

User Manual

MS-2181



Preface

Dear Users:

We're pleased to present to you *New Touch Vacuum Therapy Neck Face Massage Skin Care Breast Enlarge Machine*. Equipped with multifunctions, it adopts the theory of vacuum therapy, mainly targeting at health problems like neck and shoulder strain, sagging breasts, gynecological problems and so on. Various effects are achieved with the help of high-end technology, such as expelling dampness, dispelling coldness, dredging meridians, resolving toxins, breast enlargement and buttock augmentation. *New Touch Vacuum Therapy Neck Face Massage Skin Care Breast Enlarge Machine* works on maintaining beauty and wellness of human body and is for professional use only, 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

New Touch Vacuum Therapy Neck Face Massage Skin Care Breast Enlarge Machine is currently the most popular instruments that focus on dredging meridians, expelling dampness and resolving toxins. It's an effective replacement for manual scraping, cupping and breast enlargement in beauty parlors. It's easy and convenient to use, and solves a wide range of body-managing issues for beauty-lovers. It requires no injection, no medication, no surgeries, and has no side effects. Moreover, it is used externally and has immediate effects, therefore can be considered as both safe and effective.

Advantages

1. Various issues can be addressed, such as fatigue, soreness, swelling, and flat chest, etc.
2. Strong vacuum pump with low noise and various modes; Designed to fit different breast shapes; good quality.
3. Professional vacuum metal heads can remove toxins and moisture from the body by suction in no time.
4. Wide range of treatments with visible effects; no consumption, low costs, and quick returns.
5. Easy, quick and convenient to operate. No surgeries, no anesthesia, no pain and no downtime.
6. Equipped with various vacuum cups for different needs.

Facial Cleansing

Working Principles

Facial Cupping Therapy

Use vacuum suction head directly on the facial skin to achieve deep cleansing effect. (Vacuum/negative pressure: lower than normal pressure, the use of negative pressure is very common. People often make a part of the space appear negative pressure so we can use the ubiquitous atmospheric pressure. For example, when people breathe, negative pressure occurs when the lungs are in the expansion state, forming a pressure difference between the inside and outside of the lungs. Fresh air is pressed into the lungs.) Negative pressure cleaning is the use of such a principle in the state of no pain, deep cleaning pores of black head, white head, oil and dirt residue.

Grease Cup

Massage the skin and muscles by special negative air pressure suction, which can effectively improve the fluid flow of cells, increase the movement of cells, activate cells, increase skin elasticity and reduce fine lines. Vacuum negative pressure movement can stimulate the surface and deep sympathetic nervous system, improve skin sensitivity and skin immunity.

Effects

1. Unclog pores.
2. Deep clean skin.
3. Shrink large pores.
4. Improve dull skin and fine lines.
5. Reduce skin hyperpigmentation.
6. Accelerate removal of dead skin cells.

Applicable Range

1. Those who has excessive secretion of sebum and thick stratum corneum.
2. Those with rough skin and large pores.
3. Those with clogged pores.
4. Those with dull and glowless skin.
5. Those with skin laxity and sagging.

Inapplicable Range

1. Those with severe sensitive skin or is having an allergic reaction.
2. Those with large wounds.
3. Those with skin diseases and other infectious diseases.
4. Those who have just undergone injections, such as hyaluronic acid, intradermal injection, wrinkle removal or other plastic surgeries.
5. Those who are pregnant or has severe heart disease, hyperlipidemia, hypertension, hyperglycemia or other serious diseases.

Notes after Operation

1. Avoiding excessive exposure to the sun and keep skin hydrated.
2. Use sun protections and moisturizers.
3. Avoid using facial scrub, exfoliant, AHAs or other irritant skin care products.
4. Avoid smoking, drinking and staying up late; eat more vegetables, fruits and less greasy foods.
5. Apply one facial mask in the first 3 days of treatment.

6. Wash face with lukewarm water in the first 3 days.

Back Lymphatic Drainage

Working Principles

Grease Cup

Through special negative pressure suction head on the skin, and muscle massage can effectively improve the cells in the body fluids liquidity, increase cell movement can activate cells to improve the effect of skin elasticity, at the same time, accelerate the blood circulation of imperceptible blood-vessel, excess toxins through the normal cycle of the lymphatic system, and reduce and improve the dark spots and hyperpigmentation of body, as well as stasis. The suction and discharge of air pressure can not only improve the capillary system, but also improve the flow between the deeper veins and the network of lymph glands, strengthen the blood vessels, and improve varicose veins.

Back Cupping Therapy

Scrapping and cupping are from the inside to the body surface, and finally distribute from the body surface. The stimulation during scraping promotes the circulation of qi and blood around the body, which in turn benefits the circulation of qi and blood throughout the body. Cupping, like acupuncture, is also a kind of physical therapy, and it is one of the best physical therapy, which uses negative pressure to make it attracted to the skin, causing congestion. Cupping cups are placed on the treatment area or acupuncture point, by doing which can slowly suck out symptoms of moisture, meanwhile promote local blood circulation, thus achieving the purpose of pain to restore function, such as clearing dampness, hotness and coldness, dredging meridians, activating blood and qi, reducing swelling and pain, detoxicating, adjusting the body balance of Yin and Yang, relieving fatigue, enhancing physique and so on.

Effects

1. Accelerate lymph flow.
2. Accelerate natural detoxication, and help rid the body of waste through the lymphatic system.
3. Stimulate activity in the lymphatic area.
4. Increase lymphocyte production.
5. Boost your metabolism.
6. Boost your immune system.

Applicable Range

1. Those who experience neck and shoulder strain.
2. Those with symptoms of peri-arthritis of shoulders.
3. Those who experience soreness and pain of muscles.
4. Those who experience nervous breakdown, insomnia, and dreamful sleep.
5. Those who drive, sit before computer screen, or just sit for long hours.

Inapplicable Range

1. Those with hypertension, hyperlipidemia, hyperglycemia and heart disease.
2. Those whose wounds are yet to be healed or recovering from a surgery.
3. Those who are in pregnancy, menstruation, and lactation.
4. Those who have skin diseases or other infectious diseases.
5. Those who appear to have lymphoma or cancer.
6. Those who are drunk, overworked, or too thirsty; those with a full or empty stomach.

Notes after Operation

1. Avoid taking a shower in 4-6 hours and getting cold (capillary vessels are dilated after treatment).
2. Avoid scratching treatment areas whereon pain, pruritus, formication, or rubella were felt. The above symptoms are within the normal range.
3. Drink more lukewarm water to help with digestion.

Breast Enlargement

Working Principles

Breast Enlargement Cup

Use vacuum negative pressure on the human body by special tools in the breast through the instrument internal negative pressure attraction, in the breast produce different rhythm of the negative pressure, make the breast relatively larger, achieve the effect of increasing the breast. The negative pressure in the cup can make local capillaries congested, stimulate organs, enhance cell vitality, promote functional activities, and improve the body's resistance; Negative pressure mechanical stimulation, through the reflex pathway to the central nervous system, can regulate the balance of neural activity. The inhalation and exhalation of air and negative pressure in the operation increase and disappear replacement, make the local pores continue to open and close, promote the skin to breathe, increase its oxygen intake, speed up the elimination of waste. It has the effect of warming channels and collaterals, promoting qi and blood circulation, removing blood stasis and swelling, removing poison and exorcising evil. Combined with deep massage, it makes the blood and gas unblocked, unclogs the breast acinus, drives the invisible gas to the

tangible blood, transports oxygen and nutrition to the breast, and stimulates the pituitary gland to secrete female hormones, strengthens the breast connective tissue, and stimulates the breast development and growth. Promotes uterine contraction, tightens skin elastic fibers, and prevents loose and scattered skin tissue.

Effects

1. Improve breast laxity, sagging and those who have east west breasts.
2. Improve premenstrual breast swelling and soreness.
3. Unclog and straighten breasts.
4. Prevent lactoceles.
5. Prevent breast cancer.
6. Shape up your breasts.

Applicable Range

1. Those with breasts laxity and sagging.
2. Those with asymmetrical, and east west breasts; those with a flat chest.
3. Those who have inverted nipples and look for a change.
4. Those with breast nodule, mammary hyperplasia; those who experience breast pain.
5. Those who feel they have insufficient mammary gland development; those who suffer from postpartum mammary gland atrophy.

