

# User Manual

MS-7003F



## Preface

Dear Users,

We're pleased to present to you our latest 5-in-1 beauty machine, which adopts eye RF, body RF, 40K and vacuum&cooling technologies for reducing fat and shaping body. It is a professional beauty machine, which needs to be handled by professionals with proper training. Any improper use will result in adverse outcomes. Therefore, we advise any personnel to read this manual 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

## Introduction

Vacuum&cooling, multi-polar RF and 40K are among the most popular approaches for firming skin, reducing fat, shaping body and anti-ageing. So, this machine can replace all face and body care treatments in beauty salons. Moreover, it is convenient and easy to operate. It solves both skin and body management problems for beauty-seekers. This equipment requires no injection, no medication, and no operation, for which it has no side effects. It is used externally during the whole process and has an immediate effect. RF heats deeper skin layers, stimulates collagen to regenerate and reorganize in dermis, and promotes blood circulation at skin bottom, which can achieve the results of skin firming and anti-aging. Vacuum&cooling treatment can target the adipose cells on specific areas of body to reduce fat thickness for a noticeable figure curve. Ultrasonic waves with specific frequencies target those parts in which there are stubborn fat to bring customers amazing results.

## Advantages

1. 5-in-1 beauty machine for facial and body care.
2. The ultrasonic wave can powerfully burn and remove fat, which surpasses liposuction to solve the problems for obese people.
3. There are several hand pieces for treatment. You can use corresponding one based on different needs and different treatment areas.
4. Single hand piece has various functions. The RF has more powerful and even energy release.
5. The perfect combination of ultrasound and radio frequency solves major problems in losing weight. It helps with weight loss and meanwhile firms skin, increases skin elasticity, promotes metabolism, and ultimately strengthen people's constitutions.
6. The cooling energy only targets the fat layer, causing no damages to viscera, nerves, blood vessels and skin.
7. It adopts the advanced technology of ultrasonic wave fat-burning.
8. It is painless and non-invasive treatment process. Once the treatment is over, customer can go back home and there is no downtime, which means it will not affect customer's life and work.
9. No consumption, low cost and quick returns.
10. Wider treatment range for body and face.
11. Unevenness, bleeding, and swelling will not appear after treatment.
12. Various handpieces have the energy release of red LED light, which can dissolve fat and massage body, and accelerate metabolism and sterilize skin at the same time. It gives users remarkable effects and higher level of comfort.

## Working Principles

### Eye RF

RF wave can directly penetrate the skin and use the resistance formed by the skin to produce heat, which can raise the temperature of skin bottom. In this way, it has two therapeutic effects, which are to make collagen regenerate and firm&lift skin.

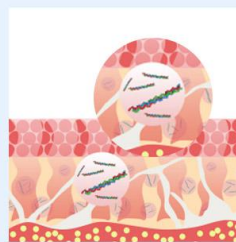
### Biological Effects

The waves vibrating millions of times per second can penetrate the epidermis and then directly act on the dermis to heat up collagen cells in a deep layer, and stimulate the growth of collagen fibers. In this way, it can make the skin firmer and more elastic. In the process of treatment, the RF waves can pass through the epidermis and act on the deep dermis to produce safe heat energy rapidly. When collagen tissue is heated to  $45^{\circ}\text{C} \sim 60^{\circ}\text{C}$ , it will contract immediately and then the collagen will be stimulated to regenerate. In the treatment of eyes, it works to make the bottom layer of eye skin quickly heat up and promote the growth of collagen, so as to achieve the effect of firming the skin around the eyes, removing bags under the eyes, removing dark circles under the eyes, and relieving bloodshot eyes and fine lines.

## Bipolar RF Radio



Before



After

Eight-pole RF Radio Frequency Handle Enters Into The Deeper Dermal Layer And Created Heat To Make The Dermal Layer Of Skin To Thicken, Decreasing Wrinkle Depth Reducing The Fat Cells To Let Weight Loss Body Slimming And Skin Tightening. It use on belly, thigh, back, arm  
Operation time:15-30mins

## Body RF

This machine can firm skin, lift skin, smooth skin and sculpt face. The frequency for ideal biological heat effect of four-poled RF is 3MHz. Charged particles with speed of up to 8 million per second in the tissue change their direction at the same frequency in the rapid switch of the electrode, and the dermis naturally resists the radio frequency current to produce heat energy.

