

User Manual

MS-33J2



Preface

To our valued users,

Thanks for choosing our latest integrated beauty machine. It's the latest body slimming and skin tightening product with integration technology, which combines together face RF, eye RF, body RF, and 40K cavitation. MS-33J2 is a professional beauty machine which needs to be operated by people with professional training. Any improper use of this machine may bring adverse consequence to human body. Therefore, we advise all the people to read this manual thoroughly and strictly follow the instructions specified hereby before operation.

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

Thank you and best regards.

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Part I

Brief Introduction

Multipolar RF and 40K ultrasonic cavitation are currently the most popular beauty machines that work on appearance improving, skin tightening, body sculpting and anti-aging. It can effectively replace all the facial and body care programs in beauty salons, and can be operated easily, conveniently and swiftly. It solves skin and body management problems for people pursuing beauty. This instrument works safely and effectively, and requires no skin breaking, no injection, no medication, no operation, and without side-effects. It's operated externally during the whole process and has an immediate effect. RF heats up deep skin, stimulates collagen hyperplasia and restructuring in skin dermis, accelerates blood circulation in underlying skin so as to achieve skin tightening, plumpness, anti-aging, as well as preventing senility. Ultrasound with specific frequency aims at body parts having difficulty in fat reduction in daily life, and it brings amazing effects.

Advantages

1. Multifunctional beauty machine that fix facial and whole body care problems.
2. Ultrasonic cavitation removes fat, and replaces and surpasses liposuction, which brings good news to obese people.
3. It's 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 & RF have had addressed 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. Painless, non-invasive, no injuries, without repairing period, and you can leave immediately after treatment, and it will not affect your work and life.
8. No consumption, and with low cost and quick returns.
9. It has a wider treatment range, and can treat both body and face.
10. Unevenness, bleeding, and swelling will not occur after treatment.
11. All the probes can release energy with red light, and accelerate metabolism, diminish inflammation and do disinfection for skin while doing massage and dissolving fat. It has an instant effect and with a better comfort level.

Facial Anti-aging & Tightening

Principle

Facial 360° Rotating RF

Electrodes form circuit pairwise which generates radio frequency effect. The best bio-thermal effect frequency for quadrupole RF is 3MHz. Charge 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. During the treatment, RF instrument heats up facial dermis through this kind of high frequency electric wave and stimulates metabolism and collagen regeneration of the skin so as

to lift skin, remove wrinkles, fight against aging and tighten and rejuvenate skin.

Biological Effect

Radiofrequency can vibrate 1 million times of high frequency radio wave, which penetrates epidermis exerting its effect directly on dermis, deeply heats up collagen cells, stimulates the growth of collagenous fiber, makes it supported by a great amount of new collagen, and make the skin become firmed and elastic. A sense of transient heat can be felt each time when the energy is inducted into skin, which means the collagen is already under stimulation and heating, and the skin then will be firmed. During the operation, radiofrequency waves emitted by the operating head of super frequency electric wave system, under the cold protection of epidermis, have already penetrated epidermis exerting its effects on dermis, and produced safe bio-thermal energy by heating up water molecule 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 free fatty acid so as to boost the dissolve of fat on surface layer and achieve the aim of tightening and lifting body and saggy body parts.

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 and 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 and infectious diseases.
9. People who have unrealistic illusions about the effects.

Notes (after treatment)

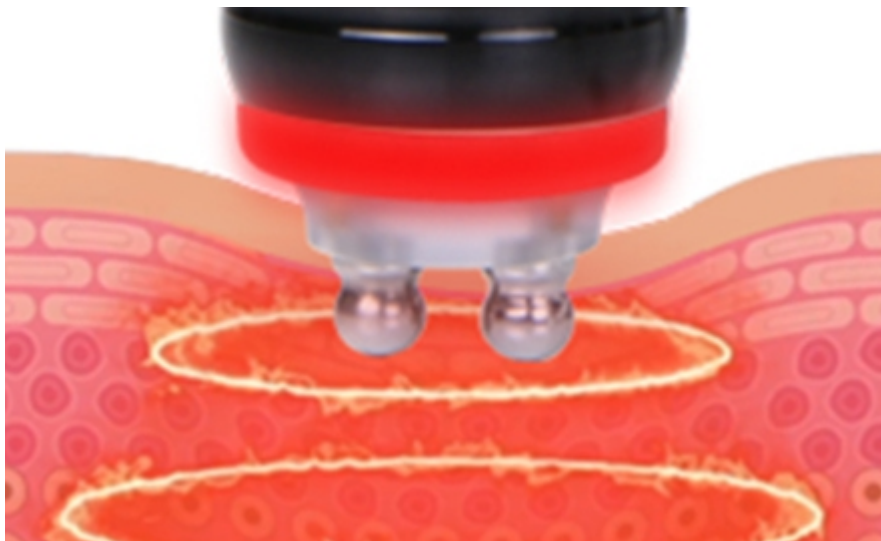
1. Do not wash your face with overheated water within three days (but can wash with warm and cold water).
2. Do hydrating to maintain moisture, and protect yourself from the sun.
3. Do not enjoy hot springs or saunas, or do strenuous exercise and so on within three days.
4. Apply facial masks at least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

Eyes Anti-aging

Principle

Eyes 360° Rotating RF

During eyes treatment, RF instrument heats up rapidly the underlying skin of eyes through radiofrequency wave and stimulates the growth of skin collagen so as to achieve the effects of tightening skin around 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 eyes, and help with 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 dryness.
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 severely 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 blazing sun and protect yourself the sun.
2. Do hydrating to maintain moisture and protect yourself from the sun because the treated parts are 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. Drink more water and apply eye masks which should do at least 3 times a week.

