

User Manual

MS-22Y3



Preface

To our valued users,

Thanks for choosing our beauty equipment. It applies RF technology. And it can effectively fix various skin problems and has a good effect on face tightening and lifting, wrinkle removal, and body firming and shaping. MS-22Y3 is professional beauty equipment, which needs to be operated by people with professional training. Any improper use of this may bring adverse consequences to the body. Thus, we advise all people to read this manual thoroughly and strictly follow the instructions specified before operation.

We believe our quality product will give you a good return and our perfect after-sales service will make you worry-free.

Thank you.

Table of Contents

Preface
Part I
Introduction
Advantages
Principle
Facial Anti-aging
Eye Anti-aging
Neck Anti-aging
Body Management
Principle
Waist & Abdomen Sculpting
Arm Sculpting
Back Sculpting
Buttock Sculpting
Leg Sculpting
Breast Sculpting
Part II
Detailed Operations
Technical Parameters
Contraindications
Precautions on Use
Common Malfunction & Troubleshooting Solutions
FAQs
Packing List
Operational Diagrams

Part I

1. Introduction

The multipolar RF machine is currently the most popular instrument for improving looks, tightening, shaping the body, and anti-aging. It can effectively replace all the facial and body care programs in a beauty salon, operate easily, conveniently, and swiftly, and solve skin problems for people pursuing beauty. Moreover, this equipment works safely and effectively and requires no injection, medication, or surgery. It has no side effects, but it has an immediate impact. And it's operated externally throughout. The radiofrequency device heats deep skin, stimulates collagen hyperplasia and recombination of the dermis, and accelerates blood circulation of the underlying skin. Thus, skin tightening and plumpness, anti-aging, and senility prevention can be achieved.

2. Advantages

- (1) RF technique is non-invasive cosmetology that can replace a surgical facelift. It's a safe cosmetic method that has no side effects and requires no work interruption.
- (2) Radiofrequency heats the dermis with the high-frequency electric wave and stimulates skin metabolism and collagen regeneration to lift skin, remove wrinkles, fight against micro-aging, and tighten and rejuvenate skin.
- (3) It's safe, non-invasive, non-surgical, and painless. And it protects the epidermis, uses no anesthetic during treatment, and requires no convalescence for the skin.
- (4) There are no limits to using the operating head, and you don't have to replace it, which can lower treatment costs.
- (5) The controllable infrared ray can speed up skin metabolism and blood circulation, inhibit bacteria and the multiply, and expand blood capillaries.
- (6) It boosts the regeneration capacity of skin tissue and enhances skin immunocompetence to achieve wrinkle removal and skin whitening.
- (7) Far-infrared directly reaches the deep layer of the dermis to heat collagen cells. Radiofrequency waves penetrate the shield of the melanophore of the epidermis base. And they deeply and evenly heat collagenous fiber of the dermis until the temperature reaches above 45 degrees, contract and tighten slack wrinkles and skin, and remove the wrinkles timely. But the temperature will not burn the skin.
- (8) It promotes the micro-circulation of the tissue and regenerates and recombines collagen to improve skin texture and firm skin timely.

3. Principle

Three-polar RF

An RF instrument can achieve skin tightening, lifting, and refining, and face sculpting.

The best bio-thermal effect frequency for RF is 3MHz. Charged particles, with a variable speed as high as 8 million times per second, shift directions at the same frequency during the rapid shift of electrodes. Dermis tissue resists radiofrequency current naturally, which produces thermal energy.

Radiofrequency waves directly penetrate the skin and produce energy by utilizing the electrical resistance effect formed by the skin, increasing the underlying skin's temperature. Tightening collagen in the dermis and stimulating collagen hyperplasia can timely lift and firm skin and continuously regenerate collagen. After 2 to 6 months of treatment, collagen hyperplasia and recombination occur gradually, lifting and contracting flabby or saggy skin.

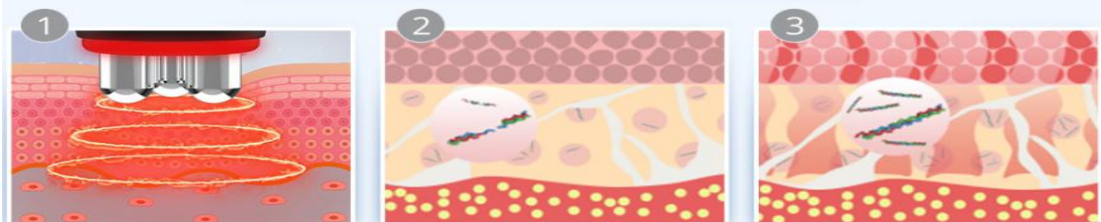
Biological Effect: Radiofrequency can vibrate high-frequency radio waves one million times per second, penetrating the epidermis, acting directly on the dermis, intensely heating collagen cells, and stimulating collagenous fiber growth. Thus, it's supported by a great deal of new collagen, making the skin more firm and elastic.

When the energy is inducted into the skin, you can feel a transient sense of heat. It means the collagen is being stimulated and is heating, making the skin tightened. During the operation, radiofrequency waves emitted by the operating head of the super frequency electric wave system, under the cold protection of the epidermis, have already penetrated the epidermis exerting its effects on the dermis and produced safe bio-thermal energy by heating water molecules rapidly. When the temperature of collagen tissue, under natural friction and heating, reaches up to 45°C to 60°C, it will shrink instantly and stimulate the constant hyperplasia of collagen. Meanwhile, the bio-thermal energy can effectively accelerate intracellular blood flow and release the free fatty acid to boost the dissolution of the fat on the surface layer. Thus, slack and saggy body parts can be tightened and lifted.

Skin facial lifting

3-Polar RF-Skin Facial Lifting

RF can vibrate 1 million times high-frequency radio wave per second, penetrate to the epidermis layer, directly to the dermis, deeply heating the collagen cells, then stimulate the growth of collagen fibers, which make a lot of new collagen to support the skin and become more compact and elasticity.



4. Facial Anti-aging

(1) Efficacy

- 1) Tighten face and deeply infuse nutrition.
- 2) Increase skin elasticity and refine skin.
- 3) Moisten skin and enhance skin absorptivity.
- 4) Accelerate blood circulation and metabolism.
- 5) Relieve double chin and firm skin.
- 6) Stimulate collagen hyperplasia and delay aging.

(2) Indications

- 1) Those with a dark or lustreless face.
- 2) Those with flabby or saggy skin.
- 3) Those with fine lines, nasolabial folds, or periorbital wrinkles.
- 4) Those with vague facial contour.
- 5) Those with coarse skin or large pores.
- 6) Those who are under long-term exposure to UV radiation in the workplace.
- 7) Those with flabby skin, edema, or puffiness after child delivery.

(3) Contraindications

- 1) Those who just had plastic surgery or implanted prostheses or metal objects

inside the treated parts.

- 2) Those who recently injected hyaluronic acid, did skin booster, or had an injection for wrinkle removal or plastic surgery.
- 3) Those with hypertension, heart disease, diabetes, severe thyroid, malignant tumors, etc.
- 4) Those in the allergic period, with severely sensitive skin, or allergic to metals.
- 5) Those with skin trauma or wound.
- 6) Those who are overage.
- 7) Those in menstruation, pregnancy, lactation, or surgical recovery.
- 8) Those with skin disease or infectious disease.
- 9) Those who have an unrealistic illusion about the effect.

