

# User Manual

## MS-1391



# Preface

Dear users:

We're pleased to present to you our *Pink 3 In 1 Vacuum Radio Frequency Photon Massage Machine Body Face RF Slimming Device* featured with vacuum & RF technologies that works on shoulder and neck strain, back strain, and body fat accumulation and so on. It aims to achieve beauty results such as, weight loss, figure slimming, draining internal dampness, detoxification, dredging meridians and collaterals through high-tech means. *Pink 3 In 1 Vacuum Radio Frequency Photon Massage Machine Body Face RF Slimming Device* is a specialized device 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 to 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 meridian dredging, body-shaping and skin tightening. It's an effective replacement of all the manual scraping, cupping and slimming 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. Vacuum&RF probes help massage skin and muscle through the specially designed vacuum suction working head that can effectively boost tissue fluidity, increase tissue activity so as to increase skin elasticity.

## Advantages

1. Multifunctional beauty machine that effectively address localized fat pockets, sub-health and so on.
2. Features with strong vacuum pump, low noise, multiple modes, good quality and high comfort level.
3. Professional vacuum&RF working heads apply to scraping, cupping, etc., and help pass out toxins and dampness.
4. Wider treatment range and faster and more visible effects.
5. Easy and convenient; painless, non-invasive during the process; skipping any recovery periods without affecting any work and life plans.
6. Various work heads can be replaced in different parts according to different requirements.
7. Unevenness, bleed, swelling and stasis will not appear after treatment.
8. All handles can be used alone or together for better effects.

## Facial Cleaning

### Working Principle

#### 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.

## **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.
- (2) Lift and revive skin elasticity.
- (3) Stimulate the production of bone collagen and improve skin plumpness.
- (4) 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.

### **4. Nerve layer**

The suction and release of air pressure:

- (1) Stimulates the surface and deep sympathetic nervous system.
- (2) Improves skin sensitivity.
- (3) Repair skin elasticity and resist tissue fibrosis.

Effects: Repair and improve skin sensitivity.

## Effects

1. Tighten skin and deeply channel nutrients into skin.
2. Increase skin elasticity and refine skin.
3. Moisturize skin and boost skin absorption rate.
4. Improve blood circulation and help metabolism.
5. Reduce double chin and tighten skin.
6. Stimulate collagen regeneration and delay aging.

## Applicable Range

1. Those with facial dullness.
2. Those with skin relaxation and sagging.
3. Those with fine lines, nasolabial folds and crow's feet.
4. Those with indistinct facial outline.
5. Those with coarse skin and large pores.
6. Those who are under long-term exposure of UV radiation at workplace.
7. Those with skin relaxation and sagging after child delivery.

## Inapplicable Range

1. Those who have just undergone plastic surgery which have implanted prostheses, metal materials and so on.
2. Those who have recently received certain injections, such as hyaluronic acid, intradermal injection, wrinkle removal injection or plastic surgery.
3. Those who have hypertension, heart disease, diabetes, severe thyroid disease and malignant tumors, etc.
4. Those who are having an allergic reaction, or people with severe sensitive skin or allergic to metals.
5. Those with skin trauma or wound.
6. Those who are over aging.
7. Those who are in their menstruation, pregnancy, lactation, surgical recovery.
8. Those who have skin diseases and infectious diseases.
9. Those who are unrealistic about the results.

## Notes after Operation

1. Do not wash your face with overheated water within three days (lukewarm or cold water is recommended).

2. Enhance moisturizing and sunscreen.
3. Do not soak in hot springs, steam saunas or exercise strenuously, etc. within 3 days.
4. Use facial masks at least 3 times a week.
5. Spicy, greasy food should be avoided. Staying up late, smoking and drinking are prohibited. Eat more vegetables, fruits, and less greasy food.
6. Avoid food that will cause '3 Hs'(high blood pressure, high cholesterol and high blood sugar), less greasy food is advised.

## Neck Lymphatic Drainage

### Working Principle

#### 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.

#### Effects

1. Improve the flabbiness, roughness and dullness of the neck skin.
2. Tighten skin and increase skin elasticity.
3. Remove double chin.
4. Accelerate lymphatic detoxification and improve facial skin.
5. Prevent cervical and lymphatic diseases.

## Applicable Range

1. Those who have dull and coarse neck skin.
2. Those with blocked neck lymph nodes.
3. Those with loose and inelastic neck skin.
4. Those who often bow their heads.
5. Those who often grow acne on cheeks.

## Inapplicable Range

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

## Notes after Operation

1. Sunscreen is encouraged . Keep the neck warm.
2. After operation, the treated area is relatively dry, moisturizing and sun protection is encouraged.
3. Within 1-3 days after operation, it is better not to use alcohol, AHA or other exfoliating products.
4. Avoid facial washing with overheated water, sauna steaming, hot springs or strenuous exercise within 7 days after operation.
5. Moisturizing and mask for the neck is encouraged, at least 3 times masks a week. Essence or neck cream is encouraged.
6. Avoid bowing head for a long time.

## Shaping Arms

### Working Principle

### 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. 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.

## **Effects**

1. Stimulate collagen hyperplasia at the bottom of the skin to shape and firm it.
2. Improve loose skin.
3. Improve flabby arms and thick arms.
4. Soothe and firm loose skin.
5. Tighten skin.
6. Accelerate blood circulation and increase skin elasticity.

## **Applicable Range**

1. Those who have thick arms and want to look better in clothes.
2. Those who have jiggly and flabby arms.
3. Those who have loose arm skin.
4. Those whose arms are prone to pain and numbness.

## **Inapplicable Range**

1. Those who have just had plastic surgery.
2. Those who have hypertension, heart disease, diabetes, severe thyroid disease, 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 over aging.
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 Waist

### Working Principle

#### Vacuum & RF

The principle of vacuum negative pressure is used to lift skin, coupled with RF to achieve the slimming effects. Vacuum negative pressure can take a variety of skin tissue layers to multipolar RF so that RF energy can be transmitted more effectively to subcutaneous fat (fat layer). Suction and release of vacuum function at the same time, helps to promote blood circulation, improve the local tissue metabolism, and fully relax the skin and muscle tissues, relieve skin and muscle fatigue. Combined with RF and IR energy to multiply comfort level.

