

User Manual

MS-3393



Preface

To our valued users,

Thanks for choosing our latest integrated beauty instrument. This is the latest body slimming and skin tightening product with integration technology, which combines together ultrasound and RF technology. MS-3393 is a professional beauty instrument, which needs to be operated by people with professional training. Any improper use of this instrument may bring adverse consequences to human body, thus we advise all the people to read this manual thoroughly and follow the instructions specified hereby strictly before operation.

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

Thank you.

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Part I

Brief Introduction

RF and ultrasonic cavitation are currently the most popular instruments for beauty, skin tightening, body sculpting and anti-aging. It can effectively replace all the facial and body care programs in beauty salon, and can be operated easily, conveniently and swiftly, and solves skin and body management problems for people pursuing beauty, and works safely and effectively, and requires no skin breaking, no injection, no medication and no operation, and is without side effects, and is operated externally during the whole process, and has an immediate effect. RF heats up deep skin, stimulates collagen hyperplasia and restructuring in skin dermis, and accelerates blood circulation in underlying skin, thus achieving the goal of skin tightening, plumpness, anti-aging, as well as senility preventing. Ultrasound with specific frequency aims at body parts having difficulty in fat reduction in daily life, and will bring amazing effect.

Advantages

1. Multifunctional beauty instrument that fixes facial and body care problems.
2. Ultrasonic cavitation strongly blasts fat, removes fat, and has replaced and surpassed liposuction, which brings good news to obese people.
3. It has multiple operating heads, which can be changed according to different body parts that be treated and different demands.
4. One operating head is with multiple functions, and with stronger radio frequency, and with a higher and more even energy level.
5. The perfect match of ultrasound and LED technology are going to address people's concern for weight reduction. It can tighten skin, increase skin elasticity, speed up body metabolism and strengthen physique while reducing weight.
6. It adopts the most advanced ultrasonic cavitation technology in the world.
7. Painlessness, no invasiveness, no injury, without convalescence, you can leave immediately, and without affecting your normal work and life after treatment.
8. No consumption, low cost, but with quick returns.
9. It has a wider treatment range, including both body and face.
10. Unevenness, bleeding and swelling will not occur.
11. 25K & LED probes release energy with red light, accelerate metabolism, diminish inflammation and do disinfection for skin while doing massaging and dissolving fat. It has an obvious effect and a better comfort level.

Facial Anti-aging & Skin Tightening

Principle

Plugable RF radio frequency waves penetrate skin directly, and generate energy by utilizing electrical resistance effect formed by skin, which increases temperature on underlying skin. By using the principle of tightening collagen in dermis and stimulating collagen hyperplasia, it has two curative effects of lifting and tightening skin timely and regenerating lasting collagen.

The treated parts can experience obvious shrinkage instantly after treatment. The effect of tightening and lifting can be seen about one month later and will become more and more obvious. Depending on body parts that be treated and ways of maintenance of each person, the

effect of RF can be maintained about 18 months to 3 years, or varies or extends even longer in line with ways of maintenance of each person. According to the latest research, a better effect can be achieved after multiple times of treatment.

Effects

1. Tighten face and induct nutrition into deep skin.
2. Increase skin elasticity and make skin tender.
3. Moisten skin and increase skin absorptivity.
4. Accelerate blood circulation and metabolism.
5. Relieve double chin and tighten skin.
6. Stimulate collagen hyperplasia and delay aging.

Indications

1. People with dark and lacklustre face.
2. People with slack and saggy skin.
3. People with fine lines, nasolabial folds or periorbital lines.
4. People with vague facial contour.
5. People with coarse skin and large pores.
6. People who are under long-term exposure of UV radiation at workplace.
7. People with loose skin, edema or puffiness after giving birth.

Contraindications

1. People who just undergone plastic surgery, or had prostheses and metal materials implanted in the treated parts.
2. People who recently had injections, such as hyaluronic acid, mesotherapy, wrinkles removal, or plastic surgery.
3. People with hypertension, heart disease, diabetes, severe thyroid, malignant tumors, etc.
4. People in allergic period, or have severely sensitive skin, or are allergic to metals.
5. People with skin trauma or wound.
6. People who are overly aging.
7. People in menstruation, pregnancy, lactation or surgical recovery.
8. People with skin diseases or infectious diseases.
9. People who have unrealistic illusion about the effects.

Notes (after treatment)

1. Do not wash your face with overheated water within three days (but can wash with warm and cold water).
2. Do hydrating to maintain moisture, and protect yourself from the sun.
3. Do not enjoy hot springs or saunas, or do strenuous exercise, etc., within three days.
4. Apply facial masks at least three times in a week.
5. Avoid eating spicy and greasy food, and avoid staying up late, smoking and drinking alcohol, and eat more vegetables, fruits and light food.
6. Do not eat food causing "Three Highs" (hypertension, hyperlipidemia and hyperglycemia), and mostly eat light food.

Eyes Wrinkles Removal

Principle

During the treatment of eyes, Plugable RF instrument heat the bottom layer of eye skin rapidly through radio frequency wave and stimulate the growth of skin collagen so as to achieve the effects of tightening skin around the eyes, removing eye bags and black eyes, improving red blood streak and fine lines.

Effects

1. Relieve eye fatigue, black eyes, eye bags and edema.
2. Improve periorbital lines and crow's feet.
3. Fade pigment and accelerate blood circulation.
4. Accelerate metabolism and prevent pigment from sediment.
5. Replenish nutrition for eyes and moisten skin.
6. Tighten skin and make it tender, and lift the corner of eyes.
7. Accelerate blood circulation of the eyes, and help with the efficient absorption.

Indications

1. People with wrinkles, fine lines, eye bags and black eyes.
2. People with dry skin, dry lines and false wrinkles.
3. People whose eyes are prone to fatigues and dry.
4. People who always face computer and cellphone.
5. People who always stay up late and with black eyes.
6. People who always exposure to dry or high temperature environment.

Contraindications

1. People who just undergone plastic surgery.
2. People with hypertension, heart disease, diabetes, severe thyroid, malignant tumors and etc.
3. People in allergic period, or have severe sensitive skin or are allergic to metals.
4. People with skin trauma or wound.
5. People who are overly aging.
6. People in pregnancy or surgical recovery.
7. People with skin diseases and infectious diseases.

