

# User Manual

HR-AS1913



# Preface

Dear Users:

We're pleased to present to you our HR-AS1913 Multifunctional Laser Skin Resurfacing beauty device. This instrument adopts IPL, RF, epidermal cooling and combines the advantages of IPL and RF. The skin absorbs IPL energy and RF energy selectively. Besides, RF skin surface cooling eliminates the burning from IPL. We aim at a safe and, at the same time, effective beauty result by using high-end technologies. Multifunctional Laser Skin Resurfacing beauty device 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 guide 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

Laser skin resurfacing beauty machines are currently the most popular beauty machines that work on skin brightening, dark spots removal, wrinkles removal, anti-aging, tattoo removal, and permanent hair removal. It's 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. The laser skin resurfacing beauty machine adopts physical therapy that is noninvasive, requires no surgery and leaves no scars. The specific wavelength acts on the hyperpigmentation in epidermal and dermal layers and breaks them, and they disappeared because of phagocytes or metabolism. So it brightens the skin, removes the dark spots, tattoos, etc. Laser hair removal adopts selective power and heat for a perfect effect, and its unique wide spectrum intense pulses light travels to deeper layers of skin, reduce skin imperfection, such as dullness and hyperpigmentation. It also increases skin elasticity, remove wrinkles and upgrade your overall skin condition.

## Advantages

1. Easy operation, safe and effective with no side effects.
2. Multiple operating heads for different needs.
3. It acts on pigment granules only, no harm to the skin.
4. No consumption, low cost, fast return.
5. Large treatment area, fast effectiveness.
6. Adopts IPL, RF, surface cooling, which not only removes dark spots, brightens the skin, anti-aging and removes wrinkles, but also permanently removes hair, tattoo, etc.
7. Several unique wavelength filters and snow ice cooled RF operating heads for different needs and different treatment parts.
8. Large hair removal treatment are, high efficiency.
9. Comprehensive treatment, good effect on various skin problems, addresses both symptoms and root causes, permanent hair removal, effectively removes stains, fine lines, etc.
10. Convenient permanent hair removal.
11. Snow ice cooled RF can effectively promote the continuous collagen regeneration. After 2-6 months after the treatment, wrinkles will be reduced and then disappeared, and the skin will be rejuvenated.

## 1. Laser Skin Resurfacing

### Principles

**Carbon Black Doll Facial:** Applying nano-carbon powder on the face, let it penetrate into the pores, and then blast the carbon powder particles with laser to break the dirt and cutin of the epidermis; the high temperature energy generated and conducted to the dermis layer to fully stimulate the renewal of skin cells, stimulates the repair of collagen fibers and elastic fibers, and uses the body's natural repair function to initiate the orderly deposition and arrangement of new collagen, thereby instantly removing fine lines and wrinkles, whitening and rejuvenating the skin, shrinking pores, and smoothing the skin. The skin regains its original elasticity.

1064nm: A laser beam with a wavelength of 1064nm selectively acts on melanocytes, instantly fragmenting the melanocytes in the skin layers, breaking down the melanocytes into small particles, and phagocytic cells in the body swallow these small particles into the lymphatic system, and then rely on the metabolism to pass abnormal pigment out of the body, so as to achieve the effects of removing moles, nevus, and tattoos (bluish-black/dark).

532nm: A laser beam with a wavelength of 532nm selectively acts on melanocytes, instantly fragmenting the melanocytes in the skin layers, breaking down the melanocytes into small particles, and phagocytic cells in the body swallow these small particles into the lymphatic system, and then rely on the metabolism to pass abnormal pigment out of the body, so as to achieve the effects of removing freckles, dark spots, and tattoos (brownish red/light color).

## Carbon Black Doll Facial

### Effects

1. Reduce skin blemishes and shrink pores.
2. Eliminate skin dullness and dark spots.
3. Increase skin elasticity and fight skin aging.
4. Improve skin quality and fade spots.
5. Tighten skin, remove fine lines.

### Applicable Range

1. Those with excessive oil secretion and are prone to acne.
2. Those with enlarged pores and blackheads.
3. Those with dull, coarse skin and fine lines.
4. Those with lax skin.
5. Those who are dissatisfied with their skin tone.

### Inapplicable Range

1. Those whose skin is having an allergic reaction or extremely sensitive.
2. Those in pregnancy, menstruation, or those with heart disease, '3 Hs' (high blood pressure, high cholesterol and high blood sugar).
3. Those who have just undergone plastic surgery and are still recovering.
4. Use with caution for patients with skin diseases and infectious diseases.
5. Those with metal implants or fillers at the operating site.
6. Those who are allergic to light (solar urticaria, lupus erythematosus) have symptoms such as redness, swelling and oxygen after exposure to the sun.

## Notes after Operation

1. One week before the operation, do not do the following beauty project, such as laser, dermabrasion, AHA skin rejuvenation.
2. Do not overly expose under the sun, sunbathe or SPA within one month before treatment.
3. Keep regular life schedule after treatment and pay attention to the combination of work and rest.
4. Apply at least one hydrating mask every day for one week after operation
5. Do not go to sauna, soak in hot spring or swim within 7 days after the treatment.
6. Use sunscreen whose SPF level is between 30-50. Use physical measures too, like using umbrella when you're out under the sun.
7. Avoid stimulant skin care products and cosmetics, such as those containing AHA, salicylic acid (BHA) and alcohol, for one week after treatment.

## Laser Hair Removal&Rejuvenation

### Principles

It uses the principle of selective absorption of light and strong heat of light. Multi-wavelength, strong pulse, wide spectrum, the quantized decomposition of color light will form a quantum of light, by which irradiation on the skin, it can reach all levels of the skin, decompose abnormal pigment cells, destroy hair follicles, close of abnormal vessels; at the same time it stimulates the proliferation of collagen, rearrange elastic fiber, so as to achieve effects like removal of freckles, hair, and couperose, and skin rejuvenation. Freckle removal relies on the metabolism to pass abnormal pigment out of the body.

Wavelength	Skin Type	Energy Level Range (for reference)
480nm~1200n	For telangiectasia, couperose, inflammatory	15~35

m:	acne, pimples, etc.	
530nm~1200nm:	For dullness, sallowness, wrinkles, fine lines, enlarged pores, ect.	15~40
640nm~1200nm:	For rejuvenation, hair removal (armpit, limbs, back, hairline, lip hair, bikini, etc.)	20~40
Note: The above data are for reference only and they could be adjusted subjecting to clients' comfort level to avoid scald.		

## Full-body Hair Removal

### Main Effects

6. Remove unwanted hair on limbs.
7. Adjust hairline on forehead and neck.
8. Remove fine hair on chest and back.
9. Remove facial fine hair, smooth skin.
10. Shrink pores and refine skin.
11. Remove hair around mouth and chin.
12. Brighten and whiten skin.

### Applicable Range

1. Those with excessive hair growth on limbs.
2. Those with unwanted hairline on forehead.
3. Those with unwanted hairline on neck.
4. Those with excessive hair growth around mouth and chin.
5. Those with excessive hair growth on the back and large pores and dull skin.
6. Those with excessive hair growth on face and uneven skin tone.
7. Those with excessive hair growth on body and private parts.

### Inapplicable Range

1. Those in pregnancy and lactation; those with heart disease, malignant tumor, folliculitis, vascular disease, severe hyperlipidemia, hypertension, hyperglycemia, and other serious diseases.
2. Those with abnormal metabolism of collagen cells, including history of scar and poor wound healing.
3. Those with infected treatment area, herpes simplex, and skin lesion, etc.
4. Those who have just undergone plastic surgery with unhealed wounds.
5. Those who are having allergic reactions.
6. Those with pacemakers.
7. Those who are photosensitive (solar urticaria, lupus erythematosus), and experience swelling, itch and redness when exposed under the sun.



8. Those who have just undergone photoelectric therapy in 30 days.
9. Those who are in their childhood, not yet hit puberty or under 18.

## Notes after Operation

1. No contact with hot water on treatment area in 6 hours.
2. Avoid sauna, hot spring and swimming in 7 days.
3. If redness appears on face, wait for 1 day before applying make-ups.
4. Use sun protection, such as sunscreen or umbrella after treatment.
5. Avoid applying any products that contain irritating ingredients (e.g. alcohol, acid) on body and limbs in 3 days.

## Photon Rejuvenation

### Effects

1. Improve skin blemishes and shrink pores.
2. Eliminate skin dullness and dark spots.
3. Increase skin elasticity and fight skin aging.
4. Help smooth wrinkles and improve skin quality.
5. Effectively tender skin, remove wrinkles and spots.
6. Improve telangiectasia and couperose.

### Applicable Range

1. Those with sagging facial skin and fine lines.
2. Those with senile skin changes.
3. Those who want to change the texture of skin, hoping for better elasticity and smoother skin.
4. Those with pigmented spots on the face, such as freckles, sunspots, etc.
5. Those with coarse facial skin, large pores, acne pits and couperose.
1. Those with uneven and dark skin and wish for fairer skin.

### Inapplicable Range

1. Those whose skin is having an allergic reaction or extremely sensitive.
2. Those in pregnancy, menstruation, or those with heart disease, '3 Hs'(high blood pressure, high cholesterol and high blood sugar).
3. Those who have just undergone plastic surgery and are still recovering.
4. Use with caution for patients with skin diseases and infectious diseases.
5. Those with implants or fillers at the operating site.
6. Those who are allergic to light (solar urticaria, lupus erythematosus) have symptoms such as redness, swelling and oxygen after exposure to the sun.

## Notes after Operation

1. For those who have used topical retinol acid ointment or freckle removing product before operation, it is recommended to stop taking the medicine for 1 week before doing photon skin rejuvenation.
2. One week before the operation, do not do the following beauty project, such as laser, dermabrasion, AHA skin rejuvenation.
3. Keep regular life schedule after treatment and pay attention to the combination of work and rest.
4. Apply at least one hydrating mask every day for one week after operation
5. Do not go to sauna, soak in hot spring or swim within 7 days after the treatment.
6. Use sunscreen whose SPF level is between 30-50. Use physical measures too, like using umbrella when you're out under the sun.
7. Avoid stimulant skin care products and cosmetics, such as those containing AHAs, , salicylic acid(BHA) and alcohol, for one week after treatment.

