

MS-45T6SB



Product positioning: 5-in-1 comprehensive beauty machine. It incorporates various technologies including EMS & EL, RF & Suction, RF & Ultra Sound, RF & Suction Body and Lipo Laser, serving as an advanced skin-tightening & body-shaping product that can replace almost all facial and body treatments in beauty salons.

Packing list

- 1 x Main Machine
- 1 x Suction & RF Facial Slimming Handle
- 1 x EMS & EL (Electroporation) Facial Anti-aging Handle
- 1 x Ultrasound Cavitation & RF Body Shape Handle
- 1 x Suction & RF Body Sculpture Handle
- 6 x Big laser paddles
- 2 x Small laser paddles
- 1 x Holder
- 1 x Power Supply Cord (Both 110v and 220v voltage (frequency: 50/60Hz) version are available. Also we stock the USA, UK, AU, EU plug to suit for the country all over the world.)

Technical Specifications

Ultrasound Cavitation & RF Body Shape Handle

Ultrasound Cavitation

Frequency:30KHz

Power:85W

RF

Frequency:1MHz

Power:85W

Suction& RF Body Sculpture Handle

RF

Frequency:1MHz

Power:72W

Suction

Vacuum: <-55CMHG

Air flow: >10L/minute

Noise level: <60dB (30cm away)

Suction&RF Facial Slimming Handle

Frequency:5MHz

Power:65W

Suction

Vacuum: <-55CMHG

Air flow: >10L/minute

Noise level: <60dB (30cm away)

EMS&EL (Electroporation) Facial Anti-aging Handle

EMS

Frequency: 62.5HZ

Power:12W

EL (Electroporation)

Frequency: 3KHZ

Power:12W

Led laser pads: 160MW

Net Weight: 9kg

Gross Weight : 12.5kg

Dimensions: 17.8"*32.5"*12.2"

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

Power Consumption:MAX 85W

Dos and Don'ts

1. The plug with grounding pin must be used before the instrument is used and the power socket of the instrument is properly grounded.
2. Ensure that the voltage of the instrument is suitable. If the voltage of the local power supply is not stable, we suggest that the user add a voltage regulator with matching power between the mains and the instrument.
3. In order to ensure the treatment effect and normal service life of the instrument, please use the specified parts provided or suggested by the original manufacturer.
4. The instrument should not be placed in damp places or near water sources, and should not be directly exposed to sunlight.
5. Do not place the instrument near a strong heat source, as this may affect the life and normal

use of the instrument.

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 do not use the instrument on eyes, thyroid, parathyroid, testicles, abdomen of pregnant women, and pacemakers.
8. Patients who are suffering from illness should consult a doctor and get 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. RF & Ultra Sound handle should not be used on head, chest, breast, heart and back.
11. Set the energy at lowest level at the beginning and slowly raise it after the customer adapts to it.
12. Clean the instrument with normal saline after operation to ensure its cleanliness to guarantee its service life.
13. The handle can be used alone. Better results will be delivered if one handle works in conjunction with other handles.
14. Make sure the handpiece is in full contact with skin during operation in case skin is heated unevenly.
15. The treatment area should be kept moisturized during the operation and do not perform the treatment on dry skin.
16. Use machine or train machine operators in strict accordance with instructions in the user manual.

Control Interfaces

After all are connected properly, the following interface will appear when the machine gets started.



1. Main function buttons



time and its adjusting buttons(range:00:00-60:00)



button for decreasing time



button for increasing time



energy level and its adjusting buttons(range: 0%-100%)



button for lowering energy level



button for raising energy level



home button



start/stop button

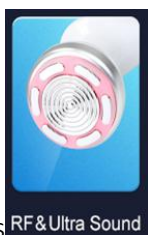


reset button

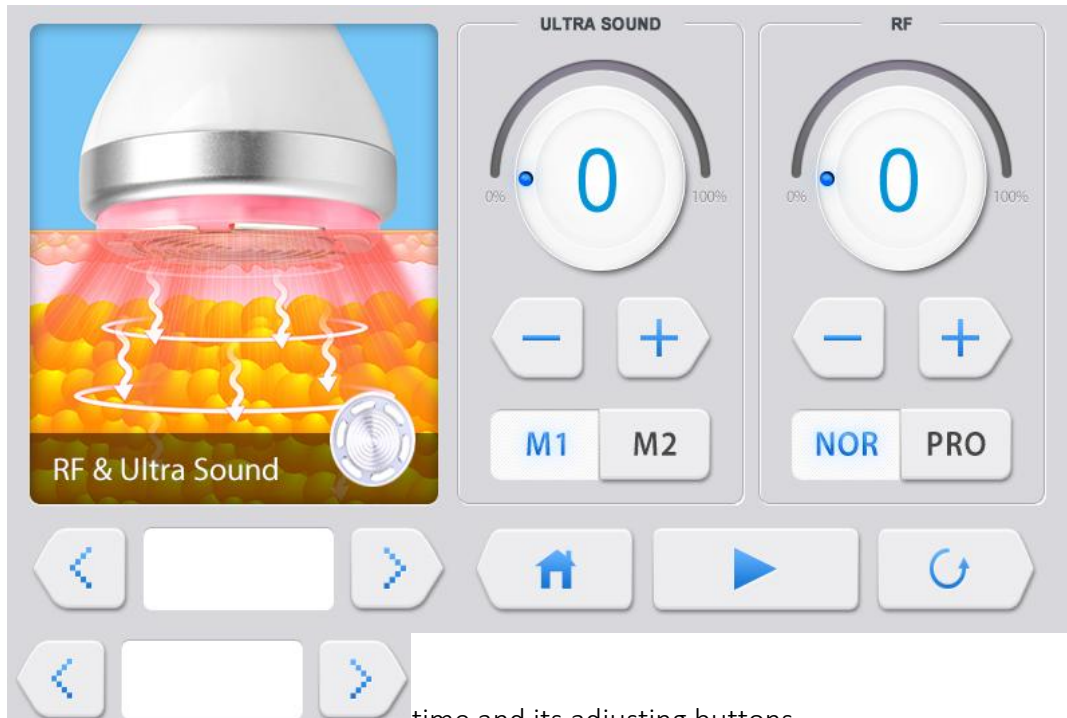


knob for adjusting suction level(turning it clockwise is to increase suction and turning it anticlockwise is to decrease suction.)

2. RF & Ultra Sound Control Interface



Press RF & Ultra Sound to go to the following interface



time and its adjusting buttons



Ultra Sound energy level and its adjusting buttons



Ultra Sound working modes

M1: constant working mode, there is constant energy output during the treatment, suitable for those with thick fat accumulation

M2: discontinuous working mode, there is discontinuous energy output during the treatment, suitable for first-time users or those who have limited endurance.



RF energy level and its adjusting buttons



RF working modes



NOR is fixed mode, the energy of the handpiece directly reaches preset level after start button is pressed.



Pro is smart mode, the energy of the handpiece slowly reaches preset level after start button is pressed and the handpiece touches skin.



After setting parameters, press button to begin the treatment.

3. RF & Suction Body Control Interface



Press RF&Suction Body to go to the following interface



RF energy level and its adjusting buttons



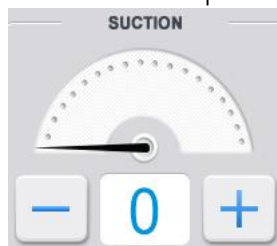
RF working modes



NOR is fixed mode, the energy of the handpiece directly reaches preset level after start button is pressed.



Pro is smart mode, the energy of the handpiece slowly reaches preset level after start button is pressed and the handpiece touches skin.



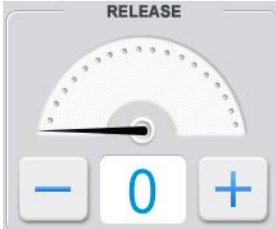
Suction time and its adjusting buttons(suction time should be always longer than release time during the treatment)



Suction time pointer



suction time



Release time and its adjusting buttons (when release time is zero, the handpiece is working in Constant Working mode. This mode is suitable for those who suffer excessive body damp, obesity and blocked meridians so want to effectively detox body, lose fat and shape body. The Suction&Release mode is suitable for those who want to massage body, relax muscles, relive muscle soreness, unblock meridians and tighten skin)




knob for adjusting suction level (turning it clockwise is to increase suction and turning it anticlockwise is to decrease suction.)

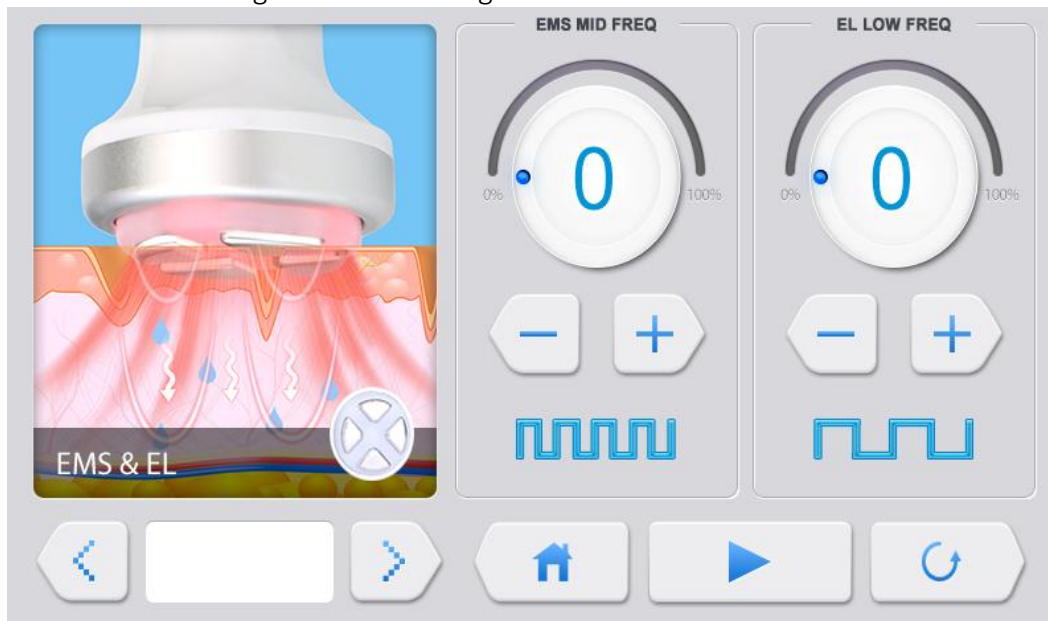


After setting parameters, press  button to begin the treatment.