Neck Anti-aging

Principle

RF waves penetrate the skin directly, and generate energy by utilizing electrical resistance effect formed by skin, which increases the temperature on the underlying skin, heats up the tissue rapidly and continuously, and stimulates the growth of skin collagen. By using the principle of tightening collagen in dermis and stimulating collagen hyperplasia, it has two curative effects, namely lifting and tightening skin timely and regenerating lasting collagen. Collagen will experience gradual hyperplasia and restructuring within 2 to 6 months after treatment, which lifts and tightens slack and saggy skin.

Effects

1. Improve neck with slack, coarse and lacklustre skin.
2. Tighten skin and increase skin elasticity.
3. Relieve double chin.
4. Accelerate lymphatic detox and improve facial skin.
5. Prevent neck and lymphatic diseases.

Indications

1. People with coarse neck and dim skin color.
2. People with clogged lymph on the neck.
3. People with slack and inelastic skin on the neck.
4. People who always lower their heads.

5. People who are not satisfied with their neck skin color.

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 severely sensitive skin.
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. Prevent yourself from the sun and keep the neck warm.
2. Do hydrating to maintain moisture and protect yourself from the sun because the treated parts are 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 and so on within 7 days.
5. Drink more water and apply neck masks which should do at least 3 times in a week, and apply essence or neck cream.
6. Avoid lowering the head for a long time.

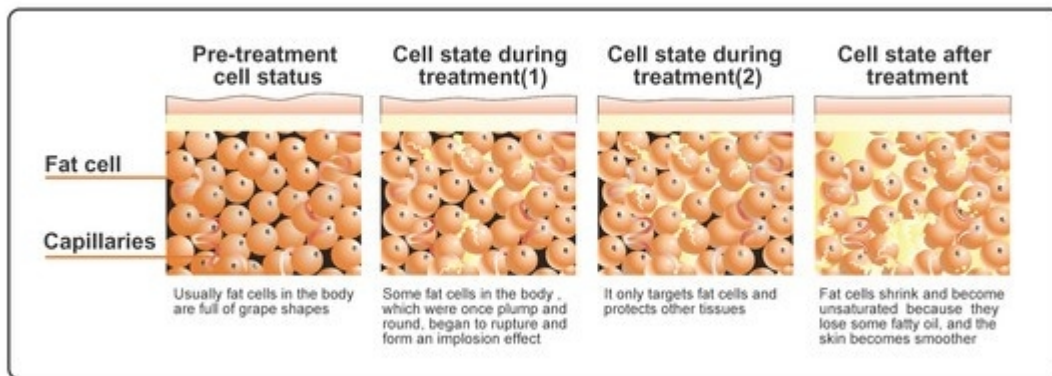
Body Management

40K

It uses the principle of ultrasonic wave. It can effectively consume the heat and the cellular water as well as shrinking the fat cells by the gathered strong sound wave entering human body causing fat cells producing a strong strike and frictions between fat cells. In addition, when the 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 the negative pressure zone formed by the longitudinal transmission of ultrasound, and they close rapidly in the 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 the tissues selectively. It only destroys low-density adipose tissue with a specific frequency, and protects high-density tissue, such as blood vessel and nerve.



Body 360° Rotating RF

RF instrument can achieve the effects of tightening and lifting skin, making skin delicate, and sculpting face. The best bio-thermal energy frequency for RF is 3MHz. Charge 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. RF waves penetrate the skin directly, and generate energy by utilizing electrical resistance effect formed by skin, which increases the temperature on the underlying skin, heats up tissue rapidly and constantly and stimulates the growth of collagen. By using the principle of tightening collagen in dermis and stimulating collagen hyperplasia, it has two curative effects, namely lifting and tightening skin timely and regenerating lasting collagen. Collagen will experience gradual hyperplasia and restructuring within 2 to 6 months after treatment, which lift and tighten slack and saggy skin.

Biological Effect: Radiofrequency can vibrate 1 million times of high frequency radio wave, which penetrates epidermis exerting its effect directly on dermis, deeply heats up collagen cells, stimulates the growth of collagenous fiber, makes it supported by a great amount of new collagen, and make the skin become firmed and elastic. A sense of transient heat can be felt each time when the energy is inducted into skin, which means the collagen is already under stimulation and heating, and the skin then will be firmed. During the operation, radiofrequency waves emitted by the operating head of super frequency electric wave system, under the cold protection of epidermis, have already penetrated epidermis exerting its effects on dermis, and produced safe bio-thermal energy by heating up water molecule 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 continuous hyperplasia of collagen. Meanwhile the bio-thermal energy can effectively accelerate intracellular blood flow, and release free fatty acid so as to boost the dissolve of fat on surface layer and achieve the aim of tightening and lifting body and saggy body parts.

