

# User Manual

## BE-NF700



# Preface

Dear Users:

We're pleased to present to you the *New Breast Enlarge Vibrating Vacuum Cupping Machine +Breast Dailysis Tester*.

Equipped with multifunctions, it adopts the theory of vacuum therapy, mainly targeting at health problems like neck and shoulder strain, sagging breasts, gynecological problems and so on. Various effects are achieved with the help of high-end technology, such as expelling dampness, dispelling coldness, dredging meridians, resolving toxins, breast enlargement and buttock augmentation. *New Breast Enlarge Vibrating Vacuum Cupping Machine +Breast Dailysis Tester* works on maintaining beauty and wellness of human body and is for professional use only, which needs to be handled by professionals with proper training. Any improper use will result in adverse consequences. Therefore we advise any personnel read this manual thoroughly and apply with 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!

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# Part I

## Brief Introduction

New Breast Enlarge Vibrating Vacuum Cupping Machine + Breast Dailysis Tester is currently the most popular instruments that focus on breast enlargement, buttock augmentation, improving breast outward expanding, preventing breast disease, body slimming, dredging meridians, expelling dampness and resolving toxins. It's an effective replacement for manual scraping, cupping, breast enlargement and breast disease detection in SPA. It's easy and convenient to use, and solves a wide range of body-managing issues for beauty-lovers. It requires no injection, no medication, no surgeries, and has no side effects. Moreover, it is used externally and has immediate effects, therefore can be considered as both safe and effective.

## Advantages

1. The multifunctional health maintenance and weight loss device can effectively solve the problems of local fat pocket, flat chest, sub-health and so on.
2. Powerful infrared transmitter, which goes deep into the skin in the depth of 30mm-100mm, can quickly detect a variety of breast problems and detect so you can seek professional help as soon as possible.
3. Breast conditions can be observed at any time, and the examination results are clear and intuitive so you're more aware of your breast health.
4. No radiation, no breast injury, no pain and repeatable tests can be taken.
5. Strong vacuum pump with low noise and various modes; Designed to fit different breast shapes; good quality.
6. Professional vacuum cups can remove toxins and moisture from the body by suction in no time.
7. Wide range of treatments with visible effects; no consumption, low costs, and quick returns.
8. Easy, quick and convenient to operate. No surgeries, no anesthesia, no pain and no downtime.
9. Equipped with various vacuum cups for different needs.
10. It will not cause uneven appearance, bleeding or swelling.
11. All applicators can be used alone or in combination.
12. Infrared vibration, super penetration.

## Facial Care

### Working Principle

## Face Vacuum Cup:

Use vacuum suction head directly on the facial skin to achieve deep cleansing effect. (Vacuum/negative pressure: lower than normal pressure, the use of negative pressure is very common. People often make a part of the space appear negative pressure so we can use the ubiquitous atmospheric pressure. For example, when people breathe, negative pressure occurs when the lungs are in the expansion state, forming a pressure difference between the inside and outside of the lungs. Fresh air is pressed into the lungs.) Negative pressure cleaning is the use of such a principle in the state of no pain, deep cleaning pores of black head, white head, oil and dirt residue.

Massage the skin and muscles by special negative air pressure suction, which can effectively improve the fluid flow of cells, increase the movement of cells, activate cells, increase skin elasticity and reduce fine lines. Vacuum negative pressure movement can stimulate the surface and deep sympathetic nervous system, improve skin sensitivity and skin immunity.

## Effects

1. Unclog pores.
2. Deep clean skin.
3. Shrink large pores.
4. Improve dull skin and fine lines.
5. Improve skin hyperpigmentation.
6. Accelerate removal of dead skin cells.

## Applicable Range

1. Those who has excessive secretion of sebum and thick stratum corneum.
2. Those with rough skin and large pores.
3. Those with clogged pores.
4. Those with dull and glowless skin.
5. Those with skin laxity and sagging.

## Inapplicable Range

1. Those with severe sensitive skin or is having an allergic reaction.
2. Those with large wounds.
3. Those with skin diseases and other infectious diseases.
4. Those who have just undergone injections, such as hyaluronic acid, intradermal injection, wrinkle removal or other plastic surgeries.
5. Those who are pregnant or has severe heart disease, hyperlipidemia, hypertension, hyperglycemia or other serious diseases.

## Notes after Operation

1. Avoiding excessive exposure to the sun and keep skin hydrated.
2. Use sun protections and moisturizers.
3. Avoid using facial scrub, exfoliant, AHAs or other irritant skin care products.
4. Avoid smoking, drinking and staying up late; eat more vegetables, fruits and less greasy foods.
5. Apply one facial mask in the first 3 days of treatment.
6. Wash face with lukewarm water in the first 3 days.

## Back Lymphatic Drainage

### Working Principle

#### Vacuum Cup

Through special negative pressure suction head on the skin, and muscle massage can effectively improve the cells in the body fluids liquidity, increase cell movement can activate cells to improve the effect of skin elasticity, at the same time, accelerate the blood circulation of imperceptible blood-vessel, excess toxins through the normal cycle of the lymphatic system, and reduce and improve the dark spots and hyperpigmentation of body, as well as stasis. The suction and discharge of air pressure can not only improve the capillary system, but also improve the flow between the deeper veins and the network of lymph glands, strengthen the blood vessels, and improve varicose veins.

#### Cupping

Scrapping and cupping are from the inside to the body surface, and finally distribute from the body surface. The stimulation during scraping promotes the circulation of qi and blood around the body, which in turn benefits the circulation of qi and blood throughout the body. Cupping, like acupuncture, is also a kind of physical therapy, and it is one of the best physical therapy, which uses negative pressure to make it attracted to the skin, causing congestion. Cupping cups are placed on the treatment area or acupuncture point, by doing which can slowly suck out symptoms of moisture, meanwhile promote local blood circulation, thus achieving the purpose of pain to restore function, such as clearing dampness, hotness and coldness, dredging meridians, activating blood and qi, reducing swelling and pain, detoxicating, adjusting the body balance of Yin and Yang, relieving fatigue, enhancing physique and so on.

#### Effects

1. Accelerate lymph flow.

2. Accelerate natural detoxification, and help rid the body of waste through the lymphatic system.
3. Stimulate activity in the lymphatic area.
4. Increase lymphocyte production.
5. Boost your metabolism.
6. Boost your immune system.

## **Applicable Range**

1. Those who experience neck and shoulder strain.
2. Those with symptoms of peri-arthritis of shoulders.
3. Those who experience soreness and pain of muscles.
4. Those who experience nervous breakdown, insomnia, and dreamful sleep.
5. Those who drive, sit before computer screen, or just sit for long hours.

## **Inapplicable Range**

1. Those with hypertension, hyperlipidemia, hyperglycemia and heart disease.
2. Those whose wounds are yet to be healed or recovering from a surgery.
3. Those who are in pregnancy, menstruation, and lactation.
4. Those who have skin diseases or other infectious diseases.
5. Those who appear to have lymphoma or cancer.
6. Those who are drunk, overworked, or too thirsty; those with a full or empty stomach.