## Snow Ice Cooled RF Skin Tightening and Anti-aging

Snow Iced Cooled RF is based on constant cooling of the skin and deep heating of the electric wave. It achieves the "ice power" effect of "surface cooling and deep heating". During the Snow Ice Cooled RF wrinkle process, the skin temperature is kept at -5 degree centigrade through the smart skin cooling system to ensure the skin is not damaged. Then Snow Ice Cooled RF uses the radio frequency to generate radio frequency to directly penetrate the skin. Stimulates the ion and charged colloidal particles in the body to produce rapid movement or vibration, and friction generates heat energy. At the same time, under the action of polar molecular resonance technology, the dermis collagen tissue is heated to stimulate collagen production, fiber tissue reconstruction and skin elasticity recovery. To tighten the loose skin and complete the process of wrinkle removal to achieve long-lasting skin lifting and firming results.

## Face&Neck Anti-wrinkle

### Effects

1. Promote collagen regeneration and increase skin elasticity.
2. Improve loose and saggy skin, firming skin.
3. Lift triangle submalar and eye corner.
4. Build the facial contours.
5. Reduce law lines, glabella lines, eye lines, etc.
6. Improve skin quality, delicate skin, shrink pores.
7. Remove double chin, neck lines, wrinkles, etc.

## **Applicable Range**

1. Those with loose, saggy skin, and skin lack of elasticity.
2. Those with collagen loss.
3. Those with wrinkles, fine lines, etc.
4. Those with unclear facial contours and jawlines.
5. Those with double chin and neck lines.
6. Those with dull skin.

## **Inapplicable Range**

1. Those who have just undergone plastic surgery which have implanted prostheses, metal materials and so on.
2. Those who have done injection products recently, 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 in menstruation, pregnancy, lactation, surgical recovery.
7. Those with skin diseases and infectious diseases.

## **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, avoid overly expose under the sun.
3. Use facial mask and neck mask at least 3 times a week.
4. It is best not to use alcohol, fruit acid and scrub products within 1-3 days after the operation.
5. Avoid washing your face with hot water, steaming sauna, hot springs or strenuous exercise within 7 days after the operation.
6. Spicy, greasy food should be avoided. Staying up late, smoking and drinking are prohibited. Eat more vegetables, fruits, and less greasy food.
7. Keep the neck warm.
8. Apply neck essence or cream.
9. Avoid bow the head for a long time.

## **Shaping Waist & Abdomen**

## Effects

1. Tighten the skin on the waist and abdomen.
2. Reduce lumbar and abdominal fat, such as beer belly and love handles.
3. Tighten skin and increase skin elasticity.
4. Relieve stretch marks, obesity lines.
5. Accelerate metabolism.

## Applicable Range

1. Those with lumbar and abdominal fat.
2. Those with sagging skin after birth.
3. Those who sit for a long time, or with unideal waistlines.
4. Those with striae due to obesity and pregnancy.
5. Those with no excess fat on the waist and abdomen, but with saggy skin.

## Inapplicable Range

1. Those with “3 High” (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.

## Shaping Breasts

### Effects

1. Adjust chest type and reduce accessory breast.
2. Improve breast laxity, sagging.
3. Reduce chest expansion.
4. Alleviate postpartum breast atrophy, breast relaxation.

## **Applicable Range**

1. Those with bad breast shape and accessory breasts.
2. Those with breast laxity, expansion.
3. Those who postpartum breast atrophy, breast relaxation.
4. Those with breast sagging.
5. Those with breast relaxation and wrinkles.

## **Inapplicable Range**

1. Those with cardiovascular and cerebrovascular diseases, diabetes mellitus, abnormal coagulation function and impaired vital organ function.
2. Those who are long-term or ongoing users of anticoagulants, vasodilators, corticosteroids and other drugs.
3. Those with infectious lesions on the chest skin.
4. Patients with severe thoracic proliferative or fibroma or cyst.
5. Those in pregnancy and lactation.

## **Notes after Operation**

1. Keep warm and drink more lukewarm water.
2. Wear styled and comfortable underwear. Don't press your chest hard.
3. Avoid getting cold. Take a bath after 4-6 hours.

# **Shaping Arms**

## **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.

## **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 with no excess fat on arms, but with jiggly arms.

## **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. 4-6 hours later in the shower.
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.

## **Shaping Back**

### **Effects**

1. Tighten the skin and shape the back.
2. Firm skin and increase skin elasticity.
3. Prevent skin relaxation and sagging.
4. Improve excess fat on the back.
5. Increase blood circulation and metabolism.
6. Improve coarse skin on the back.

### **Applicable Range**

1. Those with postpartum back atrophy, sagging, lack of elasticity.
2. Those with excess fat on waist and back.
3. Those with coarse, dull skin, acne scars on the back.
4. Those with no excess fat on the waist and abdomen, but with saggy skin.
5. Those with thick back and want to look better in clothes.

## **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.

## **Notes after Operation**

1. Keep warm, avoid cold air and drink plenty of hot water.
2. Shower 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 shoulder-baring and backless clothing.

# **Shaping Buttocks**

## **Effect**

1. Improve blood circulation and speed up metabolism.
2. Improve saggy buttocks, tighten the skin.
3. Stimulate collagen regeneration and increase skin elasticity.
4. Repair obese and postpartum stretch marks.
5. Tighten buttocks, improve the shape.

## **Applicable Range**

1. Those with sagging buttocks and excess fat.
2. Those who opt for good shape, and with flat buttocks.
3. Those with postpartum loose and saggy buttocks.
4. Those with postpartum stretch marks.

## **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.

## **Notes after Operation**

1. Keep hips warm and avoid wearing miniskirts and shorts.
2. Shower 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.

## **Body-shaping: Legs**

### **Effect**

1. Tighten skin and prevent sagging.
2. Stimulate collagen regeneration and increase skin elasticity.
3. Remove the excess fat on the legs.
4. Repair obesity lines and postpartum leg stretch marks.

### **Applicable Range**

1. Those with loose and saggy skin on the legs after childbirth.
2. Those with poor leg proportions.
3. Those with coarse and dull skin.
4. Those with no excess fat on the legs, but with saggy skin.
5. Those who opt for better shape after weight loss.

### **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.

## **Notes after Operation**

1. Keep hips warm, avoid cold food, cold air.
2. Shower 4-6 hours after operation.



3. Drink plenty of hot water to accelerate metabolism.
4. Avoid overeating, staying up late.
5. Avoid sauna, hot spring or strenuous exercise for 7 days after operation.
6. Avoid wearing miniskirts and shorts after treatment.

## Full-body Shaping

### Effect

1. Relieve stretch marks and marks caused by weight reduction.
2. Tighten the skin, anti-aging.
3. Stimulate collagen regeneration and improve skin metabolism.
4. Tighten the back and improve the shape.
5. Shape the waist and abdomen, eliminate excess fat on the waist.
6. Tighten excess fat on the legs and improve leg shape.
7. Remove flabby and jiggly arms, improve cellulite.

### Applicable Range

1. Those with loose and saggy skin, lack of elasticity.
2. Those with excess fat on waist and abdomen due to sit for long hours.
3. Those with relaxation waist and back.
4. Those with collagen loss and poor skin metabolism.
5. Those with postpartum saggy skin.
6. Those who have postpartum stretch marks on the abdomen and legs and want to look better.
7. Those with coarse and dull skin.

### 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. People who have just had liposuction.

### Notes after Operation

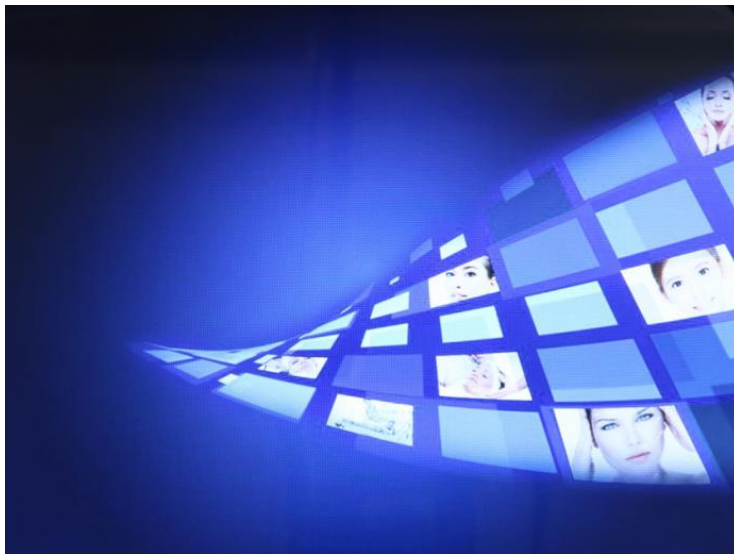
1. Keep warm after operation. Avoid cold food, cold air.
2. Shower after 4-6 hours.
3. Drink more warm water to replenish water and speed up metabolism.

4. Avoid overeating or staying up late.
5. Avoid sauna, hot spring or strenuous exercise for 7 days after operation.
6. Avoid miniskirts, shorts, crop top, and short sleeves.

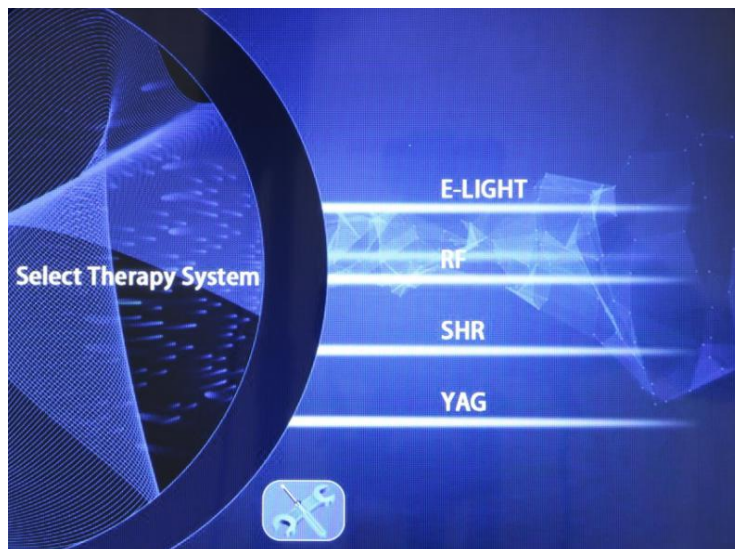
## Part II

### 1. Detailed Operation

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



Then it goes to the interface below



## 1.1 Function Selection

**E-LIGHT** E-light Laser

**RF** Snow Ice Cooled RF

**SHR** Speedy Hair Removal

**YAG** Yttrium Aluminum Garnet (Dark spots and moles removal, carbon black doll facial, etc.)

## 1.2 Detailed Operation: E-light

Click **E-LIGHT** to go to the interface below.