(4)Matters Needing Attention After Treatment

- 1) Do not wash your face with overheated water within three days (can wash it with warm or cold water).
- 2) Keep hydrating and moisturizing, and protect yourself from the sun.
- 3) Do not enjoy hot springs or saunas or do strenuous exercise, etc., within three days.
- 4) It's advised to apply a facial mask at least three times a week.
- 5) Avoid eating spicy and greasy food, staying up late, smoking, and drinking alcohol. Instead, eat more vegetables, fruits, and bland food.
- 6) Do not eat food causing hypertension, hyperlipidemia, and hyperglycemia, and mostly eat bland food.

5. Eye Anti-aging

(1)Efficacy

- 1) Relieve eye fatigue, black eyes, eye bags, and edema.
- 2) Improve periorbital wrinkles and crow's feet.
- 3) Fade pigment and accelerate blood circulation.
- 4) Accelerate metabolism and prevent hyperpigmentation.
- 5) Supply nutrition to the eyes and moisten the skin.
- 6) Tighten and refine skin and lift the corner of the eyes.
- 7) Accelerate blood circulation of the eyes and help with efficient absorption.

(2)Indications

- 1) Those with wrinkles, fine lines, eye bags, or black eyes.
- 2) Those with dry skin, dry lines, or dynamic wrinkles.
- 3) Those whose eyes are prone to fatigue or dryness.
- 4) Those who always face computer or cellphone.
- 5) Those with black eyes due to staying up late.

(3)Contraindications

- 1) Those who just had plastic surgery.
- 2) Those with hypertension, heart disease, diabetes, severe thyroid, malignant tumors, etc.
- 3) Those in the allergic period, with severely sensitive skin, or allergic to metals.
- 4) Those with skin trauma or wounds.
- 5) Those who are overaging.
- 6) Those in pregnancy or surgical recovery.
- 7) Those with skin disease or infectious disease.

(4)Matters Needing Attention After Treatment

- 1) Avoid being under the blazing sun and protect yourself from the sun.
- 2) It's better not to use products like alcohol, AHA(Alpha Hydroxyl Acid), or scrub cream within 1 to 3 days.
- 3) Avoid washing the face with overheated water, enjoying hot springs or saunas, or doing strenuous exercise within seven days.
- 4) Drink more water and apply an eye mask at least three times a week since the treated parts are dry.

6. Neck Anti-aging

(1)Efficacy

- 1) Reduce neck's fine lines and wrinkles.
- 2) Relieve neck with slack, coarse, or lusterless skin.
- 3) Tighten skin and increase skin elasticity.
- 4) Relieve double chin.

(2)Indications

- 1) Those whose neck has fine lines or wrinkles.
- 2) Those whose necks have slack or inelastic skin.
- 3) Those with dark or lusterless skin.
- 4) Those who always lower their heads.

(3)Contraindications

- 1) Those who just had plastic surgery.
- 2) Those with hypertension, heart disease, diabetes, severe thyroid, malignant tumors, etc.
- 3) Those in the allergic period or with severely sensitive skin.
- 4) Those with skin trauma or wound.

- 5) Those who are overaging.
- 6) Those in pregnancy or surgical recovery.
- 7) Those with skin disease or infectious disease.

(4)Matters Needing Attention After Treatment

- 1) Avoid being under the blazing sun and protect yourself from the sun.
- 2) Keep hydrating and moisturizing and protect yourself from the sun since the treated parts are relatively dry.
- 3) It's better not to use products like alcohol, AHA(Alpha Hydroxyl Acid), or scrub cream within 1 to 3 days.
- 4) Avoid washing the face with overheated water, enjoying hot springs or saunas, or doing strenuous exercise within seven days.
- 5) Drink more water and apply a neck mask which should do at least three times a week.

7. Body Management

(1)Sextupole RF

1) Principle

RF instruments can achieve skin tightening, lifting, and refining, and face sculpting. The best bio-thermal effect frequency for RF is 3MHz. Charged particles, with a variable speed as highest as 8 million times per second, shift directions at the same frequency during the rapid shift of electrodes. Dermis tissue resists radiofrequency current naturally, which produces thermal energy.

Radiofrequency waves directly penetrate the skin, then produce energy by utilizing the electrical resistance effect formed by the skin, increasing the underlying skin's temperature. By tightening collagen in the dermis and stimulating collagen hyperplasia, it timely lifts and tightens skin and continuously produces collagen. After 2 to 6 months of treatment, collagen generates hyperplasia and restructuring gradually, which lifts and contracts flabby or saggy skin.

2) Biological Effect

Radiofrequency can vibrate one million times of high-frequency radio wave, which penetrates epidermis exerting its effect directly on the dermis, deeply heats collagen cells, stimulates collagenous fiber growth, makes it supported by an incredible amount of new collagen, and make the skin firmed and elastic.

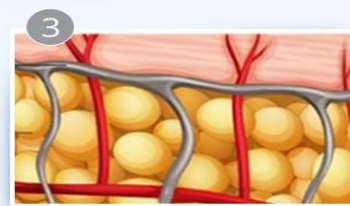
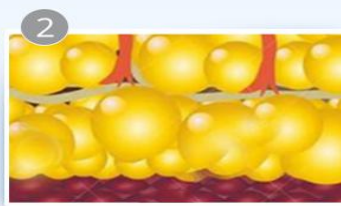
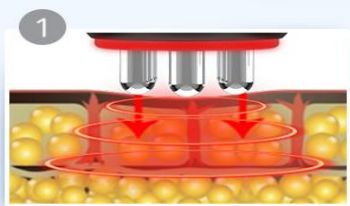
A sense of transient heat can be felt when the energy is inducted into the skin, which means the collagen is already under stimulation and heating, and the skin will be

firmed. During the operation, radiofrequency waves emitted by the operating head of the super frequency electric wave system, under the cold protection of the epidermis, have already penetrated the epidermis exerting its effects on the dermis and produced safe bio-thermal energy by heating water molecules rapidly. When the temperature of collagen tissue, under natural friction and heating, reaches up to 45°C to 60°C, it will shrink instantly and stimulate the constant hyperplasia of collagen. Meanwhile, the bio-thermal energy can effectively accelerate intracellular blood flow and release the free fatty acid to boost the dissolution of the fat on the surface layer. Thus, tightening and lifting the slack and saggy face.

Body Sculpture & Cellulite Treatment

Body Sextupolar RF with Photon

Multipolar RF controlled depth reaches the fat cells, generate friction heat, increase local temperature to accelerate metabolism, shrink fat cells, remove toxin from the body through sweat gland and enhance lymph circulation. This results in less visible cellulites and circumference reduction.



(2)Waist & Abdomen Sculpting

1) Efficacy

- Relieve women's cold hands, cold feet, cold uteruses, or cold-natured bodies.
- Relieve waist and abdomen's flabby and soft skin.
- Remove flab from waist and abdomen, and relieve swim-ring-like belly and potbelly.
- Tighten the skin, reduce stretch marks and striae distensae, and increase skin elasticity.
- Accelerate metabolism, relieve constipation, and enhance the movement of the intestinal tract.

2) Indications

- Those with cold hands, feet, cold uterus, or cold-natured bodies.