## **Notes after Operation**

1. Avoid taking a shower in 4-6 hours and getting cold (capillary vessels are dilated after treatment).
2. Avoid scratching treatment areas whereon pain, pruritus, formication, or rubella were felt. The above symptoms are within the normal range.
3. Drink more lukewarm water to help with digestion.

# **Breast Enlargement**

## **Working Principle**

### **Breast Vacuum Cup**

Use vacuum negative pressure on the human body by special tools in the breast through the instrument internal negative pressure attraction, in the breast produce different rhythm of the negative pressure, make the breast relatively larger, achieve the effect of increasing the breast. The negative pressure in the cup can make local capillaries congested, stimulate organs, enhance cell vitality, promote functional

activities, and improve the body's resistance; Negative pressure mechanical stimulation, through the reflex pathway to the central nervous system, can regulate the balance of neural activity. The inhalation and exhalation of air and negative pressure in the operation increase and disappear replacement, make the local pores continue to open and close, promote the skin to breathe, increase its oxygen intake, speed up the elimination of waste. It has the effect of warming channels and collaterals, promoting qi and blood circulation, removing blood stasis and swelling, removing poison and exorcising evil. Combined with deep massage, it makes the blood and gas unblocked, unclogs the breast acinus, drives the invisible gas to the tangible blood, transports oxygen and nutrition to the breast, and stimulates the pituitary gland to secrete female hormones, strengthens the breast connective tissue, and stimulates the breast development and growth. Promotes uterine contraction, tightens skin elastic fibers, and prevents loose and scattered skin tissue.

## **High Frequency Vibration**

There is a high frequency magnetic vibration device inside the cup, which is a new type of cosmetology and health care equipment combining acupoint therapy with electric massage. The magnetic field and vibration massage effect produced by the magnetic vibration massage device can act on the receiving parts, meridians or acupoints of the human body, promote the circulation of qi and blood, accelerate the metabolism, enhance the vitality of the body cells, and produce a variety of expected effects.

## **Far Infrared**

The warm and hot stimulation can make the local blood vessels dilate, promote the local blood circulation, improve the metabolism and the nutritional status of the tissues, enhance the permeability of blood vessels and cells, strengthen the phagocytosis ability of the skin system in the network, and facilitate the absorption of nutrients and the elimination of local toxic. It is equivalent to moxibustion therapy in traditional Chinese medicine. It has the functions of heat dissipation, regulating qi and activating blood circulation. Medical clinical trials have shown that far infrared has a warm function, in the range of 6-14 microns can most penetrate the human skin to subcutaneous tissue. It can dredge the channels and collaterals and unblock the circulation of qi and blood, which can improve the cell vitality, prevent cancer, prevent breast diseases and regulate the nervous system and enhance immunity and other functions.

## **EMS Patches**

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 receiving signal sent from the brain start activities



actively, while EMS technology through the electric current to stimulate the skin layer and the capillary and nervous inside the epidermal layer cells to produce hydration, fuel the folds of skin oxygen and nutrients, restore elasticity to drooping breasts.

## **Anion**

Negative oxygen ions directly through the skin into the human body to stimulate its nerve reflex, and affect the whole body system, so as to promote metabolism, prevent influenza, enhance the body's ability to fight disease, restore the balance of the human body. When the negative oxygen ion enters the human body, it can also cause a series of benign reactions:

1. Activate the cell vitality, maximize the physiological function of each organ, and repair the damaged body.
2. It can regulate the central nervous system, improve sleep and help blood flow, and promote capillary movement.
3. Prevention, treatment and improvement of respiratory diseases.
4. Regulate hormone secretion and cell potential, promote endocrine and metabolism, improve immune function and the ability to resist diseases. Negative oxygen ions can also eliminate tension, calm and wake up, and improve work efficiency.

## **Dailysis Tester**

It mainly penetrates the breast through the infrared ray emitted by the infrared probe. Due to the different absorption degree of infrared ray to different tissues, for example, the abnormal part can absorb infrared ray first, while the part in good condition absorbs less infrared ray. Therefore, the health condition of the breast can be judged according to the similarities and differences in the images.

The immunity of the breast is 20% lower than the other organs of the human body. According to the survey, about 70%-80% of women have different degrees of breast problems so it's best to early detect, treat and control.

Check the breast under the red light irradiation and based on the shadow and light of the breast to determine whether the breasts are healthy.

### **How To Use:**

1. Preparation: Introduce the method and purpose of exam to the first-time examinees, eliminate their nervousness and get cooperation, check whether the light meets the requirements in the room, and adjust and start the instrument.

### **2. Test:**

#### **2.1 Body Position**

Take the sitting position and fully expose both breasts. The upper body is slightly forward, and droop the chest, both upper limbs. This kind of body position can make mammary gland droop adequately for better examination and avoid light leakage. It

applies to smaller mammary gland.

## **2.2 Ask about the Medical History**

Ask about onset time, menstrual condition, age, birth and nursing history, whether there is mammary gland pain, the time and nature of the pain, whether it is related to menstruation, etc.; At the same time observe the size, symmetry, deformity and redness of the mammary gland surface, and check the nipple for abnormality, the color and nature of secretions, if any. Palpate the mammary gland next, and check whether mammary gland for lump, its tenderness, size, quality, mobility and if any pain is felt.

## **2.3 Probe Light Source Selection**

Each individuals breasts are very different in the size of the mammary gland, thickness, density, etc., based on which to select light level to prevent light leakage and insufficient light transmission. Choose stronger lighting for big, thick mammary gland and weaker light for small, thin mammary gland.

## **2.4 Light Leakage**

The refraction and reflection of light is the source of light leakage, that is, the light does not pass through the breast. Shooting directly from probe to the periphery causes the light intensity around mammary gland to increase, and quality affects the quality of the image. It, on the other hand, weakens the effective light intensity that can penetrate mammary gland, so we must think of a way to prevent light leakage.

Specific measures include:

- (1) Make the inclined surface of the probe close to the skin, and try to use the softness of the breast to cover the light beam.
- (2) Master the regulation of light intensity.
- (3) In case of inevitable light leakage, remove the part of light leakage when using the intake lens, and only take the breast that is fully illuminated.

## **2.5 Protection of the Probe**

The probe is the main part of the instrument, which should be protected. After checking a patient, the brightness of the probe should be adjusted to a small level and put back to the original place. After contact with infectious diseases, disinfection should be carried out to prevent cross-infection.

