

User Manual

MS-12Z1



Preface

Dear users:

We're pleased to present to you our RF Vacuum Roller Body Slimming Weight Loss Machine featured with weight loss, figure slimming, unclogging meridians and collaterals and so on. It is a multifunctional beauty machine, targeted at internal humidity, soft muscles, soreness and body aching, edema. We aim at a safe and, at the same time, effective beauty result by using high-end technologies. RF and vacuum beauty machines are specialized body managing 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

RF and vacuum beauty machines are currently the most popular beauty machines that work on detoxification, body-shaping and tightening. It's an effective replacement of all the body care programs in beauty salons. Moreover, they are convenient and easy to operate. It solves both skin and body management issues for beauty-lovers. This equipment requires no injection, no medication, no operation, thus having no side-effects. It is used externally during the whole process and has an immediate effect. RF machines heats deeper skin layers, stimulates collagen cells to reform in dermis, increases blood circulation in hypodermis, thus achieving skin tightening and anti-aging. Coupled with vacuum technology, it helps to break the hard fiber of cellulite and help increase skin elasticity so as to achieve the result of body-shaping.

Advantages

1. 4-in-1 multifunctional beauty machine that works on your body care.
2. Various work heads can be replaced in different parts according to different requirements.
3. Painless, non-invasive during the process. Skipping any recovery periods without affecting any work and life plans.
4. No consumption, low cost and quick returns.
5. Wider treatment range and faster and more visible effects.
6. Unevenness, bleed, swelling and stasis will not appear after treatment.
7. One handle is equipped with multiple functions, therefore comes with higher, more even energy and greater effects.
8. The special vacuum&RF suction head can effectively improve the fluidity of human cells, increase the movement of cells to achieve the effect of activating cells and improving skin elasticity.
9. The roller and double roller specially added on the vacuum&RF can dredge meridians and massage acupoints.

Principles

Vacuum&RF

Massage skin and muscles with the special negative pressure suction head, which can effectively improve body fluid flow and increase cell activity to achieve effects like improving skin elasticity, accelerating blood circulation of capillary blood vessels, clearing out toxins through lymphatic drainage, and improving and lowering the occurrence of dark spots, hyperpigmentation and blood stasis. The kneading action generated by vacuum suction can increase the tissue activity of skin and muscle, thus

helping to reduce the cellular tissue and increase the elasticity of skin tissue, so that both slimming and shaping can be completed at the same time. In addition, vacuum negative pressure movement can also stimulate the surface and deep sympathetic nervous system, improve skin sensitivity. The suction and release process of air pressure can not only improve the capillary system but also improve the flow between deeper veins and lymph network, strengthen blood vessels, and improve varicose veins.

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

Double Roller Vacuum&RF

Vacuum: Massage skin and muscles with the special negative pressure suction head, which can effectively improve body fluid flow and increase cell activity to achieve effects like improving skin elasticity, accelerating blood circulation of capillary blood vessels, clearing out toxins through lymphatic drainage, and improving and lowering the occurrence of dark spots, hyperpigmentation and blood stasis.

RF: RF works through the circuits formed by electrodes in pair. The optimum frequency of radio frequency biothermal effect is 3 MHz, and the maximum speed of extreme change is 8 million charged particles in tissues per second. In the rapid change of electrodes, the dermal tissue naturally resists the radio frequency current and generates thermal energy. During the process, RF heats up dermis layer of the skin, thus achieving effects like tightening, lifting, wrinkle removal, and anti-aging.

Double Roller: It drives the rollers during the operation of the instrument, and simulates manual massage with the movement of the instrument to dredge meridians, relieve muscle pain and promote blood circulation.

Roller Vacuum&RF

Vacuum: Massage skin and muscles with the special negative pressure suction head, which can effectively improve body fluid flow and increase cell activity to achieve effects like improving skin elasticity, accelerating blood circulation of capillary blood vessels, clearing out toxins through lymphatic drainage, and improving and lowering the occurrence of dark spots, hyperpigmentation and blood stasis.

RF: RF works through the circuits formed by electrodes in pair. The optimum frequency of radio frequency biothermal effect is 3 MHz, and the maximum speed of extreme change is 8 million charged particles in tissues per second. In the rapid change of electrodes, the dermal tissue naturally resists the radio frequency current and generates thermal energy. During the process, RF heats up dermis layer of the skin, thus achieving effects like tightening, lifting, wrinkle removal, and anti-aging.

Roller: Through the operation of the instrument to drive the bead movement, along with the movement of the instrument to simulate the human body acupoint massage, stimulate the qi of the meridians and collaterals, in order to achieve the role of channel activation, adjust the human function, improve immunity.

Vacuum Physical Effects

1. Skin layer

The suction and release of air pressure:

- (1) It can improve the fluidity of cells, thus increasing the movement of cells, and can treat diseases related to blood stasis and blood stagnation.
- (2) Draining lymph glands and veins.

Effects: redundant water is discharged from tissue fibers.

2. Vascular layer

The suction and release of air pressure:

- (1) Improve the blood circulation of microvessels, not only for the capillary system, but also the flow between the deeper veins and lymphatic networks.
- (2) Remove excess toxins in the body.