Notes (after treatment)

1. Avoid being under the blazing sun and protect yourself from sunlight.
2. Replenish water and keep moisture and protect yourself from sunlight because the treated parts is relatively dry.
3. It's better not to use alcohol, AHA(Alpha Hydroxyl Acid) or scrub cream within 1 to 3 days.
4. Avoid washing with overheated water, or enjoying hot springs, saunas or doing strenuous exercise within 7 days.
5. Replenish water and apply eye masks which should do at least 3 times a week.

Body Management

40K

It uses the principle of ultrasonic wave. It can effectively consume heat and cellular water as well as shrinking fat cells by gathered strong sound waves entering human body causing fat cells producing a strong strike and frictions between fat cells. In addition, when sound waves vibrate, it can produce strong strike among cells which make cells burst instantly and lessen fat cells so as to achieve the effect of fat removal.

Cavitation Principle of Ultrasound: Tens of thousands of tiny bubbles, namely cavitation bubbles, are produced by liquid vibration. These bubbles grow in negative pressure zone formed by longitudinal transmission of ultrasound, and they close rapidly in positive pressure zone. Therefore, they are being compressed and stretched under alternative positive and negative pressure. The bubbles will be compressed until they get burst, which will generate huge instantaneous pressure. Generally, the pressure can reach up to from tens of MPa to hundreds of MPa, and produce strong vibration and noise.

Advantages: It destroys tissue selectively, and only destroys low-density adipose tissue with a specific frequency, and protects high-density tissue, such as nervus vascularis, etc.

25K & LED

It uses the principle of ultrasonic wave. It can effectively consume heat and cellular water as well as shrinking fat cells by gathered strong sound waves entering human body causing fat cells producing a strong strike and frictions between fat cells. In addition, when sound waves vibrate, it can produce strong strike among cells which make cells burst instantly and lessen fat cells so as to achieve the effect of fat removal. LED can accelerate the activity of cells, stimulate a better metabolism. A better effect can be achieved with the combined use of the two.

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Advantages: It destroys tissue selectively, and only destroys low-density adipose tissue with a specific frequency, and protects high-density tissue, such as nervus vascularis, etc.

Waist & Abdomen Sculpting

Effects

1. Relieve cold hands and feet, cold womb and cold-natured body for women.
2. Improve slack and soft skin on waist and abdomen.
3. Reduce proud flesh on waist and abdomen, and alleviate swimming ring-like belly and small belly.
4. Tighten skin, reduce stretch marks and lineae albicantens, and increase skin elasticity.
5. Accelerate metabolism, alleviate constipation, and improve intestinal tract movement.

Indications

1. People with cold hands and feet, cold womb or cold-natured body.
2. People with proud flesh on waist and abdomen, or protruding small belly, or slack skin after child delivery.
3. People sitting too long, or with ugly waistlines.
4. People with lineae albicantens, or stretch marks.
5. People with constipation, or obstructed channels and collaterals on abdomen.

Contraindications

1. People with Three Highs (hypertension, hyperglycemia, hyperlipidemia), or with heart disease.
2. People in pregnancy, menstruation, or lactation.
3. People whose surgical wounds is healing, or in surgical recovery.
4. People with epilepsy, severe diabetes or hyperthyroidism.
5. People with malignant tumors, hemophilia or severe bleeding.
6. People with skin diseases or infectious diseases.
7. People with severe gynecological diseases.
8. People whose gynecological diseases are being treated.

Notes (after treatment)

1. Avoid wearing crop top and exposing to windy environment and catching a cold.
2. Avoid eating and drinking too much, staying up late, drinking alcohol, and eating raw, cold, spicy and greasy food. Drink more hot water.
3. Keep abdomen warm, and take bath after 4 to 6 hours.
4. Avoid enjoying sauna or hot spring, or doing strenuous exercise within 7 days.
5. Rub abdomen with hands doing it clockwise before sleep at night, which achieves a better effect with weight reduction and metabolism.

Arms Sculpting

Effects

1. Stimulate collagen hyperplasia in underlying skin, and sculpt and firm skin.
2. Improve slack skin.
3. Improve jiggly and thick arms.
4. Relieve soft skin.
5. Tighten skin.
6. Accelerate blood circulation and dredge channels and collaterals.

Indications

1. People with thick arms, or who looks ugly in clothes.
2. People with proud flesh on arms, or jiggly arms.
3. People with loose arms skin.
4. People whose arms are prone to pain and numbness.
5. People who always carry baby.

Contraindications

1. People who just had plastic surgery.
2. People with hypertension, heart disease, diabetes, severe thyroid, malignant tumor,

etc.

3. People in allergic period, or have severely sensitive skin.
4. People with skin trauma or wound.
5. People who are overly aging.
6. People in pregnancy, or in surgical recovery.
7. People with skin diseases or infectious diseases.

Notes (after treatment)

1. Keep warm, and don't eat cold food, and avoid exposing to windy environment and catching a cold
2. Take shower after 4 to 6 hours.
3. Drink more warm water, and replenish moisture.
4. Refuse eating and drinking too much, as well as staying up late.
5. Avoid enjoying sauna or hot spring, or doing strenuous exercise within a week.

Legs Sculpting

Effects

1. Tighten skin and prevent slack skin;
2. Stimulate collagen regeneration and flatten lineae albicantens;
3. Increase legs blood circulation, detox and metabolism;
4. Activate blood and remove stasis, dredge channels and collaterals, and prevent varicose veins.
5. Tighten excess proud flesh on legs and get rid of thick thigh.

Indications

1. People with obstructed blood circulation of lower limbs, or with edema and obesity.
2. People with hypo-immunity, or who feel uncomfortable and pain all over the body, or who are prone to catch colds.
3. People with constipation, or with coarse and slack skin.
4. People with clogged channels and collaterals in legs, or with disproportionate and unsightly legs.

Contraindications

1. People in menstruation, pregnancy or lactation.
2. People with hypertension, heart disease, diabetes, severe thyroid, malignant tumor, etc.
3. People with skin diseases, infectious diseases, or in skin sensitive period.
4. People with surgical wounds or in recovery.
5. Patients with severe varicose veins or tumors.
6. People in allergic period, or with severely sensitive skin.
7. People who just had liposuction.
8. People who are overly aging.
9. People in pregnancy, or in surgical recovery.

