

User Guide

MS-21S1



Preface

Dear users:

We're pleased to present to you our MS-21S1 beauty machine featured with body shaping, skin lifting, tightening, anti-aging and so on. It is a multifunctional beauty machine, targeted at both face and body, mainly focusing on lifting and tightening of face, removing wrinkles, including fine lines and eye wrinkles, and body shaping. We aim at a safe and, at the same time, effective beauty result by using high-end technologies. RF and ultrasonic beauty machines are anti-aging, fat-dissolving machines for professional use, 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 guide thoroughly and follow the instructions strictly before operation.

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

Thank you!

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Part I

Brief Introduction

RF and ultrasonic beauty machines are currently the most popular beauty machines that work on tightening, body-shaping and anti-aging. 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. RF machines heats deeper skin layers, stimulates collagen cells to reform in dermis, increases blood circulation in hypodermis, thus achieving skin tightening and anti-aging. Ultrasound of specific frequency targets at stubborn cellulites and brings surprise to your life.

Advantages

1. Multifunctional beauty machine that works on both of your facial and body care.
2. RF can stimulate the proliferation and reorganization of collagen in the dermis, accelerate the blood circulation in the bottom of the skin, tighten and plump the skin, and prevent aging.
3. Painless, non-invasive during the process. Skipping any recovery periods without affecting any work and life plans.
4. No consumption, low cost and quick returns.
5. Wider treatment range and faster and more visible effects.
6. Unevenness, bleed, swelling and stasis will not appear after treatment.
7. Indirect energy transmission that can be adjusted according to your comfort level.
8. Deep heating with a higher comfort level.

Principles

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

Biological Effect:

Only unilateral magnetic bracelet releases energy. It is divided into two bracelets, and this electrode is the working electrode. Another larger electrode is placed in the body parts that are far away from the working electrode. As loop electrode, mono RF electrode can radiate high energy at the surface and its emission energy can penetrate deeper into skin.

Every time energy comes into the skin, it feels a temporary sense of heat. This means that collagen has been stimulated to produce fever, resulting in tightening of the skin. While operating sliding, the radio frequency wave emitted by the therapeutic head of the super-frequency wave system, under the cold protection of the epidermis, has acted on the deep dermis through the epidermis, rapidly heating water molecules to produce safe Bio-thermal energy. When the natural friction of collagen tissue is heated up to 45°C~60°C, it will shrink immediately and stimulate the collagen to grow continuously. At the same time, bio-heat can effectively accelerate blood flow in adipocytes, and release free fatty acids (ffa), thereby increasing the dissolution of superficial fat, and achieve the purpose of tightening and lifting the sagging part of the body.

Anti-Aging: Face

Effects

1. Firmer skin. Channel nutrients deep into skin layers.
2. Whiter skin. Reduce pigmentation and dark spots.
3. Smoother skin. Improve skin elasticity.
4. Nourish skin. Improve skin absorption.
5. Accelerate blood circulation and metabolism.
6. Anti-aging. Stimulate collagen cells.

Applicable Range

1. Those with facial dullness, sagging and elasticity.
2. Those with fine lines, dry lines and shallow folds.
3. Those with poor absorption of nutrients and poor metabolism.

4. Those with lax skin after birth.
5. Those who are facing facial collagen loss.
6. Those who are under long-term exposure of UV radiation at workplace.

Inapplicable Range

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

Notes after Operation

1. Do not wash your face with overheated water within three days (lukewarm or cold water can be used).
2. Strengthen moisturizing and sunscreen.
3. Do not soak in hot springs, steam saunas or exercise strenuously, etc. within three days.
4. Use facial masks at least three times a week.
5. Spicy, greasy food should be avoided. Staying up late, smoking and drinking are prohibited. More vegetables, fruits, and less greasy food.
6. Avoid food that will cause 'three highs'(high blood pressure, high cholesterol and high blood sugar), less greasy food is advised.

Body Shaping: Waist & Abdomen

Effects

1. Stimulate collagen regeneration in dermis.
2. Tighten skin, improve skin sagging and laxity.
3. Improve cold hands, feet, womb and body of female.
4. Accelerate blood circulation; improve stretch marks.

Applicable Range

1. Those who have lax skin on waist and abdomen.
2. Those with stretch marks after gaining weight and after birth.
3. Those with cold hands, feet, womb and body.
4. Those with loose and inelastic skin.
5. Those whose skin lack in elasticity after losing weight.

Inapplicable Range

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

Notes after Operation

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

Body Shaping: Breasts

Effects

1. Improve chest enlargement.
2. Improve postpartum breast sagging and laxity.
3. Adjust breasts shape and reduce accessory breast.
4. Stimulate collagen regeneration, tighten breasts and increase elasticity.
5. Prevent PMS.