4. EMS & EL Control Interface



Press  to go to the following interface





time and its adjusting buttons



EMS energy level and its adjusting buttons



EL energy level and its adjusting buttons



constant working mode



discontinuous working mode

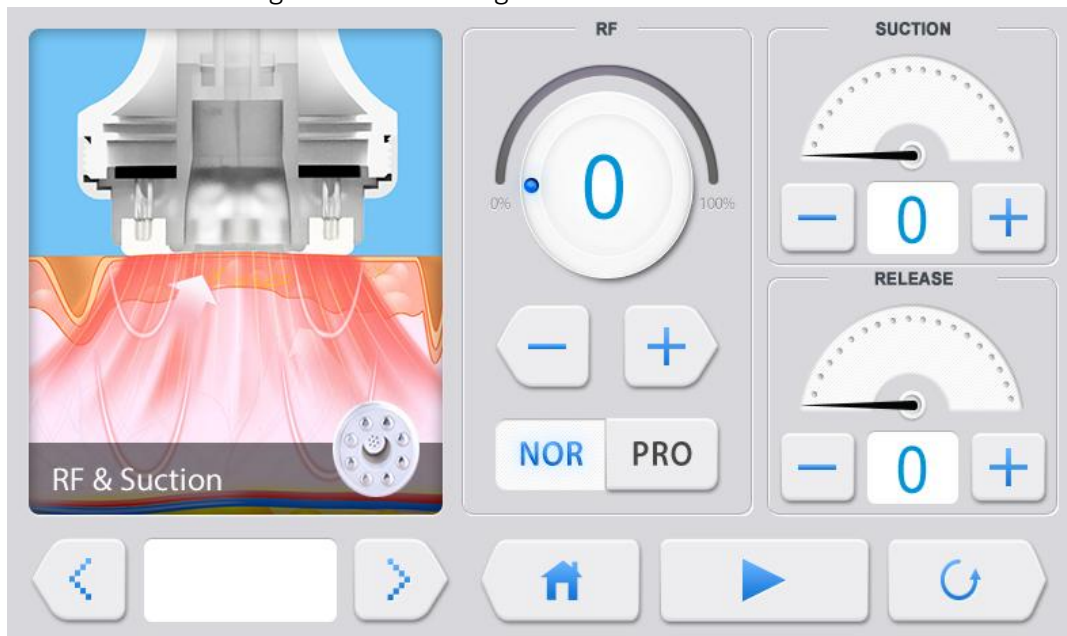


After setting parameters, press button to begin the treatment.

5. RF & Suction Control Interface



Press RF & Suction to go to the following interface





time and its adjusting buttons



RF energy level and its adjusting buttons



RF working modes



NOR is fixed mode, the energy of the handpiece directly reaches preset level after start button is pressed.



Pro is smart mode, the energy of the handpiece slowly reaches preset level after start button is pressed and the handpiece touches skin.



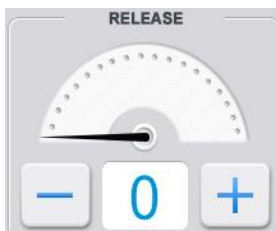
Suction time and its adjusting buttons(suction time should be always longer than release time during the treatment)



Suction time pointer



suction time



Release time and its adjusting buttons(when release time is zero, the handpiece is working in Constant Working mode. This mode is suitable for those who suffer excessive body damp, obesity and blocked meridians so want to effectively detox body, lose fat and shape body. The Suction&Release mode is suitable for those who want to massage body, relax muscles, relive muscle soreness, unblock meridians and tighten skin)

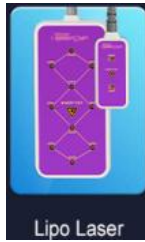


knob for adjusting suction level(turning it clockwise is to increase suction and turning it anticlockwise is to decrease suction.)

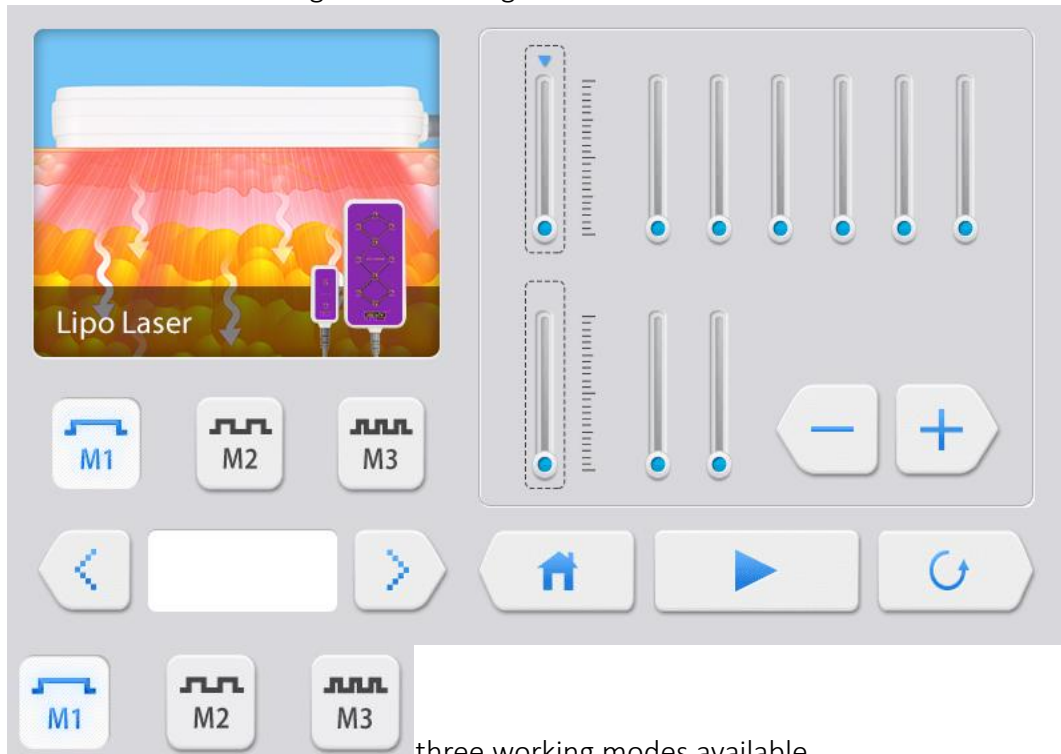


After setting parameters, press button to begin the treatment.

6. Lipo Laser Control Interface



choose Lipo Laser to go the following interface



three working modes available

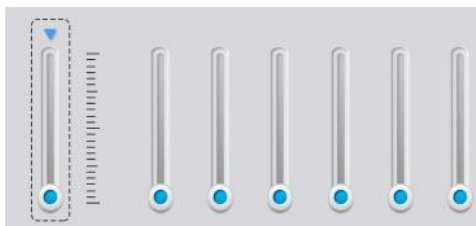
M1: the laser is constantly on, (suitable for those who want to reduce fat efficiently.)

M2: the laser flashes with low frequency, (suitable for those who want to consolidate treatment results)

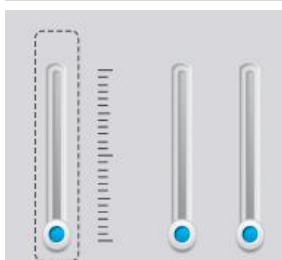
M3: the laser flashes with high frequency (suitable for those who are slightly fat)



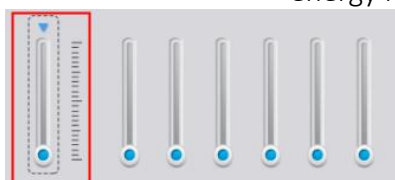
time and its adjusting buttons



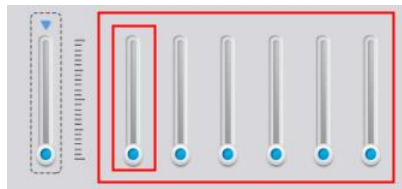
energy level of the big laser applicators



energy level of the small laser applicators



When the left-most energy-indicating bar is chosen, the energy level of all the big laser applicators or the small laser applicators can be adjusted simultaneously.



When any one of energy level bar on the right side is chosen, the energy level of corresponding laser applicator can be adjusted.



buttons for adjusting energy level



After setting parameters, press button to begin the treatment.

The science behind the treatments

RF & Ultra Sound

This machine can produce up to 40,000HZ ultrasonic wave, which can bring strong impact to adipose cells and make friction occur among them after entering human body and then effectively consume energy and water to shrink those cells. At the same time, those cells will burst due to such destruction. In this way, it can achieve the effect of reducing fat.

Tens of thousands of tiny bubbles, namely cavitation vacuums, are produced by vibration of liquid. These bubbles grow in the vacuum region formed by the longitudinal transmission of ultrasound, which will close rapidly in the positive pressure region. Those bubbles are compressed and stretched by alternating positive and negative pressures. When the bubbles burst, there will be huge instantaneous pressure of up to tens of MPa to hundreds of MPa, and some degree of vibration and noise will be produced.

Advantages: Cavitation 3.0 only targets low-density adipose tissue for its specific frequency, and cause no damages to high-density tissue such as vascular and nerve tissue.

RF & Suction Body

RF

RF waves directly penetrate the skin, making use of the resistance formed by the skin to produce heat to promote collagen growth by raising the temperature of the bottom layer of skin and heating tissue quickly and continuously. In this way, it can achieve the effects of firming, lifting and smoothing skin.

