Those with saggy hips and fat accumulation.
2. Those with stretch marks induced by obesity and obesity.
3. Those whose butt shape is not good-looking, flat and soft outward expansion.
4. Those with cold and cool hips with low hip temperature.
5. Those with dysmenorrhea, dysmenorrhea, irregular menstruation, gynecological inflammation and other problems.
6. Those with decreased estrogen levels and poor sex lives.

## Inapplicable Range

1. Those who are in menstruation, pregnancy, lactation and operation recovery.
2. Those with hypertension, heart disease, diabetes, severe thyroid gland, malignant tumor, etc
3. Those with skin diseases, patients with infectious diseases and skin sensitive period.
4. Those with wounds during recovery from surgery.
5. Those with allergic and severely sensitive skin.
6. Those who have just had liposuction.
7. Those who are overly aging.

## Notes after Operation

1. Keep hips warm and avoid wearing miniskirts and shorts.
2. Take Shower in 4-6 hours after operation.

3. Drink plenty of hot water to avoid cold air.
4. Avoid staying up late, drinking and overeating.
5. Avoid eating raw, cold and spicy foods and get enough sleep.
6. Avoid sauna, hot spring or strenuous exercise for 7 days after operation.

## 5. Legs Shaping

### Effects

1. Tighten skin and prevent sagging.
2. Stimulate collagen regeneration and improve fat lines.
3. Increase leg circulation and detoxification, metabolism.
4. Promote blood circulation and remove blood stasis, dredge channels and collaterals, and prevent varicose veins.
5. Tighten excessive protruding fat on legs and get rid of thick thighs.

### Applicable Range

1. Those with poor circulation of lower limbs, edema and obese people.
2. Those who have low immunity and feel discomfort and pain all over the body are prone to colds.
3. Those with constipation and has coarse, flabby skin.
4. Those whose channels and collaterals of the legs are blocked, and the proportion of the legs is poor.

### Inapplicable Range

1. Those who are in menstruation, pregnancy, lactation and operation recovery.
2. Those with hypertension, heart disease, diabetes, severe thyroid gland, malignant tumor, etc
3. Those with skin diseases, patients with infectious diseases and skin sensitive period.
4. Those with wounds during recovery from surgery.
5. Patients with severe varicose veins and tumors.
6. Those with allergic and severely sensitive skin.
7. People who have just had liposuction.
8. Those who are overly aging.
9. Those who are pregnant or recovering from surgery.

### Notes after Operation

1. Keep warm after operation. Do not eat cold food.
2. Take shower in 4-6 hours later.
3. Drink more warm water to replenish water and speed up metabolism.

4. Refuse to overeat or stay up late.
5. Avoid sauna, hot spring or strenuous exercise for 7 days after operation.
6. Wear pants when you're done. Avoid miniskirts and shorts.



## Part II

### 1. Detailed Operation

The installation is as below:



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

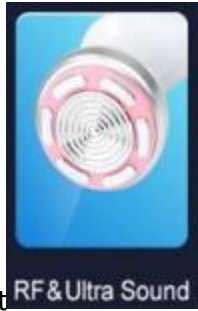


## 1.1 Function Selection



The knob is to adjust the suction Level. Rotate it to the right to increase the suction level and rotate it to the left to decrease the suction level.

## 1.2 Detailed Operation: 30K & RF



Select RF & Ultra Sound to go to the interface below.



30K&RF Working Time (one area is advised to be operated for 10-20 min at a time)



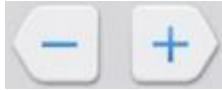
Time +/-



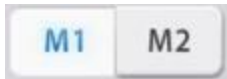
30K Parameter Adjustment



30K Energy (referred scope: 2-8)



30K Energy +/-



30K Modes



M1 is the Consecutive Mode, when it starts, the ultrasonic works in a consecutive way, which is suitable for those who have thick level of fat and accumulated fat.



M2 is the Intermittent Mode, when it starts, the ultrasonic works in an intermittent way, which is suitable for those who use it for the first time or who have lower adaptive capacity.



RF Parameter Adjustment



RF Energy Adjustment (referred scope: 3-8)



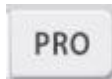
RF Energy +/-



RF Modes



NOR is the set mode. The red LED is on and the energy of the handle is at the set level and stay at the set level after turning on the device.



PRO is the smart mode. The temperature goes up slowly to the set energy and red LED is on after the probe comes in full contact with the skin.



Return



Home



Start/Stop

### 1.3 Detailed Operation: Body Vacuum&RF



Select **RF & Suction Body** to go to the interface below.





Vacuum&RF Working Time (one area is advised to be operated for around 20 min at a time)



Time +/-



RF Parameter Adjustment



Energy Display (referred scope: 3-8)



RF Energy +/-



RF Modes



NOR is the set mode. The red LED is on and the energy of the handle is at the set level and stay at the set level after turning on the device.



PRO is the smart mode. The temperature goes up slowly to the set energy and red LED is on after the probe comes in full contact with the skin.



Suction time adjustment, it is the suction time during the

suction&release process (reference: 5-10. The bigger the number is, the longer the suction time will be. The suction time is advised to be longer than the release time).



Suction Level Display: The pointer will rotate according to the specific suction level.



Suction Time Display



Suction Time +/-



Release time adjustment, it is the release time during the suction&release process (reference: 0-5. The bigger the number is, the longer the release time will be. "0" means it is the constant suction mode. If the release time is "0", when it starts, the handle is in the constant suction condition. The constant suction mode is suitable for those with heavy moisture in body, obesity, clogged and those who need effective detox, weight loss, scraping and shaping. The suction&release mode is suitable for body detox, massage, relaxing muscle, relieving muscle, dredging channels and collateral and tightening&shaping).



Release Level



Release Time



Time +/-



Return



Home



Start/Stop



The knob is to adjust the suction Level. Rotate it to the right to increase the suction level and rotate it to the left to decrease the suction level.

### 1.4 Detailed Operation: EMS & EL



Select EMS & EL to go to the interface below.



Working Time (one area is advised to be operated for

around 15 min at a time)



Time +/-





EMS Parameter Adjustment



EMS Energy, it is advised to be 3-6.



