

User Manual

MS-13D1



Preface

Dear Users,

We're pleased to present to you our latest 3-in-1 beauty machine, MS-13D1, which adopts the technologies of vacuum and RF for skin firming and body shaping. It is a professional beauty machine, which needs to be operated by professionals with proper training. Any improper use will result in adverse outcomes. Therefore, we advise any personnel to read this manual thoroughly and follow the instructions strictly before operation.

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

Thank you!

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Introduction

Beauty machines based on vacuum and RF are the most popular among people for skin care, body shaping and anti-aging, which can effectively replace partial face and body care treatments in beauty salons. The operation of this machine is simple, convenient and fast, solving skin and body management problems for beauty-seekers. This instrument is safe and effective with no injections, no medicine, no surgery, and no side effects. The whole process is performed externally and the effects are immediate.

1. Advantages

1. Multifunctional beauty machine that solves the problems in face and body care.
2. One machine can enable you to achieve multiple purposes like fat removal, skin firming and body shaping
3. Different Vacuum&RF handpieces can be used according to different parts and personal needs.
4. It is easy to use. Treatment can be performed on every part of the body, which means there is no need to choose function.
5. It is painless and non-invasive treatment process. Once the treatment is over, customer can go back home and there is no recovery period, which will not affect customer's life and work.
6. No consumption, low cost and quick returns.
7. Unevenness, bleeding, and swelling will not appear after treatment.

2. Working Principles

Vacuum&RF

Vacuum

Massaging skin and muscles with a special vacuum suction handpiece can effectively improve the humoral fluidity of human cells, and increase the movement of cells to improve skin elasticity. Meanwhile, it can accelerate the blood circulation of microvessels, expel toxins from the body through the normal circulation of the lymphatic system, and reduce the probability of occurrence of adverse conditions such as spots, pigmentation and congestion in various parts of the body. The kneading sensation generated by vacuum suction can increase the tissue activity of skin and muscle, and therefore help to reduce tough tissue and increase the elasticity of skin tissue, so that both body slimming and shaping can be realized at the same time. In addition, the movement of vacuum cup can also stimulate sympathetic nervous system to lower skin sensitivity. The suction and release process of air pressure can not only improve capillary system but also promote the flow between deeper veins and lymphoid gland network to strengthen blood vessels and alleviate the condition of varicose veins.

Advantages: it is superior to the previous vacuum working mode which is single and simple. Using different modes for different parts can be more efficient and more effective for slimming and shaping body, and it will never harm human body. Uniquely designed RF tips integrate RF and vacuum as a whole, in which RF and vacuum can exist independently and also are complementary to each other. Compared to the ordinary one-polar RF, it can ideally shape body in a more effective, faster and evener way

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) It can drain excess water of 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 for the capillary system, and also promote the flow between the deeper veins and lymphatic networks.
- (2) Remove harmful substance in the body.

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

3. Fibrous layer

The suction and release of air pressure:

It can deliver two kinds of effects in different tissues (including skin, muscle and so on).

- (1) Repair cells and increase their activity.
- (2) Restore and improve skin elasticity.
- (3) Stimulate the production of bone collagen and improve skin plumpness.
- (4) Improve the oxygen absorption of skin and increase the consumption of carbon dioxide.

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

4. Nerve layer

The suction and release of air pressure:

It stimulates the surface and deep layer of sympathetic nervous system.

- (1) Lower the sensitivity of skin.
- (2) Restore skin elasticity and help resist tissue fibrosis.

Effects: Repair cells and lower skin sensitivity.

RF

RF waves directly penetrate the skin, making use of the resistance formed by the skin to produce heat to promote collagen growth by raising the temperature of the bottom layer of skin and heating tissue quickly and continuously. In this way, it can achieve the effects of firming, lifting and smoothing skin.

The perfect combination of vacuum and RF can increase skin's collagen to firm skin as well as shape body to achieve better treatment results.

3. Face Anti-ageing

Effects

1. Firm face and lead nutrients into deep skin.
2. Increase skin elasticity and exquisiteness.
3. Moisturize skin and increase the absorption rate of the skin.
4. Accelerate blood circulation and metabolism.
5. Relieve the condition of double chin and tighten skin.

Applicable Range

1. Those whose faces are dark and dull.
2. Those whose skin is flabby and sagging.
3. Those who have fine lines, nasolabial folds, wrinkles at eye corners.
4. Those whose face contours are not clear.
5. Those who have rough skin and large pores.

Inapplicable Range

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

Do's and Don'ts after Operation

1. Do not wash your face with overheated water for three days (you can wash your face with warm or cold water).
2. Strengthen hydration, moisturizing and avoid sunburn.
3. Do not go for hot springs, saunas, violent exercise, etc., for three days.
4. It is recommended to apply the mask at least three times a week.
5. Avoid eating spicy and greasy food, avoid staying up late, smoking and drinking, and eat more fruits and vegetables and food with less grease.
6. Avoid those food which leads to hypertension, hyperglycemia, and hyperlipemia).

4. Neck Anti-aging

(1). Effects

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

(2). Applicable Range

1. Those with rough and dull skin on the neck.
2. Those with lymphatic blocking
3. Those with sagging and inelastic neck skin.
4. Those who often bow their heads
5. Those with lines on neck.