#### Effects

1. Improve flabby and lax skin on waist and abdomen.
2. Reduce lumbar and abdominal fat, such as beer belly and love handles.
3. Tighten skin; reduce stretch marks induced by pregnancy and obesity; increase skin elasticity.
4. Accelerate metabolism, relieve constipation and encourage intestinal peristalsis.

#### Applicable Range

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

#### Inapplicable Range

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

7. Those who have 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.

## Back Lymphatic Drainage

### Working Principle

### 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 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, improve varicose veins, as well as preventing blocked circulation of blood vessels, collaterals and meridians.

### Effects

1. Accelerate lymph flow.
2. Accelerate the natural detoxification process to help the body pass out waste through the lymphatic system.
3. Stimulate lymphatic activity.
4. Increase lymphocyte productivity.
5. Improve your body's metabolism and immune system.
6. Reduce shoulder and back pain.

## Applicable Range

1. Those with shoulder and neck strain.
2. Those with mild shoulder peri-arthritis.
3. Those with aching muscles all over.
4. Those who are moody, short-tempered and often experience insomnia and dreaminess.
5. Those who drive for long hours, work in front of computers and sit for long periods of time.
6. Those with blocked channels and collaterals, poor circulatory metabolism and have acne prone skin.

## Inapplicable Range

1. Those who has “three Hs” , heart disease, epilepsy and severe diabetes and hyperthyroidism.
2. Those whose surgical wound is healing or convalescence.
3. Those who are in their pregnancy, menstruation and lactation
4. Those with skin diseases and infectious diseases.
5. Those with with lymphoma or signs of cancer.
6. Those who are too drunk, too full, too hungry, too thirsty and overworked.

## Notes after Operation

1. Shower after 4-6 hours to avoid catching cold.
2. It is normal to have slight pain, itching, scapping or rubella changes on the skin surface. Do not scratch.
3. Drink lots of warm water to help boost metabolism.

# Shaping Buttocks

## Working Principle

### Vacuum & RF

The negative pressure of the handle can make local capillaries congested, stimulate organs, enhance cell vitality, promote functional activities, and improve the body's resistance; Mechanical stimulation of negative pressure transmits to the central nervous system through the reflex pathway, which can regulate nerve activity so as to reach a balance. During operation, the suction and release and increase and decrease of vacuum suction level can help keep local pores open and close continuously, promote skin respiration, increase oxygen uptake and accelerate waste discharge.

## Effects

1. Relax muscles and increase local blood circulation.
2. Prevent muscle atrophy and relieve muscle spasm.
3. Tighten skin and strengthen body.
4. Relieve sagging caused by muscle relaxation.
5. Stimulate muscle contractions to plump up muscles and enhance hips.
6. Help the buttocks expel toxins and improve gynecological problems.

## Applicable Range

1. Those with sunken and flat hips.
2. Those who have flat, shapeless and low fat buttocks.
3. Those with hip fat accumulation in the waist and hip forming "H-shaped hip".
4. Those with cold hips and heavy body dampness.

## Inapplicable Range

1. Those who are in menstruation, pregnancy, lactation
2. Those with wounds during recovery from surgery.
3. Those with hypertension, heart disease, etc.
4. Those with skin diseases, patients with infectious diseases and skin sensitive period.
5. Those who are in poor health.

## Notes after Operation

1. Shower 4-6 hours after operation.
2. It is recommended to wear underwear that lifts the buttocks to prevent sagging
3. After the operation, do a simple exercise that helps to lift the buttocks properly.

## Shaping Legs

### Working Principle

#### 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 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, improve varicose veins, as well as preventing blocked circulation of blood vessels, collaterals and meridians.

## Effects

1. Tighten skin and prevent sagging.
2. Increase leg circulation and detoxification, metabolism.
3. Promote blood circulation and remove blood stasis, dredge channels and collaterals, and prevent varicose veins.
4. Tighten excessive protruding fat on legs and rid thick thighs.
5. Burn fat and expel toxins.

## Applicable Range

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

## 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.

# Part II

## 1. Detailed Operation

Detailed installation is as follows:



Note: Insert the filter the right way and make sure to push it all the way in.



Correct Insertion

Three handles share the same power cord. Select the handle based on your own needs.



VACUUM&RF L, M, S Handles



### L Handle Installation



Vacuum& Sextupolar RF L Handle



### M Handle Installation



Vacuum& Sextupolar RF M Handle

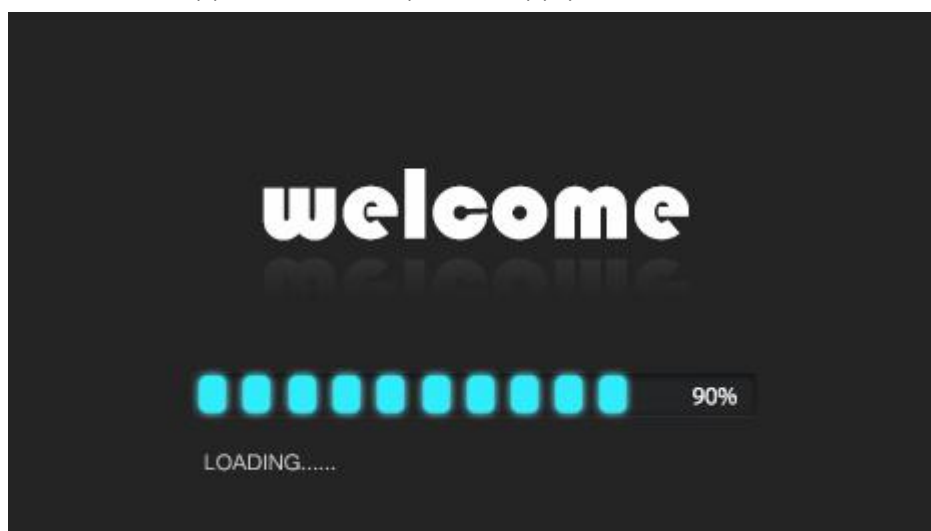




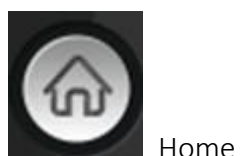
## S Handle Installation



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



### 1.1 Function Selection





Restore

## 1.2 Detailed Operation: VACUUM&RF S

Three handles share the same power cord. When using vacuum&RF S handle, connect the cord the handle. The interface then appears as follows:



VACUUM&RF S Handle



RF Energy

Energy Range: 0%-100%

Reference Energy: 20%-80%

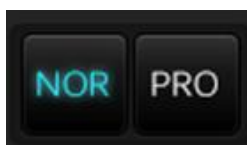
It is advised to start from the lowest energy level and increase slowly after adaptation. Higher energy level comes with higher RF temperature.