RF waves directly penetrate the skin, making use of the resistance formed by the skin to produce energy to raise the temperature of the bottom layer of the skin, heat the tissue quickly and continuously and promote the growth of collagen, which achieves the effect of firming, lifting and smoothing skin. Depending on dermis collagen contraction and proliferation, it has two major effects of lifting and firming skin in a timely manner and making collagen regeneration last long. Collagen will gradually proliferate and reorganize in 2-6 months after use, which will lift and tighten saggy skin.

## Biological Effects

The waves vibrating millions of times per second can penetrate the epidermis and then directly act on the dermis to heat up collagen cells in a deep layer, stimulate the growth of collagen fibers, and make them supported by a large amount of new collagen. In this way, it can make the skin firmer and more elastic.

Every time energy is transmitted into the skin, you will feel a brief sensation of heating. This means that collagen has been stimulated and heated, and the skin will be tightened. In the

process of sliding the instrument, the RF waves have passed through the epidermis and acted on the deep dermis under the cold protection of the epidermis to heat up water molecules to produce safe biothermal energy rapidly. When collagen tissue is heated to  $45\text{ }^{\circ}\text{C} \sim 60\text{ }^{\circ}\text{C}$  in the natural friction, it will contract immediately and stimulate the continuous proliferation of collagen. At the same time, biological heat can effectively accelerate the blood flow in adipocytes and made free fatty acid (ffa) released to promote the dissolution of superficial fat to achieve the purpose of tightening and lifting sagging part of the body.



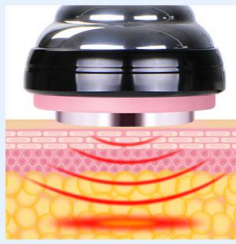
## 40K

The principle of ultrasonic wave is used to make human adipose cells take a strong impact and produce friction movement among them after strong sound waves enter into the human body, which can effectively consume heat and water of cells and shrink adipose cells. In addition, when the sound wave vibrates, it can produce a strong impact on cells. And then the adipose cells will burst instantly, and they will be reduced so as to achieve the effect of fat removal.

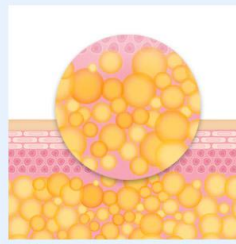
**Ultrasonic Cavitation:** Tens of thousands of tiny bubbles, namely cavitation bubbles, are produced by vibration of liquid. These bubbles grow in the negative pressure region formed by the longitudinal transmission of ultrasound, which will close rapidly in the positive pressure region to be compressed and stretched under 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 strong vibration and noise will be produced.

**Advantages:** It only aims for low-density adipose tissue for its specific frequency, and protects high-density tissue such as vascular and nerve tissue.

## Cavitation ultrasound probe



Before



After

Strong sound wave explosion fat head with collective strong sound wave head, strong sound wave of 40000Hz may be emitted to human body for impacting fat cells fiercely and causing friction motion between fat cells, this may cause effective consumption of calories and moisture in fat cells and reduce the size of fat cells, what's more, sound wave vibration may cause fierce impact of fat cells to make them be exploded instantaneously, reduce the amount of fat cells and thereby achieve the effects of removing fat.