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

3. Fibrous layer

The suction and release of air pressure:

- (1) Repair cell tissue, increase its activity. Lift and revive skin elasticity.
- (2) Stimulate the production of bone collagen and improve skin plumpness.
- (3) Improve the oxygen support capacity of skin and increase the consumption of carbon dioxide.

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

Shaping Waist & Abdomen

Effects

1. Relieve woman's cold hands and cold feet, cold womb or cold body.
2. Improve flabby and lax skin on waist and abdomen.

3. Reduce lumbar and abdominal fat, such as beer belly and love handles.
4. Tighten the skin on the waist and abdomen; increase skin elasticity.
5. Accelerate metabolism, relieve constipation and encourage intestinal peristalsis.
6. Recuperate uterus, dredge meridians and boost blood circulation.
7. Remove edema and help with postpartum abdomen recovery.

Applicable Range

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

Inapplicable Range

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

Notes after Operation

1. Avoid crop top or anything exposing waist and abdomen as well as cold and windy environment.
2. Avoid binge eating or drinking. No alcohol, no spicy and greasy food. Staying up late should be avoided. Drink warm water.
3. Keep abdomen warm. Take a bath after 4-6 hours.
4. Steam sauna, hot spring or strenuous exercise should be avoided within 7 days after operation.
5. Before going to bed at night, you can rub your abdomen clockwise with your hands, so as to better the effect of weight loss and metabolism.

Shaping Arms

Effects

1. Stimulate collagen hyperplasia in the bottom of the skin to shape and firm it.

2. Improve loose skin.
3. Improve flabby arms and thick arms.
4. Soothe and firm loose skin.
5. Dissolve the fat, and say goodbye to flabby arms.
6. Accelerate blood circulation and dredge channels and collaterals.

Applicable Range

1. Those with thick arms and want to look better in clothes.
2. Those with jiggly and flabby arms.
3. Those with loose arm skin.
4. Those whose arms are prone to pain and numbness.
5. Those who often carry kids with arms.
6. Those whose arms are prone to edema.

Inapplicable Range

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

Notes after Operation

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

Shaping Back

Effects

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

7. Improve excess fat on the back and shape the back.
8. Boost immunity.

Applicable Range

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

Inapplicable Range

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

Notes after Operation

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

Shaping Buttocks

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

Effects

1. Improve blood circulation and speed up metabolism.

2. Improve menstrual pain, irregular menstruation, abnormal leucorrhea and other female diseases.
3. Improve sleep quality, improve female sexual function and tighten the vagina.
4. Activate the warm womb function, stimulate the secretion of glands, and increase the feelings between husband and wife.
5. 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 pregnancy.
3. Those whose butt shape is not good-looking, flat and soft outward expansion.
4. Those with cold and cool hips with low hip temperature.
5. Those with dysmenorrhea, irregular menstruation, gynecological inflammation and other problems.
6. Those with decreased estrogen levels and poor sex lives.

Inapplicable Range

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

Notes after Operation

1. Keep hips warm and avoid wearing miniskirts and shorts.
2. Shower 4-6 hours after operation.
3. Drink plenty of hot water to avoid cold air.
4. Avoid staying up late, drinking and overeating.
5. Avoid eating raw, cold and spicy foods and get enough sleep.
6. Avoid sauna, hot spring or strenuous exercise for 7 days after operation.

Shaping Legs

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 rid thick thighs.

Applicable Range

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

Inapplicable Range

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

Notes after Operation

1. Keep warm after operation. Do not eat cold food.
2. 4-6 hours later in the shower.
3. Drink more warm water to replenish water and speed up metabolism.
4. Refuse to overeat or stay up late.
5. Avoid sauna, hot spring or strenuous exercise for 7 days after operation.
6. Wear pants when you're done. Avoid miniskirts and shorts.

Body Sculpting & Slimming

Effects

1. Relieve shoulder and back soreness, and improve the lump on back of the neck.
2. Dredge channels and collaterals, and improve channels and collaterals blocking.

3. Accelerate blood circulation and dredge channels and collaterals.
4. Promote blood circulation and remove blood stasis, dredge channels and collaterals, and prevent varicose veins.
5. Improve cold hands, feet, uterus and body of female.
6. Stimulate collagen regeneration, firming and shaping.
7. Improve loose and soft waist and abdomen skin.
8. Remove edema and help with postpartum abdomen recovery.
9. Improve the jiggly and thick arm.
10. Improve unwanted fat on the back, waist and abdomen.
11. Tighten skin and prevent sagging.
12. Improve stretch marks, fat marks, and increase skin elasticity.

Applicable Range

1. Those with cold hands, feet, womb and body.
2. Those who are sedentary and don't look good at the waist.
3. Those with unwanted fat on waist and abdomen, prominent belly, loose skin after delivery.
4. Those with fat marks, stretch marks.
5. Those with constipation, abdominal meridian blocking.
6. Those with big arms, thick back, poor leg shape ratio and want to look better in clothes.
7. Those with jiggly and flabby arms.
8. Those with loose skin on arms and legs.
9. Those whose hands and legs are easily sore and numb.
10. Those with sore shoulders and backs and stiff necks.
11. Those with insomnia and dream, memory decline of the population.
12. Those who are prone to fatigue, drowsiness and poor circulation of qi and blood.
13. Those with thick back and unattractive clothes.
14. Those with poor circulation of lower limbs, edema and obese people.
15. Those who have low immunity and feel discomfort and pain all over the body are susceptible to colds.