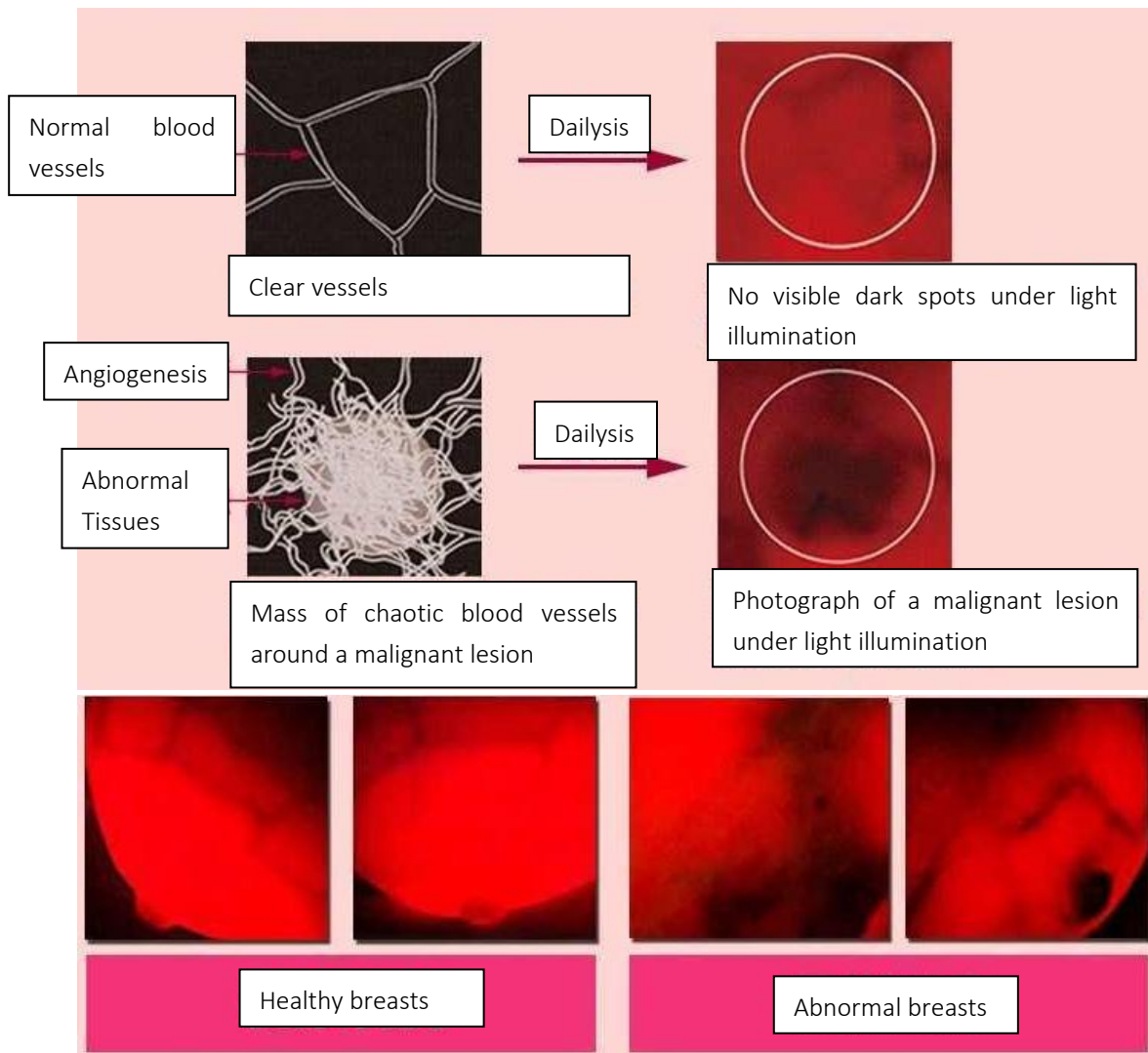
## **2.6 Physiological Status of the Examinee**

It is necessary to know the physiological stage of the patient in order to accurately judge whether the breast is a physiological response or a pathological change.

**2.7** The mammary gland during lactation is generally not to be examined, because the light beam cannot pass through the mammary gland containing a large amount of milk, and the image is completely dark.

**2.8** After puncture examination, the mammary gland is gray due to local hemorrhage, which interferes with the examination results. Therefore, this examination should not be conducted within two weeks for the mammary gland after puncture examination.

**2.9** Generally, the instrument should not be switched on and off frequently. Keep it clean, dry and be careful when moving.



## Effects

1. Improve breast laxity, sagging and those who have east west breasts.
2. Improve premenstrual breast swelling and soreness.
3. Unclog and straighten breasts.
4. Prevent lactoceles.
5. Prevent breast cancer.
6. Contouring breasts and enlarge breasts.
7. Reduce nipple indentation.
8. Promote blood circulation and accelerate metabolism
9. Detect breast problems in time.

## Applicable Range

1. Those with breasts laxity and sagging.
2. Those with asymmetrical, and east west breasts; those with a flat chest.
3. Those who have inverted nipples and look for a change.

4. Those with breast nodule, mammary hyperplasia; those who experience breast pain.
5. Those who feel they have insufficient mammary gland development; those who suffer from postpartum mammary gland atrophy.

## **Inapplicable Range**

1. Those who are in pregnancy, menstruation, and lactation.
2. Those who have hypertension, hyperlipidemia, hyperglycemia and heart disease.
3. Those with serious mammary hyperplasia, fibromatosis and cysts.
4. Those with infectious breast skin.
5. Those have had undergone surgeries on breasts.
6. Those with serious diseases, such as epilepsy, hypertension, cancer, etc.
7. Those with metal or pacemakers implants in the body.
8. Those who have cuts in their skin or infections.

## **Notes after Operation**

1. Drink more lukewarm water and stay warm.
2. Wear comfortable bra with support; avoid squeezing breasts.
3. Avoid getting cold (it's advised not to go out in windy days.); take showers 4-6 hours after the treatment.

# **Buttock Augmentation**

## **Working Principle**

### **Buttock Vacuum Cup**

The negative pressure in the cup can make local capillaries congested, stimulate organs, enhance cell vitality, promote functional activities, and improve the body's resistance; Negative pressure mechanical stimulation, through the reflex pathway to the central nervous system, can regulate the balance of neural activity. The inhalation and exhalation of air and negative pressure in the operation increase and disappear replacement, make the local pores continue to open and close, promote the skin to breathe, increase its oxygen intake, speed up the elimination of waste. At the same time vacuum cup can help contour buttocks, make excess fat be adsorbed at the due position of buttocks, so that your buttock look full.

## **Effects**

1. Relax muscles and increase blood circulation on treatment areas.
2. Improve outward expanding and sagging butt.

3. Improve flat butt.
4. Improve square butt. Tighten skin around buttocks.

## **Applicable Range**

1. Those who have inverted and flat butt.
2. Those with less fat on buttocks.
3. Those who aim for a better figure either professionally or psychologically.
4. Those who are satisfied with the size but not the plumpness of their buttocks.
5. Those who have accumulated waist fat and lead to square (H-shape) butts.