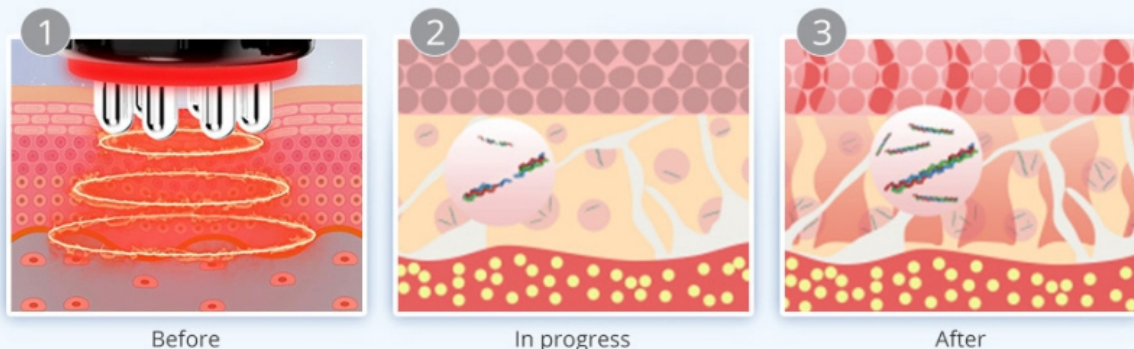
Body sculpture & cellulite treatment

Body 8-Polar 3D SMART RF & Ultrasound cavitation 2.0 & Vacuum
Sextupolar 3D SMART RF+ Laser Photon

01

Soften Fat Cells-Body 8-Polar 3D SMART RF

Using a high power of 1MHz 8-Polar 3D SMART RF radio frequency which is the same power for professional use, with a patent pending technology that generates heat deep under the skin, promoting metabolism by its hyper-thermal effect, this procedure enhances blood/lymph flow and is used for the purpose of fat reduction.



Waist & Abdomen Sculpting

Effects

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

Indications

1. People with cold hands, cold feet, cold womb and cold body.
2. People with fat on the waist and abdomen, and protruding small belly, and slack skin after child delivery.
3. People sitting for a long time, or with ugly waistlines.
4. People with obesity lines and stretch marks.
5. People with constipation or obstructed channels and collaterals on abdomen.

Contraindications

1. People with Three Highs (namely hypertension, hyperglycemia, hyperlipidemia), and 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 and hyperthyroidism.
5. People with malignant tumors, hemophilia or severe bleeding.
6. People with skin diseases and 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 avoid exposing to windy environment and catching a cold.
2. Avoid eating and drinking too much, staying up late, drinking alcohol, eating raw, cold, spicy and greasy food. Drink more hot water.
3. Keep the abdomen warm, and take bath after 4 to 6 hours.
4. Avoid enjoying sauna or hot spring, or doing strenuous exercise within a week.
5. Rub abdomen with hands doing it clockwise before sleep at night, which will achieve a better effect with weight reduction and metabolism.

Arms Sculpting

Effects

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

Indications

1. People with thick arms and want to look better in clothes.
2. People with jiggly and flabby arms.
3. People with loose arm 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 and etc.
3. People in allergic period and have severely sensitive skin.
4. People with skin trauma or wound.
5. People who are overly aging.
6. People in pregnancy, and in surgical recovery.
7. People with skin diseases and 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 skin from loosening;
2. Stimulate collagen regeneration and flatten obesity lines;
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 fat on the legs and get rid of thick thighs.

Indications

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

Contraindications

1. People in menstruation, pregnancy, and lactation.
2. People with hypertension, heart disease, diabetes, severe thyroid, malignant tumor, and etc.
3. People with skin diseases, infectious diseases and in skin sensitive period.
4. People with surgical wounds and in recovery.
5. Patients with severe varicose veins and tumors.
6. People with allergic and severely sensitive skin.
7. People who just had liposuction.
8. People who are overly aging.
9. People in pregnancy, and 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 a week.
6. Wear long pants after treatment, and avoid wearing miniskirts and shorts.

Breast Sculpting

Principle

Body RF

Special RF waves, which produced by RF thermal effect in certain depth under the skin, penetrate epidermis exerting its effects on dermis so as to heat up tissue, accelerate metabolism and decomposition of subcutaneous fat and meanwhile stimulate the hyperplasia and

restructuring of collagen and elastic fibers. With the continuous neogenesis and realignment of collagen in dermis, the sculpting effect of lifting and tightening can be felt instantly after have the slack skin treated. At the same time, massage can accelerate blood circulation of the breast, speed up blood circulation, dredge clogged blood clot and blood stasis, and have the fat, which is under vibration, gathered at the breast. Moreover, to make the breast absorb more nutrition, which can not only prevent lobular hyperplasia and breast cancer but also give you a breast that is nature, healthy, beautiful and firm, and make women pursuing beauty become more confidence.

Effects

1. Adjust breast shape and improve accessory breast.
2. Improve breast nodules and slight hyperplasia, and relieve distending pain in breast during menstruation.
3. Improve the outward expansion of breast.
4. Improve irregular menstruation, spots on the face and inelastic skin.
5. Improve mastatroph, slack breast, and blocked lactiferous ducts after child delivery.

Indications

1. People with unsightly breast shape and accessory breast.
2. People with breast nodules, slight hyperplasia, and have distending pain in breast during menstruation.
3. People with free fat in breast, with saggy breast and outward expansion.
4. People with low immunity.
5. People with irregular menstruation, spots on the face and inelastic skin.
6. People who think herself has less developed mammary gland, and with mastatroph, loose breast and blocked lactiferous ducts after giving birth.

