

User Manual

MS-1163



Preface

Dear Users,

We're pleased to present to you our latest 2-in-1 comprehensive beauty machine, which adopts cryogenic electromagnetic skin-lifting technology for slimming body and tightening skin. It is a professional beauty machine, which needs to be handled by professionals with proper training. Any improper use will result in adverse outcomes. Therefore, we advise any personnel to read this manual thoroughly and follow the instructions strictly before operation.

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

Thank you!

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Part I

Brief Introduction

Cryogenic electromagnetic skin-lifting technology is among the most popular approaches for skin firming, body shaping and anti-ageing. So, this machine is an effective replacement of all the facial and body care programs in beauty salons. Moreover, it is convenient and easy to operate. It solves both skin and body management problems for beauty-seekers. This equipment requires no injection, no medication, and no operation, for which it has no side effects. It is used externally during the whole process and has an immediate effect. The RF waves can reach dermis and restore collagen, which can not only prevent discomfort on skin for too high temperature of the handle but also raise the level of comfort during the treatment.

Advantages

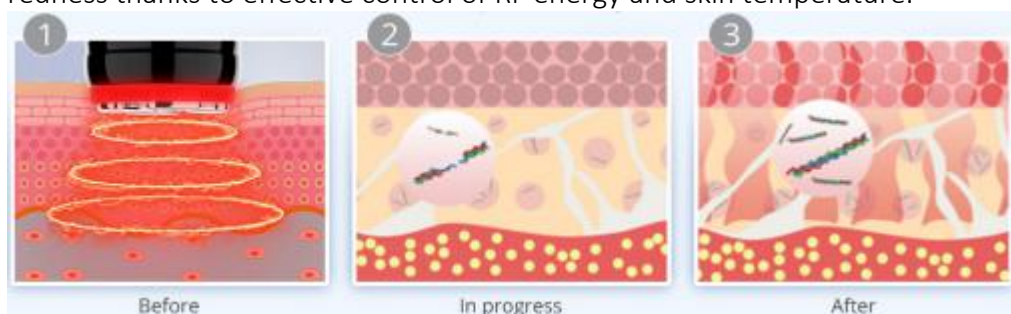
1. 2-in-1 beauty machine for facial and body care.
2. Two working handles can be chosen to be used in different parts.
3. One handle has several functions. To cool skin surface and heat up deep skin layer.
4. It is painless and non-invasive treatment process. Once the treatment is over, customer can go back home and there is no recovery period, which will not affect customer's life and work.
5. No consumption, low cost and quick returns.
6. Wider treatment range for body and face.
7. Unevenness, bleeding, and swelling will not appear after treatment.
8. The handle can also emit red light to accelerate metabolism, relieve skin inflammation and kill bacteria, which can give users remarkable effects and higher level of comfort.

Face Firming and Anti-ageing

1. Working Principles

RF

It uses a capacitive coupling electrode to transmit the energy of radio waves and form electric field at subcutaneous tissue. The energy acts on the collagen at dermis to achieve the purpose of tightening skin and reducing wrinkles. On the one hand, it can cool down epidermis. On the other hand, the heat can be released from inside and dermis can be heated up. And when the temperature at dermis reaches $45^{\circ}\text{C}\sim 60^{\circ}\text{C}$ (the temperature threshold of collagen regeneration), collagen will be stimulated to regenerate at deep skin layer. The effect is obvious and long-lasting. And the treatment is safe and can make you feel comfortable, for skin will not see redness thanks to effective control of RF energy and skin temperature.



2. Effects

1. Activate cells and increase skin's elasticity

2. Firm skin and smooth out fine lines
3. Relieve saggy condition of skin
4. Build face contour and make face have stereoscopic appearance
5. Shrink pores and plump up cheeks
6. Moisturize skin and promote skin's absorption
7. Accelerate metabolism and blood circulation
8. Stimulate collagen regeneration and slow down skin ageing

3. Applicable range

1. Those with saggy skin
2. Those with fine line on face, nasolabial folds and dynamic wrinkles
3. Those with unsatisfactory face contour and double chin
4. Those with rough skin and large pores
5. Those with saggy skin and edema after birth
6. Those with low skin metabolism and poor absorption

4. Inapplicable Range

1. Those who have just undergone plastic surgery with prostheses and metal materials implanted at the operation area.
2. Those who have used injection products recently, such as hyaluronic acid, skin booster or wrinkle removal products.
3. Those who have hypertension, heart disease, diabetes, severe hyperthyroidism, malignant tumor, etc.
4. Those who are in allergic period and have severely sensitive skin and metal allergies.
5. Those who have trauma or wound on the skin.
6. Those who are of advanced years.
7. Those who are in menstruation, pregnancy and lactation or who are on the road to recovery.
8. Those who have skin diseases and infectious diseases.
9. Those who have unrealistic expectations about the effect.

5. Do's and Don'ts after Operation

1. Wash face with warm water within three days
2. Stay hydrated and use sunscreen
3. Do not use irritating products such as AHA, scrubbing and exfoliating products within one week
4. Do not stay up late, avoid drinking alcohol and smoking cigarettes and eat more fruits, vegetables and foods with less grease.
5. Apply face mask at least three times within a week

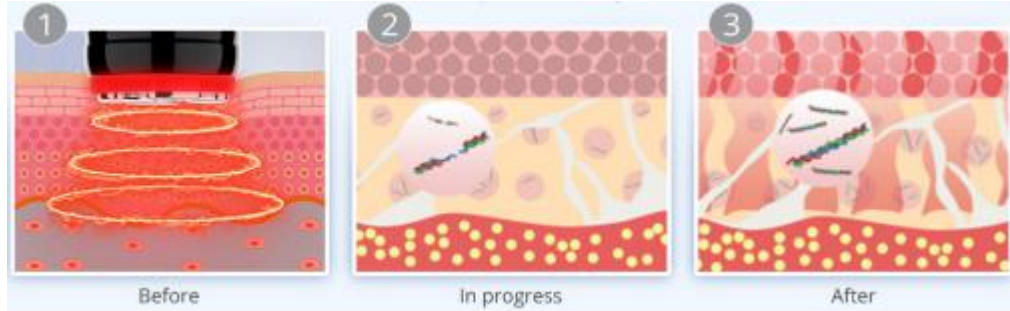
Neck Care

1. Working Principles

RF

It uses a capacitive coupling electrode to transmit the energy of radio waves and form electric field at subcutaneous tissue. The energy acts on the collagen at dermis to achieve the purpose of tightening skin and reducing wrinkles. On the one hand, it can cool down epidermis. On the other hand, the heat can be released from inside and dermis can be heated up. And when the temperature at dermis reaches 45C~60° C(the temperature threshold of collagen regeneration), collagen will be stimulated to regenerate at deep skin layer. The effect is obvious and long-lasting. And the treatment is safe and can make you feel comfortable, for skin will not see

redness thanks to effective control of RF energy and skin temperature.