(3). Inapplicable Range

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

(4). Do's and Don'ts after Operation

1. Avoid sunburn. 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, taking a sauna, go for hot springs or violent exercise within 7 days after operation.
5. Moisturizing and mask for the neck is encouraged, Use masks at least 3 times a week. Essence or neck cream is encouraged.
6. Avoid bowing head for a long time.

5. Body Management

(1). Waist&Abdomen Shaping

Effects

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

Applicable Range

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

Inapplicable Range

1. Those with "3 Hs"(hypertension, hyperglycemia, hyperlipidemia) and who have heart disease.
2. Those in pregnancy, menstruation or lactation.
3. Those whose incisions are healing or who are on the road to recovery.
4. Those with epilepsy and severe diabetes and hyperthyroidism.
5. Those with malignant tumors, hemophilia or severe bleeding.
6. Those with skin diseases and infectious diseases.
7. Those with severe gynecological diseases.
8. Those whose gynecological diseases are being treated.

Do's and don'ts after Operation

1. 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 help with metabolism and weight loss.

(2). Arm Shaping

Effects

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

Applicable Range

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

Inapplicable Range

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

Do's and Don'ts after Operation

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

(3). Back Shaping

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 skin from sagging.
7. Reduce excess fat on the back and shape back.

Applicable Range

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

Inapplicable Range

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

Do’s and Don’ts after Operation

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

(4). Hip Shaping

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

Effects

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

Applicable Range

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

Inapplicable Range

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

Do's and Don'ts after Operation

1. Keep hips warm and avoid wearing miniskirts and shorts.
2. Take Shower in 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. Sauna, hot spring or strenuous exercise should be avoided within 7 days after operation.

(5). Leg Shaping

Effects

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

Applicable Range

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

Inapplicable Range

1. Those who are in menstruation, pregnancy or lactation.
2. Those with hypertension, heart disease, diabetes, severe hyperthyroidism, malignant tumor, etc
3. Those with skin diseases or infectious diseases.
4. Those who have incisions on their bodies.

5. Patients with severe varicose veins and tumors.
6. Those who are having allergic reactions or who have severely sensitive skin.
7. People who have just had liposuction.
8. Those who are of advanced years.

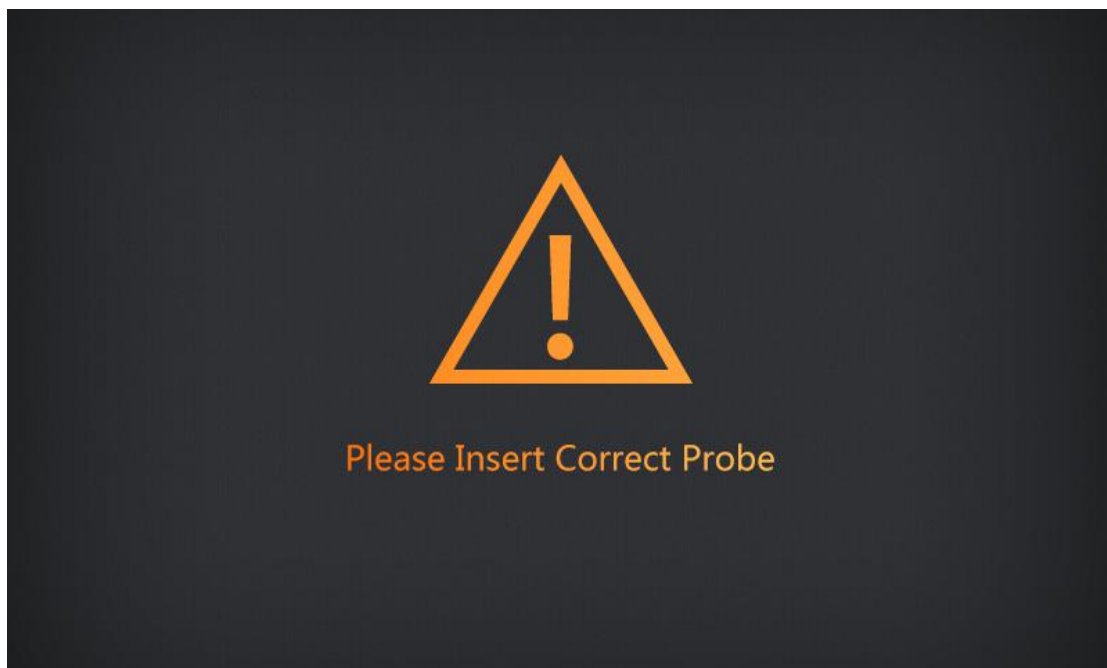
Do's and Don'ts after Operation

1. Keep warm after operation. Do not eat cold food.
2. Take shower in 4-6 hours later.
3. Drink more warm water to keep hydrated and speed up metabolism.
4. Do not eat and drink too much or stay up late.
5. Avoid sauna, hot spring or strenuous exercise for 7 days after operation.
6. Wear pants after operation. Avoid wearing miniskirts and shorts.

Part II

1. Detailed Operation

After the machine gets started, the information displaying "Please Insert Correct Probe" will appear.



The following three interfaces will appear when corresponding handpieces are connected to the machine.