Energy +/-



EMS Modes



EL Parameter Adjustment



EL Energy, it is advised to be 3-6.



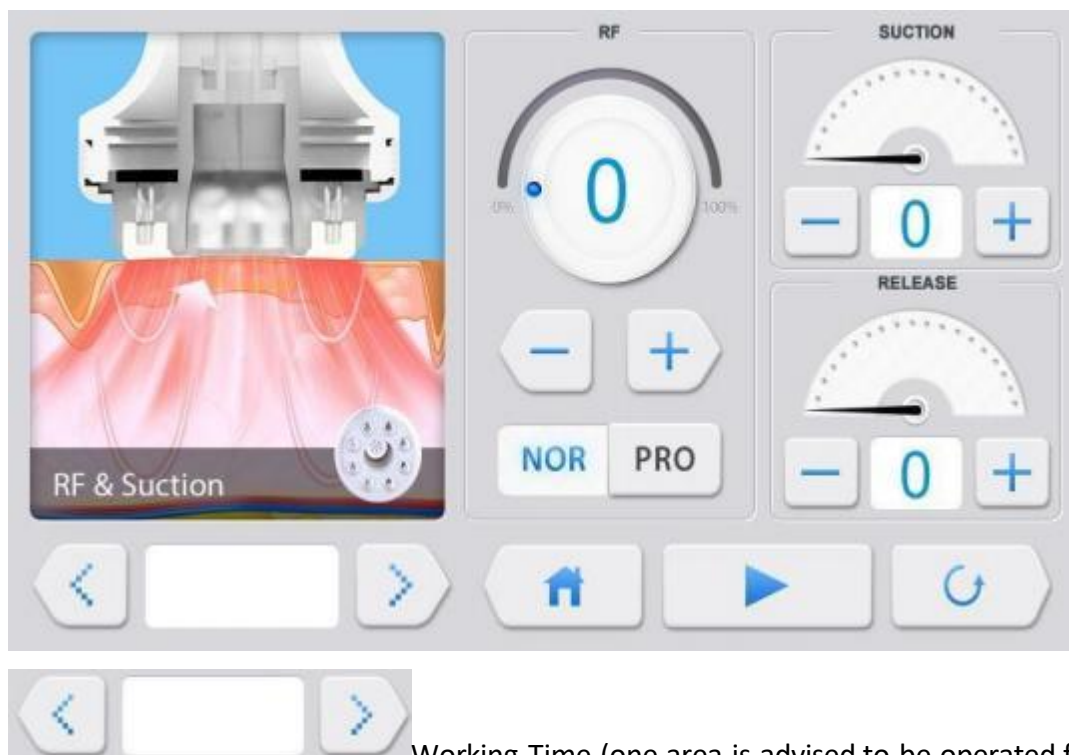
Energy +/-



### 1.5 Detailed Operation: Face Vacuum & RF



Select RF & Suction to go to the interface below.



Working Time (one area is advised to be operated for around 15 min at a time)



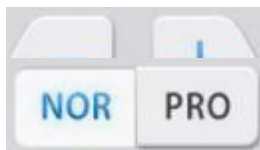
Time +/-



RF Parameter Adjustment

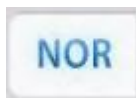


RF Energy (reference: 3-8)



Energy +/-

RF Modes



NOR is the set mode. The red LED is on and the energy of the handle is at the set level and stay at the set level after turning on the device.



PRO is the smart mode. The temperature goes up slowly to the set energy and red LED is on after the probe comes in full contact with the skin.



Suction time adjustment, it is the suction time during the

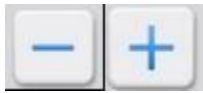
suction&release process (reference: 5-10. The bigger the number is, the longer the suction time will be. The suction time is advised to be longer than the release time).



Suction Level Display: The pointer will rotate according to the specific suction level.



Suction Time



Time +/-



Release time adjustment, it is the release time during the suction&release process (reference: 0-5. The bigger the number is, the longer the release time will be. "0" means it is the constant suction mode. If the release time is "0", when it starts, the handle is in the constant suction condition. The constant suction mode is suitable for those with heavy moisture in body, obesity, clogged and those who need effective detox, weight loss, scraping and shaping. The suction&release mode is suitable for body detox, massage, relaxing muscle, relieving muscle, dredging channels and collateral and tightening&shaping).



Release Level



Release Time



Time +/-



Return



Home

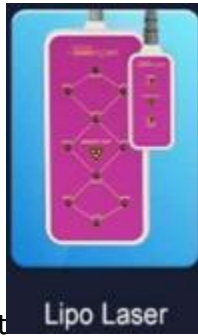


Start/Stop



The knob is to adjust the suction Level. Rotate it to the right to increase the suction level and rotate it to the left to decrease the suction level.

## 1.6 Detailed Operation: Laser Pads



Select **Lipo Laser** to go to the interface below.



Note: Small laser pads can be used for arms, calf and small areas.  
Big laser pads can be used for big areas that can be fully contact.



Working Time (one area is advised to be operated for around 20-30 min at a time)



Time +/-



Laser Pads Modes



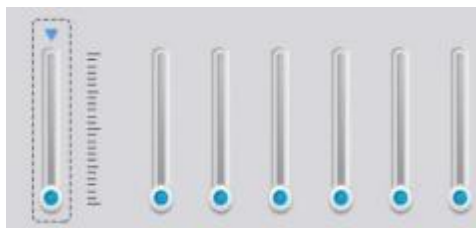
M1 is the Consecutive Mode, the LED on the laser pads keeps light on after the starting, it is suitable for those with thick fat and want to lose weight.



M2 is the slow Intermittent Mode, the LED on the laser pads keeps twinkling slowly after starting, it is suitable for consolidating the effect and comfortable weight loss.



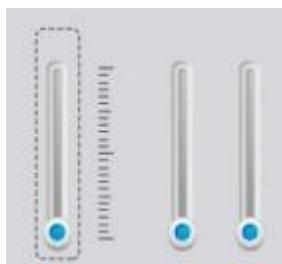
M3 is the fast Intermittent Mode, the LED on the laser pads keeps twinkling quickly after starting, it is suitable for those with thick fat and want to double lose weight.



