

User Manual

MS-33J1



Preface

To our valued users,

Thanks for choosing our latest massager. This newest instrument for slimming and tightening skin applies EMS technology. MS-33J1 is professional beauty equipment, which needs to be operated by people with professional training. Any improper use of this equipment 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.

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Part I

1. Introduction

At present, beauty instruments that adopt the EMS technique are the most popular ones for tightening and body shaping. It can effectively replace all body care programs in a beauty salon, operate easily, conveniently, and swiftly, and solve body problems for people pursuing beauty. Moreover, this equipment works safely and effectively and requires no skin breaking, injection, medication, or surgery. It has no side effects. EMS micro-current stimulation relaxes muscles, enhances local blood circulation, prevents amyotrophy, and promotes body metabolism.

2. Advantages

- (1) EMS micro-current can effectively solve problems like body fatigue and swelling.
- (2) It has a broader treatment range and an evident effect; it has zero consumption and is low-cost, but it gives a quick return.
- (3) The perfect match of massage and EMS techniques will address people's concerns for weight loss. They tighten skin, increase skin elasticity, accelerate body metabolism, and strengthen constitution while reducing fat.
- (4) It operates easily, conveniently, and swiftly, requires no surgery or anesthesia, is non-invasive and painless, and will not affect regular work and life.
- (5) It has a broader treatment range and can be used on various body parts.
- (6) EMS micro-current stimulates muscle contraction, makes muscle plump and muscular, and relieves sagging caused by slack muscle.

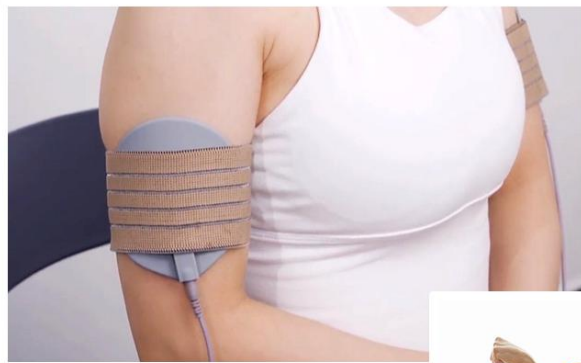
3. Principle

EMS is short for Electronic Muscle Simulation. It's called the electrostimulation technique and is also known as the muscle exercising technique. To put it simply, the muscle, under normal situations, starts to move actively after receiving signals from the brain. EMS, however, sends the signals directly to the muscle via electrical stimulation, which makes the muscle exercise passively to achieve bodybuilding.

Efficacy

- Relax muscles, enhance local blood circulation, prevent amyotrophy, and relieve muscle spasms. Various conditions contribute to strengthening local circulation and exercising muscles. It can accurately and rapidly help users firm the skin and make the body better.
- Low-intensity micro-current stimulates muscle contraction and makes muscles plump and muscular instead of decreasing them. Relieve sagging caused by slack muscles and make contour clear. It's muscle improvement.

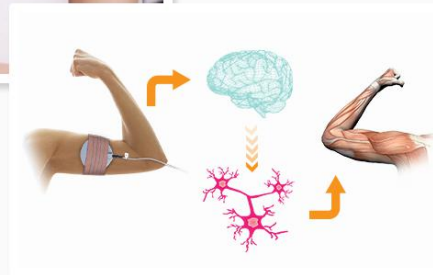
Product Description



01

DFC EMS System
Overall Body Fitness

10 pairs pad for body fitness, 1 pair for breast lifting.
EMS stimulates muscle contraction, increases
muscles, and brings slim physique.



4. Body Management

(1)Waist & Abdomen Sculpting

1) Handpiece

EMS Pad

2) 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.

3) Indications

- People with cold hands, cold feet, cold uteruses, or cold-natured bodies.
- People with flab on waist and abdomen, potbelly, or flabby skin after child delivery.
- People with unsightly waistlines due to sitting too long.

- People with striae distensae or stretch marks.
- People with constipation or whose abdomens have obstructed channels and collaterals.

4) Contraindications

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

5) Matters Needing Attention After Treatment

- Avoid wearing a crop top or 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.
- Keep the abdomen warm and take a shower after 4 to 6 hours.
- Avoid enjoying sauna or 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.

