User Manual

MS-45T2

Preface

Dear users：

We’re pleased to present to you our latest 4-in-1 beauty machine, namely multipolar RF&ultrasound, RF&cavitation, EMS&EL. These four applications are integrated into our latest beauty machine that targets at skin tightening and body slimming. MS-45T2 is for professional use, which needs to be handled by professionals with proper training. Any improper use will result in adverse outcomes. Therefore we advise any personnel read this guide thoroughly and follow the instructions strictly before operation.

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

Thank you!

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Part I

Brief Introduction

RF and ultrasonic beauty machines are currently the most popular beauty machines that work on tightening, body-shaping and anti-aging. It's an effective replacement of all the facial and body care programs in beauty salons. Moreover, they are convenient and easy to operate. It solves both skin and body management issues for beauty-lovers. This equipment requires no injection, no medication, no operation, thus having no side-effects. It is used externally during the whole process and has an immediate effect. RF machines heats deeper skin layers, stimulates collagen cells to reform in dermis, increases blood circulation in hypodermis, thus achieving skin tightening and anti-aging. The ultrasound of special frequency is aimed at the parts that are difficult to lose weight in daily life, bringing amazing results.

Advantages

1. 4-in-1 multifunctional beauty machine that works on both of your facial and body care.
2. Ultrasonic fat burning replaces and transcends liposuction, bringing good news for treating obesity.
3. Various probes can be replaced in different parts according to different requirements.
4. Each probe comes with multiple functions with more powerful radio frequency, higher energy, and more evenly distributed.
5. The perfect combination of ultrasound and RF solves the dilemma of losing weight. It helps with weight loss while at the same time maintains firm skin, increases skin elasticity, metabolism, and ultimately better health.
6. Adopt the cutting-edge technology of ultrasonic fat burning.
7. Painless, non-invasive during the process. Skipping any recovery periods without affecting any work and life plans.
8. No consumption, low cost and quick returns.
9. Wider treatment range and faster and more visible effects.
10. Unevenness, bleed, swelling and stasis will not appear after treatment.
11. Ultrasound, negative pressure and EL all have the energy release of red LED respectively. They can dissolve fat and massage while at the same time accelerate metabolism, and sterilize skin. The effect is remarkable with a higher comfort level.

Anti-aging & Skin Tightening

Principles

Electroporation

EMS: EMS is short for electronic muscle stimulation, referred to as muscle electrical stimulation technology, also known as motor technology, the simple explanation is that the normal muscle after receive the brain sends a signal to start activities actively, and EMS technology through current stimulation, directly convey signals to the muscles, pushing muscles for passive movement, so as to achieve the effect of firming skin, clear contour.
EL: It uses electrical pulse to shock cell membrane and increase permeability, so as to promote large molecules or hydrophilic molecules into cells (the cells are in a transient high electric field environment, which makes the surface of the cell membrane appeared a lot of holes, and under the conditions of such environment the permeability of molecules in the cell membrane thereby greatly increased, so that foreign molecules can be delivered into cells)

Vacuum&RF Face

Massaging the skin and muscles with a special negative pressure suction head can effectively improve the fluidity flow of human cells, increase the movement of cells to achieve the effect of activating cells and improving skin elasticity, and accelerate the blood circulation of fine blood vessels. The movement of vacuum negative pressure can stimulate the sympathetic nervous system on the surface and in the deep layer, and improve skin sensitivity. The suction and release process of air pressure can not only improve the capillary system, but also improve the skin sagging on the face, and enhance the skin firmness.

Advantage: The unique design of vacuum&RF function head with the characteristics of relatively independent and complementary RF and negative pressure, makes the circulation metabolic system one. Compared to the ordinary RF, it's more effective and faster. At the same time, it is coupled with the red LED, which can both achieve anti-inflammatory sterilization, and activate cells, increase skin elasticity.

Effects

1. Tighten skin and channel nutrients deep into skin layers.
2. Increase skin elasticity and refine skin.
3. Nourish skin and improve skin absorption.
4. Accelerate blood circulation and metabolism.
5. Help relieve double chin and sagging skin.
6. Stimulate collagen regeneration and delay aging.

Applicable Range

1. Those with facial dullness.
2. Those with skin relaxation and sagging.
3. Those with fine lines,nasolabial folds, crow's feet.
4. Those with indistinct facial contour.
5. Those with coarse skin and large pores.
6. Those who are under long-term exposure of UV radiation at workplace.
7. Those with lax skin, edema or obesity after birth.

Inapplicable Range

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

Notes after Operation

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

Neck Care

Principles

Vacuum&RF Face

Negative Pressure

Massage skin and muscles with the special negative pressure suction head, which can effectively improve body fluid flow and increase cell activity to achieve effects like improving skin elasticity, accelerating blood circulation of capillary blood vessels, clearing out toxins through lymphatic drainage, and improving and lowering the occurrence of dark spots, hyperpigmentation and blood stasis. The kneading action generated by vacuum suction can increase the tissue activity of skin and muscle, thus helping to reduce the cellular tissue and increase the elasticity of skin tissue, so that both slimming and shaping can be completed at the same time.In addition, vacuum negative pressure movement can also stimulate the surface and deep sympathetic nervous system, improve skin sensitivity. The suction and release process of air pressure can not only improve the capillary system but also improve the flow between deeper veins and lymph network, strengthen blood vessels, and improve varicose veins.

Advantages: breaking through the previous single and simple working mode of negative air pressure, using different modes for different parts can be more efficient and more effective, slimming, shaping, and will never harm human body.Unique RF function head design, RF and negative pressure are relatively independent but complementary metabolic system as a whole, RF has negative pressure, negative pressure has RF , each other as a whole.Compared to the ordinary single-stage RF can be more effective, faster and more uniform perfect remodeling body.

Effects

1. Improve the flabbiness, coarseness and dullness of the neck skin.
2. Tighten skin and increase skin elasticity.
3. Remove double chin.
4. Accelerate lymphatic detoxification and improve facial skin.
5. Prevent cervical and lymphatic diseases.

Applicable Range

1. Those with coarse neck skin and dull skin.
2. Those with clogged lymph system.
3. Those with loose and inelastic neck skin.
4. Those who often bow their heads.
5. Those who are unsatisfied with their neck skin.

Inapplicable Range

1. Those who have just undergone plastic surgery.
2. Those with hypertension, heart disease, diabetes, severe thyroid and malignant tumors.
3. Those who are having an allergic reaction, or people with severe sensitive skin.
4. Those with skin trauma or wound.
5. Those who are over-aging.
6. Those who are pregnant or convalescents.
7. Those with skin disease and other contagious diseases.

Notes after Operation

1. Apply sunscreen and keep the neck warm.
2. After operation, the treated area is relatively dry, moisturizing and sun protection is encouraged.
3. Within 1-3 days after operation, it is better not to use alcohol, AHA or other exfoliating products.
4. Avoid facial washing with overheated water, sauna steaming, hot springs or strenuous exercise within 7 days after operation.
5. Moisturizing and mask for the neck is encouraged, at least 3 times masks a week. Essence or neck cream is encouraged.
6. Avoid bowing head for a long time.

Body Management

40K & RF

40K: Using the sound wave with a frequency of 4 MHz emitted by the strong sound wave head gathering strong sound waves, human adipocytes can produce a strong impact and friction movement between adipocytes after entering the human body, which can effectively consume heat, water and shrink adipocytes. In addition, when sound waves vibrate, it can make adipocytes smaller. Strong crack will come along, cells will burst instantly, adipocytes reduce, 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 vibration of liquid. These bubbles grow in the negative pressure region formed by the longitudinal propagation of ultrasound, and close rapidly in the positive pressure region, thus being compressed and stretched under alternating positive and negative pressures. The bubbles will be compressed until burst, which will generate huge instantaneous pressure, generally up to tens of MPa to hundreds of MPa, and produce strong vibration and noise.

Advantages: only aim for low-density adipose tissue in a specific frequency, protect high-density tissue such as vascular and nerve tissue.

RF: RF wave directly penetrates the skin and uses the resistance formed by the skin to generate energy, which increases the temperature of the bottom layer of the skin, rapidly and continuously heats the tissue and promotes the growth of collagen in the skin, so as to achieve the effect of tightening the skin, lifting the skin and making the skin smooth. Perfect combination of 40K and RF can increase skin elasticity and tighten skin while reducing fat.

Vacuum&RF

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Vacuum Physical Effects

1. Skin layer

The suction and release of air pressure:

（1）It can improve the fluidity of cells, thus increasing the movement of cells, and can treat diseases related to blood stasis and blood stagnation.

（2）Draining lymph glands and veins.

Effects: redundant water is discharged from tissue fibers.

2. Vascular layer

The suction and release of air pressure:

（1）Improve the blood circulation of microvessels, not only for the capillary system, but also the flow between the deeper veins and lymphatic networks.
（2）Remove excess toxins in the body.
Effects: Strengthen blood vessels, eliminate toxins and relieve varicose veins.

3. Fibrous layer

The suction and release of air pressure:
（1）Repair cell tissue, increase its activity.
（2）Lift and revive skin elasticity.
（3）Stimulate the production of bone collagen and improve skin plumpness.
（4）Improve the oxygen support capacity of skin and increase the consumption of carbon dioxide.
Effects: Break the hard fibers of cellulite, make it more elastic, so as to achieve the effect of body-shaping.