Big Laser Pads Energy Adjustment



Single Big Laser Pad Energy Display



Small Laser Pads Energy Adjustment



Tap here to adjust laser pads in a row at a time.



## 2. Technical Parameters

### Technical Specifications

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

Led laser pads: 160MW

Net Weight: 7.60kg

Gross Weight : 25.08kg

Dimensions: 490x390x300 (mm)

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

Power Consumption:MAX 150W

Display: Touch Screen

### 3. Safety Precautions

Patients with the following symptoms should be cautious about using this instrument. Please consult a doctor or a professional before using the instrument. The details are as follows:

1. Those who are pregnant or lactating.
2. Those with heart disease or who are equipped with pacemaker.
3. Those whose wounds have not healed and who are recovering from the operation.
4. Those with epilepsy, severe diabetes and hyperthyroidism.
5. Those with malignant tumor, hemophilia or severe bleeding.
6. Those with skin diseases and infectious diseases.
7. Use with caution for those who are allergic to electric currents.
8. Do not wear metal ornaments during the operation.

### 4. Dos and Don'ts

1. The plug with grounding pin must be used before the instrument is used and the power socket of the instrument is properly grounded.
2. Ensure that the voltage of the instrument is suitable. If the voltage of the local power supply is not stable, we suggest that the user add a voltage regulator with matching power between the mains and the instrument.
3. In order to ensure the treatment effect and normal service life of the instrument, please use the specified parts provided or suggested by the original manufacturer.



4. The instrument should not be placed in damp places or near water sources, and should not be directly exposed to sunlight.
5. Do not place the instrument near a strong heat source, as this may affect the life and normal use of the instrument.
6. Before treatment, please remove all metal objects from the body first, so as to avoid unexpected conditions and influence the curative effect.
7. Please refrain from using the device on eyes, thyroid, parathyroid, testicles, abdomen of pregnant women, and pacemakers.
8. Patients who are suffering from illness should consult with a doctor and gain permission from the doctor before using.
9. Please turn off the power switch of the device, and ensure that the total power supply of the device is turned off before the staff leaves after daily use, so as to ensure the safety of the electrical products.
10. Use device or train device operators in strict accordance with instructions in the user manual.
11. When taking other weight-loss drugs, it is recommended to stop taking them for 1 to 2 months before treatment. Extension of the course of treatment is recommended if you wish to lose weight immediately.
12. Don't use the instrument with an empty stomach. After a full meal, wait at least 1 hour before a course of weight loss treatment.
13. When operating, the instrument should fully touch the skin to avoid uneven heat.
14. Start from the lowest energy level and slowly add up.
15. When using this device, the operating parts must be kept moist and dry skin should be avoided.
16. Clean the instrument with normal saline (do not use ethyl alcohol) after operation to ensure its cleanliness and hygiene and prolong its service life.
17. When operating Vacuum&RF at face, the suction should not be too high, to avoid get red or purple marks.
18. The laser pads can be used separately, fix it on the operating area, set the energy, each treatment takes about 20 min. It has a better effect with massage, RF and ultrasonic device.
19. High oil content products must be applied during operation to keep moist.
20. During operation, the instrument should contact the skin fully, not only one point, to avoid burns and uneven heat.
21. It is recommended that the continuous use of the instrument should not exceed 2 hours. When it reaches 2 hours, the instrument should be turned off and power off, left for 10-30 minutes, and then restarted for use.
22. During operation, the operating handle should not stay on the skin for more than 3 seconds and should be moved and operated.
23. When using the laser pads, the whole surface of the laser pads should be in contact with the skin fully, not only in a small area.
24. 30K probe cannot be used at head, chest, breasts, bones, heart and back.

## 5. Troubleshooting & Solutions

1. The instrument cannot be started, but the key light on the back of the instrument does not work?
  - A. Make sure the power cord is connected to a valid power socket.
  - B. Whether the fuse tube on the back of the instrument is loose or burnt out.
  
2. No RF output of the instrument?
  - A. Please check whether the plug connecting the instrument handle and the body is tightly connected.
  - B. Please check whether the treatment area has been cleaned. Grease or oil essential oil products may cause poor contact between the treatment handle of the instrument and human body, resulting in no RF output.
  
3. Weakened RF output?
  - A. Please check whether the plug connecting the instrument handle and the body is tightly connected.
  - B. Please check whether non-conductive grease and other substances are stained on the treatment handle, which will cause poor contact and weaken the output.
  - C. Please check whether the product used is the adaptive product specified by the instrument.
  
4. No suction or very little suction?
  - A. Please turn off the instrument and check the filter element specially used for the instrument, which may need to be replaced.
  - B. Please check the rubber ring of the handle plug, because the rubber ring may be worn and cause air leakage.
  - C. Please check whether the oil filter cup outside the filter is tightened and 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 methods cannot address the issue, please contact the instrument dealer for assistance.
  
5. I can start the instrument, but the screen show's error message?
  - A. Please unplug the power plug behind the instrument and wait for about 1 minute before restarting the instrument.
  - B. If the above methods cannot be handled, please contact the instrument dealer for assistance.

## 6. FAQs

1. Q: Is RF harmful to skin?  
A: RF treatment falls under the category of non-surgery operation. It stimulates

collagen regeneration at the skin bottom and boosts metabolism, therefore has no damage to the skin. Partial redness and fever is the normal phenomenon of accelerated blood circulation, and will be resolved by oneself after a moment, so there's no need to worry.

2. Q: How long does the body firming treatment take?

A: One operation time is 60 minutes. We will combine professional techniques and instruments to achieve remarkable results.

3. Q: What are all the functions of this instrument?

A: Dissolve fat, body shaping, smooth skin, firming, lifting, and anti-aging. It can be operated all over the body. In terms of facial care, it can contour facial outline, alleviate wrinkles and saggy skin. In terms of body care, it can reduce regional fatness and build S curve, promote the metabolism and detoxification of the whole body. Meanwhile, it can also enhance the functions of viscera and regulate the sub-health of the body.

