

# User Manual

MS-161S1



# Preface

Dear Users:

We're pleased to present to you MS-161S1 lipo laser fat dissolving beauty machine. It works great on body shaping, fat dissolving, weight loss, and achieves safe and effective results with the help of high-end technology. Lipo laser fat dissolving beauty machines are professional body slimming and weight loss machines, which needs to be handled by professionals with proper training. Any improper use will result in adverse consequences. Therefore we advise any personnel read this manual thoroughly and apply with 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

Lipo laser fat dissolving beauty machines are currently the most popular beauty machines that work on slimming and body-shaping. It's an effective replacement of all the facial and body care programs in beauty salons. Moreover, they are convenient and easy to operate. It solves both skin and body management issues for beauty-lovers. This equipment requires no injection, no medication, no operation, thus having no side-effects. It is used externally during the whole process and has an immediate effect. Laser penetration is very strong, can effectively activate or repair fat cells, can penetrate the fat layer so that subcutaneous fat are dissolved by heat. It is safe, has no side effects, and brings no pain.

## Advantages

1. The laser can dissolve fat effectively.
2. The procedure can be completed without surgery and anesthesia.
3. Painless, non-invasive during the process. Skipping any recovery periods without affecting any work and life plans.
4. No consumption, low cost and quick returns.
5. Unevenness, bleed, swelling and stasis will not appear after treatment.
6. Lipo laser fat-dissolving: even fat-dissolving, smooth skin without any mark, safe and painless.
7. The laser wavelength can penetrate the fat layer, allowing subcutaneous fat to be heated and dissolved through our body's natural metabolic process to be absorbed and excreted.

## Principles

Lipo laser fat-dissolving device uses red laser with a wavelength of 635nm-650nm, which is a visible spectrum. This wavelength of light has a strong penetrating power, which can effectively activate and repair fat cells, penetrate the fat layer, and dissolve subcutaneous fat by heat. Its treatment method is safe, without side effects or pain.

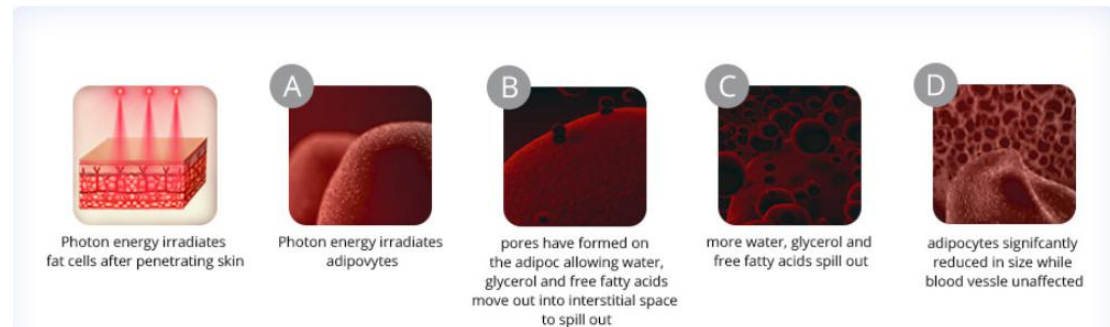
Low levels of laser energy chemical signals are sent to fat cells to break down triglycerides stored in the body's fat layer into free fatty acids and glycerol and release them through membrane channels. Fatty acids and glycerol are transported to tissues that produce metabolic energy. The release of fatty acids is a natural response when the body needs to use stored energy reserves, so there is no unnatural reaction in the body, nor does it affect or damage surrounding structures such as skin, blood vessels and peripheral nerves. After a period of exercise therapy, it will ensure that the free fatty acids of the body are eliminated through complete metabolism.

### **Biological Effect**

LED uses 635nm - 650nm LED laser heating fat cells in the target zone to make it decompose. In a very short period of time, fat deposition is only absorbed by our body's natural metabolic processes and discharge. In the process of operation, the laser seal small blood vessels, significantly reduce the injuries, introduce the heat treatment area, stimulates the production of collagen, to make it smooth and tight and also achieve the effect of body-sculpting.