4. Nerve layer

The suction and release of air pressure:
（1）Stimulates the surface and deep sympathetic nervous system.
（2）Improves skin sensitivity.
（3）Repair skin elasticity and resist tissue fibrosis.
Effects: Repair and improve skin sensitivity.

Body Shaping: Waist & Abdomen

Effects

1. Relieve women’s cold hands and cold feet, cold womb or cold body.
2. Tighten soft and lax skin on the waist and abdomen.
3. Reduce lumbar and abdominal fat, including love handles and beer belly.
4. Tighten skin, relieve stretch marks, obesity lines and increase skin elasticity.
5. Accelerate metabolism, relieve constipation and encourage intestinal peristalsis.

Applicable Range

1. Those with cold hands and cold feet and cold womb.
2. Those with lumbar and abdominal fat or who have sagging skin after birth.
3. Those sitting for a long time, or with unideal waistlines.
4. Those with striae due to obesity and pregnancy.
5. Those with constipation or obstruction of abdominal meridians.

Inapplicable Range

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

Notes after Operation

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

Body-shaping: Breasts

Effects

1. Adjust chest type and reduce accessory breast.
2. Relieve thoracic nodules, slight hyperplasia, alleviate menstrual breast pain.
3. Reduce chest expansion.
4. Alleviate irregular menstruation and reduce facial spots or skin without elasticity.
5. Alleviate postpartum breast atrophy, breast relaxation, breast duct blockage.

Applicable Range

1. Those with bad breast shape and accessory breasts.
2. Those with nodules in the chest, slight hyperplasia and painful breast during menstruation.
3. Those with extended chest fat extended.
4. Those with low immunity.
5. Those with irregular menstruation and facial spots or whose skin is inelastic.
6. Those with improper developed mammary glands, postpartum breast atrophy, breast relaxation, and breast duct blockage.

Inapplicable Range

1. Those with cardiovascular and cerebrovascular diseases, diabetes mellitus, abnormal coagulation function and impaired vital organ function.
2. Those who are long-term or ongoing users of anticoagulants, vasodilators, corticosteroids and other drugs.
3. Those with infectious lesions on the chest skin.
4. Patients with severe thoracic proliferative or fibroma or cyst.
5. Those in pregnancy and lactation.

Notes after Operation

1. Keep warm.
2. Wear styled and comfortable underwear. Don't press your chest hard.
3. Avoid getting cold. Take a bath after 4-6 hours.

Body Shaping: Arms

Effects

1. Stimulate collagen hyperplasia in the bottom of the skin to shape and firm it.
2. Improve loose skin.
3. Improve flabby arms and thick arms.
4. Soothe loose skin.
5. Tighten skin on arms.
6. Accelerate blood circulation and dredge channels and collaterals.

Applicable Range

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

Inapplicable Range

1. Those who have just had plastic surgery.

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

Notes after Operation

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

Body Shaping: Back

Effects

1. Relieve shoulder and back soreness, and improve the lump on back of the neck.
2. Dredge channels and collaterals, and improve channels and collaterals blocking.
3. Increase blood circulation and metabolism.
4. Improve blood supply to the head and sleep.
5. Regulate the functions of viscera and strengthen the body.
6. Firm skin and prevent sagging.
7. Improve excess fat on the back and shape the back.

Applicable Range

1. Those with sore shoulders and backs and stiff necks.
2. Those with insomnia, dreaminess and fading memory.
3. Those who are prone to fatigue, drowsiness and poor circulation of qi and blood.
4. Those with thick back and want to look better in clothes.
5. Those who has a lump on back of the neck.

Inapplicable Range

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

Notes after Operation

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

Body Shaping: Buttocks

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

Effects

1. Improve blood circulation and speed up metabolism.
2. Improve menstrual pain, irregular menstruation, abnormal leucorrhea and other female diseases.
3. Improve sleep quality, improve female sexual function and tighten the vagina.
4. Activate the warm uterus function, stimulate the secretion of glands, and help increase the feelings between husband and wife.
5. Make complexion ruddy, fade color spots and return to young state.
6. Shape hips, improve sagging and outward expansion of hips, tighten skin and increase elasticity.

Applicable Range

1. Those with saggy hips and fat accumulation.
2. Those whose butt shape is not good-looking, flat and soft outward expansion.
3. Those with unideal butt shape, flat soft outward expanded butt.
4. Those with cold and cool hips with low hip temperature.
5. Those with dysmenorrhea, dysmenorrhea, irregular menstruation, gynecological inflammation and other problems.
6. Those with decreased estrogen levels and poor sex lives.

Inapplicable Range

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

Notes after Operation

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

Body Shaping: Legs

Effects

1. Tighten skin and prevent sagging.
2. Stimulate collagen regeneration and improve fat lines.

3. Increase leg circulation and detoxification, metabolism.
4. Promote blood circulation and remove blood stasis, dredge channels and collaterals, and prevent varicose veins.
5. Tighten excessive protruding fat on legs and rid thick thighs.

Applicable Range

1. Those with poor circulation of lower limbs, edema and obese people.
2. Those who have low immunity and feel discomfort and pain all over the body are prone to colds.
3. Those with constipation and has coarse, flabby skin.
4. Those whose channels and collaterals of the legs are blocked, and the proportion of the legs is poor.

Inapplicable Range

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

Notes after Operation

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

Face Management

Effects

1. Improve facial wrinkles, canthus lines, crow's feet, and fine lines on neck.
2. Deeply introduce nutrition, reduce dark spots and whiten skin.
3. Increase skin elasticity, firm and delicate skin, and lift canthus.
4. Relieve eye fatigue, dark circles, bags and edema.
5. Increase blood circulation and metabolism.
6. Improve flabby skin and relieve double chin.
7. Stimulate collagen hyperplasia and delay aging.
8. Accelerate lymphatic detoxification and improve facial skin quality.
9. Prevent neck and lymphatic diseases.

Applicable Range

1. Those with dark complexion, rough skin, large pores and dry skin.
2. Those whose skin is flabby, saggy and inelastic.
3. Those with fine lines, decree lines, canthus lines.
4. Those with wrinkles, fine lines, bags under the eyes, and dark circles under the eyes.
5. Those who face computer screens and cell phones for long hours.
6.Those who often stay up late with dark circles under their eyes.
7. Those who always be in a dry or hot environment.
8. Those who after giving birth to a baby has loose skin, edema or fat.
9. Those who work in the office for long hours, facing ultraviolet.
10. Those with unclear facial outline and who often bow the head.

Inapplicable Range

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

9. Those who are unrealistic about the effects.

Notes after Operation

1. Do not wash your face and neck with overheated water (with either warm or cold) within 7 days.
2. Strengthen hydrating and moisturizing, avoid overexposure to sunlight, and always apply sunscreen.
3. It is recommended to apply facial mask + eye mask + neck mask at least 3 times a week.
4. Within 1-3 days after operation, it is best not to use products such as alcohol, AHAs or exfoliating scrub and so on.
5. Avoid sauna, hot spring or strenuous exercise within 7 days after operation.
6. Avoid spicy and greasy food, staying up late, smoking and drinking; eat more fruits and vegetables, less greasy food.
7. Avoid food that will lead to “3Hs”(hypertension, hyperglycemia, hyperlipidemia), and mainly consume less greasy food.
8. Keep your neck warm.
9. Apply neck serum or cream.
10. Avoid head-bowing for long hours.

Body Sculpting&Slimming

Effects

1. Relieve shoulder and back soreness, and improve the lump on back of the neck.
2. Dredge channels and collaterals, and improve channels and collaterals blocking.
3. Accelerate blood circulation and dredge channels and collaterals.
4. Promote blood circulation and remove blood stasis, dredge channels and collaterals, and prevent varicose veins.
5. Regulate the functions of viscera and strengthen the body.
6. Improve cold hands, feet, uterus and body of female.
7. Stimulate collagen regeneration, firming and shaping.
8. Improve loose and soft waist and abdomen skin.
9. Improve the jiggly and thick arm.
10. Improve unwanted fat on the back, waist and abdomen.
11. Tighten skin and prevent sagging.
12. Improve stretch marks, fat marks, and increase skin elasticity.
13. Accelerate metabolism, improve constipation and intestinal peristalsis.

Applicable Range

1. Those with cold hands, feet, womb and body.
2. Those who are sedentary and don't look good at the waist.
3. Those with unwanted fat on waist and abdomen, prominent belly, loose skin after delivery.
4. Those with fat marks, stretch marks.
5. Those with constipation, abdominal meridian blocking.
6. Those with big arms, thick back, poor leg shape ratio and want to look better in clothes.
7. Those with jiggly and flabby arms.
8. Those with loose skin on arms and legs.
9. Those whose hands and legs are easily sore and numb.
10. Those with sore shoulders and backs and stiff necks.
11 Those with insomnia and dream, memory decline of the population.
12. Those who are prone to fatigue, drowsiness and poor circulation of qi and blood.
13. Those with thick back and unattractive clothes.
14. Those with poor circulation of lower limbs, edema and obese people.
15. Those who have low immunity and feel discomfort and pain all over the body are susceptible to colds.