2. Effects

1. Reduce the flabbiness, roughness and dullness of the neck skin.
2. Firm skin and increase skin elasticity.
3. Remove double chin.
4. Accelerate lymph detox and improve facial skin.
5. Prevent neck and lymph diseases.

3. Applicable Range

1. Those with rough and dull skin on the neck.
2. Those with lymphatic blocking
3. Those with sagging and inelastic neck skin.
4. Those who often bow their heads
5. Those who are not satisfied with their skin colour.

4. Inapplicable Range

1. Those who have just undergone plastic surgery.
2. Those with hypertension, heart disease, diabetes, severe hyperthyroidism and malignant tumors.
3. Those who are having an allergic reaction, or people with severe sensitive skin.
4. Those with skin trauma or wound.
5. Those who are of advanced years.
6. Those who are pregnant or convalescents.
7. Those with skin disease and other contagious diseases.

5. Do's and Don'ts after Operation

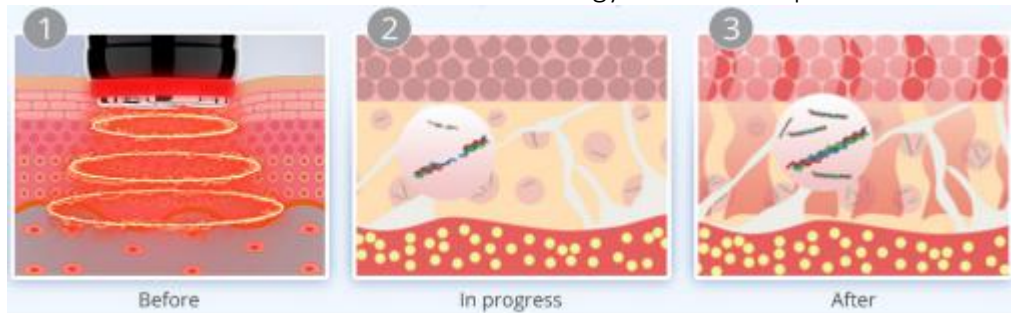
1. Avoid sunburn. Keep the neck warm.
2. Within 1-3 days after operation, it is better not to use alcohol, AHA or other exfoliating products.
3. Avoid facial washing with overheated water, taking a sauna, go for hot springs or violent exercise within 7 days after operation.
4. Moisturizing and mask for the neck is encouraged, Use masks at least 3 times a week. Essence or neck cream is encouraged.
5. Avoid bowing head for a long time.

Body Management

(1) Working Principles

RF

It uses a capacitive coupling electrode to transmit the energy of radio waves and form electric field at subcutaneous tissue. The energy acts on the collagen at dermis to achieve the purpose of tightening skin and reducing wrinkles. On the one hand, it can cool down epidermis. On the other hand, the heat can be released from inside and dermis can be heated up. And when the temperature at dermis reaches 45C~60° C(the temperature threshold of collagen regeneration), collagen will be stimulated to regenerate at deep skin layer. The effect is obvious and long-lasting. And the treatment is safe and can make you feel comfortable, for skin will not see redness thanks to effective control of RF energy and skin temperature.



(2) Waist&Abdomen Shaping

Effects

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

Applicable Range

1. Those with cold feet, cold hands, cold womb and cold body.
2. Those with lumbar and abdominal fat or who have sagging skin after birth.
3. Those who often sit for a long time, or have unsatisfactory waistlines.
4. Those with stretch marks.
5. Those with constipation or obstruction of abdominal meridians.

Inapplicable Range

1. Those with "3 Hs"(hypertension, hyperglycemia, hyperlipidemia) and who have heart disease.
2. Those in pregnancy, menstruation or lactation.
3. Those whose incisions are healing or who are on the road to recovery.
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.

Do's and don'ts after Operation

1. Keep abdomen warm. Avoid getting a cold.
2. Avoid eating and drinking too much. No alcohol, no spicy and greasy food. Staying up late should be avoided. Drink warm water.
3. Take a bath after 4-6 hours.
4. 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 help with metabolism for weight loss.

(3) Arm Shaping

Effects

1. Stimulate collagen growth in the bottom of the skin to shape and firm it.
2. Relieve sagging skin.
3. Relieve flabby arms and thick arms.
4. Soothe and firm sagging skin.
5. Tighten skin.
6. Accelerate blood circulation and dredge meridians and collaterals.

Applicable Range

1. Those with thick arms and want to look better in clothes.
2. Those with flabby arms.
3. Those with sagging arm skin.
4. Those whose arms are prone to pain and numbness.
5. Those who often hold baby or children

Inapplicable Range

1. Those who have just had plastic surgery.
2. Those with hypertension, heart disease, diabetes, severe hyperthyroidism, 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 of advanced years.
6. Those who are pregnant and who are recovering from surgery.
7. Those with skin diseases and infectious diseases.

Do's and Don'ts after Operation

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

(4) Back Shaping

Effects

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

Applicable Range

1. Those with sore shoulders and backs and stiff necks.

2. Those who suffer from insomnia, dream a lot or have a worse memory.
3. Those who are prone to fatigue, drowsiness and poor circulation of qi and blood.
4. Those with thick back and want to look better in clothes.
5. Those who have a lump on the back of the neck.