Inapplicable Range

1. Those who are in pregnancy, menstruation, and lactation.
2. Those who have hypertension, hyperlipidemia, hyperglycemia and heart disease.
3. Those with serious mammary hyperplasia, fibromatosis and cysts.
4. Those with infectious breast skin.
5. Those have had undergone surgeries on breasts.

Notes after Operation

1. Drink more lukewarm water and stay warm.
2. Wear comfortable bra with support; avoid squeezing breasts.
3. Avoid getting cold(it's advised not to go out in windy days.); take showers 4-6 hours after the treatment.

Buttock Augmentation

Working Principles

Buttock Augmentation Cup

The negative pressure in the cup can make local capillaries congested, stimulate organs, enhance cell vitality, promote functional activities, and improve the body's resistance; Negative pressure mechanical stimulation, through the reflex pathway to the central nervous system, can regulate the balance of neural activity. The inhalation and exhalation of air and negative pressure in the operation increase and disappear replacement, make the local pores continue to open and close, promote the skin to breathe, increase its oxygen intake, speed up the elimination of waste. At the same time vacuum cup can help contour buttocks, make excess fat be adsorbed at the due position of buttocks, so that your buttock look full.

Effects

1. Relax muscles and increase blood circulation on treatment areas.
2. Prevent muscle atrophy and relieve muscle spasms.
3. Firm the skin and better your body.
4. Improve sagging caused by muscle laxity.
5. Initiate muscle contraction for better muscle growth (e.g. well-shaped buttocks).

Applicable Range

1. Those who have inverted and flat butt.
2. Those with less fat on buttocks.
3. Those who aim for a better figure either professionally or psychologically.
4. Those who are satisfied with the size but not the plumpness of their buttocks.
5. Those who have accumulated waist fat and lead to square (H-shape) butts.

Inapplicable Range

1. Those who are in pregnancy, menstruation, and lactation.
2. Those whose wounds are yet to be healed or recovering from a surgery.
3. Those with heart diseases and hypertension, etc.
4. Those who have skin diseases, and infectious diseases; those who are during sensitive skin period.
5. Those who are in poor health.

Notes after Operation

1. Avoid taking showers within 4-6 hours after treatment.
2. It is advised to wear butt lifting underwear to prevent sagging and laxity.
3. It is advised to do some butt lifting exercise after treatment.

Abdomen Cupping

Working Principles

Abdomen Cupping Therapy

Abdominal cupping is to use external force to open pores so that waste can be discharged through pores outside the body, at the same time for some aging cells also have a certain update. Through the local conditioning can promote local blood and internal circulation to speed up metabolism to achieve the effect of weight loss. According to these principles, cupping the abdomen can reduce the protruding fat on the abdomen. Abdominal cupping can also help with cold, or cold womb and other diseases. It can also regulate the viscera, balance Yin and Yang, improve the immune function.

Effects

1. Stomach meridian drainage and detoxification.
2. Help with cold womb and body.
3. Help with digestion and constipation.
4. Tighten skin and prevent saggy skin on stomach.

Applicable Range

1. Those who are suffering from bad digestion and constipation.
2. Those who experience cold womb and stomach.
3. Those who have stools.
4. Those who wish to lose weight and gain firm muscles.

Inapplicable Range

1. Those are during menstruation, pregnancy and lactation.
2. Those who are still recovering from surgery or whose wounds are yet to be healed.
3. Those who have heart disease and hypertension, etc.
4. Those who have skin disease, infectious disease or during sensitive skin period.
5. Those who has a weak body.
6. Those who are drunk, full or empty-stomached, thirsty and overworked.

Notes after Operation

1. Avoid taking showers within 4-6 hours after treatment.
2. Avoid wearing crop tops or getting a cold.
3. Avoid eating spicy, cold food; drink more warm water.

Lymphatic Drainage

The lymphatic system is a circulatory system, and the immune system is also the body's defense station and garbage collection station to prevent external bacterial infections and recycling of the body's waste and toxins. Lymph is also the largest body detoxification system, equivalent to the human body's scavenger, is the main body organ toxins collection medium. If lymphatic system circulates decelerate, it can bring about toxin to accumulate inside body, the person can get oedema and fat easily. The principle of lymphatic drainage weight reduction is basically through massage that passes to lymphatic gland and stimulation, unblock lymphatic circulatory system, make inside body toxin education outside the body, accelerate adipose combustion, achieve the goal of reducing weight. Another important function of lymphatic drainage is to clean blood vessels. Lymphatic vessel and vein are intercommunicated. When blood capacity is excessive, lymphatic vessel can have shunt fluid, reduce the effect of the burden inside blood vessels.

The lymphatic system of one person grows along with the age. It's circulatory rate may drop, the action of detoxification also can drop as one age. The circulatory speed of lymphatic system can be accelerated effectively through proper massage, passing toxin outside the body as soon as possible.

Working Principles

Grease Cup

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Cupping Therapy

Abdominal cupping is to use external force to open pores so that waste can be discharged through pores outside the body, at the same time for some aging cells also have a certain update. Through the local conditioning can promote local blood and internal circulation to speed up metabolism to achieve the effect of weight loss. According to these principles, cupping the abdomen can reduce the protruding fat on the abdomen. Abdominal cupping can also help with cold, or cold womb and other

diseases. It can also regulate the viscera, balance Yin and Yang, improve the immune function.

Effects

1. Speed up the flow of lymph.
2. Speed up the natural detoxification process and help the body remove waste through the lymphatic system.
3. Stimulate the activity of lymphatic domain.
4. Increased lymphocyte productivity.
5. Improve your body's metabolism.
6. Boosts immune system function.

Applicable Range

1. Those whose face lacks luster and whose skin becomes very rough.
2. Those who drink a lot and suffer from insomnia.
3. Those who have excessive fat on waist and abdomen. (Lymphatic detoxification can rapidly improve edema and consuming fat.)
4. Those with bad breath and frequent constipation.
5. Those with poor mental state, poor resistance to cold and illness.

Inapplicable Range

1. Those with "3 Hs"(hypertension, hyperglycemia, hyperlipidemia) and who have heart disease.
2. Those in pregnancy, menstruation or lactation.
3. Those who have just undergone surgical wounds or convalescents.
4. Those with epilepsy and severe diabetes and hyperthyroidism.
5. Those with malignant tumors, hemophilia or severe bleeding.
6. Those with skin diseases and infectious diseases.
7. Those with severe gynecological diseases.
8. Those whose gynecological diseases are being treated.
9. Those with lymphoma or signs of cancer.
10. Those who has a weak body.
11. Those who are drunk, full or empty-stomached, thirsty and overworked.

Notes after Operation

1. Shower 4-6 hours after treatment.
2. Avoid heat and cold.
3. Avoid spicy, greasy foods.
4. Drink plenty of hot water to boost your metabolism.
5. Avoid staying up late and smoking.

6. Set the time subjecting to your own situation. (Cupping does not achieve better results the longer you do it.)

Body Care: Private Parts

Working Principles

Private Part Cupping Therapy

The negative pressure in the cup can make local capillaries congested, stimulate organs, enhance cell vitality, promote functional activities, and improve the body's resistance; Negative pressure mechanical stimulation: through the reflex pathway to the central nervous system, can regulate the balance of neural activity. The inhalation and exhalation in the operation, the increase and disappearance of negative pressure replace, make the local pores continue to open and close, promote the skin breathing, increase its oxygen intake, accelerate the elimination of waste and promote the contraction of pelvic smooth muscle, increase blood circulation, regulate the endocrine system, increase lutein and hormone secretion in the body.

Effects

1. Improve vaginal lubrication.
2. Improve vaginal relaxation.
3. Regulate your hormones.
4. Improve the quality and sensitivity of your sex life.
5. Improve the color of the perineum.
6. Discharge vaginal toxins and residual metabolites, restore vaginal cleanliness and balance.

Applicable Range

1. Those who are in pregnancy, birth, abortion, contraception and sexual intercourse.
2. Those with irregular menstruation (dysmenorrhea, less period flow, blood clots).
3. Those with skin spots, acne and dark yellow caused by endocrine imbalance.
4. Those with abnormal leucorrhea and peculiar smell.
5. Those with poor memory and immunity.
6. Those whose sex life isn't compatible.

Inapplicable Range

1. Those in pregnancy, menstruation or lactation.
2. Those who are recovering from surgery or being treated.
3. Those who have heart disease and hypertension, etc.