Vacuum: Massaging skin and muscles with a special vacuum suction cup or head can effectively improve the humoral fluidity of human cells, and increase the movement of cells to improve skin elasticity. Meanwhile, it can accelerate the blood circulation of microvessels, expel toxins from the body through the normal circulation of the lymphatic system, and reduce the probability of occurrence of adverse conditions such as spots, pigmentation and congestion in various parts of the body. The kneading sensation generated by vacuum suction can increase the tissue activity of skin and muscle, and therefore help to reduce tough tissue and increase the elasticity of skin tissue, so that both body slimming and shaping can be realized at the same time. In addition, the movement of vacuum cup can also stimulate sympathetic nervous system to lower skin sensitivity. The suction and release process of air pressure can not only improve capillary system but also promote the flow between deeper veins and lymphoid gland network to strengthen blood vessels and alleviate the condition of varicose veins.

Advantages: it is superior to the previous vacuum working mode which is single and simple. Using different modes for different parts can be more efficient and more effective for slimming and shaping body, and it will never harm human body. Uniquely designed RF probe integrate RF

and vacuum as a whole, in which RF and vacuum can exist independently and also are complementary to each other, which can help heat up skin and massage the area to promote metabolism to achieve expected effect more effectively.

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) It can drain excess water of 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 for the capillary system, and also promote the flow between the deeper veins and lymphatic networks.

(2) Remove harmful substance in the body.

Effects: Strengthen blood vessels, eliminate toxins and relieve the condition of varicose veins.

3. Fibrous layer

The suction and release of air pressure:

It can deliver two kinds of effects in different tissues (including skin, muscle and so on).

(1) Repair cells and increase their activity.

(2) Restore and improve skin elasticity.

(3) Stimulate the production of bone collagen and improve skin plumpness.

(4) Improve the oxygen absorption of skin and increase the consumption of carbon dioxide.

Effects: Break the hard fibers of cellulite, and make it more elastic so as to achieve the effect of body-shaping.

4. Nerve layer

The suction and release of air pressure:

It stimulates the surface and deep layer of sympathetic nervous system.

(1) Lower the sensitivity of skin.

(2) Restore skin elasticity and help resist tissue fibrosis.

Effects: Repair cells and lower skin sensitivity.

EMS & EL

EMS

EMS is the abbreviation of electronic muscle stimulation, which is known as muscle electrical stimulation technology, and also known as muscle movement technology. The simple explanation is that under normal circumstances, muscles begin to make movements after receiving signals from the brain, while EMS directly conveys the signal to the muscle through current stimulation, and then causes the muscle to make passive movements, thus leaving skin firmed and making facial contour more pronounced.

EL

Electroporation uses an electrical pulse to create a temporary electric field to act on cell membranes to create temporary pores through which larger molecules or hydrophilic molecules can pass into cells, thus promoting permeability.

RF & Suction

Massaging skin and muscles with a special vacuum suction handle can effectively improve the humoral fluidity of human cells, and increase the movement of cells to improve skin elasticity. Meanwhile, it can accelerate the blood circulation of microvessels. In addition, the movement of vacuum cup can also stimulate sympathetic nervous system to lower skin sensitivity. The suction

and release process of air pressure can not only improve capillary system but also relieve saggy condition of facial skin and then firm and lift skin.

Advantage: Uniquely designed RF tips integrate RF and vacuum as a whole, in which RF and vacuum can exist independently and also are complementary to each other. Compared to the ordinary RF, it can ideally shape body in a more effective, faster and even way. The added red LED light can help kill bacteria and activate cells to increase skin's elasticity.

Lipo Laser

Laser fat-dissolving device uses red laser with a wavelength of 635nm-650nm, which has a visible spectrum. The laser with such wavelength has strong penetration, which can penetrate through fat layer and dissolve subcutaneous fat by heat. It is safe without side effects or pain.

Low-level laser energy chemical signals are sent to fat cells to break down triglycerides stored in the body's fat layer into free fatty acids and glycerol and release them through membrane channels. Fatty acids and glycerol are transported to tissues that produce metabolic energy. The release of fatty acids is a natural response when the body needs to use stored energy reserves, so there is no unnatural reaction in the body, nor does it affect or damage surrounding structures such as skin, blood vessels and peripheral nerves. After a period of exercise therapy, it can be seen that the free fatty acids of the body are eliminated through complete metabolism.

Biological Effect

Low-energy laser(biological stimulation) is used here to work on deep fat. It stimulates biological cells and induces or strengthens a series of physiological reactions by releasing energy, including promoting local blood circulation, regulating cell function, enhancing immune function and promoting cell metabolism. It can tighten skin, reduce wrinkles, remove fat, and shape body concurrently. Laser has so strong penetration that it can penetrate through fat layer to heat up and dissolve subcutaneous fat. The treatment is safe and painless without side effects.

Using the latest non-operative and non-invasive laser fat decomposition technique, it can release low-level laser energy. It produces a kind of chemical signals in the fat cells, which will dissolve the triglycerides stored in body into free fatty acid, glycerin and water molecules. And this is the natural reaction when human body needs to use the energy reserves. The free fatty acids are transported into the whole body through the lymphatic system to provide energy, just like body will react when there is a lack of energy.

Applicable Range

1. Those whose faces are dull and dark-toned.
2. Those whose skin is flabby and sagging.
3. Those who have fine lines, nasolabial folds, wrinkles at eye corners.
4. Those whose face contours are not clear.
5. Those who have rough skin and large pores.
6. Those who work for a long time in the office and are exposed to ultraviolet rays.
7. Those who have sagging skin, edema or puffiness after giving birth.
8. Those who have double chin.
9. Those with rough and dull skin on the neck.
9. Those with lymphatic blocking
10. Those with sagging and inelastic neck skin.
11. Those who often bow their heads
12. Those who are not satisfied with their neck tone.
13. Those with cold feet, cold hands, cold womb and cold body.
14. Those with lumbar and abdominal fat or who have sagging skin after birth.
15. Those who often sit for a long time, or have unsatisfactory waistlines.

16. Those with stretch marks.
17. Those with constipation or obstruction of abdominal meridians.
18. Those who suffer from abdominal edema after childbirth.
19. Those with thick arms and want to look better in clothes.
20. Those with flabby arms.
21. Those with sagging arm skin.
22. Those whose arms are prone to pain and numbness.
23. Those who often hold baby or children.
24. Those who suffer from arm edema.
25. Those with sore shoulders and backs and stiff necks.
26. Those who suffer from insomnia, dream a lot or have a worse memory.
27. Those who are prone to fatigue, drowsiness and poor circulation of qi and blood.
28. Those with thick back and want to look better in clothes.
29. Those who have a lump on the back of the neck.
30. Those with saggy hips and fat accumulation.
31. Those with stretch marks induced by obesity and obesity.
32. Those whose butt shape is not good-looking, flat and soft outward expansion.
33. Those with cold and cool hips with low hip temperature.
34. Those with cold womb, dysmenorrhea, irregular menstruation, gynecological inflammation and other problems.
35. Those with decreased estrogen levels and poor sex lives.
36. Those with poor circulation of lower limbs, edema and obese people.
37. Those who have low immunity and feel discomfort and pain all over the body are prone to colds.
38. Those who suffer from constipation, and have rough and saggy skin.
39. Those whose channels and collaterals of the legs are blocked, and the proportion of the legs is poor.

Inapplicable Range

1. Those who have had plastic surgery within three months, or those who have implanted prosthesis, metal substances, etc. in the treatment area.
2. Those who have taken injections within three months, such as hyaluronic acid, skin booster, or wrinkle removal products
3. Those who have heart diseases or who are equipped with pacemakers, or those who suffer from epilepsy, severe diabetes, hyperthyroidism, malignant tumors, hemophilia or severe bleeding
4. Those who are suffering from allergies, or who have super sensitive skin.
5. Those who have skin wounds or who are on the road to recovery form operation.
6. Those who are of advanced years.
7. Those who are during menstruation, pregnancy or lactation.
8. Those with skin diseases or infectious diseases
9. Those who are drunk or thirsty, who are on an empty stomach or full stomach or who has overworked themselves.

After-treatment reactions

You may feel uncomfortable sensation of tightness on the areas of face and neck for several days. It is normal. At that time, skin needs to be nourished in part due to RF stimulation for collagen regeneration so you can see better skin's absorption if using face mask, eye mask and neck mask. Those with sensitive skin may experience redness and swelling. Do not worry about that.

Keeping a good skincare routine can help you out very soon.

Reasons behind side effects after treatment

Numbness: poor circulation on specific areas

Stinging sensation: inflammation

Pain: over-one-year chronic blockage or excessive cold

Soreness: unblocked acupuncture points, painful muscles

Redness: poor subcutaneous circulation

Painful swelling: excessive cold, poor metabolism, lactic acid production

Erythema: external heat

Pains on the surface of skin: dry skin or saggy fascia.

Itchiness: excessive cold and damp

Target area: face/neck/body

Treatments:

Facial skin anti-ageing

Skin-tightening for V-shaped face

Neck Care

"S-shape" body shaping

Arm shaping

Leg shaping

Back Shaping

Hip Shaping

Talk to the treatment receiver: to know what the problems the customer has and the expectations he/she has about the treatment results. Then recommend proper treatment to them.

Case 1: Facial skin-tightening&anti-ageing

A: I want to tighten my skin, is there any treatment you can recommend to me?

B: Well, I'm gonna give you a cleaning treatment first and then recommend proper treatment to you according to your skin condition.

Something needed before treatment:

Washing basin, disposable bag, makeup remover, cotton pad, washcloth, face cleanser, face mask, toner, essence, lotion, ace cream, and suncream.

1. Remove makeup(remove the residue of makeup and grease)

Needed skincare products: Micellar Water--remove color makeup and dirt in pores. Gently remove makeup while moisturizing&nourishing skin.

2. Clean face(remove less stubborn dirt in pores)

Needed skincare products: Vitamin C face cleanser, gently moisturize and clean skin. No uncomfortable tightness after use.

3. Apply toner(clean face again and keep skin moisturized)

Needed skincare products: rose toner, soften corneum, moisturize, nourish&soothe skin, leave skin clearer.

4. Let the customer check her facial skin in the mirror(make a personalized treatment plan according to skin condition.)

Your skin is relatively oily and there is some fine lines. I'd like to recommend the "Facial skin anti-ageing" treatment to you. It takes 60 min. Personalized treatment plan will be provided based on your skin condition to achieve your purpose. The results this treatment can deliver:

1. Activate cells and increase skin's elasticity
2. Firm skin and smooth out fine lines
3. Build face contour and make face have stereoscopic appearance
4. Brighten skin and fade hyperpigmentation.
5. Stimulate collagen regeneration and slow down skin ageing

Just enjoy the whole procedure. Give me feedback any time during the process.