Inapplicable Range

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

Do’s and Don’ts after Operation

1. Keep warm, avoid getting a cold and drink plenty of hot water.
2. Take shower in 4-6 hours after operation.
3. Avoid staying up late, drinking and overeating.
4. Avoid raw, cold and spicy foods and get enough sleep.
5. Avoid shoulder-baring and backless clothes

(5) Hip Shaping

Hip is located in the middle of human body, and are the key hub of qi and blood circulation of meridians. It is the main switch of six meridians and also the bridge connecting the qi and blood circulation of upper and lower parts of human body, which plays an important role in building S-shaped curve and promote female attractiveness.

Effects

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

Applicable Range

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

Inapplicable Range

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

Do's and Don'ts after Operation

1. Keep hips warm and avoid wearing miniskirts and shorts.
2. Take a shower in 4-6 hours after operation.
3. Drink plenty of hot water to avoid getting a cold.
4. Avoid staying up late, drinking and overeating.
5. Avoid eating raw, cold and spicy foods and get enough sleep.
6. Sauna, hot spring or strenuous exercise should be avoided within 7 days after operation.

(6) Leg Shaping

Effects

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

Applicable Range

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

Inapplicable Range

1. Those who are in menstruation, pregnancy or lactation.
2. Those with hypertension, heart disease, diabetes, severe hyperthyroidism, malignant tumor, etc
3. Those with skin diseases or infectious diseases.
4. Those who have incisions on their bodies.
5. Patients with severe varicose veins and tumors.
6. Those who are having allergic reactions or who have severely sensitive skin.
7. People who have just had liposuction.
8. Those who are of advanced years.
9. Pregnant women or who are on the road to recovery.

Do's and Don'ts after Operation

1. Keep warm after operation. Do not eat cold food.
2. Take shower in 4-6 hours later.

3. Drink more warm water to keep hydrated and speed up metabolism.
4. Do not eat and drink too much or stay up late.
5. Avoid sauna, hot spring or strenuous exercise for 7 days after operation.
6. Wear pants after operation. Avoid wearing miniskirts and shorts.

(7) Breast Shaping

Effects

1. Correct breast shape and relieve accessory breasts
2. Relieve nodules on breasts, slight hyperplasia and distending pain in breast
3. Relieve outward expansion of breasts
4. Relieve irregular menstruation, speckles on the face and the lack of elasticity of breasts.
5. Relieve breast atrophy, breast sagging and obstruction of lactiferous ducts

Applicable Range

1. Those who have accessory breast and unsatisfactory breast shape
2. Those who have nodules on breasts, slight hyperplasia and distending pain in breast during the menstruation
3. Those who have free fat, saggy breast and outward expansion of breasts
4. Those who have low immunity
5. Those who have irregular menstruation, speckles on the face and breast inelasticity
6. Those who think that their breasts are underdeveloped, or who have postpartum breast atrophy, breast relaxation, blockage of lactiferous ducts and so on.

Inapplicable Range

1. Patients with cardiovascular and cerebrovascular diseases, diabetes, abnormal blood coagulation and impaired function of important organs.
2. Those who are taking anticoagulants, vasodilators, corticosteroids and other drugs or who have been taking them for a long time.
3. Those with a focus of infection on the skin of the chest.
4. Patients with severe hyperplasia, fibroma and cyst of the chest
5. Those who are in pregnancy and lactation

Do's and Don'ts after Operation

1. Keep warm after operation. Do not eat cold food.
2. Take shower in 4-6 hours later.
3. Drink more warm water to keep hydrated and speed up metabolism.
4. Do not eat and drink too much or stay up late.
5. Avoid sauna, hot spring or strenuous exercise for 7 days after operation.
6. Wear shaping and comfortable bra and don't squeeze your chest.

Part II

1. Detailed Operation

Install fittings as the figure below shows



After checking the machine is connected properly, the starting interface will appear after the power switch is pressed.



Function Selection



time display and adjustment



button for decreasing time



button for increasing time



Temperature adjustment for cooling. -5 to 2°C is recommended. 2°C is recommended for the first-time users. After the users adapt to it, the temperature can be lowered slowly. Temperature adjustment must be made gradually. Adjusting temperature to -5°C abruptly is not allowed.



button for raising temperature



button for lowering temperature



RF energy display and adjustment



button for raising energy level



button for lowering energy level



start/stop button

Please note: choose suitable treatment handle for different areas. There must be water in the bottle at the back of the machine, otherwise the handle won't have cooling effect.

2. Technical Parameters

Cold And Hot

Cryogenic Temperature: 2~-5 degree centigrade

Heating Temperature: 38~45 degree centigrade

RF Frequency: 5mhz

Power: 50W

3. User Contraindications

People described as below should be cautious about using this instrument. Please consult a doctor or a professional before using the instrument. The details are as follows:

1. Those who are in pregnancy or lactation.
2. Those with heart disease or who are equipped with pacemaker.
3. Those whose wounds have not healed and who are recovering from the operation.
4. Those with epilepsy, severe diabetes and hyperthyroidism.
5. Those with malignant tumor, hemophilia or severe bleeding.
6. Those with skin diseases and infectious diseases.
7. Those who have metals in their bodies such as stents, pacemakers or who are allergic to metals.
8. Those who are sensitive to electric currents.

4. Dos and Dont's

1. The plug with grounding pin must be used before the instrument is used and the power socket of the instrument is properly grounded.
2. Ensure that the voltage of the instrument is suitable. If the voltage of the local power supply is not stable, we suggest that the user add a voltage regulator with matching power between the mains and the instrument.