Laser mainly acts as a low-energy laser (biological stimulation) to reach fat in depth. It stimulates biological cells and induces or strengthens a series of physiological reactions by giving appropriate energy, including promoting local blood circulation, regulating cell function, enhancing immune function and promoting cell metabolism. It can at the same time tighten skin, wrinkles, reduce fat, and shape body. Laser penetrating power is very strong, and can activate or repair fat cells more effectively. It can also penetrate the fat layer, heat up and dissolve subcutaneous fat. The treatment method is safe, and has no side effects, no pain.

Using the latest non-operative, non-invasive laser fat decomposition technique, low levels of laser energy released. It produce a kind of chemical signals in the fat cells that will dissolve the trioxide triene stored in body into free fatty acid, glycerin and water molecules. And this is the natural reaction when using the energy reserves one need. The free fatty acids are transported into the body through the lymphatic system to provide energy for the body, just like the body would respond when lack of heat.



## Effects

1. Dissolve fat cells and speed up metabolism.
2. Improve local obesity, reduce fat and eliminate fat, and eliminate obesity.
3. Improve skin sagging and aging, tighten and shape.
4. Firm and elastic skin.
5. Dissolve fat to create the perfect curves.
6. Shape A4 waist, slender legs, bubble butt.

## Applicable Range

1. Those with a pear-shaped body caused by sitting for long periods of time.
2. Those with flabby arms.
3. Those with fat legs.
4. Those with skin sagging and laxity.

5. Those with obesity caused by binge eating.
6. Those with loose abdomen, prominent belly, fat waist, atrophy lines.
7. Those with unwanted fat on waist and abdomen.
8. Those with outward expanding hips that have excessive and unwanted fat.

## **Inapplicable Range**

1. Those who are during pregnancy or lactation.
2. Those with heart disease or are quipped with pace maker.
3. Those who are still recovering from surgery or with unhealed wounds.
4. Those with epilepsy, severe diabetes and hyperthyroidism.
5. Those with malignant tumor, hemophilia or severe bleeding.
6. Those with skin disease and contagious diseases.
7. Do not use around metal, plastic, silicon implants.
8. Those with long-term or ongoing use of anticoagulants, vasodilators, corticosteroids and other drugs.

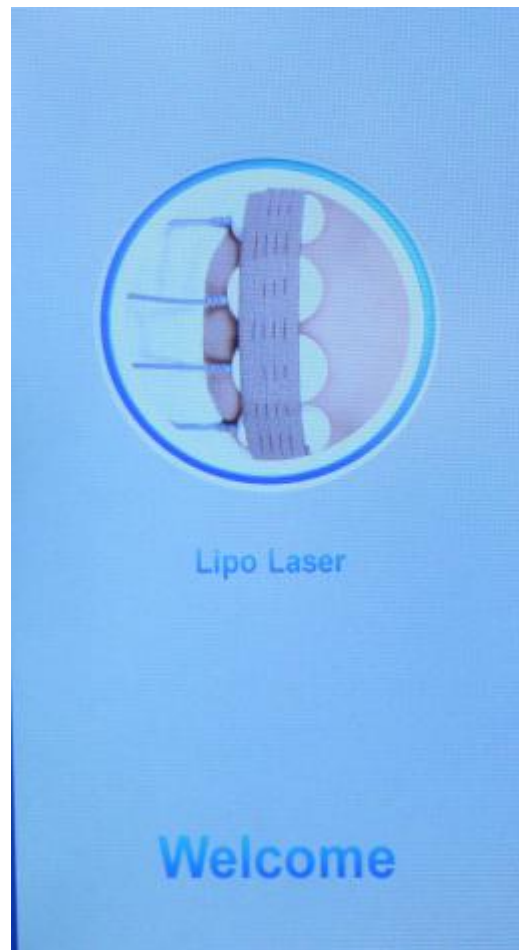
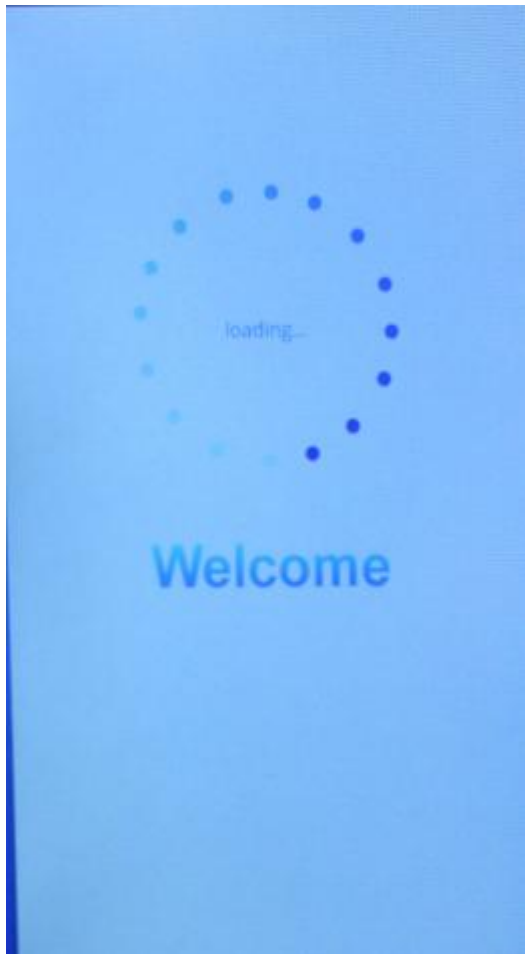
## **Notes after Operation**