Inapplicable Range

1. Those who are during pregnancy, menstruation and lactation.
2. Those with hypertension, heart disease, diabetes, thyroid, epilepsy and severe hyperthyroidism.
3. Those with malignant tumor and hemophilia or severe bleeding.
4. Those who have just had liposuction.
5. Those with severe varicose veins and tumors.
6. Those whose surgical wound is healing or recovering.
7. Those with skin diseases and infectious diseases.
8. Those with severe gynecological diseases.

9. Those with gynecological diseases being treated.
10. Those with allergic and severely sensitive skin.
11. Those with skin trauma or cut.
12. Those who are overly old.
13. Those with metal implants in the body, such as stents and pacemakers, are allergic to metal.
14. Those who are too weak.
15. Those who over-drink, full, empty, thirsty and overworked.

Notes after Operation

1. Avoid wearing clothes that show navel, shoulder or back, miniskirts or shorts, and avoid getting cold from the wind.
2. Avoid overeating, staying up late, drinking and eating raw, cold, spicy and greasy food.
3. Keep warm after operation, and do not bathe until 4-6 hours apart.
4. Avoid sauna, hot spring or strenuous exercise for 7 days after operation.
5. Before going to bed at night, you can knead your abdomen clockwise with your hands to make the metabolic effect of weight loss better.
6. Drink plenty of hot water to hydrate and speed up metabolism.

Part II

1. Detailed Operation

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





8-Polar Vacuum&RF



12-Polar Vacuum&RF



12-Polar Double Roller Vacuum&RF



16-Polar Roller Vacuum&RF



RF Energy



Vacuum Suction Time Adjustment: Select suction time subjecting to your comfort level. It is advised to start from the minimal number and add up slowly after adaptation.



Vacuum Release Time Adjustment: Select release time subjecting to your comfort level. (Release time refers to the interval period between suction and release. 0 means direct suction.)



Mode Selection. (POR is the smart mode. The handle emits energy slowly after the handle comes in full contact with the skin; NOR is the set mode. The handle reaches the set level.)



Start/Pause



Time +/-



Reverse

2. Technical Parameters

16 pole ball negative pressure RF head S-J57-4 Handlepiece

Treatment Area: body

Measure of Treatment Area: 43cm²

Max. Output Power: 45W

Depth: 4mm

Depth of Pressure: 20mm

Frequency: 1MHz

Max. Output of Pressure: -80KPa

12-pole rolling negative voltage RF head S-J57-3 Handlepiece

Treatment Area: body

Measure of Treatment Area: 38cm²

Max. Output Power: 35W

Depth: 3.5mm

Depth of Pressure: 20mm

Frequency: 1MHz

Max. Output of Pressure: -80KPa

12-pole negative voltage RF head S-J57-2 Handlepiece

Treatment Area: body

Measure of Treatment Area: 27cm²

Max. Output Power: 30W

Depth: 3.5mm

Depth of Pressure: 20mm

Frequency: 1MHz

Max. Output of Pressure: -80KPa

8-pole negative voltage RF head S-J57-4 Handlepiece

Treatment Area: body

Measure of Treatment Area: 15cm²

Max. Output Power: 25W

Depth: 4mm

Depth of Pressure: 20mm

Frequency: 1MHz

Max. Output of Pressure: -80Kpa

3. Safety Precautions

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

1. Those who are pregnant or lactating.
2. Those with heart disease or who are equipped with pacemaker.
3. Those whose wounds have not healed and who are recovering from the operation.
4. Those with epilepsy, severe diabetes and hyperthyroidism.
5. Those with malignant tumor, hemophilia or severe bleeding.
6. Those with skin diseases and infectious diseases.
7. Do not wear metal jewelry during the process.

8. Do not use around filler inside the body, including metal, plastic, silicone and so on.

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. 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 the electrical products.
10. Use device or train device operators in strict accordance with instructions in the user manual.
11. When taking other weight-loss drugs, it is recommended to stop taking them for 1 to 2 months before treatment. Extension of the course of treatment is recommended if you wish to lose weight immediately.
12. Don't use the instrument with an empty stomach. After a full meal, wait at least 1 hour before a course of weight loss treatment.
13. When operating, the instrument should fully touch the skin to avoid uneven heat.
14. Start from the lowest energy level and slowly add up.
15. When using this device, the operating parts must be kept moist and dry skin should be avoided.
16. Clean the instrument with normal saline 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 RF output of the instrument?

- A. Please check whether the plug connecting the instrument handle and the body is tightly connected.
- B. Please check whether the treatment area has been cleaned. Grease or oil essential oil products may cause poor contact between the treatment handle of the instrument and human body, resulting in no rf output.

3. Weakened RF output?

- A. Please check whether the plug connecting the instrument handle and the body is tightly connected.
- B. Please check whether non-conductive grease and other substances are stained on the treatment handle, which will cause poor contact and weaken the output.
- C. Please check whether the product used is the adaptive product specified by the instrument.

4. No suction or very little suction?

- A. Please turn off the instrument and check the filter element specially used for the instrument, which may need to be replaced.
- B. Please check the rubber ring of the handle plug, because the rubber ring may be worn and cause air leakage.
- C. Please check whether the oil filter cup outside the filter is tightened and whether the rubber ring is worn. It is possible that air leakage at this position may lead to poor air pressure.
- D. If the above methods cannot address the issue, please contact the instrument dealer for assistance.