3. In order to ensure the treatment effect and normal service life of the instrument, please use the specified parts provided or suggested by the original manufacturer.
4. The instrument should not be placed in damp places or near water sources, and should not be directly exposed to sunlight.
5. Do not place the instrument near a strong heat source, as this may affect the life and normal use of the instrument.
6. Before treatment, please remove all metal objects from the body first, so as to avoid unexpected conditions and influence the curative effect.
7. Please restrain from using the device on eyes, thyroid, parathyroid, testicles, abdomen of pregnant women, and pacemakers.
8. Patients who are suffering from illness should consult with a doctor and gain permission from the doctor before using.
9. Please turn off the power switch of the device, and ensure that the total power supply of the device is turned off before the staff leaves after daily use, so as to ensure the safety of using the electrical products.
10. Set the energy at lowest level at the beginning and slowly raise it after the customer adapts to it.
11. Clean the instrument with normal saline after operation to ensure its cleanliness to prolong its service life.
12. Make sure the handle is in full contact with skin during operation in case skin is heated unevenly.
13. The treatment area should be kept moisturized during the operation and do not perform the treatment on dry skin.
14. When the treatment receiver is taking other weight-loss drugs, it is recommended to stop taking them for 1 to 2 months before treatment. Extension of the course of treatment is recommended if the treatment receiver want to use this machine immediately.
15. Do not use this machine on an empty stomach. When you are full, you should wait for at least 1 hour before you take the treatment.
16. Use this machine or train the operator in strict accordance with the use manual.

5. Troubleshooting & Solutions

1. The instrument cannot be started, and the button light on the back of the instrument does not work?

- A. Make sure the power cord is connected to the socket with normal power supply.
- B. Whether the fuse on the back of the instrument is loose or blown.

2. The cooling function of the machine doesn't work?

- A. Please check whether the handle is properly connected to the machine body.
- B. Please check whether there is water in the water container.

3. The cooling effect weakened?

- A. Please check whether the handle is properly connected to the machine body.
- B. Please check whether there is something non-conductive on the handle such as grease, which can cause poor contact.
- C. Please check whether skin care product used here meets the requirement of the machine.

4. I can start the instrument, but the screen shows erroneous message?

- A. Please unplug the power cord behind the instrument and wait for about 1 minute before restarting the instrument.
- B. If the above method cannot solve the problem, please contact the instrument dealer for

assistance.

6. FAQs

1. How long can I see the effect after the treatment?

A: Normally, you can see the effect that day or within a week. On the one hand, it can cool down epidermis. On the other hand, the heat can be released from inside and dermis can be heated up. And when the temperature at dermis reaches 45C~60 ° C(the temperature threshold of collagen regeneration), collagen will be stimulated to regenerate at deep skin layer. The more you take the treatment, the more obvious the effect will be.

2. Does this treatment harm skin?

A: It is non-invasive treatment, which stimulates the regeneration of collagen at deep skin. And it won't do any harm to skin.

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

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

4. Q: What functions does this instrument have?

A: It has the functions of dissolving fat and shaping body, smoothing&rejuvenating skin, firming &lifting skin and anti-aging. It can be operated on every part of the body. In terms of facial care, it can form face contour, alleviate wrinkles and saggy skin. In terms of body care, it can reduce regional fatness and build S-shaped curve, and promote metabolism and detoxification of the whole body. Meanwhile, it can also enhance the functions of viscera and solve sub-health problems.

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

A: This treatment is non-invasive and is one of the most effective and the safest approaches to removing wrinkles and shaping body. Generally speaking, side effects won't appear. A small number of people may experience transient redness or swelling that will disappear after a few hours. Those with dry skin may experience atrophy after treatment, which will disappear after three days because collagen regeneration will make skin plump up though RF heat can cause moisture loss of skin. Overall, there are no side effects on people's health.

6. Q: What is collagen?






A: Collagen is a kind of biological macro molecule substance, a kind of white, opaque and non-branched fibrous protein. It can supplement the nutrients needed by all layers of the skin, enhance the collagen activity in the skin, retain moisture, nourish skin, slow down ageing, relieve facial relaxation, provide nutrients for the hair and so on. Collagen is a nutrient that human body must replenish to delay ageing. With the growth of age, collagen will gradually be lost. For women, collagen will begin to decrease since the age of 20. At the age of 25, collagen loss will reach its peak. At the age of 40, the collagen content is less than half of that one has at age of 18. It is the loss of collagen and water that causes the wrinkles on the face of the elderly. The breakage of collagen fibers and elastic fibers will cause skin tissue to be oxidized, atrophied and collapsed. The skin will be dry, wrinkled, flabby and inelastic. Therefore, in order to delay ageing, there must be plenty of collagen.

7. Packing List

1 x Abs Bottle

- 1 x Main Machine
- 2 x Cold And Hot RF Handle
- 1 x Power Cord

8. Operational Diagrams



Parameter Adjustment	Product	Techniques	Diagrams
Face Firming&Anti-ageing: 60 min once a week			
<p>RF S Time:10-15 min</p> <p>Temperature:- 5 to 2°C</p> <p>Energy: 3-7</p>	<p>Makeup Remover+ Face Cleanser+ Cold&Hot Steam+Massage Cream+ Base Mask+Essence+Facial Mask</p>	<ol style="list-style-type: none"> 1. Remove makeup and clean face, 5 min. 2. Apply base mask and use hot steam, 10 min. 3. Clean face, 2 min. 4. Apply toner, 1 minute 5. Apply massage cream evenly on face and soothe face, 3 times. 6. Press the following acupoints (RN-24, DU-26, ST-4, ST-6, LI-20, BL-1, BL-2, EM3, TE-23, GB-1, the Temple, ST-1, ST-2), 3 times. 7. Soothe the whole face, 3 times. 8. Alternate both hands to lift in 3 lines from chin to ear lobe, mouth corner to ear gate, and nose wing to temple. Lift eye corner from lower eyelid to temple, 3 times. 9. Do the same to the other side. 10. Lift towards hairlines on forehead, 3 times. 11. Alternate hands to lift and pluck face , 3-5 times. 12. Alternate fingers to pluck forehead towards hairline with one hand, 3-5 times 13. One side, pluck and lift face alternately with both hands, 2-3 minutes 14. Do the same to the other side. 15. Move in a zigzag shape on forehead with middle and ring 	<p>Technique5, 7</p>  <hr/> <p>Technique6</p>  <hr/> <p>Technique8, 18</p>  <hr/> <p>Technique10, 12, 20</p>  <hr/> <p>Technique15</p> 