Applicable Range

1. Those with postpartum breast sagging and laxity.
2. Those whose breasts are not good-looking and with auxiliary breasts.
3. Those whose breasts are lacking in firmness and elasticity.
5. Those whose breasts are lacking in firmness after breastfeeding.
6. Those who experience swelling pain before menstruation.

Inapplicable Range

1. Those with cardiovascular and cerebrovascular diseases, diabetes, abnormal coagulation function, and impaired vital organs.
2. Those who are long-term or currently taking anticoagulant drugs, vasodilators, corticosteroids and other drugs.
3. Those whose chest skin has infection foci.
4. Those with severe fibroma and cyst of the chest.
5. Those who are during pregnancy and lactation.

Notes after Operation

1. Drink plenty of warm water and keep warm.
2. Wear undergarments that are designed to be comfortable, and don't squeeze your breasts.
3. Avoid exposure to cold air and shower 4-6 hours later.

Body-Shaping: Arms

Effects

1. Improve sagging and drooping skin.
2. Improve sagging and flabby arms.
3. Tighten skin, and relieve soft skin.
4. Improve soreness of arms.
5. Stimulate collagen regeneration in dermis.

Applicable Range

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

Inapplicable Range

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

Notes after Operation

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

Body-Shaping: Back

Effects

1. Improve soreness and pain of back.
2. Firm skin and prevent sagging.
3. Increase blood circulation and metabolism.
4. Improve back acne scar and pores.
5. Improve excess fat on the back.

Applicable Range

1. Those with thick back and want to look better in clothes.
2. Those with acne scar and large pores on back.
3. Those with sore shoulders and backs and stiff necks.
4. Those who sit for long hours or office workers.

Inapplicable Range

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

Notes after Operation

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

Body-Shaping: Buttocks

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

Effects

1. Shape hips, improve sagging and outward expansion of hips, tighten skin and increase elasticity.
2. Firm skin and shape buttocks.
3. Stimulate collagen regeneration and increase skin elasticity.
4. Improve stretch marks of fatness and pregnancy.
5. Improve cold womb and body.

Applicable Range

1. Those whose butt shape is not good-looking, flat and soft outward expansion.
2. Those who butt skin is loose, soft and lack in elasticity.
3. Those with stretch marks after gaining weight and after birth.
4. Those with saggy hips and fat accumulation.
5. Those with cold and cool hips with low hip temperature.

Inapplicable Range

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

Notes after Operation

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

Body-Shaping: Legs

Effects

1. Stimulate collagen regeneration in dermis and increase elasticity.
2. Reduce excessive fat on legs.
3. Tighten skin and prevent sagging.
4. Relieve leg soreness.
5. Prevent varicose veins.

Applicable Range

1. Those with loose and soft leg skin.
2. Those with poor leg proportion.
3. Those with coarse leg skin.
4. Those with clogged collaterals and poor proportion of legs.
4. Those whose leg skin is lack of elasticity and tightness.

Inapplicable Range

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

Notes after Operation

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

Body-Shaping: The Whole Body

Effects

1. Dredge channels and collaterals, and improve channels and collaterals blocking.
2. Accelerate blood circulation.
3. Promote blood circulation and remove blood stasis, strengthen metabolism.
4. Improve women's cold hands and feet, cold womb and body.
5. Stimulate collagen regeneration, firming and shaping.
6. Improve loose and soft waist and abdomen skin.
7. Improve the jiggly arm and soft skin.
8. Tighten skin and prevent sagging.
9. Improve stretch marks after gaining weight and after birth.

Applicable Range

1. Those with cold hands, feet, womb and body.
2. Those who are sedentary and don't look good at the waist.
3. Those with unwanted fat on waist and abdomen, prominent belly, loose skin after delivery.
4. Those with fat marks, stretch marks.
5. Those with big arms, thick back, poor leg shape ratio and want to look better in clothes.
6. Those with jiggly and flabby arms.
7. Those with loose skin on arms and legs.
8. Those who are prone to fatigue, drowsiness and poor circulation of qi and blood.
9. Those who need to prevent aging and sagging skin.

Inapplicable Range

1. Those who are during pregnancy, menstruation and lactation.
2. Those with hypertension, heart disease, diabetes, thyroid, epilepsy and severe hyperthyroidism.
3. Those with malignant tumor and hemophilia or severe bleeding.
4. Those who have just had liposuction.
5. Those with severe varicose veins and tumors.
6. Those whose surgical wound is healing or recovering.
7. Those with skin diseases and infectious diseases.
8. Those with severe gynecological diseases.
9. Those with gynecological diseases being treated.
10. Those with allergic and severely sensitive skin.
11. Those with skin trauma or cut.
12. Those who are overly old.
13. Those with metal implants in the body, such as stents and pacemakers, are allergic to metal.
14. Those who are too weak.
15. Those who overdrink, full, empty, thirsty and overworked.