Treatment steps:

1. Massage techniques--unblock meridians and promote metabolism

Needed skincare products: rosehip oil, provide care for pores, promote skin's absorption and keep the balance of grease and moisture, time: 10 min

- A. Apply rosehip oil to face evenly by soothing skin.
- B. Apply digital pressing technique on the following acupoints (ST-4, ST-6, LI-20, SJ21, SI19, GB2), 3 times.
- C. Apply digital pressing technique on the following acupoints (LI20, SI18, temple), 3 times.
- D. Use both hands to massage eye area with middle and ring fingers splaying, press Bitong (EM7) and Jingming (BL-1). Press Cuanzhu(BL-2), Yuyao (EM3), Sizhukong (TE-23), Tongziliao (Gb-1) along eyebrow, 3 times.
- E. Press Qiuhou (EM6), Chengqi (St-1), Sibai (St-2), Jingming (BL-1) from outer corner of the eye along the lower orbit of the eye, 3 times.
- F. Press Yintang (EX-HN3), Shenting (Du-24), Tianxin(the middle between Yintang and Shenting)acupoints, use palms to massage forehead alternately,press forehead with palms combined, 3 times.
- G. Use both hands to massage eye area again and then press temples,put one hand on the forehead in the shape of scissorhands,and the other moves in C-motion from one temple to the other, 3 times(do the same on the other side).
- H. Use the middle and ring fingers of both hands to move in a zigzag motion back and forth,3 times.Press temples and move from the front of ear along hairline to the back of ear and finally to the neck
- I. Alternate both hands to lift skin from chin to temple line by line, 3 times.
- J. Lift the corner of the eye towards the hairline, 3 times.
- K. Lift towards hairlines on forehead, 3 times.
- L. Do the same on the other side and then pass through the front and back of ear along the hairline to neck.
- M. Relax chin with the four fingers of both hands and repeat the technique with the palms facing outwards.
- N. Wash face clean.

2. EMS&EL treatment(stimulate cell regeneration and help with skin's absorption)

Needed skincare products: hyaluronic acid(moisturize skin and help retain skin moisture)

Time: 10 min, EMS energy level: 30%-70%, EL energy level: 30%-70%, mode: constant working mode.

- A. Move the handpiece in spiral curve from jaw to the back of ear, Chengjiang(RN24) to the front of ear, month corner to ear center, nose wing to temple and cheek to temple, 3-5 times.
- B. Move the handpiece from jaw to the back of ear, Chengjiang(RN24) to the front of ear, month corner to ear center, nose wing to temple and cheek to temple, 3-5 times.
- C. Use one hand and the handpiece to lift skin from jaw to the back of ear, Chengjiang(RN24) to

the front of ear, month corner to ear center, nose wing to temple and cheek to temple, 3-5 times.

D. Do the same on the other side.

3. RF & Suction treatment(promote skin's permeability and metabolism to help lift&tighten skin)
Needed skincare products: hyaluronic acid solution, moisturize skin and retain moisture, time:10 min, energy level: 30%-70%, mode: NOR

Vacuum: suction time: 1~5 , release time:0~3

Adjust suction level based on individual sensations during treatment.

A. Move the handpiece in spiral curve from jaw to the back of ear, Chengjiang(RN24) to the front of ear, month corner to ear center, nose wing to temple and cheek to temple, 3-5 times.

B. Move the handpiece from jaw to the back of ear, Chengjiang(RN24) to the front of ear, month corner to ear center, nose wing to temple and cheek to temple, 3-5 times.

C. Use one hand and the handpiece to lift skin from jaw to the back of ear, Chengjiang(RN24) to the front of ear, month corner to ear center, nose wing to temple and cheek to temple, 3-5 times.

D. Do the same on the other side.

4. Apply face mask(keep skin moisturized and provide nutrients skin needs)

5. Clean face(remove the substance left by face mask to prevent skin from being blocked)

6. Let the treatment receiver check the results in the mirror(emphasize the remarkable results: smooth and clear skin, tightened skin and so on)

7. Apply toner, essence, lotion, face cream,suncream(final step)

Recommend follow-up treatment:ask the customers about their experience and whether they want follow-up treatment. If so, give them personalized treatment plan. After one treatment session, skin will be firmed and rejuvenated as the nutrients it needs are absorbed. After one course of treatment which includes 12 treatment sessions, skin will lifted with glow. Two courses will make skin smooth and plump, leaving face contour clearer. A long course of treatment which includes 48 treatment sessions will promote skin metabolism and detox processes, help fade pigmentation and skin darkness, slow down skin ageing and prevent skin from sagging, and stimulate collagen regeneration to leave skin smooth and firm with glow.

Please note: set the treatment time and energy level according to individual skin's condition, those who are suffering skin allergies should not take this treatment.

Do's and Don'ts after Treatment

1. Wash face with warm water within three days
2. Stay hydrated and use suncream
3. Do not use irritating products such as AHA, scrubbing and exfoliating products within one week
4. Do not stay up late, avoid drinking alcohol and smoking cigarettes and eat more fruits, vegetables and foods with less grease.
5. Apply face mask at least three times within a week

Case 2: Skin-tightening for V-shaped face

A: I want to get rid of the pesky fat on double chin, is there any treatment you can recommend to me?

B: Well, I'm gonna give you a cleaning treatment first and then recommend proper treatment to you according to your skin condition.

Something needed before treatment:

Washing basin, disposable bag, makeup remover, cotton pad, washcloth, face cleanser, face mask, toner, essence, lotion, face cream, suncream and strap.

1. Remove makeup(remove the residue of makeup and grease)

Needed skincare products: Micellar Water--remove color makeup and dirt in pores. Gently remove makeup while moisturizing&nourishing skin.

2. Clean face(remove less stubborn dirt in pores)

Needed skincare products: Vitamin C face cleanser, gently moisturize and clean skin. No uncomfortable tightness after use.

3. Apply toner(clean face again and keep skin moisturized)

Needed skincare products: rose toner, soften corneum, moisturize, nourish&soothe skin, leave skin clearer.

4. Let the customer check her facial skin in the mirror(make a personalized treatment plan according to skin condition.)

Your have double chin and less pronounced facial curve. I'd like to recommend the "Skin-tightening for V-shaped face" treatment to you. It takes 70 min. Personalized treatment plan will be provided based on your skin condition to achieve your purpose. During the treatment, you skin will be also moisturized. The results this treatment can deliver:

1. Firm face and enable the deep introduction of nutrients.
 2. Increase skin elasticity and smoothness
 3. Moisturize the skin and increase the absorption rate of the skin.
 4. Accelerate blood circulation and metabolism.
 5. Relieve the symptoms of double chin and tighten skin for V-shaped face.
 6. Stimulate collagen proliferation and delay aging
- Just enjoy the whole procedure. Give me feedback any time during the process.

Treatment steps:

1. Massage techniques--unblock meridians and promote metabolism

Needed skincare products: massage cream(help promote circulation)

Time: 10 min

- A. Apply massage cream to face evenly by soothing skin.
- B. Apply digital pressing technique on the following acupoints (ST-4, ST-6, LI-20,SJ21, SI19, GB2), 3 times.
- C. Apply digital pressing technique on the following acupoints (LI20, SI18, temple), 3 times.
- D. Use both hands to massage eye area with middle and ring fingers splaying, press Bitong (EM7) and Jingming (BL-1). Press Cuanzhu(BL-2), Yuyao (EM3), Sizhukong (TE-23), Tongziliao (Gb-1) along eyebrow, 3 times.
- E. Press Qiuhou (EM6), Chengqi (St-1), Sibai (St-2), Jingming (BL-1) from outer corner of the eye along the lower orbit of the eye, 3 times.
- F. Press Yintang (EX-HN3), Shenting (Du-24), Tianxin(the middle between Yintang and Shenting)acupoints, use palms to massage forehead alternately,press forehead with palms combined, 3 times.
- G. Use both hands to massage eye area again and then press temples,put one hand on the forehead in the shape of scissorhands,and the other moves in C-motion from one temple to the other,3 times(do the same on the other side).
- H. Use the middle and ring fingers of both hands to move in a zigzag motion back and forth,3 times.Press temples and move from the front of ear along hairline to the back of ear and finally to the neck
- I. Alternate both hands to lift skin from chin to temple line by line, 3 times.
- J. Lift the corner of the eye towards the hairline, 3 times.
- K. Lift towards hairlines on forehead, 3 times.

- L. Do the same on the other side and then pass through the front and back of ear along the hairline to neck.
- M. Relax chin with the four fingers of both hands and repeat the technique with the palms facing outwards.
- N. Wash face clean.

2. EMS&EL treatment(stimulate cell regeneration and help with skin's absorption)

Needed skincare products:hyaluronic acid(moisturize skin and help retain skin moisture)

Time: 10 min, EMS energy level:30%-70%, EL energy level:30%-70%, mode: constant working mode.

- a. Move the handpiece in spiral curve from jaw to the back of ear, Chengjiang(RN24) to the front of ear, month corner to ear center, nose wing to temple and cheek to temple, 3-5 times.
- b. Move the handpiece from jaw to the back of ear, Chengjiang(RN24) to the front of ear, month corner to ear center, nose wing to temple and cheek to temple, 3-5 times.
- c. Use one hand and the handpiece to lift skin from jaw to the back of ear, Chengjiang(RN24) to the front of ear, month corner to ear center, nose wing to temple and cheek to temple, 3-5 times.
- d. Do the same on the other side.
- e. Move the handpiece in spiral curve towards hairlines on forehead,3-5 times.
- f. Clean face with washcloth.

3. RF & Suction treatment(promote skin's permeability and metabolism to help lift&tighten skin)

Needed skincare products: hyaluronic acid solution, moisturize skin and retain moisture, time:10 min, energy level: 30%-70%, mode: NOR

Vacuum: suction time:1-5, release time:0-3

Adjust suction level based on individual sensations during treatment.