4. Those who have skin disease, infectious disease or during sensitive skin period.

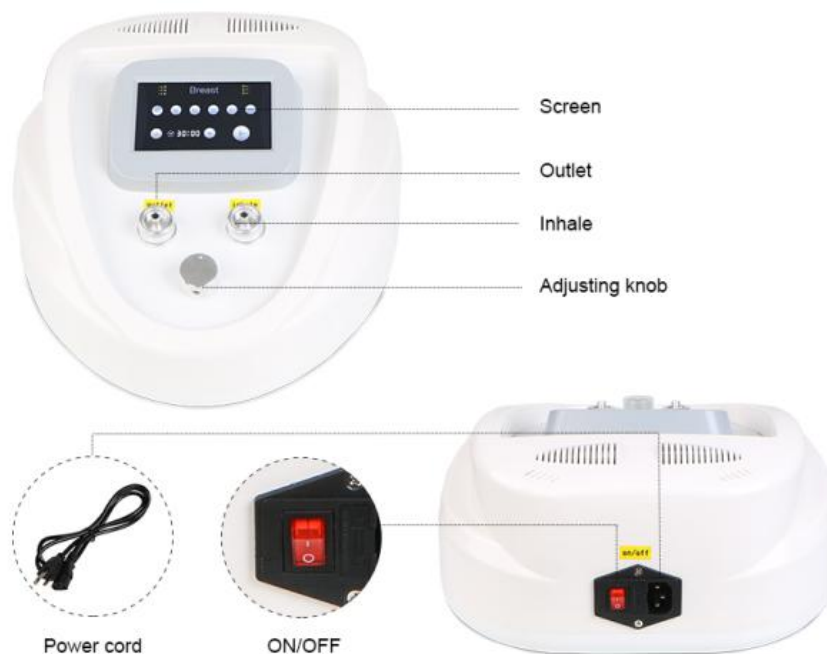
Notes after Operation

1. Shower 4 hours after treatment.
2. Drink plenty of warm water, avoid cold water and eat raw, cold and spicy food.
3. Change and wash underwear daily. The underwear should be made of pure cotton and silk, with less chemical fiber and avoid excessive tight underwear.
4. Towels and underpants should be dried in the sun or boiled with hot water. If dried in a humid environment, it is easy to breed fungus.
5. Don't have sex immediately after you're done.

Part II

1. Detailed Operation

Detailed installation is as follows





Twist open the inlet cover and put in cotton filter, then twist the cover clockwise to close it.

Note:

1. Always put in cotton filter into the inlet hole to avoid damage caused by possible message oil leaking into the machine.
2. Always replace the cotton filter after each treatment.





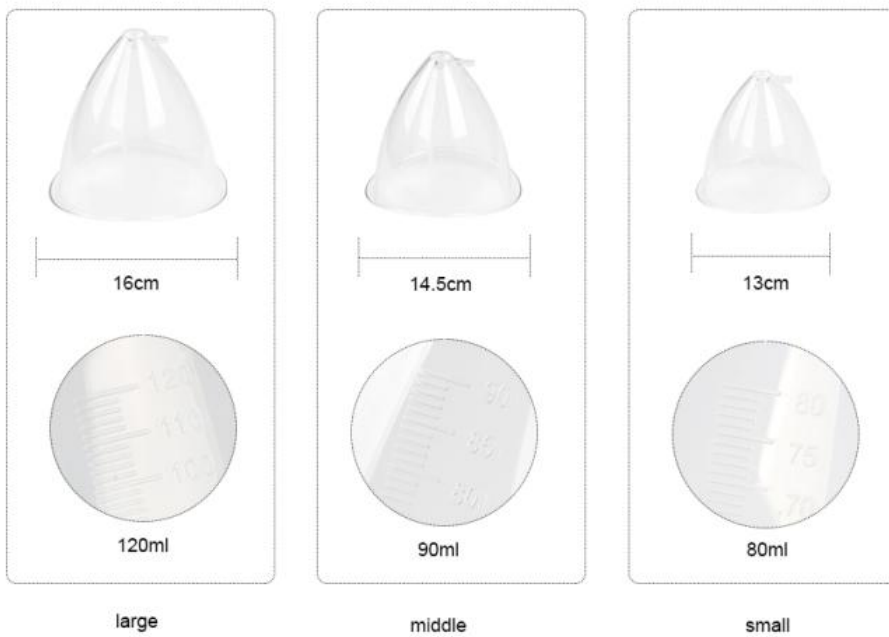
Insert one end of the rubber hose into the inlet hole and connect two other ends with the cups.

Note:

1. Two cups work at the same time only when they are in contact with the skin. Suction is little to none when there's only one cup that is in contact with the skin.
2. Tie the other rubber hose up when you only need one cup (moving cupping). Untie the rubber hose when you need two cups.



Insert one end of the rubber hose into the inlet hole and connect two other ends with the breast cups. Select the right sized breast cups based on one's own breast size.



Breast cup (3*2)



Cupping cup(9*2)



Grease cup



rubber hose/silicon hose



① Outlet

- ② Inlet: Inert one end of the rubber hose into Inlet when using vacuum cups
- ③ Suction Tuning: Turn counterclockwise to decrease suction intensity and clockwise to increase suction intensity. Adjust suction based on one's comfort level. It is advised to start from low suction intensity to avoid discomfort.



Three grease cups

Choose the right sized grease cup based on the size of the treatment site



Large grease cup can be used on body, e.g. arms, abdomen, waist, buttocks, legs, back



Medium grease cup can be used on face or body, e.g. arms, neck, face, calves

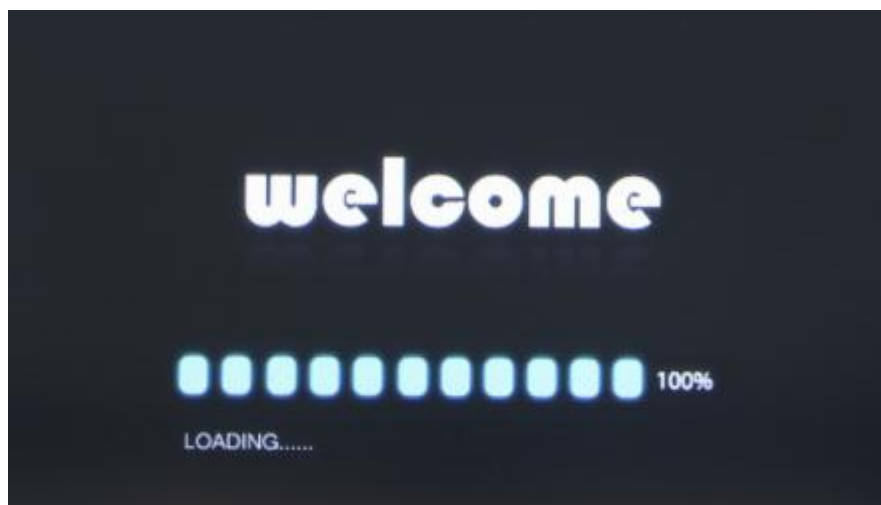


Small grease cup can be used on face, e.g. face, around eyes, forehead, chin, neck