## Vacuum&Cooling

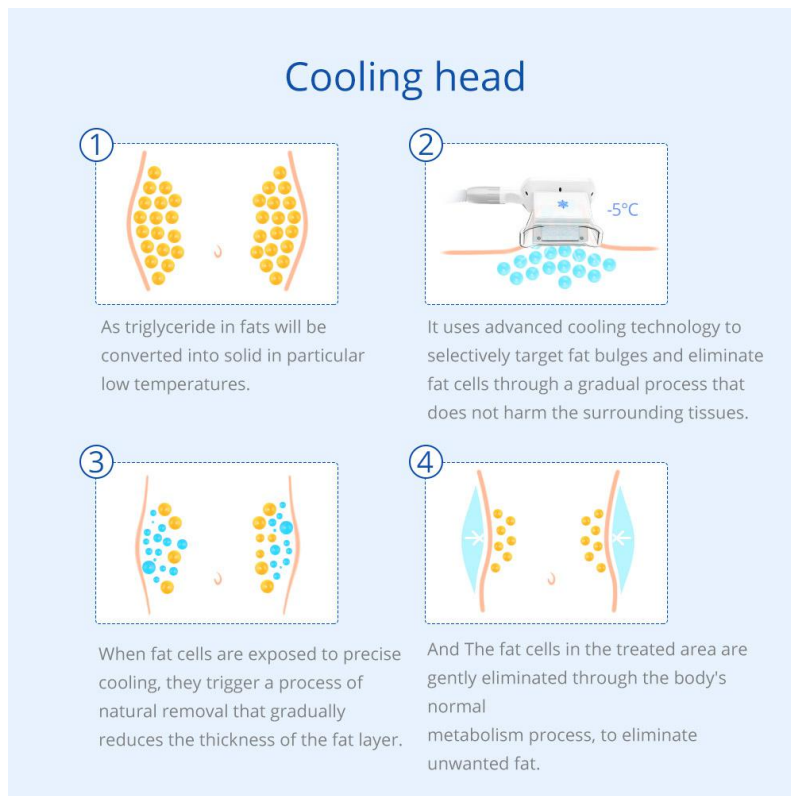
The freezing point of water is  $0^{\circ}\text{C}$  while the freezing point of fat is  $4^{\circ}\text{C}$ , which we can make use of to achieve the purpose of reducing fat.

The vacuum&cooling treatment makes use of vacuum to treat fat. Fat will be targeted and cooled down. During the process, heat in the fat layer will gradually disappear. When the adipose cells are cooled down to  $0^{\circ}\text{C}$ , they will die. The low temperature destroys adipose cells, causing no damages to skin or muscles. The dead adipose cells will be excreted from body by liver without external energy.

### Biological Effects

Human body consist of 60%-70% water. The freezing point of water is  $0^{\circ}\text{C}$ . But fat has different property. Fat congeal from the temperature of  $4^{\circ}\text{C}$ . Using such property difference, this machine is able to reduce fat. During the treatment, the corresponding handle will be put on fat area, and the fat will quickly congeal into jelly-like substances. And then the phagocytosis(phagocytes engulf and digest microorganisms and cellular debris) will happen. The dead cells will be treated as waste by the body and will be excreted in 2-4 months. So, this treatment can not make you see immediate effects but you can feel the fat is gradually removed in two weeks to a month.

It can help reduce fat and promote blood circulation and lymphatic circulation to remove waste in the body. Additionally, the dead adipose cell are also removed from the body and so it can effectively prevent the reappearance of fat accumulation.



## Wrinkle Removal for Eye Area

### 1. Needed Handpiece(s)

Eye RF

### 2. Effects

1. Relieve eye fatigue, dark circles, eye bags and edema.
2. Reduce lines around eyes and crow's feet.
3. Reduce dark spots and accelerate blood circulation.
4. Accelerate metabolism and prevent pigmentation.
5. Supplement eyes with nutrition and moisturize skin.
6. Firm and soften skin, lift the corners of the eyes.
7. Accelerate blood circulation around eyes and help skin absorb nutrients efficiently.

### 3. Applicable Range

1. Those with wrinkles, fine lines, bags and dark circles around the eyes.
2. Those with dry skin, dry lines and dynamic wrinkles.
3. Those with eyes prone to fatigue and dryness.
4. Those who frequently face computer screens and mobile phones.
5. Those who often stay up late and have dark circles.
6. Those who often stay in a dry or hot environment.

### 4. Inapplicable Range

1. Those who had just undergone plastic surgery.
2. Those who have hypertension, heart diseases, diabetes, severe thyroid diseases and malignant tumors.
3. Those who are having an allergic reaction and have severely sensitive skin or are allergic to metals.
4. Those who have skin traumas or wounds.



5. Those who are of advanced years.
6. Those who are pregnant or who are on the road to recovery from operations.
7. Those who have skin diseases and contagious diseases.

## **5. Do's and Don't s after Operation**

1. Use sunscreen and do not expose yourself to strong sunlight.
2. Do not use the products containing alcohol and AHA or scrubbing cream in 1-3 days.
3. Do not wash face with too hot water or go for sauna, hot spring and violent exercise.
4. Keep hydrated and apply eye mask at least 3 times a week, for the treated area is relatively dry.