Notes (after Operation)

1. Keep warm, and do not eat cold food, and avoid exposing to windy environment and

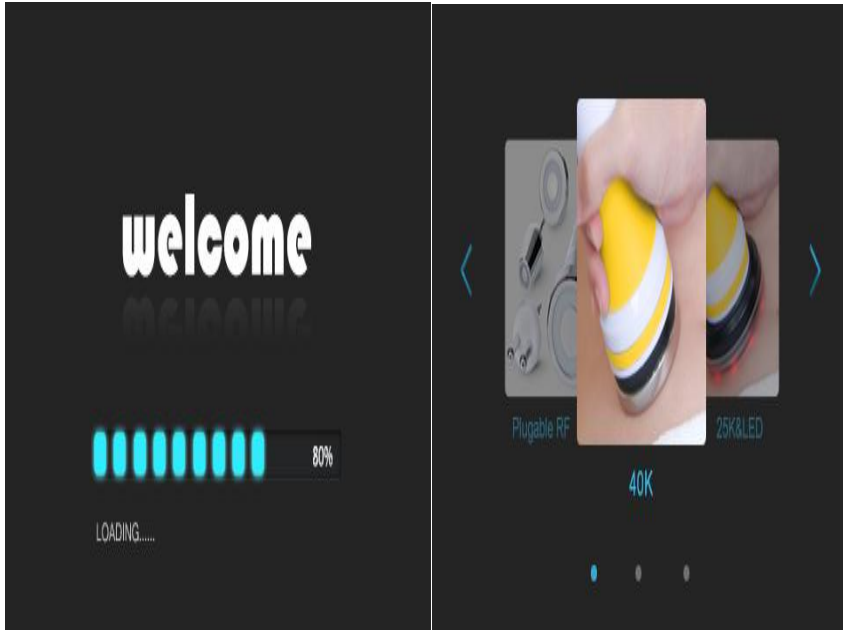
catching a cold.

2. Take shower after 4 to 6 hours.
3. Drink more warm water, and replenish moisture to speed up metabolism.
4. Refuse eating and drinking too much, as well as staying up late.
5. Avoid enjoying sauna or hot spring, or doing strenuous exercise within 7 days.
6. Wear long pants as far as possible after treatment, and avoid wearing miniskirts and shorts.

Part II

1. Detailed Operations

Check the instrument and make sure it's properly connected. The following initial page will appear after having the power switch on.



1.1 Functions Selection



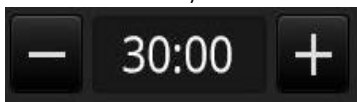
Homepage



Return



Start/ Pause

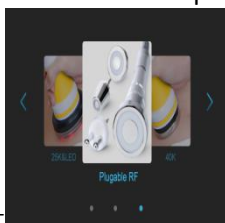


Time Setting & Display

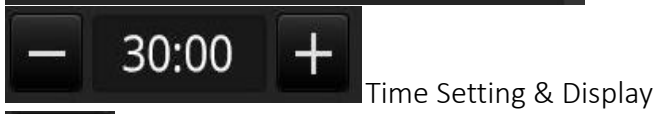


Energy Setting & Display

1.2 Detailed Operations for RF

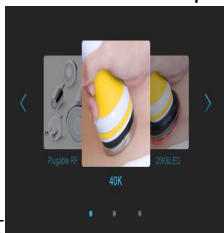



Select  and enter the following page

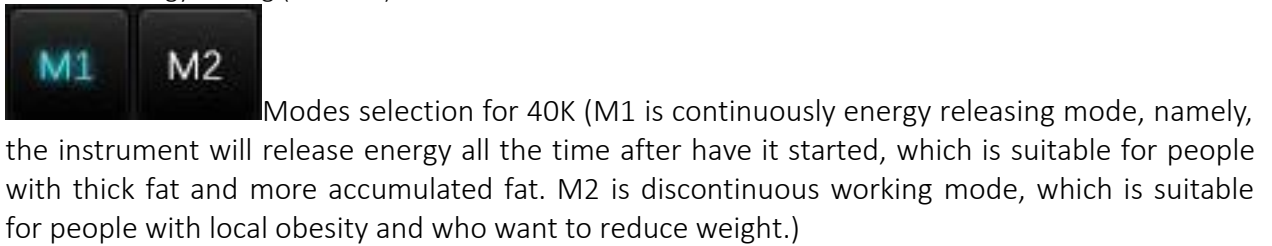
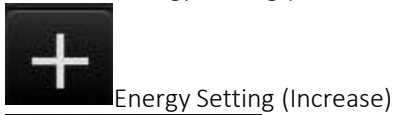
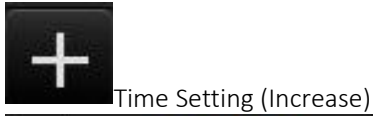
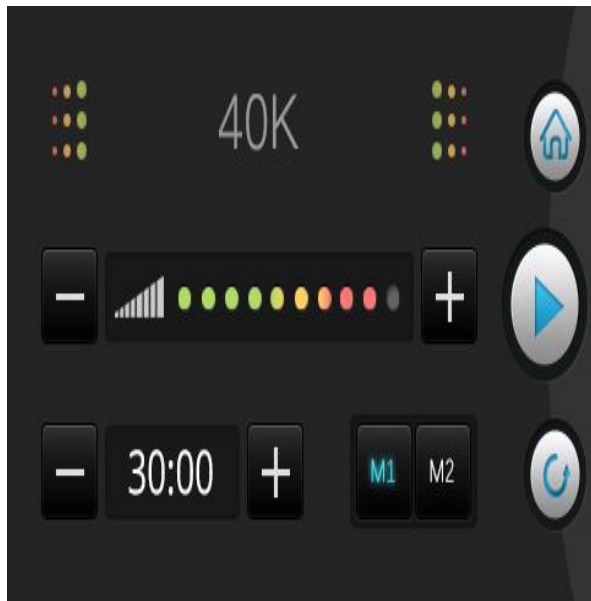


(NOR is default mode. The temperature for RF will reach the setting value directly. PRO is smart mode. The temperature for RF will reach the setting value slowly.)