RF Energy Level Display



RF Energy +/-



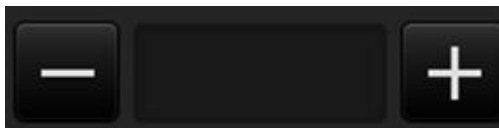
RF Mode



NOR is the set mode. The red LED is on and energy is at the set level and stay at the set level after turning on the device. It is suitable for those who adapt well and opt for skin tightening and anti-aging.



PRO is the smart mode. The temperature goes up slowly to the set energy and red LED is on after the probe comes in full contact with the skin. It is suitable for beginners.



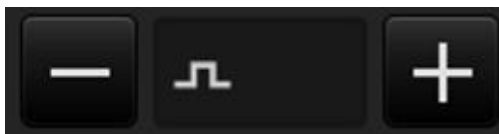
Vacuum&RF Working Time

Time Range: 0-60 min

Reference Time: 10-20 min each time at each treatment site



Time +/-



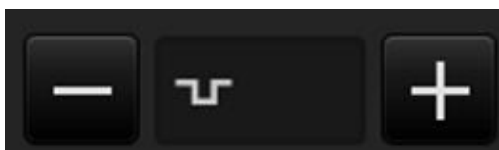
Suction Time +/-

Reference Suction Time: 0.3-1.0

Higher number means longer suction time



Current Suction Time



Release Time +/-

Reference Release Time: 0.1-0.8

Higher number means longer release time

When the release time is 0, the device is working under direct suction mode

When the release time is not 0, the device is working under intermittent mode

Longer release time means longer interval between suction and release

When the probe is under direct suction mode, it is suitable for those who have heavy internal dampness inside body and are in need of scraping, detoxification, meridian and collateral dredging



Current Release Time



Suction/Release Time +/-



Home



Start/Pause



Restore



Suction Tuning

Twist counterclockwise to decrease suction level and clockwise to increase suction level

### 1.3 Detailed Operation: VACUUM&RF M

Three handles share the same power cord. When using vacuum&RF M handle, connect the cord the handle. The interface then appears as follows:





VACUUM&RF M Handle



RF Energy

Energy Range: 0%-100%

Reference Energy: 20%-80%

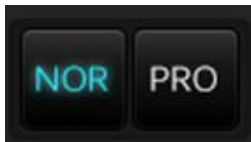
It is advised to start from the lowest energy level and increase slowly after adaptation. Higher energy level comes with higher RF temperature.



RF Energy Level Display



RF Energy +/-



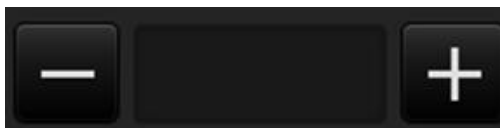
RF Mode



NOR is the set mode. The red LED is on and energy is at the set level and stay at the set level after turning on the device. It is suitable for those who adapt well and opt for skin tightening and anti-aging.



PRO is the smart mode. The temperature goes up slowly to the set energy and red LED is on after the probe comes in full contact with the skin. It is suitable for beginners.



Vacuum&RF Working Time

Time Range: 0-60 min

Reference Time: 10-20 min each time at each treatment site



Time +/-

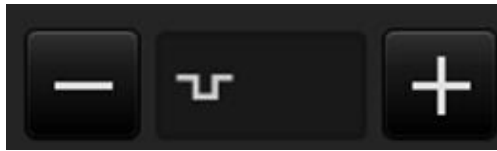


Suction Time +/-

Reference Suction Time: 0.3-1.0  
Higher number means longer suction time



Current Suction Time



Release Time +/-

Reference Release Time: 0.1-0.8  
Higher number means longer release time  
When the release time is 0, the device is working under direct suction mode  
When the release time is not 0, the device is working under intermittent mode  
Longer release time means longer interval between suction and release  
When the probe is under direct suction mode, it is suitable for those who have heavy internal dampness inside body and are in need of scraping, detoxification, meridian and collateral dredging



Current Release Time



Suction/Release Time +/-



Home



Start/Pause



Restore



Suction Tuning

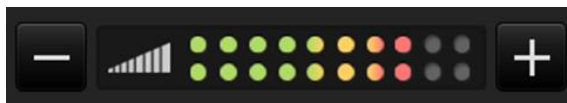
Twist counterclockwise to decrease suction level and clockwise to increase suction level

## 1.4 Detailed Operation: VACUUM&RF L

Three handles share the same power cord. When using vacuum&RF L handle, connect the cord the handle. The interface then appears as follows:



VACUUM&RF L Handle



RF Energy

Energy Range: 0%-100%

Reference Energy: 20%-80%

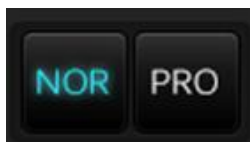
It is advised to start from the lowest energy level and increase slowly after adaptation. Higher energy level comes with higher RF temperature.



RF Energy Level Display



RF Energy +/-



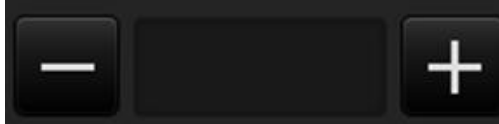
RF Mode



NOR is the set mode. The red LED is on and energy is at the set level and stay at the set level after turning on the device. It is suitable for those who adapt well and opt for skin tightening and anti-aging.



PRO is the smart mode. The temperature goes up slowly to the set energy and red LED is on after the probe comes in full contact with the skin. It is suitable for beginners.