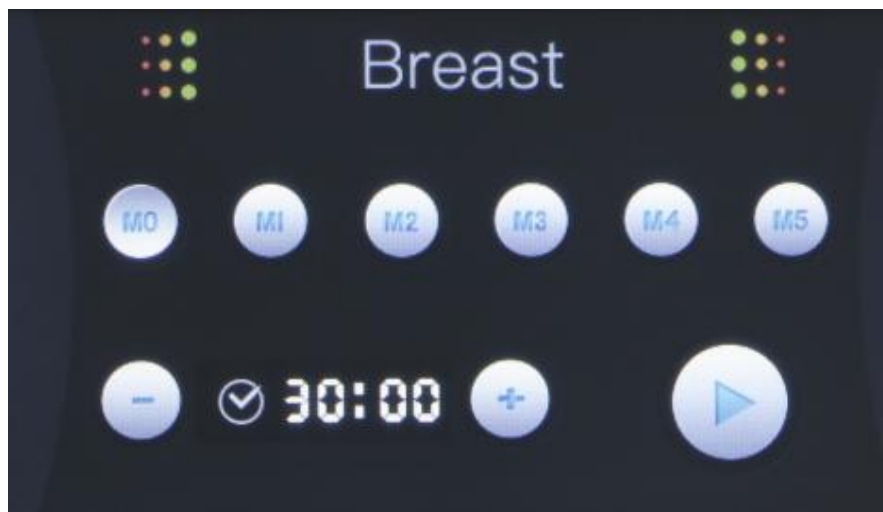


- ① Suitable for relatively large breasts that are in need of breast shaping
- ② Suitable for relatively medium breasts that are in need of breast enlargement
- ③ Suitable for relatively small breasts that are in need of relaxation through massage
- ④ Suitable for cupping therapy and moving cupping therapy (on large body areas, i.e. thigh, buttocks, abdomen)
- ⑤ Suitable for cupping therapy and moving cupping therapy (on legs and back)
- ⑥ Suitable for cupping therapy and moving cupping therapy (on small body areas, i.e. arms, calves)
- ⑦ Suitable for moving cupping therapy (on neck, arms)
- ⑧ Suitable for moving cupping therapy and massage (on face and neck)
- ⑨ Suitable for moving cupping therapy and cleansing (on face)
- ⑩ Suitable for moving cupping therapy (on private parts)
- ⑪ Suitable for facial cleansing
- ⑫ Suitable for facial cleansing and detoxification

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



Then it goes to the interface below



Function Selection



Cupping Mode

Select the mode based on one's own comfort level



M0 is direct suction mode, suitable for those with internal humidity, clogged channels and meridians, and are opt for deep detoxification and scraping



M1 is intermittent mode, with a small interval rate between suction and release, suitable for relaxation and massage



M2 is intermittent mode, with a relatively bigger interval rate than M1, suitable for facial massage, detoxification and body relaxation



M3 is intermittent mode, with a relatively bigger interval rate than M2, suitable for body massage, detoxification and decompression



M4 is intermittent mode, with with a relatively bigger interval rate than M3, suitable for body shaping, detoxification and build up of resistance



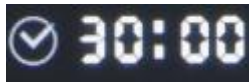
M5 is intermittent mode, suitable for massage and shaping of breasts and

buttocks



Working Time

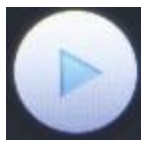
It is advised to treat 20 min or so on each treatment site



Current Working Time Display



Time +/-



Start/Pause



Suction Intensity Tuning

Adjust suction based on one's comfort level. Turn counterclockwise to decrease suction intensity and clockwise to increase suction intensity. It is advised to start from low suction intensity to avoid discomfort and increase slowly after adaptation.

2. Technical Parameters

Power: 60W

Pressure: >250kPa

Air flow: >10L/minute

Noise level: <70dB (30cm away)

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. Use with caution for current sensitive people.
8. Avoid using for those who are suffering from serious diseases of the stomach, intestine and liver as well as bladder stones and kidney stones.

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. Do not use it for those have breasts prosthesis.
7. Do not use it for those have metal supports in the body (excluding IUD).
8. It should not be used during pregnancy or breastfeeding.
9. Don't use it after drinking.
10. Don't use it during heavy periods.
11. Do not use it 6 months after C-section.
12. Do not use it 3 months after miscarriage.
13. Do not use it 2 months after natural labor.
14. In the process of operation, if the suction adjustment of the negative pressure cup is too large, please immediately stop and adjust the suction.
15. Do not wear metal jewelry during the treatments.
16. Remember to add filter cotton before using the vacuum metal head to avoid the essential oil entering and causing the instrument malfunction.
17. After the operation, scrub the instrument with normal saline to ensure its cleanliness and extend its service life.

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. Vacuum cup/grease cup has no suction or less suction?

- A. Check if the transparent long pipe is misconnected or not connected properly.
- B. Please check and clean if there is foreign matter or grease obstruction in the suction hole of main engine.
- C. If the pipe is broken, especially at both ends, it shall be replaced.

6.FAQs

1. Q: Does vacuum breast enlargement have any side effects?

A: No side effects. Vacuum breast enlargement adopts the working principle of pure physical therapy. Massage, negative pressure suction and release are common principles used in health care physical therapy instruments. It utilizes cutting-edge technology and combines a variety of principles into one machine, therefore giving birth to a highly effective device that produces no rebound and no side effects.

2. Q: How long before I can start seeing results of facial treatment by vacuum cupping therapy?

A: Under normal circumstance on that day you can see pores are clean, skin is smooth. Normally facial care needs to be done consistently at least once a week. Persistent operation brings better results.

3.Q: How does negative pressure/vacuum detoxify?

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

7. Packing List

1 x Main Machine

3 x Grease Cup





3 x Breast Cup (pairs)


18 x Vacuum Cup for Cupping Therapy

3 x White Rubber Hose

1 x Power Cord

8.Operational Diagrams


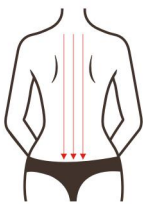

Parameter Adjustment	Product	Technique	Diagram
<h3>Facial Cleaning: 45 min, once/week</h3>			
<p>Face Cup: Mode: M0 Suction: Adjust based on one's own comfort level</p> <p>Grease Cup: Mode: M2 Suction: Adjust based on one's own comfort level</p>	<p>Makeup removing oil+ Cleanser+ Blackhead export liquid+ Essence+ Cold and hot steam+ Sheet mask</p>	<ol style="list-style-type: none"> 1. Remove makeup and clean face, 5 min. 2. Apply toner, 1 min. 3. Apply blackhead export liquid+hot steam (on large pores or clogged area; apply toner or AS3 solution on cheeks; apply toner+cold steam for sensitive skin, export liquid+hot steam is not recommended.) 5-8 min. 4. Facial Cupping Therapy Cling device on forehead for 1 sec and gently move towards hairline; each move should be close to the previous one (forehead-nose-chin-cheek); double the operation on clogged pores if needed, around 10 min. 5. Clean face with purified water, 2 min. 6. Apply toner. 7. Apply essence evenly on face. 8. Grease Cup Treatment Start from chin to forehead, move the device in lines to lift face, 3 times. 9. Start from chin, coupled with hands to lift the face; 	<p>Technique4</p>  <hr/> <p>Technique4</p>  <hr/> <p>Technique8</p>  <hr/> <p>Technique8. 11</p>  <hr/> <p>Technique9</p>

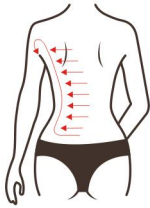
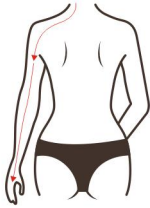
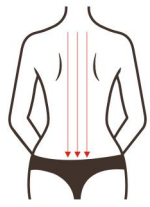
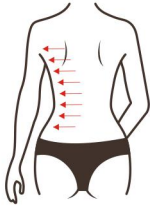
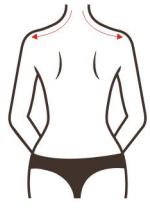
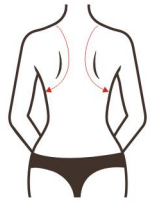
		<p>move from chin to earlobe, mouth corner to ear gate, nose wing to temple, lower eyelid to temple to lift canthus, 3 times.</p> <p>10. Do the same on another side.</p> <p>11. Lift towards hairline forehead, 3 times.</p> <p>12. Apply face mask, 15 min.</p> <p>13. Take off the mask and wash face clean, 2 min.</p> <p>14. Apply toner, essence, cream and sunscreen.</p>	
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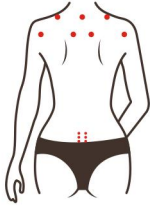
Suggested Treatment:

10 treatments account for one full course. After one course, face beams with healthy redness, blood circulation is accelerated. Skin starts to export toxins, acne and blackheads are reduced. After 3 courses, skin contour is clearer, resistance is strengthened, and skin presents to be glowing and healthy.

