

User Manual

MS-11R4



Preface

Dear users:

We're pleased to present to you MS-11R4 beauty machine featured with ultrasonic fat burning and slimming. It is a multifunctional beauty machine, targeted at problems like accumulated fat, localized fat pocket, etc. We aim at a safe and, at the same time, effective beauty result by using high-end technologies. Ultrasonic beauty machines are skin care machines for professional use, which needs to be handled by professionals with proper training. Any improper use will result in adverse outcomes. Therefore we advise any personnel read this guide thoroughly and follow the instructions strictly before operation.

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

Thank you!

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Part I

Brief Introduction

Ultrasonic beauty machines are currently the most popular beauty machines that work on weight loss and body slimming. It's an effective replacement of all the facial and body care programs in beauty salons. Moreover, they are convenient and easy to operate. It solves both skin and body management issues for beauty-lovers. This equipment requires no injection, no medication, no operation, thus having no side-effects. It is used externally during the whole process and has an immediate effect. Ultrasound of special frequency targets at unwanted stubborn cellulite and localized fat pocket, bringing amazing results by dissolving fat cells through ultrasonic body massage .

Advantages

1. Ultrasonic fat burning replaces and transcends liposuction, bringing good news for treating obesity.
2. It adopts the cutting-edge fat-blasting technology.
3. Painless, non-invasive during the process. No downtime, without affecting any work and life plans.
4. No consumption, low cost and quick returns.
5. Unevenness, bleed, swelling and stasis will not appear after treatment.
6. Portable, and easy to operate; It can be used both at home and beauty salons.
7. Ultrasound targets at unwanted stubborn cellulite, bringing amazing result.

Principles

Using the sound wave with a frequency of 4 MHz emitted by the strong sound wave head gathering strong sound waves, human adipocytes can produce a strong impact and friction movement between adipocytes after entering the human body, which can effectively consume heat, water and shrink adipocytes. In addition, when sound waves vibrate, it can make adipocytes smaller. Strong crack will come along, cells will burst instantly, adipocytes reduce, so as to achieve the effect of fat removal.

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

Advantages: only aim for low-density adipose tissue in a specific frequency, protect high-density tissue such as vascular and nerve tissue.

Shaping Waist & Abdomen

Effects

1. Dissolve excess belly fat.
2. Improve protruding belly fat, and love handles.
3. Blast cellulite to help metabolism.
4. Improve the belly fat caused by long hours' sitting.

Applicable Range

1. Those with postpartum abdominal fat, and protruding fat.
2. Those who sit for long hours and have undesirable waist lines.
3. Those with abdominal obesity caused by binge eating and drinking.
4. Those with thin lower body and fat upper body.

Inapplicable Range

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

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. Steam sauna, hot spring or strenuous exercise should be avoided within 7 days after operation.
4. 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 Arms

Effects

1. Dissolve excess fat on your arms and help boost metabolism.
2. Improve bat wings.
3. Improve flabby arms.
4. Improve arm fat accumulation.

Applicable Range

1. Those with thick arms and want to look better in clothes.
2. Those with bat wing and flabby arms.
3. Those who are prone to have a thin body but thick arms.
4. Those with fat accumulation on arms.
5. Those with thick arms due to lack of arm movement.

Inapplicable Range

1. Those with hypertension, heart disease, diabetes, serious thyroids, malignant tumor, etc.
2. Those who are in their allergic phase or those with severe sensitive skin.
3. Those with skin wounds or trauma.
4. Those who are over-aging.
5. Those in pregnancy, or convalescents.
6. Those with skin diseases and infectious diseases.

Notes after Operation

1. Keep warm; avoid cold food or windy environment.
2. Drink more lukewarm water to stay hydrated.
3. Avoid binge eating or drinking. Staying up late should be avoided.
4. Steam sauna, hot spring or strenuous exercise should be avoided within 7 days after operation.

Shaping Buttocks

Effects

1. Get rid of unwanted fat.
2. Reduce excessive protruding fat on buttocks.
3. Dissolve fat and boost metabolism.
4. Improve butt shape and make it look better.

Applicable Range

1. Those with flabby butt and fat accumulation.
2. Those with undesirable hip shape.

3. Those with postpartum buttocks that has too much fat accumulation.
4. Those with big hips caused by fat accumulation and wish to change that.