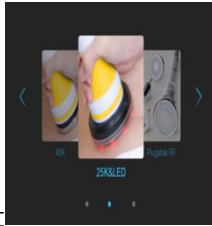
1.3 Detailed Operations for 40K



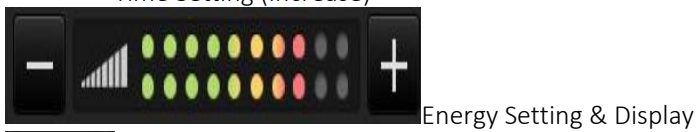
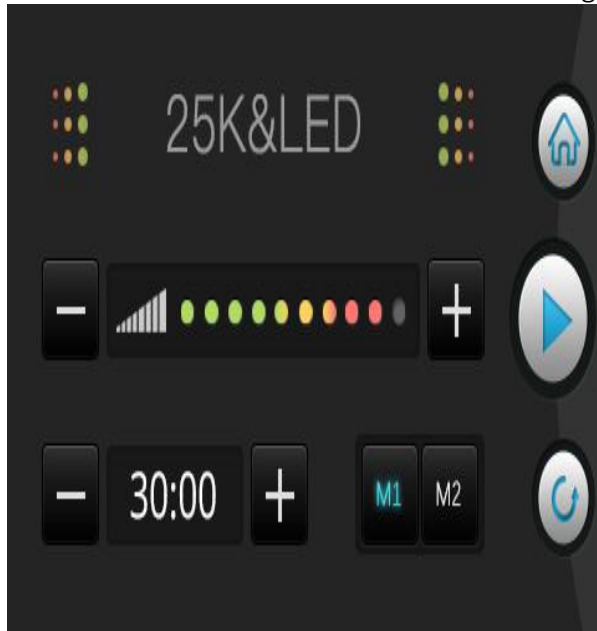
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1.4 Detailed Operations for 25K & LED



Select  and enter the following page



Modes selection for 40K (M1 is continuously energy releasing mode, namely, the instrument will release energy all the time after have it started, which is suitable for people with thick fat and more accumulated fat. M2 is discontinuous working mode, which is suitable for people with local obesity and who want to reduce weight.)



Start/ Pause

2. Technical Parameters

Power Supply Input: 100V-240V

Uoisetion 40K Cavitation Head

Frequency: 40KHz

Power: 20W

Uoisetion 25K Cavitation Head with Photon

Frequency: 25KHz

Power: 20W

Bipolar RF Handle for Skin Tightening

Frequency: 5MHz

Power: 30W

3. Contraindications

People with the following situations should use the instrument with caution. Please consult a doctor or professional before using this instrument. The details are as follow:

- (1) Women in pregnancy, or lactation;
- (2) People with heart disease, or heart pacemaker;
- (3) People with unhealed surgical wound, or in surgical recovery;
- (4) People with epilepsy, hypertension, severe diabetes or hyperthyroidism;
- (5) People with malignant tumors, hemophiliac or severe bleeding;
- (6) People with skin diseases or infectious diseases should use with caution;
- (7) People who are overly aging.

4. Precautions for Use

- (1) Plug with ground pin must be used, and power socket that already factually grounded must be ensured before using the instrument.
- (2) To make sure instrument's voltage is adaptive. If voltage of local power supply is unstable, we suggest users add voltage regulator with matching power between the mains supply and the instrument.
- (3) To guarantee curative effect and normal service life of the instrument, please uniformly use specified parts provided or suggested by original manufacturer.
- (4) The instrument can't be placed in damp places or near water, and also can't be exposed to direct sunlight.
- (5) Don't place the instrument near a strong heat source since this may affect its service life and normal use.
- (6) Please remove all the metal objects from body before treatment so as to avoid unexpected situations which may affect curative effect.
- (7) Please restrain from using the instrument aiming at eyes, thyroid, parathyroid,

testicles, pregnant woman's abdomen, pacemaker, etc.

- (8) People who are suffering from illness should use with caution unless he gets permission from a doctor.
- (9) Please turn off power switch of the instrument if no one uses it, and ensure main power is off after someone used it and before he left, thus safety of the instrument can be guaranteed.
- (10) Using the instrument and training the operators in strictly accordance with the instructions specified in the manual.
- (11) It's advised to stop taking other weight-loss medicines for 1 to 2 months before treatment if you are taking them now. The course of treatment shall be extended if you want to have it started immediately.
- (12) Don't use the instrument with an empty stomach, and wait for at least 1 hour after a full meal before starting the course for weight reduction.
- (13) The instrument should contact skin fully so as to avoid uneven heating when in use.
- (14) Operating with the lowest energy level when just started, and increase the level gradually after client got used to it.
- (15) When using this instrument, parts that be treated must be kept moist, and dry skin treatment should be avoided.
- (16) Clean the instrument with normal saline after operation so as to ensure its cleanliness and hygiene, as well as extending its service life.

5. Troubleshooting & Solutions

- (1) The instrument can't be started, and lights on its back are not working?
 - A. Make sure the power cord is plugged into a good power socket.
 - B. Check whether the fuse tube on the back of the instrument is loose or burnt out.
- (2) The instrument is without RF output?
 - A. Please check whether the instrument handle and the plug connecting to instrument body are closely connected.
 - B. Please check whether the treated parts have been cleaned. Grease or oily essential products may cause poor contact between the handle and human body, which will result in no RF output.
- (3) The RF output is weakened?
 - A. Please check whether the handle and the plug connecting to instrument body are closely connected.
 - B. Please check whether there is non-conductive grease on the handle, which may cause poor contact and weaken the output.
 - C. Please check whether the product used is the adaptive product specified by the instrument.
- (4) The instrument can be started, but there is error message on the monitor?
 - A. Take out the plug in the back of the instrument, and wait for about 1 minute and re-plug and restart it.
 - B. If the above-mentioned solutions are not working, please contact the instrument dealer for assistance.

6. FAQs

(1) Q: How long does the effect of RF treatment can be seen?