Select an item according to customer's needs. The interface below will be seen after selection.

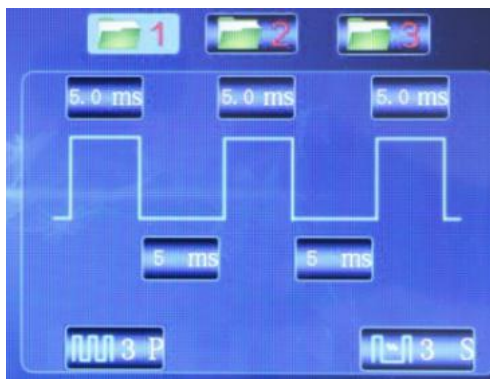


Energy +/-

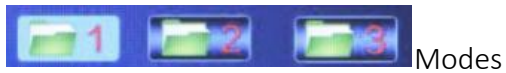
Energy Range: 0~50 (20~40 is suggested. Adjust energy subjecting to the customer's acceptability and hair thickness. The bigger the energy, the higher the temperature.)



Energy +/- Button

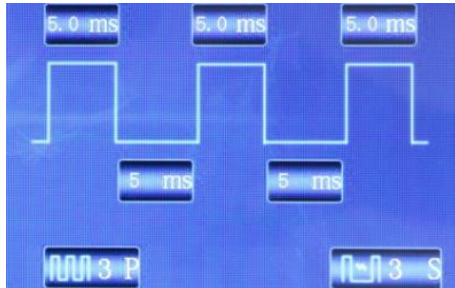


Energy Output +/- (Adjust subjecting to the customer's hair thickness and skin condition.)



Modes

M1: Suitable for those who have thin and light hair.  
M2: Suitable for those who have thick and dark hair.  
M3: Suitable for those who have thick and light hair.



Energy Output Mode Display



Pulse Output



Repeated Frequency

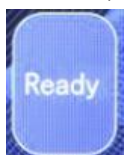


Count



Probe Cooling. Click the snow icon to adjust. Cooling Range:

0~5 (2~4 is suggested. The more the snow icons, the cooler. Adjust subjecting to the customer's acceptability. 3~4 will be okay, and those with stronger acceptability can use 4~5)



Ready



Standby



Device Temperature



Operation Condition. Light up when operating normally.





Battery Level




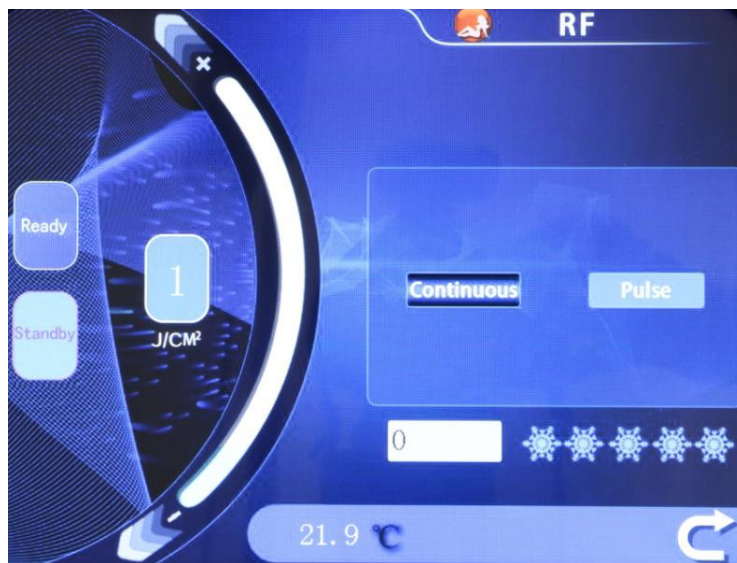
Water Condition (Low water quantity or blocked circulation will cause abnormality, and the device will not work.)



Return

### 1.3 Detailed Operation: Snow Ice Cooled RF

Click  to go to the interface below.

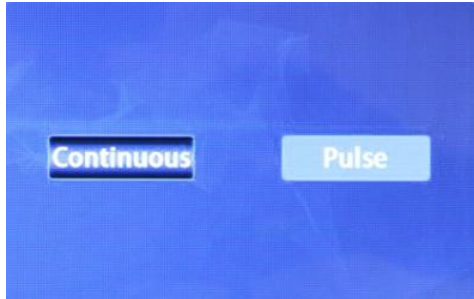


Energy +/-

Energy Range: 0~20 (5~15 is suggested. Adjust energy subjecting to the customer's acceptability. The bigger the energy, the higher the temperature.)



Energy +/- Button



Pulse Energy Output



Continuous Pulse Energy Output Mode. The pulse energy output continuously after the device is on. Suitable for large treatment area.



Single Energy Output Mode. The pulse energy output on every operation after the device is on. Suitable for small treatment area.



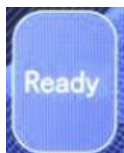
Count



Probe Cooling. Click the snow icon to adjust. Cooling Range: 0~5 (2~4 is suggested. The more the snow icons, the cooler. Adjust subjecting to the customer's acceptability. 3~4 will be okay, and those with stronger acceptability can use 4~5)



Device Temperature



Ready




Standby



Return

## 1.4 Detailed Operation: Speedy Hair Removal

Click  to go to the interface below.



Energy +/-

Energy Range: 0~50 (20~40 is suggested. Adjust energy subjecting to the customer's acceptability and hair thickness. The bigger the energy, the higher the temperature.)



Energy +/- Button





Output and Frequency

0

Count



Probe Cooling. Click the snow icon to adjust. Cooling Range:

0~5 (2~4 is suggested. The more the snow icons, the cooler. Adjust subjecting to the customer's acceptability. 3~4 will be okay, and those with stronger acceptability can use 4~5)

21.9 °C

Device Temperature



Operation Condition. Light up when operating normally.



Battery Level



Water Condition (Low water quantity or blocked circulation will cause abnormality, and the device will not work.)

Ready

Ready

Standby

Standby



Return

## 1.5 Detailed Operation: Dark Spot, Moles Removal

Click  to go to the interface below.

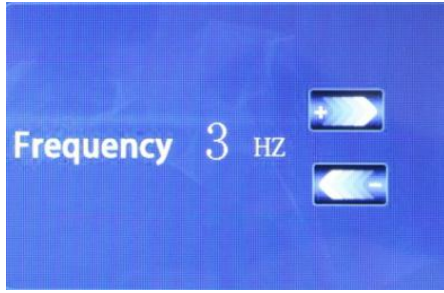


21 Energy +/-

Energy Range: 100~1200. (500~1000 is suggested. Adjust energy subjecting to the customer's acceptability. Start from lower energy for first use, add up slowly after adaptation. The bigger the energy, the stronger the feeling of pain.)



Energy +/- Button



Output and Frequency. Range: 0~10 (3~6 is suggested. The higher the frequency, the faster the output.)



Frequency +/-



Count



Device Temperature



Operation Condition. Light up when operating normally.



Battery Level



Water Condition (Low water quantity or blocked circulation will cause abnormality, and the device will not work.)



Ready



Standby



Return

## 2. Technical Parameters

Play screen: 10.4-inch color touch screen

Laser Energy: 1-50J/cm<sup>2</sup>

Hair removal Spot size: 10\*40mm

IPL: 532nm/1064nm/1320nm

Power: 2600W

Cooling System: Water cooled +semiconductor refrigeration+Air cooled

## 3. Safety Precautions

1. Those who are under repair after plastic surgery.
2. Those who have just undergone plastic surgery with unhealed wounds.
3. Those who are having allergic reactions.
4. Those with pacemakers.
5. Those with skin diseases and infectious diseases.
6. Those in pregnancy and lactation; those with heart disease, malignant tumor, folliculitis, vascular disease, severe hyperlipidemia, hypertension, hyperglycemia, and other serious diseases.
7. Those who are photosensitive (solar urticaria, lupus erythematosus), and experience swelling, itch and redness when exposed under the sun.
8. Those who have just undergone photoelectric therapy in 30 days.
9. Those with abnormal metabolism of collagen cells, including history of scar and poor wound healing.
10. Those with infected treatment area, herpes simplex, and skin lesion, etc.
11. Those who are in their childhood, not yet hit puberty or under 18.

## 4. Dos and Dont's

1. 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.
2. The device should not be placed in wet environment or near water, nor should they be directly exposed to sunlight.
3. Do not place the device near a strong heat source, because this may affect the life and normal use of the device.
4. Patients who are suffering from illness should consult with a doctor and gain permission from the doctor before using.
5. Use device or train device operators in strict accordance with instructions in the user manual.
6. Wait for 15 days if you have recently experienced sunburn or planning a vacation containing sun bathing.

7. Wipe clean the device and handle with saline after one treatment to further prolong its life expectancy. (Do not use alcohol for cleaning).
8. Fill the water tank with water before start to avoid possible machine damage.
9. Wear goggles to avoid scald from laser when operating on face.
10. When using black doll tip, wait until the carbon is completely dry to avoid breakage failure.
11. Wear goggles to avoid scald from laser when removing eyelines.
12. Foot pedals are required for the operation.
13. When operating, the distance between the probe and the face should be 3-4cm apart.
14. Make sure the probe is pressed closely to the skin and there's no air in between to avoid scald.
15. After removal of tattoos, eyebrows, moles and spots, do not wash your face with water for 3 to 5 days.
16. Apply anesthetic on treatment area 15-20 minutes in advance for customers that may experience a strong sense of pain during the operation.
17. When operating, adjust to low energy for thick hair subjecting to the customer's comfort level.
18. It will have a better effect with a slight tingling during the operation, adjust subjecting to the customer's comfort level.
19. For those who are using topical retinol acid ointment or spots removal products, pause for a week before you start the photon skin rejuvenation.
20. A week before photon skin rejuvenation, don't use beauty treatments, including laser, dermabrasion, and AHA skin rejuvenation.
21. Red spots may appear after hair removal treatment, which is normal. Treat with ice bag for 10 minutes. It should disappear in 2-3 days.
22. Wear goggles to avoid scald from laser when operating.
23. When operating spots removal, please place any reflective objects outside the operating room or in a drawer, such as watches, mirrors, jewelry, etc.
24. Keep the operating head within the pigmentation area when the 1064nm and 532nm are used.
25. Avoid snow ice cooled RF around the parts implanted with metal, plastic, silicon, etc.