Inapplicable Range

1. Those in menstruation, pregnancy, lactation, surgical recovery
2. Those with hypertension, heart disease, diabetes, severe thyroid and malignant tumors.
3. Those with skin diseases, infectious diseases or who is during their allergic phase.
4. Those with wounds or in surgical recovery.
5. Those with severe sensitive skin, or who is during their allergic phase.
6. Those who just undergone liposuction.
7. Those who are over-aging.

Notes after Operation

1. Keep buttocks warm; avoid miniskirt or shorts.
2. Drink more lukewarm water to stay hydrated; avoid windy environment.
3. Avoid alcohol, binge eating or drinking; Staying up late should be avoided.
4. Avoid cold, raw, spicy food; sleep enough.
5. Steam sauna, hot spring or strenuous exercise should be avoided within 7 days after operation.

Shaping Legs

Effects

1. Dissolve excess fat and rid thick legs.
2. Improve pear shape body.
3. Build slender legs.
4. Improve obesity after binge eating.
5. Improve fat accumulation on both sides of the legs.

Applicable Range

1. Those who like to be fit but not a fan of workout.
2. Those with undesirable leg shape and poor proportion of legs.
3. Those with leg fat accumulation.
4. Those with thick thighs.
5. Those who want to slim their legs but don't want to exercise.

Inapplicable Range

1. Those in menstruation, pregnancy, lactation, surgical recovery

2. Those with hypertension, heart disease, diabetes, severe thyroid and malignant tumors.
3. Those with skin diseases, infectious diseases or who is during their allergic phase.
4. Those with severe sensitive skin, or who is during their allergic phase.
5. Those who just undergone liposuction.
6. Those who are over-aging.

Notes after Operation

1. Keep warm after treatment; Avoid cold, raw, spicy food or windy environment.
2. Drink more lukewarm water to stay hydrated so as to boost metabolism.
3. Avoid binge eating or drinking; Staying up late should be avoided.
4. Steam sauna, hot spring or strenuous exercise should be avoided within 7 days after operation.
5. It's advised to wear pants after treatment; Avoid miniskirt or shorts.

Body Sculpting

Effects

1. Dissolve excess belly fat and love handles.
2. Blast cellulite to help metabolism.
3. Improve the belly fat caused by long hours' sitting.
4. Improve bat wings.
5. Improve arm fat accumulation.
6. Improve pear shape body.
7. Build slender legs.
8. Improve obesity after binge eating.
9. Improve fat accumulation on both sides of the legs.

Applicable Range

1. Those who sit for long hours and have undesirable waist lines.
2. Those with thin lower body and fat upper body.
3. Those with thick arms and want to look better in clothes.
4. Those with bat wing and flabby arms.
5. Those with fat accumulation on arms.
6. Those who like to be fit but not a fan of workout.
7. Those with poor proportion of body shape.
8. Those with leg fat accumulation.
9. Those with postpartum body fat accumulation, and unfit body shape.
10. Those who want to lose weight but don't want to exercise.

Inapplicable Range

1. Those with “3 Hs”(hypertension, hyperglycemia, hyperlipidemia) and who have heart disease.
2. Those with epilepsy and severe diabetes and hyperthyroidism.
3. Those with malignant tumors, hemophilia or severe bleeding.
4. Those with severe sensitive skin, or who is during their allergic phase.
5. Those with skin trauma or wounds.
6. Those who are over-aging.
7. Those with skin diseases and infectious diseases.
8. Those in pregnancy, menstruation or lactation or convalescents.
9. Those who just undergone liposuction.

Notes after Operation

1. Avoid wearing crop top, miniskirts or shorts, and avoid getting cold from the wind.
2. Avoid alcohol, binge eating, drinking, or staying up late.
3. Avoid sauna, hot spring or strenuous exercise for 7 days after operation.
4. Before going to bed at night, you can knead your abdomen clockwise with your hands to make the metabolic effect of weight loss better.
5. Drink more lukewarm water to stay hydrated.
6. Keep warm after operation, and do not consume cold food.
7. Drink plenty of hot water to hydrate and speed up metabolism.

Part II

1. Detailed Operation

The interface is as follows:



Time Display



Time Adjustment



Energy Display



Energy Adjustment



Start/Stop



Start (on)



Stop (off)

2. Technical Parameters

Both 110v and 220v voltage (frequency: 50/60Hz) version are available.