Contraindications

1. People with cardiovascular and cerebrovascular diseases, diabetes, abnormal coagulation function and major organ functions impaired.
2. People who have been taking anticoagulant drugs, vascular dilation drugs, and corticosteroids for a long time, or is taking now.
3. People with infected skin on the breast.
4. People with severe breast hyperplasia, fibroma and cyst.
5. Women in pregnancy or lactation.

Notes (after Operation)

1. Drink more warm water and keep warm.
2. Wear case-hardened and comfortable underwear, and don't press the breast hardly.
3. Avoid exposing to windy environment and catching a cold, and take shower after 4 to 6 hours.

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



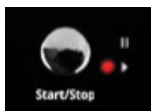
Time Setting & Display



Energy Level Setting



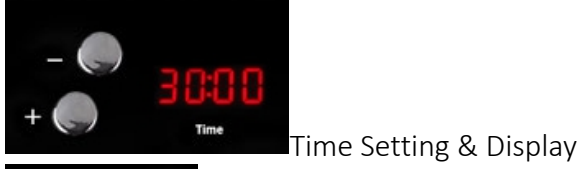
Modes Selection



Start/ Pause

1.2 Detailed Operations for 40K

Tap "Mode", select "40K" and enter the following page.



Time Setting & Display



Energy Level Setting



Start/ Pause

1.3 Detailed Operations for 360° Rotating RF



Connect the handle to be used to the jack on the back of the instrument.

Tap "Mode", select "Rotating RF", and enter the following page.





Time Setting & Display



Energy Level Setting



Start/ Pause

2. Technical Parameters

Power supply Input:100V-240V

Power :190W

40K Unoisetion Cavitation 2.0 Handle

Frequency:40KHz

Power:20W

RF Frequency: 5MHz

Power output: 15j-35j/cm²

Comsumption: 45W

Rotating frequency: 1080 Rotation /1hour

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 with heart pacemaker;
- (3) People with unhealed surgical wound, or in surgical recovery;
- (4) People with epilepsy, hypertension, severe diabetes, and hyperthyroidism;
- (5) People with malignant tumors, hemophiliac or severe bleeding;
- (6) People with skin diseases and infectious diseases should use with caution;
- (7) People who are sensitive to electric current should use caution.

4. Precautions for Use

- (1) Plug with ground pin must be used, and ensure power socket is already factually grounded before using the instrument.
- (2) To ensure voltage of the instrument is adaptive. If the 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 the 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 sources, and also can't be exposed to sunlight directly.
- (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 the body before treatment so as to avoid unexpected situations which may affect the curative effect.
- (7) Please restrain from using the instrument aiming at eyes, thyroid, parathyroid, testicles, abdomen of pregnant woman, pacemaker, and etc.
- (8) People who are suffering from illness should use with caution unless he gets permission from a doctor.
- (9) Please turn off the power switch of the instrument if no one uses it, and ensure the main power is off after someone used it and before he left, thus the 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 the skin fully so as to avoid uneven heating when in use.
- (14) Start with the lowest energy level when just operated, and increase the level gradually after the client adjusting himself to it.
- (15) When using this instrument, the 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.
- (17) It must be applied with product with relatively high oil content and must be kept moist.

5. Troubleshooting & Solutions

- (1) The instrument cannot be started, and the lights on its back is 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 machine 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 machine 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, will produce contraction, which results in an obvious skin tightening. RF can regenerate collagen continuously because it stimulates subcutaneous tissue. Therefore, the more you treat it a more obvious effect you can experience.

(2) Q: Is RF harmful to skin?

A: RF for tightening and anti-wrinkles is a non-surgical program. It stimulates collagen regeneration on the underlying skin and accelerates metabolism. Therefore, it causes no harm to the 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. Therefore, 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 achieve a better 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 rejuvenation, 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 fat on local part and build S curve, accelerate metabolism and detox for the whole body. Meanwhile, it can also enhance viscera functions and regulate the sub-health of the body.

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

A: The principle of liposuction is sucking out the 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, and requires anesthesia during the operation, and with 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 a better effect on weight reduction can be achieved.

(8) Q: Does it have any side effects on the body?

A: Improving appearance and shaping body with RF is a non-invasive treatment and is currently one of the safest and most effective way to remove wrinkles, tighten skin and sculpt body. Generally speaking, there is no side effects. A few people may experience transient redness or swelling that will disappear after a few hours. People with dry skin may experience dryness and atrophy after the initial treatment. The skin will lose moisture due to RF heat. However, the skin will turn plump at the initial stage of collagen regeneration, and all those symptoms will disappear after three days. There are no side effects on body health.

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

A: Ultrasound breaks fat cells, which leads to the burst of cell wall. Then the fat in the cell 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 the eyes, it can cause retinal detachment. Therefore, shun the eye and heart area when using ultrasound. (Don't use it on waist, back and chest.)

(10) 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 blood vessel and nerve, 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.

(11) 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.