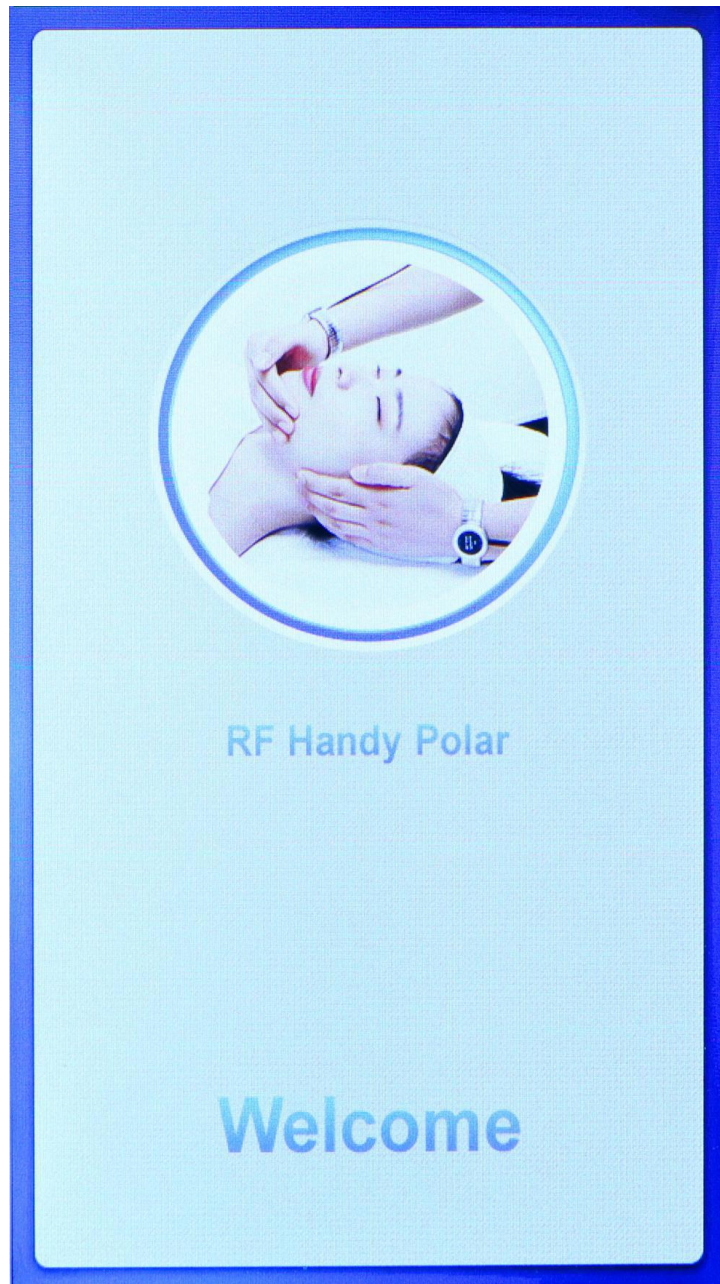
Notes after Operation

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

Part II

1. Detailed Operation

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



1.1 Function Selection



time adjustment



time: decrease



time: increase



energy adjustment



energy: increase



energy: decrease



home button



reverse button



start/pause

2. Technical Parameters

3. Safety Precautions

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

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

4. Dos and Dont's

1. 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. 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.
12. When operating, the instrument should fully touch the skin to avoid uneven heat.
13. Start from the lowest energy level and slowly add up.
14. Make sure the vacuum plate is fully in contact with the skin.
15. When using this device, the operating parts must be kept moist and dry skin

should be avoided.

16. Clean the instrument with normal saline after operation to ensure its cleanliness and hygiene and prolong its service life.

17. Make sure all metals objects are removed from the body of both the operator and the one who's being operated on.

18. It is advised to keep the treatment time under 30 min per treatment area each time to avoid any discomfort of the operator wearing the bracelet.

19. During the treatment: wear bracelets on both hands. Push down on the pedal with foot and move hands slowly once contacting with the skin.

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 RF output of the instrument?

A. Please check whether the plug connecting the instrument handle and the body is tightly connected.

B. Please check whether the treatment area has been cleaned. Grease or oil essential oil products may cause poor contact between the treatment handle of the instrument and human body, resulting in no RF output.

3. Weakened RF output?

A. Please check whether the plug connecting the instrument handle and the body is tightly connected.

B. Please check whether non-conductive grease and other substances are stained on the treatment handle, which will cause poor contact and weaken the output.