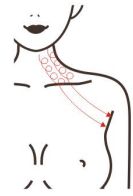

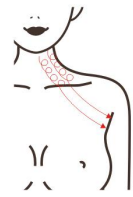

		<p>fingers, slide to the front side of ears and lift back and forth for 3 times and slide to the back of ear.</p> <p>16. Wash face clean, 2 minutes</p> <p>17. Apply essence evenly to face, 1 minute</p> <p>18. RF S operation, lift upwards from jaw to earlobe, mouth corner to ear center, nose wing to temple, 3 times</p> <p>19. Do the same on the other side.</p> <p>20. Lift towards hairlines on forehead, 3 times.</p> <p>21. Wash face clean, 2 minutes</p> <p>22. Apply essence evenly to face, 1 minute</p> <p>23. Repeat the operation on the other side.</p> <p>24. Apply mask, 15 minutes</p> <p>25. Wash face clean, 2 minutes</p> <p>26. Apply toner, essence, face cream and suncream</p> <p>27. The end.</p>	
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Treatment suggestions

A course of treatment consists of ten treatment sessions. After one session, skin will be firmed and hydrated with necessary nutrients absorbed. After a full course, skin will be lifted with glow. Two courses help increase skin smoothness and plumpness and make face contour clearer. Three courses help promote skin metabolism and detoxification, fade pigmented spots and brighten dull skin, prevent skin from sagging and ageing and make the collagen at the bottom layer of skin regenerate to leave skin rejuvenated, smoothed and firmed.

Neck Treatment: 45 minutes once a week

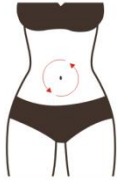






<p>RF S</p> <p>Time:10-15 min</p> <p>Temperature:- 5 to 2°C</p> <p>Energy: 3-7</p>	<p>Makeup Remover+ Face Cleanser+Massage Cream+Essence+Facial Mask</p>	<p>1. Remove makeup and clean neck, 5 min.</p> <p>2. Apply toner, 1 min.</p> <p>3. Neck massage: apply and rub oil on the chest with both hands to the back of neck and press GB-20 and DU-16 acupoint, 3 times.</p> <p>4. Alternately lift the lower jaw and double chin to pass behind the ear and under the armpit, 3 times.</p> <p>5. Push downwards with thumb and index finger splaying to</p>	<p>Technique3</p>  <p>Technique4</p>  <p>Technique5, 6, 7</p>
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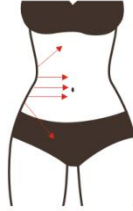


	<p>trace 3 meridians from the neck side to the armpit, 3 times.</p> <p>6. Push downwards with 4 fingers, tracing 3 meridians from neck side to the armpit, 3 times.</p> <p>7. Push downwards with bending fingers to warm up neck and slide to the armpit, 3 times.</p> <p>8. Push downwards with thumb and index finger splaying from external collarbone to armpit, 3-5 times.</p> <p>9. Do the same on the other side.</p> <p>10. The end</p> <p>11. RFS operation, use one hand and the handle to lift double chin area to pass behind the ear and under the armpit, 3 times.</p> <p>12. Move the handle in circles along three lines on one side of neck to pass under armpit, 3 times.</p> <p>13. Slide the handle from the inner and outer sides of clavicle to the armpit, 3-5 times.</p> <p>14. Move the handle in circles on the whole neck area, 3 times.</p> <p>15. Do the same on the other side.</p> <p>16. Wash neck clean, 1 minute.</p> <p>17. Apply essence evenly, 1 minute.</p> <p>18. Apply neck mask, 15 minutes</p> <p>19. Wash neck clean, 1 minute.</p> <p>20. Apply toner, neck essence, neck cream and suncream</p> <p>21. The end.</p>	 <p>Technique11</p>  <p>Technique12</p>  <p>Technique14</p> 
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Treatment Suggestions

A course of treatment consists of ten treatment sessions. After one treatment, skin becomes rejuvenated and smooth. After a full course, neck skin becomes smooth, and the neck lymphatic circulation is accelerated. After 2 courses of treatment, skin will be tightened, neck lines will be reduced, and the the condition of double chin will be relieved. After 3 courses of treatment, skin will be firmed with glow, lymphatic detox will be accelerated and some problems will be resolved such as acne and skin dullness. Moreover, skin aging will be prevented and skin will remain in a young state.

Waist&Abdomen Shaping: 60 minutes once a week

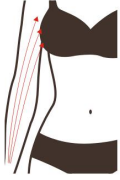
<p>RF L</p> <p>Time:15-20 min</p> <p>Temperature:-5 to 2°C</p> <p>Energy: 3-7</p>	<p>Massage Cream(Essential Oil)+Gel+MS-1163</p>	<ol style="list-style-type: none"> 1. Massage technique 2. Rub oil into abdomen with hands moving in circular motion, 3 times. 3. Rub abdomen back and forth with both hands, 3-5 times. 4. Knead abdomen with both hands using chiropractic technique, 3 times. 5. Lift Meridian BV(Belt Vessel) on both sides of waist with both hands alternately, 16 times. 6. Move hands in 8-shaped motion with right hand and left hand moving clockwise and anti-clockwise respectively on waist, 3 times. 7. Overlap hands and message the intestinal canal clockwise, 3 times. 8. Move hands in circular motion to soothe the treatment area, 3 times. 9. Apply digital pressing technique on the following acupoints: RN13, RN12, RN10, RN8, RN6, RN4, RN3, ST25, SP15, 2 times. 10. Starting from RN3 point, push to belly navel, slide to waist and then lift upwards to groin with both thumbs, 3 times. 11. Soothe the treatment area with hands and then slide to groin. 12. The end. 13.RF L operation:one side, lift from waist side to abdomen and to groin line by line, 3-5 times. 14. Repeat the technique on the other side. 15. Move the handle on abdomen in a small spiral 	<p>Technique2, 8, 11</p>  <hr/> <p>Technique3, 19</p>  <hr/> <p>Technique4</p>  <hr/> <p>Technique5</p>  <hr/> <p>Technique6</p>  <hr/> <p>Technique7</p>  <hr/> <p>Technique9</p>  <hr/> <p>Technique10</p>
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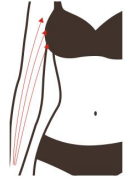