(12) 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

- Facial 360° Rotating RF Handle x1
- Eyes 360° Rotating RF Handle x1
- Body 360° Rotating RF Handle x1
- 40K Handle x1
- Parts Rack x1
- Fuse x2
- Power Cord x1

8. Operational Diagrams

Parameters Setting	Product	Techniques	Diagrams
Facial Anti-aging & Skin Tightening: 60 Minutes/ Once a Week			
Facial 360° Rotating RF: Advised time: 15 to 20 minutes Advised energy level: between 3 and 7	Makeup Remover + Facial Cleanser + Cold & Hot Steam + Massage Cream + Essence + Facial Mask	<ol style="list-style-type: none"> 1. Remove makeup and clean the face, 5 minutes. 2. Apply moisturizing mask and use hot steam, and wait for 10 minutes. 3. Wash the face, 2 minutes. 4. Apply toner, 1 minute. 5. Apply massage cream evenly on 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 ear gate, 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. 	Technique 5, 7  <hr/> Technique 6  <hr/> Technique 8, 16  <hr/> Technique 10, 12, 18 

		<p>9. Repeat the same on the other side.</p> <p>10. Lift forehead towards hairline direction. Repeat 3 times.</p> <p>11. Flip and lift the face with rotating fingers. Repeat 3 to 5 times.</p> <p>12. Flip the forehead towards hairline direction with one hand. Repeat 3 to 5 times.</p> <p>13. One side: Lift and flip 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 the 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. Techniques for Facial 360° Rotating RF: Lift one line after another from chin to ear gate, from the corner of mouth to ear gate, from nose wing to Temple. Repeat 3 times.</p> <p>17. Do the same on the other side.</p> <p>18. Lift from forehead towards hairline direction. Repeat 3 times.</p> <p>19. Wash the face, 2 minutes.</p> <p>20. Apply facial mask, and wait for 15 minutes.</p> <p>21. Remove the mask and clean the face, 2 minutes.</p> <p>22. Apply toner, essence and facial cream to prevent the sun.</p> <p>23. Treatment done.</p>	<p>Technique 15</p> 
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Course of treatment recommended:

Ten treatments is a course. After one treatment, the skin will become tightened and rejuvenated, and be replenished with the needed nutrition. After a course, the skin will be improved and turn glossy. After two courses, the skin will become smooth, plump and its outline will become clearer gradually. After 3 courses, metabolism and detox for skin will be enhanced. And it helps to fade pigment and dark skin, and to prevent and delay the aging, loosening and sagging of skin, and to prevent collagen hyperplasia on the underlying skin,

which will make skin tender and smooth and tightened and with gloss.

Eyes Wrinkle Removal: 25 Minutes/ 2 to 3 Times a Week

Eyes 360° Rotating RF:

Advised time: 10 to 15 minutes

Advised energy level: between 3 and 7

Cleansing Oil + Facial Cleanser + Essence/Eye Cream + Instrument + Eye Mask

1. Remove make-up and clean the face, 5 minutes.
2. Apply toner, 1 minute.
3. Apply essence (eye cream) evenly on the eyes with hands moving in circles. Repeat 3 times.
4. **Techniques for Eyes 360° Rotating RF:** Set energy parameters, mode and time (about 10 minutes).
5. Lift the instrument from the lower eye lid to the corner of eye. Repeat 3 to 6 times.
6. Lift the instrument from the lower eye lid to Temple. Repeat 3 to 6 times.
7. Lift from lower eye lid moving in circles to Temple. Repeat 3 to 6 times.
8. Lift the instrument from the lower eye lid 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, 1 minute.
12. Apply eye mask, and wait for 15 minutes.
13. Remove the mask and clean, 2 minutes.
14. Apply essence on the eyes.
15. Treatment done.

Technique 3



Technique 5



Technique 6



Technique 7



Technique 8, 9


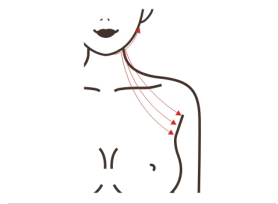
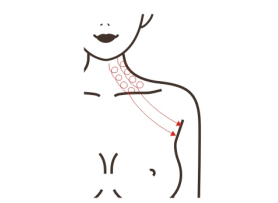
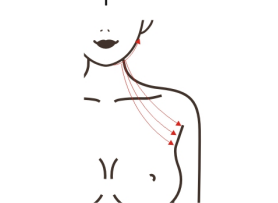
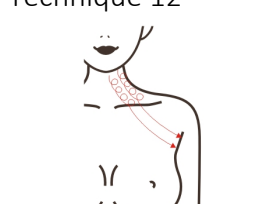



Course of treatment recommended:

Ten treatments is a course. After one treatment, the skin will become tightened and

rejuvenated, and be replenished with the needed nutrition. After a course, the skin will be improved and turn glossy. After two courses, the skin will become smooth, plump and its outline will become clearer gradually. After 3 courses, metabolism and detox for skin will be enhanced. And it helps to fade pigment and dark skin, and to prevent and delay the aging, loosening and sagging of skin, and to prevent collagen hyperplasia on the bottom layer of skin, which will make skin tender and smooth and tightened and with gloss.