- Also, we stock the USA, UK, AU, EU plug to suit for the country all over the world.
- Technology: Cavitation 2.0 Unoisetion.
- Cavitation frequency: 40KHz.
- Output Power: 30W.
- Power: 120W.

3. Safety Precautions

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

1. Those who are pregnant or lactating.
2. Those with heart disease or who are equipped with pacemaker.
3. Those whose wounds have not healed and who are recovering from the operation.
4. Those with epilepsy, severe diabetes and hyperthyroidism.

5. Those with malignant tumor, hemophilia or severe bleeding.
6. Those with skin diseases and infectious diseases.

4. Dos and Dont's

1. Use a grounding pin and make sure the power socket of the device is properly connected before each operation.
2. Ensure that the voltage of the device is appropriate. If the voltage of the local power supply is unstable, we recommend that users increase to the matching power voltage.
3. In order to ensure the therapeutic effect and normal service life expectancy of the device, please use the specified accessories provided or recommended by the original manufacturer.
4. The device should not be placed in wet environment or near water, nor should they be directly exposed to sunlight.
5. Do not place the device near a strong heat source, because this may affect the life and normal use of the device.
6. Please restrain from using the device on eyes, thyroid, parathyroid, testicles, abdomen of pregnant women, and pacemakers.
7. Patients who are suffering from illness should consult with a doctor and gain permission from the doctor before using.
8. Please turn off the power switch of the device, and ensure that the total power supply of the device is turned off before the staff leaves after daily use, so as to ensure the safety of the electrical products.
9. Use device or train device operators in strict accordance with instructions in the user manual.
10. When taking other weight-loss drugs, it is recommended to stop taking them for 1 to 2 months before treatment. Extension of the course of treatment is recommended if you wish to lose weight immediately.
11. Don't use the instrument with an empty stomach. After a full meal, wait at least 1 hour before a course of weight loss treatment.
12. Start from the lowest energy level and slowly add up.
13. When using this device, the operating parts must be kept moist and dry skin should be avoided.
14. Clean the instrument with normal saline after operation to ensure its cleanliness and hygiene and prolong its service life.

5. Troubleshooting & Solutions

1. **The instrument cannot be started, but the key light on the back of the instrument does not work?**
 - A. Make sure the power cord is connected to a valid power socket.
 - B. Whether the fuse tube on the back of the instrument is loose or burnt out.

2. No energy output?

A. Please check whether the handle is connected with the instrument and if it's damaged.

B. If the above methods cannot be addressed, please contact the instrument dealer for assistance.

6.FAQs

1. Q: How long does one body sculpting treatment take?

A: One treatment time is 30 minutes. We will combine professional techniques and instruments to achieve remarkable results.

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

A: The principle of liposuction is to suck out the excess fat in one part of the body through the method of negative pressure suction, so as to achieve the purpose of rapid weight loss on parts of the body. It achieves fast results, requires anesthesia, recovery period. It falls under the category of surgery operation and comes with risks. However, our machine is risk-free and has no side effects.

3. Q: Will I experience rebound after operation?

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

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

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

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

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

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

A: Ultrasonic beauty machine requires no surgery, no opening up and no anesthesia, therefore is indeed non-invasive. It relies on ultrasound (mechanical sound wave) -

blast fat through cavitation - ultrasound focusing. And the results are fat smash - fat dissolving - skin firming and body sculpting respectively. It only targets at low density fat cells while leaving high density tissues like blood vessels intact, therefore having no side effects on human body. Slight tinnitus might appear to happen during the treatment, which is within normal range so there's no need to worry.

7. Q: Why does tinnitus occur?

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

7.Packing List

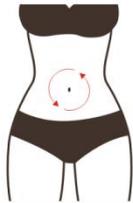
1x Main Machine

1x 40K cavitation probe

1 x Base

1x Power cord

8. Operational Diagrams

Parameter Adjustment	Product	Techniques	Diagrams
Shaping Waist&Abdomen: 40 min, once/week			
Ultrasonic energy: 20%-80%	Essential oil+ Ultrasonic gel+ Device	<ol style="list-style-type: none"> 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 daimai 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 zhongwan xiawan shenque qihai guanyuan zhongji tianshu dasheng qugu, 2 times. 9. Starting from zhongji 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. 11. Ultrasound operation: 	<p>Technique 1,7,10</p>  <hr/> <p>Technique 2</p>  <hr/> <p>Technique 3</p>  <hr/> <p>Technique 4</p>  <hr/> <p>Technique 5</p>