## **Inapplicable Range**

1. Those who are in pregnancy, menstruation, and lactation.
2. Those whose wounds are yet to be healed or recovering from a surgery.
3. Those with heart diseases and hypertension, etc.
4. Those who have skin diseases, and infectious diseases; those who are during sensitive skin period.
5. Those who are in poor health.

## **Notes after Operation**

1. Avoid taking showers within 4-6 hours after treatment.
2. It is advised to wear butt lifting underwear to prevent sagging and laxity.
3. It is advised to do some butt lifting exercise after treatment.

# **Abdomen Cupping**

## **Working Principle**

### **Cupping**

Abdominal cupping is to use external force to open pores so that waste can be discharged through pores outside the body, at the same time for some aging cells also have a certain update. Through the local conditioning can promote local blood and internal circulation to speed up metabolism to achieve the effect of weight loss.

According to these principles, cupping the abdomen can reduce the protruding fat on the abdomen. Abdominal cupping can also help with cold, or cold womb and other diseases. It can also regulate the viscera, balance Yin and Yang, improve the immune function.

### **Effects**

1. Stomach meridian drainage and detoxification.
2. Help with cold womb and body.
3. Help with digestion and constipation.
4. Tighten skin and prevent saggy skin on stomach.

## **Applicable Range**

1. Those who are suffering from bad digestion and constipation.
2. Those who experience cold womb and stomach.
3. Those who have stools.
4. Those who wish to lose weight and gain firm muscles.
5. Those with muffin top.

## **Inapplicable Range**

1. Those are during menstruation, pregnancy and lactation.
2. Those who are still recovering from surgery or whose wounds are yet to be healed.
3. Those who have heart disease and hypertension, etc.
4. Those who have skin disease, infectious disease or during sensitive skin period.
5. Those who has a weak body.
6. Those who are drunk, full or empty-stomached, thirsty and overworked.

## **Notes after Operation**

1. Avoid taking showers within 4-6 hours after treatment.
2. Avoid wearing crop tops or getting a cold.
3. Avoid eating spicy, cold food; drink more warm water.

# **Arm Detoxification**

## **Effects**

1. Improve loose skin.
2. Improve flabby arms and thick arms.
3. Relieve muscle soreness and fatigue.
4. Dredge channels and collaterals and speed up detoxification.
5. Accelerate blood circulation and metabolism.

## **Applicable Range**

1. Those with thick arms and want to look better in clothes.
2. Those with jiggly and flabby arms.

3. Those whose arms are susceptible to pain and numbness.
4. Those with underarm lymphatic obstruction.
5. Those with blocked channels and nodules.
6. Those whose arms are susceptible to fatigue.

## **Inapplicable Range**

1. Those who have just had plastic surgery or liposuction.
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 and avoid getting cold.
2. Shower 4-6 hours later.
3. Drink plenty of warm water to stay hydrated.
4. Refuse to overeat or stay up late.
5. Eat more fruits and vegetables and less spicy, fried and oily food.

# **Leg Detoxification**

## **Effects**

1. Tighten skin and prevent sagging.
2. Increase leg circulation and detoxification, metabolism.
3. Promote blood circulation and remove blood stasis, dredge channels and collaterals, and prevent varicose veins.
4. Tighten excessive protruding fat on legs and rid 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.
5. Those whose legs are susceptible to soreness and numb.

## **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 old.
9. Those who are pregnant or recovering from surgery.

## **Notes after Operation**

1. Keep warm after operation. Do not eat cold food. Avoid getting cold.
2. Shower 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. Wear pants when you're done. Avoid miniskirts and shorts.

## **Body Care: Private Parts**

### **Working Principle**

### **Vacuum Cups for Private Parts**

The negative pressure in the cup can make local capillaries congested, stimulate organs, enhance cell vitality, promote functional activities, and improve the body's resistance; Negative pressure mechanical stimulation: through the reflex pathway to the central nervous system, can regulate the balance of neural activity. The inhalation and exhalation in the operation, the increase and disappearance of negative pressure replace, make the local pores continue to open and close, promote the skin breathing, increase its oxygen intake, accelerate the elimination of waste and promote the contraction of pelvic smooth muscle, increase blood circulation, regulate the endocrine system, increase lute in and hormone secretion in the body.

### **Effects**

1. Improve vaginal lubrication.
2. Improve vaginal relaxation.
3. Regulate your hormones.



4. Improve the quality and sensitivity of your sex life.
5. Improve the color of the perineum.
6. Discharge vaginal toxins and residual metabolites, restore vaginal cleanliness and balance.

## **Applicable Range**

1. Those who are in pregnancy, birth, abortion, contraception and sexual intercourse.
2. Those with irregular menstruation (dysmenorrhea, less period flow, blood clots).
3. Those with skin spots, acne and dark yellow caused by endocrine imbalance.
4. Those with abnormal leucorrhea and peculiar smell.
5. Those with poor memory and immunity.
6. Those whose sex life isn't compatible.

## **Inapplicable Range**

1. Those in pregnancy, menstruation or lactation.
2. Those who are recovering from surgery or being treated.
3. Those who have heart disease and hypertension, etc.
4. Those who have skin disease, infectious disease or during sensitive skin period.

## **Notes after Operation**

1. Shower 4 hours after treatment.
2. Drink plenty of warm water, avoid cold water and eat raw, cold and spicy food.
3. Change and wash underwear daily. The underwear should be made of pure cotton and silk, with less chemical fiber and avoid excessive tight underwear.
4. Towels and underpants should be dried in the sun or boiled with hot water. If dried in a humid environment, it is easy to breed fungus.
5. Don't engage in sexual intercourse immediately after the session.

# Part II

## 1. Detailed Operation

Detailed installation is as follows:





Suction & Release Time +/-



Vacuum Suction Time



Vacuum Suction Time +/-

Adjust based on one's own comfort level



Vacuum Release Time



Vacuum Release Time

The interval between suction and release. Longer release time, longer interval.



Vacuum



Working Time



Current Working Time



Vacuum Suction & Micro Electric (EMS Breast Patch)

Light indicator turns on when selecting either function



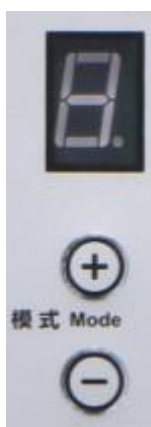
Working Time +/-



Start/Pause



Micro Electric (for EMS Breast Patches)



Micro Electric Mode



Mode Selection



Micro Electric Energy Intensity



Energy Intensity +/-

Adjust based on one's comfort level. Higher energy intensity, stronger electric sensation on the skin.



Micro Electric



Vacuum Meter

Adjust based on one's own comfort level. It is advised to adjust from the minimal level and increase slowly after adaptation. Higher intensity, stronger suction and more susceptible to petechiae.



Infrared Jack



Anion button



Vibration Cup Jack



Vacuum Cup Jack

Insert the vacuum cup wire into the hole



Micro Electric Jacks



Filter

Empty and clean the bottle when it's full.