Neck Maintenance: 60 Minutes/ Once a Week

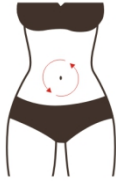

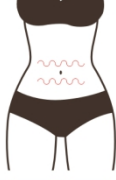



<p>Facial 360° Rotating RF:</p> <p>Suggested time: 10 to 15 minutes</p> <p>Suggested energy level: between 3 and 7</p>	<p>Makeup Remover + Facial Cleanser + Massage Cream + Essence + Neck Mask</p>	<ol style="list-style-type: none"> 1. Remove makeup and clean the face, 5 minutes. 2. Apply toner, 1 minute. 3. Massage neck. Lift in the front of chest and apply oil with both hands, and move to the back of neck, and press Fengchi (GB20) and Fengfu (DU16). Repeat 3 times. 4. Lift jaw and double chin with both hands doing it alternately, and lift to armpit via the back of ear, and pass under armpit. Repeat 3 times. 5. Stroke three channels and collaterals on the neck side with the V-shaped webbed area between thumb and index finger doing it circlewise, and till armpit and pass under there. Repeat 3 times. 6. Stroke three channels and collaterals on the neck side with four fingers, and till armpit and pass under there. Repeat 3 times. 7. Rub the neck side with kneeling fingers till it turns hot, and rub till armpit and pass under there. Repeat 3 times. 8. Stroke the external collarbone with the V-shaped webbed area between thumb and index 	<p>Technique 3</p>  <hr/> <p>Technique 4</p>  <hr/> <p>Technique 5, 6, 7</p>  <hr/> <p>Technique 11</p>  <hr/> <p>Technique 12</p>  <hr/> <p>Technique 14</p>
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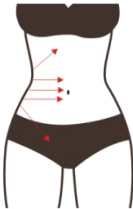


	<p>finger, and till armpit. Repeat 3 to 5 times.</p> <p>9. Do the same on the other side.</p> <p>10. Treatment done.</p> <p>11. Facial 360° Rotating RF Techniques: Coupled with hands, lifting the double chin to armpit via the back of ear, and pass under the armpit. Repeat 3 times.</p> <p>12. Move the instrument circlewise on the side of neck till armpit in three lines respectively, and pass under there. Repeat 3 times.</p> <p>13. Slide the instrument from internal and external collarbones to armpit, and pass under there. Repeat 3 to 5 times.</p> <p>14. Move the instrument circlewise around the neck. Repeat 3 times.</p> <p>15. Do the same on the other side.</p> <p>16. Wipe and wash the neck with hot towel, 2 minutes.</p> <p>17. Apply neck mask, and wait for 15 minutes.</p> <p>18. Wash with hot towel, and use hot compress for 5 minutes.</p> <p>19. Apply toner, neck essence and neck cream to protect from the sun.</p> <p>20. Treatment done.</p>	
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Course of treatment recommended

Ten treatments is a course. After one treatment, the skin will become rejuvenated and delicate. After a course, the skin on the neck will become smooth, and lymph circulation will be accelerated. After two courses, the skin will become tightened, and fine lines on neck faded, and double chin improved. After 3 courses, the skin will turn delicate and glossy, tightened and plump. And it helps to accelerate lymph detox, and improve darkness on the face, and remove acnes, as well as delaying the aging of skin and rejuvenating it.

Waist & Abdomen Sculpting: 60 Minutes/ Once a Week

<p>40K:</p> <p>Suggested time: 10 to 15 minutes</p> <p>Suggested energy level: 3 to 7</p> <p>Body 360° Rotating RF:</p> <p>Suggested time: 10 to 15 minutes</p> <p>Suggested energy level: between 3 and 7</p>	<p>Massage Cream(Essential Oil) + Gel + Instrument</p>	<ol style="list-style-type: none"> 1. Massage techniques. 2. Move in circles on abdomen with two hands, and apply oil on it. Repeat 3 times. 3. Rub the 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 vessel on both sides together 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 waist side. 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 in circles. 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 	<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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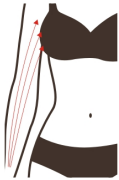




		<p>times.</p> <ol style="list-style-type: none"> 11. Caress till groin with both hands. 12. Treatment done. 13. 40K Techniques: One side: Lift from waist side to belly, and lift one line after another to groin. Repeat 3 times. 14. Lift the other side. Repeat 3 times. 15. Move in small circles on abdomen. Repeat 3 times. 16. Move in big circles on abdomen. Repeat 3 times. 17. Techniques for Body 360° Rotating RF: Direct suction mode. One side: Lift one line after another from waist side to abdomen. Repeat 3 times. 18. Lift the other side. 19. Lift belt vessel back and forth in a transverse way. Repeat 3 times. 20. Sculpt up and down on waist. Repeat 3 to 5 times. 21. Move in big circles on abdomen. Repeat 3 times. 22. One side: Lift one line after another from waist side to belly. Repeat 3 times. 23. Treatment done. 	 <p>Technique 10</p>  <p>Technique 13, 17, 22</p>  <p>Technique 15</p>  <p>Technique 16, 21</p>  <p>Technique 20</p>
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Course of treatment recommended

Ten treatments is a course. After one treatment, the abdomen is heated which will accelerate metabolism. After a course, the fat will be metabolized slowly, and slimming starts, and meanwhile problems, such as constipation, will be improved. After two courses, the effects become more and more obvious. Skin tightened and lifted, collagen on the bottom layer of

skin increased, and stretch marks and slack skin improved. After three courses, the effects will be consolidated. Excess fat will disappear gradually, and waist curve will be shaped, and a slim waist will be built.