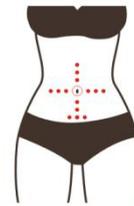
starting from one side of the waist, lift the device to abdomen and groin, 3 times.
12. Repeat the previous operation on the other side, 3 times.
13. Move the device on abdomen in small circular motions, 3 times.
14. Move the device on abdomen in big circular motions, 3 times.
15. Move the probe to shape the waist as if writing "8", 3-5 times.
16. Move the probe up and down to shape the waist, 3-5 times.
17. Combined with hand, lift daimai on both sides of the waist, 16 times.



Technique 6



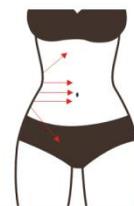
Technique 8



Technique 9



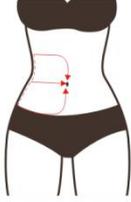
Technique 11



Technique 13



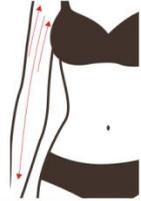
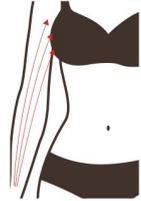
Technique 14

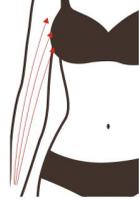
			 <hr/> <p>Technique 15</p>  <hr/> <p>Technique 16</p>  <hr/> <p>Technique 17</p> 
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Suggested Treatment:

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

Shaping Arms: 40 min, once/week

<p>Ultrasonic energy: 20%-80%</p>	<p>Essential oil+ Ultrasonic gel+ Device</p>	<ol style="list-style-type: none"> 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(dachangjing-sanjiaojing-xiaochangjing) 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(feijing-xinbaojing-xinjing) to armpit, with hukou pointing upwards, 3 times respectively. 8. Rub three channels back and forth with kneeling fingers, 3 times. 9. Caress the treatment area and slide to fingers. 10. Repeat the previous operation on another side. 11. Device operation: lay arms flatwise and start from fat part of lower arm, tracing three channels to armpit, 3 	<p>Technique 1</p>  <hr/> <p>Technique 2,3,4,5,6</p>  <hr/> <p>Technique 7</p>  <hr/> <p>Technique 8,15,17</p>  <hr/> <p>Technique 9</p>  <hr/> <p>Technique 11,14</p>
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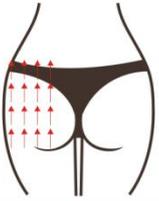
		<p>times.</p> <p>12. Move the device in annular motion, tracing three channels to armpit, 3 times.</p> <p>13. You may double the operation on flabby arms, 3 times.</p> <p>14. Trace three channels to armpit, 3 times.</p> <p>15. Lay inner arm flatwise and push three channels on upper arm to armpit, 3 times.</p> <p>16. Trace three channels on upper arm and move the device in circles to armpit, 3 times.</p> <p>17. Trace three channels from upper arm to armpit.</p> <p>18. Do the same on the other side.</p>	 <hr/> <p>Technique 12,13</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 reduce 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 Buttocks: 40 min, once/week

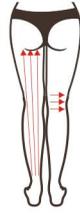
<p>Ultrasonic energy: 20%-80%</p>	<p>Essential oil+ Ultrasonic gel+ Device</p>	<p>1. Standing on the side, accumulate oil on hands and then slide to the waist and then lift up along the hips from the waist, 3 times (this is to caress the treatment area.)</p> <p>2. Repeatedly push ba liao zone with two thumbs.</p> <p>3. Caress the treatment area for 3 times and then point: "shenyu", "ba liao", "chang qiang", "huan tiao" and "cheng fu", 3 times.</p> <p>4. Caress the treatment area,</p>	<p>Technique 1,4,10</p>  <hr/> <p>Technique 2</p> 
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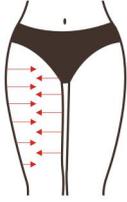
	<p>3 times.</p> <p>5. First left, then right, with both hands extending from the root of the thigh from bottom to top -- bladder tendon -- kidney -- liver -- gallbladder -- vein, 3 times each.</p> <p>6. Both hands follow from the root of thigh from bottom to top -- bladder channel, kidney channel, liver channel and gallbladder channel to the vein, 3 times each.</p> <p>7. Overlap both palms and 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. Device Operation: lift from the thigh root to daimai in lines , 3 times.</p> <p>13. Lift 3 times from bottom to top on both sides of the buttocks to the highest point of the buttocks.</p> <p>14. Circle your hips, 3 to 5 times.</p> <p>15. Lift 3 times from thigh root to vein.</p> <p>16. Lift from bottom to top on both sides of the buttocks to the highest point of the buttocks, 3 times.</p> <p>17. Do the same on the other</p>	<p>Technique 3</p>  <hr/> <p>Technique 5,12,15</p>  <hr/> <p>Technique 6</p>  <hr/> <p>Technique 8,13,16</p>  <hr/> <p>Technique 14</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 3 courses, the conditions of cold body and uterus, other gynecological problems such as irregular menstruation are improved. It also help consolidate the effect, and increase the female charm.