- Those with flab on waist and abdomen, protruding potbelly, or flabby skin after child delivery.
- Those who sit too long or with unsightly waistlines.
- Those with striae distensae or stretch marks.
- Those with constipation or whose abdomens have obstructed channels and collaterals.

3) Contraindications

- Those with hypertension, hyperglycemia, hyperlipidemia, or heart disease.
- Women in pregnancy, menstruation, or lactation.
- Those whose surgical wounds are healing or in surgical recovery.
- Those with epilepsy, severe diabetes, or hyperthyroidism.
- Those with malignant tumors, hemophilia, or severe bleeding.
- Those with skin disease or infectious disease should use it.
- Those with severe gynecological diseases.
- Those whose gynecological diseases are in treatment.

4) Matters Needing Attention After Treatment

- Keep the abdomen warm and avoid exposing to a windy environment and catching a cold.
- Avoid eating and drinking too much, staying up late, drinking alcohol, or eating raw, cold, spicy, or greasy food. Instead, drink more hot water.
- Take a shower after 4 to 6 hours.
- Avoid enjoying sauna, hot springs, or doing strenuous exercise within seven days.
- Rub clockwise the abdomen with your hands before sleep at night, achieving better weight loss and metabolism effect.

(3) Arm Sculpting

1) Efficacy

- Stimulate collagen hyperplasia of the underlying skin, shape body, and firm skin.
- Improve flabby skin.
- Reduce the appearance of flabby and thick arms.
- Tighten skin.
- Accelerate blood circulation and dredge channels and collaterals.

Indications

- Those with thick arms or who look unsightly in clothes.
- Those with bat wings or flabby arms.
- Those whose arms have flabby skin.

- Those whose arms are prone to soreness and numbness.
- Those who always carry a baby.

Contraindications

- Those who just had plastic surgery.
- Those with hypertension, heart disease, diabetes, severe thyroid, malignant tumors, etc.
- Those in the allergic period or with severely sensitive skin.
- Those with skin trauma or wound.
- Those who are overaging.
- Those in pregnancy or surgical recovery.
- Those with skin disease or infectious disease.

Matters Needing Attention After Treatment

- Keep warm, don't eat cold food, and avoid exposing to a windy environment and catching a cold.
- Take a shower after 4 to 6 hours.
- Drink more warm water to replenish moisture.
- Refuse to eat and drink too much and stay up late.
- Avoid enjoying sauna, hot springs, or doing strenuous exercise within seven days.

(4) Back Sculpting

1) Efficacy

- Alleviate shoulder and back soreness and relieve Dowager's Hump.
- Dredge channels and collaterals and relieve clogged channels and collaterals.
- Accelerate blood circulation and metabolism.
- Improve head blood supply and sleep.
- Regulate viscera functions and strengthen the physique.
- Tighten skin and prevent slack and soft skin.
- Remove excessive flab from the back and sculpt the back.

2) Indications

- Those with shoulder and back soreness or stiff neck.
- Those with insomnia, dreaminess, or a fading memory.
- Those prone to fatigue or drowsiness or whose vital energy and blood circulation are obstructed.
- Those with thick backs or who look unsightly in clothes.
- Those with Dowager's Hump.

3) Contraindications

- Those with metal implants inside the body (such as a stent, pacemaker, etc.) or allergic to metals.
- Women in pregnancy, menstruation, or lactation.
- Those whose surgical wounds are healing or in surgical recovery.
- Those with hypertension, hyperglycemia, hyperlipidemia, heart disease, epilepsy, severe diabetes, or hyperthyroidism.
- Those with malignant tumors, hemophilia, or severe bleeding.
- Those with skin disease or infectious disease should use it.
- Those who have a weak body.
- Those who are drunk, thirsty, overworked, or with a full or empty stomach.

4) Matters Needing Attention After Treatment

- Keep warm, avoid exposure to a windy environment, catch a cold, and drink more hot water.
- Take a shower after 4 to 6 hours.
- Avoid staying up late, drinking alcohol, and eating and drinking too much.
- Avoid eating raw, cold, and spicy food. But have enough sleep.
- Avoid wearing shoulder-baring and backless clothes.

(5) Buttock Sculpting

Buttocks are located in the middle of the body. It's the key hub for channels and collaterals and qi-blood circulation and the main switch of six channels and collaterals. And it's the bridge that connects the movement of upper burner qi-blood and lower burner qi-blood. It plays a vital role in managing body S-curve and enhancing feminine charm.

1) Efficacy

- Enhance blood circulation and speed up metabolism.
- Relieve gynecological diseases, such as menstrual pain, irregular menstruation, and abnormal leucorrhea.
- Improve sleep quality and female sexual function.
- Activate ovary function, stimulate glandular secretion, and increase intimacy between couples.
- Make complexion ruddy, fade color spots, and bring back youth.
- Shape hips, relieve the sagging and outward expansion of the hips, tighten skin, and increase elasticity.

2) Indications

- Those whose hips are slack, saggy, or have accumulated fat.
- Those with striae distensae or stretch marks.
- Those whose buttock shape is not good-looking flat, loose, or with outward expansion.
- Those with cold hips or with low hip temperature.
- Those with a cold uterus, dysmenorrhea, irregular menstruation, gynecological inflammation, etc.
- Those with decreased estrogen level or disharmonious sexual life.

3) Contraindications

- Those in menstruation, pregnancy, lactation, or surgical recovery.
- Those with hypertension, heart disease, diabetes, severe thyroid, malignant tumors, etc.
- Those with skin disease, infectious disease, or whose skin is in a sensitive period.
- Those with surgical wounds or in surgical recovery.
- Those in the allergic period or with severely sensitive skin.
- Those who just had liposuction.
- Those who are overaging.

4) Matters Needing Attention After Treatment

- Keep the buttocks warm, and avoid wearing miniskirts or mini-shorts.
- Take a shower after 4 to 6 hours.
- Drink more warm water and avoid exposing to a windy environment and catching a cold.
- Avoid staying up late, drinking alcohol, and eating and drinking too much.
- Avoid eating raw, cold, and spicy food. But have enough sleep.
- Avoid enjoying sauna, hot springs, or doing strenuous exercise within seven days.

(6) Leg Sculpting

1) Efficacy

- Tighten skin and prevent slack and soft skin.
- Stimulate collagen production and flatten striae distensae.
- Increase legs' blood circulation, detox, and metabolism.
- Activate blood and remove stasis, dredge channels and collaterals, and prevent varicosity.
- Tighten the excessive flab of the legs and get rid of the thick thigh.

2) Indications

- Those with the obstructed blood circulation of the lower limbs, edema, or obesity.
- Those with hyp immunity, who feel uncomfortable and pain all over the body, or who are prone to catch colds.
- Those with coarse or slack skin.
- Those whose legs have clogged channels and collaterals or with disproportionate and unsightly legs.

3) Contraindications

- Women in menstruation, pregnancy, or lactation.
- Those with hypertension, heart disease, diabetes, severe thyroid, malignant tumors, etc.
- Those with skin disease, infectious disease, or whose skin is in a sensitive period.
- Those with surgical wounds or in surgical recovery.
- Those with severe varicosity or tumors.
- Those in the allergic period or with severely sensitive skin.
- Those who just had liposuction.
- Those who are overaging.
- Those in pregnancy or surgical recovery.