		<p>curve, 3 times. 16. Move the handle on abdomen in a big spiral curve, 3 times. 17. Wipe the area clean with towel, the end.</p>	 <p>Technique13</p>  <p>Technique15</p>  <p>Technique16</p> 
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Treatment Suggestions

A course of treatment consists of ten treatment sessions. After one treatment session, metabolism will be accelerated after abdomen is heated up. After one course, fat will be slowly metabolized, body will start to slim down. Constipation and other issues will be relieved at the same time. After two courses, the effects will gradually become obvious, skin will be tightened and lifted, and skin collagen will be increased. Stretch marks and flabby skin are also alleviated. Three courses will help consolidate the effects. Unwanted fat will gradually disappear, and waist and abdomen curves will start to take shape.

Arm Shaping: 60 minutes once a week

<p>RF L Time:20-30 min Temperature:-5 to 2°C Energy: 3-7</p>	<p>Massage Cream(Essential Oil)+MS-1163</p>	<ol style="list-style-type: none"> 1. Massage techniques 2. Left-right order: lay the arm flat, rub oil into skin from lower arm to the entire arm and slide to the fingers(soothing technique), 3 times. 3. Push the entire arm with both palms, 3 times. 4. Push hands upwards tracing three main collateral channels: Large Intestine 	<p>Technique2, 3, 4, 5, 6, 7</p>  <p>Technique8, 9</p>
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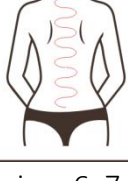
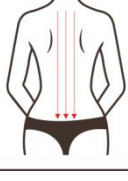
	<p>Meridian(LI) - Triple Energizer Meridian(TE) - Small Intestine Meridian(SI) to armpits with thumbs and index fingers splaying, 3 times.</p> <p>5. Soothe the area, 3 times</p> <p>6. Rub three main collateral channels on arms with kneeling finger back and forth till they turn hot, 3 times.</p> <p>7. Soothe the area, 3 times</p> <p>8. Lay inner arm upwards, and push hands tracing three yin meridians on inner arm: Lung Meridian(LU) - Pericardium Meridian(PC) - Heart Meridian(HT) to armpit with thumbs and index fingers splaying, 3 times respectively.</p> <p>9. Rub three meridians back and forth with bending fingers to warm them up, 3 times.</p> <p>10. Soothe the area and slide to fingers</p> <p>11. Repeat above techniques on the other side.</p> <p>12. Wipe the area clean with towel, and apply gel evenly to arm.</p> <p>13. RF L operation: lay customer's arm flat, push three meridians from fat part of lower arm to armpit, 3 times.</p> <p>14. Move the handle in a spiral curve along three meridians to armpit, 3 times.</p> <p>15. Redouble the operation on flabby arms, 3 times.</p> <p>16. Move the handle along three meridians to armpit, 3 times.</p> <p>17. Lay inner arm upwards and push three meridians on upper arm to armpit, 3 times.</p> <p>18. Move the handle in a small spiral curve along three meridians on upper arm to armpit, 3 times.</p> <p>19. Move the handle along three meridians from upper</p>	 <hr/> <p>Technique13, 16</p>  <hr/> <p>Technique14, 15</p>  <hr/> <p>Technique17</p>  <hr/> <p>Technique19</p>  <hr/>
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		arm to armpit. 20. Repeat the operation on the other side. 21. Wipe the area clean with towel, the end.	
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Treatment Suggestions

A course of treatment consists of ten treatment sessions. After one treatment session, it will feel warm and tight, and the arms will be relaxed. After one course of treatment, excessive fat on arms will be reduced and the skin will appear to be tight and plump. Two courses of treatment will help shape arms, dredge meridians, and enhance the constitution to strengthen the effects. 3 courses will help consolidate effects and prevent the reappearance of above conditions.

Back Shaping: 60 minutes once a week

<p>RF L</p> <p>Time:15-20 min</p> <p>Temperature:-5 to 2°C</p> <p>Energy: 3-7</p>	<p>Massage Cream(Essential Oil)+MS-1163</p>	<ol style="list-style-type: none"> 1. Massage techniques 2. Apply oil to back and press GB-20 and DU-16 acupoints. 3. Pluck Dabanjing(the area connecting neck and shoulder) (from hairline), 3-5 times 4. Move thumb outwards from Bladder Meridian(BL) to the Baliao area and then to GB-20 and DU-16 points. 5. Starting from neck to caudal vertebra, move hands in an undulating line, 3 times. 6. Push Bladder Meridian(BL) with thumb in left-right order, 3 times. 7. Push Bladder Meridian(BL) to the Baliao Area with both thumbs, at the same time, 3 times. 8. Push Bladder Meridian(BL) in three lines with bending fingers, 3 times. 9. Push along medial border of scapula with both hands alternately in left-right order, 3-6 times. 10. Push along medial border of scapula with both hands horizontally, 3-6 times. 11. Soothe the back with both hands and push GB-20 and DU-16 points, 3 times. 12. Overlap both thumbs and 	<p>Technique2, 11</p>  <hr/> <p>Technique3, 18, 25</p>  <hr/> <p>Technique4</p>  <hr/> <p>Technique5</p>  <hr/> <p>Technique6, 7, 8, 14, 16</p>  <hr/> <p>Technique9, 19</p>
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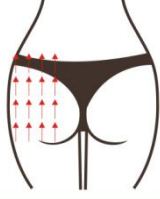
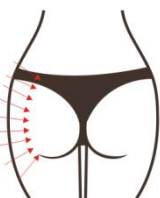
	<p>push SI-11 point and slide to the arm, 3 times.</p> <p>13. Do the same on the other side, 3 times</p> <p>14. Rub Meridian GV and Bladder Meridian(BL) with hands to warm them up.</p> <p>15. The end</p> <p>16. RF L operation: move handle along Meridian GV and Bladder Meridian(BL) respectively from neck to the Baliao area, 3-5 times.</p> <p>17. Move handle in circles on DU-14 point and on the Baliao area, 3-5 times respectively.</p> <p>18. Move handle back and forth on Dabanjing(the area connecting neck and shoulder)from neck, 3-5 times.</p> <p>19. Lift the handle along the medial border of scapula back and forth in left-right order, 3-5 times.</p> <p>20. Move the handle in an 8-shaped motion downwards to Baliao area, 3 times.</p> <p>21. Move the handle in an undulating line upwards from left side of waist first and then the right side to armpit, 3 times.</p> <p>22. Move the cup upwards from waist side to armpit, 3-5 times</p> <p>23. Wipe back clean, the end.</p>	 <p>Technique10</p>  <p>Technique12, 13</p>  <p>Technique17</p>  <p>Technique20</p>  <p>Technique21</p>  <p>Technique22</p> 
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Treatment Suggestions