- a. Move the handpiece in spiral curve from jaw to the back of ear, Chengjiang(RN24) to the front of ear, month corner to ear center, nose wing to temple and cheek to temple, 3-5 times.
- b. Move the handpiece from jaw to the back of ear, Chengjiang(RN24) to the front of ear, month corner to ear center, nose wing to temple and cheek to temple, 3-5 times.
- c. Use one hand and the handpiece to lift skin from jaw to the back of ear, Chengjiang(RN24) to the front of ear, month corner to ear center, nose wing to temple and cheek to temple, 3-5 times.
- d. Do the same on the other side.
- e. Move the handpiece in spiral curve towards hairlines on forehead,3-5 times.
- f. Clean face with washcloth.

4. Small Lipo Laser Applicator(help promote metabolism and reduce fat)

Needed tool: strap

Time: 20 min, energy level: 30%-70%, mode: M1

Techniques:

- a. Fix the small laser applicators on the fat area of chin using the strap, 15-20 min.
- b. Remove the strap and laser applicators.

5. Apply face mask(keep skin moisturized and provide nutrients skin needs)

6. Clean face(remove the substance left by face mask to prevent skin from being blocked)

7. Let the treatment receiver check the results in the mirror(emphasize the remarkable results: smooth and clear skin, tightened skin and so on)

8. Apply toner, essence, lotion, face cream, suncream(final step)

Recommend follow-up treatment:ask the customers about their experience and whether they

want follow-up treatment. If so, give them personalized treatment plan. After one treatment session, skin will be firmed and rejuvenated as the nutrients it needs are absorbed. After one course of treatment which includes 12 treatment sessions, skin will lifted with glow. Two courses will make skin smooth and plump, leaving face contour clearer. A long course of treatment which includes 48 treatment sessions will promote skin metabolism and detox processes, help fade pigmentation and skin darkness, slow down skin ageing and prevent skin from sagging, and stimulate collagen regeneration to leave skin smooth and firm with glow. Meanwhile, double chin will be relieved to a great degree.

Please note: set the treatment time and energy level according to individual skin's condition, those who are suffering skin allergies should not take this treatment.

Do's and Don'ts after Treatment

1. Wash face with hot water within 3 days
2. Keep hydrated and prevent skin damages caused by sun ray
3. Do not use irritating products within one week such as AHA, scrubbing and exfoliating products
4. Do not stay up late, smoke cigarettes and drink alcohol. Eat more fruits, vegetables and light foods.
5. Apply face mask at least 3 times in the following week.

Case 3: Neck Care

A: I want to reduce fine lines on my neck, could you recommend some treatments to me?

B: Well, I'm gonna give you a cleaning treatment first and then recommend proper treatment to you according to your skin condition.

Something needed before treatment:

Washing basin, disposable bag, makeup remover, cotton pad, washcloth, face cleanser, face mask, toner, neck essence, neck lotion, ace cream, and suncream.

1. Remove makeup(remove the residue of makeup and grease)

Needed skincare products: Micellar Water--remove color makeup and dirt in pores. Gently remove makeup while moisturizing&nourishing skin.

2. Clean face(remove less stubborn dirt in pores)

Needed skincare products: Vitamin C face cleanser, gently moisturize and clean skin. No uncomfortable tightness after use.

3. Apply toner(clean face again and keep skin moisturized)

Needed skincare products: rose toner, soften corneum, moisturize, nourish&soothe skin, leave skin clearer.

4. Let the customer check her facial skin in the mirror(make a personalized treatment plan according to skin condition.)

There some fine lines around your neck. I'd like to recommend the "Neck Care" treatment to you. It takes 45 min. Personalized treatment plan will be provided based on your skin condition to achieve your purpose. The results this treatment can deliver:

1. Reduce the flabbiness, roughness and dullness of the neck skin.
2. Firm skin and increase skin elasticity.
3. Remove double chin.
4. Accelerate lymph detox and improve facial skin.

5. Prevent neck and lymph diseases.

Just enjoy the whole procedure. Give me feedback any time during the process.

Treatment steps

1. Massage --unblock meridians and promote body detox through lymphatic system.

Needed skincare products: rosehip oil, provide care for pores, promote skin's absorption and keep the balance of grease and moisture, time: 10 min.

Massage technique:

- a. Neck massage, rub oil into chest with both hands towards the back of the neck and press Gb-20 and Du-16 acupoint, 3 times.
- b. Alternately lift the lower jaw and double chin area to pass the back of ear to the armpit, 3 times.
- c. Push downwards with thumb and index finger splaying, tracing 3 meridians from the neck side to the armpit, 3 times.
- d. Push downwards with 4 fingers, tracing 3 meridians from neck side to the armpit, 3 times.
- e. Push downwards with bending fingers till the neck turns hot and slide to the armpit, 3 times.
- f. Push downwards with thumb and index finger splaying from external collarbone to armpit, 3-5 times.
- g. Do the same on the other side.
- h. Wipe neck clean with washcloth.

2. RF & Suction treatment(promote skin's permeability and metabolism to help lift&tighten skin)

Needed skincare products: neck essence(help moisturize skin and promote skin's absorption)

time:10 min, energy level: 30%-70%, mode: NOR

Vacuum: suction time:1-5, release time:0-3

Adjust suction level based on individual sensations during treatment.

Techniques:

- a. Use one hand and the handpiece to lift double chin area and then pass the back of ear to armpit, 3 times.
- b. Move the handpiece in circles along three lines on one side of neck to armpit, 3 times.
- c. Slide the handpiece from inner and outer sides of clavicle to the armpit, 3-5 times.
- d. Move the handpiece in circles on the whole neck area, 3 times.
- e. Do the same on the other side.
- f. The end.
- g. Wipe neck clean with washcloth.

3. Apply neck mask(keep skin moisturized and provide nutrients skin needs)

4. Clean neck(remove the substance left by neck mask to prevent skin from being blocked)

5. Let the treatment receiver check the results in the mirror(emphasize the remarkable results:reduced fine lines and more pronounced neck curve)

6. Apply toner, essence, lotion, face cream,suncream(final step)

Recommend follow-up treatment:ask the customers about their experience and whether they want follow-up treatment. If so, give them personalized treatment plan.After one treatment, skin will become rejuvenated and smooth. You can take the treatment once a week. After one course of treatment that includes 12 sessions, neck skin will become smooth, and the neck lymphatic circulation will be accelerated. After 2 courses of treatment, skin will be tightened, neck lines will be reduced, and the the condition of double chin will be relieved. After 4 courses of treatment, skin will be firmed with glow, lymphatic detox will be accelerated and some problems will be resolved such as acne and skin dullness. Moreover, skin aging will be prevented and skin will

remain in a young state.

Do's and Don'ts after Treatment

1. Avoid sunburn. Keep the neck warm.
2. Within 1-3 days after operation, it is better not to use alcohol, AHA or other exfoliating products.
3. Avoid facial washing with overheated water, taking a sauna, go for hot springs or violent exercise within 7 days after operation.
4. Moisturizing and mask for the neck is encouraged, Use masks at least 3 times a week. Essence or neck cream is encouraged.
5. Avoid bowing head for a long time.

Case 4: S-shape Body Shaping

A: I want to get rid of unwanted fat and relieve the condition of saggy skin on my belly, could you recommend some treatments to me?

B: Well, you can go to the room and change into treatment clothing. After checking the condition of your abdomen, I'll recommend proper treatment to you.

Something needed before treatment: washcloth, essential oil, gel, RF cream, strap

1. **Wipe abdomen clean with washcloth.**
2. **Check the condition of treatment candidate's abdomen and give proper recommendation.**

For example: There is severe fat accumulation on your abdomen. The Belt Vessels on both sides is to some degree blocked. I'd like to recommend "S-shape Body Management" treatment to you. It takes 50 min. In it, you can enjoy massage techniques first to unblock meridians and promote circulation and then take treatment. The results this treatment can deliver:

1. Relieve cold hands and cold feet, cold womb or cold body of women.
 2. Tighten the skin on the waist and abdomen.
 3. Reduce lumbar and abdominal fat.
 4. Tighten skin, relieve stretch marks, obesity lines and increase skin elasticity.
 5. Accelerate metabolism, relieve constipation and improve intestinal peristalsis.
- Just enjoy the whole process and give me feedback any time during the process.

Treatment steps:

1. **Take measurement of the target area and keep a photographic record of its appearance**
2. **Massage techniques (soothing&relaxing, unblock meridians)**

Needed skincare products: essential oil, nourish skin and promote circulation

Time: 10 min

Techniques:

- a. Rub oil into abdomen by moving in circular motion with both hands. Do three repetitions of the technique.
- b. Knead abdomen alternately with both hands. Do 3 to 5 repetitions of the technique.
- c. Combine both hands to knead the area around belly button by moving in small circles. Do 16 repetitions of the technique.
- d. Combine both hands to knead the area around belly button by moving in big circles. Do 16 repetitions of the technique.
- e. Push along the lowest ribs towards the two sides of waist with both hands, 3-5 times.
- f. Push along groin towards the two sides of waist with both hands, 3-5 times.
- g. Push alternately from one side of waist to belly button with both hands, 3-5 times.
- h. Push alternately from one side of waist to groin with both hands, 3-5 times.

- i. Knead Belt Vessels on the left side of abdomen with both hands using chiropractic technique, 10~15 times. Then repeat the technique on the right side.
- j. Wipe abdomen clean with washcloth.

3. RF & Ultra Sound(unblock meridians and fat-removal&body-shaping)

Needed skincare products:gel, help with fat removal,

Time:10 min, energy level: 30%-70%

Ultra Sound mode: M1, RF mode: NOR

- a. Move the handpiece slowly along ascending colon, transverse colon and descending colon to rectum,3-5 times.
- b. Move the handpiece in rhombus-shaped motion on abdomen, 3-5 times
- c. Move the handpiece up and down on waist side, 3-5 times.
- d. Use the handpiece to lift Meridian BV(Belt Vessel) on both sides of waist 16 times.
- e. Use one hand and the handpiece to lift Meridian BV(Belt Vessel) on both sides of waist 16 times.
- f. Wipe abdomen clean with washcloth.