4) Matters Needing Attention After Treatment

- Keep warm, don't eat cold food, and avoid exposing to a windy environment and catching a cold.
- Take a shower after 4 to 6 hours.
- Drink more warm water to replenish moisture and speed up metabolism.
- Refuse to eat and drink too much and stay up late.
- Avoid enjoying sauna, hot springs, or doing strenuous exercise within seven days.
- Wear long pants as far as possible after treatment, and avoid wearing miniskirts and mini-shorts.

(7) Breast Sculpting

1) Efficacy

- Adjust breast shape and improve accessory breast.
- Relieve breast nodules, slight hyperplasia, and distending pain in the breast during menstruation.
- Reduce the appearance of the outward expansion of the breast.
- Improve irregular menstruation, spots on the face, and inelastic skin.

- Relieve mastatophy, slack breast, and blocked lactiferous ducts after child delivery.

2) Indications

- Those whose breast shape is not good-looking or who has accessory breast.
- Those with breast nodules, slight hyperplasia, or who have distending pain in the breast during menstruation.
- Those whose breast has free fat or outward expansion or is saggy.
- Those with hypoimmunity.
- Those with irregular menstruation, spots on the face, or inelastic skin.
- Those who think she has less developed mammary gland, mastatophy, loose breast, or blocked lactiferous ducts after giving birth.

3) Contraindications

- Those with cardiovascular and cerebrovascular diseases, diabetes, abnormal coagulation function, or impaired major organ functions.
- Those who have been taking anticoagulants, vascular dilations, or corticosteroids for a long time or are taking them now.
- Those with infected skin on the breast.
- Those with severe breast hyperplasia, fibroma, or cyst.
- Women in pregnancy or lactation.

4) Matters Needing Attention After Treatment

- Keep warm, don't eat cold food, and avoid exposing to a windy environment and catching a cold.
- Take a shower after 4 to 6 hours.
- Drink more warm water to replenish moisture and speed up metabolism.
- Refuse to eat and drink too much and stay up late.
- Avoid enjoying sauna, hot springs, or doing strenuous exercise within seven days.
- Wear fixed-shape and comfortable underwear, and don't squeeze the breast too hard.

Part II

1. Detailed Operations

Check the equipment and make sure it's properly connected. The following initial interface will appear after pressing the power switch.



(1)Function Selection



Button for selecting tripolar RF/ sextupole RF



Energy Intensity Setting



Display for Energy Indicator



Start/ Pause

2. Technical Parameters

Power Supply 110V-220V± 10% 50/60Hz, 12A

Power: 35W

Three-polar RF

3Mhz

Body RF

5Mhz

Dimension: 260*340*100 (mm)

Net Weight: 1.75 kg

Gross Weight: 2 kg

Input Power: AC 110V/220V 50/ 60HZ

3. Contraindications

Those with the following situations should use the equipment with caution. Please consult a doctor or professional before using it. The details are as follow:

- (1) Those in menstruation, pregnancy, lactation, or surgical recovery.
- (2) Those with hypertension, heart disease, diabetes, severe thyroid, malignant tumors, etc.
- (3) Those with skin disease, infectious disease, or whose skin is in a sensitive period.
- (4) Those with surgical wounds or in surgical recovery.
- (5) Those with epilepsy, severe diabetes, or hyperthyroidism.
- (6) Those in the allergic period or with severely sensitive skin.
- (7) Those who just had liposuction.
- (8) Those who are overage.
- (9) Avoid wearing metal jewelry during the treatment.
- (10) It's prohibited to use it around body parts with metal, plastic, or silicone implants.

4. Precautions on Use

- (1) To avoid skin discomfort caused by overheating, the skin must be evenly applied to gel when operating.
- (2) Avoid wearing metal objects or jewelry during the treatment.
- (3) Protect yourself from the sun, and avoid direct sunlight after treatment.
- (4) It's refrained to use it on fragile parts like the ear, nose, eyeball, or throat.
- (5) Those with hypertension, heart disease, infectious disease, or sensitive to electric current are not allowed to use it.
- (6) Those who had other plastic surgery or had body parts filled before treatment can't have this treatment until he gets recover or has to wait for three months. Or to do plastic surgery one month later after the treatment.
- (7) Appress the RF to the skin with even strength. Otherwise, it may cause uneven heating.
- (8) Set the energy intensity from low to high to avoid discomfort when operating.
- (9) Turn the equipment off after treatment so as not to affect its service life.
- (10) Clean the equipment and handpieces with tissue dipping normal saline(don't use alcohol) after operation to extend its service life.
- (11) Place the equipment in a dry and ventilated place, and avoid direct sunlight, high

temperature, or water inflowing.

(12) Turn off the power supply of the main machine and take out the plug after use.

(13) Avoid contacting hair and sundries when in use. Otherwise, it may cause adverse consequences.

5. Common Malfunction & Troubleshooting Solutions

(1) The equipment can't be started, and the buttons in its back are not lighting up?

A. Make sure the power cord is plugged into a suitable power socket.

B. Check whether the fuse tube in the back is loose or burnt out.

(2) Buttons are not working?

A. Turn off the equipment and restart it.

B. Take out the plug of the handpiece and re-plug it.

(3) The handpiece feels very hot?

A. Check whether it is applied to gel or facial cream when in use.

B. Check whether the equipment is running without doing anything.

C. Check whether the equipment is working for too long a time.

6. FAQs

(1) Q: How long does it take to see the effect of RF treatment?

A: Usually, the effect can be seen on the same day or within a week. Skin's collagen tissue, under heating, produces contraction, resulting in an evident skin tightening. RF regenerates collagen continuously because it stimulates subcutaneous tissue. Therefore, the more you use it, the better the effect.

(2) Q: Is RF harmful to the skin?

A: Skin tightening and anti-wrinkle with RF is a non-surgical program. It stimulates collagen regeneration and metabolism in the underlying skin. Therefore, it causes no harm to the skin. Only local redness and heating will occur after treatment. It's an everyday phenomenon caused by accelerated blood circulation and will disappear after a moment. Thus, there's no need to worry.

(3) Q: Does sensitive skin can use this equipment?

A: Sensitive skin can use it, but allergic people are not advised to take the treatment. RF stimulates deep collagen hyperplasia, accelerates blood circulation, repairs and improves skin sensitivity, but generates heat effects. If the skin has swelled, it will speed up skin circulation and make the swelling worse. Therefore, people in allergic period is not advised to do it.

(4) Q: What products can be used together with this equipment?

A: It can be used together with any serum and cream products. A better effect can

be achieved. It can help better absorption and infiltration of products like serum and is ten times useful than applying. Meanwhile, it unites tightening, lifting, metabolism, and absorption.

(5) Q: Will I experience a rebound after the treatment?

A: It will not rebound easily since RF stimulates collagen regeneration and is not padding or surgery. It takes time for collagen to grow. Therefore, the more times you take it, the better your skin will become. If you stop the treatment, the skin only returns to its metabolic and aging process, not a rebound.


(6) Q: Is there any dependency on this treatment?





A: There is no dependency. RF stimulates fat metabolism and collagen regeneration of the underlying skin. You can see the effect after you do it each time. A better effect can be achieved if you follow a course of treatment. It's pure physical therapy, which will not thinner or damage skin, let alone causing dependency. And it will not get rebound after stopping using it. So you can rest assured.