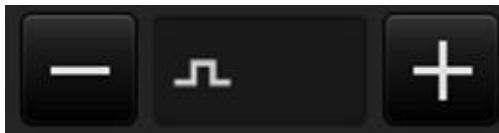
Vacuum&RF Working Time

Time Range: 0-60 min

Reference Time: 10-20 min each time at each treatment site



Time +/-



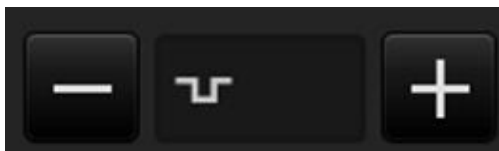
Suction Time +/-

Reference Suction Time: 0.3-1.0

Higher number means longer suction time



Current Suction Time



Release Time +/-

Reference Release Time: 0.1-0.8

Higher number means longer release time

When the release time is 0, the device is working under direct suction mode

When the release time is not 0, the device is working under intermittent mode

Longer release time means longer interval between suction and release

When the probe is under direct suction mode, it is suitable for those who have heavy internal dampness inside body and are in need of scraping, detoxification, meridian and collateral dredging



Current Release Time



Suction/Release Time +/-





Home



Start/Pause



Restore



Suction Tuning

Twist counterclockwise to decrease suction level and clockwise to increase suction level

## 2. Technical Parameters

Vacuum&Sextupolar RF L Handle with Photon

Treatment Area: Body

Measure of Treatment Area: 30cm<sup>2</sup>

Max. Output Power: 60W

Depth: 4.5mm

Depth of Pressure: 23mm

Frequency: 1MHz

Max. Output of Pressure: -80KPa

Vacuum&Sextupolar RF M Handle with Photon

Treatment Area: Body

Measure of Treatment Area: 30cm<sup>2</sup>

Max. Output Power: 60W

Depth: 4.5mm

Depth of Pressure: 23mm

Frequency: 1MHz

Max. Output of Pressure: -80KPa

Vacuum&Quadrupole RF S Handle with Photon

Treatment Area: Face

Measure of Treatment Area: 7cm<sup>2</sup>

Max. Output Power: 20W

Depth: 3mm

Frequency Depth of Pressure: 16mm

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.

## 4.Dos and Dont's

1. Detach the probe after each session to clean and store in place.
2. Use a grounding pin and make sure the power socket of the device is properly connected before each operation.
3. 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.
4. 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.
5. The device should not be placed in wet environment or near water, nor should they be directly exposed to sunlight.
6. Do not place the device near a strong heat source, because this may affect the life and normal use of the device.
7. Before treatment, please remove all metal objects from the body first, so as to avoid unexpected conditions and influence the curative effect.
8. Please refrain from using the device on eyes, thyroid, parathyroid, testicles, abdomen of pregnant women, and pacemakers.
9. Patients who are suffering from illness should consult with a doctor and gain permission from the doctor before using.
10. 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.
11. Use device or train device operators in strict accordance with instructions in the user manual.
12. 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.
13. 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.
14. When operating, the instrument should fully touch the skin to avoid uneven heat.
15. Start from the lowest energy level and slowly increase.
16. When using this device, the operating parts must be kept moist and dry skin should be avoided.
17. Clean the instrument with normal saline after operation to ensure its cleanliness and hygiene and prolong its service life.
18. Always make sure you place the cotton filter before vacuum&RF treatment to avoid possible damage caused by dirt, massage cream or oil.

## 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: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. While losing weight, it can stimulate collagen regeneration to lift and tighten skin. By lifting, it can also shape perfect curves and accentuate female natural charm.

**2.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.

**3. Q: What will I experience during vacuum treatment?**

A: Vacuum treatment comes with suction. Your skin and fat will feel like they're being grabbed on tight, then being released. Higher suction level means more tighter feeling. So adjust the suction level to whatever you're most comfortable with.

**4. Why did red or purple marks appear after vacuum treatment?**

A: Petechiae are different colored marks, varying from deep red to blackish purple. Some are flaky, and some are dot of different shades. They are mainly caused by the negative pressure suction effect, so that the subcutaneous capillary rupture, red blood cells ooze and accumulate in the subcutaneous layer. Generally healthy people will have a slight petechiar, whose color is light red, and will gradually recede within 3-6 hours. For those whose bodies are too damp and cold, the color will appear to be darker, such as blackish purple, which will gradually fade in about a week.

**5. What is the effect of scrapping or gua sha when it comes to vacuum treatment?**

A: Scrapping can help remove the dampness in the body. It has obvious effects such as activating blood and removing blood stasis. It can effectively promote the discharge of toxins in the body. If the sha image is light, the sha point is scattered and the color is light, it suggests you are in a relatively healthy condition. If sha is more accumulated and form up in purple to black large pieces, etc., it indicates that you need multiple treatments.

**6. Does petechiae or red to purple marks always appear after each vacuum treatment?**

A: Not always. For people with insufficient qi and blood due to a weak constitution, they have slow blood flow in the body, so even if there is stasis in a certain part of the body, it is often not likely to see red or purple marks. At this time, we should not force

it. As long as local treatment sites heat up and pores open up, we shall continue with the suction level you're most comfortable with.

Petechiae is also not easy to come by for those who take too much medicine, because it is toxic. Long-term medication will cause disorder of the body's immune system. No red or purple marks will appear despite of long treatment hours or high suction level.

For those who are in no sub-health state and is overall healthy, petechiae will not appear as well.