4. RF &Suction Body treatment (unblock meridians, tighten skin and shape body)

Needed skincare products:RF cream, help with fat removal and promote metabolism

Time:10 min, energy level: 30%-70%, RF mode: NOR

Vacuum: suction time: 1-5 , release time: 0-3

Adjust suction level based on individual sensations during treatment.

Techniques:

- a. Move the handpiece slowly along ascending colon, transverse colon and descending colon to rectum,3-5 times.
- b. Move the handpiece in rhombus-shaped motion on abdomen, 3-5 times
- c. Move the handpiece up and down on waist side, 3-5 times.
- d. Use the handpiece to lift Meridian BV(Belt Vessel) on both sides of waist 16 times.
- e. Use one hand and the handpiece to lift Meridian BV(Belt Vessel) on both sides of waist 16 times.
- f. Wipe abdomen clean with washcloth.

5. Big Lipo Laser Applicator(help further reduce fat to solidify the results)

Needed tool: strap

Time: 20 min, energy level: 30%-70%, mode: M1

Techniques:

- a. Fix the big laser applicators on the fat area of waist and abdomen using the strap, 15-20 min.
- b. Remove the strap and laser applicators.

6. Take the measurement of the target area again and make another photographic record of its appearance for comparison(emphasize the results)

Follow-up treatment: ask the treatment receiver about her experience and make a tailored treatment plan according to the feedback. Take this treatment on a weekly basis. A short course of treatment consists of 12 sessions. After one course, fat will be slowly metabolized, body will start to slim down. Constipation and other issues will be relieved at the same time. A medium course of treatment consists of 24 sessions. After two courses, the effects will gradually become obvious, skin will be tightened and lifted. Four courses which includes 48 sessions will help consolidate the effects. Unwanted fat will gradually disappear, and waist and abdomen curves will start to take shape.

Do's and don'ts after treatment

1. Keep abdomen warm and do not get a cold.
2. Avoid binge eating or drinking. No alcohol, no spicy and greasy food. Staying up late should be avoided. Drink more warm water.
3. Take a bath after 4-6 hours.
4. Steam sauna, hot spring or strenuous exercise should be avoided within 7 days after treatment.
5. Before going to bed at night, you can rub your abdomen clockwise with your hands, so as to help with metabolism and weight loss.

Case 5: Arm shaping

A: I want to get rid of unwanted fat on my arm, could you recommend some treatments to me?

B: Well, you can go to the room and change into treatment clothing. After checking the condition of your abdomen, I'll recommend proper treatment to you.

Something needed before treatment: washcloth, essential oil, gel, RF cream and strap

1. Wipe arm clean with washcloth.
2. Check the condition of treatment candidate's arm and give proper recommendation.

For example: since you have flabby arms. I'd like to recommend "Arm shaping" treatment to you. It takes 50 min. In it, you can enjoy massage techniques first to unblock meridians and promote circulation and then take ultrasonic treatment. The results this treatment can deliver:

1. Stimulate collagen growth in the bottom of the skin to shape and firm it.
2. Alleviate the condition of saggy skin.
3. Relieve the conditions of flabby arms and thick arms.
4. Tighten skin.
5. Accelerate blood circulation and dredge meridians and collaterals.

Just enjoy the whole procedure. Give me feedback any time during the process.

Treatment steps:

1. Take measurement of the target area and keep a photographic record of its appearance
2. **Massage techniques**(soothing&relaxing, unblock meridians)

Needed skincare products: essential oil, nourish skin and promote circulation

Time: 10 min

Techniques:

- a. Lay the arm flat, rub oil into skin from lower arm to the entire arm and slide to the fingers(soothing technique), 3 times.
- b. Push the entire arm with both palms, 3-5 times.
- c. Push hands upwards tracing three meridians: Large Intestine Meridian(LI) - Triple Energizer Meridian(TE) - Small Intestine Meridian(SI) to armpits with thumbs and index fingers splaying,

- 3-5 times.
- d. Soothe the area, 3 times
 - e. Rub three meridians on arms with bending fingers back and forth to warm them up, 3-5 times.
 - f. Soothe the area, 3 times
 - g. Lay inner arm upwards, and push hands tracing three yin meridians on inner arm: Lung Meridian(LU) - Pericardium Meridian(PC) - Heart Meridian(HT) to armpit with thumbs and index fingers splaying, 3-5 times respectively.
 - h. Soothe the area, 3 times.
 - i. Rub three meridians back and forth with bending fingers to warm them up, 3-5 times.
 - j. Soothe the area and slide to fingers.
 - k. Repeat above techniques on the other arm.
 - l. Wipe arms clean with washcloth.

3. RF & Ultra Sound(unblock meridians and fat-removal&body-shaping)

Needed skincare products:gel, help with fat removal,

Time:10 min, energy level: 30%-70%

Ultra Sound mode: M1, RF mode: NOR

- a. Lay arms flat and move the handpiece along the three meridians from fat part of lower arm towards armpit, 3-5 times.(start the treatment from elbow if there is no much unwanted fat on lower arm.
- b. Move the handpiece in circles along the three meridians on upper arm to armpit, 3-5 times.
- c. Move the handpiece on fat area in small curve,16 times.
- d. Use one hand and the handpice to push the three meridians from fat part of lower arm towards armpit, 3-5 times.(start the treatment from elbow if there is no much unwanted fat on lower arm.
- e. Let inner side of arm face upwards, move the handpiece along the three meridians on upper arm to armpit, 3-5 times.
- f. Move the handpiece in circles along the three meridians on upper arm to armpit, 3-5 times.
- g. Move the handpiece on fat area in small curve,16 times.
- h. Move the handpiece along the three meridians on upper arm to armpit, 3-5 times.
- i. Repeat above techniques on the other arm.
- j. Wipe arms clean with washcloth.

5. RF &Suction Body treatment (unblock meridians, tighten skin and shape body)

Needed skincare products:RF cream, help with fat removal and promote metabolism

Time:10 min, energy level: 30%-70%, RF mode: NOR

Vacuum: suction time: 1-5 , release time:0-3

Adjust suction level based on individual sensations during treatment.

- a. Lay arms flat and move the handpiece along the three meridians from fat part of lower arm towards armpit, 3-5 times.(start the treatment from elbow if there is no much unwanted fat on lower arm.
- b. Move the handpiece in circles along the three meridians on upper arm to armpit, 3-5 times.
- c. Move the handpiece on fat area in small curve,16 times.
- d. Use one hand and the handpice to push the three meridians from fat part of lower arm towards armpit, 3-5 times.(start the treatment from elbow if there is no much unwanted fat on lower arm.
- e. Let inner side of arm face upwards, move the handpiece along the three meridians on upper arm to armpit, 3-5 times.
- f. Move the handpiece in circles along the three meridians on upper arm to armpit, 3-5 times.
- g. Move the handpiece on fat area in small curve,16 times.

- h. Move the handpiece along the three meridians on upper arm to armpit, 3-5 times.
- i. Repeat above techniques on the other arm.
- j. Wipe arms clean with washcloth.

6. Big Lipo Laser Applicator(help further reduce fat to solidify the results)

Needed tool: strap

Time: 20 min, energy level: 30%-70%, mode: M1

Techniques:

- a. Fix the big laser applicators on the fat area of arm using the strap, 15-20 min.
- b. Remove the strap and laser applicators.

7. Take the measurement of the target area again and make another photographic record of its appearance for comparison(emphasize the results)

Follow-up treatment: ask the treatment receiver about her experience and make a tailored treatment plan according to the feedback. Take this treatment on a weekly basis. A short course of treatment consists of 12 sessions. After one course of treatment, excessive fat on arms will be reduced and the skin will appear to be tight and plump. A medium course of treatment consists of 24 sessions. Two courses of treatment will help shape arms, dredge meridians, and enhance constitution to strengthen the effects. 4 courses which includes 48 sessions will help consolidate effects and prevent arms from regaining fat.

Do's and Don'ts after Treatment

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

Case 6: Leg shaping

A: I want to get rid of unwanted fat on my leg, could you recommend some treatments to me?

B: Well, you can go to the room and change into treatment clothing. After checking the condition of your leg, I'll recommend proper treatment to you.

Something needed before treatment: washcloth, essential oil, gel, RF cream, strap

- 1. Wipe leg clean with washcloth.**
- 2. Check the condition of treatment candidate's legs and give proper recommendation.**

For example: since you have thick legs and suffer from edema, I'd like to recommend "Leg shaping" treatment to you. It takes 80 min. In it, you can enjoy massage techniques first to unblock meridians and promote circulation and then take treatment. The results this treatment can deliver:

- 1. Tighten skin and prevent sagging.
- 2. Stimulate collagen regeneration and improve fat lines.
- 3. Promote leg circulation and relieve edema.
- 4. Promote blood circulation and remove blood stasis, dredge channels and collaterals, and prevent varicose veins.
- 5. Tighten excessive protruding fat on legs and get rid of fat on thick thighs.

Just enjoy the whole procedure. Give me feedback any time during the process.

Treatment steps:

1. Take measurement of the target area and keep a photographic record of its appearance

2. Massage techniques (soothing & relaxing, unblock meridians)

Needed skincare products: essential oil, nourish skin and promote circulation

Time: 10 min

Techniques:

- a. Customer lies on her front: rub oil into the skin from calf to thigh and then move back to heel on the back side of the leg, 3 times. Perform the massage technique on the left side first and then on the right side."
- b. Alternate the heels of both palms to push the entire leg upwards and move back to heel, 3 times"
- c. Move hands upwards to push four main meridians: Bladder Meridian (BL) - Kidney Meridian (KI) - Liver Meridian (LV) - Gallbladder Meridian (GB) alternately with thumb and index finger splaying, 3 times"
- d. Push popliteal fossa with both hands alternately, 3 times."
- e. Move both hands upwards alternately in an undulating motion back and forth, 3 times."
- f. Push three main meridians upwards with bending fingers of both hands, 3 times.
- g. Soothe the area, 3 times"
- h. Repeat above techniques on the other arm.
- i. Wipe legs clean with washcloth.