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 spicy, cold, and raw food; sleep enough hours.
6. Avoid wearing crop top, backless, miniskirts and shorts, etc.

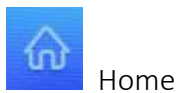
# **Part II**

## **1. Detailed Operation**

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



## 1.1 Function Selection



Home



Restore

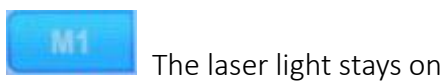


Start/Pause

## 1.2 Detailed Operation: Lipo Laser



Mode Selection



The laser light stays on



The laser light flashes with a relatively slow rate



The laser light flashes with a relatively fast rate



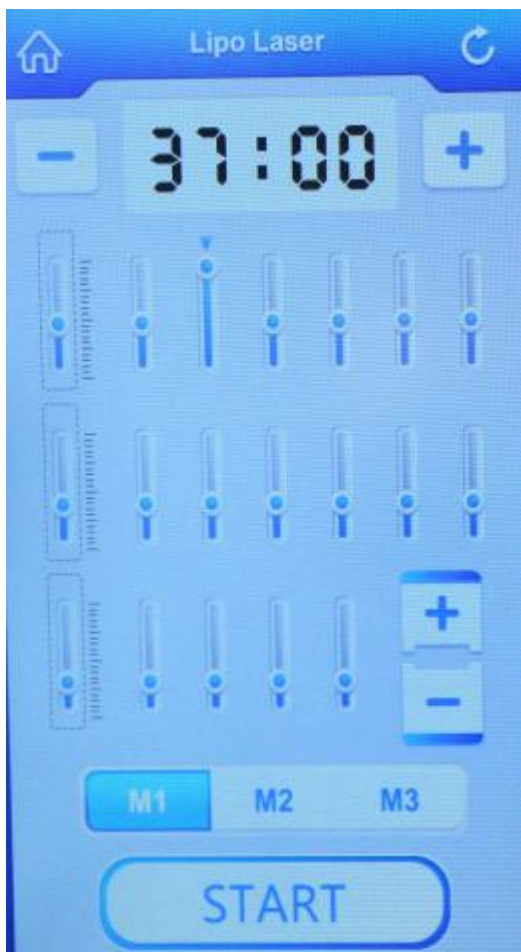
Time Adjustment



Time Display



Laser Paddle Energy Display



Interface after Energy Adjustment

## 2. Technical Parameters

Laser wavelength: 635nm ~650nm

Energy output: 5mw

Mains power output: 100VA

Classification: Electrical Class 1, Type B applied part



Cooling requirements: Air-cooled

Electrical requirements: 100v--240V

### 3. Safety Precautions

**Please consult your doctor or professionals before using the device if you have the following symptoms:**

1. Those who are in pregnancy or lactation.
2. Those who have heart disease or have been implanted with a pacemaker.
3. Those whose surgical wound is not healed.
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. Avoid wearing metal jewelry during operation.
8. Do not use around metal, plastic, silicon implants.
9. Do not use for those with long-term or ongoing use of anticoagulants, vasodilators, corticosteroids and other drugs.