## **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.
- C. Check if the emergency button is on.

### **2. No light flash?**

- A. Check whether the start button is pressed after the parameters are adjusted.

- B. Turn off the device and restart.
- C. Check if you forget to push foot pedals.
- D. If the above methods cannot be addressed, please contact the instrument dealer for assistance.

### **3. Carbon powder cannot be spread out?**

- A. Please check whether the selection mode is wrong.
- B. Please check whether the carbon powder is completely dry.
- C. If the above methods cannot be addressed, please contact the instrument dealer for assistance.

### **4. There's unpleasant odor coming from the handpiece?**

- A. Check if the probe is clean or if there's hair residue.
- B. Wipe the probe clean.

### **5. I can't install the filter?**

- A. Please check whether the filter is installed inversely.
- B. If the above methods cannot be addressed, please contact the instrument dealer for assistance.

### **6. There is no energy output from snow ice cooled RF handle?**

- A. Please check whether the instrument handle and the plug connected to the device body.
- B. Please check whether the treatment part has been cleaned. Grease or oily essential oil products may cause poor contact between the treatment handle and the human body, resulting in no RF output.

## **6.FAQs**

### **1. Q: Can you see results after just one treatment of the black doll facial?**

A: Black doll facial integrate skin rejuvenation with RF, medical-grade skin care and so on. One treatment will bring a significant change in the skin. skin appears to be hydrated, bright. Fine lines, spots, and pores are visibly improved.

### **2. Q: Does black doll facial hurt?**

A: It shouldn't hurt in general. Some parts may have a bit prickly feeling. Each person's skin sensitivity is different and feels different.

### **3. Q: How long is one treatment? How many treatments do I need?**

A: Under general circumstance, if you begin from cleaning face and end with face mask, the whole process takes around 40 minutes.

The number of treatments depends on the skin condition of each person. Generally, one treatment will have obvious effects. Experts recommend more than three

treatments for better results according to the individual's situation and needs.

**4. Q: Will E-light photon rejuvenation make skin thinner?**

A: A lot of people think E-light photon rejuvenation will burn the skin, destroy already very flimsy cuticle, like chipping off thin wall papers. But it's not case here. Intense pulsed light activates the growth of fibroblasts in the skin, increasing the synthesis of collagen and elastic fibers and hyaluronic acid. When these newly formed collagen and elastin are rearranged, the skin becomes more elastic, bright and firm, with fewer wrinkles and fine pores. Therefore, E-light photon rejuvenation will not make the skin thinner, but increase the thickness of the skin, and make it more compact and elastic.

**5. Q: When can I start seeing results of E-light photon rejuvenation?**

A: E-light photon rejuvenation penetrates the skin, treats deep skin pathological changes, and causes collagen fiber and the elastic fiber to rearrange, restores the elasticity. After receiving photon rejuvenation treatment, it can effectively improve skin color and remove skin impurities, so after each treatment, the skin will be improved, some wrinkles, freckles, black spots, irregular pigmentation, capillary expansion will gradually disappear. And the skin will become much brighter, and there are even other improvements such as smaller pores and younger and more elastic skin tissue.

**6. Q: How often can I do E-Light photon rejuvenation treatment?**

A: Compared with other treatments, photon skin rejuvenation treatment is shorter, and each treatment only needs 15-20 minutes to complete. A course of treatment is generally 5 times, each treatment interval is about 3 weeks. In order to be able to better maintain the effect, after a course of treatment should be followed by touch-up treatments and every treatment interval should be around 4-6 months, which also suits the busy urban life style.

**7. Q: Will I grow dependent on E-light photon rejuvenation?**

A: People who hold this view do not have a clear understanding of the law of aging. The aging of human skin is continuous and will not be stopped because of anything. All of our efforts can only slow down the pace of aging, so E-light photon will not be relied on to rejuvenates skin.

**8. Is E-light hair removal permanent after one treatment?**

A: No. Depilation needs you to consistently complete the full course of treatment so as to achieve satisfactory result. When undertaking laser depilation, one treatment is needed every 3-6 weeks (decide on the interval time according to different treatment area). Hair growth consists of 3 periods, namely anagen, catagen and telogen phase. Depilation is optimal only in the growth period, and owing to the fact that time span of hair growth varies among different parts of the body, and that's why we'll provide you with a customized treatment plan according to your hair growth, hair density on different parts of the body.

**9. Q: What is the difference between black doll facial and E-light photon rejuvenation, which one is better?**

A: **Black doll facial** integrates skin rejuvenation with RF, medical-grade skin care and so on. By irradiating carbon, high heat energy is generated, which is transmitted to the dermal layer and completely removes the aging cutin and fully stimulates the skin cells regeneration, restores collagen fibers and elastic fibers. Black doll facial can repair the collagen fibers and initiate the orderly deposition and arrangement of new collagen with the body's repair function, thereby instantly whitening the skin, shrinking pores, and making the skin regains its original elasticity. **Photon rejuvenation** penetrates the epidermal layer with a specific broad-spectrum strong pulsed light, and the energy is absorbed by the pigment clusters in the skin to solidify the blood vessels, and the pigment clusters and pigment cells are broken and decomposed, so as to achieve the treatment of telangiectasia and fade spots, whitening and rejuvenating skin, removing fine lines. Black doll facial can boost collagen regeneration, firming and softening the skin, and shrinking pores. The main function of the first treatment of black doll facial is to deep cleansing so that the essence and skin care products that you applied are really absorbed; after 5-6 treatments, it improves enlarged pores. Photon rejuvenation can selectively decompose melanin and hemoglobin in the skin, thereby fading spots, red blood streaks, and acne marks, making the skin bright. In summary, photon rejuvenation and black doll facial are different, but both have good effects, and the effects will be better if you use them together.

**10. Q: What is the difference between E-light and SHR hair removal?**

A: E-light outputs evenly with square pulse of flat top and cutoff dual wavelength with obvious effects; SHR supports sliding treatment with high power and fast output, and the effect is obvious. The effects will be better if you use them together.

**11. Q: What function does this instrument have?**

A: This instrument can be used for skin rejuvenation through laser, and it can also wash tattoos, eyebrows, eyeliner, spots, moles and birthmarks, etc. It can also resist aging, remove wrinkles, and tighten skin.

**12. Q: How long can the effect of snow ice cooled RF treatment last?**



A: The effect after treatment is related to the aging degree. After a course of treatment, the skin is firmer and smoother. Consistent use makes the skin young, and the aging is delayed.

**13. Q: Does Snow Ice Cooled RF burn the skin at temperature of 45-60°C?**

A: No, the treatment process is very safe. When the instrument is operated, the epidermis is cooled to about -26°C to avoid epidermal damage and push most of the RF energy to the deep fibrous tissue. This advanced treatment method is nationally certified.

**14. Q: How long after treatment can I see the effect?**

A: From the day of treatment to one week, the collagen tissue is immediately contracted by heat, so the skin feels tight, and the snow ice cooled RF will stimulate the collagen in the dermis to produce long and continuous rejuvenation, so the improvement will be more obvious after 2-6 months of treatment.

## 7. Packing List

Main Body × 1  
Laser Handle × 1  
Laser Operating Head × 3 (1320nm/1064nm/532nm)  
Hair Removal Handle × 1  
Filter×3 (480nm/530nm/640nm)  
Cooled RF Handle × 1  
Cooled RF Operating Head × 3 (Small/Medium/Big)  
Goggles × 2  
Holder × 1  
Power Cable × 1  
Fuse × 2

## 8. Operation Diagram

Parameters	Product	Techniques	Diagrams
<b>Carbon Black Doll Facial: 50 min, once/3weeks</b>			
Probe: 1320nm (Black)  Energy: 300~1000  Frequency: 3~6	Makeup remover+ Cleanser+ Hot steam+ Carbon powder+ Facial mask+ Goggles	<ol style="list-style-type: none"> <li>1. Remove makeup and clean, 5 min.</li> <li>2. Facial hot steam, 10 min.</li> <li>3. Apply a thin layer of carbon powder evenly on face.</li> <li>4. Wait for 10-20 min for the carbon powder to completely dry.</li> <li>5. Put on protective eyewear for the customer. Adjust energy level, mode and start.</li> <li>6. Put the device to the treatment area and depress the foot pedal to start operation.</li> <li>7. Move slowly from the chin in lines.</li> <li>8. Absorb all carbon powder with device.</li> <li>9. Take off the goggles.</li> <li>10. Wash face with cleanser, 3 min.</li> <li>11. Apply soothing&amp;repair face mask+cold steam, 15 min.</li> <li>12. Wash face, 2 min.</li> <li>13. Apply toner, hydrating essence, hydrating cream and sunscreen.</li> </ol>	No diagrams
<p><b>Suggested Treatment:</b>            5 treatments account for one full course. After one treatment, skin will be slightly red but skin tone is brighter. After 3-4 treatments, skin appears to be translucent, and hydrated. After one full course, fine lines and dark spots are gradually disappearing, and pores are refined. 2 courses help consolidate the effects and delay skin aging.</p>			

## Tattoo Removal: 60 min, once/45-90 days

<p>Probe: 1064nm (Red) 532nm (Blue)</p> <p>Energy: 500~1000</p> <p>Frequency: 3~6</p>	<p>Anesthetic+ Ultra Repair liquid recovery</p>	<ol style="list-style-type: none"> <li>1. Wipe the treatment area with wet towel and apply anesthetic.</li> <li>2. Cover preservative film on the anesthetic to strengthening the effect, wait for 25-30 min.</li> <li>3. Wipe anesthetic off and clean the treatment area.</li> <li>4. Select probe (1064nm) and install.</li> <li>5. Adjust energy parameters and start.</li> <li>6. Both the customer and the operator wear goggles.</li> <li>7. Wear disposable sterile gloves.</li> <li>8. Operate black part of the tattoo with the device: Pinpoint treatment area with the probe, depress the foot pedal, and move accordingly, covering the black part of the tattoo.</li> <li>9. Click pause to change the probe (532nm) and adjust energy parameters.</li> <li>10. Operate colored part of the tattoo with the device: Pinpoint treatment area with the probe, depress the foot pedal, and move accordingly, covering the colored part of the tattoo, 1-2 times.</li> <li>11. Dab repair liquid on treated area.</li> </ol>	<p>No diagrams</p>
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**Suggested Treatment:**

Complete removal of one tattoo requires around 3-6 treatments (varies according to the tattoo color and each individual's metabolism). After 1-2 treatments, pigments are

visibly faded. Tattoo is gradually disappearing around 3-4 times. Tattoo will be completely removed after 5-6 treatments.