1. When "S" handpiece gets connected to the machine, the following interface will appear.



2. When “M” handpiece gets connected to the machine, the following interface will appear.



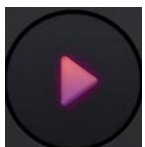
3. When “L” handpiece gets connected to the machine, the following interface will appear.



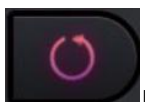
The control interfaces of the three handpiece are almost the same except the model information.



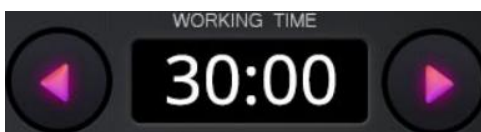
home button



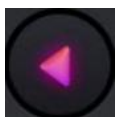
start/stop button



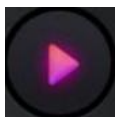
reset button



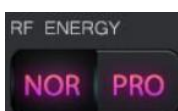
time and its adjusting buttons(range:00:00-60:00)



button for decreasing time



button for increasing time



two modes available for RF function

NOR: the light goes on and the energy of the handpiece directly reaches preset level after the start button is pressed.

PRO:the energy of the handpiece slowly reaches preset level after the start button is pressed and the handpiece touches skin.



energy level(range:0%-100%)



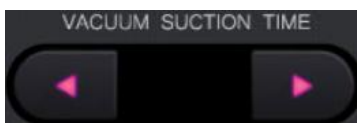
buttons for adjusting energy level



button for lowering energy level



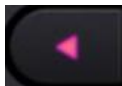
button for raising energy level



vacuum suction time, range:0.0-2.0



vacuum release time, range: 0.0-2.0.



button for decreasing SUCTION time or RELEASE time



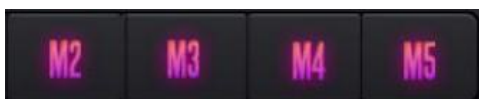
button for increasing SUCTION time or RELEASE time



five preset modes



constant suction mode



M2 to M5 are Suction&Release modes. There is the highest

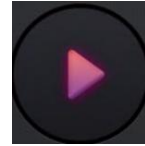
frequency of RELEASE in M2. The frequency of RELEASE gets lower gradually from M2 to M5.

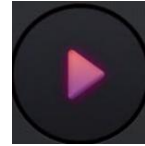
M2-M5 are suitable for those who have an intolerance to vacuum. For the others, M1 can be chosen for them.

You can set the SUCTION time and RELEASE time manually or choose the preset modes according to your needs.



Knob for adjusting suction level. Turning it clockwise is to increase suction and turning it anticlockwise is to decrease suction. Adjust it based on individual endurance.



After applying RF cream evenly and setting parameters, press  button to begin the treatment.

2. Dos and Dont's

1. The plug with grounding pin must be used before the instrument is used and the power socket of the instrument is properly grounded.
2. Ensure that the voltage of the instrument is suitable. If the voltage of the local power supply is not stable, we suggest that the user add a voltage regulator with matching power between the mains and the instrument.
3. In order to ensure the treatment effect and normal service life of the instrument, please use the specified parts provided or suggested by the original manufacturer.
4. The instrument should not be placed in damp places or near water sources, and should not be directly exposed to sunlight.
5. Do not place the instrument near a strong heat source, as this may affect the life and normal use of the instrument.
6. Before treatment, please remove all metal objects from the body first, so as to avoid unexpected conditions and influence the curative effect.
7. Please restrain from using the device on eyes, thyroid, parathyroid, testicles, abdomen of pregnant women, and pacemakers.
8. Patients who are suffering from illness should consult with a doctor and gain permission from the doctor before using.
9. Please turn off the power switch of the device, and ensure that the total power supply of the device is turned off before the staff leaves after daily use, so as to ensure the safety of the electrical products.
10. When you are taking other weight-loss drugs, it is recommended that you should stop taking them for 1 to 2 months before treatment. Extension of the course of treatment is recommended if you want to take this treatment immediately.
11. Don't use the instrument on an empty stomach. After you are full, you should wait for at least 1 hour before taking the treatment.
12. During operation, the instrument should be in full contact with the skin to avoid uneven heating.
13. Set the energy at lowest level at the beginning and slowly raise it after the customer adapts to it.
14. The treatment area should be kept moisturized during the operation and do not perform the treatment on dry skin.
15. The suction level should not be too high when the vacuum&RF handpiece is used on face to avoid bad skin reactions.
16. Clean the instrument with normal saline after operation to ensure its cleanliness to prolong its service life.
17. Use machine or train machine operators in strict accordance with instructions in the user manual.

3. Troubleshooting & Solutions

1. The instrument cannot be started?

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

2. There is no suction or weakened suction?

A: Please check whether the filter is inserted tight. If not, air may get in and there will be no suction or weakened suction

B: Please check whether the hose is connected to the machine and the Vacuum&RF handpiece properly.

C: Please check whether the hose connecting the handpiece to the machine is damaged.

4. FAQs

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

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

2. Q: What functions does this instrument have?

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

3. 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 negative pressure suction so as to achieve the purpose of rapid weight loss. It's a surgical treatment requiring anesthesia and so there is recovery period, which has risks despite its immediate results. However, our instrument is risk-free without side effects. It can not only help you reduce fat but also stimulate collagen regeneration to lift and tighten skin. It can also build perfect curves by lifting skin, and accentuate women's sexual charm.