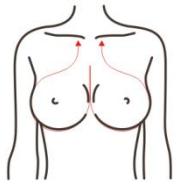
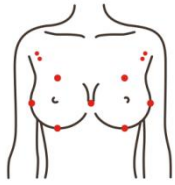
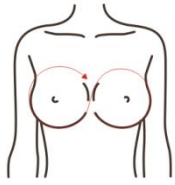
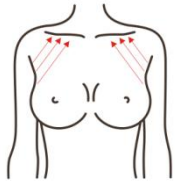
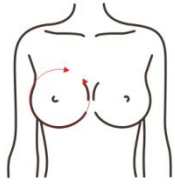
Back Lymphatic Drainage: 60 min, once/week

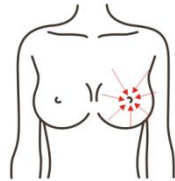
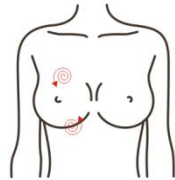
<p>Grease Cup: Mode: M0 Suction: Adjust based on one's own comfort level</p> <p>Back Cup: Mode: M0 Suction: Adjust based on one's own comfort level</p>	<p>Essential oil+ Towel</p>	<p>1. Back Massage Apply oil on back till waist and push down on Fengchi(<i>GB-20</i>) and Fengfu(<i>DU-16</i>) acupoints, 3 times.</p> <p>2. Rub Du Channel (GV) and <i>Bladder Channel(BL)</i> with hands with both hands, 3 times.</p> <p>3. Push alternately Du Channel(GV) and <i>Bladder Channel(BL)</i> with hands, 3 times.</p> <p>4. The roots of both palms start from the major vertebra and alternate in pushing Du Channel(GV) and <i>Bladder Channel(BL)</i>; Lift from the lumbar side through the armpits in left-right order, 3 times.</p>	<p>Technique1</p>  <hr/> <p>Technique2. 3</p>  <hr/> <p>Technique5. 11</p> 
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	<p>5. Push thumbs between shoulder blades to armpits, 3 times ; and then pass through armpits to fingers.</p> <p>6. Alternate both palms, starting from <i>Dazhui(DU-14)</i> acupoint in rib direction towards waist and slide to armpit in lines; make sure a line is next to another, 3 times</p> <p>7. Alternate <i>Tiger Mouth (the area where the thumb meets the index finger)</i>, starting from hairline to <i>Da Ban Jin (start from Fengchi(GB-20) and Fengfu(DU-16), tracing shoulder fascia)</i> and slide to fingers, 3 times.</p> <p>8. Do the same on the other side.</p> <p>9. Grease Cup Treatment Move the grease cup from the big vertebra to the tail vertebra, 3 times.</p> <p>10. Push from <i>Bladder Channel(BL)</i> to tail vertebra (first left, then right), 3 times</p> <p>11. Push from shoulder blade seam to armpit, 3 times.</p> <p>12. Push to waist following ribs in lines, 3 times.</p> <p>13. Push <i>Da Ban Jin (start from Fengchi(GB-20) and Fengfu(DU-16), tracing shoulder fascia)</i>, starting from neck, 3 times.</p> <p>14. Do the same on the other side.</p> <p>15. Moving Cupping Therapy For those with heavy moisture or humidity inside the body, try moving cupping therapy; move through <i>Bladder Channel(BL)</i> and Du</p>	<p>Technique6</p>  <hr/> <p>Technique7</p>  <hr/> <p>Technique9. 10. 15</p>  <hr/> <p>Technique12. 17</p>  <hr/> <p>Technique13. 18</p>  <hr/> <p>Technique16</p>  <hr/> <p>Technique19</p>
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		<p>Channel(GV) back and forth for 3 times (subjecting to the customer's acceptability).</p> <p>16. Move through the shoulder blade seam back and forth for 3 times (subjecting to the customer's acceptability).</p> <p>17. Move through the whole back to the rib direction for 3 times (subjecting to the customer's acceptability).</p> <p>18. Select fit cups and move them on neck to <i>Da Ban Jin</i> (start from <i>Fengchi</i>(GB-20) and <i>Fengfu</i>(DU-16), tracing <i>shoulder fascia</i>) back and forth, 3-5 times.</p> <p>19. Fixated Cup Therapy Fixate the cups on <i>Dazhui</i> (DU-14), <i>Jianjing</i>(GB-21), <i>Tianzong</i>(SI-11), <i>Feiyu</i>(BI-13), and 8 <i>Crevice</i> area (including pairs of <i>Upper crevice</i>, around 5-10 min (subjecting to the customer's acceptability).</p> <p>20. Take off the cups and wipe clean with towel.</p>	
<p>Suggested Treatment: 10 treatments account for one full course. After one treatment, petechiae appear and dampness are removed. After one course, the back becomes relaxed and relieves the sore symptoms of shoulders and neck. After 3 courses, the lump on back of the neck is improved, the qi and blood function is normal, the sleep quality is good, and the physique is enhanced.</p>			

Breast Enlargement: 60 min, 1-2 times/week




<p>Breast Cup Mode: M5 Suction: Adjust suction intensity based on one's own comfort level</p>	<p>Essential oil+ Towel</p>	<ol style="list-style-type: none"> 1. Stand at the head of the bed, both hands from <i>Shanzhong(Ren-17)</i> began to rub oil to armpit up at the same time lift the suspension ligament (this is to caress treatment area), 3 times. 2. Push on the following acupoints with both thumbs: <i>Shanzhong(Ren-17)</i>, <i>Rugen(ST-18)</i>, <i>Dabao(SP-21)</i>, <i>Yingchuang(ST-16)</i>, <i>Zhongfu(LU-1)</i>, <i>Yunmen(LU-2)</i>, 3 times. 3. Caress the treatment area, 3 times. 4. Overlap both palms from <i>Shanzhong(Ren-17)</i> to chest both sides back and forth as if writing figure "8", 3 times. 5. Lift the accessory breast to the ligament alternately with both hands, first left, then right, 10 times. 6. Caress the treatment area, 3 times. 7. Sit beside the customer, first left, then right, with both hands to soothe and lift the chest, 3-5 times. 8. Alternately push the breast duct around the chest (one circle of the chest), 3-5 times. 9. Use the thumb to dredge the nodules in the chest, 3 times. 10. Lift the whole chest with hands, 3-5 times. 11. The technique on the other side is the same as 	<p>Technique1</p>  <hr/> <p>Technique2</p>  <hr/> <p>Technique4</p>  <hr/> <p>Technique5</p>  <hr/> <p>Technique7. 10</p>  <hr/> <p>Technique8</p>
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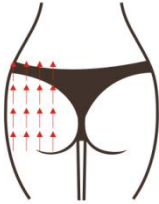

		<p>above.</p> <p>12. Clean the treated area with hot towel, 2 min.</p> <p>13. Breast Enlargement Therapy</p> <p>Select fit vacuum cups and attach them to breasts, 5-15 min.</p> <p>14. For those who have sunken nipples can select cups for face on nipples and start for 5-10 min.</p> <p>15. Take the cups off and clean breasts with hot towel.</p>	 <hr/> <p>Technique9</p> 
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Suggested Treatment:

10 treatments account for one full course. After one treatment, breasts are lifted. After one full course, breasts are tightened and lifted; accessory breast and outspread and drooping breasts will slowly tighten and focus. 3 courses of treatment to make the breast large and straight, adhere to do, the effect will be more obvious.

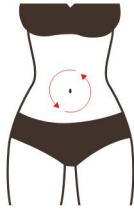
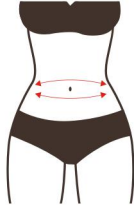
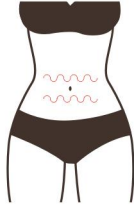


Buttock Augmentation: 60 min, 1-2 times/week




<p>Buttock Cup Mode: M5 Suction: Adjust suction intensity based on one's comfort level</p>	<p>Essential oil+ Towel</p>	<ol style="list-style-type: none"> 1. Standing on the side, accumulate oil on hands and then slide from <i>8 Crevice</i> area to the waist and then lift up along the hips from the waist, 3 times (to caress the treatment area.) 2. Repeatedly push <i>8 Crevice</i> area with two thumbs. 3. Caress the treatment area for 3 times and then press on the following points: <i>Shenyu(BI-23)</i>, <i>8 Crevice area</i>, <i>Changqiang(DU-1)</i>, <i>Huantiao(GB-30)</i> and <i>Chengfu(BI-36)</i>, 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 	<p>Technique1</p>  <hr/> <p>Technique2</p>  <hr/> <p>Technique3</p> 
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	<p>bottom to top - <i>Bladder Channel(BL)</i> -<i>Kidney Channel(KD)</i> - <i>Liver Channel(LV)</i> - <i>Gallbladder Channel(GB)</i> - <i>Du Channel(GV)</i>, 3 times each.</p> <p>6. Both hands follow from the root of thigh from bottom to top - <i>Bladder Channel(BL)</i> - <i>Kidney Channel(KD)</i> - <i>Liver Channel(LV)</i> - <i>Gallbladder Channel(GB)</i> - <i>Du Channel(GV)</i>, 3 times each.</p> <p>7. Overlap both palms and push up together from thigh root to <i>Du Channel(GV)</i> to lift the treatment area, 3 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 <i>8 Crevice area</i> with hands till it's hot.</p> <p>13. Moving Cupping Therapy Select fit cups to move the cups: start from thigh root and move upwards to lift the buttocks, 3-5 times.</p> <p>14. From two sides of hips to center of buttocks to lift them, 3-5 times.</p> <p>15. Fixated Cupping Therapy Select fit cups, fixate them on buttocks and adjust to proper energy level, 5-15 min.</p> <p>16. Take off the cups and wipe buttocks with hot towel.</p>	<p>Technique5</p>  <hr/> <p>Technique6</p>  <hr/> <p>Technique8</p> 
<p>Suggested Treatment:</p>		