7. Packing List

- 1 x Main Machine
- 1 x Three-polar Handpiece
- 1x Sextupole Handpiece
- 1 x Power Cord

8. Operational Diagrams

Parameter Setting	Matched Product	Technique	Diagram
Facial Anti-aging: 60 Minutes/ Once a Week			
Three-polar RF Advised Energy Level: 1 to 5	Cleansing Oil + Facial Cleanser + Massage Cream + Essence + Equipment+ Facial Mask	1. Remove makeup and clean the face, 5 minutes. 2. Apply a moisturizing mask and use hot steam, 10 minutes. 3. Clean the face, 2 minutes. 4. Apply toner, 1 minute. 5. Apply massage cream evenly to the face, and caress it three times.	Technique 5, 7 
			Technique 6

		<p>6. Press Chengjiang (RN-24), Renzhong (DU-26), Dicang (ST-4), Jiache (ST-6), Yingxiang (LI-20), Jingming (BL-1), Cuanzhu (BL-2), Yuyao (EX-HN4), Sizhukong (SJ-23), Taiyang (EX-HN5), Tongziliao (GB-1), Chengqi (ST-1), and Sibai (ST-2). Repeat three times.</p> <p>7. Caress the whole face three times.</p> <p>8. Lift from the chin to the earlobe, from the corner of the mouth to Ermen (SJ21), from the wing of the nose to Taiyang (EX-HN5), from the lower eyelid to Taiyang (EX-HN5), and lift the corner of the eyes. Repeat three times.</p> <p>9. Do the same on the other side.</p> <p>10. Lift the forehead towards the hairline direction. Repeat three times.</p> <p>11. Flip and lift the face with rotating fingers. Repeat 3 to 5 times.</p> <p>12. Flip the forehead towards the hairline direction with one hand. Repeat 3 to 5 times.</p> <p>13. One Side-Flip and lift the face with hands doing it alternately, 2 to 3 minutes.</p> <p>14. Do the same on the other side.</p> <p>15. Move zigzag on the</p>	 <hr/> <p>Technique 8, 18</p>  <hr/> <p>Technique 10, 12, 20</p>  <hr/> <p>Technique 15</p>  <hr/>
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		<p>whole forehead with middle and ring fingers, slide to the front of the ear and lift to and fro for three times, and slide out from the back of the ear.</p> <p>16. Clean the face, 2 minutes.</p> <p>17. Apply essence evenly to the whole face, 1 minute.</p> <p>18. Three-polar RF: Lift one line after another from the chin to the part below the ear, from the corner of the mouth to ear center, and from the wing of the nose to Temple. Repeat three times.</p> <p>19. Do the same on the other side.</p> <p>20. Lift the forehead towards the hairline direction. Repeat three times.</p> <p>21. Apply a facial mask and wait for 15 minutes.</p> <p>22. Clean the face, 2 minutes.</p> <p>23. Apply toner, essence, facial cream, and sunscreen.</p> <p>24. Treatment ends.</p>	
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The Recommended Course of Treatment:

A course of treatment includes ten times. After one-time treatment, you can feel the apparent tightening. After a course, skin turns firm and lifted, the face becomes plump, pores contract. After three courses, skin outline gets clear, skin becomes tightened and elastic, wrinkles flatten, double chin disappear, skin gets rejuvenated, and aging delays.

Eye Anti-aging: 35 Minutes/ 2 to 3 Times a Week

<p>Three-polar RF Advised Energy</p>	<p>Cleansing Oil + Facial Cleanser</p>	<p>1. Remove makeup and clean the face, 5 minutes.</p>	<p>Technique 3</p>
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<p>Level: 1 to 5</p>	<p>+ Essence/ Eye Cream + Instrument + Eye Mask</p>	<ol style="list-style-type: none"> 2. Apply toner, 1 minute. 3. Apply essence (Eye Cream) evenly to the eyes with hands moving circlewise. Repeat three times. 4. Tripolar RF: Set the energy parameters, mode, and time (About 10 minutes). 5. Lift the device from the lower eyelid to the corner of the eye. Repeat 3 to 6 times. 6. Lift the device from the lower eyelid to Taiyang (EX-HN5). Repeat 3 to 6 times. 7. Lift the device from the lower eyelid moving in small circles to Temple. Repeat 3 to 6 times. 8. Lift the device from the lower eyelid to Taiyang (EX-HN5). Repeat 3 to 6 times. 9. Lift the device from the brow ridge to the hairline. Repeat 3 to 6 times. 10. Do the same on the other side. 11. Clean the eyes, 1 minute. 12. Apply an eye mask and wait for 15 minutes. 13. Remove the mask and clean the eyes, 2 minutes. 14. Apply eye essence and eye cream. 15. Treatment ends. 	<div style="text-align: center;">  </div> <hr/> <p style="text-align: center;">Technique 5</p> <div style="text-align: center;">  </div> <hr/> <p style="text-align: center;">Technique 6, 8</p> <div style="text-align: center;">  </div> <hr/> <p style="text-align: center;">Technique 7</p> <div style="text-align: center;">  </div> <hr/> <p style="text-align: center;">Technique 9</p> <div style="text-align: center;">  </div>
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Neck Anti-aging: 60 Minutes/ Once a Week

Three-polar RF
Advised Energy
Level:
1 to 5

Cleansing Oil +
Facial Cleanser
+ Massage
Cream +
Essence +
Equipment+
Neck Mask

1. Remove makeup and clean the face, 5 minutes.
2. Apply toner, 1 minute.
3. Massage the neck, lift on the chest with hands applying oil, move to the back of the neck, and press Fengchi (GB20) and Fengfu (DU16). Repeat three times.
4. Lift the lower jaw and double chin with hands doing it alternately, lift to the armpit via the back of the ear, and slide out from there. Repeat three times.
5. Stroke the three channels and collaterals of the side of the neck with purlicue doing it circlewise, and till armpit and pass under there. Repeat three times.
6. Stroke the three channels and collaterals of the side of the neck with four fingers, and till armpit and pass under there. Repeat three times.
7. Rub the side of the neck with kneeling fingers till it turns hot, and till armpit

Technique 3



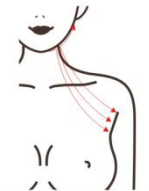
Technique 4



Technique 5, 6, 7, 13



Technique 11



Technique 14



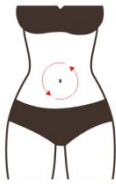




		<p>and pass under there. Repeat three times.</p> <ol style="list-style-type: none">8. Stroke the external collarbone with purlicue and till the armpit. Repeat 3 to 5 times.9. Do the same on the other side.10. Treatment ends.11. Three-polar RF: Coupled with hands, lifting from the double chin to armpit via the back of the ear. Repeat 3 to 5 times.12. Move the equipment circlewise on the side of the neck till armpit in three lines respectively, and slide out from there. Repeat three times.13. Slide the equipment from internal and external collarbones to the armpit, and slide out from there. Repeat 3 to 5 times.14. Move the equipment circlewise around the neck. Repeat three times.15. Do the same on the other side.16. Apply a neck mask and wait for 15 minutes.17. Clean the neck, 1 minute.18. Apply toner, neck essence, neck cream,	
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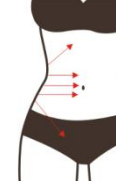

		and sunscreen. 19. Treatment is done.	
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The Recommended Course of Treatment:

A course of treatment includes ten times treatment. After one treatment, the skin becomes rejuvenated and delicate. After a course, the neck skin turns smooth, and the circulation of neck lymph accelerates. After two courses, the skin becomes tightened, the cervical stripe fade, and the double chin improves. After three courses, the skin turns delicate, shiny, firm, plump, and lymphatic detox speeds up, and dark face and acne improve. It also delays skin aging and rejuvenates the skin.