Shaping Legs: 70 min, once/week

<p>Ultrasonic Energy: 20%-80%</p>	<p>Essential oil (massage cream)+ Ultrasonic gel+ Device</p>	<ol style="list-style-type: none"> 1. Rear leg, left-right order: 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(panguangjin-shenjin-ganjin-danjin) 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. Ultrasonic device operation: move the device from popliteal fossa to 	<p>Technique 1,2,3,4,6,7,8</p>  <hr/> <p>Technique 5</p>  <hr/> <p>Technique 10,12</p>  <hr/> <p>Technique 11</p>  <hr/> <p>Technique 13,15</p>
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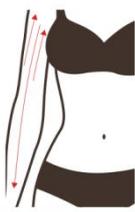
	<p>panguangjin-shenjin-ganjin-danjin, 3 times.</p> <p>11. Move the device in circular motion on calf, 3 times.</p> <p>12. Move the device upwards to popliteal fossa and caress the treatment area with hands, 3 times.</p> <p>13. Push from popliteal fossa tracing 4 main collateral channels to the end of thigh, 3 times.</p> <p>14. Move the device in circular motion from popliteal fossa to the end of thigh, 3 times.</p> <p>15. Push from popliteal fossa tracing main collateral channels to the end of thigh, 3 times.</p> <p>16. Do the same on the other side.</p> <p>17. Foreleg: rub oil with both hands from heel to the thigh root (namely to caress the treatment area), 3 times.</p> <p>18. Alternately push the entire leg from bottom to top and wrap back into the heel, 3 times</p> <p>19. Move hands upwards to four main collateral channels(pijing-weijing-ganjin g-danjing) with fingers spread and hukou pointing upwards, 3 times.</p> <p>20. Push four main collateral channels upwards with kneeling fingers of both hands, 3 times.</p> <p>21. Ultrasonic device operation: Lift the device towards knee while tracing 3</p>	 <hr/> <p>Technique 14</p>  <hr/> <p>Technique 17,18,19,20,21,23,27</p>  <hr/> <p>Technique 22,26</p>  <hr/> <p>Technique 24</p>  <hr/> <p>Technique 25</p>  <hr/>
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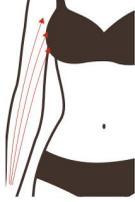
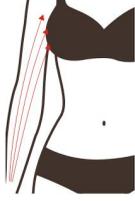
		<p>collaterals, 3 times(start from thigh if there's not enough unwanted fat on calf.)</p> <p>22. Move the device on two sides of calf in annular motion, 3 times(start from thigh if there's not enough unwanted fat on calf.)</p> <p>23. Lift the device from knee to thigh root in lines, 3 times.</p> <p>24. Move the device in small circles on thigh, 3 times.</p> <p>25. Coupled with hand, lift from 2 sides of leg to the middle, 3 times.</p> <p>26. Lift the device from knee to thigh root in annular motion, 3 times.</p> <p>27. Lift the device from knee to thigh root in lines, 3 times.</p> <p>28. Do the same on the other side.</p>	
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Suggested Treatment:

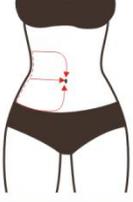
10 treatments account for a full course. After one treatment, leg is relaxed, and circulation is accelerated. After a course of treatment, leg becomes thin, skin collagen tissue experience contraction due to heat effect, and tightening effect can obviously be felt on the skin. After 2 courses, leg is tight and slim, and obvious results are seen. 3 courses help consolidate the effect.