Inapplicable Range

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

Notes after Operation

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

Part II

1. Detailed Operation

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

1.1 Function Selection

Home

Start/Pause

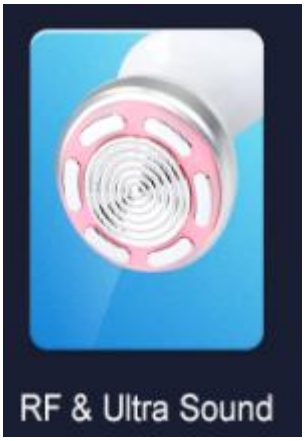
Restore

Mode Selection

Time Display&Adjustment

Vacuum&RF Suction Adjustment (turn right ton increase suction, and turn left to decrease suction)

1.2 Detailed Operation: RF& Ultrasound

Select 

to go to the interface below

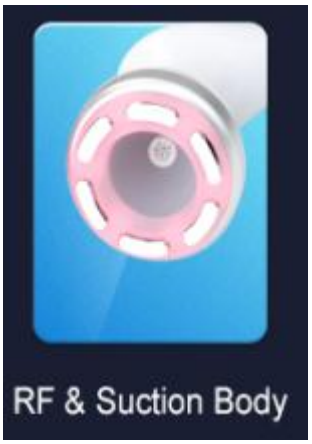
Energy Level Display

Ultrasound&RF Energy Adjustment

Ultrasound Mode Adjustment (M1 is consecutive mode and is suitable for thin fat layer; M2 is intermittent mode and is suitable for thick fat layer.)

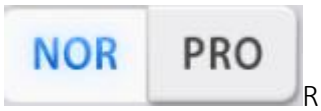
RF Mode Selection (NOR is the set mode. The red LED is on and energy is at the set level and stay at the set level after turning on the device. PRO is the smart mode. The temperature goes up slowly to the set energy and red LED is on after the probe comes in full contact with the skin.)

1.3 Detailed Operation: RF & Vacuum Suction Body

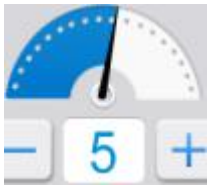
Select 

to go to the interface below

RF Energy Adjustment



RF Mode Selection (NOR is the set mode. The red LED is on and energy is at the set level and stay at the set level after turning on the device. PRO is the smart mode. The temperature goes up slowly to the set energy and red LED is on after the probe comes in full contact with the skin.)



Vacuum Suction Time Adjustment (Suction time ＞ Release time)

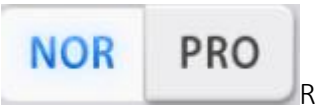
Vacuum Release Time Adjustment (0 means direction suction)

1.4 Detailed Operation: RF& Vacuum Suction Face

Select

to go to the interface below

RF Energy Adjustment

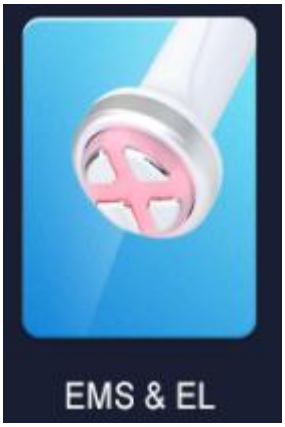


RF Mode Selection (NOR is the set mode. The red LED is on and energy is at the set level and stay at the set level after turning on the device. PRO is the smart mode. The red LED stays on and temperature goes up slowly to the set energy and after the probe comes in full contact with the skin.)

Vacuum Suction Time Adjustment (Suction time ＞ Release time)

Vacuum Release Time Adjustment (0 means direction suction)

1.5 Detailed Operation: EMS&EL

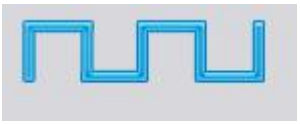
Select 

to go to the interface below

EMS&EL Energy Display

EMS&EL Energy Adjustment

Mode Display (consecutive mode)

 Mode Display (intermittent mode)

2 Technical Parameter

Ultrasound Cavitation&RF Body Shape Handle
Ultrasound Cavitation
Frequency:30KHz
Power:50W
RF
Frequency:5MHz
Power:85W

Suction& RF Body Sculpture Handle
RF
Freqeuncy:5MHz
Power:85W
Suction
Vacuum: <-80kPa
Pressure: >250kPa
Air flow: >10L/minute
Noise level: <70dB (30cm away)
Power:20W

Suction&RF Facial Slimming Handle
Freqeuncy:5MHz
Power:85W
Suction
Vacuum: <-80kPa
Pressure: >250kPa
Air flow: >10L/minute
Noise level: <70dB (30cm away)
Power:20W

EMS&EL (Electroporation) Facial Anti-aging Handle
EMS
Freqeuncy: 4.5KHz
Power:10W
EL (Electroporation)
Freqeuncy: 65Hz
Power:10W

Net Weight: 12.2kg
Gross Weight : 18kg
Dimensions: 380x455x224 (mm)
Input Power: AC 110V/220V 50/60Hz
Power Consumption:MAX 150W

3. Safety Precautions

Patients with the following symptoms should be cautious about using this instrument. Please consult a doctor or a professional before using the instrument. The details are as follows:

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

4.Dos and Dont's

1. Use a grounding pin and make sure the power socket of the device is properly connected before each operation.
2. Ensure that the voltage of the device is appropriate. If the voltage of the local power supply is unstable, we recommend that users increase to the matching power voltage.
3. In order to ensure the therapeutic effect and normal service life expectancy of the device, please use the specified accessories provided or recommended by the original manufacturer.
4. The device should not be placed in wet environment or near water, nor should they be directly exposed to sunlight.
5. Do not place the device near a strong heat source, because this may affect the life and normal use of the device.
6. Before treatment, please remove all metal objects from the body first, so as to avoid unexpected conditions and influence the curative effect.
7. Please restrain from using the device on eyes, thyroid, parathyroid, testicles, abdomen of pregnant women, and pacemakers.
8. Patients who are suffering from illness should consult with a doctor and gain permission from the doctor before using.

9. Please turn off the power switch of the device, and ensure that the total power supply of the device is turned off before the staff leaves after daily use, so as to ensure the safety of the electrical products.
10. Use device or train device operators in strict accordance with instructions in the user manual.
11. When taking other weight-loss drugs, it is recommended to stop taking them for 1 to 2 months before treatment. Extension of the course of treatment is recommended if you wish to lose weight immediately.
12. Don't use the instrument with an empty stomach. After a full meal, wait at least 1 hour before a course of weight loss treatment.
13. When operating, the instrument should fully touch the skin to avoid uneven heat.
14. Start from the lowest energy level and slowly add up.
15. When using this device, the operating parts must be kept moist and dry skin should be avoided.
16. Clean the instrument with normal saline after operation to ensure its cleanliness and hygiene and prolong its service life.
17. The suction force of vacuum&RF should not be too high when operating the on the face, so as to avoid scrapping.

5. Troubleshooting & Solutions

1. The instrument cannot be started, but the key light on the back of the instrument does not work?

A. Make sure the power cord is connected to a valid power socket.
B. Whether the fuse tube on the back of the instrument is loose or burnt out.

2. No RF output of the instrument?

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

3. Weakened RF output?

A. Please check whether the plug connecting the instrument handle and the body is tightly connected.
B. Please check whether non-conductive grease and other substances are stained on the treatment handle, which will cause poor contact and weaken the output.
C. Please check whether the product used is the adaptive product specified by the instrument.

4. No suction or very little suction?

A. Please close the instrument and check the filter element specially used for the instrument, which may need to be replaced.
B. Please check the rubber ring of the handle plug, because the rubber ring may be worn and cause air leakage.
C. Please check whether the oil filter cup outside the filter is tightened and whether the rubber ring is worn. It is possible that air leakage at this position may lead to poor air pressure.
D. If the above methods cannot be handled, please contact the instrument dealer for assistance.

5. I can start the instrument, but the screen show's error message?

A. Please unplug the power plug behind the instrument and wait for about 1 minute before restarting the instrument.
B. If the above methods cannot be handled, please contact the instrument dealer for assistance.

6.FAQs

1. Q: How long before I can start seeing results of RF treatment?

A: Under normal circumstances within that day or a week. Skin collagen tissue is heated and produces contractions, and you can obviously feel skin tightening. Because RF works by stimulating subcutaneous tissue and bring about sustainable collagen regeneration, so the more you do it, the more visible effects you shall receive.

2. Q: Is RF harmful to skin?

A: RF treatment falls under the category of non-surgery operation. It stimulates collagen regeneration at the skin bottom and boosts metabolism, therefore has no damage to the skin. Partial redness and fever is the normal phenomenon of accelerated blood circulation, and will be resolved by oneself after a moment, so there's no need to worry.

3.Q: How long does the body firming treatment take?

A: One operation time is 60 minutes. We will combine professional techniques and instruments to achieve remarkable results.

4.Q: What are all the functions of this instrument?