3. RF & Ultra Sound (unblock meridians and fat-removal & body-shaping)

Needed skincare products: gel, help with fat removal

Time: 10 min, energy level: 30%-70%

Ultra Sound mode: M1, RF mode: NOR

Techniques:

- a. Push Bladder Meridian (BL) - Kidney Meridian (KI) - Liver Meridian (LV) - Gallbladder Meridian (GB) upwards to popliteal fossa respectively, 3-5 times.
- b. Move the handpiece on fat area of calf in small curve, 16 times.
- c. Push the three meridians from popliteal fossa to the top of thigh respectively, 3-5 times.
- d. Move the handpiece in small spiral curve along the three meridians from popliteal fossa to the top of thigh respectively, 3-5 times.
- e. Move the handpiece on fat area of thigh in small curve, 16 times.
- f. Use the handpiece and one hand to lift from both sides of thigh to the middle line by line, 3-5 times.
- g. Repeat above techniques on the other leg.
- h. Wipe legs clean with washcloth.

4. RF & Suction Body treatment (unblock meridians, tighten skin and shape body)

Needed skincare products: RF cream, help with fat removal and promote metabolism

Time: 10 min, energy level: 30%-70%, RF mode: NOR

Vacuum: suction time: 1-5, release time: 0-3

Adjust suction level based on individual sensations during treatment.

Techniques:

- a. Push Bladder Meridian (BL) - Kidney Meridian (KI) - Liver Meridian (LV) - Gallbladder Meridian (GB) upwards to popliteal fossa respectively, 3-5 times.

- b. Move the handpiece on fat area of calf in small curve,16 times.
- c. Push the three meridians from popliteal fossa to the top of thigh respectively, 3-5 times.
- d. Move the handpiece in small spiral curve along the three meridians from popliteal fossa to the top of thigh respectively, 3-5 times.
- e. Move the handpiece on fat area of thigh in small curve,16 times.
- f. Use the handpiece and one hand to lift from both sides of thigh to the middle line by line, 3-5 times.
- g. Repeat above techniques on the other leg.
- h. Wipe legs clean with washcloth.

5. Massage techniques(soothing&relaxing, unblock meridians)

Needed skincare products: essential oil, nourish skin and promote circulation

Time: 10 min

- a. The front of leg, customer lies on her back: rub oil into skin from foot to the top of thigh (soothing technique), 3 times.
- b. Alternate the heels of both palms to push the entire leg upwards and move back to heel, 3 times"
- c. Move hands upwards to push three main meridians: Stomach Meridian (ST)-Spleen Meridian (SP)- Kidney Meridian(KI) alternately with thumb and index finger splaying, 3 times"
- d. Push the three main meridians upwards with bending fingers of both hands, 3 times.
- e. Move both hands alternately in an undulating motion on thigh, 3 times.
- f. Soothe the area, 3 times
- g. Repeat the techniques on the other leg.
- h. Wipe legs clean with towel.

6. RF & Ultra Sound(unblock meridians and fat-removal&body-shaping)

Needed skincare products:gel, help with fat removal,

Time:10 min, energy level: 30%-70%

Ultra Sound mode: M1, RF mode: NOR

Techniques:

- a. Move the handpiece along the three meridians from knee to the top of thigh.
- b. Move the handpiece in spiral curve along the three meridians from knee to the top of thigh.
- c. Move the handpiece on fat area of thigh in small curve,16 times.
- d. Use the handpiece and one hand to lift from both sides of thigh to the middle line by line, 3-5 times.
- e. Repeat above techniques on the other leg.
- f. Wipe legs clean with washcloth.

7. RF &Suction Body treatment (unblock meridians, tighten skin and shape body)

Needed skincare products:RF cream, help with fat removal and promote metabolism, Time:15 min, energy level: 30%-70%, RF mode: NOR

Vacuum: suction time: 1-5 , release time:0-3

Adjust suction level based on individual sensations during treatment.

- a. Move the handpiece along the three meridians from knee to the top of thigh.
- b. Move the handpiece in spiral curve along the three meridians from knee to the top of thigh.
- c. Move the handpiece on fat area of thigh in small curve,16 times.
- d. Use the handpiece and one hand to lift from both sides of thigh to the middle line by line, 3-5 times.
- e. Repeat above techniques on the other leg.
- f. Wipe legs clean with washcloth.

8. Big Lipo Laser Applicator(help further reduce fat to solidify the results)

Needed tool: strap

Time: 20 min, energy level: 30%-70%, mode: M1

Techniques:

- a. Fix the big laser applicators on the fat area of leg using the strap, 15-20 min.
- b. Remove the strap and laser applicators.

9. Take the measurement of the target area again and make another photographic record of its appearance for comparison(emphasize the results)

Follow-up treatment: ask the treatment receiver about her experience and make a tailored treatment plan according to the feedback. After one treatment, leg will be relaxed, and circulation will be accelerated. Take this treatment on a weekly basis. A short course of treatment consists of 12 sessions. After a short course of treatment, leg will become thin, there will be contraction of skin collagen due to heat effect, and tightening effect can be obviously felt on the skin. A medium course of treatment consists of 24 sessions. After 2 courses of treatment, there will be obvious results with the slimness and firmness of legs promoted. 4 courses which includes 48 sessions will help consolidate the effects. This treatment can stimulate dermis to promote constant collagen regeneration. So the treatment results will be more obvious.

Do's and Don'ts after Treatment

1. Keep warm after operation. Do not eat cold food.
2. Take shower in 4-6 hours later.
3. Drink more warm water to keep hydrated and speed up metabolism.
4. Do not eat and drink too much or stay up late.
5. Avoid sauna, hot spring or strenuous exercise for 7 days after operation.
6. Wear pants after operation. Avoid wearing miniskirts and shorts.

Case 7: Back shaping

A: I want to get rid of unwanted fat on my back, could you recommend some treatments to me?

B: Well, you can go to the room and change into treatment clothing. After checking the condition of your back, I'll recommend proper treatment to you.

Something needed before treatment: washcloth, essential oil, RF cream, strap

1. Wipe back clean with washcloth.
2. Check the condition of treatment candidate's back and give proper recommendation.

For example: since you have some unwanted fat in your back, I'd like to recommend "Back shaping" treatment to you. It takes 50 min. In it, you can enjoy massage techniques first to unblock meridians and promote circulation and then take the treatment. The results this treatment can deliver:

1. Relieve shoulder and back soreness, and relieve the lump on back of the neck.
2. Unblock 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 skin from sagging.
7. Reduce excess fat on the back to shape back.

Just enjoy the whole procedure. Give me feedback any time during the process.

Treatment steps:

1. Massage techniques(soothing&relaxing, unblock meridians)

Needed skincare products: essential oil, nourish skin and promote circulation

Time: 15 min

Techniques:

- a. Apply oil to back and press GB-20 and DU-16 acupoints.
- b. Pluck Dabanjing(the area connecting neck and shoulder) (from hairline), 3-5 times
- c. Move thumb outwards from Bladder Meridian(BL) to the Baliao area and then to GB-20 and DU-16 points.
- d. Starting from neck to caudal vertebra, move hands in an undulating line, 3 times.
- e. Push Bladder Meridian(BL) with thumb in left-right order, 3 times.
- f. Push Bladder Meridian(BL) to the Baliao Area with both thumbs, at the same time, 3 times.
- g. Push Bladder Meridian(BL) in three lines with bending fingers, 3 times.
- h. Push along medial border of scapula with both hands alternately in left-right order, 3-6 times.
- i. Push along medial border of scapula with both hands horizontally, 3-6 times.
- j. Soothe the back with both hands and push GB-20 and DU-16 points, 3 times.
- k. Overlap both thumbs and push SI-11 point and slide to the arm, 3 times.
- l. Do the same on the other side,3 times
- m. Rub Meridian GV and Bladder Meridian(BL) with hands to warm them up.
- n. The end.
- o. Wipe the area clean with washcloth.

2. RF &Suction Body treatment (unblock meridians, tighten skin and shape body)

Needed skincare products:RF cream, help with fat removal and promote metabolism

Time:15 min, energy level: 30%-70%, RF mode: NOR

Vacuum: suction time: 1-5 , release time:0-3

Adjust suction level based on individual sensations during treatment.

Techniques:

- a. Move handpiece along Meridian GV and Bladder Meridian(BL) respectively from neck to the Baliao area, 3-5 times.
- b. Move handpiece in circles on DU-14 point and on the Baliao area, 3-5 times respectively.
- c. Move handpiece back and forth on Dabanjing(the area connecting neck and shoulder)from neck, 3-5 times.
- d. Lift the handpiece along the medial border of scapula back and forth in left-right order, 3-5 times.
- e. Move the handpiece in an 8-shaped motion downwards to Baliao area, 3 times.
- f. Move the handpiece in an undulating line upwards from left side of waist first and then the right side to armpit, 3 times.
- g. Move the cup upwards from waist side to armpit, 3-5 times.
- h. Wipe back clean with washcloth.

3. Big Lipo Laser Applicator(help further reduce fat to solidify the results)

Needed tool: strap

Time: 20 min, energy level: 30%-70%, mode: M1

Techniques:

- c. Fix the big laser applicators on the fat area of back using the strap, 15-20 min.

d. Remove the strap and laser applicators.

4. Take the measurement of the target area again and make another photographic record of its appearance for comparison(emphasize the results)

Follow-up treatment: ask the treatment receiver about her experience and make a tailored treatment plan according to the feedback. After one treatment, back will be significantly relaxed, neck stiffness will also be alleviated, and skin will be lifted. Take this treatment on a weekly basis. A short course of treatment consists of 12 sessions. A course will help relax shoulder, reduce back fat, relieve the lump on the nape of the back, and shape back line. After two courses, the lump will appear to be smaller, meridians will be dredged, sub-health problems will be relieved and sleep quality will be improved. 4 courses will help with back thinning, back line refinement, strengthening visceral function, improving digestion, detoxification and metabolism.

Do's and Don'ts after Treatment

- 1.Keep warm, avoid getting a cold and drink plenty of hot water.
- 2.Take shower in 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.Do not wear shoulder-baring and backless clothes

Case 8: Butt Shaping

A: I want firmer and plumper butts, could you recommend some treatments to me?