5. I can start the instrument, but the screen show's error message?

- A. Please unplug the power plug behind the instrument and wait for about 1 minute before restarting the instrument.
- B. If the above methods cannot be handled, please contact the instrument dealer for assistance.

6.FAQs

1. Q: Is RF harmful to skin?

A: RF treatment falls under the category of non-surgery operation. It stimulates collagen regeneration at the skin bottom and boosts metabolism, therefore has no

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

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

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

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

A: It can reduce regional fatness and build S curve, promote the metabolism and detoxification of the whole body. Meanwhile, it can also enhance the functions of viscera and regulate the sub-health of the body.

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

A: RF beauty treatment is non-invasive and so far the most safe and effective method to remove wrinkles and shape body. Generally speaking side effects won't appear. A small number of people may experience transient redness or swelling that will disappear after a few hours. Those with dry skin may experience atrophy after the initial treatment. The skin will lose moisture due to RF heat. However, the skin will become plump at the beginning of collagen regeneration and these symptoms will disappear after three days. There are no side effects on health.

5.Q: What is collagen?

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

6.Q: Why do I need hip maintenance?

A: Because it can help the body lymphatic system discharge poison, improve the gynaecological disease, and avoid harm brought by buttock blockage. Hip impassability surely bring about gynaecological issues. What's inside buttocks is pelvic cavity, bowel. It connects daimai, lumbar vertebra, sciatic nerve from above, uterus ovary, uterine adenexa in front, anus, vagina, inguinal lymphatic from below. If suffering from squeeze of shangjiao and xiaojiao meridian channels, hip would be most vulnerable to cold, wet and blood stasis. When hip is affected by cold, it can

cause meridian contraction of hips, dysmenorrhea, irregular menstruation, dark menstruation color , clot, deterred blood flow and meridian channels. It also affects fertility.

7.Q: How does negative pressure detoxify?

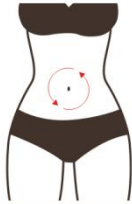
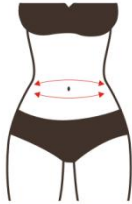
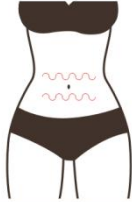



A: Negative pressure can congest capillary, stimulate cell to increase vitality. The suction and release of pressure during operation can make local pores continue to open and close, therefore promote skin breathing, increase the amount of skin oxygen, speed up the elimination of waste. So it achieves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

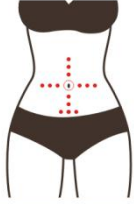

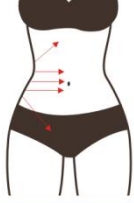


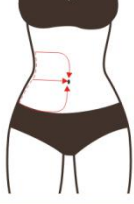
7. Packing List



- 1 x Main Machine
- 1 x RF vacuum roller
- 3 x replaceable RF vacuum heads
- 1 x Base Vacuum hose
- 1 x Power cord
- 2 x Fuse

8.Operational Diagrams

Parameter Adjustment	Product	Techniques	Diagrams
Shaping Waist&Abdomen: 60 min, once/week			

<p>12 Polar Vacuum&RF Energy: 30%-80%</p> <p>Suction: 0.3-1.0</p> <p>Release: 0-0.5</p> <p>Mode: PRO</p> <p>Double Roller Vacuum&RF: 30%~80%</p> <p>Suction: 0.3-1.0</p> <p>Release: 0-0.5</p> <p>Mode: PRO</p>	<p>Essential oil (Massage cream) + Device</p>	<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. Vacuum&RF operation: 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. 	<p>Technique1,7,10</p>  <hr/> <p>Technique2</p>  <hr/> <p>Technique3</p>  <hr/> <p>Technique4</p>  <hr/> <p>Technique5</p>  <hr/> <p>Technique6</p>  <hr/> <p>Technique8</p>
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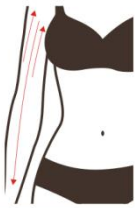
		<p>13. Move the device on abdomen in small circular motions, 3 times.</p> <p>14. Move the device on abdomen in big circular motions, 3 times.</p> <p>15. Move the probe to shape the waist as if writing "8", 3-5 times.</p> <p>16. Move the probe up and down to shape the waist, 3-5 times.</p> <p>17. Combined with hand, lift daimai on both sides of the waist, 16 times.</p> <p>18. Double Vacuum&RF operation:starting from one side of the waist, lift the device to abdomen and groin, 3 times.</p> <p>19. Repeat the previous operation on the other side, 3 times.</p> <p>20. Move the device on abdomen in small circular motions, 3 times.</p> <p>21. Move the probe up and down to shape the waist, 3-5 times.</p> <p>22. Combined with hand, lift daimai on both sides of the waist, 16 times.</p>	 <hr/> <p>Technique9</p>  <hr/> <p>Technique11,18</p>  <hr/> <p>Technique13,20</p>  <hr/> <p>Technique14</p>  <hr/> <p>Technique15</p>  <hr/> <p>Technique16,21</p>
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			 <hr/> <p>Technique17,22</p>  <hr/>
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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: 60 min, once/week

8 Polar Vacuum&RF Energy: 30%-80% Suction: 0.3-1.0 Release: 0-0.5	Essential oil (Massage cream) +Device	<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-sanjia 	Technique1  <hr/> Technique2,3,4,5,6
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Mode:
PRO

ojing-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. The end of massage techniques.