A: Dissolve fat, body shaping, smooth skin, firming, lifting, and anti-aging. It can be operated all over the body. In terms of facial care, it can contour facial outline, alleviate wrinkles and saggy skin. In terms of body care, it can reduce regional fatness and build S curve, promote the metabolism and detoxification of the whole body. Meanwhile, it can also enhance the functions of viscera and regulate the sub-health of the body.

5.Q:Which one is better in terms of weight loss, liposuction or this machine?
A: The principle of liposuction is to suck out the excess fat in one part of the body through the method of negative pressure suction, so as to achieve the purpose of rapid weight loss on parts of the body. It achieves fast results, requires anesthesia, recovery period. It falls under the category of surgery operation and comes with risks. However, our machine is risk-free and has no side effects. While losing weight, it can stimulate collagen regeneration to lift and tighten skin. By lifting, it can also shape perfect curves and accentuate women's natural charm.

6.Q: Will I experience rebound after operation?
A: RF works by dissolving fat to reduce weight, and are not prone to rebound. Because what's dissolved through RF treatment is fat, not water. The formation of fat needs a longer period of time to accumulate, so it is not prone to rebound.

7.Q: Do I need to be on a diet?
A: Pay attention to what you eat. Because radio frequency and ultrasonic treatment end with blasting adipose and accelerated metabolism. It's best to avoid to eating spicy, oily, or fried food, to avoid affecting regular metabolism. Also proper workout and sweating help with the process, in a way weight loss will be more visible as well.

8.Q: Does it have any side effects on the body?
A: RF beauty treatment is non-invasive and so far the most safe and effective method to remove wrinkles and shape body. Generally speaking side effects won't appear. A small number of people may experience transient redness or swelling that will disappear after a few hours. Those with dry skin may experience atrophy after the initial treatment. The skin will lose moisture due to RF heat. However, the skin will become plump at the beginning of collagen regeneration and these symptoms will disappear after three days. There are no side effects on health.

9.Q: Can RF instrument be used for chest shaping?
A: As the growth of age and female physiology period, sub-health state, gravity, stimulation during lactation, a large number of nutrition loss... All the above will cause collagen loss, decreased blood flow, damaged elastic tissue, flabby ligament gland, and prolapsed breasts. Through RF energy conduction, collagen protease can be promoted to repair elastic tissue and ligament glands, thus achieving the effect of chest lifting and shaping.

10. Q: Can ultrasound be operated all over the body?
A: Ultrasonic cavitation ruptures fat cells and causes mechanical disruption of fat cell membrane. Liquefied fat cells then cleared away by metabolic pathways. Our heart is a hollow organ, and sensitive to high frequency sound waves. Back and forth reflex occur due to the fact that muscle tissue and blood in the heart do not conduct sound waves in the same way. The reflex force can detach cardiac valves from cardiac

muscles. If directed at the eye, it can cause retinal detachment. In a word, avoid eye and heart area when using ultrasonic beauty device. (It is also advised not to use it on waist, back and chest.)

11.Q: Does ultrasound have side effects on human body?

A: Ultrasonic beauty machine requires no surgery, no opening up and no anesthesia, therefore is indeed non-invasive. It relies on ultrasound (mechanical sound wave) - blast fat through cavitation - ultrasound focusing. And the results are fat smash - fat dissolving - skin firming and body sculpting respectively. It only targets at low density fat cells while leaving high density tissues like blood vessels intact, therefore having no side effects on human body. Slight tinnitus might appear to happen during the treatment, which is within normal range so there's no need to worry.

12.Q: Why does tinnitus occur?

A: It's because ultrasound comes with a high frequency vibration, which could go up to 20kHz. It also goes deep into skin fat layers, which could go down to 20mm below epidermis. Highly intensifies ultrasound cause high speed friction among fat cells, resulting in them bursting and heating up, and eventually emulsified. And during the process, ultrasound can cause microvibration to the tissue that make us feel like as "tinnitus".

13.Q: What is collagen?

A: Collagen is a kind of biological macromolecule substance, a kind of white, opaque and non-branched fibrous protein. It can supplement the nutrition needed by all layers of the skin, enhance the collagen activity in the skin, lock moisture, nourish the skin, delay aging, beautify, relieve facial relaxation, provide nutrients for the hair and so on. Collagen is a nutrient that human body must replenish to delay aging. With the growth of age, collagen will gradually be lost. At the age of 20 , women have begun to age, collagen gradually decrease. At the age of 25, collagen loss reaches its peak. At the age of 40 , the content is less than half of which one has at age 18. It is the loss of collagen and water that causes the wrinkles on the face of the elderly. The breakage of collagen fibers and elastic mesh will cause skin tissue to be oxidized, atrophied and collapsed. The skin will be dry, wrinkled, flabby and inelastic etc,. Therefore, in order to delay aging, collagen must be supplemented.

14. Q: Why do I need breast maintenance?

A: The lymph nodes of bosom rank the top among other parts of the body, which also lead to toxin accumulation very easily , and urbanite life rhythm is very fast now, working pressure is very big, which can bring about the hyperplasia of different level. The saying goes that bosom is the cradle of children, the garden of the woman, the symbol of female identity! Breast maintenance can make your figure more beautiful,

add scores for your whole temperament, thus turn head rate increases 10 times certainly! Good figure and temperament will also ensure husband's loyalty!
The evolution of breast cancer: breast milk residual , secretions, toxins -- nodules and blockages -- lobular hyperplasia, ductal hyperplasia, breast hyperplasia -- duct blockage and adhesion -- fibroma, breast cyst -- breast cancer.

15.Q: Why do I need hip maintenance?

A: Because it can help the body lymphatic system discharge poison, improve the gynaecological disease, and avoid harm brought by buttock blockage. Hip impassability surely bring about gynaecological issues. What's inside buttocks is pelvic cavity, bowel. It connects daimai, lumbar vertebra, sciatic nerve from above, uterus ovary, uterine adenexa in front, anus, vagina, inguinal lymphatic from below.
If suffering from squeeze of shangjiao and xiaojiao meridian channels, hip would be most vulnerable to cold, wet and blood stasis. When hip is affected by cold, it can cause meridian contraction of hips, dysmenorrhea, irregular menstruation, dark menstruation color , clot, deterred blood flow and meridian channels. It also affects fertility.

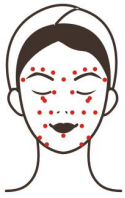
16.Q: How does negative pressure detoxify?

A: Negative pressure can congest capillary, stimulate cell to increase vitality. The suction and release of pressure during operation can make local pores continue to open and close, therefore promote skin breathing, increase the amount of skin oxygen, speed up the elimination of waste. So it achieves the effects of promoting qi and blood circulation, dispelling coldness and dampness, dredging channels and collaterals, clearing toxins,heat and so on.

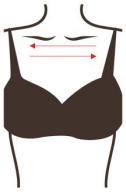
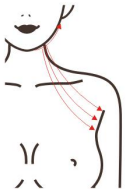
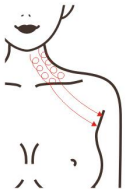
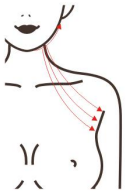
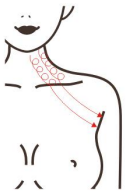
7. Packing List

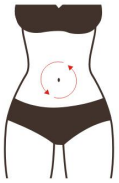
- 1 x Main Machine
- 1 x Suction and RF Facial Slimming Handle
- 1 x EMS and EL (Electroporation) Facial Anti-aging Handle
- 1 x Ultrasound Cavitation and RF Body Shape Handle
- 1 x Suction and RF Body Sculpture Handle
- 1 x Power Supply Cord
- 1 x Holder
- 1 x Vacuum Filter
- 2 x Fuse
- 6 x White Seal Ring
- 4 x Rubber band

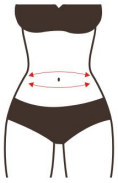
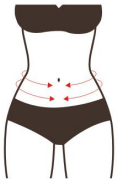
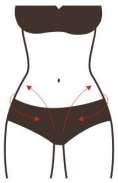
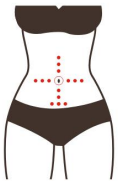
8.Operational Diagrams

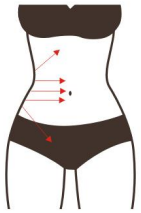
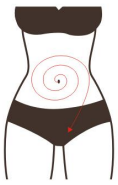
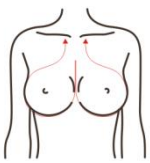
Parameter Adjustment	Product	Techniques	Diagrams
Anti-wrinkle&Skin Tightening: 60 min, once/week			
Eletroporation Energy: 30%-80% Mode: EL Vacuum&RF Energy: 15%-20% Suction Time: 0.3-1.5 Release Time: 0-1.0	Makeup remover+ Face wash+ Cold&Hot steam+ Massage cream+ Hydrating Facial Mask+ Essence+ Facial mask	1. Remove makeup and cleanse face, 5 min. 2. Apply hydrating facial mask+hot steam, 10 min. 3. Wash face clean, 2 min. 4. Apply toner, 1 min. 5. Apply massage cream evenly on face and caress face, 3 times. 6. Push the following acupoints (chengjiang point, dicang point, renzhong point, yingxiang point, jiache point, temple) , 3 times. 7. Caress the whole face, 3 times. 8. Alternate both hands to lift in 3 lines from chin to ear lobe, corner of mouth to ear gate, nose wing to temple, lower eyelid to temple, lift canthus, 3 times. 9. Do the same on the other side. 10. Lift towards hairlines on forehead, 3 times. 11. Use ring and middle fingers to massage and lift face as if plucking the string, 3-5 times. 12. Repeat the same	Technique 5, 7 Technique 6  Technique 8, 17 Technique 10, 12, 19 Technique 15