4. Q: Which one is better in terms of weight loss, liposuction or this machine?

A: The principle of liposuction is to suck out the excess fat in one part of the body through the method of negative pressure suction, so as to achieve the purpose of rapid weight loss on parts of the body. It achieves fast results, requires anesthesia, recovery period. It falls under the category of surgery operation and comes with risks. However, our machine is risk-free and has no side effects. While losing weight, it can stimulate collagen regeneration to lift and tighten skin. By lifting, it can also shape perfect curves and accentuate women's natural charm.

5. Q: Will I experience rebound after operation?

A: Ultrasonic works by dissolving fat to reduce weight, and are not prone to rebound. Because what's dissolved through ultrasonic treatment is fat, not water. The formation of fat needs a longer period of time to accumulate, so it is not prone to rebound.

6. Q: Do I need to be on a diet?

A: Pay attention to what you eat. Because radio frequency and ultrasonic treatment end with blasting adipose and accelerated metabolism. It's best to avoid eating spicy, oily, or fried food, to avoid affecting regular metabolism. Also proper workout and sweating help with the process, in a way weight loss will be more visible as well.

7. Q: Does it have any side effects on the body?

A: RF beauty treatment is non-invasive and so far the most safe and effective method to remove wrinkles and shape body. Generally speaking side effects won't appear. A small number of people may experience transient redness or swelling that will disappear after a few hours. Those with dry skin may experience atrophy after the initial treatment. The skin will lose moisture due to RF heat. However, the skin will become plump at the beginning of collagen regeneration and these symptoms will

disappear after three days. There are no side effects on health.

8. Q: Can ultrasound be operated all over the body?

A: Ultrasonic cavitation ruptures fat cells and causes mechanical disruption of fat cell membrane. Liquefied fat cells then cleared away by metabolic pathways. Our heart is a hollow organ, and sensitive to high frequency sound waves. Back and forth reflex occur due to the fact that muscle tissue and blood in the heart do not conduct sound waves in the same way. The reflex force can detach cardiac valves from cardiac muscles. If directed at the eye, it can cause retinal detachment. In a word, avoid eye and heart area when using ultrasonic beauty device. (It is also advised not to use it on waist, back and chest.)

9. Q: Does ultrasound have side effects on human body?

A: Ultrasonic beauty machine requires no surgery, no opening up and no anesthesia, therefore is indeed non-invasive. It relies on ultrasound (mechanical sound wave) - blast fat through cavitation - ultrasound focusing. And the results are fat smash - fat dissolving - skin firming and body sculpting respectively. It only targets at low density fat cells while leaving high density tissues like blood vessels intact, therefore having no side effects on human body. Slight tinnitus might appear to happen during the treatment, which is within normal range so there's no need to worry.

10. Q: Why does tinnitus occur?

A: It's because ultrasound comes with a high frequency vibration, which could go up to 20kHz. It also goes deep into skin fat layers, which could go down to 20mm below epidermis. Highly intensifies ultrasound cause high speed friction among fat cells, resulting in them bursting and heating up, and eventually emulsified. And during the process, ultrasound can cause microvibration to the tissue that make us feel like as "tinnitus".

11. Q: What is collagen?

A: Collagen is a kind of biological macromolecule substance, a kind of white, opaque and non-branched fibrous protein. It can supplement the nutrition needed by all layers of the skin, enhance the collagen activity in the skin, lock moisture, nourish the skin, delay aging, beautify, relieve facial relaxation, provide nutrients for the hair and so on. Collagen is a nutrient that human body must replenish to delay aging. With the growth of age, collagen will gradually be lost. At the age of 20, women have begun to age, collagen gradually decrease. At the age of 25, collagen loss reaches its peak. At the age of 40, the content is less than half of which one has at age 18. It is the loss of collagen and water that causes the wrinkles on the face of the elderly. The breakage of collagen fibers and elastic mesh will cause skin tissue to be oxidized, atrophied and collapsed. The skin will be dry, wrinkled, flabby and inelastic etc,. Therefore, in order to delay aging, collagen must be supplemented.

12. Q: Why do I need hip maintenance?

A: Because it can help the body lymphatic system discharge poison, improve the gynaecological disease, and avoid harm brought by buttock blockage. Hip impassability surely bring about gynaecological issues. What's inside buttocks is pelvic cavity, bowel. It connects daimai, lumbar vertebra, sciatic nerve from above, uterus ovary, uterine adenexa in front, anus, vagina, inguinal lymphatic from below.

If suffering from squeeze of shangjiao and xiaojiao meridian channels, hip would be most vulnerable to cold, wet and blood stasis. When hip is affected by cold, it can cause meridian contraction of hips, dysmenorrhea, irregular menstruation, dark menstruation color, clot, deterred blood flow and meridian channels. It also affects fertility.

13. Q: How does negative pressure detoxify?

A: Negative pressure can congest capillary, stimulate cell to increase vitality. The suction and release of pressure during operation can make local pores continue to open and close, therefore promote skin breathing, increase the amount of skin oxygen, speed up the elimination of waste. So it achieves the effects of promoting qi and blood circulation, dispelling coldness and dampness, dredging channels and collaterals, clearing toxins, heat and so on.

## 7. Packing List

1 x Main Machine

1 x Suction& RF Facial Slimming Handle

1 x EMS& EL (Electroporation) Facial Anti-aging Handle

1 x Ultrasound Cavitation&RF Body Shape Handle

1 x Suction&RF Body Sculpture Handle






6 x Big laser paddles



2 x Small laser paddles

1 x Holder

1 x Power Supply Cord ( Both 110v and 220v voltage (frequency: 50/60Hz) version are available. Also we stock the USA, UK, AU, EU plug to suit for the country all over the world.)