C. Please check whether the product used is the adaptive product specified by the instrument.

4. 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: How long before I can start seeing results/effects of RF operation ?

A: Under normal circumstances that day of operation or within a week. Skin collagen tissue is heated and produce contractions. Visible tightness of skin can be felt. RF stimulates subcutaneous tissue, promote sustainable collagen regeneration, so more operation comes with more visible effects.

2. Q: Is RF harmful to the skin?

A: RF tightening and anti-wrinkle fall into the non-surgery category. It is the collagen regeneration that stimulates skin bottom and metabolism, thus has no harm to the skin. Partial redness and fever after operation is normal, which is the regular acceleration of blood circulation. It should go away after a while so there's no need to worry.

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

A: RF beauty device is a non-invasive treatment. It is at present a most safe, effective beauty instrument that works on wrinkle removal, skin tightening and body sculpting. Generally speaking side effects won't appear. A small number of people may have transient redness or swelling but that will disappear after a few hours. People with dry skin may also experience atrophy after the initial treatment. It's because the skin will lose moisture due to RF heat. However, the skin will become plump at the beginning of collagen regeneration and these symptoms will disappear after three days. In a word, there are no side effects on health.

4. Q: Can RF instrument be used for breasts shaping?

A: As the growth of age and female physiology period influence, the influence of inferior health state, and gravity reason, outside stimulation during lactation , a large number of nutrients loss etc, they can cause collagen loss, decrease of blood flow, elastic tissue damage, flabby ligament gland and breast prolapse. Through RF energy conduction, collagen protease can be promoted to repair elastic tissue and ligament glands, thus achieving the effect of breasts lifting and shaping.

5. Q: What is collagen?

A: Collagen is a kind of biological macro-molecule substance, a kind of white, opaque and non-branched fibrous protein. It can supplement the nutrition needed by all layers of the skin, enhance the collagen activity in the skin, lock moisture, nourish the

skin, delay aging, beautify, relieve facial relaxation, provide nutrients for the hair and so on. Collagen is a nutrient that human body must replenish to delay aging. With the growth of age, collagen will gradually be lost. At the age of 20, women have begun to age, collagen gradually decrease. At the age of 25, collagen loss reaches its peak. At the age of 40, the content is less than half of which one has at age 18. It is the loss of collagen and water that causes the wrinkles on the face of the elderly. The breakage of collagen fibers and elastic mesh will cause skin tissue to be oxidized, atrophied and collapsed. The skin will be dry, wrinkled, flabby and inelastic etc.. Therefore, in order to delay aging, collagen must be supplemented.

6. Q: Why do you need breast maintenance?

A: The lymph nodes of bosom rank the top among other parts of the body, which also lead to toxin accumulation very easily, and urbanite life rhythm is very fast now, working pressure is very big, which can bring about the hyperplasia of different level. The saying goes that bosom is the cradle of children, the garden of the woman, the symbol of female identity! Breast maintenance can make your figure more beautiful, add scores for your whole temperament, thus turn head rate increases 10 times certainly! Good figure and temperament will also ensure husband's loyalty!

The evolution of breast cancer: breast milk residual, secretions, toxins -- nodules and blockages -- lobular hyperplasia, ductal hyperplasia, breast hyperplasia -- duct blockage and adhesion -- fibroma, breast cyst -- breast cancer.

7. Q: Why do you need hip maintenance?



A: because it can help the body lymphatic system discharge poison, improve the gynaecological disease, and avoid harm brought by buttock blockage. Hip impassability surely bring about gynaecological issues. What's inside buttocks is pelvic cavity, bowel. It connects daimai, lumbar vertebra, sciatic nerve from above, uterus ovary, uterine adenexa in front, anus, vagina, inguinal lymphatic from below.


If suffering from squeeze of shangjiao and xiaojiao meridian channels, hip would be most vulnerable to cold, wet and blood stasis. When hip is affected by cold, it can cause meridian contraction of hips, dysmenorrhea, irregular menstruation, dark menstruation color, clot, deterred blood flow and meridian channels. It also affects fertility.

7.Packing List

1. Main machine*1
2. Foot Pedal*1
3. Electrode/Negative/Vacuum Plate*1
4. RF Handy Polar*2
5. Power cord*1

8.Operational Diagrams

Parameter Adjustment	Product	Techniques	Diagrams
Anti-aging on Face: 45 min, once a week			
RF energy Level: 30%-80%	Makeup remover+ Cleanser+ Toner+ Massage cream+ Essence+ Facial mask+ RF Handy Polar	<ol style="list-style-type: none"> 1. Remove makeup and cleanse face, 5 min. 2. Apply toner, 1 min. 3. Place the vacuum plate on the customer's back; (the operator) put on RF handy polars(bracelets) on both hands. 4. Push down on the foot pedal with (the operator's)foot, apply massage cream or essence on face, 2 min. 5. Move both hands from chin to temple in lines to lift face , 3-5 times. 6. Move hands from forehead towards hairline to lift face, 5-8 times. 7. Alternate both hands to 	<p>Technique5.15</p>  <hr/> <p>Technique6.8.16</p>  <hr/> <p>Technique7</p>