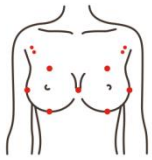
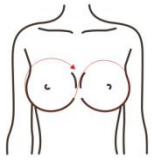
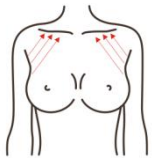
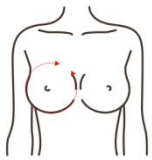
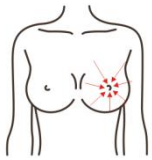
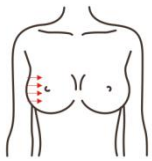
		technique towards hairline on forehead with one hand, 3-5 time. 13. Alternate hands in lifting the face as if plucking the string on one side, 2-3 min. 14. Do the same on the other side. 15. Brace skin with middle and ring fingers on forehead as if writing 'Z', slide to the ear back and force and finish behind ear, 3 times. 16. The end of the first part. 17. Vacuum&RF operation: lift from chin to earlobe, mouth corner to ear gate, nose wing to temple; make sure one line is next to another, 3 times. 18. Do the same on the other side. 19. Lift towards hairline on forehead, 3 times. 20. Wash face clean, 2 min. 21. Apply (anti-aging/whitening/hydrating) essence evenly on face, 1 min. 22. EL Operation: move from chin to forehead in circles to lift the treatment area; make sure one line is next to another, 3 times. 23. Do the same on the other side. 24. Move horizontally in circles on forehead, 3 times. 25. Apply facial mask, 15 min. 26. Wash face clean, 2 min. 27. Apply toner, essence, cream and sunscreen.	 Technique 22 Technique 24
Suggested Treatment: 10 treatments account for one full course. After one time, the skin will be firm and			

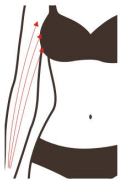
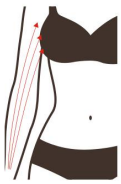
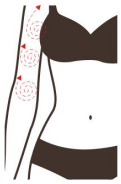
tender, providing the skin with needed nutrition. After a course of treatment, the skin is lifted and shiny. After 2 courses, the skin is smooth and plump, and the outline gradually becomes clear. After 3 courses, it can achieve effects such as prevent and delay skin aging, improve sagging and loose skin, and increase collagen in the bottom of skin, making skin smooth, firm and glowing.			
Neck Care: 60 min, once/week			
Vacuum&RF Energy: 30%-80% Suction Time: 0.3-1.5 Release Time: 0-1.0	Makeup remover+ Face wash+ Massage cream+ Essence+ Neck mask	1. Remove makeup and cleanse face, 5 min. 2. Apply toner, 1 min. 3. Neck massage: apply and rub oil on the chest with both hands to the back of the neck and point to feng chi and feng fu acupoint, 3 times. 4. Alternately lift the lower jaw and double chin to pass behind the ear and under the armpit, 3 times. 5. Push downwards with hand spread and hukou pointing down, tracing 3 meridian channels from the neck side to the armpit, 3 times. 6. Push downwards with 4 fingers, tracing 3 meridian channels from neck side to the armpit, 3 times. 7. Push downwards with kneeling fingers till the neck turns hot and slide to the armpit, 3 times. 8. Push downwards with hand spread and hukou pointing down from external collarbone to armpit, 3-5 times. 9. Do the same on the other side. 10. The end of the first part. 11. Vacuum&RF operation:	Technique 3  Technique 4  Technique 5, 6, 7  Technique 11  Technique 12  Technique 14

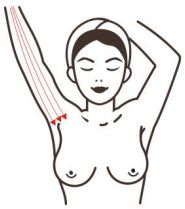
		coupled with hand massage, lift double chin to pass behind the ear and under the armpit, 3 times. 12. Move the device in circles on one side of neck to pass under armpit, 3 times. 13. Slide the device from internal and external clavicle to the armpit, 3-5 times. 14. Move the device in circles on the whole neck area, 3 times. 15. Do the same on the other side. 16. Wipe neck clean with hot towel, 2 min. 17. Apply neck mask, 15 min. 18. Wipe it clean with hot towel, apply hot steam, 5 min. 19. Apply toner, neck essence, neck cream and sunscreen.	
Suggested Treatment: 10 treatments account for one full course. After one treatment, skin becomes tender, smooth. After a full course, neck skin becomes smooth, speed up the neck lymphatic circulation. After 2 courses it tightens skin, fade neck lines, improve the double chin. After 3 course, skin is fine, firm and glowing, which also promote lymph drainage, improve facial dullness, some problems such as acne, and delay the aging of the skin, make skin restore young state.			
Body Shaping on Waist&Abdomen: 60 min, once/week			
40K&RF Energy: 30%-80% Vacuum&RF Energy: 30%-80% Suction Time: 0.3-1.5	Massage cream (essential oil)+ Gel+ Device	1. Massage technique. 2. Apply and rub oil on abdomen with hands, 3 times. 3. Rub stomach back and forth with both hands, 3-5 times. 4. Knead abdomen with both hands using chiropractic techniques, 3 times. 5. Lift daimai on both sides of	Technique 2  Technique 3, 19

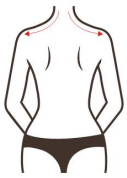
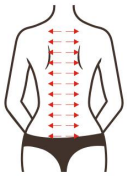
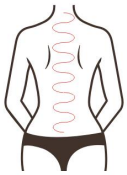
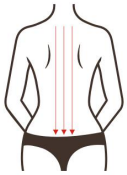
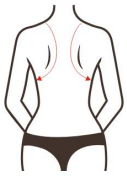
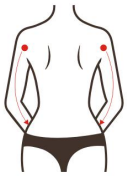
Release Time: 0-1.0		waist with both hands alternately, 16 times. 6. Move hands as if writing an “8” number on waist, 3 times. 7. Overlap hands and message the intestinal canal clockwise, 3 times. 8. Move hands in circular motion and caress the treatment area, 3 times. 9. Push on the following acupoints: shangwan zhongwan xiawan shenque qihai guanyuan zhongji tianshu dasheng qugu, 2 times. 10. Starting from zhongji point, push both thumbs to belly navel, slide them to waist and the lift upwards to groin, 3 times. 11. Caress the treatment area with hands and slide to groin. 12. The end of the first part. 13. 40K&RF operation: starting from one side of the waist, lift the device to abdomen and groin, 3 times. 14. Repeat the previous operation on another side, 3 times. 15. Move the device on abdomen in small circular motions, 3 times. 16. Move the device on abdomen in big circular motions, 3 times. 17. Vacuum RF operation: turn on the direct suction mode, starting from one side of the waist, lift the device to abdomen and groin, 3 times.	 Technique 4 Technique 5  Technique 6  Technique 7 Technique 9  Technique 10 Technique 13, 17, 22

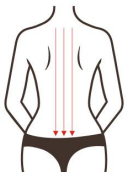
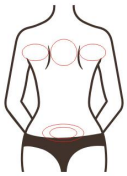
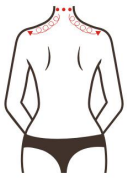
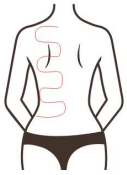
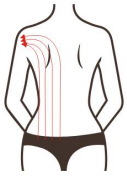
		18. Repeat the previous operation on another side, 3 times. 19. Move horizontally back and forth to lift daimai, 3 times. 20. Move the probe up and down to shape the waist, 3-5 times. 21. Move the device on abdomen in big circular motions, 3 times. 22. Move the probe in lines on sides of the waist towards the abdomen to lift the treatment area; make sure one line is next to another, 3 times.	 Technique 15 Technique 16, 21  Technique 20
Suggested Treatment: 10 treatments account for a course. Once done, abdomen is heating, accelerate metabolism, fat metabolism, slowly after a period of treatment to thin body, improve constipation and other issues at the same time, the effect after the two course gradually obvious, the skin to ascend, the skin collagen increased, improve stretch marks and flabby skin, reinforce effect, after the three course redundant adipose gradually disappear, lumbar abdomen curve shape, build small pretty waist.			
Body-shaping on Breasts: 60 min, once/week			
Vacuum&RF Energy: 30%-80% Mode: M3	Massage cream(essential oil)+ Device(Bracelet)	1. Massage technique. 2. Stand at the head of the bed, both hands from shan zhong point began to rub oil to armpit up at the same time lift the suspension ligament (this is to caress treatment area) 3 times. 3. Both hands thumb point:	Technique 2, 4, 7, 11  Technique 3