## 7. Packing List

1 x Pink main machine

1 x Vacuum&Sextupolar RF L Handle with Photon

1 x Vacuum&Sextupolar RF M Handle with Photon

1 x Vacuum&Quadrupole RF S Handle with Photon

1 x Holder

1 x Power line

## 8.Operational Diagrams

Parameter Adjustment	Product	Techniques	Diagrams
<b>Facial Cleaning: 45 min, once/week</b>			
Vacuum&RF Energy Level:  Suction Time: 0.3-1.0  Release Time: 0-0.3	Makeup remover oil+ Cleanser+ Exfoliator+ Toner+ Hydro mask+ Essence+	1. Remove makeup off face and neck, 2 min. 2. Exfoliate face and neck area, 2 min. 3. Wash face clean with cleanser, 2 min. 4. Apply toner, 1 min. 5. Evenly spread hydro mask on the face. Wait for 8-10	Technique9    Technique10

<p>Suction Level: Twist the suction tuning knob to adjust suction level to whatever you're most comfortable with</p> <p>RF Energy Level: 20-80%</p>	<p>Cleanser cream+ Sheet mask</p>	<p>min.</p> <p>6. Wash face clean, 2 min.</p> <p>7. Apply toner, 1 min.</p> <p>8. Evenly spread cleanser cream all over the face and massage for 10 min or so.</p> <p>9. Circle around the eye for 3 times, then trace from forehead to canthus - nose wing - mouth corner to the chin, then lift back up along the jawline, and press Yifeng (TE-17) behind the ear and lastly slide to the side of the neck, 1 time.</p> <p>10. Curl up both hands and place them beneath the jawline and the thumbs beneath lower lip. Pull upwards, tracing the jawline from the chin towards the back of the ears, 3 times.</p> <p>11. Clamp the jaw with middle and ring fingers and pull towards the earlobes alternatively, 5-8 times.</p> <p>12. Lift nasolabial folds near mouth corners using tapotement technique, 3-5 times.</p> <p>13. Slowly massage face using tapotement technique, 3-5 times.</p> <p>14. Cross hands to slowly lift from chin to temples, 3-5 times.</p> <p>15. Circle around eyes with both hands, 3 times.</p> <p>16. Trace around eyes using scissor hand gestures till the temples, 3-5 times.</p> <p>17. Circle around in shape "8" and press the temples, 3-5 times.</p>	<div data-bbox="1141 219 1273 421" data-label="Image"> </div> <p data-bbox="1054 450 1225 483">Technique15</p> <div data-bbox="1141 510 1273 712" data-label="Image"> </div> <p data-bbox="1054 741 1225 775">Technique16</p> <div data-bbox="1141 801 1273 1003" data-label="Image"> </div> <p data-bbox="1054 1032 1225 1066">Technique17</p> <div data-bbox="1141 1093 1273 1294" data-label="Image"> </div> <p data-bbox="1054 1323 1225 1357">Technique18</p> <div data-bbox="1141 1384 1273 1585" data-label="Image"> </div> <p data-bbox="1054 1615 1225 1648">Technique20</p> <div data-bbox="1141 1675 1273 1877" data-label="Image"> </div> <p data-bbox="1054 1906 1225 1939">Technique28</p>
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		<p>18. Push the following acupoints: Jingming (Bl-1), Cuanzhu (Bl-2), Yuyao (EM3), Sizhukong (TE-23), the Temple, Tongziliao (Gb-1) using middle and ring fingers, 3 times.</p> <p>19. Move hands in circular motion around eyes, 3 times.</p> <p>20. Lift towards hairline on forehead using both palms, 3 times.</p> <p>21. Cross hands to lift from chin to the back of the ear, and from chin to the temples, 3 times.</p> <p>22. Move from earlobes in upwards circular motions to massage ears, 2-3 times.</p> <p>23. Cover ears with both hands for 1-2 seconds then remove hands. Repeat for 3 times.</p> <p>24. The end of the massage session.</p> <p>25. Wash face clean.</p> <p>26. Spread massage cream evenly all over the face.</p> <p><b>27. (S) Vacuum&amp;RF Handle</b> Set the mode to intermittent suction and release mode (for massage and relaxation).</p> <p>28. Lift in parallel lines from chin to forehead to lift the treatment area, covering the entire face, 3 times.</p> <p>29. Set it at direct suction mode. Coupled with hand, start from chin to lift upwards, tracing from chin to earlobe, mouth corner to ear gate, nose wing to temple, lower eyelid to temple and lift</p>	<div data-bbox="1141 219 1273 421" data-label="Image"> </div> <hr/> <p data-bbox="1058 450 1222 479">Technique29</p> <div data-bbox="1141 510 1273 712" data-label="Image"> </div> <hr/> <p data-bbox="1058 741 1222 770">Technique31</p> <div data-bbox="1141 801 1273 1003" data-label="Image"> </div> <hr/>
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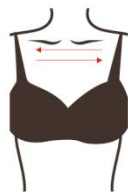




		<p>the corners of the eyes, 3 times.</p> <p>30. Do the same on the other side.</p> <p>31. Lift towards hairline on forehead.</p> <p>32. Wash face clean, 2 min.</p> <p>33. Apply sheet mask + (blue LED) photon mask, 15 min.</p> <p>34. Remove the masks and wash face clean, 2 min.</p> <p>35. Apply toner, essence, cream and sunscreen.</p>	
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**Suggested Treatment:**

10 treatments account for a full course. One session helps speed up blood circulation and face appears supple and healthy afterwards. One full course helps metabolize toxin and improve acne prone skin and reduce blackheads. Three courses help define jawline, strengthen skin resistance so that it looks healthy and glowing.

## Neck Lymphatic Drainage: 60 min, once/week

<p>Vacuum&amp;RF Energy Level:</p> <p>Suction Time: 0.3-1.0</p> <p>Release Time: 0-0.3</p> <p>Suction Level: Twist the suction tuning knob to adjust suction level to whatever you're most comfortable with</p> <p>RF Energy Level: 20-80%</p>	<p>Makeup remover+ Cleanser+ Massage cream+ Essence+ Neck mask</p>	<ol style="list-style-type: none"> <li>1. Remove makeup and clean, 5 min.</li> <li>2. Apply massage cream evenly all over the neck area, 2 min.</li> <li>3. Apply and rub oil on the chest with both hands to the back of the neck and press Fengchi (Gb-20) and Fengfu (Du-16), 3 times.</li> <li>4. Place one hand above hairline on the side of the neck, push along the opposite direction on the neck till Da Ban Jin, then make a U-turn on the shoulder, 3-5 times.</li> <li>5. Alternately lift the lower jaw and double chin to pass behind the ear and under the armpit, 3 times.</li> <li>6. Push downwards with</li> </ol>	<p>Technique3</p>  <hr/> <p>Technique5</p>  <hr/> <p>Technique5,6,7</p>  <hr/> <p>Technique9</p>
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Mode:  
NOR

hand spread and hukou pointing down, tracing 3 meridian channels from the neck side to the armpit, 3 times.