(2) Arm Sculpting

1) Handpiece

EMS Pad

2) Efficacy

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

3) Indications

- People with thick arms or who look unsightly in clothes.

- People with bat wings or flabby arms.
- People whose arms have flabby skin.
- People whose arms are prone to soreness and numbness.
- People who always carry a baby.

4) Contraindications

- People who just had plastic surgery.
- People with hypertension, heart disease, diabetes, severe thyroid, or malignant tumors.
- People in the allergic period or with severely sensitive skin.
- People with skin trauma or wounds.
- Overage people.
- People in pregnancy or surgical recovery.
- People with skin disease or infectious disease.

5) 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 or hot springs or doing strenuous exercise within seven days.

(3) Back Sculpting

1) Handpiece

EMS Pad

2) 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 excess flab from the back and sculpt the back.

3) Indications

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

4) Contraindications

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

5) Matters Needing Attention After Treatment

- Keep warm, avoid exposing to a windy environment and catching 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.

(4) Buttock Sculpting

1) Handpiece

EMS Pad

2) Efficacy

- Enhance blood circulation and speed up metabolism.
- Relieve 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 buttocks, relieve the sagging and outward expansion of the buttocks, tighten skin, and increase elasticity.

3) Indications

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

4) Contraindications

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

5) 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 or hot springs or doing strenuous exercise within seven days.

(5) Leg Sculpting

1) Handpiece

EMS Pad

2) 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, remove stasis, dredge channels and collaterals, and prevent varicosity.
- Tighten the excessive flab of the legs and get rid of the thick thigh.

3) Indications

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

4) Contraindications

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

5) 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 or hot springs or doing strenuous exercise within seven days.
- Wear long pants as much as possible after treatment, and avoid wearing miniskirts and mini-shorts.

(6) Breast Sculpting

1) Handpiece

Breast Pad

2) 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.

3) Indications

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

4) Contraindications

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

5) Matters Needing Attention After Treatment

Drink more warm water and keep warm.

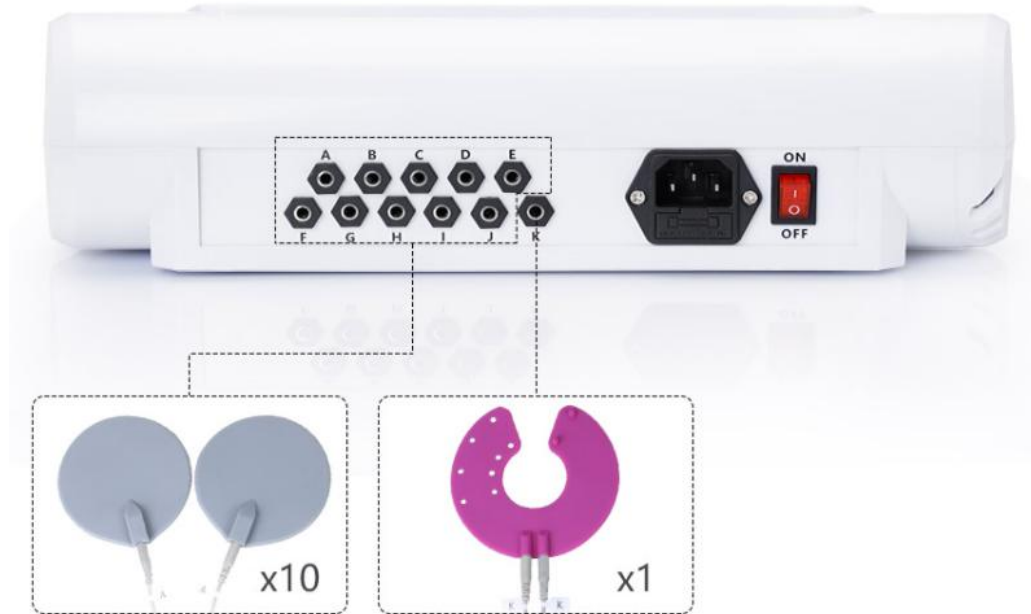
Wear fixed-shape and comfortable underwear, and don't squeeze the breast too hard.

Avoid exposing yourself to a windy environment and catching a cold, and take a shower after 4 to 6 hours.