## 8. Operational Diagrams






Parameter Adjustment	Product	Techniques	Diagrams
<b>Wrinkle Removing &amp; Tightening: 60 min, once/week</b>			
<p>EMS&amp;EL Energy: 3~8</p> <p>Mode: EL</p> <p>Vacuum&amp;RF Energy: 3~6</p> <p>Suction: 5~9</p> <p>Release: 0~5</p>	<p>Makeup remover+ Face wash+ Hot&amp;Cold Steam+ Massage Cream+ Base Mask+ Essence+ Facial Mask</p>	<ol style="list-style-type: none"> <li>1. Remove makeup and clean face, 5 min.</li> <li>2. Apply moisturizing base mask + hot steam, 10 min.</li> <li>3. Apply massage cream evenly on face and caress face, 3 times.</li> <li>4. Push the following acupoints: Chengjiang (Ren-24), Renzhong (Du-26), Dicang (St-4), Jiache (St-6), Yingxiang (LI-20), Jingming (BL-1), Cuanzhu (BL-2), Yuyao (EM3), Sizhukong (TE-23), Tongziliao (Gb-1), the Temple, Chengqi (St-1), Sibai (St-2), 3 times</li> <li>5. Caress the face, 3 times.</li> <li>6. Coupled with hands, lift alternately in 3 lines, from chin to earlobe, mouth corner to ear gate, nose wing to the temple, lower eyelid to the temple and lift eye corners, 3 times.</li> <li>7. Do the same on the other side.</li> <li>8. Lift from forehead to hairline, 3 times.</li> <li>9. Lift face as if plucking the string, 3~5 times.</li> <li>10. With one hand, lift from forehead to the hairline as if plucking the string, 3~5 times.</li> <li>11. Alternate hands in lifting the face as if plucking the string on one side, 2~3 min.</li> </ol>	<p>Technique 3, 5</p>  <p>Technique 4</p>  <p>Technique 6, 14</p>  <p>Technique 8, 10, 16</p>  <p>Technique 13</p>  <p>Technique 19</p>

	<p>12. Do the same on the other side.</p> <p>13. Move in letter Z on forehead with ring and middle fingers to ear, lift for 3 times, and slide to back of the ear.</p> <p>14. Vacuum&amp;RF Operation Lift the face from chin to earlobe, corner of mouth to ear gate, nose wing to the Temple, one line next to another, 3 times.</p> <p>15. Do the same on the other side.</p> <p>16. Lift upwards from forehead to hairline, 3 times.</p> <p>17. Clean the face, 2 min.</p> <p>18. Apply essence to the whole face evenly (anti-aging/brightening/moisturizing), 1 min.</p> <p>19. EMS&amp;EL Operation Lift upwards in circles from chin to forehead, one line next to another, 3 times.</p> <p>20. Do the same on the other side.</p> <p>21. Operate at forehead in circles horizontally, 3 times.</p> <p>22. Apply facial mask, 15 min.</p> <p>23. Clean the face, 2 min.</p> <p>24. Apply toner, essence, cream, sunscreen.</p>	 <p>Technique 21</p> 
--	--	---

**Suggested Treatment:**  
 10 treatments account for one full course. After one time, the skin will be tightened. After a course of treatment, the skin will be brightened, the skin layer is repaired. 2 courses help increase skin elasticity, accelerate metabolism and detox, and lighten dark spots, brighten skin. The sensitive skin can improve immunity. 3 courses help stabilize skin state, prevent skin aging and laxity, and help define facial outlines.

**Neck Caring: 45 min, once/week**

Vacuum&RF	Makeup	1. Remove makeup and	Technique 2
-----------	--------	----------------------	-------------

<p>Energy: 3~8</p> <p>RF Mode: NOR</p> <p>Suction: 5-9</p> <p>Release: 0~5</p>	<p>Remover+ Face Wash+ Massage Cream+ Essence+ Neck Mask</p>	<p>clean, 5 min.</p> <p>2. Neck Massage Apply and rub oil on the chest with both hands to the back of the neck and press Fengchi (Gb-20) and Fengfu (Du-16) acupoint, 3 times.</p> <p>3. Alternately lift the lower jaw and double chin to pass behind the ear and under the armpit, 3 times.</p> <p>4. Push downwards with hand spread and hukou pointing down, tracing 3 meridian channels from the neck side to the armpit, 3 times.</p> <p>5. Push downwards with 4 fingers, tracing 3 meridian channels from neck side to the armpit, 3 times.</p> <p>6. Push downwards with kneeling fingers till the neck turns hot and slide to the armpit, 3 times.</p> <p>7. Push downwards with hand spread and hukou pointing down from external collarbone to armpit, 3-5 times.</p> <p>8. Do the same on the other side.</p> <p>9. Vacuum&amp;RF Operation Coupled with hand massage, lift double chin to pass behind the ear and under the armpit, 3 times.</p> <p>10. Move the device in circles on one side of neck to pass under armpit, 3 times.</p> <p>11. Slide the device from internal and external clavicle to the armpit, 3-5 times.</p> <p>12. Move the device in circles</p>	 <p>Technique 3</p>  <p>Technique 4, 5, 6,</p>  <p>Technique 9</p>  <p>Technique 10</p>  <p>Technique 12</p>
--	--	---	--






		<p>on the whole neck area, 3 times.</p> <p>13. Do the same on the other side.</p> <p>14. Clean the neck with hot towel, 2 min.</p> <p>15. Apply neck mask, 15 min.</p> <p>16. Clean with hot towel, hot compress for 5 min.</p> <p>17. Apply toner, neck essence, neck cream, sunscreen.</p>	
--	--	--	--

**Suggested Treatments:**

10 treatments account for one full course. After one treatment, skin has slight hot feeling. After a full course, neck skin becomes smooth, speed up the neck lymphatic circulation. After 2 courses it tightens skin, fade neck lines, improve the double chin. After 3 courses, skin is fine, firm and glowing, which also promote lymph drainage, improve facial dullness, and delay the aging of the skin, make skin restore young state.

**30K Waist&Abdomen Shaping: 60 min, once/week**

<p>&amp; RF Energy: 3~8 RF Mode: NOR 30K Mode: M1</p> <p>Vacuum&amp;RF Energy: 3~8 RF Mode: PRO</p> <p>Suction: 5-9</p> <p>Release: 0~5</p> <p>Laser Pads Energy: 3-9 Mode: M3</p>	<p>Massage Cream (Essence Oil)+ Gel</p>	<ol style="list-style-type: none"> <li>1. Apply and rub oil on abdomen with hands, 3 times.</li> <li>2. Rub stomach back and forth with both hands, 3-5 times.</li> <li>3. Knead abdomen with both hands using chiropractic techniques, 3 times.</li> <li>4. Lift Meridian BV(Belt Vessel) on both sides of waist with both hands alternately, 16 times.</li> <li>5. Move hands as if writing an "8" number on waist, 3 times.</li> <li>6. Overlap hands and message the intestinal canal clockwise, 3 times.</li> <li>7. Move hands in circular motion and caress the treatment area, 3 times.</li> <li>8. Push on the following</li> </ol>	<p>Technique 1</p>  <p>Technique 2, 17</p>  <p>Technique 3</p>  <p>Technique 4</p>
--	---	--	---

acupoints: Shangwan (Ren-13), Zhongwan (Ren-12), Xiawan (Ren-10), Shenque (Ren-8), Qihai (Ren-6), Guanyuan (Ren-4), Zhongji (Ren-3), Tuanshu (St-25), Daheng (SP-15), 2 times.