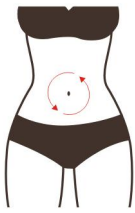
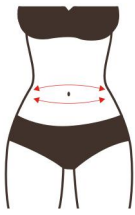
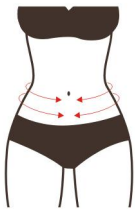

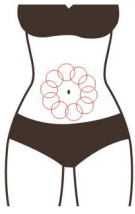
		<p>lift corner of eyes, 3 times.</p> <p>8. Move both hands from chin, mouth corner, cheeks, eyes corner to temples, 3-5 times.</p> <p>9. Stay on chin and cheek with both hands for 3-5 sec, and then switch sides (of cheek), 3-5 times.</p> <p>10. Overlap hands on mouth corner and philtrum, stay for 3-5 sec.</p> <p>11. Cover cheeks with both palms, and stay for 3-5 sec.</p> <p>12. Spread fingers on eyes, including upper and lower eyelids, and stay for 3-5 sec.</p> <p>13. Cover face with both palms, 3-5 sec.</p> <p>14. Alternate hands and place them on chin, mouth corner, cheeks, face, forehead and jaw, 3-5 times.</p> <p>15. Move palms simultaneously from chin to forehead in lines to lift face, 3 times.</p> <p>16. Alternate middle finger and ring finger between the eyebrows to forehead to lift, 5-8 times.</p> <p>17. Take off the handy polar(bracelets)off the operator.</p> <p>18. Wash face clean.</p> <p>19. Apply facial mask, 15 min.</p> <p>20. Take off the mask and clean treatment area.</p>	
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Suggested Treatment:

10 treatments account for one full course. After one time, the skin will feel warm and lifted. After a course of treatment, the skin is lifted and shiny. After 2 courses, the skin is smooth and plump, and the outline gradually becomes clear. After 3 courses, it can achieve effects such as prevent and delay skin aging, improve sagging and loose skin,

and increase collagen in the bottom of skin, making skin smooth, firm and glowing.

Shaping on Waist&Abdomen: 30 min, once a week

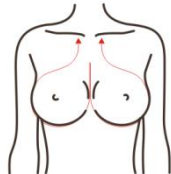
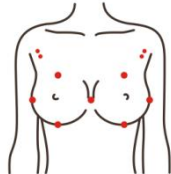
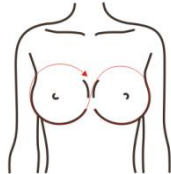
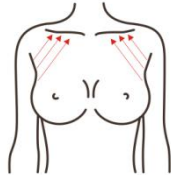
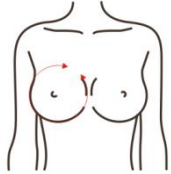
<p>RF energy Level: 30%-80%</p>	<p>Massage cream+ Device</p>	<ol style="list-style-type: none"> 1. Place vacuum plate on the back of the customer. 2. (The operator) put on RF handy polars(bracelets) on both hands. 3. Push down on the foot pedal with (the operator's)foot; Apply and rub oil on abdomen with hands, 3 times. 4. Rub stomach back and forth with both hands, 3-5 times. 5. Lift on both sides of waist with both palms, 8-10 times. 6. Push around navel with palm roots alternately, 5-8 times. 7. Caress around navel around both palms, 5-8 times. 8. Rub abdomen with both palms back and forth, 3-5 times. 9. Caress with both palms in circles, 3-5 times. 	<p>Technique3.9</p>  <hr/> <p>Technique4.8</p>  <hr/> <p>Technique5</p>  <hr/> <p>Technique</p>  <hr/> <p>Technique6</p> 
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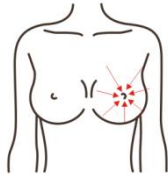
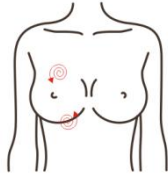
Suggested Treatment:

10 times account for a full course. After one treatment, abdomen heats up, metabolism accelerates. After a full course, skin begin to tighten, constipation and

other issues are improved at the same time. After 2 courses, the effect gradually become obvious, skin is lifted and tightened, skin collagen increased, stretch marks after birth and flabby skin are improved. After 3 courses, effects are reinforced, redundant adipose gradually disappear, and tightness of abdomen remain.