A: Normally the effect can be seen on the same day or within a week. The skin collagen tissue, under heating, produces contraction, which results in an obvious skin tightening. RF can regenerate collagen continuously because it stimulates subcutaneous tissue. Therefore, the more you treat it, the more obvious the effect would be.

(2) Q: Is RF harmful to skin?

A: RF for tightening and anti-wrinkles is a non-surgical program. It stimulates collagen regeneration on underlying skin and accelerates metabolism. Therefore, it causes no harm to skin. Only local redness and heating will occur after treatment, which is a normal phenomenon caused by accelerated blood circulation, and it will disappear itself after a moment. Thus, there's no need to worry.

(3) Q: How long does the body firming and shaping treatment take?

A: The time for one treatment is 60 minutes. To have an obvious effect, we will combine the use of professional techniques and instruments.

(4) Q: What functions does this instrument include?

A: Fat dissolving for body shaping, skin smoothing and rejuvenating, tightening and lifting, youth restoring and anti-aging. It can be operated all over the body. For face, it can sculpt facial contour, alleviate wrinkles and loosening and sagging. For body, it can reduce weight on local part and build S curve, accelerate metabolism and detox of whole body. Meanwhile, it can also enhance viscera functions and regulate sub-health of body.

(5) Q: Which one is better in terms of weight reduction, liposuction or this instrument?

A: The principle of liposuction is sucking out excess fat in a certain body part through vacuum suction so as to achieve the purpose of losing weight quickly on local parts. It has an instant effect, requires anesthesia during the operation, and has recovery period. It's an operation and there is risk. However, this instrument is risk-free and has no side effects. It can stimulate collagen regeneration so as to lift and tighten skin while reducing weight. It can also shape perfect curves by lifting, and boost feminine charm.

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

A: For weight loss by ultrasonic fat dissolving, the weight will not rebound easily after reduction. Ultrasonic fat dissolving is removing fat instead of water, and it takes a long time for the fat to be accumulated, thus the weight will not get rebound easily.

(7) Q: Do I need to be on a diet?

A: You need to keep on a diet a bit because radio frequency and ultrasonic treatment are followed by fat blasting and accelerated metabolism. Avoid eating spicy, oily, or fried food so as not to affect metabolism. You can have proper workout for sweating, and make it discharge successfully from your body. In this way the effect of weight loss will be more obvious.

(8) Q: Can ultrasound be operated all over the body?

A: Ultrasound breaks fat cells, which leads to the burst of cell wall. Then fat in the cells flow out and absorbed and metabolized by lymph. Therefore, it has a strong power. The heart is very sensitive to sound wave since our heart is a hollow organ. Back and forth reflex occurs due to the fact that muscle tissue and blood in the heart do not conduct sound waves in the same way after

the heart is vibrated by the sound wave. The reflex force can detach cardiac valves from cardiac muscles. If directed it at eyes, it can cause retinal detachment. Therefore, shun eyes and heart area when using ultrasound. (Don't use it on waist, back and chest.)

(9) Q: Does ultrasound have side effects on human body?

A: Ultrasound is not surgery, non-invasive, and requires no anesthesia and operation. The techniques for ultrasound: ultrasound (mechanical sound wave) -blast fat through cavitation -ultrasound focusing. Effect: fat smashing -fat dissolving -skin firming and body sculpting. It only targets at fat cells of low density while protecting tissue of high density, such as nervus vascularis, therefore it has no side effects on human body. Only slight drumming in the ears may appear during the treatment, which is normal and you don't have to worry about it.

(10) Q: Why does drumming in the ears occur?

A: It's because ultrasonic wave has a strong vibration and with a frequency above 20KHZ. It acts on subcutaneous fat layer that is 20mm below through ultrasound focusing. Ultrasonic wave with concentrated energy effectively causes high speed friction among fat cells, resulting in heating and eventually in breaking and emulsifying, during which there is sound. Therefore, slight tinnitus will accompany during the treatment.

(11) Q: What is collagen?

A: Collagen is a biological macromolecule substance, and a fibrous protein that is white, opaque and non-branched. It can supplement the nutrition needed by all the skin layers, and enhance collagen activity in the skin, and with the effects of locking moisture, nourishing skin, delaying aging, beautifying looks, relieving facial relaxation, and caring hair. Collagen is a nutrient that the human body must be supplemented for delaying aging. With increasing age, the collagen will drain gradually. Women have started to aging, and their collagen have drained, and the content of collagen have decreased little by little after the age of 20. At the age of 25, collagen loss reaches its peak. At the age of 40, the content of collagen is less than half of that of the age of 18. Collagen and water loss leads to the breakage of collagen fibers and elastic mesh that support the skin, which is the exact cause for the wrinkles on the face of the elderly. It causes the oxidation, atrophy and collapse of skin tissues, which makes the skin dry, wrinkled, slack and inelastic and etc. Therefore, collagen must be supplemented for aging delaying.

7. Packing List

Main Machine x1

40K Handle x1

Plugable RF Handle x1






25K & LED Handle x1

Parts Rack x1





Fuse x2

Power Cord x1

8. Operational Diagrams

Parameters Setting	Product	Technique	Diagram
Facial Anti-aging & Skin Tightening: 60 Minutes/ Once a Week			
<p>Plugable RF:</p> <p>Advised energy level: between 3 and 7</p> <p>Advised time: 15 to 20 minutes</p> <p>Mode: NOR: default Mode PRO: smart Mode</p>	<p>Makeup Remover + Facial Cleanser + Cold & Hot Steam + Massage Cream + Base Mask + Essence + Facial Mask</p>	<ol style="list-style-type: none"> 1. Remove makeup and clean the face, 5 minutes. 2. Apply hydrating 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 for 3 times. 6. Press Chengjiang (REN-24), Renzhong (DU-26), Dicang (ST-4), Jiache (ST-6), Yingxiang (LI-20), Jingming (BI-1), Cuanzhu (BI-2), Yuyao(EM3), Sizhukong (TE-23), Temple, Tongziliao (GB-1), Chengqi (ST-1), and Sibai (ST-2). Repeat 3 times. 7. Caress the whole face for 3 times. 8. Lift from chin to earlobe, from the corner of mouth to Ermen (SJ21), from nose wing to Temple, and from lower eyelid to Temple in three lines respectively with two hands doing it alternately, and lift the corner of eye. Repeat 3 times. 9. Repeat the same on the other side. 10. Lift forehead towards hairline direction. Repeat 3 times. 11. Flip and lift the face with rotating fingers. Repeat 3 to 5 times. 12. Flip the forehead towards hairline direction with one hand. Repeat 3 to 5 times. 	<p>Technique 5, 7</p>  <hr/> <p>Technique 6</p>  <hr/> <p>Technique 8, 17</p>  <hr/> <p>Technique 10, 12, 19</p>  <hr/> <p>Technique 15</p> 