### 4. Dos and Dont's

1. Use a grounding pin and make sure the power socket of the device is properly connected before each operation.
2. Ensure that the voltage of the device is appropriate. If the voltage of the local power supply is unstable, we recommend that users increase to the matching power voltage.
3. In order to ensure the therapeutic effect and normal service life expectancy of the device, please use the specified accessories provided or recommended by the original manufacturer.
4. The device should not be placed in wet environment or near water, nor should they be directly exposed to sunlight.
5. Do not place the device near a strong heat source, because this may affect the life and normal use of the device.
6. Before treatment, please remove all metal objects from the body first, so as to avoid unexpected conditions and influence the curative effect.
7. Please restrain from using the device on eyes, thyroid, parathyroid, testicles, abdomen of pregnant women, and pacemakers.
8. Patients who are suffering from illness should consult with a doctor and gain permission from the doctor before using.
9. Please turn off the power switch of the device, and ensure that the total power supply of the device is turned off before the staff leaves after daily use, so as to ensure the safety of the electrical products.
10. Use device or train device operators in strict accordance with instructions in the user manual.

11. When taking other weight-loss drugs, it is recommended to stop taking them for 1 to 2 months before treatment. Extension of the course of treatment is recommended if you wish to lose weight immediately.
12. Don't use the instrument with an empty stomach. After a full meal, wait at least 1 hour before a course of weight loss treatment.
13. Start from the lowest energy level and slowly add up.
14. When using this device, the operating parts must be kept moist and dry skin should be avoided.
15. Clean the instrument with normal saline after operation to ensure its cleanliness and hygiene and prolong its service life.
16. During operation, the laser plate must be fixed on the customer first, and then the instrument should be started to adjust the energy. The energy should be adjusted slowly from low to high to make the customer feel warm and comfortable.
17. Must apply the product that of higher oil content, and keep it moist.
18. During operation, the whole surface of the laser plate should not only touch a small area but be in full contact with the skin.
19. Combine with massage, or other machine treatments for better results.
20. The laser plate can also be used alone, directly fixed in the fat part that needs to lose weight, and used after adjusting the energy. The operation time of one part is about 30 minutes. Combine with massage technique for better results.

## 5. Troubleshooting & Solutions

### 1. The instrument can't start and the key lamp on the back of the instrument doesn't work?

- A. Ensure that the power cord is connected to a working power outlet.
- B. Ensure the fuse tube on the back of the instrument is not loose or being burnt.

### 2. No energy output from laser paddles?

- A. Check whether the connection of the wire is loose.
- B. If the above method did not work, please contact the device distributor for assistance.

### 3. The device can be activated, but the wrong information appears on the screen?

- A. Please unplug the power plug behind the device and wait about 1 minute before restarting the device.
- B. If the above method did not work, please contact the device distributor for assistance.

## 6. FAQs

### 1. Q: Which one is better, lipo laser fat dissolution or liposuction?

A: Compared with traditional liposuction operation, lipo laser dissolves fat by sweeping by a place after another evenly, and won't cause unevenness of skin. ON the

contrary, it achieves smooth, tight skin. In addition, the laser used to dissolve fat only target at the set fat layer. It not only does no damage to the surface skin, but also can speed up the self-repair of skin elastic fiber, so that the treated area is still tight, smooth, and flat.

**2. Q: Will I experience rebound after lipo laser treatment?**

A: The adipose cell number inside body is fixed. It keeps growing until one enters adulthood then stays the same. The increase of weight is because adipose cell volume increased. Laser fat dissolution takes out local adipose structure, reduces adipose volume, and of course, after laser dissolves fat, rebound is unlikely to happen. But it doesn't mean it never happens. Under normal circumstances, rebound is unlikely to happen as long as the dietary structure is reasonable, and avoid binge eating or drinking.