11. Repeat the previous operation on another side.

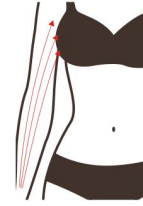
12. Vacuum&RF device operation: lay arms flatwise and start from fat part of lower arm, tracing three channels to armpit, 3 times.

13. Move the device in annular motion, tracing three channels to armpit, 3 times.

14. You may double the operation on flabby arms, 3 times.

15. Trace three channels to armpit, 3 times.

16. Lay inner arm flatwise



Technique7



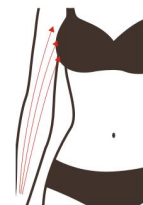
Technique8,16,18



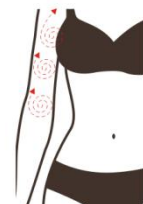
Technique9



Technique12,15



Technique13,14


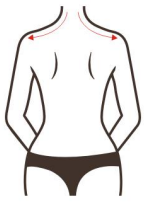
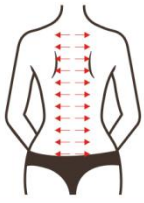


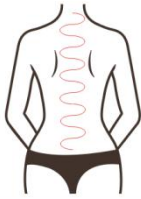
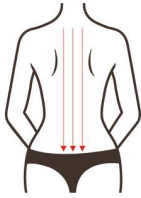
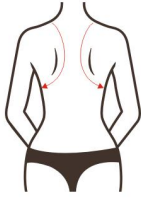


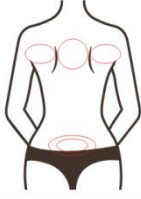
		<p>and push three channels on upper arm to armpit, 3 times.</p> <p>17. Trace three channels on upper arm and move the device in circles to armpit, 3 times.</p> <p>18. Trace three channels from upper arm to armpit.</p> <p>19. Do the same on the other side.</p>	
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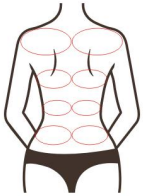


Suggested Treatment:

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 Back: 60 min, once/week

<p>Double Roller Vacuum&RF Energy: 30%-80%</p> <p>Suction: 0.3-1.0</p> <p>Release: 0-0.5</p> <p>Mode: PRO</p> <p>Roller Vacuum&RF Energy: 30%-80%</p> <p>Suction: 0.3-1.0</p> <p>Release:</p>	<p>Essential oil (Massage cream) +Device</p>	<p>1. Apply oil on back and press Fengchi and fengfu points.</p> <p>2. (Starting from hairline) stroke badanjin with thumb, 3-5 times.</p> <p>3. Move thumb outwards from pangguangjin to baliao area and then to fengchi and fengfu point.</p>	<p>Technique1,10</p> 
		<p>4. Starting from neck to caudal vertebra, move hands in S-shape, 3 times.</p> <p>5. Push pangguangjin with thumb in left-right order, 3 times.</p>	<p>Technique2</p> 
		<p>6. Push pangguangjin to baliao area with both thumbs, at the same time, 3 times.</p> <p>7. Push pangguangjin in three kneeling fingers, 3 times.</p>	<p>Technique3</p> 
		<p>Technique4</p>	

<p>0-0.5</p> <p>Mode: PRO</p>		<p>8. Push scapula slot with both hands alternately in left-right order, 3-6 times.</p> <p>9. Push scapula slot with both hands horizontally, 3-6 times.</p> <p>10. Caress the back with both hands and push fengchi and fengfu points, 3 times.</p> <p>11. Overlap both thumbs and push tianzong point and slide to the arm, 3 times.</p> <p>12. Repeat the previous action on another arm, 3 times.</p> <p>13. Rub dumai and panguangjin with hands until they turned hot.</p> <p>14. Roller Vacuum&RF Operation: Starting from dumai to panguangjin, move the device from neck to baliao area, 3-5 times.</p> <p>15. Move the device in circles on dazhui point, and baliao area, 3-5 times respectively.</p> <p>16. From dabanjin to neck, move the device back and forth, 3-5 times.</p> <p>17. Lift the device on scapula slot in left-right order, 3-5 times.</p> <p>18. Move the device horizontally as if writing an "8" number to baliao area, 3 times.</p> <p>19. Move the device upwards in annular motion to armpit in left-right order on both sides, 3 times.</p> <p>20. Lift from sides of waist</p>	 <hr/> <p>Technique5,6,7,13,14,</p>  <hr/> <p>Technique8,17</p>  <hr/> <p>Technique9</p>  <hr/> <p>Technique11</p>  <hr/> <p>Technique15</p>  <hr/> <p>Technique16</p>
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		<p>upwards to armpits, 3-5 times.</p> <p>21. Repeat the same techniques with double roller vacuum&RF operation.</p>	 <hr/> <p>Technique18</p>  <hr/> <p>Technique19</p>  <hr/> <p>Technique20</p> 
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Suggested Treatment:

10 treatments account for a full course. Once done, back feel significantly relaxed, and it can also alleviate neck stiffness, and lift skin. A course help relax shoulder, reduce back fat, ease the lump on the nape of the back, and shape the back line. After two courses, the lump appears to be smaller, and it help dredge meridians, regulate sub-health, and improve sleep. 3 courses help with back thinning, define back line, strengthen viscera function, improve digestion, detoxification and metabolism, (a period of treatment is to reduce size, two courses is to strengthen effect, three courses help with consolidation and avoid rebound.)