10 treatments account for one full course. After a treatment, hips achieve the effect of lifting. After a course of treatment, excess fat on hips begin to disappear, the surrounding fat begin to concentrate. After 3 courses of treatment to shape hip curve, increase hip elasticity, improve gynecological cold womb and other problems.

Abdomen Cupping: 60 min, once every 2 weeks

<p>Abdomen Cup Mode: M0 Suction: Adjust based on one's own comfort level</p>	<p>Essential oil+ Towel</p>	<ol style="list-style-type: none"> 1. Apply and rub oil on abdomen with hands, 3 times. 2. Rub stomach back and forth with both hands, 3 times. 3. Knead abdomen with both hands using chiropractic techniques, 3 times. 4. Lift <i>Dai Channel</i>(BV) on both sides of waist with both hands alternately, 16 times. 5. Move hands as if writing figure "8" on waist, 3 times. 6. Overlap hands and message the intestinal canal clockwise, 3 times. 7. Move hands in circular motion and caress the treatment area, 3 times. 8. Push on the following acupoints: <i>Shangwan</i>(Ren-13), <i>Zhongwan</i>(Ren-12), <i>Xiawan</i>(Ren-10), <i>Shenque</i>(Ren-8), <i>Qihai</i>(Ren-6), <i>Guanyuan</i>(Ren-4), <i>Zhongji</i>(Ren-3), <i>Tianshu</i> (ST-15), <i>Crooked Bone</i> (Ren-2), 2 times. 9. Move hands in circular motion and caress the treatment area, 3 times. 10. Alternate hands in pushing the following meridians: <i>Ren Channel</i> (CV) - 	<p>Technique1</p>  <hr/> <p>Technique2</p>  <hr/> <p>Technique3</p>  <hr/> <p>Technique5</p>  <hr/> <p>Technique6</p>  <hr/> <p>Technique8</p>
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		<p>2 cun away, <i>Kidney Channel (KD)</i>- 4 cun away, <i>Stomach Channel (ST)</i>- 6 cun away, <i>Spleen Channel (SP)</i>- 8 cun away, <i>Liver Channel (LV)</i>- two sides, <i>Gallbladder Channel (GB)</i>, 3 times.</p> <p>11. Starting from <i>Zhongji(Ren-3)</i>, push both thumbs to belly navel, slide them to waist and the lift upwards to groin, 3 times.</p> <p>12. Caress the treatment area with hands, 3 times.</p> <p>13. Caress and slide to groin.</p> <p>14. Fixated Cupping Therapy Choose the appropriate cup to fix the cup on the abdomen, and it will last for about 5-10 minutes on <i>Xiawan(Ren-10)</i>, <i>Tianshu(ST-25)</i>, <i>Daheng(SP-15)</i>, <i>Guanyuan(Ren-4)</i>, waist side (according to the customer's situation).</p> <p>15. Take off the cup and wipe abdomen with hot towel.</p>	 <hr/> <p>Technique10</p>  <hr/> <p>Technique11</p> 
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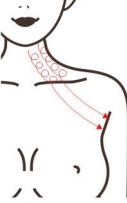
Suggested Treatment:

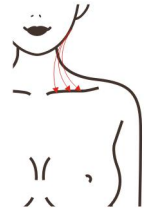




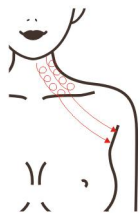
10 times for a course of treatment, one time after finishing the waist abdomen will have a slight measles phenomenon, constipation will be improved, a course of treatment can improve the palace cold, abdominal obesity, improve the digestive system. After two courses of treatment, the effect was strengthened to improve the blockage of abdominal channels and collaterals, damp, constipation, and unclog the intestinal tract. Three courses of treatment consolidated the effect and prevented abdominal and gastrointestinal diseases.

Cupping: it can be done once every two weeks in the early stage, once every 20 days after three times. It can be done once a month after one course of treatment, and once a month and a half after two courses of treatment.

Note: It is advised to do it once every other week if no red or purple marks are seen after treatment or vacuum meter is set at low level.

Lymphatic Drainage: 120 min, once/week

<p>Grease Cup Suction: Mode:MO Suction: Adjust the suction intensity based on one's own comfort level</p> <p>Vacuum Cup Suction: Mode:MO Suction: Adjust the suction intensity based on one's own comfort level</p>	<p>Essential oil+ Towel</p>	<p>Face+Neck Detoxification</p> <ol style="list-style-type: none"> 1. Remove makeup and clean face and neck. 2. Apply toner. 3. Press on the following acupoints on the whole face with both hands: <i>Chengjiang(Ren-24), Dicang(ST-4), Daying(ST-5), Jiache(ST-6), Xiaguan(ST-7), Yingxiang(LI-20), Quanliao(SI-18), Temples(EM5), Jingming(BI-1), Cuanzhu(BI-2), Yuyao(EM3), Sizhukong(TE-23), Tongziliao(GB-1), Chengqi(ST-1), Sibai(ST-2)</i>, 3 times. 4. Alternate hands in lifting the treatment area in 3 lines, tracing from chin to earlobe, mouth corner to ear gate, nose wing to temple, then slide to the underarm, 3 times. 5. Do the same on the other side. <p>6. Neck Massage</p> <p>Apply and rub oil on the chest with both hands to the back of the neck and point to <i>Fengchi(GB-20)</i> and <i>Fengfu(DU-16)</i> acupoints, 3 times.</p> <ol style="list-style-type: none"> 7. From left to right, alternately lift the lower jaw and double chin to pass behind the ear and under the armpit, 3 times. 8. Push downwards with 	<p>Technique3</p>  <hr/> <p>Technique4</p>  <hr/> <p>Technique6</p>  <hr/> <p>Technique7</p>  <hr/> <p>Technique8</p>  <hr/> <p>Technique9</p>
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		<p>hand spread and <i>Tiger Mouth</i> (the area where the thumb meets the index finger) pointing down, tracing 3 meridian channels from the neck side to the armpit, 3 times.</p> <p>9. Push downwards with kneeling fingers till the neck turns hot and slide to the armpit, 3 times.</p> <p>10. Caress with both hands and press <i>Fengchi</i>(GB-20) and <i>Fengfu</i>(DU-16) acupoints, 3 times.</p> <p>11. Do the same on the other side.</p> <p>12. (S) Grease Cup Treatment Coupled with hand, brace the skin on under jaw lymph to lift, travel pass by the back of the ear then slide to underarm, 1-2 times. (Adjust based on the customer's condition).</p> <p>13. Select fit grease cup to move from the middle of the eyebrows upwards and horizontally on forehead, 1-2 times. (Adjust based on the customer's condition).</p> <p>14. Coupled with hand, start from the mandibular lymphatic and move through the back of the ear to the armpit, 3 times.</p> <p>15. The probe is moved in three circles on the side of the neck to the armpit, 3 times.</p> <p>16. Detoxify the internal clavicle to the armpit, 3-5 times.</p> <p>17. Move the small grease cup from behind the ears to</p>	 <p>Technique12</p>  <p>Technique13</p>  <p>Technique13</p>  <p>Technique14</p>  <p>Technique15</p>  <p>Technique16</p>
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the underarm, 2-3 times
(Adjust based on the customer's condition).
18. Do the same on the other side.