**3. Q: Does laser weight loss require food control and exercise?**

A: The effect of laser weight loss is quite remarkable, but you cannot blindly rely on laser to reduce weight only. For instance, you have achieve ideal weight through lipo laser treatment , but at later periods relapse to binge eating and drinking again. Then rebound is likely to occur. There is no such thing as an absolute guarantee of permanence. So laser weight loss is a kind of auxiliary weight loss plan. After body weight reaches ideal range and you have stopped the treatment, you should still plan reasonable diet and exercise as well.

## **7. Packing List**

1 x Power line(We offer 100-240 V, AU/EU/UK/AU plug)

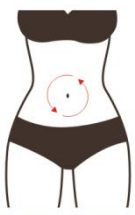
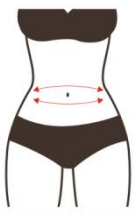
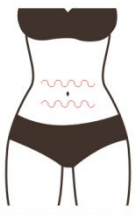
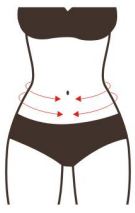
12 x Big paddle with 10 lipo//5mw Each (Total 80 Lipo)


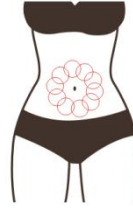


4 x Small paddle with 1 lipo//5mw each (Total 8 Lipo )

2 x Plastic holder for lipo paddles

1 x Power Supply Cord

## **8. Operational Diagrams**

Parameter Adjustment	Product	Techniques	Diagrams
<b>Shaping Waist&amp;Abdomen: 40 min, once/week</b>			
Lipo Laser Energy: 30%-80%	Essential oil(massage cream)+ Device	<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. Knead abdomen with both hands using chiropractic techniques, 3 times.</li> <li>4. Lift daimai on both sides of waist with both hands alternately, 16 times.</li> <li>5. Move hands as if writing an "8" number on waist, 3 times.</li> <li>6. Overlap hands and message the intestinal canal clockwise, 3 times.</li> <li>7. Move hands in circular motion and caress the treatment area, 3 times.</li> <li>8. Push on the following acupoints: shangwan zhongwan xiawan shenque qihai guanyuan zhongji tianshu dasheng qugu, 2 times.</li> <li>9. Starting from zhongji point, push both thumbs to belly navel, slide them to waist and the lift upwards to groin, 3 times.</li> </ol>	<p>Technique 1,7,10</p>  <hr/> <p>Technique 2</p>  <hr/> <p>Technique 3</p>  <hr/> <p>Technique 4</p>  <hr/> <p>Technique 5</p>

		<p>10. Caress the treatment area with hands and slide to groin.</p> <p>11. Lipo Laser operation: fixate lipo laser paddles on fat part of the waist and abdomen, 20 min.</p> <p>12. Take the paddles off.</p>	 <hr/> <p>Technique 6</p>  <hr/> <p>Technique 8</p>  <hr/> <p>Technique 9</p>  <hr/>
<p><b>Suggested Treatment:</b></p> <p>Ten treatments account for one full course of treatment. Once done, abdomen is relaxed. After one course, fat slowly reduce through metabolism, body starts to slim down. After 2 courses the effect gradually becomes obvious, skin is tightened and lifted. 3 courses help reinforce the effect. Redundant adipose gradually disappear, lumbar abdomen curve start to take in shape, and slim waist starts to show.</p>			

## Shaping Arms: 40 min, once/week

Lipo Laser  
Energy:  
30%-80%

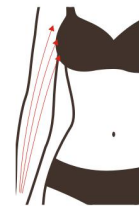
Essential  
oil(massage  
cream)+  
Device

1. Left-right order: lay the arm flatwise, apply and rub oil in from lower arm to the entire arm and slide to the fingers, 3 times.
2. Push the entire arm with both palms, 3 times.
3. Push hands upwards tracing three main collateral channels(dachangjing-sanjiaojing-xiaochangjing) to armpits with fingers spread and hukou pointing upwards, 3 times.
4. Caress the treatment area, 3 times.
5. Trace and rub three main collateral channels on arms with kneeling finger back and forth till them turn hot, 3 times.
6. Caress the treatment area, 3 times.
7. Lay inner arm upwards, and push hands tracing three yin channel on inner arm(feijing-xinbaojing-xinjing) to armpit, with hukou pointing upwards, 3 times respectively.
8. Rub three channels back and forth with kneeling fingers, 3 times.
9. Caress the treatment area and slide to fingers.
10. Repeat the previous operation on another side.
13. Lipo Laser operation: fixate lipo laser paddles on