7. Push downwards with 4 fingers, tracing 3 meridian channels from neck side to the armpit, 3 times.

8. Push downwards with kneeling fingers till the neck turns hot and slide to the armpit, 3 times.

9. Push downwards with hand spread and hukou pointing down from external collarbone to armpit, 3-5 times.

10. Do the same on the other side.

**11. (M) Vacuum&RF Handle**

Set it at intermittent mode.

Move the probe from chin to earlobe, then to the underarm for massage and relaxation, 3 times.

12. Set it at direct suction mode. Coupled with hand massage, lift double chin to pass behind the ear and under the armpit, 3 times.

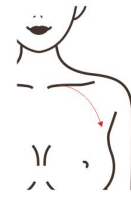
13. Move the probe in 3 parallel circular motions on side of the neck, then slide to the underarm, 3 times.

14. Slide the device from internal and external clavicle to the armpit, 3-5 times.

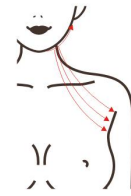
15. Move the device in circles on the whole neck area, 3 times.

16. Do the same on the other side.

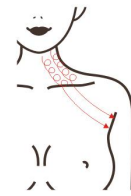
17. Clean the treated area



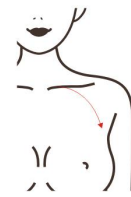
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Technique13



Technique14



Technique15

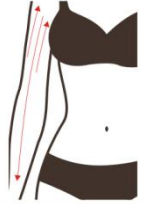
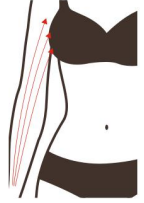




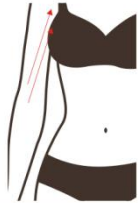
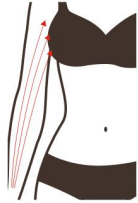


		<p>with hot towel and hot steam for 5 min.</p> <p>18. Apply neck mask, 15 min.</p> <p>19. Wash neck clean, 2 min.</p> <p>20. Apply toner, neck essence, neck cream and sunscreen.</p>	
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**Suggested Treatments:**

10 treatments account for one full course. After one treatment, skin becomes tender, smooth. After a full course, neck skin becomes smooth, speed up the neck lymphatic circulation. After 2 courses it tightens skin, fade neck lines, improve the double chin. After 3 courses, skin is fine, firm and glowing, which also promote lymph drainage, improve facial dullness, some problems such as acne, and delay the aging of the skin, make skin restore young state.

**Shaping Arms: 60 min, once/week**

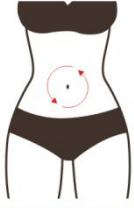
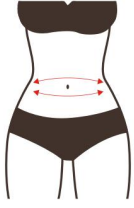
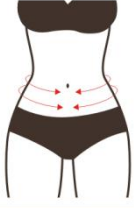

<p>Vacuum&amp;RF Energy:</p> <p>Suction Time: 0.3-1.0</p> <p>Release Time: 0-0.3</p> <p>Suction Level: Twist the suction tuning knob to adjust suction level to whatever you're most comfortable with</p> <p>RF Energy Level: 20-80%</p> <p>Mode: NOR</p>	<p>Essential oil+ Ultrasonic gel+ Towel</p>	<ol style="list-style-type: none"> <li>1. Left-right order: lay the arm flatwise, apply and rub oil in from lower arm to the entire arm and slide to the fingers, 3 times.</li> <li>2. Push the entire arm with both palms, 3 times.</li> <li>3. Push hands upwards tracing three main collateral channels: Large Intestine Meridian(LI) - Triple Energizer Meridian(TE) - Small Intestine Meridian(SI) to armpits with fingers spread and hukou pointing upwards, 3 times.</li> <li>4. Caress the treatment area, 3 times.</li> <li>5. Trace and rub three main collateral channels on arms with kneeling finger back and forth till them turn hot, 3 times.</li> <li>6. Caress the treatment area, 3 times.</li> </ol>	<p>Technique1</p>  <hr/> <p>Technique2,3,4,5,6</p>  <hr/> <p>Technique7</p>  <hr/> <p>Technique8</p>
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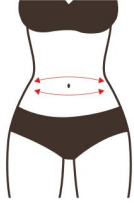
		<p>7. Lay inner arm upwards, and push hands tracing three yin channel on inner arm: Lung Meridian(LU) - Pericardium Meridian(PC) - Heart Meridian(HT) to armpit, with hukou pointing upwards, 3 times respectively.</p> <p>8. Rub three channels back and forth with kneeling fingers, 3 times.</p> <p>9. Caress the treatment area and slide to fingers.</p> <p>10. Do the same on the other side.</p> <p><b>11. Vacuum &amp; RF</b> Set it at intermittent mode. Lay arms flatwise and slide back and forth on the upper arm, 3 times.</p> <p>12. Set it at direct suction mode. Trace three channels to armpit, 3 times.</p> <p>13. Move the device in annular motion, tracing three channels to armpit, 3 times.</p> <p>14. Lay inner arm flatwise and push three channels on upper arm to armpit, 3 times.</p> <p>15. Trace three channels on upper arm and move the device in circles to armpit, 3 times.</p> <p>16. Do the same on the other arm.</p> <p>17. Clean the treated area with hot towel, 2 min.</p>	 <hr/> <p>Technique11</p>  <hr/> <p>Technique12</p>  <hr/> <p>Technique13</p>  <hr/> <p>Technique14</p>  <hr/>
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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 Waist: 45 min, once/week**