# **Body Management**

## **(1). Waist&Abdomen Shaping**

### **1. Needed Handpiece(s)**

Body RF+40K+Vacuum&Cooling

### **2. Effects**

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.

### **3. Applicable Range**

1. Those with cold feet, cold hands, cold womb and cold body.
2. Those with lumbar and abdominal fat or who have sagging skin after birth.
3. Those who often sit for a long time, or have unsatisfactory waistlines.
4. Those with stretch marks.
5. Those with constipation or obstruction of abdominal meridians.

### **4. Inapplicable Range**

1. Those with "3 Hs"(hypertension, hyperglycemia, hyperlipidemia) and who have heart disease.
2. Those in pregnancy, menstruation or lactation.
3. Those whose incisions are healing or who are on the road to recovery.
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.

### **5. Do's and don'ts 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 help with metabolism and weight loss.

## **(2). Arm Shaping**

### **1. Needed Handpiece(s)**

Body RF+40K+Vacuum&Cooling

### **2. Effects**

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

### **3. Applicable Range**

1. Those with thick arms and want to look better in clothes.
2. Those with flabby arms.
3. Those with sagging arm skin.
4. Those whose arms are prone to pain and numbness.
5. Those who often hold baby or children

### **4. Inapplicable Range**

1. Those who have just had plastic surgery.
2. Those with hypertension, heart disease, diabetes, severe hyperthyroidism, 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 of advanced years.
6. Those who are pregnant and who are recovering from surgery.
7. Those with skin diseases and infectious diseases.

### **5. Do's and Don'ts after Operation**

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 operation.

## **(3). Back Shaping**

### **1. Needed Handpiece(s)**

Body RF+Vacuum&Cooling

### **6. 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 skin from sagging.
7. Reduce excess fat on the back and shape back.

### **3. Applicable Range**

1. Those with sore shoulders and backs and stiff necks.
2. Those who suffer from insomnia, dream a lot or have a worse 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 have a lump on the back of the neck.

### **4. 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.
1. Those whose surgical wound is healing or convalescence
2. Those who has “three Hs” , heart disease, epilepsy and severe diabetes and hyperthyroidism.
3. Those with malignant tumor and hemophilia or severe bleeding.
4. Those with skin diseases and infectious diseases.
5. Those who are too weak.
6. Those who are drunk, thirsty, overworked, on a full or empty stomach.

### **5. Do's and Don'ts after Operation**

1. Keep warm, avoid cold air 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. Avoid shoulder-baring and backless clothes

## **(5). Hip Shaping**

Hip is located in the middle of human body, and are the key hub of qi and blood circulation of meridians. It is the main switch of six meridians and also the bridge connecting the qi and blood circulation of upper and lower parts of human body, which plays an important role in building S-shaped curve and promote female attractiveness.

### **1. Needed Handpiece(s)**

Body RF+Vacuum&Cooling

### **2. 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. Maintain the normal function of ovary, stimulate the secretion of glands, and make couple's relationship closer.
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.

### **3. Applicable Range**

1. Those with saggy hips and fat accumulation.

2. Those with stretch marks induced by obesity and obesity.
3. Those whose butt shape is not good-looking, flat and soft outward expansion.
4. Those with cold and cool hips with low hip temperature.
5. Those with cold womb, dysmenorrhea, irregular menstruation, gynecological inflammation and other problems.
6. Those with decreased estrogen levels and poor sex lives.

#### **4. 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 of advanced years.

#### **5. Do's and Don'ts after Operation**

1. Keep hips warm and avoid wearing miniskirts and shorts.
2. Take a shower in 4-6 hours after operation.
3. Drink plenty of hot water to avoid getting a cold.
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 operation.

### **(6). Leg Shaping**

#### **1. Needed Handpiece(s)**

Body RF+40K+Vacuum&Cooling

#### **2. 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 get rid of fat on thick thighs.

#### **7. 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.

#### **4. Inapplicable Range**

1. Those who are in menstruation, pregnancy or lactation.
2. Those with hypertension, heart disease, diabetes, severe hyperthyroidism, malignant tumor, etc
3. Those with skin diseases or infectious diseases.