## 2. Safety Precautions

Please consult your doctor or professionals before using the device if you have the following symptoms:

1. Those who are in pregnancy or lactation.
2. Those who have heart disease or have been implanted with a pacemaker.
3. Those whose surgical wound is not healed.
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. Use with caution for current sensitive people.
8. Avoid using for those who are suffering from serious diseases of the stomach, intestine and liver as well as bladder stones and kidney stones.

## 3. Dos and Dont's

1. Use a grounding pin and make sure the power socket of the device is properly



connected before each operation.

2. Ensure that the voltage of the device is appropriate. If the voltage of the local power supply is unstable, we recommend that users increase to the matching power voltage.
3. In order to ensure the therapeutic effect and normal service life expectancy of the device, please use the specified accessories provided or recommended by the original manufacturer.
4. The device should not be placed in wet environment or near water, nor should they be directly exposed to sunlight.
5. Do not place the device near a strong heat source, because this may affect the life and normal use of the device.
6. Do not use it for those have breasts prosthesis.
7. Do not use it for those have metal supports in the body (excluding IUD).
8. It should not be used during pregnancy or breastfeeding.
9. Don't use it after drinking.
10. Don't use it during heavy periods.
11. Do not use it 6 months after C-section.
12. Do not use it 3 months after miscarriage.
13. Do not use it 2 months after natural labor.
14. In the process of operation, if the suction adjustment of the negative pressure cup is too large, please immediately stop and adjust the suction.
15. Do not wear metal jewelry during the treatments.
16. Remember to add filter cotton before using the vacuum metal head to avoid the essential oil entering and causing the instrument malfunction.
17. After the operation, scrub the instrument with normal saline to ensure its cleanliness and extend its service life.
18. The healthy breast is red under the transparent light of the emulsion instrument, the brightness of the whole breast is uniform, and there is no obvious dark area. The internal blood vessels were normal without abnormal tortuosity, dilatation or increase in blood vessels.

## 4. Troubleshooting & Solutions

### 1. The instrument can't start and the key lamp on the back of the instrument doesn't work?

- A. Ensure that the power cord is connected to a working power outlet.
- B. Ensure the fuse tube on the back of the instrument is not loose or being burnt.

### 2. Vacuum cup has no suction or less suction?

- A. Check if the transparent long pipe is misconnected or not connected properly.
- B. Please check and clean if there is foreign matter or grease obstruction in the suction hole of main engine.
- C. If the pipe is broken, especially at both ends, it shall be replaced.

## 5.FAQs

**1. Q: Does vacuum breast enlargement have any side effects?**

A: No side effects. Vacuum breast enlargement adopts the working principle of pure physical therapy. Massage, negative pressure suction and release are common principles used in health care physical therapy instruments. It utilizes cutting-edge technology and combines a variety of principles into one machine, therefore giving birth to a highly effective device that produces no rebound and no side effects.

**2. Q: How long before I can start seeing results of facial treatment by vacuum cupping?**

A: Under normal circumstance on that day you can see pores are clean, skin is smooth. Normally facial care needs to be done consistently at least once a week. Persistent operation brings better results.

**3. 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.

## 6. Packing List





1 x Main machine


2 x Pink electronic

1 x Breast dialysis tester

20 x Vacuum cupping

## 7. Operational Diagrams


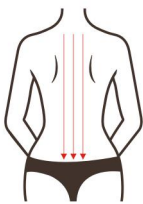

Parameter Adjustment	Product	Technique	Diagram
<b>Facial Care: 45 min, once/week</b>			
Face Vacuum Cup Energy: 20%-80%  Suction Time: 2-8  Release Time: 0-5	Makeup remover oil+ Cleanser+ Blackhead export liquid+ Cold&hot steam+ Face mask+ Essence+ BE-NF700	<ol style="list-style-type: none"> <li>1. Remove makeup and clean face, 5 min.</li> <li>2. Apply toner, 1 min.</li> <li>3. Apply blackhead export liquid+hot steam (on large pores or clogged area; apply toner on cheeks; Apply toner+cold steam for sensitive skin, export liquid+hot steam is not recommended.) 5-8 min.</li> <li>4. Small Face Vacuum Cup Operation: Stay on forehead for 1 sec and gently move towards hairline; Each move should be right next to the previous one (forehead-nose-chin-cheek); Double the operation on clogged pores if needed. Treat for around 10 min.</li> <li>5. Clean face with purified water, 2 min.</li> <li>6. Apply toner.</li> <li>7. Apply essence evenly all over the face.</li> <li>8. Medium Vacuum Cup Operation: Start from chin to forehead, move the device in lines to lift the treatment area, 3 times.</li> <li>9. Start from chin, coupled with hands to lift the face;</li> </ol>	<p>Technique4</p>  <hr/> <p>Technique4</p>  <hr/> <p>Technique8</p>  <hr/> <p>Technique8. 11</p>  <hr/> <p>Technique9</p>

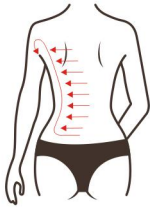
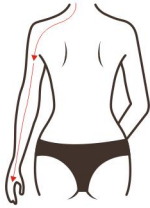
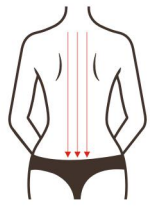

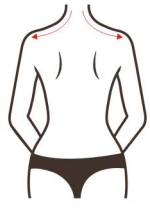
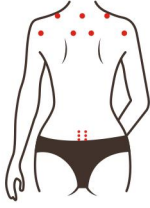
		<p>move from chin to earlobe, mouth corner to ear gate, nose wing to temple, lower eyelid to temple to lift canthus, 3 times.</p> <p>10. Do the same on the other side.</p> <p>11. Lift towards hairline on forehead, 3 times.</p> <p>12. Apply face mask, 15 min.</p> <p>13. Take off the mask and wash face clean, 2 min.</p> <p>14. Apply toner, essence, cream and sunscreen.</p>	
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**Suggested Treatment:**

10 treatments account for one full course. After one course, face beams with healthy redness, blood circulation is accelerated. Skin starts to export toxins, acne and blackheads are reduced. After 3 courses, skin contour is clearer, resistance is strengthened, and skin presents to be glowing and healthy.