		shanzhong, rugen, dabao, yingchuang, zhongfu, yunmen, 3 times. 4. Caress the treatment area, 3 times. 5. Overlap both palms from shan zhong point to chest both sides back and forth as if writing an “8” number, 3 times. 6. Lift the accessory breast to the suspensory ligament alternately with both hands, first left, then right, 10 times. 7. Caress the treatment area, 3 times. 8. Sit beside the customer, first left, then right, with both hands to soothe and lift the chest, 3-5 times. 9. Alternately push the breast duct around the chest (one circle of the chest), 3-5 times. 10. Use the thumb to dredge the nodules in the chest, 3 times. 11. Lift the whole chest with hands, 3-5 times. 12. Vacuum&RF operation: combined with hand, alternate in lifting the entire chest, 3-5 times. 13. Move around in circles and make sure suction is at a moderate level, 3-5 times. 14. Move in small circles, 3-5 times. 15. Brace the accessory breast in lines to lift breast, 3-5 times. 16. Do the same on the other side.	 Technique 5  Technique 6  Technique 8  Technique 9  Technique 10 
Suggested Treatment: 10 times account for a course of treatment. After a full course, breasts will experience			

heat, blood circulation is boosted, and a certain improvement effect will be seen. After a course of treatment the effect is more obvious, nodules are improved. 3 courses help tighten the skin and consolidate shaping effect, and increase the elasticity of the breasts. Regulating endocrine makes women more attractive.			
Body Shaping on Arms: 60 min, once/week			
40K&RF Energy: 30%-80%	Massage cream (essential oil)+ Gel+ Device	1. Massage technique. 2. Left-right order: lay the arm flatwise, apply and rub oil in from lower arm to the entire arm and slide to the fingers, 3 times. 3. Push the entire arm with both palms, 3 times. 4. Push hands upwards tracing three main collateral channels(dachangjing-sanjiaojing-xiaochangjing) to armpits with fingers spread and hukou pointing upwards, 3 times. 5. Caress the treatment area, 3 times. 6. Trace and rub three main collateral channels on arms with kneeling finger back and forth till them turn hot, 3 times. 7. Caress the treatment area, 3 times. 8. Lay inner arm upwards, and push hands tracing three yin channel on inner arm(feijing-xinbaojing-xinjing) to armpit, with hukou pointing upwards, 3 times respectively. 9. Rub three channels back and forth with kneeling fingers, 3 times. 10. Caress the treatment area and slide to fingers. 11. Repeat the previous	Technique 2, 3, 4, 5, 6, 7  Technique 8, 9 Technique 10 Technique 13, 16  Technique 14, 15  Technique 17

		operation on another side. 12. The end of the first part. 13. 40K&RF device operation: lay arms flatwise and start from fat part of lower arm, tracing three channels to armpit, 3 times. 14. Move the device in annular motion, tracing three channels to armpit, 3 times. 15. You may double the operation on flabby arms, 3 times. 16. Trace three channels to armpit, 3 times. 17. Lay inner arm flatwise and push three channels on upper arm to armpit, 3 times. 18. Trace three channels on upper arm and move the device in circles to armpit, 3 times. 19. Trace three channels from upper arm to armpit. 20. Do the same on the other side.	 Technique 19
Suggested Treatment: 10 treatments account for a full course. Once done, it will feel warm and tight, and the arms will be relaxed. A course of treatment help reduce excessive arm fat and the skin appear to be tight and plump. 2 courses of treatment began to shape the arms, strengthen the effect, dredge meridians, and enhance the physique. 3 courses help consolidate stability and prevent rebound.			
Body Shaping on Back: 60 min, once/week			
Vacuum&RF Energy: 30%-80% Suction Time: 0.3-1.5	Massage cream (essential oil)+ Device	1. Massage technique. 2. Apply oil on back and press Fengchi and fengfu points. 3. (Starting from hairline) stroke badanjin with thumb, 3-5 times. 4. Move thumb outwards	Technique 2、11

Release Time: 0-1.0		from pangguangjin to baliao area and then to fengchi and fengfu point. 5. Starting from neck to caudal vertebra, move hands in S-shape, 3 times. 6. Push pangguangjin with thumb in left-right order, 3 times. 7. Push pangguangjin to baliao area with both thumbs, at the same time, 3 times. 8. Push pangguangjin in three kneeling fingers, 3 times. 9. Push scapula slot with both hands alternately in left-right order, 3-6 times. 10. Push scapula slot with both hands horizontally, 3-6 times. 11. Caress the back with both hands and push fengchi and fengfu points, 3 times. 12. Overlap both thumbs and push tianzong point and slide to the arm, 3 times. 13. Repeat the previous action on another arm, 3 times. 14. Rub dumai and pangguangjin with hands until they turned hot. 15. The end of the first part. 16. Vacuum&RF Operation: Starting from dumai to pangguangjin, move the device from neck to baliao area, 3-5 times. 17. Move the device in circles on dazhui point, and baliao area, 3-5 times respectively. 18. From dabanjin to neck, move the device back and forth, 3-5 times.	Technique 3  Technique 4  Technique 5  Technique 6、7、8、14  Technique 9、19  Technique 10、19 Technique 12、13  Technique 16

		19. Lift the device on scapula slot in left-right order, 3-5 times. 20. Move the device horizontally as if writing an “8” number to baliao area, 3 times. 21. Move the device upwards in annular motion to armpit in left-right order on both sides, 3 times. 22. Move the probe from sides of waist to armpits to lift the treatment area in a bottom-up direction, 3-5 times.	 Technique 17  Technique 18、  Technique 21  Technique 22 

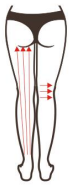
Suggested Treatment:

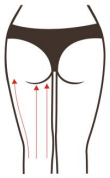
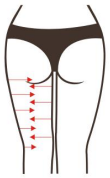
10 treatments account for a full course. Once done, back feel significantly relaxed, and it can also alleviate neck stiffness, and lift skin. A course help relax shoulder, reduce back fat, ease the lump on the nape of the back, and shape the back line. After two courses, the lump appears to be smaller, and it help dredge meridians, regulate sub-health, and improve sleep. 3 courses help with back thinning, define back line, strengthen viscera function, improve digestion, detoxification and metabolism, (a period of treatment is to reduce size, two courses is to strengthen effect, three courses help with consolidation and avoid rebound.)

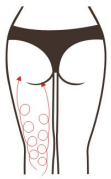
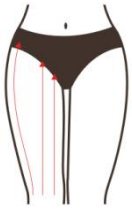
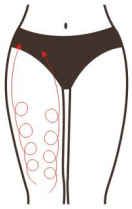
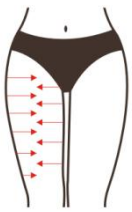
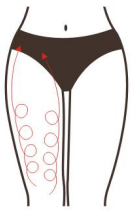
Body Shaping on Buttocks: 60 min, once/week

Vacuum&RF Energy:	Massage cream	1. Massage technique. 2. Standing on the side,	Technique 2, 5, 11

30%-80% Suction Time: 0.3-1.5 Release Time: 0-1.0	(essential oil)+ Device	accumulate oil on hands and then slide to the waist and then lift up along the hips from the waist, 3 times (this is to caress the treatment area.) 3. Repeatedly push ba liao zone with two thumbs. 4. Caress the treatment area for 3 times and then point: "shenyu", "ba liao", "chang qiang", "huan tiao" and "cheng fu", 3 times. 5. Caress the treatment area, 3 times. 6. First left, then right, with both hands extending from the root of the thigh from bottom to top -- bladder tendon -- kidney -- liver -- gallbladder -- vein, 3 times each. 7. Both hands follow from the root of thigh from bottom to top -- bladder channel, kidney channel, liver channel and gallbladder channel to the vein, 3 times each. 8. Overlap both palms and push up together from thigh root to pulse (ascension) ,3 to 5 times. 9. Push your hands from bottom to top from both sides of your hips to the top of your hips, 3 times. 10. Repeat the previous operation. 11. Caress the treatment area. 12. The technique on the other side is the same as above. 13. The end of the first part. 14. Vacuum&RF operation:	 Technique 3 Technique 4 Technique 6, 14, 17 Technique 7, 10 Technique 9, 15, 18 Technique 16

		lift from the thigh root to the vein line by line, 3 times. 15. Lift 3 times from bottom to top on both sides of the buttocks to the highest point of the buttocks. 16. Circle your hips, 3 to 5 times. 17. Lift 3 times from thigh root to vein. 18. Lift from bottom to top on both sides of the buttocks to the highest point of the buttocks, 3 times. 19. Do the same on the other side.	
Suggested Treatment: 10 treatments account for a full course. After one treatment, buttocks will experience lifting and heat. After a course of treatment buttocks start to show obvious curve lines, and excessive fat begin to disappear slowly, and skin appear to be tight. After 3 courses, the conditions of cold body and uterus, other gynecological problems such as irregular menstruation are improved. It also help consolidate the effect, and increase the female charm.			
Body Shaping on Legs: 60 min, once/week			
40K&RF Energy: 30%-80% Vacuum&RF Energy: 30%-80% Suction Time: 0.3-1.5 Release Time: 0-1.0	Massage cream(Essential oil)+ Gel+ Device	1. Massage technique. 2. Left-right order: apply and rub oil in from calf to thigh to heel, 3 times. 3. Alternately push the entire leg from bottom to top and wrap back into the heel, 3 times 4. Move hands upwards to four main collateral channels(pangguangjin-shenjin-ganjin-danjin) with fingers spread and hukou pointing upwards, 3 times. 5. Push hands alternately to popliteal fossa, 3 times. 6. Twist both hands upwards	Technique 2, 3, 4, 5, 7, 8, 9, 12  Technique 6 Technique 13