Waist & Abdomen Sculpting: 60 Minutes/ Once a Week

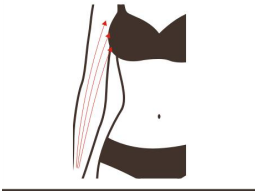
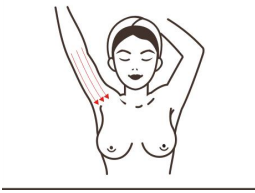

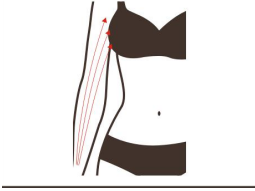
Sextupole RF Advised Energy Level: 1 to 5	Massage Cream (Essential Oil) + Instrument	1. Massage. 2. Rub essential oil into the abdomen with hands moving circlewise. Repeat three times. 3. Rub the belly back and forth with hands. Repeat 3 to 5 times. 4. Rub abdominal fat as the way of rubbing the spine with hands doing it alternately. Repeat three times. 5. Lift Daimai (GB26) of the two sides of the waist with hands doing it alternately. Repeat 16 times. 6. Draw Arabic numeral 8-shaped motions to the part below the waist, and then lift upwards from the side of the waist. Repeat three times. 7. Rub intestinal tract with hands overlapped, moving in small circles and clockwise. Repeat three times. 8. Caress the treated parts with hands moving circlewise. Repeat three times. 9. Press Shangwan (RN13), Zhongwan (RN12), Xiawan (RN10), Shenque (RN8), Qihai (RN6), Guanyuan (RN4),	Technique 2, 8, 11 
		Technique 3, 19 	
		Technique 4 	
		Technique 5 	
		Technique 6 	

		<p>Zhongji (RN3), Tianshu (ST25), Daheng (SP15), and Qugu (RN2). Repeat two times.</p> <p>10. Push from Zhongji (RN3) to the belly button with the thumbs, slide to the parts below the waist along the two sides, and lift upwards to the groin. Repeat three times.</p> <p>11. Caress the treated part till groin with hands.</p> <p>12. Treatment ends.</p> <p>13. Sextupole RF: One side, lift from the side of the waist to belly, and lift one line after another to the groin. Repeat three times.</p> <p>14. Lift the other side. Repeat three times.</p> <p>15. Draw small circles on the abdomen. Repeat three times.</p> <p>16. Draw big circles on the abdomen. Repeat three times.</p> <p>17. Clean it with a towel, and treatment ends.</p>	 <p>Technique 7</p>  <p>Technique 9</p>  <p>Technique 10</p>  <p>Technique 13, 17</p>  <p>Technique 15</p> 
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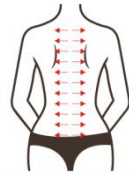

The Recommended Course of Treatment:

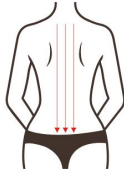



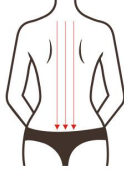

A course of treatment includes ten times treatment. After one treatment, the abdomen is heated, which expedites metabolism. After a course, fat metabolizes slowly, slimming starts. Meanwhile, problems like constipation relieve. After two courses, the effects become more apparent, the skin turns tightened and lifted, collagen in the underlying skin increases, and stretch marks and flabby skin take a turn for the better. After three courses, the effects consolidate, excessive fat disappears little by little, the curve of the waist and abdomen shapes, and a slim waist builds.





Arm Sculpting: 60 Minutes/ Once a Week

<p>Sextupole RF Advised Energy Level: 1 to 5</p>	<p>Massage Cream(Essential Oil) + Instrument</p>	<ol style="list-style-type: none"> 1. Technique. 2. Do it in left-right order. Lay the arm flatwise, apply oil from the lower arm to the entire arm with hands until the hands slide out, and repeat it three times. 3. Push the entire arm with palms doing it alternately. Repeat three times. 4. Push Large Intestine Channel-Triple Energizer Channel-Small Intestine Channel of the outer arm separately till armpit with hands' purlicue. Repeat three times. 5. Caress the treated part. Repeat three times. 6. Rub the three channels and collaterals of the upper arm separately and back and forth with kneeling fingers until it turns hot. Repeat three times. 7. Caress the treated part. Repeat three times. 8. Lay the arm upwards, and push Lung Channel-Pericardium Channel-Heart Channel of the inner arm till armpit with purlicue. Repeat three times, respectively. 	<p>Technique 2, 3, 4, 5, 6, 7</p>	
			<p>Technique 8, 9</p>	
			<p>Technique 10</p>	
			<p>Technique 13, 16</p>	
			<p>Technique 14. 15</p>	

	<p>9. Rub the three channels and collaterals back and forth with kneeling fingers and till it becomes hot. Repeat three times.</p> <p>10. Caress the treated part till the hands slide out. Repeat three times.</p> <p>11. Do the same on the other side.</p> <p>12. Treatment ends.</p> <p>13. Sextupole RF: Lay the arms flatwise, and push from the fat part of the lower arm to the armpit along the three channels and collaterals. Repeat three times.</p> <p>14. Move circlewise till armpit along the three channels and collaterals. Repeat three times.</p> <p>15. Flabby arms can be treated more. Repeat three times.</p> <p>16. Push till the armpit along the three channels and collaterals. Repeat three times.</p> <p>17. Lay the arms upwards, and push the three channels and collaterals of the arms to the armpit. Repeat three times.</p> <p>18. Draw small circles till armpit along the three channels and collaterals of the upper arms. Repeat three times.</p> <p>19. Push from the upper arm to the armpit along the three channels and collaterals.</p> <p>20. Do the same on the other side.</p> <p>21. Clean it with a towel, and</p>	<div data-bbox="1177 203 1305 383" data-label="Image"> </div> <hr/> <p data-bbox="1114 450 1294 479">Technique 17</p> <div data-bbox="1177 506 1358 707" data-label="Image"> </div> <hr/> <p data-bbox="1114 779 1294 808">Technique 19</p> <div data-bbox="1166 831 1321 1003" data-label="Image"> </div>
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		treatment ends.	
The Recommended Course of Treatment:			
A course of treatment includes ten times treatment. After one treatment, a sense of heating and tightening can be felt, and the arms get relaxed. After a course, the excess fat of the arms begins to decrease, and the skin starts to turn firm and plump. After two courses, body shaping starts, and the effect strengthens, channels and collaterals dredges, and physique enhances. After three courses, the effect consolidates and stabilize, and rebound can be prevented.			
Back Sculpting: 60 Minutes/ Once a Week			
Sextupole RF Advised Energy Level: 1 to 5	Massage Cream (Essential Oil) + Instrument	1. Technique.	Technique 2, 11
		2. Rub essential oil into the back and press Fengchi (GB20) and Fengfu (DU16).	
		3. Stroke the area connecting neck and shoulder (start with hairline) with the thumb. Repeat 3 to 5 times.	Technique 3
		4. Stroke Bladder Meridian outward to the sacral region (BL31-BL34) with the thumb, and caress it till Fengchi (GB20) and Fengfu (DU16). Repeat three times.	
		5. Move circlewise and S-shaped motions from the neck to the caudal vertebra with hands. Repeat three times.	Technique 4
		6. Push Bladder Meridian in left-right order with thumbs doing it alternately. Repeat three times.	
		7. Push Bladder Meridian to the sacral region (BL31-BL34) with thumbs doing it simultaneously. Repeat three times.	Technique 5
		8. Push Bladder Meridian with kneeling fingers of the hands in three lines, respectively. Repeat three times.	
		9. Push the medial border of	Technique 6, 7, 8, 14