A course of treatment consists of 10 treatment sessions. After one treatment session, back will be significantly relaxed, neck stiffness will also be alleviated, and skin will be lifted. A course will help relax shoulder, reduce back fat, relieve the lump on the nape of the back, and shape the back line. After two courses, the lump will appear to be smaller, meridians will be dredged, sub-health problems will be solved, and sleep quality will be improved. 3 courses will help thin back thinning, back line refinement, strengthening visceral function, improving digestion, detoxification and metabolism(one course of treatment is to reduce fat, two courses are to strengthen

effects, and three courses help consolidate effects and prevent the reappearance of above conditions.)




Hip Shaping: 60 minutes once a week





<p>RF L</p> <p>Time:15-20 min</p> <p>Temperature:-5 to 2°C</p> <p>Energy: 3-7</p>	<p>Massage Cream(Essential Oil)+MS-1163</p>	<ol style="list-style-type: none"> 1. Standing on the side, rub oil into skin by sliding to the waist from the Baliao area and then lift up along the hips from the waist, 3 times (this is soothing technique.) 2. Push the Baliao area with two thumbs, 3 times. 3. Soothe the treatment area for 3 times and then press point: BL-23, Baliao area, DU-1, GB-30, BL-36, 3 times. 4. Soothe the treatment area, 3 times. 5. Left-right order, both hands push from the root of the thigh in bottom-to-top way -- Bladder Meridian(BL) - Kidney Meridian(KI) - Liver Meridian(LV) - Gallbladder Meridian(GB) to Meridian BV, 3 times each. 6. Push Bladder Meridian(BL) - Kidney Meridian(KI) - Liver Meridian(LV) - Gallbladder Meridian(GB)from thigh root to Meridian upwards, 3 times each. 7. Overlap both palms and push up together from thigh root to pulse (lifting), 3 to 5 times. 8. Push your hands upwards from both sides of your hips to the top of your hips(shaping) back and forth, 3 times. 9. Repeat step 6 10. Soothe the treatment area. 11. The technique on the other side is the same as above. 12. RF L operation: lift from the top of thigh to Meridian BV line by line, 3 times. 	<p>Technique1, 4</p>  <p>Technique2</p>  <p>Technique3</p>  <p>Technique5, 7</p>  <p>Technique6, 12, 15</p>  <p>Technique8, 13, 16</p>  <p>Technique14</p>
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		<p>13. Lift upwards from both sides of the buttocks to the highest point of the buttocks 3 times.</p> <p>14. Move the handle in small spiral curve on hip, 3-5 times</p> <p>15. Lift from the top of thigh to Meridian BV line by line, 3 times.</p> <p>16. Lift upwards from both sides of the buttocks to the highest point of the buttocks 3 times.</p> <p>17. Do the same on the other side.</p> <p>18. Wipe the area clean with towel, the end.</p>	
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Treatment Suggestions
 One course of treatment consists of 10 treatment sessions. After one treatment, buttocks will experience the sensations of being heated and lifted. After one course of treatment, buttocks start to show obvious curve lines, excessive fat begin to disappear slowly, and skin appear to be tight. After 3 courses, the conditions of cold body and uterus, other gynecological problems such as irregular menstruation are relieved, which can help consolidate the effects to make females more attractive.