Body-shaping on Breasts: 30 min, once a week

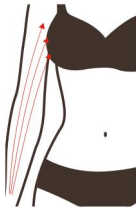
<p>RF energy Level: 30%-80%</p>	<p>Massage cream+ Device</p>	<ol style="list-style-type: none"> 1. (The operator) put on RF handy polars(bracelets) on both hands; stand at the head of the bed, both hands from shan zhong point began to rub oil to armpit up at the same time lift the suspension ligament (this is to caress treatment area) 3 times. 2. Both hands thumb point: shanzhong, rugen, dabao, yingchuang, zhongfu, yunmen, 3 times. 3. Caress the treatment area, 3 times. 4. Overlap both palms from shan zhong point to chest both sides back and forth as if writing an "8" number, 3 times 5. Lift the accessory breast to the suspensory 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 	<p>Technique1、 3、 6、 10</p>  <hr/> <p>Technique2</p>  <hr/> <p>Technique4</p>  <hr/> <p>Technique5</p>  <hr/> <p>Technique7</p>  <hr/> <p>Technique8</p>
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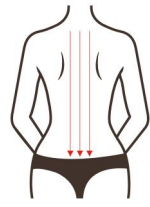
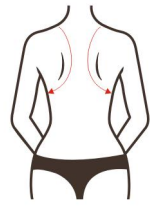
		<p>times.</p> <p>10. Lift the whole chest with hands, 3-5 times.</p> <p>11. Do the same on the other side.</p> <p>12. Take off the handy polar(bracelets).</p>	 <hr/> <p>Technique9</p>  <hr/>
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Suggested Treatment:

10 treatments account for a full course. After one treatment, breasts heat up, blood circulation is promoted and you can see a certain effect of lifting. After a course, the effect is more obvious, and nodules are improved. After 3 courses, effects like skin firming, consolidation of breast-shaping, elasticity of breasts are achieved. Regulating endocrine makes women more attractive.

Body-Shaping on Arms: 30 min, once a week

<p>RF energy Level: 30%-80%</p>	<p>Massage cream(essential oil)+ Gel+ Device</p>	<ol style="list-style-type: none"> 1. Place vacuum plate on the back of the customer. 2. (The operator) put on RF handy polars(bracelets) on both hands. 3. Push down on the foot pedal with (the operator's)foot;rub oil on arms with both hands, 3 times. 4. Alternate both hukou point on arms and slide to armpits, 3-5 times. 5. Move both palms back and forth in bottom-up direction on arms, 5-8 times. 6. Slide both palms simultaneously in bottom-up direction to armpit, 8-10 times. 	<p>Technique3.4</p>  <hr/>
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		7. Do the same on the other side. 8. Take off the handy polar(bracelets).	
<p>Suggested Treatment: Ten times for a course of treatment. Once done, it will feel warm and tight, and the arms will be relaxed. A course of treatment arm excess fat began to reduce, the skin began to close to full. Two courses of treatment began to model, strengthen the effect, dredging meridian, enhance the physique. Three courses consolidate stability and prevent rebound.</p>			
<p>Body-Shaping on Back: 30 min, once a week</p>			
RF energy Level: 30%-80%	Massage cream(essential oil)+ Gel+ Device	<ol style="list-style-type: none"> 1. Place vacuum plate on the abdomen of the customer. 2. (The operator) put on RF handy polars(bracelets) on both hands. 3. Push down on the foot pedal with (the operator's)foot; apply oil on back and move to waist and slide to arms, 3 times. 4. Move hands from da zhui point then slide to ba liao area, and move from waist to arms, 3 times. 5. Slide both palms from du mai point, 3-5 times and then slide to arms. 6. Push both hu kou on ba liao area for 3-5 times, and move from waist to arms. 7. Caress and push down on feng chi and feng fu point with both hands, 3 times. 8. Push du mai point and pangguangjing alternately with both hukou, 5-8 times. 9. Push the shoulder blade slots with both hands alternately, 3-5 times. 	<p>Technique3.4.7.11</p>  <hr/> <p>Technique5.8.10</p>  <hr/> <p>Technique9</p> 


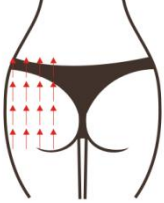

		<p>10. Push pangguangjing with both palms to baliao area and lift to shoulders, 8-10 times.</p> <p>11. Caress and push down on fengchi and fengfu point with hands, 3 times.</p>	
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Suggested Treatment:

10 times for a period of treatment, once done back significantly relaxed, can alleviate neck stiffness, lift skin. A course shoulder to relax, back fat loss, ease the wealth package, the back line, improve the riches and honour. After the two course, dredge meridians, regulate sub-health, improve sleep, three courses down back thinning, line is good-looking, viscera function, improves digestion, detoxification and metabolism.