Technique 1



Technique 2,3,4,5,6



Technique 7



Technique 8



Technique 9


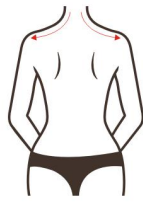

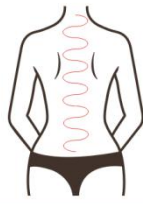


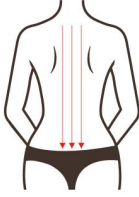
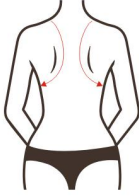

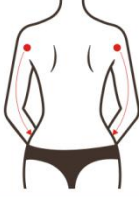
		fat part of the arms, 20 min. 14. Take the paddles off.	
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**Suggested Treatment:**

10 treatments account for a full course. Once done, 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. 3 courses help consolidate stability and prevent rebound.

### Shaping Back: 40 min, once/week

Lipo Laser Energy: 30%-80%	Essential oil(massage cream)+ Device	<ol style="list-style-type: none"> <li>1. Apply oil on back and press Fengchi and fengfu points.</li> <li>2. (Starting from hairline) stroke badanjin with thumb, 3-5 times.</li> <li>3. Move thumb outwards from pangguangjin to baliao area and then to fengchi and fengfu point.</li> <li>4. Starting from neck to caudal vertebra, move hands in S-shape, 3 times.</li> <li>5. Push pangguangjin with thumb in left-right order, 3 times.</li> <li>6. Push pangguangjin to baliao area with both thumbs, at the same time, 3 times.</li> <li>7. Push pangguangjin in three kneeling fingers, 3 times.</li> <li>8. Push scapula slot with both hands alternately in left-right order, 3-6 times.</li> <li>9. Push scapula slot with both hands horizontally, 3-6</li> </ol>	<p>Technique 1,10</p>  <hr/> <p>Technique 2</p>  <hr/> <p>Technique 3</p>  <hr/> <p>Technique 4</p> 
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		<p>times.</p> <p>10. Caress the back with both hands and push fengchi and fengfu points, 3 times.</p> <p>11. Overlap both thumbs and push tianzong point and slide to the arm, 3 times.</p> <p>12. Repeat the previous action on another arm, 3 times.</p> <p>13. Rub dumai and panguangjin with hands until they turned hot.</p> <p>15. Lipo Laser operation: fixate lipo laser paddles on fat part of the back, 20 min.</p> <p>16. Take the paddles off.</p>	<p>Technique 5,6,7,13</p>  <hr/> <p>Technique 8</p>  <hr/> <p>Technique 9</p>  <hr/> <p>Technique 11,12</p> 
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**Suggested Treatment:**

10 treatments account for a full course. Once done, back feel significantly relaxed. A course help reduce back fat and shape the back line. Two courses help enhance the effect and back fat is disappearing gradually. 3 courses help with back thinning, define back line (a period of treatment is to reduce size, two courses is to strengthen effect, three courses help with consolidation and avoid rebound.)

## Shaping Buttocks: 40 min, once/week

Lipo Laser  
Energy:  
30%-80%

Essential  
oil+  
Device

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

Technique1,4,10



Technique2





Technique3



Technique5



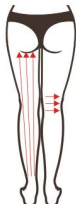

Technique6


		<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>17. Lipo Laser operation: fixate lipo laser paddles on fat part of the buttocks, 20 min.</p> <p>18. Take the paddles off.</p>	 <hr/> <p>Technique 8</p>  <hr/>
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**Suggested Treatment:**

10 treatments account for a full course. After one treatment, buttocks will experience lifting. After a course of treatment buttocks start to show obvious curve lines, and excessive fat begin to disappear slowly. After 2 courses, excessive fat on buttocks have disappeared, skin is tightened. 3 courses help consolidate the effect, and increase the female charm.