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

A: Pay attention to what you eat. Because radio frequency and ultrasonic treatment work to dissolve fat and accelerate metabolism. It's best to avoid eating spicy, oily, or fried food in case they affect regular metabolism. Proper workout for sweating helps with fat metabolism process. In such way, the results will be more noticeable.

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

A: RF beauty treatment is non-invasive and is one of the most effective and the safest approach 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 treatment, which will disappear after three days because collagen regeneration will make skin plump up though RF heat can cause moisture loss of skin. Overall, there are no side effects on people's health.

6. Q: What is collagen?

A: Collagen is a kind of biological macro molecule substance, a kind of white, opaque and non-branched fibrous protein. It can supplement the nutrients needed by all layers of the skin, enhance the collagen activity in the skin, retain moisture, nourish skin, slow down ageing, relieve facial relaxation, provide nutrients for the hair and so on. Collagen is a nutrient that human body must replenish to delay ageing. With the growth of age, collagen will gradually be lost. For women, collagen will begin to decrease since the age of 20. At the age of 25, collagen

loss will reach its peak. At the age of 40, the collagen content is less than half of that one has at age of 18. It is the loss of collagen and water that causes the wrinkles on the face of the elderly. The breakage of collagen fibers and elastic fibers will cause skin tissue to be oxidized, atrophied and collapsed. The skin will be dry, wrinkled, flabby and inelastic. Therefore, in order to delay ageing, there must be plenty of collagen.

7. Q: Why do I need hip treatment?

A: Because it can help with detox of lymphatic system of body, relieve gynecological diseases, and protect women from harm brought by buttock blockage. Hip blockage will bring about gynecological conditions for the fact that hips are the areas where many important organs of human body exist. If hips suffer from the squeeze of upper and lower energizer meridians, they will be vulnerable to cold, damp and blood stasis. When hips are affected by cold, hip meridian contraction will occur, and then there will be some symptoms such as dysmenorrhea, irregular menstruation, dark menses, blood clot, blood and meridian blockage. It also affects women's fertilization.

8. Q: How does vacuum detoxify?

A: Vacuum can cause capillary congestion, stimulate cell to increase vitality. The suction and release of pressure during operation can make local pores continue to open and close, which can promote skin breathing, increase the amount of skin oxygen, and speed up waste removal. So it achieves the effects of promoting qi and blood circulation, dispelling cold and damp, dredging meridians and collaterals, clearing toxins, dissipating heat and so on.

5. Packing List

- 1 x Machine Body
- 1 x Small Quadrupole Vacuum&RF Handpiece
- 1 x Medium Sextupole Vacuum&RF Handpiece
- 1 x Large Sextupole Vacuum&RF Handpiece
- 1 x Connecting Line
- 1 x Power Cord
- 1 x Holder for Accessories
- 2 x Fuse

6. Simplified Treatment Steps

1. Face Anti-aging

Remove makeup and clean face→apply hydro mask and hot steam→apply toner→massage cream+massage techniques→massage cream+small Quadrupole Vacuum&RF Handpiece→clean face→apply face mask→clean face→apply toner, essence, face cream and suncream.

2. Neck Anti-aging

Remove makeup and clean the area→apply toner→massage cream+massage techniques→massage cream+small Quadrupole Vacuum&RF Handpiece→clean the area→apply neck mask→clean the area--apply hot compresses→apply toner, neck essence and cream.






3. Abdomen/back/hip/leg shaping

Massage techniques→apply essential oil+large Sextupole Vacuum&RF Handpiece
→wipe the area clean, the end

4. Arm shaping

Massage techniques → apply essential oil + medium Sextupole Vacuum & RF Handpiece
 → wipe the area clean, the end.

7. Operational Diagrams

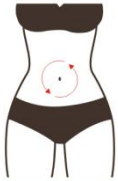


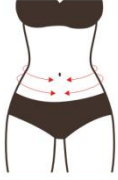



Parameter Adjustment	Product	Techniques	Diagrams
Face Anti-ageing: 70 min once a week			
<p>Small Quadrupole Vacuum & RF Handpiece</p> <p>Time: 15 min</p> <p>Energy level: 30%-70%</p> <p>Mode: NOR(default)</p> <p>Vacuum mode: M1(default) or set the RELEASE time at 0.0.</p>	<p>Makeup Remover + Face Cleanser + Cold & Hot Steam + Hydro Mask + Massage Cream + Essence + Face Mask</p>	<ol style="list-style-type: none"> 1. Remove makeup and clean face, 5 minutes. 2. Apply hydro mask and hot steam, 10 minutes 3. Clean the face, 2 minutes. 4. Apply toner, 1 minute 5. Apply massage cream evenly to face and soothe face, 3 times. 6. Apply digital pressing technique on the following acupoints (RN-24, DU-26, ST-4, ST-6, LI-20, BL-1, BL-2, EM3, TE-23, the temple, GB-1, ST-1, ST-2), 3 times. 7. Soothe face, 3 times 8. Alternately apply lifting technique from chin to ear lobe, mouth corner to Ermen (SJ21), and nose wing to temple, lift eye corner from lower eyelid to temple with both hands, 3 times. 9. Repeat the technique on the other side. 10. Apply lifting technique towards hairline on forehead, 3 times 11. Apply plucking technique with fingers alternately to lift face. 12. Apply plucking technique with one hand towards hairline on 	<p>Technique 5, 7</p>  <hr/> <p>Technique 6</p>  <hr/> <p>Technique 8, 13, 17</p>  <hr/> <p>Technique 10, 12, 19</p>  <hr/> <p>Technique 15</p> 