## Tattooed Eyebrow Removal: 60 min, once/45-90 days

Probe: 1064nm	Anesthetic+ Disposable tissue+	<ol style="list-style-type: none"> <li>1. Wipe the treatment area with wet towel and apply anesthetic.</li> <li>2. Cover preservative film on the anesthetic to strengthening the effect, wait for 25-30 min.</li> <li>3. Wipe anesthetic off and clean the treatment area.</li> <li>4. Select probe and install.</li> <li>5. Adjust energy parameters and start.</li> <li>6. Both the customer and the operator wear goggles.</li> <li>7. Wear disposable sterile gloves.</li> <li>8. Operate tattooed eyebrows part with the device: Pinpoint treatment area with the probe, depress the foot pedal, and move accordingly, covering the tattooed eyebrows part, 1-2 times.</li> <li>9. Dab repair liquid with cotton swab and apply gently on treated area.</li> <li>10. Do the same on the other side.</li> </ol>	No diagrams
Energy: 500~1000	Ultra Repair liquid recovery		
Frequency: 3~6			

### Suggested Treatment:

Complete removal of tattooed eyebrow requires around 3-6 treatments (varies according to the tattoo color and each individual's metabolism). After 1-2 treatments, pigments are visibly faded. Tattoo is gradually disappearing around 3-4 times. Tattoo will be completely removed after 5-6 treatments.

## Mole Removal: 50 min, once/month

Probe:	Anesthetic+	1. Wipe the treatment area	No Diagrams
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<p>532nm</p> <p>Energy: 500~1000</p> <p>Frequency: 3~6</p>	<p>Disposable tissue+ Ultra Repair liquid recovery</p>	<p>with wet towel and apply anesthetic, wait for 25-30 min.</p> <p>2. Wipe anesthetic off and clean the treatment area.</p> <p>3. Select probe (532nm) and install.</p> <p>4. Adjust energy parameters and start.</p> <p>5. Both the customer and the operator wear goggles.</p> <p>6. Wear disposable sterile gloves.</p> <p>7. Operate the mole part with the device: Pinpoint treatment area with the probe, depress the foot pedal, and move accordingly, covering the mole part, 2-5 times.</p> <p>8. Dab repair liquid with cotton swab and apply gently on treated area.</p>	
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**Suggested Treatment:**

Complete removal of mole normally takes 3-4 treatments. After 1 treatment, pigments are visibly faded. Tattoo is gradually disappearing around 3-4 times. Tattoo will be completely removed after 5-6 treatments. Chorioplague and active moles take around 3-6 treatments. After one treatment, pigments are visibly faded and are gradually disappearing after 2-3 treatments. Pigments will be completely removed after 4-6 treatments.

Note: Techniques of dark spots, birthmark removal is the same as mole removal.

**Full-body Hair Removal: 100 min, 3 times/week**

<p>Energy: Arms: 30~55 Armpits: 25~40 Legs: 30~50</p> <p>Frequency: Arms: 2~5 Armpits: 3~8 Legs: 2~5</p>	<p>Razor+ Gel</p>	<p>1. Shave arm: shape hair on arms and fingers with razor.</p> <p>2. Apply a layer of gel that is the thickness of a coin evenly on one arm.</p> <p>3. Put on protective eyewear for the customer; the operator should wear</p>	<p>No Diagrams</p>
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<p>Temperature: 2~3 snowflakes</p>		<p>protective goggles too.</p> <ol style="list-style-type: none"><li>4. Adjust energy parameters and start operation.</li><li>5. Device operation: move slowly from upper arm in lines, 3-5 times.</li><li>6. Wipe the excess gel on the arm.</li><li>7. Apply gel evenly on fingers, 1 min.</li><li>8. Device operation: use stamp technique to operate, 3-5 times.</li><li>9. Wipe the excess gel on fingers.</li><li>10. Do the same on the other side.</li><li>11. Shave underarm: shape hair of underarm and fingers with razor.</li><li>12. Apply a layer of gel that is the thickness of a coin evenly on underarm.</li><li>13. Device operation: Use stamp technique to cover the whole underarm, 3-5 times.</li><li>14. Wipe the excess gel on armpit.</li><li>15. Do the same on the other side.</li><li>16. Shave legs: shape hair on legs and toes with razor.</li><li>17. Apply a layer of gel that is the thickness of a coin evenly on one leg.</li><li>18. Device operation: move slowly from upper arm to knee in lines, 3-5 times.</li><li>19. Move slowly from knee to ankle in lines, 3-5 times.</li></ol>	
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		<p>20. Wipe the excess gel on the leg.</p> <p>21. Apply a layer of gel that is the thickness of a coin evenly on toes.</p> <p>22. Device operation: use stamp technique to operate, 3-5 times.</p> <p>23. Wipe the excess gel on toes.</p> <p>24. Do the same on the other side.</p>	
<p><b>Suggested Treatment:</b></p> <p>No obvious changes will be observed after just one treatment. After 2-3 times, hair growth rate slows down, and hair appears to be finer. Obvious decrease of hair regrowth is appeared after 4-6 times, especially at densely hair area. 7-10 treatments bring you hair-free experience. Touch-up treatments can be conducted for consolidating the results.</p>			
<p><b>Photon Rejuvenation: 50 min, once/3 weeks</b></p>			
<p>Energy: 15~40 (Adjust according to your comfort level, slight tingling brings better effect.)</p> <p>Temperature: 3-5 snowflakes</p>	<p>Makeup remover+ Cleanser+ Gel+ Ultra Repair liquid recovery</p>	<ol style="list-style-type: none"> <li>1. Remove makeup, 5 min.</li> <li>2. Apply a layer of gel that is the thickness of a coin evenly on face.</li> <li>3. Put on protective eyewear for the customer; the operator should wear protective goggles too.</li> <li>4. Select fit filter and install.</li> <li>5. Adjust energy, mode, and temperature and start operation.</li> <li>6. Device operation: Use stamp technique to start from chin and cover the whole face, 20 min.</li> <li>7. Wipe the gel, wash face.</li> <li>8. Apply mask (ice mask can be used), 15 min.</li> <li>9. Wash face, 2 min.</li> <li>10. Apply toner, essence, cream, and sunscreen.</li> </ol>	<p>No Diagrams</p>

**Suggested Treatment:**

5 treatments account for one full course. After one treatment, skin will be slightly red but skin tone is brighter. After 3-4 treatments, skin appears to be translucent, and hydrated. After one full course, fine lines and dark spots are gradually disappearing, and pores are refined. 2 courses help consolidate the effects and delay skin aging.

Note: Techniques of dark spots, acne, wrinkles, couperose removal is the same as photon rejuvenation.

**Face&Neck Anti-wrinkle: 90min, once/2 weeks**

Probe:  
Eye: Small  
  
Face&Neck:  
Medium  
  
Energy:  
5-15  
  
Mode:  
Face&Neck:  
Constant mode  
  
Eye:  
Single mode

Makeup  
remover+  
Cleanser+  
Cleansing  
mask+  
Massage  
cream+  
Essence+  
Eye mask+  
Facial mask+  
Neck mask

1. Remove makeup, wash face and neck, 5~8 min.
2. Apply toner, 1 min.
3. Apply cleansing mask, 10 min.
4. Remove mask and wash face, 3 min.
5. Lift from lower eyelid to the temple with snow ice cooled RF (small), 3-5 times.
6. Lift from the beginning of the eyebrows to the end, 3-5 times.
7. Lift eye corners.
8. Do the same on the other side.
9. Operate eye area with the techniques above, 15 min.
10. Apply a layer of gel that is the thickness of a coin evenly on face, 1 min.
11. Lift from chin to ear lobe, corner of mouth to ear gate, nose wing to temple with snow ice cooled RF, 3-5 times.
12. Lift the mandibular line to the submalar triangle, 3-5 times.
13. Lift horizontally and vertically with above techniques, 3 times.
14. Do the same on the

Technique 5



Technique 6



Technique 11







Technique 13



Technique 15



	<p>other side.</p> <p>15. Operate forehead. Slide slowly from the beginning of the eyebrow to the end, 3-5 times.</p> <p>16. Lift towards hairlines on forehead, 3 times.</p> <p>17. Operate the whole face with above techniques, 25-30 min.</p> <p>18. Apply gel on neck evenly, 1 min.</p> <p>19. Lift neck along the mandibular line to the ear lobe with snow ice cooled RF (medium), 3-5 times.</p> <p>20. Lift double chin to ear lobe, 3-5 times.</p> <p>21. Lift neck from clavicle to mandibular line in lines, 3-5 times.</p> <p>22. Do the same on the other side.</p> <p>23. Operate neck with above techniques, 25-30 min.</p> <p>24. Wipe excess gel on face and neck, wash face, 5 min.</p> <p>25. Apply eye mask+facial mask+neck mask (at the same time), 15 min.</p> <p>26. Remove masks and wash face and neck.</p> <p>27. Apply toner, essence, eye cream, cream, sunscreen.</p>	 <hr/> <p>Technique 16</p>  <hr/> <p>Technique 19</p>  <hr/> <p>Technique 21</p>  <hr/>
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**Suggested Treatments:**

10 treatments account for one full course. After one treatment, skin becomes tender, smooth. After a full course, skin becomes brighter, facial contour becomes clear. It reduces fine lines, fades neck lines. After 2 courses it tightens skin, the skin becomes smooth and elastic, improve the double chin. After 3 courses, it delays the aging, sagging of the skin, make skin restore young state.