		alternately as if twisting a fired dough, 3 times. 7. Caress the treatment area, 3 times. 8. Push four main collateral channels upwards with kneeling fingers of both hands, 3 times. 9. Caress the treatment area, 3 times. 10. Repeat the previous operation on the other side. 11. The end of the first part. 12. 40K&RF device operation: move the device from popliteal fossa to pangguangjin-shenjin-ganjin-danjin, 3 times. 13. Move the device in circular motion on calf, 3 times. 14. Move the device upwards to popliteal fossa and caress the treatment area with hands, 3 times. 15. Push from popliteal fossa tracing 4 main collateral channels to the end of thigh, 3 times. 16. Move the device in circular motion from popliteal fossa to the end of thigh, 3 times. 17. Push from popliteal fossa tracing main collateral channels to the end of thigh, 3 times. 18. Move in small circular motions on thigh, 3-5 times. 19. Vacuum&RF operation: coupled with hand, move from the heel to popliteal fossa in lines to lift the treated area; make sure one	 Technique 14, 19, 21 Technique 15, 17, 22  Technique 16, 18, 23 Technique 20 Technique 24  Technique 25

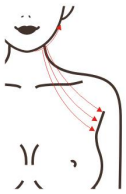
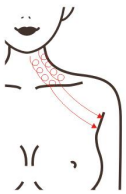
		line is next to another, 3 times. 20. Move in small circular motions on calf, 3 times. 21. Move on calf back and forth, 3-5 times. 22. Move from popliteal fossa in lines to thigh root; make sure one line is next to another, 3 times. 23. Move in small circular motions on thigh, 3 times. 24. Move from sides of legs to the middle to lift the treated area; make sure one line is next to another, 3-5 times. 25. Move from sides of the legs in annular motions to lift the treated area, 3 times. 26. Do the same on the other side. 27. RF operation on foreleg: place the vacuum plate on the back of the customer, and bracelet on the esthetician. 28. Rub oil with both hands from heel to the thigh root (namely to caress the treatment area), 3 times. 29. Move hands upwards to four main collateral channels(pijing-weijing-ganjing-danjing) with fingers spread and hukou pointing upwards, 3 times. 30. Push four main collateral channels upwards with kneeling fingers of both hands, 3 times. 31. The end of massage technique of forelegs. 32. 40K&RF device operation: Lift the device towards knee	 Technique 28, 29, 30, 33, 36, 38  Technique 34, 39 Technique 35  Technique 40  Technique 41 

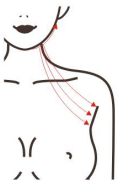
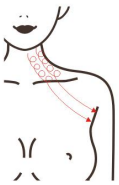
		while tracing 3 collaterals, 3 times(start from thigh if there's not enough unwanted fat on calf.) 33. Move the device on two sides of calf in annular motion, 3 times(start from thigh if there's not enough unwanted fat on calf.) 34. Lift the device from knee to thigh root in lines, 3 times. 35. Move the device in small circles on thigh, 3 times. 36. Lift the device from knee to thigh root in annular motion, 3 times. 37. Lift the device from knee to thigh root in lines; make sure one line is next to another, 3 times. 38. Repeat the same treatment on calf with vacuum&RF operation(start from thigh if there's not enough unwanted fat on calf.) 39. Lift the device from knee to thigh root in lines; make sure one line is next to another, 3 times. 40. Move the device in small circles on thigh, 3 times. 41. Move from sides of legs to the middle to lift the treated area; make sure one line is next to another, 3-5 times. 42. Move from sides of the legs in annular motions to lift the treated area, 3 times. 43. Do the same on the other side.	
Suggested Treatment: 10 treatments account for a full course. After one treatment, leg is relaxed, and circulation is accelerated. After a course of treatment, leg becomes thin, skin collagen			

tissue experience contraction due to heat effect, and tightening effect can obviously be felt on the skin. After 2 courses, leg is tight and slim, and obvious results are seen. 3 courses help consolidate the effect. Super RF + super ultrasound is to stimulate the dermis of the skin, which can sustain collagen regeneration, so the treatment effect will be more and more obvious.

Face Management: 100 min, once/week

Eletroporation Energy: 30%-80% Mode: EMS+EL Vacuum&RF Energy: Face:15%-20% Neck:30%-80% Suction Time: 0.3-1.5 Release Time: 0-1.0	Makeup remover+ Cleanser+ Hydrating Facial Mask+ Massage cream+ Device+ Essence+ Facial mask+ Hot&Cold Steam	1. Remove makeup and clean, 5 min. 2. Apply toner, 1 min. 3. Massage technique. 4. Apply massage cream evenly on face and caress, 3 times. 5. Push the following acupoints (chengjiang point, dicang point, renzhong point, yingxiang point, jiache point, temple, qingming point, cuanzhu point, yuyao point, sizhukong point, tongziliao point, chengqi point, sibai point) , 3 times. 6. Caress the whole face, 3 times. 7. Alternate both hands to lift in 3 lines from chin to ear lobe, corner of mouth to ear gate, nose wing to temple, lower eyelid to temple, lift canthus, 3 times. 8. Do the same on the other side, 3 times. 9. Lift towards hairlines on forehead, 3 times. 10. Use ring and middle fingers to massage and lift face as if plucking the string, 3-5 times. 11. Repeat the same technique towards hairline on forehead with one hand, 3-5	Technique 4, 6 Technique 5 Technique 7 Technique 9, 11 Technique 14

		time. 12. Alternate hands in lifting the face as if plucking the string on one side, 2-3 min. 13. Do the same on the other side. 14. Brace skin with middle and ring fingers on forehead as if writing 'Z', slide to the ear back and force and finish behind ear, 3 times. 15. Neck massage: apply and rub oil on the chest with both hands to the back of the neck and point to feng chi and feng fu acupoint, 3 times. 16. Alternately lift the lower jaw and double chin to pass behind the ear and under the armpit, 3 times. 17. Push downwards with hand spread and hukou pointing down, tracing 3 meridian channels from the neck side to the armpit, 3 times. 18. Push downwards with 4 fingers, tracing 3 meridian channels from neck side to the armpit, 3 times. 19. Push downwards with kneeling fingers till the neck turns hot and slide to the armpit, 3 times. 20. Push downwards with hand spread and hukou pointing down from external collarbone to armpit, 3-5 times. 21. Do the same on the other side. 22. The end of the first part. 23. Vacuum&RF face operation: move the probe	Technique 15 Technique 16  Technique 17, 18, 19  Technique 23 Technique 25 Technique 28 Technique 30 Technique 31

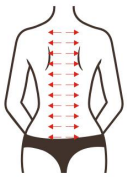
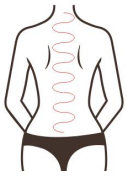
		form chin to ear gate, mouth corner to ear gate, nose wing to temple, lift in lines and make sure one line is next to another, 3 times. 24. Do the same on the other side. 28. Lift towards hairline on forehead, 3 times. 29. Wash face clean, 2 min. 30. Apply (anti-aging/whitening/hydrating) essence evenly on face, 1 min. 31. EL Operation: move from chin to forehead in circles to lift the treatment area; make sure one line is next to another, 3 times. 32. Do the same on the other side. 33. Move horizontally in circles on forehead, 3 times. 34. Vacuum&RF operation on neck: coupled with hand massage, lift double chin to pass behind the ear and under the armpit, 3 times. 35. Move the device in circles on one side of neck to pass under armpit, 3 times. 36. Slide the device from internal and external clavicle to the armpit, 3-5 times. 37. Move the device in circles on the whole neck area, 3 times. 38. Do the same on the other side. 39. Wipe neck clean with hot towel, 2 min. 40. Apply neck mask+facial mask, 15 min. 41. Wash face clean, 2 min.	 Technique 32  Technique 34

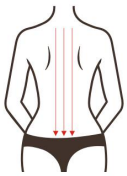
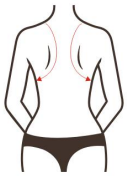
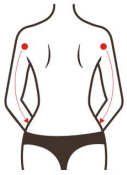
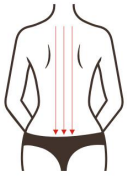
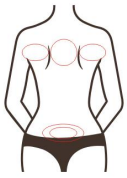
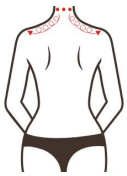
		42. Wipe neck clean with hot towel, apply hot steam, 5 min. 43. Apply toner, cream, neck essence, neck cream and sunscreen.	