**Shaping Legs: 50 min, once/week**

<p>Lipo Laser Energy: 30%-80%</p>	<p>Essential oil(massage cream)+ Device</p>	<p>1. Rear leg, left-right order: apply and rub oil in from calf to thigh to heel, 3 times.</p> <p>2. Alternately push the entire leg from bottom to top and wrap back into the heel, 3 times</p> <p>3. Move hands upwards to four main collateral channels(pangguangjin-shejin-ganjin-danjin) 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</p>	<p>Technique 1,2,3,4,6,7,8</p>  <hr/> <p>Technique 5</p>  <hr/> <p>Technique 12,13,14,15</p>
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	<p>twisting a fried dough, 3 times.</p> <p>6. Caress the treatment area, 3 times.</p> <p>7. Push four main collateral channels upwards with kneeling fingers of both hands, 3 times.</p> <p>8. Caress the treatment area, 3 times.</p> <p>9. Do the same on the other side.</p> <p>10. Lipo Laser operation: fixate lipo laser paddles on fat part of the legs, 20 min.</p> <p>11. Take the paddles off.</p> <p>12. Foreleg: rub oil with both hands from heel to the thigh root (namely to caress the treatment area), 3 times.</p> <p>13. Alternately push the entire leg from bottom to top and wrap back into the heel, 3 times</p> <p>14. Move hands upwards to four main collateral channels(pijing-weijing-ganjing-danjing) with fingers spread and hukou pointing upwards, 3 times.</p> <p>15. Push four main collateral channels upwards with kneeling fingers of both hands, 3 times.</p> <p>16. Lipo Laser operation: fixate lipo laser paddles on fat part of the legs, 20 min.</p> <p>17. Take the paddles off.</p>	 <hr data-bbox="1050 427 1347 432"/>
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**Suggested Treatment:**

10 treatments account for a full course. After one treatment, legs are relaxed. After a course of treatment, leg becomes thin, 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 and avoid rebound.

**Body Sculpting: 120 min, once/week**

Lipo Laser  
Energy:  
30%-80%

Essential  
oil(massage  
cream)+  
Device

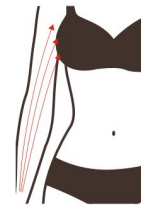
**Arm**

1. Left-right order: lay the arm flatwise, apply and rub oil in from lower arm to the entire arm and slide to the fingers, 3 times.
2. Push the entire arm with both palms alternately, 3 times.
3. Push hands upwards tracing three main collateral channels(dachangjing-sanjiaojing-xiaochangjing) to armpits with fingers spread and hukou pointing upwards, 3 times.
4. Trace and rub three main collateral channels on arms with kneeling finger back and forth till them turn hot, 3 times.
5. Caress the treatment area and slide to the fingers, 3 times.
6. RF device operation: lay arms flatwise and start from fat part of lower arm, tracing three channels to armpit, 3 times.
7. Move the device in annular motion, tracing three channels to armpit, 3 times. You may double the operation on flabby arms, 3

Technique 1



Technique 2,3,4,5,6



Technique 7

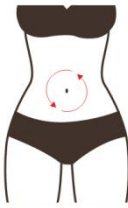
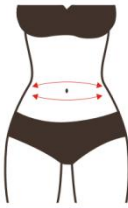
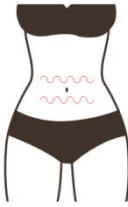








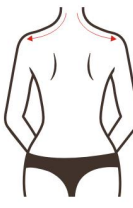
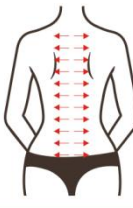
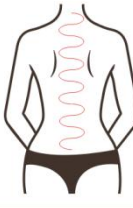
Technique 8

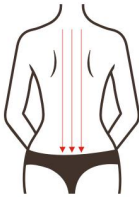
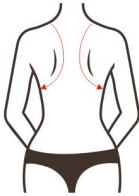