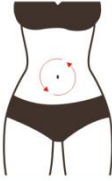





		<p>13. One side: Flip and lift the face with two hands doing it alternately. Do it for 2 to 3 minutes.</p> <p>14. Do the same on the other side.</p> <p>15. Move zigzag on the whole forehead with middle and ring finger, slide to the front of ear and lift to and fro for 3 times, and pass over the back of ear.</p> <p>16. Treatment done.</p> <p>17. Techniques for Plugable RF: Lift one line after another from chin to Ermen (SJ21), from the corner of mouth to Ermen (SJ21), from nose wing to Temple. Repeat 3 times.</p> <p>18. Do the same on the other side.</p> <p>19. Lift from forehead towards hairline direction. Repeat 3 times.</p> <p>20. Clean the face, 2 minutes.</p> <p>21. Apply facial mask, and wait for 15 minutes.</p> <p>22. Clean the face, 2 minutes.</p> <p>23. Apply toner, essence and facial cream, and sunscreen.</p> <p>24. Treatment done.</p>	
<p>Course of treatment recommended: A course consists of ten treatments. After one treatment, skin becomes tightened and rejuvenated, and be supplemented with the needed nutrition. After a course, skin improves and turns glossy. After two courses, skin becomes smooth and plump, and its outline gets clearer gradually. After 3 courses, skin metabolism and detox enhance. And it helps to fade pigment and dim skin, and contributes to prevent and delay skin aging, loosening and sagging, and helps with collagen hyperplasia in underlying skin, which makes skin tender and smooth, firmed and glossy.</p>			
<h2>Eyes Wrinkles Removal: 25 Minutes/ 2 to 3 Times a Week</h2>			
<p>Plugable RF: Energy Level: 3 to 7</p>	<p>Cleansing Oil + Facial Cleanser + Essence/Eye</p>	<p>1. Remove make-up and clean the face, and wait for 5 minutes. 2. Apply toner, and wait for 1 minute.</p>	<p>Technique 3</p>



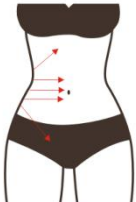


<p>Operating Time: 15 to 20 minutes</p> <p>Mode: NOR: default mode PRO: smart Mode</p>	<p>Cream + Instrument + Eyes Mask</p>	<ol style="list-style-type: none"> 3. Apply essence (eye cream) evenly on the eyes with hands moving in circles. Repeat 3 times. 4. Plugable RF Techniques: Set energy parameters, mode and time (about 10 minutes). 5. Lift the device from the lower eyelid to the corner of eye. Repeat 3 to 6 times. 6. Lift the device from the lower eyelid to Temple. Repeat 3 to 6 times. 7. Lift from lower eyelid moving in circles to Temple. Repeat 3 to 6 times. 8. Lift the instrument from the lower eyelid to Temple. Repeat 3 to 6 times. 9. Lift the instrument from brow ridge to hairline. Repeat 3 to 6 times. 10. Treat the other side. 11. Clean the eye, and wait for 1 minute. 12. Apply eye mask, and wait for 15 minutes. 13. Remove the mask and clean, and wait for 2 minutes. 14. Apply essence to the eye. 	 <p>Technique 5</p>  <p>Technique 6</p>  <p>Technique 7</p>  <p>Technique 8, 9</p>
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Course of treatment recommended:

It's advised to do it for 2 to 3 times. After one treatment, the eye will be tightened and lifted, and eye blood circulation will be accelerated. After a month, the fine lines and black eye will be faded, and skin color will be improved. After three months, the eye will be tightened and lifted, and be rejuvenated and with gloss. To stick to it, the eye can be improved and aging can be prevented.

Waist & Abdomen Sculpting: 60 Minutes/ Once a Week

<p>40K: Suggested time: 10 to 15 minutes Suggested energy level: 3 to 7 Mode: M1: continuous working M2: discontinuous working</p> <p>25K & LED: Suggested time: 15 to 20 minutes Suggested energy level: 3 to 7 Mode: M1: continuous working M2: discontinuous working</p>	<p>Massage Cream(Essential Oil) + Gel + Instrument</p>	<ol style="list-style-type: none"> 1. Massage Techniques. 2. Move circlewise on abdomen with two hands, and apply oil to it. Repeat 3 times. 3. Rub belly back and forth with two hands. Repeat 3 to 5 times. 4. Rub the fat on abdomen as the way of rubbing spine with both hands doing it alternately. Repeat 3 times. 5. Lift belt vessels of both sides of the waist with hands doing it alternately. Repeat 16 times. 6. Move in Arabic numeral 8-shape to the part below waist and then lift upwards from the side of waist. Repeat 3 times. 7. Rub intestinal tract with two hands overlapped moving in small circles clockwise. Repeat 3 times. 8. Caress with two hands moving circlewise. Repeat 3 times. 9. Press Shangwan (RN13), Zhongwan (RN12), Xiawan (RN10), Shenque (RN8), Qihai (RN6), Guanyuan (RN4), Zhongji (RN3), Tianshu (ST25), Daheng (SP15), Qugu (RN2). Repeat 2 times. 10. Push directly from Zhongji (RN3) to belly button with thumbs of both hands, and slide to the parts below waist along the two sides, and then lift upwards to groin. Repeat 2 times. 	<p>Technique 2, 8, 11</p>  <hr/> <p>Technique 3, 19</p>  <hr/> <p>Technique 4</p>  <hr/> <p>Technique 5</p>  <hr/> <p>Technique 6</p>  <hr/> <p>Technique 7</p>  <hr/> <p>Technique 9</p>
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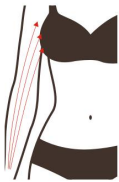