9. Starting from Ren-3 point, push both thumbs to belly navel, slide them to waist and the lift upwardsto groin, 3 times.

10. Caress the treatment area with hands and slide to groin.

11. 3OK & RF Operation Starting from one side of the waist, lift the device to abdomen and groin, one line next to another, 3 times.

12. Repeat the previous operation on the other side, 3 times.

13. Move the device on abdomen in small circular motions, 3 times.

14. Move the device on abdomen in big circular motions, 3 times.

15. Vacuum&RF Operation Constant Suction Mode: Starting from one side of the waist, lift the probe to abdomen, one line next to another, 3 times.

16. Lift the other side.

17. Lift Meridian BV forth and back horizontally, 3 times.

18. Move the probe at the side of waist up and downto shape the waist, 3 times.

19. Move the device on



Technique 5



Technique 6



Technique 8



Technique 9





Technique 11, 15, 20



Technique 13





Technique 14, 19






		<p>abdomen in big circular motions, 3 times.</p> <p>20. On one side, lift from waist to the abdomen, one line next to another, 3 times.</p> <p>21. Tie the bandage at waist (a little bit loose).</p> <p>22. Set the mode and energy level, fix the laser pads with bandage, operate for 20 min.</p> <p>23. Take off the bandage and laser pads.</p> <p>24. Clean the abdomen with hot towel.</p>	 <p>Technique 18</p> 
--	--	---	---

**Suggested Treatment:**

10 treatments account for one full course of treatment. Once done, abdomen is heating up, metabolism is accelerated. After one course, fat slowly reduce through metabolism, body starts to slim down. Constipation and other issues are addressed at the same time. After 2 courses the effect gradually becomes obvious, skin is tightened and lifted, skin collagen increased. Stretch marks and flabby skin are also improved. 3 courses help reinforce the effect. Redundant adipose gradually disappear, lumbar abdomen curve start to take in shape, and slim waist starts to show.

### Arms Shaping: 60 min, once/week




<p>30K RF Energy: 3~8</p> <p>RF Mode: NOR</p> <p>30K Mode: M1</p> <p>Laser Pads Energy: 3-9</p> <p>Mode: M3</p>	<p>Massage Cream (Essential oil)+ Gel</p>	<ol style="list-style-type: none"> <li>1. Left-right order: lay the arm flatwise, apply and rub oil in from lower arm to the entire arm and slide to the fingers, 3 times.</li> <li>2. Push the entire arm with both palms, 3 times.</li> <li>3. Push hands upwards tracing three main collateral channels: Large Intestine Meridian(LI) - Triple Energizer Meridian(TE) - Small Intestine Meridian(SI) to armpits with fingers spread and hukou pointing upwards, 3 times.</li> <li>4. Caress the treatment area, 3 times.</li> </ol>	<p>Technique 1, 2, 3, 4, 5, 6</p>  <p>Technique 7, 8</p>  <p>Technique 9</p>
---	---	--	--








	<p>5. Trace and rub three main collateral channels on arms with kneeling finger back and forth till them turn hot, 3 times.</p> <p>6. Caress the treatment area, 3 times.</p> <p>7. Lay inner arm upwards, and push hands tracing three yin channel on inner arm: Lung Meridian(LU) - Pericardium Meridian(PC) - Heart Meridian(HT) to armpit, with hukou pointing upwards, 3 times respectively.</p> <p>8. Rub three channels back and forth with kneeling fingers, 3 times.</p> <p>9. Caress the treatment area and slide to fingers.</p> <p>10. Repeat the previous operation on another side.</p> <p>11. 3OK &amp; RF Operation Lay arms flatwise and start from fat part of lower arm, tracing three channels to armpit, 3 times.</p> <p>12. Move the device in annular motion, tracing three channels to armpit, 3 times.</p> <p>13. You may double the operation on flabby arms, 3 times.</p> <p>14. Trace three channels to armpit, 3 times.</p> <p>15. Lay inner arm flatwise and push three channels on upper arm to armpit, 3 times.</p> <p>16. Trace three channels on upper arm and move the device in small circles to armpit, 3 times.</p> <p>17. Trace three channels</p>	 <p>Technique 11, 14</p>  <p>Technique 12, 13</p>  <p>Technique 15</p>  <p>Technique 17</p> 
--	---	--




		<p>from upper arm to armpit.</p> <p>18. Do the same on the other side.</p> <p>19. Tie the bandage at fat of the arm (a little bit loose).</p> <p>20. Set the mode and energy level, fix the laser pads with bandage, operate for 20 min.</p> <p>21. Take off the laser pads.</p> <p>22. Clean the operating area with hot towel.</p>	
--	--	--	--

**Suggested Treatment:**  
 10 treatments account for a full course. Once done, the arms will be relaxed. A course of treatment help reduce excessive arm fat and the skin appear to be tight and plump. 2 courses of treatment began to shape the arms, reduce flabby fat. 3 courses help consolidate stability and prevent rebound.