**Shaping Waist&Abdomen: 60 min, once/2 weeks**

Probe: Big

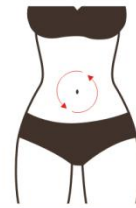
Energy:  
5~15

Mode:  
Constant  
mode

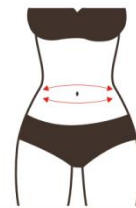
Essential oil  
(Massage  
cream)+  
Gel+Towel

1. Apply and rub oil on abdomen with hands, 3 times.
2. Rub stomach back and forth with both hands, 3-5 times.
3. Knead abdomen with both hands using chiropractic techniques, 3 times.
4. Lift Meridian BV (Belt Vessel) on both sides of waist with both hands alternately, 16 times.
5. Move hands as if writing an "8" number on waist, 3 times.
6. Overlap hands and message the intestinal canal clockwise, 3 times.
7. Move hands in circular motion and caress the treatment area, 3 times.
8. Push on the following 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), Qugu (Ren-2), 2 times.
9. Starting from Zhongji (Ren-3) point, push both thumbs to belly navel, slide them to waist and the lift upwards to groin, 3 times.
10. Caress the treatment area with hands and slide to groin.

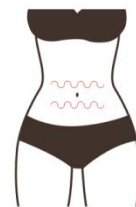
Technique 1, 7, 10



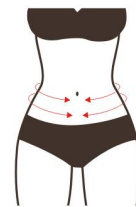
Technique 2



Technique 3



Technique 4



Technique 5

11. Clean the abdomen with towel and apply gel evenly on it, 2 min.

**12. Snow ice cooled RF**

Starting from one side of the waist, lift the device to abdomen and groin, 3 times.

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

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

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

16. Move the probe to shape the waist as if writing "8", 3-5 times.

17. Move the probe up and down to shape the waist, 3-5 times.

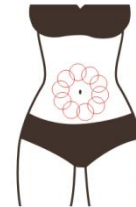
18. Push from abdomen tracing main collateral channels to groin, 3 times.

19. Combined with hand, lift Meridian BV on both sides of the waist, 16 times.

20. Wipe clean abdomen with hot towel.



Technique 6



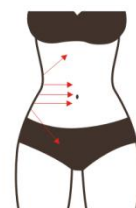
Technique 8



Technique 9



Technique 12



Technique 14



Technique 15



Technique 16



Technique 17



Technique 18

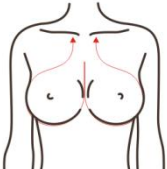
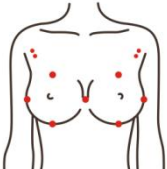
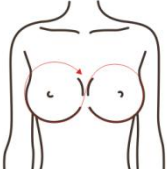
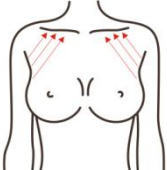
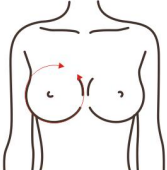


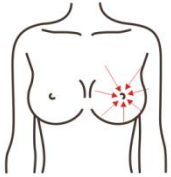
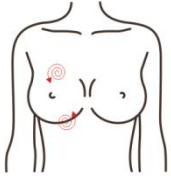
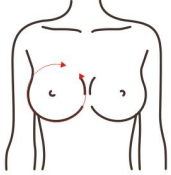


Technique 19

**Suggested Treatment:**

Ten 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 starts to take in shape, and slim waist starts to show.

## Shaping Breasts: 60 min, once/2 weeks

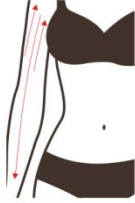
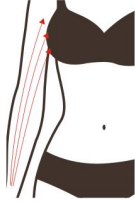



<p>Probe: Big</p> <p>Energy: 5~15</p> <p>Mode: Constant mode</p>	<p>Massage cream (essential oil)+ Gel+Towel</p>	<ol style="list-style-type: none"> <li>1. Stand at the head of the bed, both hands from Shanzhong (Ren-17), zhong point began to rub oil to armpit up at the same time lift the suspension ligament (this is to caress treatment area) 3 times.</li> <li>2. Both hands thumb point: Shanzhong (Ren-17), Rugen (St-18), Dabao (SP-21), Yingchuang (St-16), Zhongfu (LU-1), Yunmen (LU-2), 3 times.</li> <li>3. Caress the treatment area, 3 times.</li> <li>4. Overlap both palms from Shanzhong (Ren-17) point to chest both sides back and forth as if writing an "8" number, 3 times.</li> <li>5. Lift the accessory breast to the suspensory ligament alternately with both hands, first left, then right, 10 times.</li> <li>6. Caress the treatment area, 3 times.</li> <li>7. Sit beside the customer, first left, then right, with both hands to soothe and lift the chest, 3-5 times.</li> <li>8. Alternately push the breast duct around the chest (one circle of the chest), 3-5 times.</li> <li>9. Use the thumb to dredge the nodules in the chest, 3 times.</li> <li>10. Do the same on the</li> </ol>	<p>Technique 1, 3, 6, 11</p>  <hr/> <p>Technique 2</p>  <hr/> <p>Technique 4</p>  <hr/> <p>Technique 5</p>  <hr/> <p>Technique 7</p>  <hr/> <p>Technique 8, 13</p>
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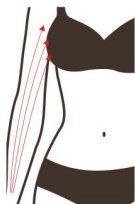
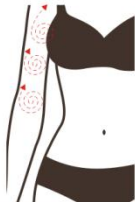

		<p>other side with technique 8 and 9, 3 times each.</p> <p>11. Lift the whole chest with hands, 3-5 times.</p> <p>12. Wipe clean the breasts with towel and apply gel evenly.</p> <p>13. <b>Snow ice cooled RF</b> First left, then right, from the bottom to the top along the direction of the chest to the nipple, combined with hand pacification, 5-8 times.</p> <p>14. Draw half a circle along the chest to lift and pull from the bottom to the collarbone, combining with hand comfort, 5-8 times.</p> <p>15. Make small circles to clear the nodule site for 3-5 times.</p> <p>16. The customer lies on her side and stands up with her arms. The device burns fat in circles at the position of auxiliary breast, 5-8 times.</p> <p>17. The instrument is pushed from the position of underarm auxiliary breast to the chest (shaping and receiving auxiliary breast), 5-8 times</p> <p>18. The technique on the other side is the same as above.</p> <p>19. Clean with hot towel.</p>	 <hr/> <p>Technique 9, 15</p>  <hr/> <p>Technique 14</p>  <hr/> <p>Technique 16</p>  <hr/> <p>Technique 17</p> 
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**Suggested Treatment:**

10 times account for a course of treatment. After a full course, breasts will experience heat, blood circulation is boosted, and a certain improvement effect will be seen. After a course of treatment, the effect is more obvious, nodules are improved. 3 courses help tighten the skin and consolidate shaping effect, and increase the elasticity of the breasts. Regulating endocrine makes women more attractive.


## Shaping Arms: 60 min, once/2 weeks

<p>Probe: Big</p> <p>Energy: 5~15</p> <p>Mode: Constant mode</p>	<p>Essential oil (Massage cream)+ Ultrasonic 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> <li>5. Trace and rub three main collateral channels on arms with kneeling finger back and forth till them turn hot, 3 times.</li> <li>6. Caress the treatment area, 3 times.</li> <li>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.</li> <li>8. Rub three channels back and forth with kneeling fingers, 3 times.</li> <li>9. Caress the treatment area and slide to fingers.</li> <li>10. Repeat the previous operation on another side.</li> <li>11. Wipe clean arms and</li> </ol>	<p>Technique 1</p>  <hr/> <p>Technique 2, 3, 4, 5, 6</p>  <hr/> <p>Technique 7</p>  <hr/> <p>Technique 8</p>  <hr/> <p>Technique 9</p>  <hr/> <p>Technique 12, 15</p>
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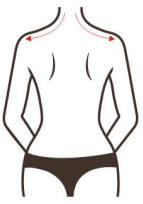
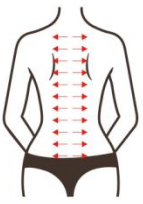
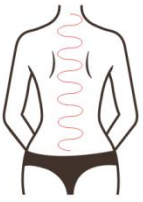
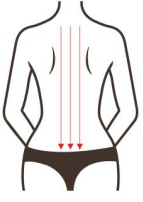
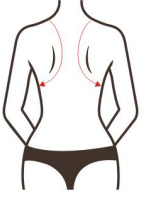

		<p>apply gel evenly.</p> <p>12. <b>Snow ice cooled RF</b> Lay arms flatwise and start from fat part of lower arm, tracing three channels to armpit, 3 times.</p> <p>13. Move the device in annular motion, tracing three channels to armpit, 3 times.</p> <p>14. You may double the operation on flabby arms, 3 times.</p> <p>15. Trace three channels to armpit, 3 times.</p> <p>16. Lay inner arm flatwise and push three channels on upper arm to armpit, 3 times.</p> <p>17. Trace three channels on upper arm and move the device in circles to armpit, 3 times.</p> <p>18. Trace three channels from upper arm to armpit.</p> <p>19. Wipe clean the arm with hot towel.</p> <p>20. Do the same on the other side.</p>	 <p>Technique 13, 14</p>  <p>Technique 16, 18</p> 
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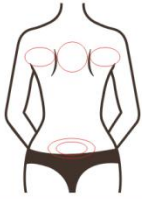
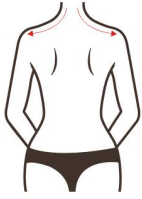
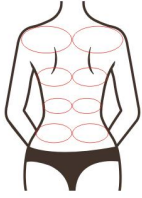


**Suggested Treatment:**  
10 treatments account for a full course. Once done, it will feel warm and tight, and the arms will be relaxed. A course of treatment help reducing excessive arm fat and the skin appear to be tight and plump. 2 courses of treatment began to shape the arms, strengthen the effect, dredge meridians, and enhance the physique. 3 courses help consolidate stability and prevent rebound.