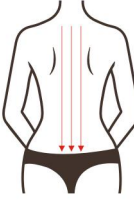
<p>Vacuum&amp;RF Energy:  Suction Time: 0.3-1.0  Release Time: 0-0.3  Suction Level: Twist the suction tuning knob to adjust suction level to whatever you're most comfortable with  RF Energy Level: 20-80%  Mode: NOR</p>	<p>Essential oil + Ultrasonic gel+ Towel</p>	<ol style="list-style-type: none"><li>1. Apply and rub oil on abdomen with hands, 3 times.</li><li>2. Rub stomach back and forth with both hands, 3-5 times.</li><li>3. Lift two sides of waist with both hands alternately, 16 times.</li><li>4. Have the customer lay on his or her sides. Alternate palms in pushing towards the abdomen from side of the waist, 3-5 times.</li><li>5. Place two palms next to each other and slide down from side of the waist, 3-5 times.</li><li>6. Move hands in circular motions on the side of the waist, 3-5 times.</li><li>7. Alternate palms in pushing from side of the waist towards groin and belly navel, 3-5 times.</li><li>8. Do the same on the other side.</li><li><b>9. (L) Vacuum&amp;RF</b> Set it at intermittent mode. Have the customer lay on his or her back. Move in big circular motions on the waist to massage, 3 times.</li><li>10. Slowly move from left</li></ol>	<p>Technique1</p>  <hr/> <p>Technique2</p>  <hr/> <p>Technique3</p>  <hr/> <p>Technique9</p>  <hr/> <p>Technique10</p>
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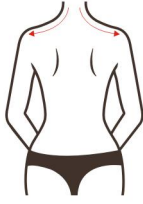
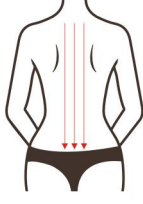
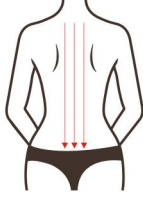
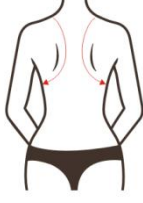
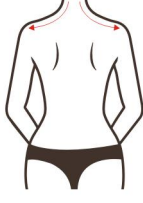
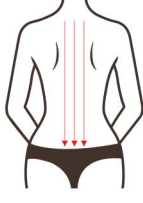
		<p>side of the waist to the right side of the waist. Move back and forth for 3 times.</p> <p>11. Have the customer lay on his or her side. Set it at direct suction mode.</p> <p>Coupled with hand, move the probe in parallel lines from side of the waist to groin, 8-10 times.</p> <p>12. Do the same on the other side.</p> <p>13. Clean the treated area with hot towel, 2 min.</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.

**Back Lymphatic Drainage: 60 min, once/week**

<p>Vacuum&amp;RF Energy:</p> <p>Suction Time: 0.3-1.0</p> <p>Release Time: 0-0.3</p> <p>Suction Level: Twist the suction tuning knob to adjust suction level to whatever you're most comfortable</p>	<p>Essential oil + Towel</p>	<ol style="list-style-type: none"> <li>1. Apply oil on back and press Fengchi (Gb-20), and Fengfu (Du-16) points.</li> <li>2. Push Du Channel (GV) and Bladder Channel (BL) with both hands, 3 times.</li> <li>3. Alternate hands in pushing Du Channel (GV) and Bladder Channel (BL), 3 times.</li> <li>4. Starting from Dazhui (Du-14), use palm roots to push Du channel (GV) and Bladder Channel (BL) and lift from sides of the waist, then slide to the underarm. Do it in left-right order, 3</li> </ol>	<p>Technique1</p>  <hr/> <p>Technique2. 3</p>  <hr/> <p>Technique5. 7</p>
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<p>with</p> <p>RF Energy Level: 20-80%</p> <p>Mode: NOR</p>		<p>times.</p> <p>5. Curl up hands and push Da Ban Jin from the nape of the neck, 5-8 times.</p> <p>6. Curl up hands and push towards the waist from the nape of the neck, 5-8 times.</p> <p>7. Use Hu Kou (the area where the thumb meets the index finger) to push Da Ban Jin and massage with the other free hand, 5-8 times.</p> <p>8. Do the same on Da Ban Jin of the other side.</p> <p>9. Spread out fingers of both hands. Use thumb to push shoulder blade seams until the shoulder, 5-8 times.</p> <p>10. Alternate Hu Kou (the area where the thumb meets the index finger) in pushing the shoulder blade seams from the shoulder for 3-5 times, then push towards sides of the waist with both hands, and lift towards the underarms and slide to the upper arms.</p> <p>11. Do the same on the other side.</p> <p><b>12. (L) Vacuum &amp; RF</b> Set it at intermittent mode. Push the probe from Da Zhui (Du-14) till the caudal vertebra, 3 times.</p> <p>13. From left to right, push the probe from Bladder Channel (BL) till caudal vertebra, 3 times.</p> <p>14. Place the probe at Tianzong (SI-11) acupoint, which situates at the middle point of shoulder blades.</p>	 <p>Technique6</p>  <p>Technique12. 13</p>  <p>Technique17</p>  <p>Technique18</p>  <p>Technique19. 20</p> 
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		<p>Increase the suction level slightly. Stay for 3 seconds, then lift it back up. Repeat for 3 times.</p> <p>15. Place the probe at Jianjing (Gb-21), which situates at the middle of Da Ban Jin (the area that connects head and shoulders). Increase the suction level slightly. Stay for 3 seconds, then lift it back up. Repeat for 3 times.</p> <p>16. Repeat the same techniques on Tianzong (SI-11) and Jianjing (Gb-21) acupoints on the other side.</p> <p>17. Set it at direct suction mode. Push the probe from shoulder blade seams till the underarms, 3 times.</p> <p>18. Push the probe from the neck to Da Ban Jin (the area that connects head and shoulders), 3 times.</p> <p>19. Push from Dazhui (Du-14) to the 8 Crevice Area, 3 times.</p> <p>20. From left to right, push from the shoulder to Bladder Channel (BL) to the 8 Crevice area, 3 times.</p> <p>21. Clean the treated area with hot towel.</p>	
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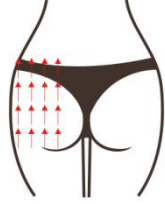



**Suggested Treatment:**

10 treatments account for a full course. After one session, visible red or purple marks will appear from vacuum scraping so as to detoxify and reduce internal dampness. After a full course, back is fully relaxed and shoulder and neck strain is relieved as well. Three courses help reduce the lump on the nape of your neck (from improper posture) and regulate qi and blood, as well as better sleep and stronger physique.