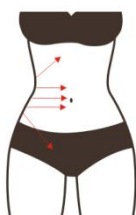


		<p>forehead.</p> <p>13. One side, apply plucking technique with both hands alternately to lift face, 2-3 minutes</p> <p>14. Repeat the technique on the other side.</p> <p>15. Move in a zigzag motion on forehead with middle and ring fingers, slide to the front side of ears and lift back and forth for 3 times and then slide to the back of ears.</p> <p>16. The end.</p> <p>17. Small quadrupole Vacuum&RF handpiece operation: lift from chin to earlobe, mouth corner to ear center and nose wing to temple line by line, 3 times.</p> <p>18. Repeat the techniques above on the other side.</p> <p>19. Move the handpiece towards hairline on forehead, 3 times.</p> <p>20. Wash face clean, 2 minutes.</p> <p>21. Apply face mask, 15 minutes.</p> <p>22. Clean face, 2 minutes.</p> <p>23. Apply toner, essence, face cream and suncream.</p> <p>24. The end.</p>	
<p>Treatment Suggestions</p> <p>One course of treatment consists of ten treatment sessions. After one treatment session, skin will be firmed and rejuvenated as the nutrients it needs are absorbed. After one course of treatment, skin will lifted with glow. Two courses will make skin smooth and plump, leaving face contour clearer. Three courses will promote skin metabolism and detox processes, help fade pigmentation and skin darkness, slow down skin ageing and prevent skin from sagging, and stimulate collagen regeneration to leave skin smooth and firm with glow.</p>			
<p>Neck Anti-aging: 60 min once a week</p>			
<p>Small Quadrupole Vacuum&RF Handpiece</p>	<p>Makeup Remover+Face Cleanser+Massage Cream+Essence+</p>	<p>1. Remove makeup and clean neck, 5 min.</p> <p>2. Apply toner, 1 min.</p> <p>3. Neck massage: rub oil into the chest with both hands to the</p>	<p>Technique3</p>

<p>Time: 15 min</p> <p>Energy level: 30%-70%</p> <p>Mode: NOR(default)</p> <p>Vacuum mode: M1(default) or set the RELEASE time at 0.0.</p>	<p>Neck Mask</p>	<p>back of the neck and press Gb-20 and Du-16 acupoints, 3 times.</p> <p>4. Alternately lift the lower jaw and double chin and then pass behind the ear and under the armpit, 3 times.</p> <p>5. Push downwards with thumb and index finger splaying, tracing 3 meridians from the neck to the armpit, 3 times.</p> <p>6. Push downwards with 4 fingers, tracing 3 meridians from neck to the armpit, 3 times.</p> <p>7. Push downwards with bending fingers till the neck turns hot and slide to the armpit, 3 times.</p> <p>8. Push downwards with thumb and index finger splaying from outer collarbone to armpit, 3-5 times.</p> <p>9. Do the same on the other side.</p> <p>10. The end</p> <p>11. Small Quadrupole Vacuum&RF Handpiece operation, lift double chin area and then pass the back of ear to armpit, 3 times.</p> <p>12. Move the handpiece along three lines on one side of neck to armpit, 3 times.</p> <p>13. Slide the handpiece from inner and outer sides of clavicle to the armpit, 3-5 times.</p> <p>14. Move the handpiece on neck towards armpit, 3 times.</p> <p>15. Do the same on the other side.</p> <p>16. Wipe neck clean with warm towel, 2 minutes</p> <p>17. Apply neck mask, 15 minutes</p> <p>18. Clean neck with towel and apply hot compresses for 5 min.</p> <p>19. Apply toner, essence, face cream and sunscreen.</p> <p>20. The end.</p>	<div data-bbox="1241 197 1362 389" data-label="Image"> </div> <p>Technique4</p> <div data-bbox="1241 443 1362 636" data-label="Image"> </div> <p>Technique5</p> <div data-bbox="1241 689 1362 882" data-label="Image"> </div> <p>Technique11, 14</p> <div data-bbox="1241 981 1362 1173" data-label="Image"> </div> <p>Technique6, 7, 12</p> <div data-bbox="1241 1272 1362 1464" data-label="Image"> </div> <p>Technique13</p> <div data-bbox="1241 1518 1362 1711" data-label="Image"> </div>
<p>Treatment Suggestions</p> <p>A course of treatment consists of ten treatment sessions. After one treatment, skin becomes rejuvenated and smooth. After a full course, neck skin becomes smooth, and the neck lymphatic circulation is accelerated. After 2 courses of treatment, skin will be</p>			

tightened, neck lines will be reduced, and the the condition of double chin will be relieved. After 3 courses of treatment, skin will be firmed with glow, lymphatic detox will be accelerated and some problems will be resolved such as acne and skin dullness. Moreover, skin aging will be prevented and skin will remain in a young state.