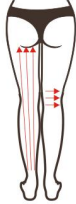



Technique 9



	<p>times.</p> <p>8. Trace three channels to armpit, 3 times.</p> <p>9. Repeat the same technique with ultrasonic operation.</p> <p>10. Do the same on the other side.</p> <p><b>Abdomen</b></p> <p>11. Apply and rub oil on abdomen with hands, 3 times.</p> <p>12. Rub stomach back and forth with both hands, 3-5 times.</p> <p>13. Knead abdomen with both hands using chiropractic techniques, 3 times.</p> <p>14. Lift daimai on both sides of waist with both hands alternately, 16 times.</p> <p>15. Move hands as if writing an “8” number on waist, 3 times.</p> <p>16. Overlap hands and message the intestinal canal clockwise, 3 times.</p> <p>17. Move hands in circular motion and caress the treatment area, 3 times.</p> <p>18. Push on the following acupoints: shangwan zhongwan xiawan shenque qihai guanyuan zhongji tianshu dasheng qugu, 2 times.</p> <p>19. Starting from zhongji point, push both thumbs to belly navel, slide them to waist and the lift upwards to groin, 3 times.</p> <p>20. Caress the treatment</p>	<p>Technique 11,17,20</p>  <hr/> <p>Technique 12</p>  <hr/> <p>Technique 13</p>  <hr/> <p>Technique 14</p>  <hr/> <p>Technique 15</p>  <hr/> <p>Technique 16</p>  <hr/> <p>Technique 18</p>
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		<p>area with hands and slide to groin.</p> <p>21. Lipo Laser operation: fixate lipo laser paddles on fat part of the <b>arms, waist and abdomen</b>, 20 min.</p> <p>22. Take the paddles off.</p> <p><b>Back</b></p> <p>23. Apply oil on back and press Fengchi and fengfu points.</p> <p>24. (Starting from hairline) stroke badanjin with thumb, 3-5 times.</p> <p>25. Move thumb outwards from pangguangjin to baliao area and then to fengchi and fengfu point.</p> <p>26. Starting from neck to caudal vertebra, move hands in S-shape, 3 times.</p> <p>27. Push pangguangjin with thumb in left-right order, 3 times.</p> <p>28. Push pangguangjin to baliao area with both thumbs, at the same time, 3 times.</p> <p>29. Push pangguangjin in three kneeling fingers, 3 times.</p> <p>30. Push scapula slot with both hands alternately in left-right order, 3-6 times.</p> <p>31. Push scapula slot with both hands horizontally, 3-6 times.</p> <p>32. Caress the back with both hands and push fengchi and fengfu points, 3 times.</p> <p>33. Overlap both thumbs and push tianzong point</p>	 <hr/> <p>Technique 19</p>  <hr/> <p>Technique 23,32</p>  <hr/> <p>Technique 24</p>  <hr/> <p>Technique 25</p>  <hr/> <p>Technique 26</p>  <hr/> <p>Technique 27,28,29,35</p>
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	<p>and slide to the arm, 3 times.</p> <p>34. Repeat the previous action on another arm, 3 times.</p> <p>35. Rub dumai and panguangjin with hands until they turned hot.</p> <p><b>Legs</b></p> <p>36. Left-right order: apply and rub oil in from calf to thigh to heel, 3 times.</p> <p>37. Alternately push the entire leg from bottom to top and wrap back into the heel, 3 times</p> <p>38. Move hands upwards to four main collateral channels(panguangjin-shejin-ganjin-danjin) with fingers spread and hukou pointing upwards.</p> <p>39. Push hands alternately to popliteal fossa, 3 times.</p> <p>40. Twist both hands upwards alternately as if twisting a fried dough, 3 times.</p> <p>41. Caress the treatment area, 3 times.</p> <p>42. Push four main collateral channels upwards with kneeling fingers of both hands, 3 times.</p> <p>43. Caress the treatment area, 3 times.</p> <p>44. Do the same on the other side.</p> <p>45. Lipo Laser operation: fixate lipo laser paddles on fat part of the <b>back and legs</b>, 20 min.</p> <p>46. Take the paddles off.</p>	 <hr/> <p>Technique 30</p>  <hr/> <p>Technique 31</p>  <hr/> <p>Technique 33,34</p>  <hr/> <p>Technique 36,37,38,39,41,42,43</p>  <hr/> <p>Technique 40</p>  <hr/>
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**Suggested Treatment:**

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