Arms Sculpting: 60 Minutes/ Once a Week

<p>40K: Suggested time: 10 to 15 minutes</p> <p>Suggested energy level: 3 to 7</p> <p>Body 360° Rotating RF: Suggested time: 10 to 15 minutes</p> <p>Suggested energy level: 3 to 7</p>	<p>Massage Cream(Essential Oil) + Gel + Instrument</p>	<ol style="list-style-type: none"> 1. Techniques. 2. Lay the arms flatwise with the left first and the right after, and apply oil on both hands, and rub from the lower arm to the entire arm till the palms reach the top end. Repeat 3 times. 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 to 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 to armpit. Repeat 	<p>Technique 2, 3, 4, 5, 6, 7</p>  <hr/> <p>Technique 8, 9</p>  <hr/> <p>Technique 10</p>  <hr/> <p>Technique 13, 16, 21, 24</p>  <hr/> <p>Technique 14, 15, 22, 23</p>  <hr/> <p>Technique 17, 25</p>
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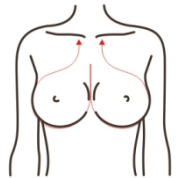
		<p>3 times respectively.</p> <ol style="list-style-type: none"> 9. Rub three channels and collaterals back and forth with kneeling fingers till it becomes hot. Repeat 3 times. 10. Caress the treatment area till the palms reach the end. 11. Repeat the same on the other side. 12. Treatment done. 13. 40K 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. 14. Move annularly tracing three channels and collaterals till armpit. Repeat 3 times. 15. You may exercise more treatment on flabby arms. Repeat 3 times. 16. Push to armpit along three channels and collaterals. Repeat 3 times. 17. Lay the arms upwards, and push three channels and collaterals on the arms to armpit. Repeat 3 times. 18. Move in small circles along three channels and collaterals on the upper arms to armpit, 3 times. 19. Start from the upper arm pushing to armpit along three channels and collaterals. 20. Do the same on the other side. 21. Techniques for Body 360° Rotating RF: Lay the arms flatwise. Start from the fat part of lower arm pushing to armpit along three channels and collaterals. Repeat 3 times. 	 <hr/> <p>Technique 19, 27</p>  <hr/>
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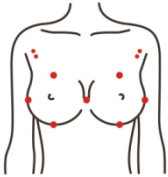
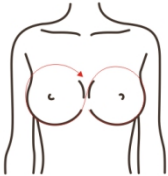
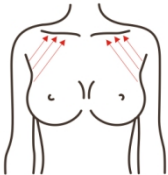
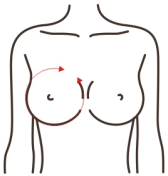
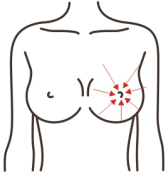
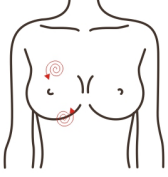
		<p>22. Move annularly along three channels and collaterals till armpit. Repeat 3 times.</p> <p>23. You may exercise more treatment on flabby arms. Repeat 3 times.</p> <p>24. Push to armpit along three channels and collaterals. Repeat 3 times.</p> <p>25. Lay the arms upwards, and push three channels and 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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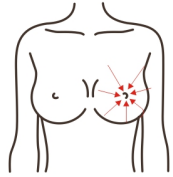
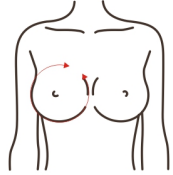
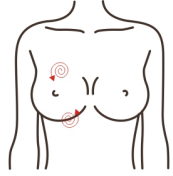


Course of treatment recommended

Ten treatments is a course. After one treatment, a sense of heating and tightening can be felt, and the arms will be relaxed. After a course, the excess fat on the arms start to decrease, and the skin start to become tightened and plump. After two courses, body shaping starts, and the effects strengthened, channels and collaterals dredged, and physique enhanced. After three courses, the effects consolidated and stabilized, and rebound can be prevented.

Breast Sculpting: 45 Minutes/ Once a Week

<p>Body 360° Rotating RF: Suggested time: 15 to 20 minutes</p> <p>Suggested energy level: between 3 and 7</p>	<p>Massage Cream(Essential Oil) + Instrument</p>	<p>1. Stand in the head of a bed. With hands applying oil moving from Danzhong(RN17) till armpit and meanwhile lift suspensory ligament. Repeat 3 times.</p> <p>2. Press Danzhong(RN17), Ruzhong(ST17), Dabao(SP21), Yinchuang(ST16), Zhongfu(LU1), and</p>	<p>Technique 1</p>  <hr/> <p>Technique 2</p>
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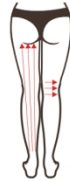

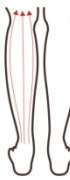

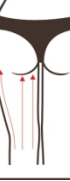
		<p>Yunmen(LU2) with thumbs of both hands. Repeat 3 times.</p> <ol style="list-style-type: none"> 3. Caress the treatment area. Repeat 3 times. 4. Stroke Arabic numerals 8-shape between Danzhong(RN17) and breast with two palms overlapped. Repeat 3 times. 5. Lift from accessory breast to suspensory ligament with two hands doing it alternately. With the left first and right after. Repeat 10 times. 6. Caress the treatment area. Repeat 3 times. 7. Sit next to the client. With the left first and right after, and caress and lift the breast with both palms. Repeat 3 to 5 times. 8. Push the lactiferous ducts around breast with the V-shaped webbed area between thumb and index finger. Repeat 3 to 5 times. 9. Dredge nodule parts on breast with thumbs moving in circles alternately. Repeat 3 times. 10. Caress and lift the whole breast with two hands. Repeat 3 to 5 times. 11. Do the same on the other side. 12. Techniques for Body 360° Rotating RF: With the left first and right after. Caress it with hands, lifting upwards to nipple direction along the breast. Repeat 5 to 8 times. 13. Lift downwards to collarbone along the breast drawing semi-circle. Caress with hands. Repeat 5 to 8 times. 	 <hr/> <p>Technique 4</p>  <hr/> <p>Technique 5</p>  <hr/> <p>Technique 7</p>  <hr/> <p>Technique 8</p>  <hr/> <p>Technique 9</p>  <hr/> <p>Technique 12</p>
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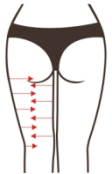