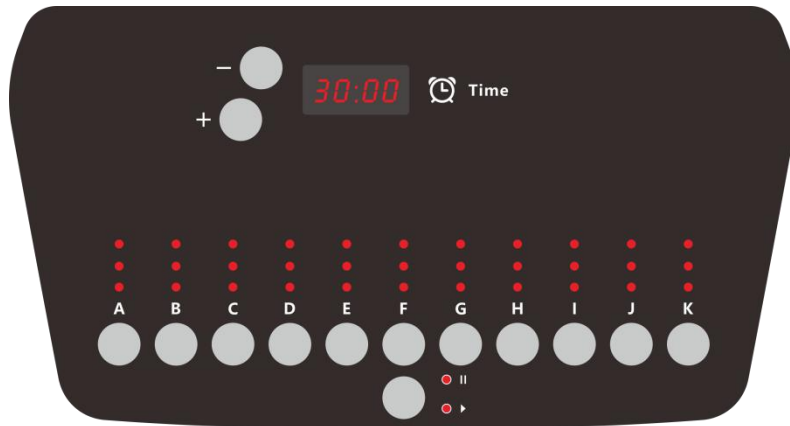
Part II

1. Detailed Operations

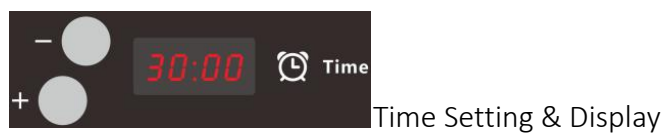
The detailed installations are shown as follow:

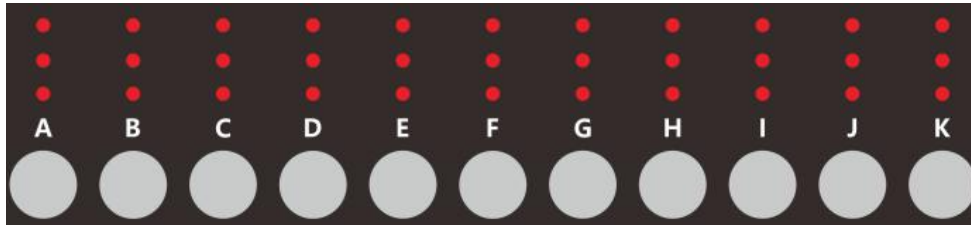


Have the equipment correctly connected, and the following initial interface will appear when pressing the power switch.



(1)Function Selection





The corresponding button for each EMS pad and energy level setting; press the relevant button to adjust the energy level.

The setting for breast pad is the same as EMS pad. Press Button K to adjust the breast pad and its energy level. You can set the specific time and energy level per individual tolerance and needs.

2. Technical Parameters

Voltage: 240V/50Hz or 220V/50Hz or 120V/60Hz

Rated Power: $\leq 40W$

Working Current: $\leq 50mA$

Pulse Output: 10 Channels

Maximum Treatment Time: 90 Minutes

Pulse Waveforms: One Mode

Pulse Frequency: 30Hz/s - 800Hz/s

Pulse Power: 0 - 270 Angles Adjustable

Pulse Speed: Three Levels Adjustable

Shink Time: 0.1 - 5s

Loose Time: 0.1 - 5s

Machine Dimension: 40cm*27cm*13cm

Packing Size: 47cm*35cm*23cm

3. Precautions on Use

- (1) You must use a plug with a ground pin and ensure the power socket is already grounded before using the equipment.
- (2) Make sure the voltage of the equipment is adaptive. If the local power supply voltage is not stable, we suggest users add a voltage regulator with matching power between the main supply and the equipment.
- (3) Please uniformly use specified parts provided or suggested by the original manufacturer to guarantee the equipment's curative effect and expected service life.

- (4) Please do not put the equipment in a damp place, near a water source, or sites that expose it to direct sunlight.
- (5) Please don't place the equipment near an intense heat source since this may affect its service life and everyday use
- (6) Those with a prosthesis inside the breast can not use it.
- (7) Those with metal stents (not including a contraceptive ring) inside the body are prohibited from using it.
- (8) Women in pregnancy or lactation can not use it.
- (9) You can not use it after drinking alcohol.
- (10) Those with heavy menstrual blood can not use it.
- (11) Those who are sensitive to electric current can not use it.
- (12) Those who did cesarean in the past six months can not use it.
- (13) Those who experienced a miscarriage in the past three months can not use it.
- (14) Those who had natural labor in the past two months can not use it.
- (15) Do not wear metal jewelry during the treatment.
- (16) Don't use EMS on the abdomen within one hour after a meal.
- (17) Don't place the EMS pads on inflamed muscles caused by injure.
- (18) Don't place the EMS pads on body parts with scars from a recent operation (within ten months).
- (19) After the operation, clean the equipment with normal saline to ensure its cleanliness and hygiene so that its service life can be extended.