4. Those who have incisions on their bodies.
5. Patients with severe varicose veins and tumors.
6. Those who are having allergic reactions or who have severely sensitive skin.
7. People who have just had liposuction.
8. Those who are of advanced years.
9. Pregnant women or who are on the road to recovery.

## **5. Do's and Don'ts after Operation**

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.

## **(7). Breast Shaping**

### **1. Needed Handpiece(s)**

Body RF

### **2. Effects**

1. Correct breast shape and relieve accessory breasts
2. Relieve nodules on breasts, slight hyperplasia and distending pain in breast
3. Relieve outward expansion of breasts
4. Relieve irregular menstruation, speckles on the face and the lack of elasticity of breasts.
5. Relieve breast atrophy, breast sagging and obstruction of lactiferous ducts.

### **3. Applicable Range**

1. Those who have accessory breast and unsatisfactory breast shape
2. Those who have nodules on breasts, slight hyperplasia and distending pain in breast during the menstruation
3. Those who have free fat, saggy breast and outward expansion of breasts
4. Those who have low immunity
5. Those who have irregular menstruation, speckles on the face and breast inelasticity
6. Those who think that their breasts are underdeveloped, or who have postpartum breast atrophy, breast relaxation, blockage of lactiferous ducts and so on.

### **4. Inapplicable Range**

1. Patients with cardiovascular and cerebrovascular diseases, diabetes, abnormal blood coagulation and impaired function of important organs.
2. Those who are taking anticoagulants, vasodilators, corticosteroids and other drugs or who have been taking them for a long time.
3. Those with a focus of infection on the skin of the chest.
4. Patients with severe hyperplasia, fibroma and cyst of the chest
5. Those who are in pregnancy and lactation

## **5. Do's and Don'ts after Operation**

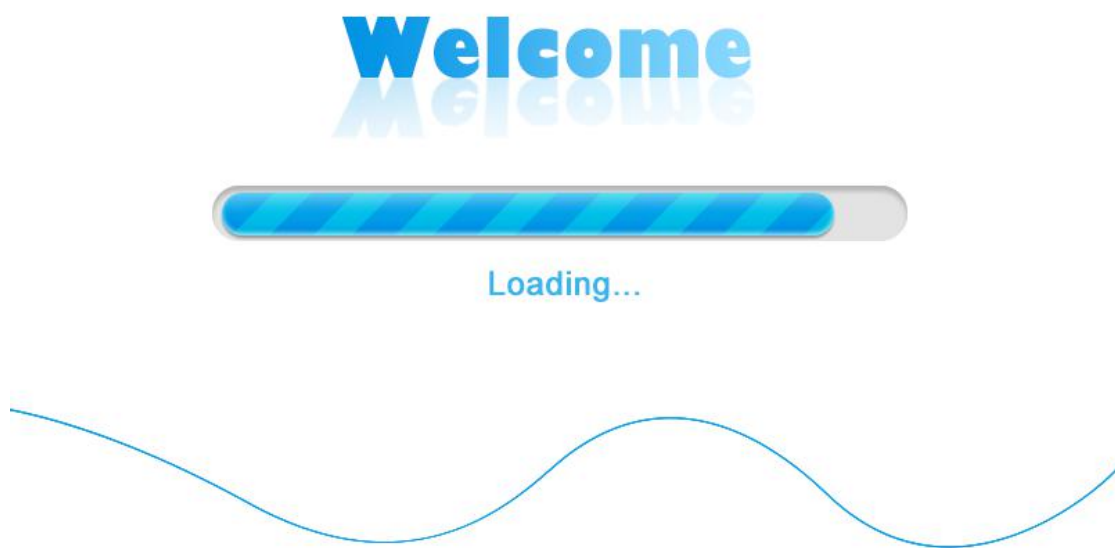
1. Keep warm after operation. Do not eat cold food.

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 shaping and comfortable bra and don't squeeze your chest.

## Part II

### 1. Detailed Operation

After all are connected properly, the following interface will appear when the power switch is pressed.