	<p>the scapula in left-right order with hands doing it alternately. Repeat 3 to 6 times.</p> <p>10. Stroke transversely the medial border of the scapula with hands. Repeat 3 to 6 times.</p> <p>11. Caress the whole back with hands and back to press Fengchi (GB20) and Fengfu (DU16). Repeat three times.</p> <p>12. Press Tianzong (SI11) with thumbs overlapped, slide to the arm, and slide out from there. Repeat three times.</p> <p>13. Operate the other side. Press Tianzong (SI11) till the arm, and slide out from there. Repeat three times.</p> <p>14. Rub Du Meridian and Bladder Meridian with hands till it turns hot.</p> <p>15. Treatment ends.</p> <p>16. Sextupole RF: Treat Du Meridian (DU) first and Bladder Meridian (BL) after. Start with the neck, sliding to the sacral region (BL31-BL34). Repeat 3 to 5 times.</p> <p>17. Move circlewise on Dazhui (DU-14) and sacral region (BL31-BL34). Repeat 3 to 5 times for each.</p> <p>18. Start with neck, moving to and fro the area connecting neck and shoulder. Repeat 3 to 5 times.</p> <p>19. Lift to and fro the medial border of the scapula in left-right order. Repeat 3 to 5 times.</p> <p>20. Move transversely and from top to down to the</p>	 <hr/> <p>Technique 9, 19</p>  <hr/> <p>Technique 10</p>  <hr/> <p>Technique 12, 13</p>  <hr/> <p>Technique 16</p>  <hr/> <p>Technique 17</p>  <hr/> <p>Technique 18</p>
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		<p>sacral region (BL31-BL34) in an Arabic numeral 8-shaped motions. Repeat three times.</p> <p>21. Move from the bottom up and circlewise till armpit from the two sides, and do it in left-right order. Repeat three times.</p> <p>22. Lift upwards from the side of the waist to the armpit. Repeat 3 to 5 times.</p> <p>23. Clean it with a towel, and treatment ends.</p>	 <p>Technique 20</p>  <p>Technique 21</p>  <p>Technique 22</p> 
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The Recommended Course of Treatment:

A course of treatment includes ten times. After one-time treatment, the back gets relaxed obviously, stiffness of shoulder and neck relieves, and skin lifts. After a course, back and shoulder become relaxed, back fat lessens, Dowager's Hump alleviates, and the back outlines become good-looking. After two courses, Dowager's Hump improves, channels and collaterals dredges, sub-health conditions, and sleep take a turn for the better. After three courses, back get thinner, outlines become nice, viscera function enhances, digestion and detox and metabolism boost. (one course with size reduced, two with effect consolidated, and three with effect strengthened and without a rebound.)

Buttocks Sculpting: 60 Minutes/ Once a Week

<p>Sextupole RF Advised Energy Level: 1 to 5</p>	<p>Massage Cream (Essential Oil) + Instrument</p>	<p>1. Stand sideways and with hands applying oil, slide from the sacral region(BL31-BL34) to the waist, and lift upwards along the buttocks. Repeat three times.</p>	<p>Technique 1, 4</p> 
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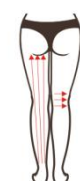
	<p>2. Push the sacral region (BL31-BL34) with thumbs. Repeat three times.</p> <p>3. Caress the treated part 3 times, and then press Shenshu (BL23), sacral region (BL31-BL34), Changqiang (DU1), Huantiao (GB30), and Chengfu (BL36). Repeat three times.</p> <p>4. Caress the treated part. Repeat three times.</p> <p>5. Do it in left-right order. Push upwards from the thigh root to Daimai (GB26) with hands along Bladder Meridian, Kidney Meridian, Liver Meridian, and Gallbladder Meridian. Repeat three times, respectively.</p> <p>6. Push upwards from the thigh root to Daimai (GB26) with hands doing it severally along Bladder Meridian, Kidney Meridian, Liver Meridian, and Gallbladder Meridian. Repeat three times, respectively.</p> <p>7. Lift from the thigh root to Daimai (GB26) with the palms overlapped. Repeat 3 to 5 times.</p> <p>8. Push (for sculpting) directly and one line after another from the two sides of the buttocks to the highest point of it with hands, and do it back and forth. Repeat three times.</p> <p>9. Repeat technique No.7.</p> <p>10. Caress the treated part.</p> <p>11. Do the same on the other side.</p> <p>12. Sextupole RF: Lift one line</p>	<p>Technique 2</p>  <hr/> <p>Technique 3</p>  <hr/> <p>Technique 5, 7</p>  <hr/> <p>Technique 6, 12, 15</p>  <hr/> <p>Technique 8, 13, 16</p>  <hr/> <p>Technique 14</p> 
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		<p>after another from the thigh root to the belt vessel. Repeat three times.</p> <p>13.Lift upwards and one line after another from the two sides of the buttocks to the highest point of it. Repeat three times.</p> <p>14.Draw small circles on the whole buttocks. Repeat 3 to 5 times.</p> <p>15.Lift one line after another from the thigh root to Daimai (GB26). Repeat three times.</p> <p>16.Lift upwards and one line after another from the two sides of the buttocks to the highest point of it. Repeat three times.</p> <p>17.Do the same on the other side.</p> <p>18.Clean it with a towel, and treatment ends.</p>	
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The Recommended Course of Treatment:

A course of treatment includes ten times. After one-time treatment, the buttocks lift and become hot. After a course, buttocks outlines start to show themselves, excess fat decreases slowly, and the skin turns tightened. After three courses, gynecological diseases like cold-natured body and cold uterus relieve, menstruation returns to normal, and the effect consolidates, boosting feminine charm.