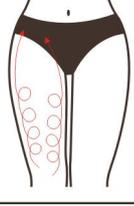
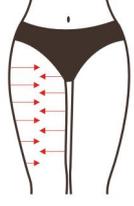
Body Sculpting: 120 min, once/week

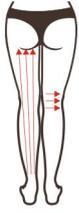
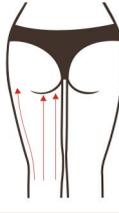
<p>Ultrasonic Energy: 20%-80%</p>	<p>Essential oil (massage cream) + Gel + Device</p>	<p>Arms</p> <p>1. Left-right order: lay the arm flatwise, apply and rub oil in from lower arm to the entire arm and slide to the fingers, 3 times.</p> <p>2. Push the entire arm with both palms, 3 times.</p> <p>3. Push hands upwards tracing three main collateral channels(dachangjing-sanjia ojing-xiaochangjing) to</p>	<p>Technique 1</p> 
			<p>Technique 2,3,4,5,6</p>

	<p>armpits with fingers spread and hukou pointing upwards, 3 times.</p> <p>4. Caress the treatment area, 3 times.</p> <p>5. Trace and rub three main collateral channels on arms with kneeling finger back and forth till them turn hot, 3 times.</p> <p>6. Caress the treatment area, 3 times.</p> <p>7. Lay inner arm upwards, and push hands tracing three yin channel on inner arm(feijing-xinbaojing-xinjing) to armpit, with hukou pointing upwards, 3 times respectively.</p> <p>8. Rub three channels back and forth with kneeling fingers, 3 times.</p> <p>9. Caress the treatment area and slide to fingers.</p> <p>10. Repeat the previous operation on another side.</p> <p>11. Device operation: lay arms flatwise and start from fat part of lower arm, tracing three channels to armpit, 3 times.</p> <p>12. Move the device in annular motion, tracing three channels to armpit, 3 times.</p> <p>13. You may double the operation on flabby arms, 3 times.</p> <p>14. Trace three channels to armpit, 3 times.</p> <p>15. Lay inner arm flatwise and push three channels on upper arm to armpit, 3 times.</p>	 <p>Technique 7</p>  <p>Technique 8,15,17</p>  <p>Technique 9</p>  <p>Technique 11,14</p>  <p>Technique 12,13</p>  <p>Technique 19,25,28</p>
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		<p>16. Trace three channels on upper arm and move the device in circles to armpit, 3 times.</p> <p>17. Trace three channels from upper arm to armpit.</p> <p>18. Do the same on the other side.</p> <p>Abdomen</p> <p>19. Apply and rub oil on abdomen with hands, 3 times.</p> <p>20. Rub stomach back and forth with both hands, 3-5 times.</p> <p>21. Knead abdomen with both hands using chiropractic techniques, 3 times.</p> <p>22. Lift daimai on both sides of waist with both hands alternately, 16 times.</p> <p>23. Move hands as if writing an "8" number on waist, 3 times.</p> <p>24. Overlap hands and message the intestinal canal clockwise, 3 times.</p> <p>25. Move hands in circular motion and caress the treatment area, 3 times.</p> <p>26. Push on the following acupoints: shangwan zhongwan xiawan shenque qihai guanyuan zhongji tianshu dasheng qugu, 2 times.</p> <p>27. Starting from zhongji point, push both thumbs to belly navel, slide them to waist and the lift upwards to groin, 3 times.</p> <p>28. Caress the treatment area with hands and slide to</p>	<div data-bbox="1161 219 1294 421" data-label="Image"> </div> <p data-bbox="1082 450 1254 483">Technique 20</p> <div data-bbox="1161 510 1294 712" data-label="Image"> </div> <p data-bbox="1082 741 1254 775">Technique 21</p> <div data-bbox="1161 801 1294 1003" data-label="Image"> </div> <p data-bbox="1082 1032 1254 1066">Technique 22</p> <div data-bbox="1161 1093 1294 1294" data-label="Image"> </div> <p data-bbox="1082 1323 1254 1357">Technique 23</p> <div data-bbox="1161 1384 1294 1585" data-label="Image"> </div> <p data-bbox="1082 1615 1254 1648">Technique 24</p> <div data-bbox="1161 1697 1294 1899" data-label="Image"> </div> <p data-bbox="1082 1928 1254 1962">Technique 26</p>