Waist&Abdomen Shaping: 45 min once a week

<p>Large Sextupole Vacuum&RF Handpiece</p> <p>Time: 30 min</p> <p>Energy level: 30%-70%</p> <p>RF Mode: NOR(default)</p> <p>Vacuum mode: M1(default) or set the RELEASE time at 0.0.</p>	<p>Massage Cream(Essential Oil)+MS-13D1</p>	<ol style="list-style-type: none"> 1. Massage techniques 2. Rub oil into abdomen with hands moving in circular motion, 3 times. 3. Rub abdomen back and forth with both hands, 3-5 times. 4. Knead abdomen with both hands using chiropractic technique, 3 times. 5. Lift Meridian BV(Belt Vessel) on both sides of waist with both hands alternately, 16 times. 6. Move hands in 8-shaped motion with right hand and left hand moving clockwise and anti-clockwise respectively on waist, 3 times. 7. Overlap hands and message the intestinal canal clockwise, 3 times. 8. Move hands in circular motion to soothe the treatment area, 3 times. 9. Apply digital pressing technique on the following acupoints: RN13, RN12, RN10, RN8, RN6, RN4, RN3, ST25, SP15. 2 times. 10. Starting from RN3 point, push to belly navel, slide to waist and then lift upwards to groin with both thumbs, 3 times. 11. Soothe the treatment area with hands and then slide to groin. 12. The end 13. Large Sextupole Vacuum&RF Handpiece 	<p>Technique2, 8</p>  <hr/> <p>Technique3, 13</p>  <hr/> <p>Technique4</p>  <hr/> <p>Technique5</p>  <hr/> <p>Technique6</p>  <hr/> <p>Technique7</p>  <hr/>  <hr/> <p>Technique9</p>
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		<p>operation: move the cup from the left side of waist around belly button clockwise, 3 times.</p> <p>14. One side, lift from waist side to abdomen line by line, 3 times</p> <p>15. Do the same on the other side</p> <p>16. Lift Meridian BV(Belt Vessel) horizontally back and forth, 3 times</p> <p>17. Move the cup up and down to shape waist, 3 times</p> <p>18. Move cup in big circles on abdomen, 3 times</p> <p>19. One side, lift from waist side to abdomen line by line, 3 times</p> <p>20. The end.</p>	 <p>Technique10</p>  <p>Technique14, 16, 19</p>  <p>Technique18</p>  <p>Technique17</p> 
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Treatment Suggestions

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

Arm Shaping: 45 min once a week

<p>Medium Sextupole Vacuum&RF Handpiece</p>	<p>Massage Cream(Essential Oil)+MS-13D1</p>	<p>1. Massage techniques 2. Left-right order: lay the arm flat, rub oil into skin from lower arm to the entire arm and slide to the</p>	<p>Technique2, 3, 4, 5, 6, 7</p>
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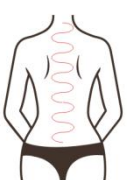
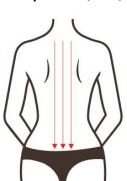
<p>Time: 30 min (15 min on one side)</p> <p>Energy level: 30%-70%</p> <p>RF Mode: NOR(default)</p> <p>Vacuum mode: M1(default) or set the RELEASE time at 0.0.</p>	<p>fingers(soothing technique), 3 times.</p> <p>3. Push the entire arm with both palms, 3 times.</p> <p>4. Push hands upwards tracing three meridians: Large Intestine Meridian(LI) - Triple Energizer Meridian(TE) - Small Intestine Meridian(SI) to armpits with thumbs and index fingers splaying, 3 times.</p> <p>5. Soothe the area, 3 times</p> <p>6. Rub three meridians on arms with bending fingers back and forth to warm them up, 3 times.</p> <p>7. Soothe the area, 3 times</p> <p>8. Lay inner arm upwards, and push hands tracing three yin meridians on inner arm: Lung Meridian(LU) - Pericardium Meridian(PC) - Heart Meridian(HT) to armpit with thumbs and index fingers splaying, 3 times respectively.</p> <p>9. Rub three meridians back and forth with bending fingers to warm them up, 3 times.</p> <p>10. Soothe the area and slide to fingers</p> <p>11. Repeat above techniques on the other arm.</p> <p>12. Medium Sextupole Vacuum&RF Handpiece operation: lay customer's arm flat, move the handpiece along three meridians from fat part of lower arm to armpit in circular motion, 3 times.</p> <p>13. Strengthen the operation on flabby arms, 3 times.</p> <p>14. Lay inner arm upwards and move the handpiece</p>	<div data-bbox="1141 197 1260 376" data-label="Image"> </div> <p>Technique8, 9</p> <div data-bbox="1125 443 1276 611" data-label="Image"> </div> <p>Technique10</p> <div data-bbox="1125 678 1276 846" data-label="Image"> </div> <p>Technique12, 13</p> <div data-bbox="1141 913 1260 1093" data-label="Image"> </div> <p>Technique14, 15</p> <div data-bbox="1133 1160 1316 1361" data-label="Image"> </div> <p>Technique15</p>
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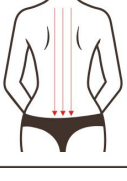
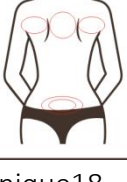