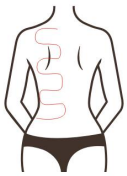
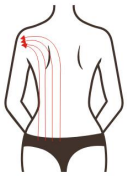
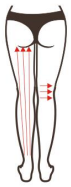
Suggested Treatment:

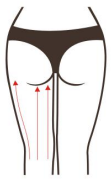
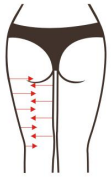
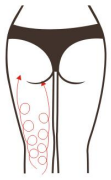
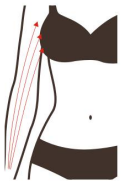
10 treatments account for one full course. After one treatment, the skin will be firm, tender, delicate and smooth, and the eyes will be elevated to accelerate the blood circulation and lymph circulation of the eyes. After one course, it lightens fine lines, dark circles under the eyes and brightens the skin. After two courses, the overall skin is smooth, firm and elastic, and the double chin is improved. Three courses help prevent and delay skin aging, relaxation and sagging, and restore skin to its youthful state.

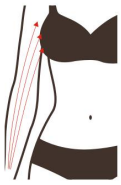
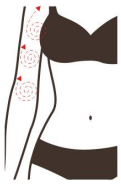
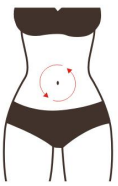
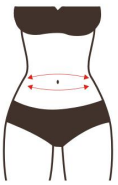
Body-Sculpting&Slimming: 60 min, once/week

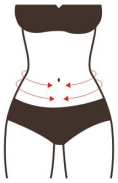
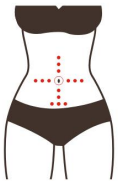
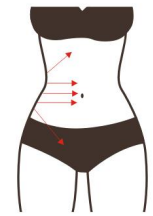
40K&RF Energy: 30%-80% Vacuum&RF Energy: 30%-80% Suction Time: 0.3-1.5 Release Time: 0-1.0	Massage cream(Essential oil)+ Device	1. Massage technique of back. 2. Apply oil on back and press Fengchi and fengfu points. 3. (Starting from hairline) stroke badanjin with thumb, 3-5 times. 4. Move thumb outwards from pangguangjin to baliao area and then to fengchi and fengfu point. 5. Starting from neck to caudal vertebra, move hands in S-shape, 3 times. 6. Push pangguangjin with thumb in left-right order, 3 times. 7. Push pangguangjin to baliao area with both thumbs, at the same time, 3 times. 8. Push pangguangjin in three kneeling fingers, 3 times. 9. Push scapula slot with both hands alternately in left-right order, 3-6 times. 10. Push scapula slot with both hands horizontally, 3-6 times.	Technique 2, 11 Technique 3 Technique 4  Technique 5  Technique 6, 7, 8, 14

		11. Caress the back with both hands and push fengchi and fengfu points, 3 times. 12. Overlap both thumbs and push tianzong point and slide to the arm, 3 times. 13. Repeat the previous action on another arm, 3 times. 14. Rub dumai and pangguangjin with hands until they turned hot. 15. The end of the back massage part. 16. Vacuum&RF Operation: Starting from dumai to pangguangjin, move the device from neck to baliao area, 3-5 times. 17. Move the device in circles on dazhui point, and baliao area, 3-5 times respectively. 18. From dabanjin to neck, move the device back and forth, 3-5 times. 19. Lift the device on scapula slot in left-right order, 3-5 times. 20. Move the device horizontally as if writing an “8” number to baliao area, 3 times. 21. Move the device upwards in annular motion to armpit in left-right order on both sides, 3 times. 22. Move the probe from sides of waist to armpits to lift the treatment area in a bottom-up direction, 3-5 times. 23. Massage technique of legs. 24. Left-right order: apply	 Technique 9, 19  Technique 10, 19 Technique 12, 13  Technique 16  Technique 17  Technique 18  Technique 21

		and rub oil in from calf to thigh to heel, 3 times. 25. Move hands upwards to four main collateral channels(pangguangjin-shenjin-ganjin-danjin) with fingers spread and hukou pointing upwards. 26. Push hands alternately to popliteal fossa, 3 times. 27. Twist both hands upwards alternately as if twisting a fried dough, 3 times. 28. Caress the treatment area, 3 times. 29. Push four main collateral channels upwards with kneeling fingers of both hands, 3 times. 30. Caress the treatment area, 3 times. 31. Repeat the previous operation on the other side. 32. The end of the leg massage part. 33. 40K&RF device operation: move the device from popliteal fossa to pangguangjin-shenjin-ganjin-danjin, 3 times. 34. Move the device in circular motion on calf, 3 times. 35. Move the device upwards to popliteal fossa and caress the treatment area with hands, 3 times. 36. Push from popliteal fossa tracing 4 main collateral channels to the end of thigh, 3 times. 37. Move the device in circular motion from popliteal	 Technique 22  Technique 23, 24, 25, 26, 28, 29, 30, 33  Technique 27 Technique 34 Technique 35, 40, 42 Technique 36, 38, 43

		fossa to the end of thigh, 3 times. 38. Push from popliteal fossa tracing main collateral channels to the end of thigh, 3 times. 39. Move in small circular motions on thigh, 3-5 times. 40. Vacuum&RF operation: coupled with hand, move from the heel to popliteal fossa in lines to lift the treated area; make sure one line is next to another, 3 times. 41. Move in small circular motions on calf, 3 times. 42. Move on calf back and forth, 3-5 times. 43. Move from popliteal fossa in lines to thigh root; make sure one line is next to another, 3 times. 44. Move in small circular motions on thigh, 3 times. 44. Move from sides of legs to the middle to lift the treated area; make sure one line is next to another, 3-5 times. 45. Move from sides of the legs in annular motions to lift the treated area, 3 times. 46. Do the same on the other side. 47. Massage technique of arms. 48. Left-right order: lay the arm flatwise, apply and rub oil in from lower arm to the entire arm and slide to the fingers, 3 times. 49. Push the entire arm with both palms, 3 times.	 Technique 37, 39, 44 Technique 41 Technique 45  Technique 46  Technique 48, 49, 50, 51, 52, 53  Technique 54, 55

		50. Push hands upwards tracing three main collateral channels(dachangjing-sanjiaoj ing-xiaochangjing) to armpits with fingers spread and hukou pointing upwards, 3 times. 51. Caress the treatment area, 3 times. 52. Trace and rub three main collateral channels on arms with kneeling finger back and forth till them turn hot, 3 times. 53. Caress the treatment area, 3 times. 54. Lay inner arm upwards, and push hands tracing three yin channel on inner arm(feijing-xinbaojing-xinjing) to armpit, with hukou pointing upwards, 3 times respectively. 55. Rub three channels back and forth with kneeling fingers, 3 times. 56. Caress the treatment area and slide to fingers. 57. Repeat the previous operation on another side. 58. The end of the arm massage part. 59. 40K&RF device operation: lay arms flatwise and start from fat part of lower arm, tracing three channels to armpit, 3 times. 60. Move the device in annular motion, tracing three channels to armpit, 3 times. 61. You may double the operation on flabby arms, 3 times. 62. Trace three channels to armpit, 3 times.	Technique 56 Technique 59, 62  Technique 60, 61  Technique 63 Technique 65 Technique 69  Technique 70, 86  Technique 71

		63. Lay inner arm flatwise and push three channels on upper arm to armpit, 3 times. 64. Trace three channels on upper arm and move the device in circles to armpit, 3 times. 65. Trace three channels from upper arm to armpit. 66. Do the same on the other side. 67. Massage technique of abdomen. 68. Apply and rub oil on abdomen with hands, 3 times. 69. Rub stomach back and forth with both hands, 3-5 times. 70. Knead abdomen with both hands using chiropractic techniques, 3 times. 71. Lift daimai on both sides of waist with both hands alternately, 16 times. 72. Move hands as if writing an “8” number on waist, 3 times. 73. Overlap hands and message the intestinal canal clockwise, 3 times. 74. Move hands in circular motion and caress the treatment area, 3 times. 75. Push on the following acupoints: shangwan zhongwan xiawan shenque qihai guanyuan zhongji tianshu dasheng qugu, 2 times. 76. Starting from zhongji point, push both thumbs to belly navel, slide them to waist and the lift upwards to groin, 3 times.	 Technique 72  Technique 73 Technique 74 Technique 76  Technique 77 Technique 80, 84, 89 

		77. Caress the treatment area with hands and slide to groin. 78. The end of the abdomen massage part. 79. 40K&RF operation: starting from one side of the waist, lift the device to abdomen and groin, 3 times. 80. Repeat the previous operation on another side, 3 times. 81. Move the device on abdomen in small circular motions, 3 times. 82. Move the device on abdomen in big circular motions, 3 times. 83. Vacuum RF operation: turn on the direct suction mode, starting from one side of the waist, lift the device to abdomen and groin, 3 times. 84. Repeat the previous operation on another side, 3 times. 85. Move horizontally back and forth to lift daimai, 3 times. 86. Move the probe up and down to shape the waist, 3-5 times. 87. Move the device on abdomen in big circular motions, 3 times. 88. Move the probe in lines on sides of the waist towards the abdomen to lift the treatment area; make sure one line is next to another, 3 times. 89. The end of the abdomen treatment.	Technique 82 Technique 83, 88 Technique 87

Suggested Treatment:

10 times account for a full course of treatment. After one treatment, your body will feel relaxed, blood circulation boosted, and skin tightened. After a course you will see less fat on different parts of the body, collagen regenerated, and firm skin. After 2 courses fat reduces, and curve lines begin to show. 3 courses will help with enhance the effects and shape up, and S curve will appear.