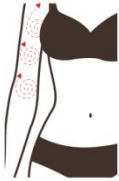
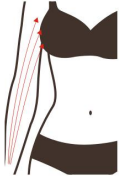

		<ol style="list-style-type: none"> 11. Caress till groin with both hands. 12. Treatment done. 13. 40K Techniques: One Side: Lift from the side of waist to belly, and lift one line after another to groin. Repeat 3 times. 14. Lift the other side. Repeat 3 times. 15. Move in small circles on abdomen. Repeat 3 times. 16. Move in big circles on abdomen. Repeat 3 times. 17. 25K & LED Techniques: One side, lift from the side of waist to abdomen, and lift one line after another to groin. Repeat 3 times. 18. Lift the other side. Repeat 3 times. 19. Move in small circles on abdomen. Repeat 3 times. 20. Move in big circles on abdomen. Repeat 3 times. 21. Treatment done. 	 <p>Technique 10</p>  <p>Technique 13, 17</p>  <p>Technique 15, 19</p>  <p>Technique 16, 20</p> 
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Course of treatment recommended

A course consists of ten treatments. After one treatment, abdomen is heated which expedites metabolism. After a course, fat metabolizes slowly, slimming starts, and meanwhile problems, such as constipation, improve. After two courses, the effects become more and more obvious. Skin turns tightened and lifted, collagen in underlying skin increases, and stretch marks and slack skin take a turn for the better. After three courses, the effects consolidate, excess fat disappears little by little, curve of waist and abdomen shapes, and a slim waist builds.

Arms Sculpting: 60 Minutes/ Once a Week

40K: Suggested time:	Massage Cream(<ol style="list-style-type: none"> 1. Techniques. 2. Lay the arms flatwise with 	Technique 2, 3, 4, 5, 6, 7
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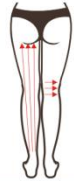


<p>10 to 15 minutes</p> <p>Suggested energy level: 3 to 7</p> <p>Mode: M1: continuous working mode M2: discontinuous working mode</p> <p>25K & LED:</p> <p>Suggested time: 15 to 20 minutes</p> <p>Suggested energy level: between 3 and 7</p> <p>Mode: M1: continuous working mode M2: discontinuous working mode</p>	<p>Essential Oil) + Gel + Instrument</p>	<p>the left first and the right after, and apply oil to both hands, and rub from the lower arm to the entire arm till palms reach the top end. Repeat 3 times.</p> <ol style="list-style-type: none"> 3. Push the entire arm with two palms doing it alternately. Repeat 3 times. 4. Push three channels and collaterals (Large Intestine Channel[LI]-Triple Energizer Channel[TE]-Small Intestine Channel[I]) on the outer arms respectively with the V-shaped webbed area between thumb and index finger, and push till armpit. Repeat 3 times. 5. Caress the treatment area. Repeat 3 times. 6. Rub three channels and collaterals on the upper arms respectively with kneeling fingers till it turns hot, and rub it back and forth. Repeat 3 times. 7. Caress the treatment area. Repeat 3 times. 8. Lay the arms upwards, and push three yin channels (Lung Channel[LU]-Pericardium Channel[PC]-Heart Channel[HT]) on the inner arms with the V-shaped webbed area between thumb and index finger, and push till armpit. Repeat 3 times respectively. 9. Rub three channels and collaterals back and forth with kneeling fingers till it becomes hot. Repeat 3 times. 10. Caress the treatment area till palms reach the end. 11. Repeat the same on the 	 <p>Technique 8, 9</p>  <p>Technique 10</p>  <p>Technique 13, 16, 21</p>  <p>Technique 24</p>  <p>Technique 14, 15, 22, 23</p>  <p>Technique 17, 25</p>
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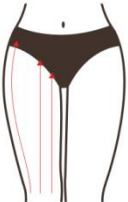
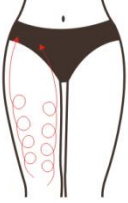

		<p>other side.</p> <p>12. Treatment done.</p> <p>13. 40K Techniques: Lay the arms flatwise, and start from the fat part of lower arm pushing to armpit along three channels and collaterals. Repeat 3 times.</p> <p>14. Move annularly tracing three channels and collaterals till armpit. Repeat 3 times.</p> <p>15. You may exercise more treatment on flabby arms. Repeat 3 times.</p> <p>16. Push to armpit along three channels and collaterals. Repeat 3 times.</p> <p>17. Lay the arms upwards, and push three channels and collaterals on the arms to armpit. Repeat 3 times.</p> <p>18. Move in small circles along three channels and collaterals on the upper arms to armpit, 3 times.</p> <p>19. Start from the upper arm pushing to armpit along three channels and collaterals.</p> <p>20. Do the same on the other side.</p> <p>21. 25K & LED: Lay the arms flatwise. Start from the fat part of lower arm pushing to armpit along three channels and collaterals. Repeat 3 times.</p> <p>22. Move annularly along three channels and collaterals till armpit. Repeat 3 times.</p> <p>23. You may exercise more treatment on flabby arms. Repeat 3 times.</p> <p>24. Push to armpit along three channels and collaterals. Repeat 3 times.</p>	 <hr/> <p>Technique 19, 27</p>  <hr/>
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		<p>25. Lay the arms upwards, and push three channels and collaterals on the arms to armpit. Repeat 3 times.</p> <p>26. Move small circles till armpit along three channels and collaterals on the upper arm. Repeat 3 times.</p> <p>27. Start from the upper arm pushing to armpit along three channels and collaterals. Repeat 3 times.</p> <p>28. Do the same on the other side</p> <p>29. Treatment done.</p>	
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Course of treatment recommended
 Ten treatments is a course. After one treatment, a sense of heating and tightening can be felt, and the arms get relaxed. After a course, excess fat on the arms starts to decrease, and skin begins to become tightened and plump. After two courses, body shaping starts, and the effects strengthens, channels and collaterals dredges, and physique enhances. After three courses, the effects consolidate and stabilize, and rebound can be prevented.