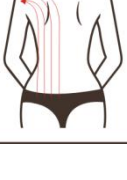
		<p>along three meridians on arm to armpit , 3 times.</p> <p>15. Move the handpiece along three meridians from upper arm to armpit.</p> <p>16. Repeat those techniques on the other arm.</p> <p>17. The end.</p>	
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Treatment Suggestions

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

Back Shaping: 45 min once a week

<p>Large Sextupole Vacuum&RF Handpiece</p> <p>Time: 30 min</p> <p>Energy level: 30%-70%</p> <p>RF Mode: NOR(default)</p> <p>Vacuum mode: M1(default) or set the RELEASE time at 0.0.</p>	<p>Massage Cream(Essential Oil)+MS-13D1</p>	<ol style="list-style-type: none"> 1. Massage techniques 2. Apply oil to back and press Gb-20 and Du-16 acupoints. 3. Pluck Dabanjing(the area connecting neck and shoulder) (from hairline), 3-5 times 4. Move thumb outwards from Bladder Meridian(BL) to the sacral region and then to Gb-20 and Du-16 points. 5. Starting from neck to caudal vertebra, move hands in S-shape, 3 times. 6. Push Bladder Meridian(BL) with thumb in left-right order, 3 times. 7. Push Bladder Meridian(BL) to the sacral region with both thumbs at the same time, 3 times. 8. Push Bladder Meridian(BL) in three bending fingers, 3 times. 9. Push along the medial border of scapula with both hands alternately in left-right order, 3-6 times. 10. Push medial border of 	<p>Technique2, 11</p>  <hr/> <p>Technique3</p>  <hr/> <p>Technique4</p>  <hr/> <p>Technique5</p>  <hr/> <p>Technique6, 7, 8, 14</p> 
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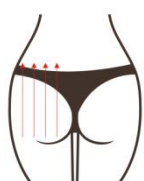
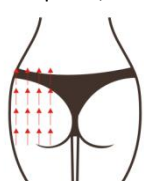


		<p>scapula with both hands horizontally, 3-6 times.</p> <p>11. Soothe the back with both hands and push Gb-20 and Du-16 points, 3 times.</p> <p>12. Overlap both thumbs and push SI-11 point and slide to the arm, 3 times.</p> <p>13. Do the same on the other side, 3 times</p> <p>14. Rub Meridian GV and Bladder Meridian (BL) with hands to warm them up.</p> <p>15. The end</p> <p>16. Large Sextupole Vacuum & RF Handpiece operation, move the handpiece along Meridian GV and Bladder Meridian (BL) respectively from neck to the sacral region, 3-5 times.</p> <p>17. Move the handpiece in circles on Du-14 point and sacral region, 3-5 times respectively.</p> <p>18. From neck, move the handpiece on Dabanjing (the area connecting neck and shoulder) back and forth, 3-5 times.</p> <p>19. Move the handpiece to lift the medial border of scapula back and forth in left-right order, 3-5 times.</p> <p>20. Apply lifting technique by moving the handpiece from one side of the waist upwards to armpit, 3-5 times.</p> <p>21. The end</p>	<p>Technique 9, 19</p>  <hr/> <p>Technique 10</p>  <hr/> <p>Technique 12, 13</p>  <hr/> <p>Technique 16</p>  <hr/> <p>Technique 17</p>  <hr/> <p>Technique 18</p>  <hr/> <p>Technique 20</p> 
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Treatment suggestions

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

strengthening visceral function, improving digestion, detoxification and metabolism(one course of treatment is to reduce fat, two courses are to strengthen effects, and three courses help consolidate effect and prevent the reappearance of above condition.)

Hip Shaping: 45 min once a week

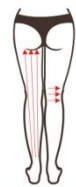
<p>Large Sextupole Vacuum&RF Handpiece</p> <p>Time: 30 min (15 min on one side)</p> <p>Energy level: 30%-70%</p> <p>RF Mode: NOR(default)</p> <p>Vacuum mode: M1(default) or set the RELEASE time at 0.0.</p>	<p>Massage Cream(Essential Oil)+MS-13D1</p>	<ol style="list-style-type: none"> 1. Massage techniques. 2. Standing on the side, rub oil into skin by moving both hands clockwise and anticlockwise respectively from sacral region on hips, 3 times (this is soothing technique.) 3. Apply pushing technique on the sacral region with two thumbs, 3 times. 4. Soothe the treatment area for 3 times and then apply digital pressing technique on the following points: BL-23, Baliao points(BL31-34), Du-1, Gb-30, BL-36, 3 times. 5. Soothe the treatment area, 3 times. 6. Left-right order, apply pushing technique from the top of thigh along the four meridians -- Bladder Meridian(BL) - Kidney Meridian(KI) - Liver Meridian(LV) - Gallbladder Meridian(GB) to Meridian BV respectively with both hands, 3 times each. 7. Alternately apply pushing technique with both hands along Bladder Meridian(BL) - Kidney Meridian(KI) - Liver Meridian(LV) - Gallbladder Meridian(GB) from the top of thigh to Meridian BV respectively, 3 times each. 8. Overlap both palms and then apply pushing technique from the top of thigh to Meridian BV (lifting), 3 to 5 times. 	<p>Technique2, 5, 11</p>  <hr/> <p>Technique3</p>  <hr/> <p>Technique4</p>  <hr/> <p>Technique6, 13, 16</p>  <hr/> <p>Technique7, 10</p>  <hr/> <p>Technique9, 14, 17</p>  <hr/> <p>Technique15</p> 
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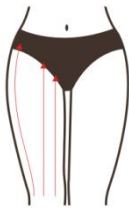
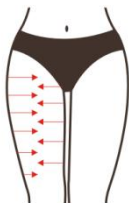
		<p>9. Apply pushing technique from both sides of hips to the top of hips(shaping) back and forth, 3 times.</p> <p>10. Repeat technique 7</p> <p>11. Soothe the treatment area.</p> <p>12. Repeat the techniques above on the other side.</p> <p>13. Large Sextupole Vacuum&RF Handpiece operation: lift from the top of thigh to Meridian BV line by line, 3 times.</p> <p>14. Lift upwards from both sides of the buttocks to the highest point of the buttocks 3 times.</p> <p>15. Move the handpiece in small spiral curve on hip, 3-5 times</p> <p>16. Lift from the top of thigh to Meridian BV line by line, 3 times.</p> <p>17. Lift upwards from both sides of the buttocks to the highest point of the buttocks 3 times.</p> <p>18. Do the same on the other side.</p> <p>19. The end.</p>	
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Treatment Suggestions