What follows is function selection interface



40K Unoisetion



Eye RF



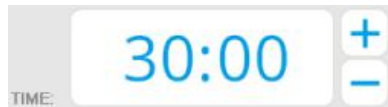
Body RF



Cooling Group1

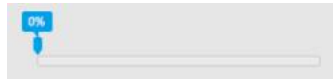


## 1. Function Selection



TIME:

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



Energy-displaying bar(range: 0%-100%)



button for decreasing time or lowering energy level



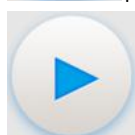
button for increasing time or raising energy level



home button



rest button



start/stop button

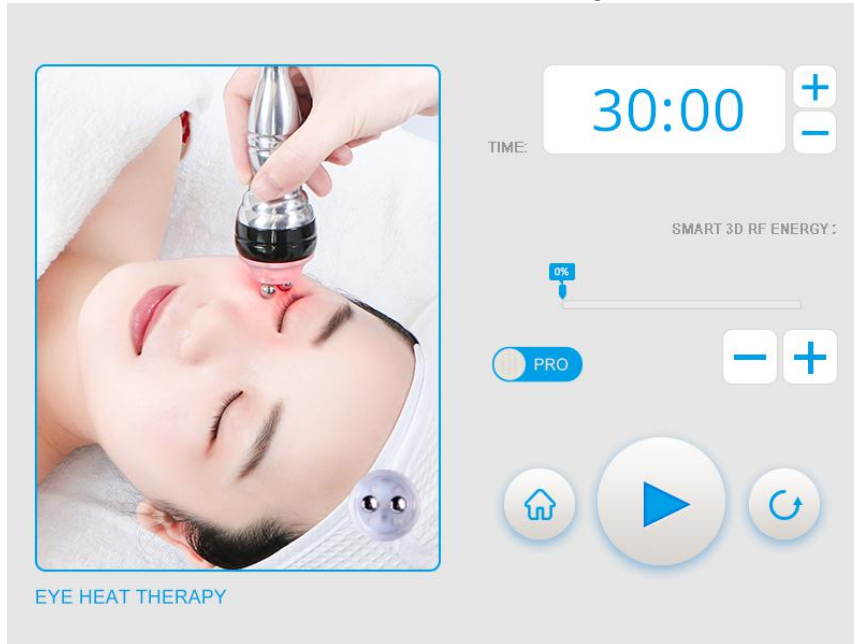


power button

## 2. Detailed Operation of Eye RF



choose **Eye RF** to enter the following interface



time and adjusting buttons(10-15 min is recommended)

energy level, adjusting buttons and working mode selection

Energy-displaying bar(30%-70% is recommended)

Mode selection, press the round white button to switch among modes

PRO: the red light goes on and the energy of the handpiece directly reaches preset level after the start button is pressed

NOR: the energy of the handpiece slowly reaches preset level after the start button is pressed and the red light goes on after the handpiece touches skin.



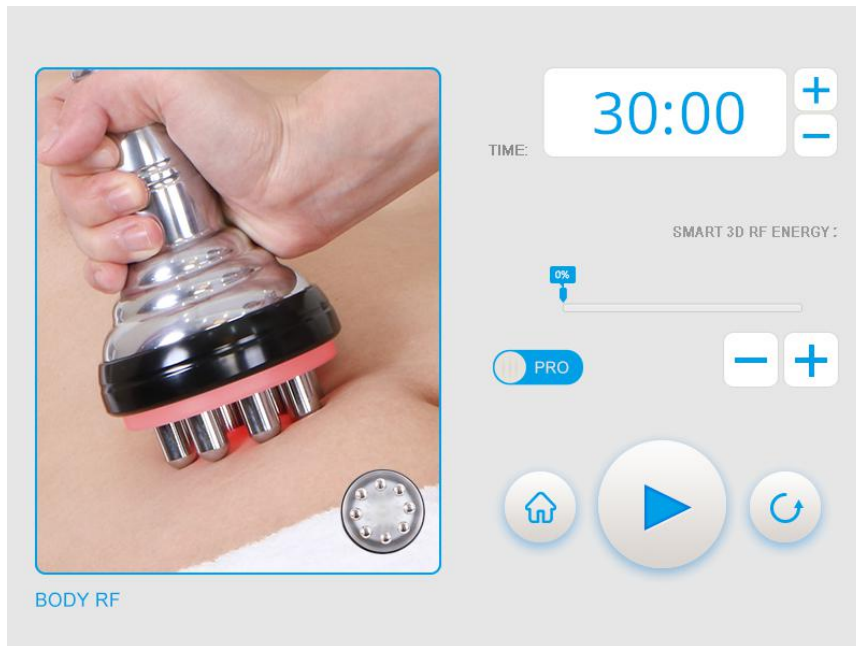
Set parameters and then press button to begin the treatment.