B: Well, you can go to the room and change into treatment clothing. After checking the condition of your abdomen, I'll recommend proper treatment to you.

Something needed before treatment: washcloth, essential oil, RF cream, strap

- 1. Wipe butts clean with washcloth.**
- 2. Check the condition of treatment candidate's butts and give proper recommendation.**

For example: since you have saggy butts and much unwanted fat accumulation in butts, I'd like to recommend "Butt Shaping" treatment to you. It takes 50 min.In it, you can enjoy massage techniques first to unblock meridians and promote circulation and then take ultrasonic treatment. The results this treatment can deliver:

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 nest function, stimulate the secretion of glands, and 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.

Just enjoy the whole procedure. Give me feedback any time during the process.

Treatment steps:

- 1.Take measurement of the target area and keep a photographic record of its appearance**
- 2. Massage techniques(soothing&relaxing, unblock meridians)**

Needed skincare products: essential oil, nourish skin and promote circulation

Time: 15 min

Techniques:

- a. Standing on the side, rub oil into skin by moving both hands clockwise and anticlockwise respectively from sacral region on hips , 3 times (this is soothing technique.)
- b. Apply pushing technique on the sacral region with two thumbs, 3 times.
- c. Soothe the treatment area for 3 times and then apply digital pressing technique on the following points: BL-23, Baliao points(BL31-34), Du-1, Gb-30, BL-36, 3 times.
- d. Soothe the treatment area, 3 times.
- e. Left-right order, apply pushing technique from the top of thigh along the four meridians -- Bladder Meridian(BL) - Kidney Meridian(KI) - Liver Meridian(LV) - Gallbladder Meridian(GB) to Meridian BV respectively with both hands, 3 times each.
- f. Alternately apply pushing technique with both hands along Bladder Meridian(BL) - Kidney Meridian(KI) - Liver Meridian(LV) - Gallbladder Meridian(GB) from the top of thigh to Meridian BV respectively, 3 times each.
- g. Overlap both palms and then apply pushing technique from the top of thigh to Meridian BV (lifting), 3 to 5 times.
- h. Apply pushing technique from both sides of hips to the top of hips(shaping) back and forth, 3 times.
- i. Repeat technique e
- j. Soothe the treatment area.
- k. Repeat the techniques above on the other side.
- l. Wipe the area clean with washcloth.

3. RF & Suction Body treatment (unblock meridians, tighten skin and shape body)

Needed skincare products: RF cream, help with fat removal and promote metabolism

Time: 15 min, energy level: 30%-70%, RF mode: NOR

Vacuum: suction time: 1-5, release time: 0-3

Adjust suction level based on individual sensations during treatment.

Techniques:

- a. Lift from the top of thigh to Meridian BV line by line, 3 times.
- b. Lift upwards from both sides of the buttocks to the highest point of the buttocks 3 times.
- c. Move the handpiece in small spiral curve on hip, 3-5 times
- d. Lift from the top of thigh to Meridian BV line by line, 3 times.
- e. Lift upwards from both sides of the buttocks to the highest point of the buttocks 3 times.
- f. Do the same on the other side.

4. Big Lipo Laser Applicator(help further reduce fat to solidify the results)

Needed tool: strap

Time: 20 min, energy level: 30%-70%, mode: M1

Techniques:

- e. Fix the big laser applicators on the fat area of hip using the strap, 15-20 min.
- f. Remove the strap and laser applicators.

5. Take the measurement of the target area again and make another photographic record of its appearance for comparison(emphasize the results)

Follow-up treatment: ask the treatment receiver about her experience and make a tailored treatment plan according to the feedback. After one treatment, buttocks will experience the sensations of being heated and lifted. One course of treatment consists of 12 treatment sessions. After one course of treatment, buttocks will start to show obvious curve lines. After two courses

of treatment, excessive fat will begin to disappear slowly, and skin will appear to be tight. After 4 courses, the conditions of cold body and uterus, other gynecological problems such as irregular menstruation will be relieved, which can help consolidate the effect to make females more attractive.

Do's and Don'ts after Treatment

1. Keep hips warm and avoid wearing miniskirts and shorts.
2. Take Shower in 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. Sauna, hot spring or strenuous exercise should be avoided within 7 days after treatment.

Troubleshooting & Solutions

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

- A. Make sure the power cord is connected to the socket with normal power supply.
- B. Whether the fuse on the back of the instrument is loose or blown.

2. The machine can be started but there is weakened RF output or no RF output?

- A: Please check whether the handpiece is connected to the machine body properly.
- B: the wire in the handpiece is loose or broken.

3. There is weak or no suction?

- A. Please check whether the handpiece has been connected to the machine properly.
- B. Please check whether the container of the filter's been screwed tight, rubber seals have been put in place or they haven't been worn down.
- C. If methods above can not solve such problem, please contact machine distributor for help.

4. I can start the instrument, but the screen shows erroneous message?

- A. Please unplug the power cord behind the instrument and wait for about 1 minute before restarting the instrument.
- B. If the above method cannot solve the problem, please contact the instrument dealer for assistance.

FAQs

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

A: Normally, you can see the treatment results that day when you take the operation or within one week. Skin collagen tissue is heated and then contracts, and you can obviously feel the sensation of skin being tightened. Because RF works to stimulate subcutaneous tissue to promote collagen regeneration, so the more you take the treatment, the more noticeable the effects will be.

2. Q: Is RF harmful to skin?

A: RF treatment is non-surgical operation. It stimulates collagen regeneration at the skin bottom and boosts metabolism, and therefore has no damage to the skin. Local redness and hotness are the normal conditions of accelerated blood circulation, which will be relieved after a moment. So there's no need to worry about that.

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

A: One treatment session is 60 minutes. We will combine professional techniques and

instruments to achieve remarkable results.

4. Q: What functions does this instrument have?

A: It has the functions of dissolving fat and shaping body, smoothing&rejuvenating skin, soothing&repairing skin, firming &lifting skin and anti-aging. It can be operated on every part of the body. In terms of facial care, it can form face contour, alleviate wrinkles and saggy skin. In terms of body care, it can reduce regional fatness and build S-shaped curve, and promote metabolism and detoxification of the whole body. Meanwhile, it can also enhance the functions of viscera and solve sub-health problems.

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 negative pressure suction so as to achieve the purpose of rapid weight loss. It's a surgical treatment requiring anesthesia and so there is recovery period, which has risks despite its immediate results. However, our instrument is risk-free without side effects. It can not only help you reduce fat but also stimulate collagen regeneration to lift and tighten skin. It can also build perfect curves by lifting skin, and accentuate women's sexual charm.

6. Q: Can ultrasound treatment be performed on every part of the body?

A: Ultrasound treatment works to rupture fat cells, by which fat is released from cells and then metabolized through lymphatic system. So its power is very high. Heart is sensitive to high frequency sound waves since it is a hollow organ. After being vibrated by sound waves, the heart will reflect the waves due to the different transmission of sound waves by the muscle tissue and the blood in the heart. This force can pull valves away from the heart muscle. If you use the instrument on eyes, it can lead to retinal detachment, so the ultrasound treatment should not be performed on the areas of eyes and heart. (not on the areas of waist, back and chest)

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

A: Ultrasonic beauty treatment is non-surgical and non-invasive program without anaesthesia. It relies on ultrasound (mechanical sound wave) - dissolve fat through cavitation - ultrasound focusing. And the results are fat smash - fat dissolving - skin firming and body sculpting respectively. It only targets low-density fat cells but leaves high-density tissue like blood vessels intact, and therefore has no side effects on human body. Slight tinnitus will probably occur during the treatment, which is within normal range. So there's no need to worry about that.

8. Q: Why does tinnitus occur?

A: It's because ultrasound comes with a high frequency vibration, which could go up to 20kHz. It penetrates into 20mm-deep skin fat layers through ultrasound focusing. Highly intensified ultrasound can cause high-speed friction among fat cells, which can heat and dissolve them. And during the process, sound may be produced so that customer will have the sensation of tinnitus.

9. Q: What is collagen?

A: Collagen is a kind of biological macro molecule substance, a kind of white, opaque and non-branched fibrous protein. It can supplement the nutrients needed by all layers of the skin, enhance the collagen activity in the skin, retain moisture, nourish skin, slow down ageing, relieve facial relaxation, provide nutrients for the hair and so on. Collagen is a nutrient that human body must replenish to delay ageing. With the growth of age, collagen will gradually be lost. For women, collagen will begin to decrease since the age of 20. At the age of 25, collagen loss will reach its peak. At the age of 40, the collagen content is less than half of that one has at age of 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 fibers will cause skin tissue to be oxidized, atrophied and

collapsed. The skin will be dry, wrinkled, flabby and inelastic. Therefore, in order to delay ageing, there must be plenty of collagen.

10. Q: How does vacuum detoxify?

A: Vacuum can cause capillary congestion, stimulate cell to increase vitality. The suction and release of pressure during operation can make local pores continue to open and close, which can promote skin breathing, increase the amount of skin oxygen, and speed up waste removal. So it achieves the effects of promoting qi and blood circulation, dispelling cold and damp, dredging meridians and collaterals, clearing toxins, dissipating heat and so on.

11. Q: Does people need to control food intake and take exercise when they lose weight by laser treatment?

A: The efficacy of losing weight by laser is more significant, but we can not blindly rely on it. For example, one's weight will reach the ideal range by using it. But if he does not pay attention to diet control and overeat, then it is likely to lead to weight gain. There is no weight-losing product in the world that absolutely guarantees that it has permanent efficacy. So losing weight by laser is a helping way. When the weight reaches the ideal range, we should also reasonably plan our own diet and take reasonable exercise after stopping using it.

12. Q: Why do I need hip treatment?

A: Because it can help with detox of lymphatic system of body, relieve gynecological diseases, and protect women from harm brought by buttock blockage. Hip blockage will bring about gynecological conditions for the fact that hips are the areas where many important organs of human body exist. If hips suffer from the squeeze of upper and lower energizer meridians, they will be vulnerable to cold, damp and blood stasis. When hips are affected by cold, hip meridian contraction will occur, and then there will be some symptoms such as dysmenorrhea, irregular menstruation, dark menses, blood clot, blood and meridian blockage. It also affects women's fertilization.