Shaping Buttocks: 60 min, once/week

12 Polar Vacuum&RF Energy: 30%-80%

Suction: 0.3-1.0

Release: 0-0.5

Essential oil+ Device

1. Standing on the side, accumulate oil on hands and then slide to the waist and then lift up along the hips from the waist, 3 times (this is to caress the treatment area.)
2. Repeatedly push ba liao zone with two thumbs.
3. Caress the treatment area for 3 times and then point: "shenyu", "ba liao", "chang qiang", "huan tiao" and "cheng fu", 3 times.
4. Caress the treatment area, 3 times.
5. First left, then right, with both hands extending from the root of the thigh from bottom to top -- bladder tendon -- kidney -- liver -- gallbladder -- vein, 3 times each.
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.
7. Overlap both palms

Technique1,4,10



Technique2



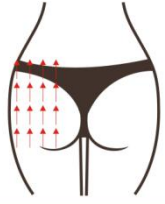


Technique3



Technique5,12,15



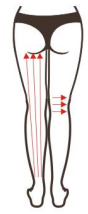



Technique6

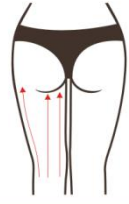

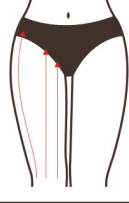
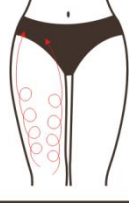
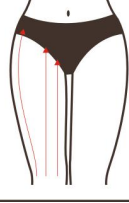

		<p>and push up together from thigh root to pulse (ascension) ,3 to 5 times.</p> <p>8. Push your hands from bottom to top from both sides of your hips to the top of your hips, 3 times.</p> <p>9. Repeat the previous operation.</p> <p>10. Caress the treatment area.</p> <p>11. The technique on the other side is the same as above.</p> <p>12. Vacuum&RF 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. Move hips in small circles, 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 side.</p>	 <hr/> <p>Technique 8,13,16</p>  <hr/> <p>Technique 14</p>  <hr/>
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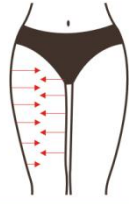
Suggested Treatment:

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>12 Polar Vacuum&RF Energy: 30%-80%</p> <p>Suction: 0.3-1.0</p> <p>Release: 0-0.5</p> <p>Mode: PRO</p>	<p>Essential oil (Massage cream)+ Device</p>	<p>1. Rear leg, left-right order: apply and rub oil in from calf to thigh to heel, 3 times.</p> <p>2. Alternately push the entire leg from bottom to top and wrap back into the heel, 3 times</p> <p>3. Move hands upwards to four main collateral channels(panguangjin-she njin-ganjin-danjin) with fingers spread and hukou pointing upwards.</p> <p>4. Push hands alternately to popliteal fossa, 3 times.</p>	<p>Technique1,2,3,4,6,7, 8</p>  <hr/> <p>Technique5</p> 
<p>Roller Vacuum&RF Energy: 30%-80%</p> <p>Suction: 0.3-1.0</p> <p>Release: 0-0.5</p> <p>Mode: PRO</p>		<p>5. Twist both hands upwards alternately as if twisting a fried dough, 3 times.</p> <p>6. Caress the treatment area, 3 times.</p> <p>7. Push four main collateral channels upwards with kneeling fingers of both hands, 3 times.</p> <p>8. Caress the treatment area, 3 times.</p> <p>9. Do the same on the other side.</p> <p>10. Vacuum&RF operation:move the device from popliteal fossa to</p>	<p>Technique10,12</p>  <hr/> <p>Technique11</p>  <hr/> <p>Technique13,15</p>