Leg Sculpting: 60 Minutes/ Once a Week

<p>Sextupole RF Advised Energy Level: 1 to 5</p>	<p>Massage Cream (Essential Oil) + Instrument</p>	<p>1. Massage. 2. Do it in left-right order. Apply essential oil from the lower leg to the thigh and back to the heel. Repeat three times. 3. Push the entire leg from the bottom up with palms doing it by turns, and back to the heel till the palms slide out. Repeat three times. 4. Push Bladder Meridian-Kidney</p>	<p>Technique 2, 3, 4, 5, 7, 8, 9</p>  <p>Technique 6</p>
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		<p>Meridian-Liver Meridian-Gallbladder Meridian from the bottom up with hands' purlicue doing it by turns. Repeat three times. 5. Push popliteal fossa with hands doing it alternately. Repeat three times. 6. Twist the leg from the bottom up and back and forth with hands doing it alternately. Repeat three times. 7. Caress the treated part. Repeat three times. 8. Push the four channels and collaterals from the bottom up with kneeling fingers of hands. Repeat three times. 9. Caress the treated part. Repeat three times. 10. Do the same on the other side. 11. Treatment ends. 12. Sextupole RF: From the bottom to popliteal fossa, pushing Bladder Meridian-Kidney Meridian-Liver Meridian-Gallbladder Meridian successively. Repeat three times. 13. Draw small circles on the lower leg to dissolve fat. Repeat three times. 14. Push from the bottom up to popliteal fossa successively, and caress it with hands. Repeat three times. 15. Start from the popliteal fossa, pushing the four channels and collaterals till the thigh root. Repeat three times.</p>	 <hr/> <p>Technique 12</p>  <hr/> <p>Technique 13</p>  <hr/> <p>Technique 15, 17</p>  <hr/> <p>Technique 16, 18</p>  <hr/> <p>Technique 21, 23, 25, 27, 30</p>  <hr/> <p>Technique 26</p>
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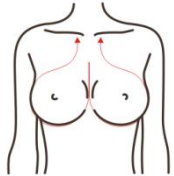
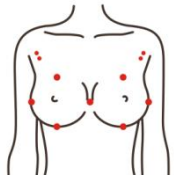
	<p>16. Start from popliteal fossa, drawing small circles till the thigh root to dissolve fat. Repeat three times.</p> <p>17. Start from popliteal fossa, pushing the channels and collaterals till the thigh root. Repeat three times.</p> <p>18. Draw small circles on the whole thigh to dissolve fat. Repeat 3 to 5 times.</p> <p>19. Do the same on the other side.</p> <p>20. Fore-leg: Apply oil from the lower leg to the thigh root with hands (namely caressing). Repeat three times.</p> <p>21. Push Spleen Meridian-Stomach Meridian-Liver Meridian-Gallbladder Meridian of the leg till the thigh root with hands' purlicue doing it alternately. Repeat three times.</p> <p>22. Push the four channels and collaterals with kneeling fingers of the hands. Repeat three times.</p> <p>23. Treatment ends.</p> <p>24. Do the same on the other side.</p> <p>25. Sextupole RF: Lift from the lower leg towards the knee along the four channels and collaterals. Repeat three times. (The thigh can be treated directly if the lower leg doesn't have excessive fat.)</p> <p>26. Move circlewise from the two sides of the lower leg to the knee. Repeat three times.</p>	
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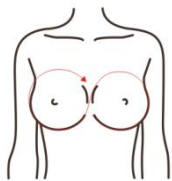
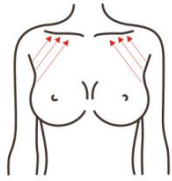
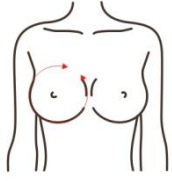
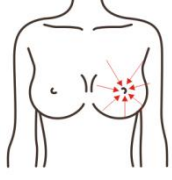
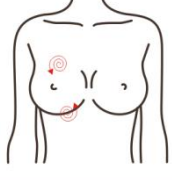
		<p>(If the lower legs don't have too much fat, we can treat the thigh directly.)</p> <p>27. Lift one line after another from the knee to the thigh root. Repeat three times.</p> <p>28. Draw small circles on the whole thigh. Repeat three times.</p> <p>29. Lift circlewise from the knee to the thigh root. Repeat three times.</p> <p>30. Lift one line after another from the knee to the thigh root. Repeat three times.</p> <p>31. Do the same on the other side.</p> <p>32. Clean it with a towel, and treatment ends.</p>	
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The Recommended Course of Treatment:

A course of treatment includes ten times. After one treatment, the legs get relaxed, and blood circulation accelerates. After a course, the legs become thinner, and a sense of tightening can be felt evidently due to the contraction effect generated by skin collagen tissue. After two courses, the legs turn slim and tightened, and it presents an evident effect. After three courses, the effect reinforces. Super RF and ultrasound stimulate skin dermis and produce collagen continuously. Thus the curative effect becomes clearer.

Breast Sculpting: 60 Minutes/ Once a Week

<p>Sextupole RF Advised Energy Level: 1 to 5</p>	<p>Massage Cream (Essential Oil) + Instrument</p>	<p>1. Stand next to the head of a bed, apply essential oil to the hands, move from Danzhong (RN17) to the armpit, and lift the suspensory ligament of the breast. Repeat three times.</p> <p>2. Press Danzhong (RN17), Ruzhong (ST17), Dabao (SP21), Yinchuang (ST16), Zhongfu (LU1), and Yunmen (LU2) with thumbs. Repeat three times.</p> <p>3. Caress the treated part. Repeat three times.</p> <p>4. Stroke Arabic numerals 8-shaped motions between Danzhong (RN17) and the</p>	<p>Technique 1</p> 
			<p>Technique 2</p> 

	<p>breast with palms overlapped. Repeat three times.</p> <p>5. Lift from the accessory breast to the suspensory ligament of the breast with hands, and do it in left-right order. Repeat ten times.</p> <p>6. Caress the treated part. Repeat three times.</p> <p>7. Sit next to the client. Do it in left-right order. Caress and lift the breast with palms. Repeat 3 to 5 times.</p> <p>8. Push the lactiferous ducts around the breast with hands' purlicue. Repeat 3 to 5 times.</p> <p>9. Dredge the nodule parts of the breast with the thumb moving circlewise and alternately. Repeat three times.</p> <p>10. Caress and lift the whole breast with hands. Repeat 3 to 5 times.</p> <p>11. Do the same on the other side.</p> <p>12. Sextupole RF: Do it in left-right order. Coupled with hands, lifting from the bottom up to the nipple along the breast. Repeat 5 to 8 times.</p> <p>13. Lift downwards to the collarbone along breast drawing semi-circle, and caress it with hands. Repeat 5 to 8 times.</p> <p>14. Draw small circles to dredge the parts with the nodule. Repeat 3 to 5 times.</p> <p>15. Let the client lie on his side and with his arms lifted. Move the equipment circlewise on the accessory breast to dissolve fat. Repeat 5</p>	<p>Technique 4</p>  <hr/> <p>Technique 5</p>  <hr/> <p>Technique 7, 13</p>  <hr/> <p>Technique 8, 12</p>  <hr/> <p>Technique 9, 14</p>  <hr/> <p>Technique 15</p>
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		<p>to 8 times.</p> <p>16. Push from the accessory breast of the armpit to the breast (for sculpting and contracting accessory breast). Repeat 5 to 8 times.</p> <p>17. Do the same on the other side.</p> <p>18. Clean it with a towel, and treatment ends.</p>	 <hr/> <p>Technique 16</p> 
<p>The Recommended Course of Treatment:</p> <p>A course of treatment consists of ten times. After one-time treatment, the breast is heated, accelerating blood circulation, and lifted to a certain level. After a course, the effects will become more evident, and the nodule will be relieved. After three courses, the skin becomes tightened, the shaping reinforces, the breast elasticity boosts, and the internal secretion regulates, making women more charming.</p>			