Underarm Lymphatic Drainage

19. Underarm technique: from left to right, rub oil at underarm with both hands, 3 times.

20. Knead Jiquan(*HT-1*) acupoint with one palm root, 3-5 times.

21. Alternately push the *Gallbladder Channel(GB)* through the armpit to the finger, 3 times.

22. Push inner clavicle lymph nodes to fingers alternately with both hands, 3 times.

23. Alternate both *Tiger Mouth* (the area where the thumb meets the index finger) in pushing the three following meridians: *Lung Channel(LU)*, *Pericardium Channel(PC)*, *Heart Channel(HT)*, 3 times.

24. Caress the entire arm to the fingers, 3 times.

25. Rub the arm with keeling fingers till it turns hot.

26. Knead Jiquan(*HT-1*) acupoint with one palm root, 3-5 times.

27. Caress the entire arm to the fingers, 3 times.

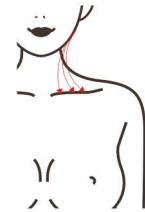
28. (M) Grease Cup Treatment

First left, then right.

29. Push the *Gallbladder Channel(GB)* from the chest side to the armpit and caress with hands for 3 times.



Technique17



Technique20. 26



Technique21. 29. 32



Technique22



Technique23. 30. 33



Technique24. 27

30. Push three meridians from elbow to armpit, 3 times.

31. Do the same on the other side.

32. Moving Cupping Therapy

Move the cup from *Liver Channel(LV)* to the underarm, 3 times.

33. Select the fit vacuum cup to move the cup on the arm in lines, 1-2 times (according to the customer's situation).

34. Fixated Cupping Therapy

Select the fit vacuum cups to fixate them in and out of the arm, *Liver Channel(LV)* and *Gallbladder Channel(GB)*, about 5-10 minutes (adjust subjecting to the customer's situation).

Groin Lymphatic Drainage

35. Inguinal lymphatic drainage technique: first left, then right: rub oil on legs with both hands, 3-5 times.

36. Press *Chongmen(SP-12)*, 3-5 times.

37. Move hands upwards to four main collateral channels: *Bladder Channel(BL)*-*Kidney Channel(KD)* -*Liver Channel(LV)*-*Gallbladder Channel(GB)* with fingers spread and *Tiger Mouth* (the area where the thumb meets the index finger) pointing upwards, 3 times.

38. Caress the whole treatment area, 3 times.

39. Push to the groin with *Tiger Mouth* (the area where the thumb meets the index



Technique36



Technique37. 43. 46. 48



Technique39. 40. 45




Technique41



Technique44



Technique49

	<p><i>finger</i>), 3-5 times.</p> <p>40. Overlap both thumbs to push groin, 3-5 times.</p> <p>41. Twist both hands upwards alternately as if twisting a fried dough, 3 times.</p> <p>42. Rub the end of thigh with kneeling fingers till it turns hot.</p> <p>43. (L) Grease Cup Treatment Push the 4 meridians till groin, 3 times.</p> <p>44. Move in circles back and forth at groin area, 3 times.</p> <p>45. Coupled with hand, push groin alternately, 3 times.</p> <p>46. Push from the middle of thigh to groin, and caress with hand, 3 times.</p> <p>47. Do the same on the other side.</p> <p>48. Moving Cupping Therapy Select the fit vacuum cup to move the cup on the leg in lines, 1-2 times (according to the customer's situation).</p> <p>49. Fixated Cupping Therapy Fixate the cups on following points: Zusanli(<i>ST-36</i>), Sanyinjiao(<i>SP-6</i>), 10 min.</p> <p>50. Remove the cups and clean the treatment area with hot towel.</p>	 <hr data-bbox="1054 427 1353 432"/>
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Suggested Treatment:

Ten treatments account for one full course. Once done, body is relaxed and blood circulation is smooth. After a full course, blood circulation and lymphatic drainage is accelerated. Blockage and acne is also improved. After two courses, armpit lymph blockage is bettered, and immunity is boosted. Three courses help enhance the effect, accelerate lymph circulation, strength physique and prevent diseases.

Body Care on Private Parts: 60 min, once/week


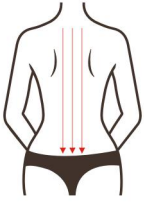
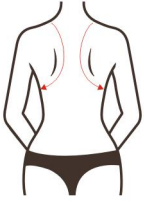
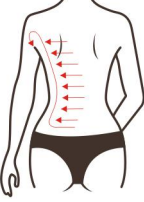

Private Part Vacuum Cup Mode: M0 Suction: Adjust based on one's own comfort level	Oil for Private part use	<p>1. Private Part Massage Pour drips of oil on palm and rub until it's hot; From left to right, alternate <i>Tiger Mouth</i> (the area where the thumb meets the index finger) to push groin, 3-5 times.</p> <p>2. From left to right, push to the groin upwards with both hands, 3-5 times.</p> <p>3. Press and rub acupoints around labia with both hands, 3 times.</p> <p>4. Slide from groin to labia in lines with both hands in parallel lines, 3-5 times.</p> <p>5. From left to right, push to the groin upwards with both hands, 3-5 times.</p> <p>6. Slide from groin to labia in lines with both hands in parallel lines, 3-5 times.</p> <p>7. Private Part Cupping Therapy Select fit vacuum cups to fixate on three points of the groin, 3 min each.</p> <p>8. Select the private cup, and push upwards to the groin upwards with both hands, 3-5 times.</p> <p>9. Push labia majora and labium minus upwards with both hands, 3-5 times.</p>	No Diagrams
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		10. Stimulate Huiyin(Ren-1) acupoint (stay for 3 seconds), 3-5 times.	
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Suggested Treatment:

10 times for a course of treatment, after a course of treatment can feel some compact, after a course of treatment groin and labia part color began to fade, slowly began to compact, three courses of treatment down the private parts began to rosy compact, menstruation began to return to normal, dysmenorrhea symptoms improve, restore a happy life.

Full Body Detoxification: 160 min, once every 2 weeks

<p>Vacuum Cups Mode: M0 Suction: Adjust based on one's own comfort level</p>	<p>Essential oil+Towel</p>	<p>Back Detoxification 1. Back Massage Apply oil on back till waist and push down on <i>Fengchi (GB-20)</i> and <i>Fengfu(DU-16)</i> acupoints, 3 times. 2. Rub Du Channel(GV) and <i>Bladder Channel(BL)</i> with hands with both hands, 3 times. 3. Push alternately Du Channel(GV) and <i>Bladder Channel(BL)</i> with hands, 3 times. 4. The roots of both palms start from the major vertebra and alternate in pushing Du Channel(GV) and <i>Bladder Channel(BL)</i>; Lift from the lumbar side through the armpits in left-right order, 3 times. 5. Push thumbs between shoulder blades to armpits, 3 times; and then pass through armpits to fingers. 6. Alternate both palms, starting from <i>Dazhui(DU-14)</i> acupoint in rib direction towards waist and slide to armpit in lines; make sure a</p>	<p>Technique1 </p> <hr/> <p>Technique2. 3. 9. 10 </p> <hr/> <p>Technique5. 11 </p> <hr/> <p>Technique6 </p> <hr/> <p>Technique7 </p>
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line is next to another, 3 times
 7. Alternate *Tiger Mouth* (the area where the thumb meets the index finger), starting from hairline to *Da Ban Jin* (start from GB-20 and DU-16, tracing shoulder fascia) and slide to fingers, 3 times.

8. Do the same on the other side.

9. Back (L) Grease Cup Treatment

Move the lymphatic detoxification instrument from the big vertebra to the tail vertebra, 3 times.

10. Push from *Bladder Channel(BL)* to tail vertebra (first left, then right), 3 times

11. Push from shoulder blade seam to armpit, 3 times.

12. Push to waist following ribs in lines, 3 times.

13. Push *Da Ban Jin* (start from GB-20 and DU-16, tracing shoulder fascia), starting from neck, 3 times.

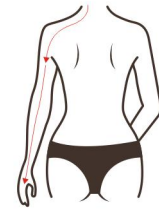
14. Do the same on the other side.

15. Moving Cupping Therapy

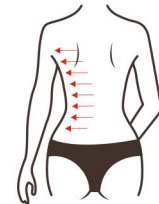
For those with heavy moisture or humidity inside the body, try moving cupping therapy; move through *Bladder Channel(BL)* and *Du Channel(GV)* back and forth for 3 times (subjecting to the customer's acceptability).