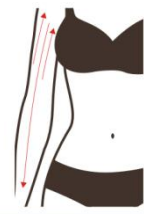
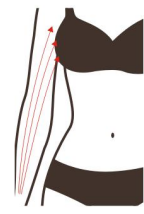
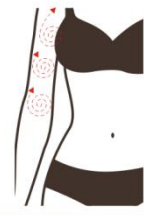
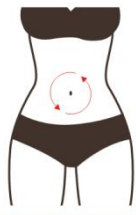
		<p>panguangjin-shenjin-ganjin-danjin, 3 times.</p> <p>11. Move the device in circular motion on calf, 3 times.</p> <p>12. Move the device upwards to popliteal fossa and caress the treatment area with hands, 3 times.</p> <p>13. Push from popliteal fossa tracing 4 main collateral channels to the end of 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. Repeat the same techniques with roller vacuum&RF treatment.</p> <p>17. Do the same on the other side.</p> <p>18. Foreleg: rub oil with both hands from heel to the thigh root (namely to caress the treatment area), 3 times.</p> <p>19. Alternately push the entire leg from bottom to top and wrap back into the heel, 3 times.</p> <p>20. Move hands upwards to four main collateral channels(pijing-weijing-ganjin-g-danjing) with fingers spread and hukou pointing upwards, 3 times.</p> <p>21. Push four main collateral channels upwards with kneeling fingers of</p>	 <p>Technique14</p>  <p>Technique18,19,20,21,22</p>  <p>Technique23,27</p>  <p>Technique24,28</p>  <p>Technique25</p>  <p>Technique26</p>
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		<p>both hands, 3 times.</p> <p>22. Vacuum&RF 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>23. 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>24. Lift the device from knee to thigh root in lines, 3 times.</p> <p>25. Move the device in small circles on thigh, 3 times.</p> <p>26. Coupled with hand, lift from 2 sides of leg to the middle, 3 times.</p> <p>27. Lift the device from knee to thigh root in annular motion, 3 times.</p> <p>28. Lift the device from knee to thigh root in lines, 3 times.</p> <p>29. Repeat the same techniques with roller vacuum&RF treatment.</p> <p>30. Do the same on the other side.</p>	 <hr data-bbox="1066 427 1361 432"/>
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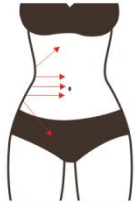


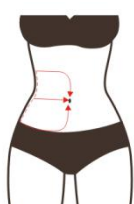

Suggested Treatment:

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


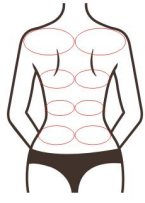
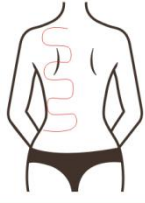