## Back Lymphatic Drainage: 45 min, once/week

<p>Cupping Cup Energy: 20%-80%</p> <p>Suction Time: 2-9</p> <p>Release Time: 0-5</p>	<p>Essential oil+ BE-NF700</p>	<ol style="list-style-type: none"> <li>1. Massage Operation: apply oil on back till waist and push down on <i>Wind Pool(GB-20)</i> and <i>Wind Palace (DU-16)</i> acupoints, 3 times.</li> <li>2. Rub Governing Vessel(GV) and <i>Bladder Meridian(BL)</i> with hands with both hands, 3 times.</li> <li>3. Push alternately Governing Vessel(GV) and <i>Bladder Meridian(BL)</i> with hands, 3 times.</li> <li>4. The roots of both palms start from the major vertebra and alternate in pushing Governing Vessel(GV) and <i>Bladder Meridian(BL)</i>; Lift from the lumbar side through the armpits in left-right order, 3 times.</li> </ol>	<p>Technique1</p>  <hr/> <p>Technique2. 3</p>  <hr/> <p>Technique5. 11</p> 
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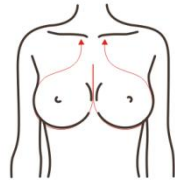
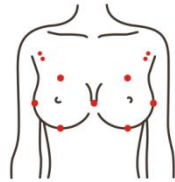
	<p>5. Push thumbs between shoulder blades to armpits, 3 times ; and then pass through armpits to fingers.</p> <p>6. Alternate both palms, starting from <i>Great Vertebra(DU-14)</i> acupoint in rib direction towards waist and slide to armpit in lines; make sure a line is next to another, 3 times</p> <p>7. Alternate <i>Tiger Mouth (the area where the thumb meets the index finger)</i>, starting from hairline to <i>Da Ban Jin (start from GB-20 and DU-16, tracing shoulder fascia)</i> and slide to fingers, 3 times.</p> <p>8. Do the same on the other side.</p> <p>9. Device Operation:</p> <p>10. Moving Cupping: If the moisture inside the body is heavy, you can walk the cups; walk through <i>Bladder Meridian(BL)</i> and <i>Governing Vessel(GV)</i> back and forth for 3 times (subjecting to the customer's acceptability).</p> <p>11. Walk through the shoulder blade seam back and forth for 3 times (subjecting to the customer's acceptability).</p> <p>12. Walk through the whole back to the rib direction for 3 times (subjecting to the customer's acceptability).</p> <p>13. Select fit cups and walk them on neck to <i>Da Ban Jin (start from GB-20 and DU-16, tracing shoulder fascia)</i> back and forth, 3-5 times.</p> <p>14. Fixated Cupping: on <i>Great</i></p>	<p>Technique6</p>  <hr/> <p>Technique7</p>  <hr/> <p>Technique9. 10</p>  <hr/> <p>Technique12</p>  <hr/> <p>Technique13</p>  <hr/> <p>Technique14</p>  <hr/>
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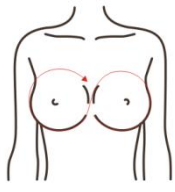
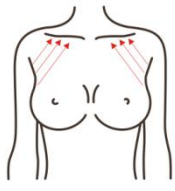
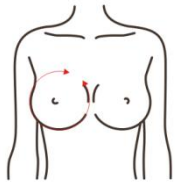
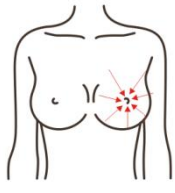
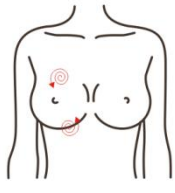
		<p>Vertebra(DU-14), Shoulder Well(GB-21), Heavenly Gathering(SI-11), Lung Transporter(BI-13), and 8 Crevice area (including pairs of Upper crevice(BI-31), Second Crevice(BI-32), Middle Crevice(BI-33), Lower crevice(BI-34)and then to Wind Pool(GB-20), around 5-10 min (subjecting to the customer's acceptability).</p> <p>15. Take off the cups and wipe clean with towel.</p>	
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**Suggested Treatment:**

10 treatments account for one full course. After one treatment, petechiae appear and dampness are removed. After one course, the back becomes relaxed and relieves the sore symptoms of shoulders and neck. After 3 courses, the lump on back of the neck is improved, the qi and blood function is normal, the sleep quality is good, and the physique is enhanced.

**Breast Enlargement: 45 min, 2-3 times/week**

<p>Breast Vacuum Cup Suction Intensity: 20%-90%</p> <p>Suction Time: 2-8</p> <p>Release Time: 0-5</p> <p>Dailysis Tester Energy Level: 3-7</p> <p>EMS Breast Patches Energy: 2-7</p>	<p>Essence+ BE-NF700</p>	<p>1. Use the tester to help the customer conduct a breast examine first. If the breast glands are free of problems or the breasts are healthy, carry out the following operations. If the client has abnormal breast growths, large nodules or lumps, or large areas of dark shadow, or other chest discomfort, cease to proceed. Customers should be advised to seek medical advice promptly.</p> <p>2. Proceed after the test, given the breasts are healthy.</p> <p>3. Stand at the head of the bed, both hands from <i>Middle of the Chest (Ren-17)</i> began to rub oil to armpit up at the</p>	<p>Technique1</p>  <hr/> <p>Technique2</p>  <hr/> <p>Technique4</p>
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	<p>same time lift the suspension ligament (this is to caress treatment area), 3 times.</p> <p>4. Push on the following acupoints with both thumbs:  <i>Middle of the Chest (Ren-17), Root of the Breast (ST-18), Great Wrapping (SP-21), Breast Window (ST-16), Middle Palace (LU-1), Cloud Gate (LU-2)</i>, 3 times.</p> <p>5. Caress the treatment area, 3 times.</p> <p>6. Overlap both palms from <i>Middle of the Chest (Ren-17)</i> to chest both sides back and forth as if writing figure "8", 3 times.</p> <p>7. Lift the accessory breast to the ligament alternately with both hands, first left, then right, 10 times.</p> <p>8. Caress the treatment area, 3 times.</p> <p>9. Sit beside the customer, first left, then right, with both hands to soothe and lift the chest, 3-5 times.</p> <p>10. Alternately push the breast duct around the chest (one circle of the chest), 3-5 times.</p> <p>11. Use the thumb to dredge the nodules in the chest, 3 times.</p> <p>12. Lift the whole chest with hands, 3-5 times.</p> <p>13. The technique on the other side is the same as above.</p> <p>14. Clean the treated area with hot towel, 2 min.</p> <p>12. Breast Vacuum Cup</p>	 <hr/> <p>Technique5</p>  <hr/> <p>Technique7. 10</p>  <hr/> <p>Technique8</p>  <hr/> <p>Technique9</p>  <hr/>
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		<p>Operation: select fit vacuum cups and attach them to breasts, 5-10 min.</p> <p>13. For those who have sunken nipples can select cups for face on nipples and treat for 5-10 min.</p> <p>14. Take the cups off.</p> <p>15. Apply gel evenly on the breast EMS patches and place and fixate them on the breasts with fasteners. Wait for 10-20 min.</p> <p>16. take off the EMS patches and clean breasts with hot towel.</p>	
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**Suggested Treatment:**



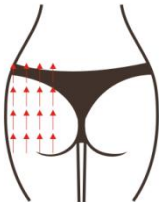

Treat every 1-2 days at the first two weeks and once every 4 days after two week. Treat once a month after a month to enhance the effect.

After one treatment, breasts are lifted. After one full course, breasts are tightened and lifted; accessory breast and outspread and drooping breasts will slowly tighten and focus. 3 courses of treatment help make the breast large and perky. Persistent use brings more evident results.