16. Select fit cups and walk them on neck to *Da Ban Jin* (start from GB-20 and DU-16, tracing shoulder fascia) back and forth, 3-5 times.

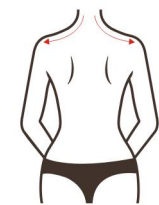
17. Fixated Cup Therapy



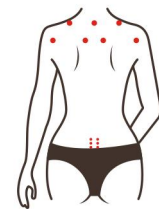
Technique12



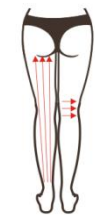
Technique13. 16



Technique17



Technique20. 21. 22. 25. 28



Technique23



Technique32

Fixate the cups on *Dazhui (DU-14)*, *Jianjing(GB-21)*, *Tianzong(SI-11)*, *Feiyu(BI-13)*, and *8 Crevice* area, around 5-10 min (subjecting to the customer's acceptability).

18. Take off the cups and wipe clean with towel.

19. The end of back treatment.

Leg Detoxification

20. Leg Massage

First left, then right, rub oil on legs with both hands, 3 times.

21. Move hands upwards to four main collateral channels: *Bladder Channel(BL)*-*Kidney Channel(KD)* -*Liver Channel(LV)*-*Gallbladder Channel(GB)* with fingers spread and *Tiger Mouth (the area where the thumb meets the index finger)* pointing upwards, 3 times.

22. Push hands alternately to popliteal fossa, 3 times.

23. Twist both hands upwards alternately as if twisting a fried dough, 3 times.

24. Caress the treatment area, 3 times.

25. Push the 4 main meridians upwards with kneeling fingers of both hands, 3 times.

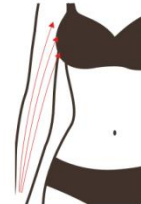
26. Caress the treatment area, 3 times.

27. Do the same on the other side.

28. **Leg (L) Grease Cup Treatment**
Push *Bladder Channel(BL)*-



Technique36. 41. 43



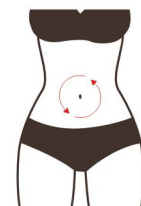
Technique38



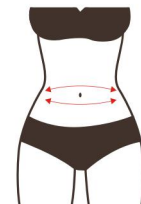
Technique39. 42. 44



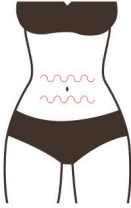



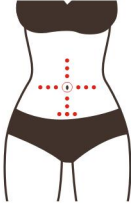

Technique47





Technique48



Technique49

	<p>Kidney <i>Channel</i>(KD)- Liver <i>Channel</i>(LV)- Gallbladder <i>Channel</i>(GB) accordingly to popliteal fossa, 3 times.</p> <p>29. Start from popliteal fossa, pushing the 4 meridians to the end of thigh, 2-3 times.</p> <p>30. Repeat the same techniques with vacuum cup walking.</p> <p>31. Do the same on the other side.</p> <p>32. Fixated Cupping Therapy Fixate the cups on the following acupoints: popliteal fossa, thigh, Chengshan (BL-57), 10 min.</p> <p>33. Remove the cups and clean the treatment area with hot towel.</p> <p>34. The end of leg treatment.</p> <p>Arm Detoxification</p> <p>35. Arm Massage Lay the arm flatwise, apply and rub oil in from lower arm to the entire arm and slide to the fingers, 3 times.</p> <p>36. Push hands upwards tracing three main collateral channels: <i>Triple Energizer (TE)</i>-<i>Large Intestine Meridian(LI)</i>-<i>Small Intestine Meridian(SI)</i> to armpits with fingers spread and <i>Tiger Mouth</i> (the area where the thumb meets the index finger) pointing upwards, 3 times.</p> <p>37. Trace and rub three main collateral channels on arms with kneeling finger back and forth till them turn hot, 3 times.</p> <p>38. Lay the arm flatwise,</p>	 <hr/> <p>Technique50</p>  <hr/> <p>Technique51</p>  <hr/> <p>Technique52</p>  <hr/> <p>Technique54</p>  <hr/> <p>Technique56</p>  <hr/> <p>Technique57</p>
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	<p>apply and rub oil in from lower arm to the entire arm and slide to the fingers, 3 times.</p> <p>39. Push hands tracing three yin channel on inner arm: <i>Heart Channel(HT)- Pericardium Channel(PC)- Lung Channel(LU)--</i> to armpit, with <i>Tiger Mouth</i> (the area where the thumb meets the index finger) pointing upwards, 3 times respectively</p> <p>40. Trace and rub three main collateral channels on arms with kneeling finger back and forth till them turn hot, 3 times.</p> <p>41. Arm (M) Grease Cup Treatment</p> <p>Lay the arm flatwise and push the 3 main meridians on outer arm, 3 times.</p> <p>42. Lay the arm flatwise and push the 3 main meridians on inner arm till the underarm, 3 times.</p> <p>43. Moving Cupping Therapy Select the fit vacuum cup and push the 3 main meridians on outer arm, 3 times.</p> <p>44. Lay the arm flatwise and push the 3 main meridians on inner arm till the underarm, 3 times.</p> <p>45. Fixated Cupping Therapy Fixate the cups on the outer arm, 5-10 min.</p> <p>46. Remove the cups and clean the treatment area with towel.</p> <p>Abdomen Detoxification</p> <p>47. Abdomen Massage</p>	 <hr/> <p>Technique60</p> 
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		<p>Apply and rub oil on abdomen with hands, 3 times.</p> <p>48. Rub abdomen back and forth with both hands, 3 times.</p> <p>49. Knead abdomen with both hands using chiropractic techniques, 3 times.</p> <p>50. Lift <i>Dai Channel</i>(BV) on both sides of waist with both hands alternately, 16 times.</p> <p>51. Move hands as if writing figure "8" on waist, 3 times.</p> <p>52. Overlap hands and massage the intestinal canal clockwise, 3 times.</p> <p>53. Move hands in circular motion and caress the treatment area, 3 times.</p> <p>54. Push on the following acupoints:<i>Shangwan</i>(Ren-13), <i>Zhongwan</i>(Ren-12), <i>Xiwan</i>(Ren-10), <i>Shenque</i>(Ren-8), <i>Qihai</i>(Ren-6), <i>Guanyuan</i> (Ren-4), <i>Zhongji</i>(Ren-3), <i>Tianshu</i>(ST-25), <i>Daheng</i> (SP-15), 2 times.</p> <p>55. Alternate hands in pushing the following meridians: <i>Ren Channel</i> (CV) - 2 cun away, <i>Kidney Channel</i> (KD)- 4 cun away, <i>Stomach Channel</i> (ST)- 6 cun away, <i>Spleen Channel</i> (SP)- 8 cun away, <i>Liver Channel</i> (LV)- two sides, <i>Gallbladder Channel</i> (GB), 3 times.</p> <p>56. Starting from <i>Zhongji</i> (Ren-3), push both thumbs to belly navel, slide them to waist and the lift upwards to groin, 3 times.</p> <p>57. Circle around with both</p>	
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		<p>hands to caress the treatment area, 3 times.</p> <p>58. Caress the treatment area with hands and slide to the groin.</p> <p>59. Fixated Cupping Therapy Select the fit cup to fix the cup on the abdomen on <i>Xiwan(Ren-10)</i>, which is 2 fingers above belly navel, <i>Tainshu(ST-25)</i>, which is 2 fingers next to belly navel, <i>Daheng (SP-15)</i>, which is 4 fingers next to belly navel, <i>Guanyuan(Ren-4)</i>, which is 4 fingers below belly navel, sides of the waist, 5-10 min (according to the customer's situation).</p> <p>60. Remove the cups and clean abdomen with hot towel.</p> <p>61. The end of abdomen treatment.</p>	
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Suggested Treatment:

6 treatments account for one full course. Once done, body is relaxed and there will be slight petechiae, which should disappear 3-5 days gradually. It is advised to receive one treatment per month for those with heavy petechiae and once every two weeks for those with slight petechiae. After a full course, body metabolism is accelerated. Body blockage such as constipation is reduced. After two courses, muscle stiffness and soreness will be improved. Body local blockage will be dredged as well. After three courses, sleep quality is bettered. Skin tends to be rosy. Body health and physique is strengthened overall.