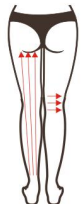

Body-Sculpting&Slimming: 180 min, once/week



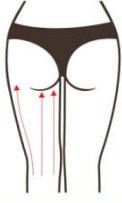

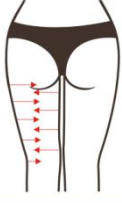
<p>Vacuum&RF Energy: 30%-80%</p> <p>Suction: 0.3-1.0</p> <p>Release: 0-0.5</p> <p>Mode: PRO</p> <p>Double Roller Vacuum&RF Energy: 30%-80%</p> <p>Suction: 0.3-1.0</p> <p>Release: 0-0.5</p> <p>Mode: PRO</p> <p>Roller Vacuum&RF Energy: 30%-80%</p>	<p>Essential oil (Massage cream)+ Device</p>	<p>Arms</p> <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-sanji aojing-xiaochangjing) to armpits with fingers spread and hukou pointing upwards, 3 times.4. Trace and rub three main collateral channels on arms with kneeling finger back and forth till them turn hot, 3 times.5. Caress the treatment area and slide to the fingers, 3 times.6. 8-Polar Vacuum&RF device operation: lay arms flatwise and start from fat part of lower arm, tracing three channels to armpit, 3 times.7. Move the device in annular motion, tracing	<p>Technique1,5</p>  <p>Technique2,3,4,6,8</p>  <p>Technique7</p>  <p>Technique10</p>  <p>Technique11</p>
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<p>Suction: 0.3-1.0</p> <p>Release: 0-0.5</p> <p>Mode: PRO</p>	<p>three channels to armpit, 3 times. You may double the operation on flabby arms, 3 times.</p> <p>8. Trace three channels from upper arm to armpit</p> <p>9. Do the same on the other side.</p> <p>Abdomen</p> <p>10. Apply and rub oil on abdomen with hands, 3 times.</p> <p>11. Rub stomach back and forth with both hands, 3 times.</p> <p>12. Knead abdomen with both hands using chiropractic techniques, 3 times.</p> <p>13. Lift daimai on both sides of waist with both hands alternately, 3 times.</p> <p>14. Move hands as if writing an "8" number on waist, 3 times.</p> <p>15. Overlap hands and message the intestinal canal clockwise, 3 times.</p> <p>16. Push on the following acupoints: shangwan zhongwan xiawan shenque qihai guanyuan zhongji tianshu dasheng qugu, 2 times.</p> <p>17. Starting from zhongji point, push both thumbs to belly navel, slide them to waist and the lift upwards to groin, 3 times.</p> <p>18. 12-Polar Vacuum&RF operation:starting from one side of the waist, lift the device to abdomen and</p>	<div data-bbox="1145 215 1283 421" data-label="Image"> </div> <p data-bbox="1070 450 1238 479">Technique12</p> <div data-bbox="1145 506 1283 712" data-label="Image"> </div> <p data-bbox="1070 741 1318 770">Technique13,24,28</p> <div data-bbox="1145 797 1283 1003" data-label="Image"> </div> <p data-bbox="1070 1032 1238 1061">Technique14</p> <div data-bbox="1145 1088 1283 1294" data-label="Image"> </div> <p data-bbox="1070 1323 1238 1352">Technique15</p> <div data-bbox="1145 1379 1283 1585" data-label="Image"> </div> <p data-bbox="1070 1615 1238 1644">Technique16</p> <div data-bbox="1145 1671 1283 1877" data-label="Image"> </div> <p data-bbox="1070 1906 1107 1935">17</p>
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	<p>groin, 3 times.</p> <p>19. Repeat the previous operation on the other side, 3 times.</p> <p>20. Move the device on abdomen in small circular motions, 3 times.</p> <p>21. Move the device on abdomen in big circular motions, 3 times.</p> <p>22. Move the probe to shape the waist as if writing "8", 3-5 times.</p> <p>23. Move the probe up and down to shape the waist, 3-5 times.</p> <p>24. Combined with hand, lift daimai on both sides of the waist, 16 times.</p> <p>25. Double Vacuum&RF operation: starting from one side of the waist, lift the device to abdomen and groin, 3-5 times.</p> <p>26. Repeat the previous operation on the other side, 3-5 times.</p> <p>27. Move the probe up and down to shape the waist, 3-5 times.</p> <p>28. Combined with hand, lift daimai on both sides of the waist, 16 times.</p> <p>Back</p> <p>29. Apply oil on back and press Fengchi and fengfu points.</p> <p>30. (Starting from hairline) stroke badanjin with thumb, 3-5 times.</p> <p>31. Move thumb outwards from pangguangjin to baliao area and then to</p>	 <p>Technique18,25</p>  <p>Technique20</p>  <p>Technique21</p>  <p>Technique22</p>  <p>Technique23,27</p>  <p>Technique29</p>
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	<p>fengchi and fengfu point.</p> <p>32. Starting from neck to caudal vertebra, move hands in S-shape, 3 times.</p> <p>33. Push pangguangjin with thumb in left-right order, 3 times.</p> <p>34. Push pangguangjin to baliao area with both thumbs, at the same time, 3 times.</p> <p>35. Push scapula slot with both hands alternately in left-right order, 3 times.</p> <p>36. Overlap both thumbs and push tianzong point and slide to the arm, 3 times.</p> <p>37. Roller Vacuum&RF Operation: Starting from dumai to pangguangjin, move the device from neck to baliao area, 3-5 times.</p> <p>38. From dabanjin to neck, move the device back and forth, 3-5 times.</p> <p>39. Lift the device on scapula slot in left-right order, 3-5 times.</p> <p>40. Move the device horizontally as if writing an "8" number to baliao area, 3 times.</p> <p>41. Move the device upwards in annular motion to armpit in left-right order on both sides, 3 times.</p> <p>42. Lift from sides of waist upwards to armpits, 3-5 times.</p> <p>43. Repeat the same techniques with double roller vacuum&RF operation.</p>	<div data-bbox="1145 219 1289 421" data-label="Image"> </div> <p data-bbox="1070 450 1278 483">Technique30,38</p> <div data-bbox="1145 510 1289 712" data-label="Image"> </div> <p data-bbox="1070 741 1238 775">Technique31</p> <div data-bbox="1145 801 1289 1003" data-label="Image"> </div> <p data-bbox="1070 1032 1238 1066">Technique32</p> <div data-bbox="1145 1093 1289 1294" data-label="Image"> </div> <p data-bbox="1070 1323 1318 1357">Technique33,34,37</p> <div data-bbox="1145 1384 1289 1585" data-label="Image"> </div> <p data-bbox="1070 1615 1278 1648">Technique35,39</p> <div data-bbox="1145 1675 1289 1877" data-label="Image"> </div> <p data-bbox="1070 1906 1238 1939">Technique36</p>
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	<p>Legs</p> <p>44. Leg: from left to right, apply and rub oil in from calf to thigh to heel, 3 times.</p> <p>45. Move hands upwards to four main collateral channels(pangguangjin-shejin-ganjin-danjin) with fingers spread and hukou pointing upwards, 3 times.</p> <p>46. Push hands alternately to popliteal fossa, 3 times.</p> <p>47. Twist both hands upwards alternately as if twisting a fried dough, 3 times.</p> <p>48. Push four main collateral channels upwards with kneeling fingers of both hands, 3 times.</p> <p>49. Do the same on the other side.</p> <p>50. 12-Polar Vacuum&RF operation:move the device from popliteal fossa to pangguangjin-shenjin-ganjin-danjin, 3 times.</p> <p>51. Move the device in circular motion on calf, 3 times.</p> <p>52. Push from popliteal fossa tracing 4 main collateral channels to the end of thigh, 3 times.</p> <p>53. Move the device in circular motion from popliteal fossa to the end of thigh, 3 times.</p> <p>54. Coupled with hand, lift from 2 sides of leg to the middle, 3 times.</p> <p>55. Repeat the same techniques with roller</p>	 <p>Technique40</p>  <p>Technique41</p>  <p>Technique42</p>  <p>Technique44,45,46,48</p>  <p>Technique47</p>  <p>Technique50</p>
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		<p>vacuum&RF treatment. Do the same on the other side.</p>	 <hr/> <p>Technique51</p>  <hr/> <p>Technique52</p>  <hr/> <p>Technique53</p>  <hr/> <p>Technique54</p> 
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Suggested Treatment:

Ten treatments account for one full course. After one treatment, the skin will be firm, tender, delicate and smooth, and the eyes will be elevated to accelerate the blood circulation and lymph circulation of the eyes. After one course, it lightens fine lines, dark circles under the eyes and brightens the skin. After two courses, the overall skin is smooth, firm and elastic, and the double chin is improved. Three courses help prevent and delay skin aging, relaxation and sagging, and restore skin to its youthful state.