**Back Shaping: 60 min, once/week**

<p>Vacuum &amp; RF Energy: 3~8</p> <p>Suction: 5-9</p> <p>Release: 0~5</p> <p>Laser Pads Energy: 3-9</p> <p>Mode: M2</p>	<p>Massage Cream (Essential Oil)</p>	<ol style="list-style-type: none"> <li>1. Apply oil on back and press Fengchi (Gb-20), and Fengfu (Du-16) points.</li> <li>2. (Starting from hairline) Stroke Da Ban Jin with thumb, 3-5 times.</li> <li>3. Move thumb outwards from Du Channel (GV)to the 8 Crevice area and then to Fengchi (Gb-20), and Fengfu (Du-16) point, 3 times.</li> <li>4. Starting from neck to caudal vertebra, move hands in S-shape, 3 times.</li> <li>5. Push Bladder Channel(BL) with thumb in left-right order, 3 times.</li> <li>6. Push Bladder Channel(BL) to baliao area with both thumbs, at the same time, 3 times.</li> <li>7. Push Bladder Channel(BL) in three kneeling fingers, 3 times.</li> </ol>	<p>Technique 1, 10</p>  <p>Technique 2</p>  <p>Technique 3</p>  <p>Technique 4</p>
--	--------------------------------------	---	---



	<p>8. Push scapula slot with both hands alternately in left-right order, 3-6 times.</p> <p>9. Push scapula slot with both hands horizontally, 3-6 times.</p> <p>10. Caress the back with both hands and push Fengchi (Gb-20), and Fengfu (Du-16) points, 3 times.</p> <p>11. Overlap both thumbs and push Tianzong (SI-11) point and slide to the arm, 3 times.</p> <p>12. Repeat the previous action on another arm, 3 times.</p> <p>13. Rub on Du Channel (GV) and Bladder Channel (BL) until they turn hot.</p> <p>14. Vacuum &amp; RF Operation Starting from Meridian GV to Bladder Meridian (BL), move the device from neck to the 8 Crevice area, 3-5 times.</p> <p>15. Move the device in circles on Dazhui (Du-14) point, and the 8 Crevice area, 3-5 times respectively.</p> <p>16. From Da Ban Jin to neck, move the device back and forth, 3-5 times.</p> <p>17. Lift the device on scapula slot in left-right order, 3-5 times.</p> <p>18. Move the device horizontally as if writing an "8" number to the 8 Crevice area, 3 times.</p> <p>19. Move in annular motions from two sides till the underarm, 3 times.</p> <p>20. Lift upwards from sides of the waist to the underarm, 3-5 times.</p>	 <p>Technique 5, 6, 7, 13</p>  <p>Technique 8, 17</p>  <p>Technique 9</p>  <p>Technique 11, 12</p>  <p>Technique 14</p>  <p>Technique 15</p>  <p>Technique 16</p>
--	--	---

		<p>21. Tie the bandage at the back (a little bit loose).</p> <p>22. Set the mode and energy level, fix the laser pads with bandage, operate for 20 min.</p> <p>23. Take off the laser pads.</p> <p>24. Clean the operating area with hot towel.</p>	 <p>Technique 19</p>  <p>Technique 20</p> 
--	--	---	---

**Suggested Treatment:**

10 times account for a full course. Once done, back feels significantly relaxed, neck stiffness alleviated, and skin feels lifted. After a full course, shoulder feels relaxed, back fat lessens, the lump on the nape of the neck improves, and the back line starts to show. 2 courses help dredge meridians, regulate sub-health, and improve sleep. 3 courses help achieve thin back, curvy back line, better viscera function and digestion, detoxification and metabolism. (one course helps reduce size, two courses help strengthen the effects, three courses help with consolidation and avoid rebound )

**Buttocks Shaping: 60 min, once/week**

<p>30K &amp; RF Energy: 3~8 RF Mode: NOR 30K Mode: M1</p> <p>Vacuum &amp; RF Energy: 3~8 RF Mode: PRO</p> <p>Suction: 5-9</p>	<p>Massage Cream (Essential oil)+ Gel</p>	<ol style="list-style-type: none"> <li>1. Standing on the side, accumulate oil on hands and then slide to the waist and then lift up along the hips from the waist, 3 times (this is to caress the treatment area.)</li> <li>2. Repeatedly push the 8 Crevice area with two thumbs, 3 times.</li> <li>3. Caress the treatment area for 3 times and then point: Shenyu (Bl-23), 8 Crevice area, Changqiang (Du-1),</li> </ol>	<p>Technique 1, 4, 10</p>  <p>Technique 2</p>  <p>Technique 3</p>
---	---	--	---

Release:  
0~5

Laser Pads  
Energy:  
3-9

Mode: M2

Huantiao (Gb-30), Chengfu (Bl-36), 3 times.

4. Caress the treatment area, 3 times.

5. First left, then right, with both hands extending from the root of the thigh from bottom to top --Bladder Channel (BL) - Kidney Channel (KI) - Liver Channel (LV) - Gallbladder Channel (GB) - Dai Channel (BV) , 3 times each.

6. Both hands follow from the root of thigh from bottom to top -- Bladder Channel (BL) - Kidney Channel (KI) - Liver Channel (LV) - Gallbladder Channel (GB) - Dai Channel (BV) , 3 times each.

7. Overlap both palms and push up together from thigh root to pulse (ascension) ,3 to 5 times.

8. Push your hands from bottom to top from both sides of your hips to the top of your hips, 3 times.

9. Repeat the operation 7.  
10. Caress the treatment area.

11. The technique on the other side is the same as above.

12. 30K & RF Operation  
Lift from the thigh root to the Dai Channel (BV) line by line, 3 times.

13. Lift 3 times from bottom to top on both sides of the buttocks to the highest point of the buttocks.

14 Circle your hips, 3 to 5



Technique 5, 12, 15



Technique 6, 9



Technique 8, 13, 16






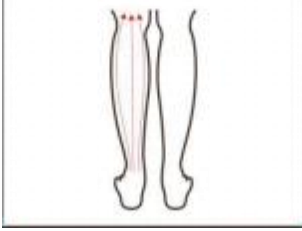

Technique 14













		<p>times.</p> <p>15.Lift 3 times from thigh root to Dai Channel (BV).</p> <p>16.Lift from bottom to top on both sides of the buttocks to the highest point of the buttocks, 3 times.</p> <p>17. The technique on the other side is the same as above.</p> <p>18. The Technique of Vacuum &amp; RF Operation is as the same as 30K &amp; RF Technique: Lift upwards.</p> <p>19. Tie the bandage at the fat around the buttocks (a little bit loose).</p> <p>20. Set the mode and energy level, fix the laser pads with bandage, operate for 20 min.</p> <p>21.Take off the laser pads.</p> <p>22.Clean the operating area with hot towel.</p>	
<p><b>Suggested Treatment:</b>  10 times account for a full course. After one treatment, buttocks feel lifted and heated. After a course, hip curve starts to show, excess fat slowly disappears, skin becomes tight. 3 courses help improve gynecological problems like cold body and cold uterus. Menstruation returns to normal. It helps consolidate the effect and increase the female sexual appeal.</p>			