Body-Shaping on Buttocks: 30 min, once a week

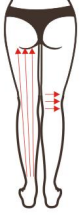
RF energy Level: 30%-80%	Massage cream(essential oil)+ Gel+ Device	<ol style="list-style-type: none"> 1. (The operator) put on RF handy polars(bracelets) on both hands; Standing on the side, accumulate oil on hands and then slide to the waist and then lift up along the hips from the waist, 3 times (this is to caress the treatment area.) 2. Push ba liao zone with two thumbs, 3 times. 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 	<p>Technique1、 4、 10</p>  <hr/> <p>Technique2</p>  <hr/> <p>Technique3</p>  <hr/> <p>Technique5</p>
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		<p>bottom to top -- bladder channel, kidney channel, liver channel and gallbladder channel to daimai, 3 times each.</p> <p>7. Overlap both palms and push up together from thigh root to daimai (to lift) ,3 to 5 times.</p> <p>8. Push your hands from bottom to top from both sides of your hips to the top of your hips, 3 times.</p> <p>9. Repeat the precious action.</p> <p>10. Caress the treatment area.</p> <p>11. Do the same on the other side.</p> <p>12. Take off the handy polar(bracelets).</p>	 <p>Technique6</p>  <p>Technique8</p> 
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Suggested Treatment:

10 times for a course of treatment, after a complete hip promotion, hip fever, after a course of treatment began to obvious lines, excess fat slowly disappeared, the skin became tight, after three courses of treatment to improve the body cold and uterine cold gynecological problems, menstruation returned to normal, consolidate the effect, increase the female sex appeal.

Body-Shaping on Legs: 40 min, once a week


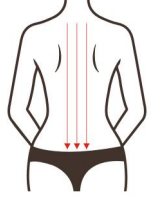
<p>RF energy Level: 30%-80%</p>	<p>Massage cream(essential oil)+ Gel+ Device</p>	<ol style="list-style-type: none"> 1. Place vacuum plate on the abdomen of the customer. 2. (The operator) put on RF handy polars(bracelets) on both hands. 3. Push down on the foot pedal with (the operator's)foot; apply and rub oil in from calf to thigh to heel, 3-5 times. 4. Push legs with both hukou 	<p>Technique3.4.6</p>  <p>Technique5</p>
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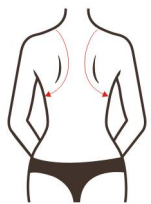
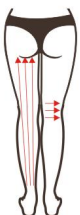

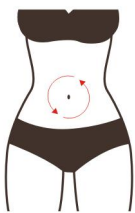
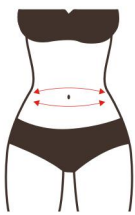
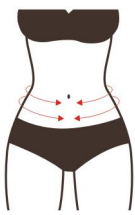
		<p>alternately, 5-8 times.</p> <p>5. Twist both hands upwards alternately as if twisting a fired dough from heel to thigh root back and forth, 3 times.</p> <p>6. Slide both palms simultaneously from heel to thigh root then back to heel. Do it back and forth, 5-8 times.</p> <p>7. Do the same on the other side.</p> <p>8. Take off the handy polar(bracelets).</p>	
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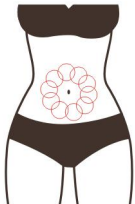
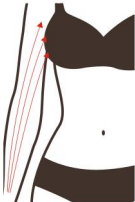




Suggested Treatment:

10 times for a course of treatment, after a course of treatment leg is relaxed, circulation is accelerated, a course of treatment leg becomes thin, skin collagen tissue because of heat and produce tightening effect, can obviously feel skin tight feeling, two course of treatment leg is fine tight effect obvious, three course of treatment consolidate effects.