**Shaping Buttocks: 60 min, 1-2 times/week**

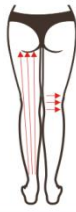




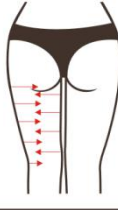
<p>Vacuum&amp;RF Energy:</p> <p>Suction: 0.3-1.0</p> <p>Release: 0-0.3</p> <p>Suction Level: Twist the suction tuning knob to adjust suction level to whatever you're most comfortable with</p> <p>RF Energy Level: 20-80%</p> <p>Mode: NOR</p>	<p>Essential oil+ Towel</p>	<ol style="list-style-type: none"><li>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.)</li><li>2. Repeatedly push the 8 Crevice area with two thumbs.</li><li>3. Caress the treatment area for 3 times and then point: Shenyu (Bl-23), 8 Crevice area, Changqiang (Du-1), Huantiao (Gb-30), Chengfu (Bl-36), 3 times.</li><li>4. Caress the treatment area, 3 times.</li><li>5. First left, then right, with both hands extending from the root of the thigh from bottom to top --Bladder Channel (BL) - Kidney Channel (KI) - Liver Channel (LV) - Gallbladder Channel (GB) - Dai Channel (BV) , 3 times each.</li><li>6. Both hands follow from the root of thigh from bottom to top -- Bladder Channel (BL) - Kidney Channel (KI) - Liver Channel (LV) - Gallbladder Channel (GB) - Dai Channel (BV) , 3</li></ol>	<p>Technique1</p>  <hr/> <p>Technique2</p>  <hr/> <p>Technique3</p>  <hr/> <p>Technique5</p>  <hr/> <p>Technique6</p>
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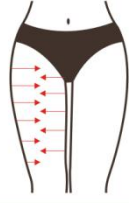

	<p>times each.</p> <p>7. Overlap both palms and push up together from thigh root to pulse (ascension), 3-5 times.</p> <p>8. Push your hands from bottom to top from both sides of your hips to the top of your hips, 3 times.</p> <p>9. Repeat the previous operation.</p> <p>10. Caress the treatment area.</p> <p>11. The technique on the other side is the same as above.</p> <p>12. Rub the 8 Crevice Area with both hands until it turns hot.</p> <p><b>13. (L) Vacuum&amp;RF</b></p> <p>Set it at intermittent mode. Lift in parallel lines towards the highest point of the buttock, 3-5 times.</p> <p>14. Lift from the end of thigh in parallel lines towards the 8 Crevice Area, 3-5 times.</p> <p>15. Set it at direct suction mode. Lift from the eng of thigh in parallel lines towards the highest point of the buttock, 3 times.</p> <p>16. Lift from sides of the buttocks towards the highest point, 3 times.</p> <p>17. Clean the treated area with hot towel.</p>	 <hr/> <p>Technique8</p>  <hr/>
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**Suggested Treatment:**

10 treatments account for a full course. After one session, you will see visible results. After a full course, excessive fat will disappear and surrounding fat will start to be drawn to the middle. Three courses help shape butt, increase butt elasticity and address a variety of gynecological problems.

**Shaping Legs: 70 min, once/week**

<p>Vacuum&amp;RF Energy:</p> <p>Suction: 0.3-1.0</p> <p>Release: 0-0.3</p> <p>Suction Level: Twist the suction tuning knob to adjust suction level to whatever you're most comfortable with</p> <p>RF Energy Level: 20-80%</p> <p>Mode: NOR</p>	<p>Essential oil (Massage cream)+ Ultrasonic gel+ Towel</p>	<p><b>1. Prone Position - Rear Leg Treatment</b></p> <p>In 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:Bladder Channel (BL) - Kidney Channel (KI) - Liver Channel (LV) - Gallbladder Channel (GB) with fingers spread and hukou pointing upwards.</p> <p>4. Push hands alternately to popliteal fossa, 3 times.</p> <p>5. Twist both hands upwards alternately as if twisting a fired 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. <b>Vacuum &amp; RF</b> Set it at intermittent mode. Increase the suction level slightly. Move slowly from calf to popliteal fossa, 3 times.</p> <p>11. Slowly move in parallel lines form popliteal fossa towards the end of thigh, 3 times.</p> <p>12. Se it at direct suction</p>	<p>Technique1. 2. 3. 4. 7</p>  <hr/> <p>Technique5</p>  <hr/> <p>Technique10. 12</p>  <hr/> <p>Technique11. 13</p>  <hr/> <p>Technique14</p>  <hr/> <p>Technique15</p>  <hr/> <p>Technique17. 19. 20</p>
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		<p>mode. Lift slowly upwards from popliteal fossa in parallel lines, 3 times.</p> <p>13. Slowly move in parallel lines from popliteal fossa towards the end of thigh, 3 times.</p> <p>14. Move from popliteal fossa in small circular motions to the end of thigh, 3 times.</p> <p>15. Coupled with hand, lift from sides of the legs towards the middle, 3-5 times.</p> <p>16. Do the same on the other side.</p> <p><b>17. Supine Position - Foreleg Treatment</b></p> <p>Rub oil with both hands from heel to the thigh root (namely to caress the treatment area), 3 times.</p> <p>18. Alternate pal roots in pushing legs till the end of thigh, 3 times.</p> <p>19. Move hands upwards to four main collateral channels: Spleen Channel (SP) - Stomach Channel (ST) - Liver Channel (LV) - Gallbladder Channel (GB) with fingers spread and hukou pointing upwards, 3 times. (Slight curl up legs when operating around inner thigh)</p> <p>20. Push four main collateral channels upwards with kneeling fingers of both hands, 3 times.</p> <p>21. Alternate hands in massaging the thigh as if twisting a fried dough, 3</p>	 <hr/> <p>Technique22</p>  <hr/> <p>Technique23</p>  <hr/> <p>Technique24</p>  <hr/> <p>Technique25</p>  <hr/>
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		<p>times.</p> <p><b>22. Vacuum &amp; RF</b> Lift from knee to the end of thigh in parallel lines to lift the treatment area, 3 times.</p> <p>23. Move in small circular motions on the entire thigh, 3 times.</p> <p>24. Coupled with hand, lift from two sides of the thigh to the middle, 3 times.</p> <p>25. Move in circular motions from knee to the end of thigh to lift the treatment area, 3 times.</p> <p>26. Do the same on the other side.</p> <p>27. Clean the treated area with hot towel, 2 min.</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. 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.