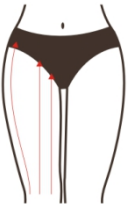
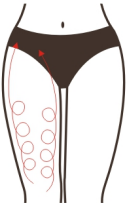
		<p>14. Move in small circles dredging nodule parts. Repeat 3 to 5 times.</p> <p>15. Let the client lie on his side and with his arm lift up. Move the instrument in circles on accessory breast to dissolve fat. Repeat 5 to 8 times.</p> <p>16. Push the accessory breast under armpit to breast (for sculpting and removing accessory breast). Repeat 5 to 8 times.</p> <p>17. Do the same on the other side.</p> <p>18. Clean the breast with hot towel.</p> <p>19. Treatment done.</p>	 <hr/> <p>Technique 13</p>  <hr/> <p>Technique 14</p>  <hr/> <p>Technique 15</p>  <hr/> <p>Technique 16</p>  <hr/>
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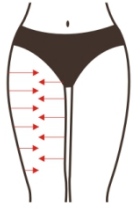
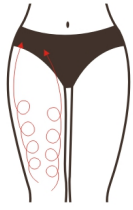
Course of treatment recommended

Ten treatments is a course. After one treatment, the breast is heated which will accelerate blood circulation, and the breast will be lifted in a certain level. After a course, the effects will become more obvious and the nodule will be improved. After three courses, the skin will become tightened, and shaping will be reinforced, and breast elasticity will be boosted, internal secretion will be regulated, and make women more charm.

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>Body 360° Rotating RF: Suggested time: 10 to 15 minutes</p> <p>Suggested energy level: 3 to 7</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 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 it alternately. Repeat 3 times. 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, 	<p>Technique 2, 3, 4, 5, 7, 8, 9</p>  <hr/> <p>Technique 6</p>  <hr/> <p>Technique 12, 15, 17, 20, 23</p>  <hr/> <p>Technique 13, 16, 21, 24</p>  <hr/> <p>Technique 15, 17, 23</p>  <hr/> <p>Technique 16, 18, 21,</p>
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		<p>and push Bladder Meridian(BL)-Kidney Meridian(KI)-Liver Meridian(LV)-Gallbladder Meridian(GB) successively. Repeat 3 times.</p> <p>13. Move in small circles on the lower leg to dissolve fat. Repeat 3 times.</p> <p>14. Push from the bottom up to popliteal fossa successively, and meanwhile caress the area with hands.</p> <p>15. Starting from popliteal fossa, pushing four channels and collaterals till the thigh root. Repeat 3 times.</p> <p>16. Starting from the popliteal fossa, moving in small circles till the thigh root to dissolve fat.</p> <p>17. Starting from popliteal fossa, pushing four channels and collaterals 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. Techniques for Body 360° Rotating RF: Coupled with hands, lifting upwards from heel to popliteal fossa in line by line manner. Repeat 3 times.</p> <p>21. Move in small circles on the lower leg. Repeat 3 times.</p> <p>22. Move up and down on the lower leg. Repeat 3 to 5 times.</p> <p>23. Lift one line after another from popliteal fossa to the thigh root. Repeat 3 times.</p> <p>24. Move in small circles on</p>	<p>24 </p> <hr/> <p>Technique 13, 21</p>  <hr/> <p>Technique 25</p>  <hr/> <p>Technique 26</p>  <hr/> <p>Technique 29, 30, 33, 35, 38, 40, 42</p>  <hr/> <p>Technique 34, 37</p>  <hr/> <p>Technique 36, 41</p>
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		<p>the thigh. Repeat 3 times.</p> <p>25. Lift towards the middle from the two sides of thigh in line by line manner. Repeat 3 to 5 times.</p> <p>26. Lift upwards on the two sides of thigh annularly. Repeat 3 times.</p> <p>27. Do the same on the other side.</p> <p>28. Foreleg Massage: Apply oil from the leg to the thigh root. Repeat 3 times.</p> <p>29. Push the four channels and collaterals(Spleen Meridian (SP)- Stomich Meridian (ST)-Liver 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>	 <hr/> <p>Technique 42</p>  <hr/> <p>Technique 43</p>  <hr/>
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		<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. Techniques for Body 360° Rotating RF: Do the same to the lower leg as above-mentioned. (can start with treating the thigh directly if there is no excess fat on the lower leg)</p> <p>40. Lift one line after another from knee to thigh root. Repeat 3 times.</p> <p>41. Move in small circles on the thigh part. Repeat 3 times.</p> <p>42. Lift towards the middle from the two sides of thigh in line by line manner. Repeat 3 to 5 times.</p> <p>43. Lift upwards on the two sides of thigh annularly. Repeat 3 times.</p> <p>44. Do the same on the other side</p> <p>45. Treatment done.</p>	
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Course of treatment recommended

Ten treatments is a course. After one treatment, the legs will get relaxed, and the blood circulation will be accelerated. After a course, the legs will become thin, and an obvious sense of tightening can be felt due to the contraction effect generated by skin collagen tissue. After two courses, the legs will turn slim and tightened. It has an obvious effect. After three courses, the effect will be reinforced. Super RF and super ultrasound stimulate skin dermis and regenerate collagen continuously, therefore its curative effect will become more and more obvious.