## Legs Shaping: 60 min, once/week

<p>30K &amp; RF Energy: 3~8 30K Mode: M1 RF Mode: PRO</p> <p>Vacuum &amp; RF Energy: 3~8 RF Mode: NOR</p> <p>Suction: 5-9</p> <p>Release: 0~5</p> <p>Laser Pads Energy: 3-8 Mode: M2</p>	<p>Massage Cream (Essential oil)+ Gel</p>	<ol style="list-style-type: none"> <li>1. Prone Position - Rear Leg In left-right order, apply and rub oil in from calf to thigh to heel, 3 times.</li> <li>2. Move hands upwards to four main collateral channels: Bladder Channel (BL) - Kidney Channel (KI) - Liver Channel (LV) - Gallbladder Channel (GB) with fingers spread and hukou pointing upwards, 3 times.</li> <li>3. Push hands alternately to popliteal fossa, 3 times.</li> <li>4. Twist both hands upwards alternately as if twisting a fired dough, 3 times.</li> <li>5. Caress the treatment area, 3 times.</li> <li>6. Push four main collateral channels upwards with kneeling fingers of both hands, 3 times.</li> <li>7. Caress the treatment area, 3 times.</li> <li>8. Do the same on the other side.</li> <li>9. 30K&amp;RF Operation Move the device from popliteal fossa to Bladder Channel (BL) - Kidney Channel (KI) - Liver Channel (LV) - Gallbladder Channel (GB) , 3 times.</li> <li>10. Move the probe in small circular motion on the leg, 3 times.</li> <li>11 Push upwards to popliteal</li> </ol>	<p>Technique 1, 2, 3, 5, 6, 7, 8, 9</p>  <p>Technique 4</p>  <p>Technique 10, 17</p>  <p>Technique 11, 16, 18</p>  <p>Technique 12, 14, 19</p>  <p>Technique 13, 15, 20</p>
--	---	---	--

	<p>fossa while massage with the free hand, 3 times.</p> <p>12. Push from popliteal fossa, tracing four channels to the end of thigh, 3 times.</p> <p>13. Move the probe from popliteal fossa in small circular motions to the end of thigh, 3 times.</p> <p>14. Push from popliteal fossa, tracing channels to the end of thigh, 3 times.</p> <p>15. Move the probe at the thigh in small circular motions, 3-5 times.</p> <p>16. Vacuum &amp; RF Operation Lift from the end of leg to popliteal fossa, one line next to another, combined with hands, 3 times.</p> <p>17. Operate in small circles at calf, 3 times.</p> <p>18. Move up and down at the calf, 3-5 times.</p> <p>19. Lift the probe from popliteal fossa to the end of thigh, one line next to another, 3 times.</p> <p>20. Operate in small circles at the thigh, 3 times.</p> <p>21. Lift from the side of the thigh to the middle, one line next to another, 3-5 times.</p> <p>22. Lift in annular motion at the side of the thigh, 3 times.</p> <p>23. Do the same on the other side.</p> <p>24. fix the laser pads at the fat of legs, operate for 20 min.</p> <p>25. Take off the laser pads.</p> <p>26. Supine Position - Foreleg Treatment</p> <p>Rub oil with both hands from</p>	 <p>Technique 21</p>  <p>Technique 22</p>  <p>Technique 26, 27, 28, 31, 34, 36</p>  <p>Technique 32, 37</p>  <p>Technique 33</p>  <p>Technique 38</p>
--	---	--

	<p>heel to the thigh root (namely to caress the treatment area), 3 times.</p> <p>27. Move hands upwards to four main collateral channels: Spleen Channel (SP) - Stomach Channel (ST) - Liver Channel (LV) - Gallbladder Channel (GB) with fingers spread and hukou pointing upwards, 3 times.</p> <p>28. Push four main collateral channels upwards with kneeling fingers of both hands, 3 times.</p> <p>29. 30K &amp; RF Operation Lift the device towards knee while tracing 4 channels, 3 times(start from thigh if there's not enough unwanted fat on calf.)</p> <p>30. Move the device on two sides of calf in annular motion, 3 times(start from thigh if there's not enough unwanted fat on calf.)</p> <p>31. Lift the device from knee to thigh root in annular motion, 3 times.</p> <p>32. Move the probe in small circular motions on the entire thigh, 3 times.</p> <p>33. Lift the device from knee to thigh root in annular motion, 3 times.</p> <p>34. Lift from knee towards the end of thigh in parallel lines, 3 times.</p> <p>35. Vacuum &amp; RF Operation The Technique for calf is the same as above (start from thigh if there's not enough unwanted fat on calf.)</p> <p>36. Lift the device from knee</p>	 <p>Technique 39</p> 
--	---	---

		<p>to thigh root, one line next to another, 3 times.</p> <p>37. Move the probe in small circular motions on the thigh, 3 times.</p> <p>38. Lift from the sides of the thigh to the middle, 3-5 times.</p> <p>39. Lift in circles of annular motion at sides of the thigh, 3 times.</p> <p>40. Do the same to the other side.</p> <p>41. Tie the bandage at the legs (a little bit loose).</p> <p>42. Set the mode and energy level, fix the laser pads with bandage, operate for 20 min.</p> <p>43. Take off the laser pads.</p> <p>44. Clean the operating area with hot towel.</p>	
<p><b>Suggested Treatment:</b></p> <p>10 treatments account for a full course. After one treatment, leg is relaxed, and circulation is accelerated. After a course of treatment, leg becomes thin, skin collagen tissue experience contraction due to heat effect, and tightening effect can obviously be felt on the skin. After 2 courses, leg is tight and slim, and obvious results are seen. 3 courses help consolidate the effect. RF + ultrasound is to stimulate the dermis of the skin, which can sustain collagen regeneration, so the treatment effect will be more and more obvious.</p>			