### Shaping Back: 60 min, once/2 weeks

<p>Probe: Big</p> <p>Energy: 5~15</p> <p>Mode: Constant</p>	<p>Essential oil (Massage cream)+ Gel</p>	<p>1. Apply oil on back and press Fengchi (Gb-20), Fengfu (Du-16) points.</p> <p>2. (Starting from hairline) stroke Da Ban Jin with thumb, 3-5 times.</p> <p>3. Move thumb outwards from</p>	<p>Technique 1, 10</p> 
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mode		<p>Bladder Meridian (BL) to the 8 Crevice Area and then to Fengchi (Gb-20), Fengfu (Du-16) points.</p> <p>4. Starting from neck to caudal vertebra, move hands in S-shape, 3 times.</p> <p>5. Push Bladder Meridian (BL) with thumb in left-right order, 3 times.</p> <p>6. Push Bladder Meridian (BL) to the 8 Crevice Area with both thumbs, at the same time, 3 times.</p> <p>7. Push Bladder Meridian (BL) in three kneeling fingers, 3 times.</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), 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 Meridian GV and Bladder Meridian (BL) with hands until they turned hot.</p> <p>14. Wipe clean the back and apply RF cream evenly.</p> <p>15. <b>Snow ice cooled RF</b> Starting from Meridian GV to Bladder Meridian (BL), move the device from neck to the 8 Crevice area, 3-5 times.</p> <p>16. Move the device in circles on Dazhui (Du-14) point, and the 8 Crevice area, 3-5 times</p>	<p>Technique 2</p>  <hr/> <p>Technique 3</p>  <hr/> <p>Technique 4</p>  <hr/> <p>Technique 5, 6, 7, 13, 15</p>  <hr/> <p>Technique 8, 18</p>  <hr/> <p>Technique 9</p>  <hr/> <p>Technique 11, 12</p>
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		<p>respectively.</p> <p>17. From Da Ban Jin to neck, move the device back and forth, 3-5 times.</p> <p>18. Lift the device on scapula slot in left-right order, 3-5 times.</p> <p>19. Move the device horizontally as if writing an “8” number to the 8 Crevice area, 3 times.</p> <p>20. Move the probe upwards in annular motion to armpit in left-right order on both sides, 3 times.</p> <p>21. Lift from sides of the waist upwards till armpit, 3-5 times.</p> <p>22. Clean with hot towel.</p>	 <hr/> <p>Technique 16</p>  <hr/> <p>Technique 17</p>  <hr/> <p>Technique 19</p>  <hr/> <p>Technique 20</p>  <hr/> <p>Technique 21</p>  <hr/>
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**Suggested Treatment:**

10 treatments account for a full course. Once done, back feel significantly relaxed, and it can also alleviate neck stiffness, and lift skin. A course help relax shoulder, reduce back fat, ease the lump on the nape of the back, and shape the back line. After two courses, the lump appears to be smaller, and it help dredge meridians, regulate sub-health, and improve sleep. 3 courses help delay skin relaxation, sagging, keep the perfect shape.

**Shaping Buttocks: 60 min, once/2 weeks**

Probe: Big  
Energy: 5~15  
Mode: Constant mode

Essential oil (Massage cream)+ Gel

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.)
2. Repeatedly push the 8 Crevice area with two thumbs.
3. Caress the treatment area for 3 times and then point: Shenyu (Bl-23), 8 Crevice area, Changqiang (Du-1), 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 Meridian (BL) - Kidney Meridian (KI) - Liver Meridian (LV) - Gallbladder Meridian (GB) - Meridian BV, 3 times each.
6. Both hands follow from the root of thigh from bottom to top -- Bladder Meridian (BL) - Kidney Meridian (KI) - Liver Meridian (LV) - Gallbladder Meridian (GB) - Meridian BV, 3 times each.
7. Overlap both palms and

Technique 1, 4, 10



Technique 2



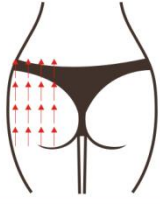
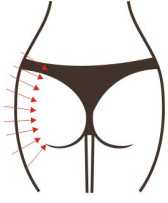

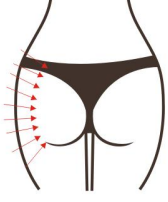

Technique 3



Technique 5



Technique 6

		<p>push up together from thigh root to pulse (ascension) ,3 to 5 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. Wipe clean buttocks and apply gel evenly on it.</p> <p><b>13. Snow ice cooled RF</b> Lift from the thigh root to Meridian BV in lines, 3 times.</p> <p>14. Lift 3 times from bottom to top on both sides of the buttocks to the highest point of the buttocks.</p> <p>15. Circle your hips, 3 to 5 times.</p> <p>16. Lift 3 times from thigh root to Meridian BV.</p> <p>17. Lift from bottom to top on both sides of the buttocks to the highest point of the buttocks, 3 times.</p> <p>18. Do the same on the other side.</p> <p>19. Clean with hot towel, 2 min.</p>	 <hr/> <p>Technique 8</p>  <hr/> <p>Technique 13, 16</p>  <hr/> <p>Technique 14, 17</p>  <hr/> <p>Technique 15</p>  <hr/>
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**Suggested Treatment:**

10 treatments account for a full course. After one treatment, buttocks will experience lifting and heat. After a course of treatment buttocks start to show obvious curve lines, and excessive fat begin to disappear slowly, and skin appear to be tight. After 2 courses, it tightens the buttocks, fades obesity patterns and stretch marks. After 3 courses, it helps consolidate the effect, and increase the female charm.

**Shaping Legs: 70 min, once/2 weeks**

Probe: Big

Energy:  
5~15

Mode:  
Constant  
mode

Essential oil  
(massage  
cream)+  
Gel+

1. **Rear leg** operation: Have the customer lay on his/her stomach. From left to right, apply and rub oil in from calf to thigh to heel, 3 times.
2. Alternately push the entire leg from bottom to top and wrap back into the heel, 3 times.
3. 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.
4. Push hands alternately to popliteal fossa, 3 times.
5. Twist both hands upwards alternately as if twisting a fried dough, 3 times.
6. Caress the treatment area, 3 times.
7. Push four main collateral channels upwards with kneeling fingers of both hands, 3 times.
8. Caress the treatment area, 3 times.
9. Do the same on the other side.
10. Wipe clean the legs and apply gel evenly.
11. **Snow ice cooled RF**

Technique 1, 2, 3, 4, 6,  
7, 8



Technique 5



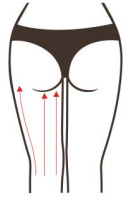

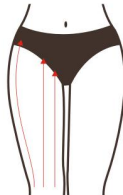
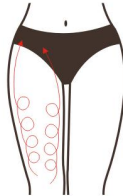
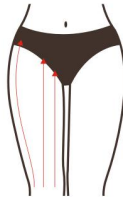

Technique 11, 13

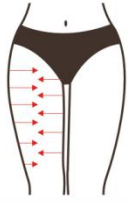


Technique 12



Technique 14, 16

		<p>Move the device from popliteal fossa to Bladder Meridian (BL) - Kidney Meridian (KI) - Liver Meridian (LV) - Gallbladder Meridian (GB), 3 times.</p> <p>12. Move the probe in small circular motion on calf, 3 times.</p> <p>13. Move the device upwards to popliteal fossa and caress the treatment area with hands, 3 times.</p> <p>14. Push from popliteal fossa tracing 4 main collateral channels to the end of thigh, 3 times.</p> <p>15. Move the device in circular motion from popliteal fossa to the end of thigh, 3 times.</p> <p>16. Push from popliteal fossa tracing main collateral channels to the end of thigh, 3 times.</p> <p>17. Clean with towel and apply gel evenly on the treatment area.</p> <p>18. Repeat the same techniques on the other side.</p> <p>19. <b>Foreleg:</b> rub oil with both hands from heel to the thigh root (namely to caress the treatment area), 3 times.</p> <p>20. Alternately push the entire leg from bottom to top and wrap back into the heel, 3 times.</p> <p>21. Move hands upwards to four main collateral channels: Spleen Meridian (SP) - Stomach Meridian (ST) - Liver Meridian (LV) - Gallbladder Meridian (GB) with fingers spread and hukou pointing</p>	 <hr/> <p>Technique 15</p>  <hr/> <p>Technique 19, 20, 21, 22, 24</p>  <hr/> <p>Technique 25, 29</p>  <hr/> <p>Technique 26, 30</p>  <hr/> <p>Technique 27</p>  <hr/> <p>Technique 28</p>
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	<p>upwards, 3 times.</p> <p>22. Push four main collateral channels upwards with kneeling fingers of both hands, 3 times.</p> <p>23. Wipe clean the legs and apply gel evenly.</p> <p>24. <b>Snow ice cooled RF</b> Lift the device towards knee while tracing 4 meridians, 3 times (start from thigh if there's not enough unwanted fat on calf.)</p> <p>25. Move the probe on two sides of calf in annular motion, 3 times (start from thigh if there's not enough unwanted fat on calf.)</p> <p>26. Lift the probe from knee to thigh root in lines, 3 times.</p> <p>27. Move the probe in small circles on thigh, 3 times.</p> <p>28. Coupled with hand, lift from 2 sides of leg to the middle, 3 times.</p> <p>29. Lift the probe from knee to thigh root in annular motion, 3 times.</p> <p>30. Lift the device from knee to thigh root in lines, 3 times.</p> <p>31. Wipe clean the legs with hot towel, 2 min.</p> <p>32. Do the same on the other side.</p>	 <hr data-bbox="1066 427 1358 432"/>
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**Suggested Treatment:**

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. Obesity patterns and stretch marks are faded. 3 courses help consolidate the effect and avoid rebound.

**Full-body Shaping: 180 min, once/2 weeks**

Probe: Big

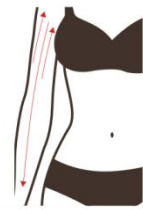
Energy:  
5~15

Mode:  
Constant  
mode

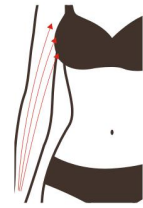
Essential oil  
(massage  
cream)+  
Gel

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.
2. Push the entire arm with both palms, 3 times.
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.
4. Caress the treatment area, 3 times.
5. Trace and rub three main collateral channels on arms with kneeling finger back and forth till them turn hot, 3 times.
6. Caress the treatment area, 3 times.
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.