4. Troubleshooting

- (1) I can't start the equipment, and the indicator lamp doesn't light up.
 - A. Make sure you plug the power cord into a good power socket.
 - B. Check whether the fuse tube in the back is loose or burnt out.
- (2) There is no electric current when operating EMS?
 - A. Check whether the jack that connects to the wire is loose or not.
 - B. Check whether the button on the screen is consistent with the used pad.

5. FAQs

- (1) Q: Can I use EMS to reduce weight?
A: Yes. It can achieve a better effect on bodybuilding than on weight reduction. It's called the electrostimulation technique and is also known as the muscle exercising technique. To put it simply, the muscle, under normal situations, starts to move actively after receiving signals from the brain. EMS, however, sends the signals directly to the muscle via electrical stimulation, which makes the muscle exercise passively to achieve bodybuilding.
- (2) Q: Does it hurt when using EMS?
A: No. EMS uses the micro-current to stimulate body cells and achieve massage

techniques like pounding, pressing, and pushing. You will feel tingling and comfortable during the treatment.

(3) Q: What functions does this equipment include?

A: It can dissolve fat, shape the body, reduce the weight of local body parts, build an S curve, and accelerate body metabolism and detox. Meanwhile, it can also enhance viscera functions and relieve the body's sub-health condition.

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

A: For weight loss with EMS lipolysis, it's hard for the weight to rebound after reduction. EMS lipolysis removes fat instead of moisture, and it takes a long time for the fat to be accumulated. Thus, it's difficult to rebound.

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

A: You need to keep on a diet to some extent since lipolysis with EMS micro-current accelerates metabolism. Therefore, avoid eating spicy, oily, or fried food so as not to affect metabolism. And have a proper amount of exercise to sweat and discharge the sweat from the body to have a more evident effect.

6. Packing List

1 x 2-in-1 EMS Body Slimming Machine Host

1 x Accessories Holder

10 pcs x Electrode Pads

1 x Breast Pad

1 x Electrode Lines

1 x Elastic Bandage

1 x Power Cord

7. Operating Steps

(1)Waist & Abdomen/ Arm/ Back/ Leg/ Buttock Sculpting

Massage, use EMS pads, and clean the treated part.

Matched Product: essential oil + gel

Auxiliary Tool: strap

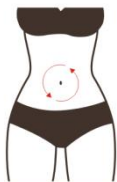
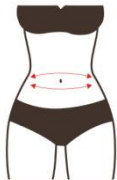



(2)Breast Sculpting




Massage, use the breast pad, and clean the treated part

Matched Product: essential oil + gel

Auxiliary Tool: strap

8. Operational Diagrams


Parameter Setting	Matched Product	Technique	Diagram
Waist & Abdomen Sculpting: 45 Minutes/ Once a Week			
EMS Pad Advised Time: 20 to 30 minutes Advised Energy Level: 1 to 3	Massage Cream (Essential Oil) + Gel + Instrument	<ol style="list-style-type: none"> 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 eight till the part below the waist with hands, and then lift upwards from the side of the waist. Repeat three times. 7. Rub intestinal tract with overlapped hands drawing small circles 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), Zhongji (RN3), Tianshu (ST25), Daheng (SP15), and Qugu (RN2). Repeat two times. 10. Push from Zhongji (RN3) 	<p>Technique 2, 8, 11</p>  <hr/> <p>Technique 3</p>  <hr/> <p>Technique 4</p>  <hr/> <p>Technique 5</p>  <hr/> <p>Technique 6</p>  <hr/> <p>Technique 7</p>



		<p>to belly button with thumbs, slide to the part below the waist along the two sides, and lift upwards to groin. Repeat three times.</p> <p>11. Caress the treated parts till groin with hands.</p> <p>12. Treatment ends.</p> <p>13. EMS Pad: Apply gel to EMS pads.</p> <p>14. Fasten the pads onto the waist and abdomen's fatty part with a strap for 20 minutes.</p> <p>15. Remove the pads and the strap.</p> <p>16. Clean the treated parts with a towel. Treatment ends.</p>	 <p>Technique 9</p>  <p>Technique 10</p> 
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The Recommended Course of Treatment:

A course of treatment includes ten treatment cycles. When you accomplish a treatment cycle, the abdomen is heated, which expedites metabolism. After a course, fat metabolizes slowly, and slimming starts. Meanwhile, problems like constipation are relieved. When you complete two courses, the effect becomes more apparent, the skin turns tightened and is lifted, the underlying skin's collagen increases, and stretch marks and flabby skin take a turn for the better. If you finish three courses, the effect consolidates, excess fat disappears gradually, the waist and abdomen's curves sculpt, and a slim waist forms.

Arm Sculpting: 50 Minutes/ Once a Week




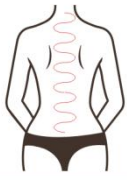
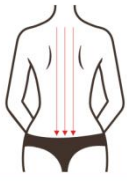
<p>EMS Pad</p> <p>Advised Time: 20 to 30 minutes</p> <p>Advised Energy Level: 1 to 3</p>	<p>Massage Cream (Essential Oil) + Gel + Instrument</p>	<p>1. Technique.</p> <p>2. Do it in left-right order. Lay the arm flatwise, apply essential oil from lower arm to upper arm with hands until the hands slide out. Repeat three times.</p> <p>3. Push the entire arm with palms doing it alternately. Repeat three times.</p> <p>4. Push Large Intestine Channel-Triple Energizer Channel-Small Intestine</p>	<p>Technique 2, 3, 4, 5, 6, 7</p>  <p>Technique 8, 9</p>
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	<p>Channel of the outer arm successively till armpit with hands' purlicue. Repeat three times.</p> <p>5. Caress the treated part. Repeat three times.</p> <p>6. Rub the three channels and collaterals of the upper arm separately and back and forth with kneeling fingers until they turn hot. Repeat three times.</p> <p>7. Caress the treated part. Repeat three times.</p> <p>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> <p>9. Rub the three channels and collaterals back and forth with kneeling fingers until they turn hot. Repeat three times.</p> <p>10. Caress the treated parts till the hands slide out. Repeat three times.</p> <p>11. Do the same on the other side.</p> <p>12. EMS Pad: Apply gel to the pads.</p> <p>13. Fasten the pads onto the arm's fatty part with a strap for 20 minutes.</p> <p>14. Remove the pads and the strap.</p> <p>15. Clean the treated parts with a towel. Treatment ends.</p>	 <hr/> <p>Technique 10</p>  <hr/>
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The Recommended Course of Treatment:

A course of treatment includes ten treatment cycles. When you accomplish a treatment cycle, the arms feel hot and tightened and get relaxed. After a course, the excess fat of the arms begins to decrease, and the skin starts to turn firm and plump. When you complete two courses, body shaping starts, the effect strengthens, channels and collaterals dredges, and the physique enhances. If you finish three courses, the effect consolidates and stabilizes. Thus, the rebound can be prevented.

Back Sculpting: 45 Minutes/ Once a Week

<p>EMS Pad Advised Time: 20 to 30 minutes Advised Energy Level: 1 to 3</p>	<p>Massage Cream (Essential Oil) + Gel + Instrument</p>	<ol style="list-style-type: none"> 1. Technique. 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. 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 motion from the neck to the caudal vertebra with hands. Repeat three times. 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. 8. Push Bladder Meridian with hands' kneeling fingers in three lines, respectively. Repeat three times. 9. Push the medial border of the scapula in left-right order with hands doing it 	<p>Technique 2, 11</p>  <hr/> <p>Technique 3</p>  <hr/> <p>Technique 4</p>  <hr/> <p>Technique 5</p>  <hr/> <p>Technique 6, 7, 8, 14</p> 
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	<p>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. Treat 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 they turn hot.</p> <p>15. Treatment ends.</p> <p>16. EMS Pad: Apply gel to the pads.</p> <p>17. Fasten the pads onto the back's fatty part with a strap for 20 minutes.</p> <p>18. Remove the pads and the strap.</p> <p>19. Clean the treated parts with a towel. Treatment ends.</p>	<p>Technique 9</p>  <hr/> <p>Technique 10</p>  <hr/> <p>Technique 12, 13</p> 
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The Recommended Course of Treatment:

A course of treatment includes ten treatment cycles. When you accomplish a treatment cycle, the back gets relaxed, relieving stiff shoulder and neck, and the skin lifts. After a course, the back and shoulder become eased, back fat lessens, Dowager's Hump relieves, and the back outlines turn nice-looking. When you complete two courses, Dowager's Hump improves, channels and collaterals dredges, and the sub-health conditions and sleep take a turn for the better. If you finish three courses, your back gets thinner, outlines get nice, viscera function enhances, and digestion, detox, and metabolism boost. (One course reduces the size, two courses consolidate the effect, and three courses strengthen the effect without a rebound.)

Buttock Sculpting: 45 Minutes/ Once a Week

EMS Pad	Massage	1. Massage.	Technique 2, 4, 11
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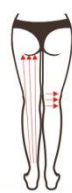

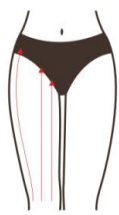
<p>Advised Time: 20 to 30 minutes</p> <p>Advised Energy Level: 1 to 3</p>	<p>Cream (Essential Oil) + Gel + Instrument</p>	<p>2. Stand sideways with hands applying essential oil, slide from the sacral region (BL31-BL34) to the waist, and lift upwards along the buttocks. Repeat three times.</p> <p>3. Push the sacral region (BL31-BL34) with thumbs. Repeat three times.</p> <p>4. Caress the treated part three times, and then press Shenshu (BL23), sacral region (BL31-BL34), Changqiang (DU1), Huantiao (GB30), and Chengfu (BL36). Repeat three times.</p> <p>5. Caress the treated part. Repeat three times.</p> <p>6. Do it in left-right order; push from thigh root to Daimai (GB26) with hands along Bladder Meridian, Kidney Meridian, Liver Meridian, and Gallbladder Meridian. Repeat three times, respectively.</p> <p>7. 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>8. Push from thigh root to Daimai (GB26) with the palms overlapped (for lifting). Repeat 3 to 5 times.</p> <p>9. Push one line after another and back and forth from the two sides of the buttocks to the highest point on them with hands (for shaping). Repeat three times.</p> <p>10. Repeat technique No.7.</p>	 <p>Technique 3</p>  <p>Technique 4</p>  <p>Technique 6</p>  <p>Technique 7, 10</p> 
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		<p>11. Caress the treated part.</p> <p>12. Do the same on the other side.</p> <p>13. Treatment ends.</p> <p>14. EMS Pad: Apply gel to the EMS pads.</p> <p>15. Fasten the pads onto the buttocks' fatty part with a strap for 20 minutes.</p> <p>16. Remove the pads and the strap.</p> <p>17. Clean the treated parts with a towel. Treatment ends.</p>	
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The Recommended Course of Treatment:

A course of treatment includes ten treatment cycles. When you accomplish a treatment cycle, the buttocks lift and become hot. After a course, buttock outlines start to get clear, excess fat decreases slowly, and the skin turns tightened. If you finish three courses, cold-natured body, cold uterus, and gynecological diseases relieve, menstruation returns to normal, and the effect consolidates, boosting feminine charm.

Leg Sculpting: 60 Minutes/ Once a Week

<p>EMS Pad</p> <p>Advised Time: 20 to 30 minutes</p> <p>Advised Energy Level: 1 to 3</p>	<p>Massage Cream (Essential Oil) + Gel + Instrument</p>	<p>1. Massage.</p> <p>2. Do it in left-right order; apply essential oil from lower leg to thigh, and return to heel. Repeat it three times.</p> <p>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.</p> <p>4. Push Bladder Meridian-Kidney Meridian-Liver Meridian-Gallbladder Meridian from the bottom up with hands' purlicue doing it by turns. Repeat three times.</p> <p>5. Push popliteal fossa with hands doing it alternately. Repeat three times.</p> <p>6. Twist the leg from the bottom up and back and forth with hands doing it</p>	<p>Technique 2, 3, 4, 5, 7, 8, 9</p>  <p>Technique 6</p>  <p>Technique 13, 14</p> 
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		<p>alternately. Repeat three times.</p> <p>7. Caress the treated part. Repeat three times.</p> <p>8. Push the four channels and collaterals from the bottom up with hands' kneeling fingers. Repeat three times.</p> <p>9. Caress the treated part. Repeat three times.</p> <p>10. Do the same on the other side.</p> <p>11. Treatment ends.</p> <p>12. Fore-leg: Apply essential oil from the lower leg to the thigh root with hands (caressing). Repeat three times.</p> <p>13. 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>14. Push the four channels and collaterals with hands' kneeling fingers. Repeat three times.</p> <p>15. Treatment ends.</p> <p>16. Do the same on the other side.</p> <p>17. Treatment ends.</p> <p>18. EMS Pad: Apply gel to the pads.</p> <p>19. Fasten the pads onto the thigh's fatty part with a strap for 20 minutes.</p> <p>20. Remove the pads and the strap.</p> <p>21. Clean the treated parts with a towel. Treatment ends.</p>	
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The Recommended Course of Treatment:

A course of treatment includes ten treatment cycles. When you accomplish a treatment cycle, your legs get relaxed, and blood circulation accelerates. After a course, legs become thinner, and you can feel an evident sense of tightening due to the contraction effect generated by collagen tissue. When you complete two courses, your legs turn slim and firm, which presents a noticeable effect. If you finish three courses, the result reinforces. EMS stimulates skin dermis and produces collagen continuously. Thus the curative effect becomes clearer.

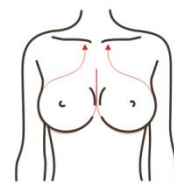
Breast Sculpting: 45 Minutes/ Once a Week

Breast Pad
 Advised Time:
 20 to 30
 minutes
 Advised
 Energy Level:
 1 to 3

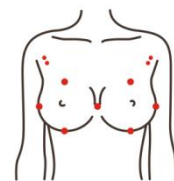
Massage
 Cream
 (Essential
 Oil) + Gel +
 Instrument

1. Stand next to the head of a bed, apply essential oil from Danzhong (RN17) to the armpit with hands, move upwards, and lift Cooper's ligaments simultaneously. Repeat three times.
2. Press Danzhong (RN17), Ruzhong (ST17), Dabao (SP21), Yinchuang (ST16), Zhongfu (LU1), and Yunmen (LU2) with thumbs. Repeat three times.
3. Caress the treated part. Repeat three times.
4. Draw Arabic numeral eight between Danzhong (RN17) and the breasts with palms overlapped. Repeat three times.
5. Lift from the accessory breast to Cooper's ligaments with hands, and do it in left-right order. Repeat ten times.
6. Caress the treated part. Repeat three times.
7. Sit next to the client. Do it in left-right order; caress and lift the breast with hands. Repeat 3 to 5 times.
8. Push the lactiferous ducts around the breasts with hands' purlicue. Repeat 3 to 5

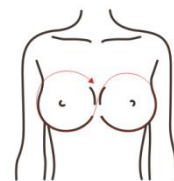
Technique 1



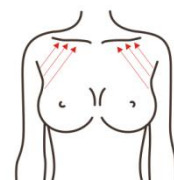
Technique 2



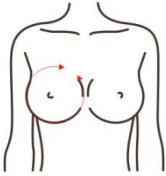
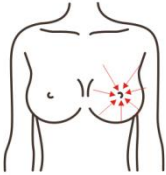
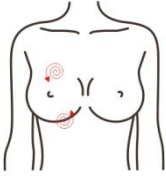
Technique 4



Technique 5



Technique 7

		<p>times.</p> <p>9. Dredge the nodule part of the breasts with the thumbs 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. Breast Pad: Apply gel to the pads.</p> <p>13. Fasten the pads onto the nipple with a strap for 20 minutes.</p> <p>14. Remove the pads and the strap.</p> <p>15. Clean the treated parts with a towel. Treatment ends.</p>	 <hr/> <p>Technique 8</p>  <hr/> <p>Technique 9</p> 
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The Recommended Course of Treatment:

A course of treatment includes ten treatment cycles. When you accomplish a treatment cycle, the breast is heated, accelerating blood circulation, and you can see the lifting effect. After a course, the effect becomes more evident, and the nodules are relieved. If you finish three courses, the skin turns tightened, the shaping reinforces, the breast elasticity boosts, and the internal secretion regulates, making women more charming.