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	<p>groin.</p> <p>29. Ultrasound operation: starting from one side of the waist, lift the device to abdomen and groin, 3 times.</p> <p>30. Repeat the previous operation on the other side, 3 times.</p> <p>31. Move the device on abdomen in small circular motions, 3 times.</p> <p>32. Move the device on abdomen in big circular motions, 3 times.</p> <p>33. Move the probe to shape the waist as if writing "8", 3-5 times.</p> <p>34. Move the probe up and down to shape the waist, 3-5 times.</p> <p>35. Combined with hand, lift daimai on both sides of the waist, 16 times.</p> <p>Legs</p> <p>36. Foreleg: rub oil with both hands from heel to the thigh root (namely to caress the treatment area), 3 times.</p> <p>37. Alternately push the entire leg from bottom to top and wrap back into the heel, 3 times</p> <p>38. Move hands upwards to four main collateral channels(pijing-weijing-ganji ng-danjing) with fingers spread and hukou pointing upwards, 3 times.</p> <p>39. Push four main collateral channels upwards with kneeling fingers of both hands, 3 times.</p>	 <p>Technique 27</p>  <p>Technique 29</p>  <p>Technique 31</p>  <p>Technique 32</p>  <p>Technique 33</p>  <p>Technique 34</p>
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	<p>40. Ultrasonic device operation: Lift the device towards knee while tracing 3 collaterals, 3 times(start from thigh if there's not enough unwanted fat on calf.)</p> <p>41. Move the device on two sides of calf in annular motion, 3 times(start from thigh if there's not enough unwanted fat on calf.)</p> <p>42. Lift the device from knee to thigh root in lines, 3 times.</p> <p>43. Move the device in small circles on thigh, 3 times.</p> <p>44. Coupled with hand, lift from 2 sides of leg to the middle, 3 times.</p> <p>45. Lift the device from knee to thigh root in annular motion, 3 times.</p> <p>46. Lift the device from knee to thigh root in lines, 3 times.</p> <p>47. Do the same on the other side.</p> <p>48. Rear leg, left-right order: apply and rub oil in from calf to thigh to heel, 3 times.</p> <p>49. Alternately push the entire leg from bottom to top and wrap back into the heel, 3 times</p> <p>50. Move hands upwards to four main collateral channels(pangguangjin-she njin-ganjin-danjin) with fingers spread and hukou pointing upwards.</p> <p>51. Push hands alternately</p>	 <p>Technique 35</p>  <p>Technique 36,37,38,39,40,42,44,46</p>  <p>Technique 41,45</p>  <p>Technique 43</p>  <p>Technique 44</p>  <p>Technique 49</p>
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		<p>to popliteal fossa, 3 times.</p> <p>52. Twist both hands upwards alternately as if twisting a fried dough, 3 times.</p> <p>53. Caress the treatment area, 3 times.</p> <p>54. Push four main collateral channels upwards with kneeling fingers of both hands, 3 times.</p> <p>55. Caress the treatment area, 3 times.</p> <p>56. Do the same on the other side.</p> <p>57. Ultrasonic device operation: move the device from popliteal fossa to pangguangjin-shenjin-ganjin-danjin, 3 times.</p> <p>58. Move the device in circular motion on calf, 3 times.</p> <p>59. Move the device upwards to popliteal fossa and caress the treatment area with hands, 3 times.</p> <p>60. Push from popliteal fossa tracing 4 main collateral channels to the end of thigh, 3 times.</p> <p>61. Move the device in circular motion from popliteal fossa to the end of thigh, 3 times.</p> <p>62. Push from popliteal fossa tracing main collateral channels to the end of thigh, 3 times.</p> <p>63. Do the same on the other side.</p>	<p>48,49,50,51,53,54,55</p>  <hr/> <p>Technique 52</p>  <hr/> <p>Technique 57,59</p>  <hr/> <p>Technique 58</p>  <hr/> <p>Technique 60,62</p>  <hr/> <p>Technique 61</p> 
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Suggested Treatment:

10 times account for a full course of treatment. After one treatment, your body will feel relaxed, blood circulation boosted, and skin tightened. After a course you will see less fat on different parts of the body, collagen regenerated, and firm skin. After 2 courses fat reduces, and curve lines begin to show. 3 courses will help with enhance the effects and shape up, and S curve will appear.