**Buttock Augmentation: 45 min, 2-3 times/week**

<p>Vacuum Cup Suction Intensity: 20%-80%</p> <p>Suction Time: 1-8</p> <p>Release Time: 0-5</p>	<p>Essential oil+ BE-NF700</p>	<ol style="list-style-type: none"> <li>1. Standing on the side, accumulate oil on hands and then slide from <i>8 Crevice</i> area to the waist and then lift up along the hips from the waist, 3 times ( to caress the treatment area.)</li> <li>2. Repeatedly push <i>8 Crevice</i> area with two thumbs.</li> <li>3. Caress the treatment area for 3 times and then press on the following points: <i>Kidney Transporter(BI-23)</i>, <i>8 Crevice area</i>, <i>Long and Rigid(DU-1)</i>, <i>Jumping Circle(GB-30)</i> and <i>Hold and Support(BI-36)</i>, 3 times.</li> </ol>	<p>Technique1</p>  <hr/> <p>Technique2</p>  <hr/> <p>Technique3</p>
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	<p>4. Caress the treatment area, 3 times.</p> <p>5. First left, then right, with both hands extending from the root of the thigh from bottom to top - <i>Bladder Meridian(BL)</i> - <i>Kidney Meridian(KI)</i> - <i>Liver Meridian(LV)</i> - <i>Gallbladder Meridian(GB)</i> - <i>Governing Vessel(GV)</i>, 3 times each.</p> <p>6. Both hands follow from the root of thigh from bottom to top - <i>Bladder Meridian(BL)</i> - <i>Kidney Meridian(KI)</i> - <i>Liver Meridian(LV)</i> - <i>Gallbladder Meridian(GB)</i> - <i>Governing Vessel(GV)</i>, 3 times each.</p> <p>7. Overlap both palms and push up together from thigh root to <i>Governing Vessel(GV)</i> to lift the treatment area ,3 times.</p> <p>8. Push your hands from bottom to top from both sides of your hips to the top of your hips, 3 times.</p> <p>9. Repeat the previous operation.</p> <p>10. Caress the treatment area.</p> <p>11.The technique on the other side is the same as above.</p> <p>12. Rub 8 <i>Crevice area</i> with hands till it's hot.</p> <p>13. Select fit cups to move the cups: start from thigh root and move upwards to lift the buttocks, 3-5 times.</p> <p>14. From two sides of hips to center of buttocks to lift them, 3-5 times.</p> <p>15. Fixated Cupping: select fit cups, fixate them on buttocks</p>	 <hr/> <p>Technique5</p>  <hr/> <p>Technique6</p>  <hr/> <p>Technique8</p>  <hr/>
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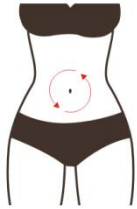
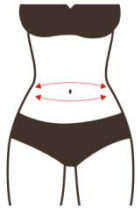
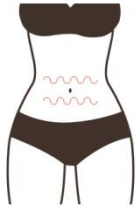

		and adjust to proper energy level, 5-10 min. 16. Take off the cups and wipe buttocks with hot towel.	
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**Suggested Treatment:**

Treat every 1-2 days at the first two weeks and once every 4 days after two week. Treat once a month after a month to enhance the effect.

After a treatment, hips achieve the effect of lifting. After a course of treatment, excess fat on hips begin to disappear, the surrounding fat begin to concentrate. After 3 courses of treatment to shape hip curve, increase hip elasticity, improve gynecological cold womb and other problems.

## Abdomen Cupping: 60 min, once every 1-2 weeks

<p>Vacuum Cup Suction Intensity: 30%-80%</p> <p>Suction Time: 5-9</p> <p>Release Time: 0-5</p>	<p>Essential oil+ BE-NF700</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 times.</li> <li>3. Knead abdomen with both hands using chiropractic techniques, 3 times.</li> <li>4. Lift <i>Belt Vessel</i> (BV) on both sides of waist with both hands alternately, 16 times.</li> <li>5. Move hands as if writing figure "8" 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 acupoints: <i>Upper Epigastrium</i> (Ren-13), <i>Middle Epigastrium</i> (Ren-12), <i>Lower Epigastrium</i> (Ren-10), <i>Spirit Palace</i>(Ren-8), <i>Sea of Qi</i>(Ren-6), <i>Origin Pass</i>(Ren-4), <i>Middle Extremity</i> (Ren-3), <i>Heaven's Pivot</i> (ST-25), <i>Great Horizontal</i> (SP-15), <i>Crooked Bone</i></li> </ol>	<p>Technique1</p>  <hr/> <p>Technique2</p>  <hr/> <p>Technique3</p>  <hr/> <p>Technique5</p>  <hr/> <p>Technique6</p>
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		<p>(Ren-2), 2 times.</p> <p>9. Move hands in circular motion and caress the treatment area, 3 times.</p> <p>10. Alternate hands in pushing the following meridians: <i>Conception Vessel (CV)</i> - 2 cun away, <i>Kidney Meridian (KI)</i>- 4 cun away, <i>Stomach Meridian (ST)</i>- 6 cun away, <i>Spleen Meridian (SP)</i>- 8 cun away, <i>Liver Meridian (LV)</i>- two sides, <i>Gallbladder Meridian (GB)</i>, 3 times.</p> <p>11. Starting from <i>Middle Extremity (Ren-3)</i>, push both thumbs to belly navel, slide them to waist and the lift upwards to groin, 3 times.</p> <p>12. Caress the treatment area in circles with hands, 3 times.</p> <p>13. Caress and slide to groin.</p> <p>14. Choose the appropriate cup to fix the cup on the abdomen, and it will last for about 5-10 minutes on <i>Lower Epigastrium (Ren-10)</i>, <i>Heaven's Pivot (ST-25)</i>, <i>Great Horizontal (SP-15)</i>, <i>Origin Pass (Ren-4)</i>, waist side (according to the customer's situation).</p> <p>15. Take off the cup and wipe abdomen with hot towel.</p>	 <p>Technique8</p>  <p>Technique10</p>  <p>Technique11</p> 
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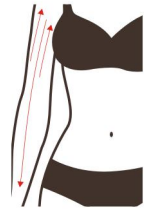
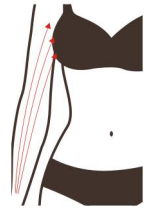


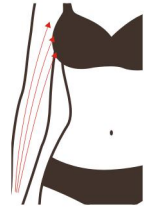
**Suggested Treatment:**


10 times for a course of treatment, one time after finishing the waist abdomen will have a slight measles phenomenon, constipation will be improved, a course of treatment can improve the palace cold, abdominal obesity, improve the digestive system. After two courses of treatment, the effect was strengthened to improve the blockage of abdominal channels and collaterals, damp, constipation, and unclog the intestinal tract. Three courses of treatment consolidated the effect and prevented abdominal and gastrointestinal diseases.