Technique 1



Technique 2, 3, 4, 5, 6



Technique 7


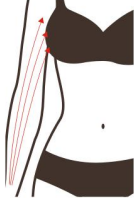


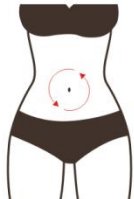
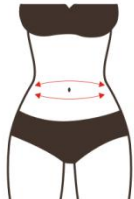


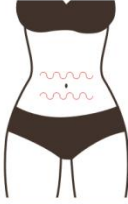
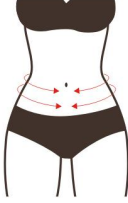




Technique 8

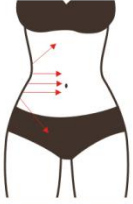


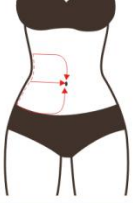




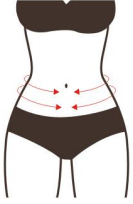

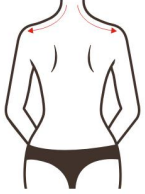
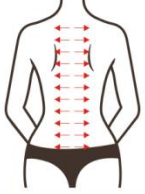
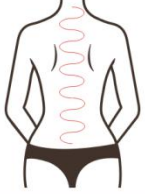
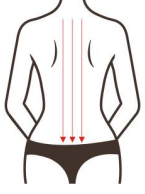
Technique 9

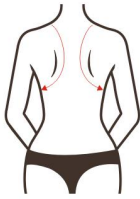



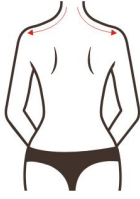
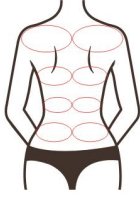


		<p>8. Rub three channels back and forth with kneeling fingers, 3 times.</p> <p>9. Caress the treatment area and slide to fingers.</p> <p>10. Repeat the previous operation on another side.</p> <p>11. Wipe clean arms and apply gel evenly.</p> <p>12. <b>Snow ice cooled RF</b> Lay arms flatwise and start from fat part of lower arm, tracing three channels to armpit, 3 times.</p> <p>13. Move the device in annular motion, tracing three channels to armpit, 3 times.</p> <p>14. You may double the operation on flabby arms, 3 times.</p> <p>15. Trace three channels to armpit, 3 times.</p> <p>16. Lay inner arm flatwise and push three channels on upper arm to armpit, 3 times.</p> <p>17. Trace three channels on upper arm and move the device in circles to armpit, 3 times.</p> <p>18. Trace three channels from upper arm to armpit.</p> <p>19. Wipe clean the arm with hot towel.</p> <p>20. Do the same on the other side.</p> <p>21. Apply and rub oil on abdomen with hands, 3 times.</p> <p>22. Rub stomach back and forth with both hands, 3-5 times.</p> <p>23. Knead abdomen with both hands using chiropractic techniques, 3 times.</p> <p>24. Lift Meridian BV (Belt</p>	 <hr/> <p>Technique 12, 15</p>  <hr/> <p>Technique 13, 14</p>  <hr/> <p>Technique 16, 18</p>  <hr/> <p>Technique 22, 28, 31</p>  <hr/> <p>Technique 23</p>  <hr/> <p>Technique 24</p>
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		<p>Vessel) on both sides of waist with both hands alternately, 16 times.</p> <p>25. Move hands as if writing an “8” number on waist, 3 times.</p> <p>26. Overlap hands and message the intestinal canal clockwise, 3 times.</p> <p>27. Move hands in circular motion and caress the treatment area, 3 times.</p> <p>28. Push on the following 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), Qugu (Ren-2), 2 times.</p> <p>29. Starting from Zhongji (Ren-3) point, push both thumbs to belly navel, slide them to waist and the lift upwards to groin, 3 times.</p> <p>30. Caress the treatment area with hands and slide to groin.</p> <p>31. Clean the abdomen with towel and apply gel evenly on it.</p> <p>32. <b>Snow ice cooled RF</b> Starting from one side of the waist, lift the device to abdomen and groin, 3 times.</p> <p>33. Repeat the previous operation on the other side, 3 times.</p> <p>34. Move the device on abdomen in small circular motions, 3 times.</p> <p>35. Move the device on abdomen in big circular motions, 3 times.</p> <p>36. Move the probe to shape</p>	 <hr/> <p>Technique 25</p>  <hr/> <p>Technique 26</p>  <hr/> <p>Technique 27</p>  <hr/> <p>Technique 29</p>  <hr/> <p>Technique 30</p>  <hr/> <p>Technique 33</p>
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		<p>the waist as if writing “8”, 3-5 times.</p> <p>37. Move the probe up and down to shape the waist, 3-5 times.</p> <p>38. Combined with hand, lift Meridian BV on both sides of the waist, 16 times.</p> <p>39. Wipe clean abdomen with hot towel.</p> <p>40. Apply oil on back and press Fengchi (Gb-20), Fengfu (Du-16) points.</p> <p>41. (Starting from hairline) stroke Da Ban Jin with thumb, 3-5 times.</p> <p>42. Move thumb outwards from Bladder Meridian (BL) to the 8 Crevice Area, 3 times.</p> <p>43. Starting from neck to caudal vertebra, move hands in S-shape, 3 times.</p> <p>44. Push Bladder Meridian (BL) with thumb in left-right order, 3 times.</p> <p>45. Push Bladder Meridian (BL) to the 8 Crevice Area with both thumbs, at the same time, 3 times.</p> <p>46. Push Bladder Meridian (BL) in three kneeling fingers, 3 times.</p> <p>47. Push scapula slot with both hands alternately in left-right order, 3-6 times.</p> <p>48. Push scapula slot with both hands horizontally, 3-6 times.</p> <p>49. Caress the back with both hands and push Fengchi (Gb-20), Fengfu (Du-16) points, 3 times.</p> <p>50. Overlap both thumbs and push Tianzong (SI-11) point</p>	 <hr/> <p>Technique 35</p>  <hr/> <p>Technique 36</p>  <hr/> <p>Technique 37</p>  <hr/> <p>Technique 38</p>  <hr/> <p>Technique 39</p>  <hr/> <p>Technique 40</p>
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		<p>and slide to the arm, 3 times.</p> <p>51. Repeat the previous action on another arm, 3 times.</p> <p>52. Rub Meridian GV and Bladder Meridian (BL) with hands until they turned hot.</p> <p>53. Wipe clean the back and apply gel evenly, 2 min.</p> <p>54. <b>Snow ice cooled RF</b> Starting from Meridian GV to Bladder Meridian (BL), move the device from neck to the 8 Crevice area, 3-5 times.</p> <p>55. Move the device in circles on Dazhui (Du-14) point, and the 8 Crevice area, 3-5 times respectively.</p> <p>56. From Da Ban Jin to neck, move the device back and forth, 3-5 times.</p> <p>57. Lift the device on scapula slot in left-right order, 3-5 times.</p> <p>58. Move the device horizontally as if writing an "8" number to the 8 Crevice area, 3 times.</p> <p>59. Move the probe upwards in annular motion to armpit in left-right order on both sides, 3 times.</p> <p>60. Lift from sides of the waist upwards till armpit, 3-5 times.</p> <p>61. Wipe back with hot towel, 2 times.</p> <p>62. <b>Rear leg</b> operation: Have the customer lay on his/her stomach. From left to right, apply and rub oil in from calf to thigh to heel, 3 times.</p> <p>63. Alternately push the entire leg from bottom to top and wrap back into the heel, 3</p>	 <hr/> <p>Technique 43, 52</p>  <hr/> <p>Technique 44</p>  <hr/> <p>Technique 45</p>  <hr/> <p>Technique 46</p>  <hr/> <p>Technique 47, 48, 49, 55, 57</p>  <hr/> <p>Technique 50, 60</p>
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	<p>times.</p> <p>64. 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.</p> <p>65. Push hands alternately to popliteal fossa, 3 times.</p> <p>66. Twist both hands upwards alternately as if twisting a fried dough, 3 times.</p> <p>67. Caress the treatment area, 3 times.</p> <p>68. Push four main collateral channels upwards with kneeling fingers of both hands, 3 times.</p> <p>69. Caress the treatment area, 3 times.</p> <p>70. Do the same on the other side.</p> <p>71. Wipe clean the legs and apply gel evenly.</p> <p><b>72. Snow ice cooled RF</b> Move the device from popliteal fossa to Bladder Meridian (BL) - Kidney Meridian (KI) - Liver Meridian (LV) - Gallbladder Meridian (GB), 3 times.</p> <p>73. Move the probe in small circular motion on calf, 3 times.</p> <p>74. Move the device upwards to popliteal fossa and caress the treatment area with hands, 3 times.</p> <p>75. Push from popliteal fossa tracing 4 main collateral channels to the end of thigh, 3 times.</p> <p>76. Move the device in</p>	 <hr/> <p>Technique 51</p>  <hr/> <p>Technique 53, 54</p>  <hr/> <p>Technique 58</p>  <hr/> <p>Technique 59</p>  <hr/> <p>Technique 61</p>  <hr/> <p>Technique 62</p>
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circular motion from popliteal fossa to the end of thigh, 3 times.

77. Push from popliteal fossa tracing main collateral channels to the end of thigh, 3 times.

78. Clean with towel, 2 min.

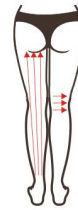
79. Repeat the same techniques on the other side.



Technique 63



Technique 66, 67, 68, 69, 71, 72, 73



Technique 70

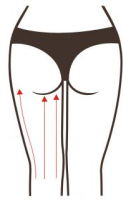



Technique 76, 78



Technique 77



			<p>Technique 79, 81</p>  <hr/> <p>Technique 80</p>  <hr/>
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**Suggested Treatment:**

10 treatments account for a full course. After one treatment, body is relaxed and firmed. One course of treatment helps tighten the skin, reduce stretch marks, the back becomes firm and smooth, and the skin tone is brighter. 2 courses of treatment help tighten the limbs and back, reduce excess fat. 3 courses of treatment help strengthening the effect, shape the body, show obvious curve lines.