Body-Shaping: 120 min, once a week

<p>RF energy Level: 30%-80%</p>	<p>Massage cream(essential oil)+ Gel+ Device</p>	<ol style="list-style-type: none"> Place the vacuum plate on the abdomen of the customer, and (the operator) put on the handy polar(bracelets). Push down on the foot pedal with (the operator's)foot; apply oil on back and move to waist and slide to arms, 3 times. Move hands from da zhui point then slide to ba liao area, and move from waist to arms, 3 times. Slide both palms from du mai point, 3-5 times and then slide to arms. Push both hu kou on ba liao area for 3-5 times, and 	<p>Technique3.4.7.11</p>  <p>Technique5.8.10</p>  <p>Technique9</p>
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	<p>move from waist to arms.</p> <p>6. Caress and push down on feng chi and feng fu point with both hands, 3 times.</p> <p>7. Push du mai point and panguangjing alternately with both hukou, 5-8 times.</p> <p>8. Push the shoulder blade slots with both hands alternately, 3-5 times.</p> <p>9. Push panguangjing with both palms to baliao area and lift to shoulders, 8-10 times.</p> <p>10. Caress and push down on fengchi and fengfu point with hands, 3 times.</p> <p>11. Place vacuum plate on the abdomen of the customer.</p> <p>12. (The operator) put on RF handy polars(bracelets) on both hands.</p> <p>13. Push down on the foot pedal with (the operator's)foot; apply and rub oil in from calf to thigh to heel, 3-5 times.</p> <p>14. Push legs with both hukou alternately, 5-8 times.</p> <p>15. Twist both hands upwards alternately as if twisting a fired dough from heel to thigh root back and forth, 3 times.</p> <p>16. Slide both palms simultaneously from heel to thigh root then back to heel. Do it back and forth, 5-8 times.</p> <p>17. Do the same on the other side.</p> <p>18. Take off the handy polar(polar(bracelets)).</p>	 <hr/> <p>Technique14.15.17</p>  <hr/> <p>Technique16</p>  <hr/> <p>手法 23.29</p>  <hr/> <p>Technique24.28</p>  <hr/> <p>Technique25</p>  <hr/> <p>Technique26</p>
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	<p>10. Place vacuum plate on the back of the customer.</p> <p>11. (The operator) put on RF handy polars(bracelets) on both hands.</p> <p>12. Push down on the foot pedal with (the operator's)foot; Apply and rub oil on abdomen with hands, 3 times.</p> <p>13. Rub stomach back and forth with both hands, 3-5 times.</p> <p>14. Lift on both sides of waist with both palms, 8-10 times.</p> <p>15. Push around navel with palm roots alternately, 5-8 times.</p> <p>16. Caress around navel around both palms, 5-8 times.</p> <p>17. Rub abdomen with both palms back and forth, 3-5 times.</p> <p>18. Caress with both palms in circles, 3-5 times.</p> <p>19. Place vacuum plate on the back of the customer.</p> <p>20. (The operator) put on RF handy polars(bracelets) on both hands.</p> <p>21. Push down on the foot pedal with (the operator's)foot;rub oil on arms with both hands, 3 times.</p> <p>22. Alternate both hukou point on arms and slide to armpits, 3-5 times.</p> <p>23. Move both palms back and forth in bottom-up direction on arms, 5-8 times.</p> <p>24. Slide both palms</p>	 <hr/> <p>Technique33.34</p>  <hr/> <p>Technique44</p>  <hr/> <p>Technique45.55</p>  <hr/> <p>Technique46</p>  <hr/> <p>Technique47.54</p>  <hr/>
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		<p>simultaneously in bottom-up direction to armpit, 8-10 times.</p> <p>25. Do the same on the other side.</p> <p>26. Take off the handy polar(bracelets).</p> <p>27. Remove makeup and clean, 5 min.</p> <p>28. Apply toner, 1 min.</p> <p>29. Place the vacuum plate on the customer's back; (the operator) put on RF handy polars(bracelets) on both hands.</p> <p>30. Push down on the foot pedal with (the operator's)foot, apply massage cream or essence on face, 2 min.</p> <p>31. Move both hands from chin to temple in lines to lift face , 3-5 times.</p> <p>32. Move hands from forehead towards hairline to lift face, 5-8 times.</p> <p>33. Alternate both hands to lift corner of eyes, 3 times.</p> <p>34. Move both hands from chin, mouth corner, cheeks, eyes corner to temples, 3-5 times.</p> <p>35. Stay on chin and cheek with both hands for 3-5 sec, and then switch sides (of cheek), 3-5 times.</p> <p>36. Overlap hands on mouth corner and philtrum, stay for 3-5 sec.</p> <p>37. Cover cheeks with both palms, and stay for 3-5 sec.</p> <p>38. Spread fingers on eyes, including upper and lower eyelids, and stay for 3-5 sec.</p>	
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		<p>39. Cover face with both palms, 3-5 sec.</p> <p>40. Alternate hands and place them on chin, mouth corner, cheeks, face, forehead and jaw, 3-5 times.</p> <p>41. Move palms simultaneously from chin to forehead in lines to lift face, 3 times.</p> <p>42. Alternate middle finger and ring finger between the eyebrows to forehead to lift, 5-8 times.</p> <p>43. Take off the handy polar(bracelets)off the operator.</p> <p>44. Wash face clean.</p>	
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Suggested Treatment:

10 treatments account for one full course. After one treatment, the treatment area will experience heat-up and tightness, relaxed hands, legs and back. After one course, back and abdomen skin start to slowly tighten up, curves start to show, skin on arms and legs start to tighten as well. After 2 course, effects become more visible with tightened and lifted skin, regenerated collagen in skin dermis, improves stretch marks and laxity of skin. 3 courses consolidated the effects and prevent rebound.