Leg Shaping: 60 minutes once a week

<p>RF L</p> <p>Time:20-30 min</p> <p>Temperature:-5 to 2°C</p> <p>Energy: 3-7</p>	<p>Massage Cream(Essential Oil)+MS-1163</p>	<ol style="list-style-type: none"> 1. Massage techniques 2. Customer lies on his front, back side of the leg, left-right order: rub oil into the skin from calf to thigh and then move back to heel, 3 times 3. Alternate the heels of both palms to push the entire leg upwards and move back to heel, 3 times 4. Move hands upwards to push four meridians: Bladder Meridian(BL) - Kidney Meridian(KI) - Liver Meridian(LV) - Gallbladder Meridian(GB) with thumb and index finger splaying. 5. Push popliteal fossa with both hands alternately, 3 times. 6. Move both hands upwards alternately in undulating motion, 3 times. 	<p>Technique2, 3, 4, 5, 7, 8, 9</p>  <p>Technique6</p>  <p>Technique12, 14</p>  <p>Technique13</p>
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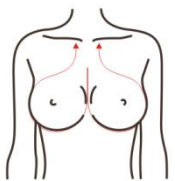
	<p>7. Soothe the area, 3 times</p> <p>8. Push four meridians upwards with bending fingers of both hands, 3 times.</p> <p>9. Soothe the area, 3 times</p> <p>10. Repeat the operation on the other side.</p> <p>11. Wipe leg clean with towel, and then apply gel evenly to the treatment area.</p> <p>12. RF L operation: push Bladder Meridian(BL) - Kidney Meridian(KI) - Liver Meridian(LV) - Gallbladder Meridian(GB) upwards to popliteal fossa respectively, 3 times.</p> <p>13. Move in small spiral curve on calf to dissolve fat, 3 times</p> <p>14. Move the instrument upwards to popliteal fossa and soothe the treatment area with hand, 3 times.</p> <p>15. Push 4 meridians from popliteal fossa to the top of thigh respectively, 3 times.</p> <p>16. Move the handle in small spiral curve from popliteal fossa to the top of thigh to dissolve fat, 3 times.</p> <p>17. Push meridians from popliteal fossa to the top of thigh, 3 times</p> <p>18. Move the handle in small spiral curve on thigh to dissolve fat, 3-5 times.</p> <p>19. Repeat the techniques on the other leg.</p> <p>20. Wipe legs clean with towel and apply RF cream evenly.</p> <p>21. Massage the front side of leg: rub oil into skin from foot to the top of thigh (soothing technique), 3 times.</p> <p>22. Push four meridians: Spleen Meridian (SP) - Stomach Meridian (ST) - Liver Meridian(LV) - Gallbladder Meridian(GB) to the top of thigh with thumb and index finger splaying, 3 times.</p>	 <hr/> <p>Technique15, 17</p>  <hr/> <p>Technique16, 18</p>  <hr/> <p>Technique21, 22, 23, 29, 32</p>  <hr/>
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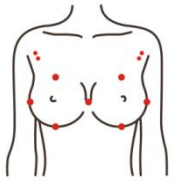
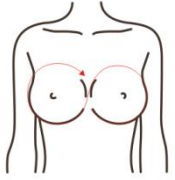
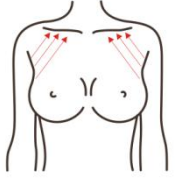
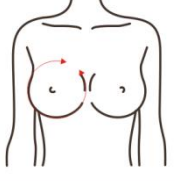
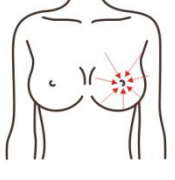
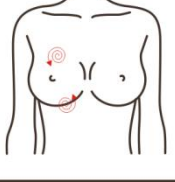
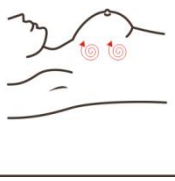
		<p>23. Push four meridians with bending fingers of both hands, 3 times</p> <p>24. The end.</p> <p>25. Repeat the operation on the other leg.</p> <p>26. Wipe legs clean with towel and apply RF cream evenly.</p> <p>27. RF L operation: lift along the four meridians from calf to knee, 3 times(if there is not too much unwanted fat on calf, perform the operation from thigh)</p> <p>28. Move in a spiral curve from the two sides of calf to knee, 3 times(if there is not too much unwanted fat on calf, perform the operation from thigh)</p> <p>29. Lift from knee to the top of thigh line by line, 3 times</p> <p>30. Move in small spiral curve on thigh, 3 times.</p> <p>31. Lift from knee to the top of thigh in spiral curve, 3 times.</p> <p>32. Lift from knee to the top of thigh line by line, 3 times.</p> <p>33. Wipe the area clean with towel. The end.</p>	
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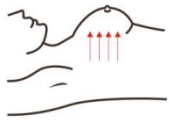
Treatment Suggestions

A course of treatment consists of ten treatment sessions. After one treatment, leg will be relaxed, and circulation will be accelerated. After one course of treatment, leg will become thin, there will be contraction of skin collagen due to heat effect, and tightening effect can obviously be felt on the skin. After 2 courses of treatment, leg will be obviously tightened and slimmed. 3 courses will help consolidate the effects. The handle of this machine can stimulate dermis to make collagen constantly regenerate, so the treatment effects will be more and more obvious.

Breast Shaping: 60 minutes once a week

<p>RF L</p> <p>Time:15-20 min</p> <p>Temperature:-5 to 2°C</p> <p>Energy: 3-7</p>	<p>Massage Cream(Essential Oil)+MS-1163</p>	<p>1. Standing at the bedside, use both hands to rub oil into skin from Shanzhong(RN17) to armpit and then lift the suspensory ligament (massage) for 3 times.</p> <p>2. Use both thumbs to press acupoints: Shanzhong(RN17), Rugen(ST18), Dabao(SP21),</p>	<p>Technique1</p>  <p>Technique2</p>
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	<p>Yingchuang(ST16), Zhongfu(LU1), Yunmen(LU2) 3 times</p> <p>3. Massage the area, 3 times</p> <p>4. Overlap two palms and move from Shanzhong(RN17) in a 8-shaped motion back and forth, 3 times</p> <p>5. Alternate hands to push from accessory breast towards suspensory ligament, in left-right order</p> <p>6. Massage the area, 3 times</p> <p>7. Sit beside the customer, use both palms to massage and lift breasts in a left-right order, 3-5 times</p> <p>8. Alternately push the lactiferous ducts (around the breast) with thumbs and index fingers splaying 3-5 times</p> <p>9. Alternately move in circles with two thumbs to dredge nodules on the chest, 3 times</p> <p>10. Massage and lift breast with both hands</p> <p>11. Repeat the techniques on the other breast.</p> <p>12. RF L handle operation: left-right order, lift towards nipple around breast in conjunction with soothing technique of the other hand, 5-8 times</p> <p>13. Lift in circles on the breast towards collarbone in conjunction with soothing technique of the other hand, 5-8 times</p> <p>14. Move in small circles to dredge the area where nodules exist, 3-5 times</p> <p>15. Treatment receiver lies on her side and lift up her arm, move the handle in circular motion on accessory breast to burn fat, 5-8 times.</p> <p>16. Push the handle from the accessory breast in the armpit to breast(shaping and narrowing the accessory breast) 5-8 times</p>	 <p>Technique4</p>  <p>Technique5</p>  <p>Technique7, 13</p>  <p>Technique8, 12</p>  <p>Technique9, 14</p>  <p>Technique15</p>  <p>Technique16</p>
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		<p>17. Repeat the techniques on the other side.</p> <p>18. Wipe breasts clean with towel, the end.</p>	
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Treatment Suggestions

One course of treatment consists of ten treatment sessions. After one treatment, there will be sensation of heat on the breast, blood circulation will be promoted and there will be some degree of lifting effect. After one course, the effect will be more obvious and the nodules will be relieved. After three courses, the skin will be firmed and the breast will be well shaped with increased elasticity. The functions of endocrine system will be improved to make females more attractive.