Legs Sculpting: 60 Minutes/ Once a Week

<p>40K: Suggested time: 10 to 15 minutes</p> <p>Suggested energy level: between 3 and 7</p> <p>Modes: M1: continuous working M2: discontinuous working</p> <p>25K & LED: Suggested time: 15 to 20 minutes</p> <p>Suggested energy level: between 3</p>	<p>Massage Cream (Essential Oil) + Gel + Instrument</p>	<ol style="list-style-type: none"> 1. Massage Techniques. 2. With the left leg first and right after. Apply oil from the lower leg to the thigh, and then back to the heel. Repeat 3 times. 3. Push the entire leg from the bottom up with the root of two palms doing it alternately, and then back to the heel till the palms passes over there. 4. Push the four channels and collaterals(Bladder Meridian[BL]-Kidney Meridian[KI]-Liver Meridian[LV]-Gallbladder Meridian[GB]) from the bottom up with the V-shaped webbed area between thumb and index finger of both hands doing 	<p>Technique 2, 3, 4, 5, 7, 8, 9</p>  <hr/> <p>Technique 6</p>  <hr/> <p>Technique 12, 20</p> 
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<p>and 7</p> <p>Mode: M1: continuous working mode M2: discontinuous working mode</p>		<p>it alternately. Repeat 3 times.</p> <ol style="list-style-type: none"> 5. Push popliteal fossa with two hand doing it alternately. Repeat 3 times. 6. Move from the bottom up in twist manner with two hand doing it alternately. Repeat 3 times. 7. Caress the treatment area. Repeat 3 times. 8. Push four channels and collaterals with kneeling fingers doing it from the bottom up. Repeat 3 times. 9. Caress the treatment area. Repeat 3 times. 10. Do the same on the other side. 11. Treatment done. 12. 40K Techniques: Push upwards to popliteal fossa, and push Bladder Meridian(BL)-Kidney Meridian(KI)-Liver Meridian(LV)-Gallbladder Meridian(GB) successively. Repeat 3 times. 13. Move in small circles on the lower leg to dissolve fat. Repeat 3 times. 14. Push from the bottom up to popliteal fossa successively, and meanwhile caress the area with hands. 15. Starting from popliteal fossa, pushing four channels and collaterals till the thigh root. Repeat 3 times. 16. Starting from the popliteal fossa, moving in small circles till the thigh root to dissolve fat. 17. Starting from popliteal fossa, pushing four channels and collaterals 	<p>Technique 13, 16, 21, 24</p>  <hr/> <p>Technique 15, 17, 23, 25</p>  <hr/> <p>Technique 16, 18, 24, 26</p>  <hr/> <p>Technique 29, 30, 33, 35, 39, 41</p>  <hr/> <p>Technique 34, 37, 40, 43</p>  <hr/> <p>Technique 36, 42</p> 
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		<p>successively till thigh root</p> <p>18. Moving in small circles on the thigh root to dissolve fat.</p> <p>19. Do the same on the other side</p> <p>20. 25K & LED Techniques: Push upwards to popliteal fossa, and push Bladder Meridian(BL)-Kidney Meridian(KI)-Liver Meridian(LV)-Gallbladder Meridian(GB) successively. Repeat 3 times.</p> <p>21. Move in small circles on the lower leg to dissolve fat. Repeat 3 times.</p> <p>22. Push from the bottom up to popliteal fossa successively, and meanwhile caress the area with hands.</p> <p>23. Starting from popliteal fossa, pushing four channels and collaterals till the thigh root. Repeat 3 times.</p> <p>24. Starting from the popliteal fossa, moving in small circles till the thigh root to dissolve fat.</p> <p>25. Starting from popliteal fossa, pushing four channels and collaterals successively till thigh root</p> <p>26. Moving in small circles on the thigh root to dissolve fat.</p> <p>27. Do the same on the other side.</p> <p>28. Foreleg Massage: Apply oil from the leg to the thigh root with both hands. Repeat 3 times.</p> <p>29. Push the four channels and collaterals(Spleen Meridian (SP)- Stomich Meridian (ST)-Liver</p>	
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		<p>Meridian(LV)-Gallbladder Meridian(GB)) on the leg with the V-shaped webbed area between thumb and index finger of both hands doing it alternately, and push till thigh root. Repeat 3 times.</p> <p>30. Push four channels and collaterals with kneeling fingers. Repeat 3 times.</p> <p>31. Treatment done.</p> <p>32. Do the same on the other side.</p> <p>33. 40K Techniques: Lift from the lower leg towards the knee along four channels and collaterals. Repeat 3 times. (can start with treating the thigh directly if there is no excess fat on the lower leg)</p> <p>34. Move annularly from the two sides of lower leg to the knee. Repeat 3 times. (can start with treating the thigh directly if there is no excess fat on the lower leg)</p> <p>35. Lift one line after another from knee to thigh root. Repeat 3 times.</p> <p>36. Move in small circles on the whole thigh part. Repeat 3 times</p> <p>37. Lift annularly from knee to thigh root. Repeat 3 times.</p> <p>38. Lift one line after another from knee to thigh root. Repeat 3 times.</p> <p>39. 25K & LED Techniques: Lift from the lower leg towards the knee along four channels and collaterals. Repeat 3 times. (can start with treating the thigh directly if there is no excess fat on the lower leg)</p> <p>40. Move annularly from the</p>	
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		<p>two sides of lower leg to the knee. Repeat 3 times. (can start with treating the thigh directly if there is no excess fat on the lower leg)</p> <p>41. Lift one line after another from knee to thigh root. Repeat 3 times.</p> <p>42. Move in small circles on the whole thigh part. Repeat 3 times</p> <p>43. Lift annularly from knee to thigh root. Repeat 3 times.</p> <p>44. Lift one line after another from knee to thigh root. Repeat 3 times.</p> <p>45. Treatment done.</p>	
<p>Course of treatment recommended</p> <p>Ten treatments is a course. After one treatment, legs get relaxed, and blood circulation accelerates. After a course, legs become thinner, and an obvious sense of tightening can be felt due to contraction effect generated by skin collagen tissue. After two courses, legs turn slim and tightened, which has an obvious effect. After three courses, the effect reinforces. Super RF and super ultrasound stimulate skin dermis and regenerate collagen continuously. Therefore its curative effect becomes more and more obvious.</p>			