Cupping: It can be done once every two weeks in the early stage, once every 20 days after three times. It can be done once a month after one course of treatment, and once a month and a half after two courses of treatment.

Note: Treat every two weeks if no petechiae appears afterwards or treat under low suction intensity during the process.

## Arm Detoxification: 60 min, once/week

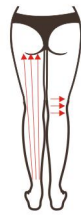
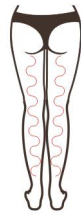

<p>Vacuum Cup Suction Intensity: 20%-80%</p> <p>Suction Time: 1-8</p> <p>Release Time: 0-5</p>	<p>Essential oil/Massage cream+ BE-NF700</p>	<ol style="list-style-type: none"> <li>1. Rub oil at arms with both hands and slide to the fingers, 3 times.</li> <li>2. Push hands upwards tracing three main collateral 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>3. Rub the arm with keeling fingers till it turns hot.</li> <li>4. Rub oil at arms with both hands and slide to the fingers, 3 times.</li> <li>5. Push three yin channels on inner arm: Lung Meridian(LU) - Pericardium Meridian(PC) - Heart Meridian(HT) to armpit, with hukou pointing upwards, 3 times respectively.</li> <li>6. Rub three channels back and forth with kneeling fingers, 3 times.</li> <li>7. Vacuum Cup Operation: Lay the arm flatwise and push three channels on the outer side of the arms, 3 times.</li> <li>8. Move up and down on the outer side of the arms, 3-5 times.</li> <li>9. Lay the arm flatwise and push three channels on the inner side of the arms till the</li> </ol>	<p>Technique1</p>  <hr/> <p>Technique2</p>  <hr/> <p>Technique4</p>  <hr/> <p>Technique5</p>  <hr/> <p>Technique7,8</p> 
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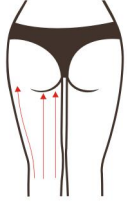
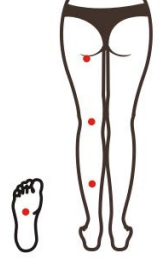
		<p>underarm, 3 times.</p> <p>10. Select the vacuum cups of your choice and fixate them on the outer side of the arms. Wait for 5-10 min.</p> <p>11. Remove the cups and clean with hot towel.</p>	<p>Technique9</p> 
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**Suggested Treatment:**

6 sessions account for a course of treatment. One session helps relax the body and slight petechiae appears afterwards, which will disappear within 3-7 days. Treat once a month for those with darker colored and larger areas of petechiae and once every 1-2 weeks for those with slight petechiae. One full course helps speed up metabolism, unblock channels and collaterals. Two courses help improve sore and painful muscles. It also helps unblock channels and collaterals at certain parts of the body and reduce flabby arms. Three courses help bring better sleep quality, health, physique and skin.

**Leg Detoxification: 60 min, once/week**

<p>Vacuum Cup Suction Intensity: 20%-80%</p> <p>Suction Time: 3-9</p> <p>Release Time: 0-5</p>	<p>Essential oil/Massage cream+ BE-NF700</p>	<ol style="list-style-type: none"> <li>1. Leg operation: Have the customer lay on his/her back. From left to right, 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 Meridian(BL) - Kidney Meridian(KI) - Liver Meridian(LV) - Gallbladder Meridian(GB) with fingers spread and hukou pointing upwards.</li> <li>3. Push hands alternately to popliteal fossa, 3 times.</li> <li>4. Twist both hands upwards alternately as if twisting a fried 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,</li> </ol>	<p>Technique1. 2. 3</p>  <p>Technique4</p>  <p>Technique9</p>  <p>Technique10. 11</p>
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	<p>3 times.</p> <p>8. Do the same on the other side.</p> <p>9. Vacuum Cup Operation: move the device from popliteal fossa to Bladder Meridian(BL) - Kidney Meridian(KI) - Liver Meridian(LV) - Gallbladder Meridian(GB), 3 times.</p> <p>10. Pus from popliteal fossa to the end of thigh, tracing the above four channels, 3 times.</p> <p>11. Slide slowly up and down the upper leg, 3-5 times.</p> <p>12. Do the same on the other side.</p> <p>13. Select vacuum cups of your choice to fixate the cups on the following spots: Popliteal fossa, thigh muscle, Support the Mountain(BI-57) and sole if need. Wait for 10 min.</p> <p>14. Remove the cups and clean with hot towel.</p>	 <hr/> <p>Technique13</p> 
<p><b>Suggested Treatment:</b></p> <p>6 sessions account for a course of treatment. One session helps relax the body and slight petechiae appears afterwards, which will disappear within 3-7 days. Treat once a month for those with darker colored and larger areas of petechiae and once every 1-2 weeks for those with slight petechiae. One full course helps speed up metabolism, unblock channels and collaterals. Two courses help improve sore and painful muscles. It also helps unblock channels and collaterals at certain parts of the body and reduce leg fat deposits. Three courses help bring better sleep quality, health, physique and skin.</p>		

## Body Care on Private Parts: 60 min, once/week

<p>Vacuum Cup Suction Intensity: 20%-80%</p> <p>Suction: 0.3-1.5</p> <p>Release: 0-1.0</p>	<p>Oil for Private part use+ Disposable wet tissue+ BE-NF700</p>	<ol style="list-style-type: none"> <li>1. Private part massage: Pour drips of oil on palm and rub until it's hot; From left to right, alternate <i>Tiger Mouth (the area where the thumb meets the index finger)</i>, starting from hairline to <i>Da Ban Jin (start from GB-20 and DU-16, tracing shoulder fascia)</i> to push groin, 3-5 times.</li> <li>2. From left to right, push to the groin upwards with both hands, 3-5 times.</li> <li>3. Press and rub acupoints around labia with both hands, 3 times.</li> <li>4. Slide from groin to labia in lines with both hands, 3-5 times.</li> <li>5. From left to right, push to the groin upwards with both hands, 3-5 times.</li> <li>6. Slide from groin to labia in lines with both hands, 3-5 times.</li> <li>7. Device operation: Select fit vacuum cups to fixate on three points of the groin, 3 min each.</li> <li>8. Remove the cups.</li> <li>9. Vacuum cup operation: From left to right, push to the groin upwards with both hands, 3-5 times.</li> <li>10. From left to right, push labia majora and labium minus upwards with both hands, 3-5 times.</li> <li>11. Stimulate Yin Meeting</li> </ol>	<p>No Diagrams</p>
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		(Ren-1) acupint (stay for 3 seconds), 3-5 times. 12. Wipe treatment area with disposable wet tissue.	
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**Suggested Treatment:**

10 times for a course of treatment, after a course of treatment can feel some compact, after a course of treatment groin and labia part color began to fade, slowly began to compact, three courses of treatment down the private parts began to rosy compact, menstruation began to return to normal, dysmenorrhea symptoms improve, restore a happy life.