One course of treatment consists of 10 treatment sessions. After one treatment, buttocks will experience the sensations of being heated and lifted. After one course of treatment, buttocks start to show obvious curve lines, excessive fat begin to disappear slowly, and skin appear to be tight. After 3 courses, the conditions of cold body and uterus, other gynecological problems such as irregular menstruation are relieved, which can help consolidate the effect to make females more attractive.

Leg Shaping: 60 min once a week

<p>Medium Sextupole Vacuum&RF Handpiece</p> <p>Time: 40 min (10 min on each side of</p>	<p>Massage Cream(Essential Oil)+MS-13D1</p>	<p>1. Massage techniques</p> <p>2. Customer lies on his front, back side of the leg, left-right order: rub oil into the skin from calf to thigh and then move back to heel, 3 times</p> <p>3. Alternate the heels of both palms to push the</p>	<p>Technique 2, 3, 4, 5, 7, 8, 9</p>  <p>Technique 6</p>
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<p>leg)</p> <p>Energy level: 30%-70%</p> <p>RF Mode: NOR(default)</p> <p>Vacuum mode: M1(default) or set the RELEASE time at 0.0.</p>		<p>entire leg upwards and move back to heel, 3 times</p> <p>4. Move hands upwards to push four main meridians: Bladder Meridian(BL) - Kidney Meridian(KI) - Liver Meridian(LV) - Gallbladder Meridian(GB) with thumbs and index fingers splaying.</p> <p>5. Push popliteal fossa with both hands alternately, 3 times.</p> <p>6. Move both hands upwards alternately in an undulating motion, 3 times.</p> <p>7. Soothe the area, 3 times</p> <p>8. Push four main meridians upwards with bending fingers of both hands, 3 times.</p> <p>9. Soothe the area, 3 times</p> <p>10. Repeat the operation on the other side.</p> <p>11. The end.</p> <p>12. Medium Sextupole Vacuum&RF Handpiece operation: lift from heel to popliteal fossa line by line with one hand and the cup, 3 times</p> <p>13. Move the cup on calf from top to bottom back and forth,3-5 times.</p> <p>14. Lift from popliteal fossa to the top of thigh, 3 times.</p> <p>15. Move cup up and down on thigh, 3 times.</p> <p>16. Lift from two sides of leg to the middle, 3 times.</p> <p>17. Do the same on the other side.</p> <p>18. Massage the front side of legs: rub oil into skin from feet to thigh root(soothe the treatment area), 3 times</p> <p>19. Push four meridians: Bladder Meridian(BL) - Kidney Meridian(KI) - Liver Meridian(LV) - Gallbladder Meridian(GB) to the top of</p>	 <p>Technique12, 13</p>  <p>Technique14, 15</p>  <p>Technique16</p>  <p>Technique18, 19, 20, 23, 24</p>  <p>Technique25</p> 
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		<p>thigh with thumb and index finger splaying.</p> <p>20. Push four meridians with bending fingers of both hands,3 times</p> <p>21. The end</p> <p>22. Do the same on the other side.</p> <p>23. Medium Sextupole Vacuum&RF Handpiece operation: lift the handpiece towards knee from calf(start from thigh if there's not enough unwanted fat on calf.)</p> <p>24. Lift the handpiece from knee to the top of thigh line by line, 3 times.</p> <p>25. Lift from two sides of thighs to the middle, 3-5 times.</p> <p>26. Do the same on the other side.</p> <p>27. The end</p>	
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Treatment Suggestions

A course of treatment consists of ten treatment sessions. After one treatment, leg will be relaxed, and circulation will be accelerated. After one course of treatment, leg will become thin, there will be contraction of skin collagen due to heat effect, and tightening effect can obviously be felt on the skin. After 2 courses of treatment, there will be obvious results with the slimness and firmness of legs promoted. 3 courses will help consolidate the effects.