### 3. Detailed Operation of Body RF



choose **Body RF** to enter the following interface





TIME: 30:00 + - time and adjusting buttons(15-20 min is recommended)

SMART 3D RF ENERGY: 0% - + energy level, adjusting buttons and working mode selection

0% Energy-displaying bar(30%-70% is recommended)

PRO Mode selection, press the round white button to switch among modes

PRO: the red light goes on and the energy of the handpiece directly reaches preset level after the start button is pressed

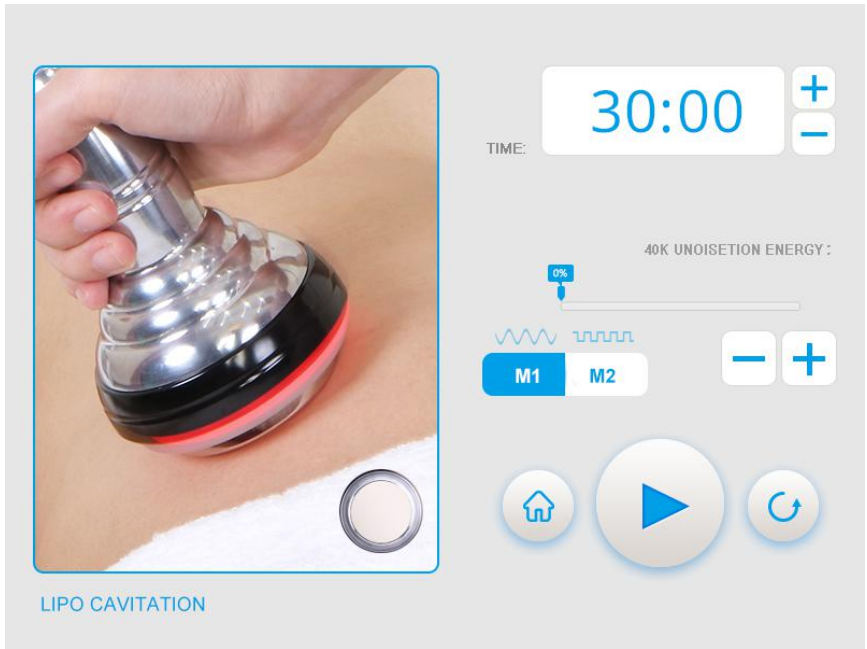
NOR: the energy of the handpiece slowly reaches preset level after the start button is pressed and the red light goes on after the handpiece touches skin.

Set parameters and then press  button to begin the treatment.

#### 4. Detailed Operation of 40K



choose **40K Unoisetion** too enter the following interface



time and adjusting buttons(15-20 min is recommended)

energy level, adjusting buttons and working mode selection

Energy-displaying bar(30%-70% is recommended)

mode selection

M1:Constant working mode, suitable for those who have thick fat accumulation

M2:Discontinuous working mode, suitable for those who want to reduce fat on specific areas to shape body.



Set parameters and then press button to begin the treatment.

## 5. Detailed Operation of Vacuum&Cooling



choose **Cooling Group1** to enter the following the interface.



start/stop button(the general switch, the applicator can start to work only when the corresponding start button of specific vacuum&cooling applicator is pressed and then this button is pressed).



temperature indicator When any abnormality happens to the temperature of the applicators, this indicator will give alert.



water indicator, when there is a lack of water or there is any abnormality, this indicator will give alert.



time and its adjusting buttons(10-30 min on each area in one session is recommended. 10 min for experiencing this product is recommended for first-time users. After they adapt, time can be increased.



Temperature adjustment. -3°C to 3°C is recommended. 5°C is recommended at the beginning of the treatment and raise it slowly after treatment receiver adapt.



Knob for adjusting the suction level. Adjust it based on individual endurance. Set it at the lowest level at the beginning and then raise it slowly after treatment receiver adapt.



Set parameters and then press button to begin the treatment.

## 2. Technical Specifications

Rated input voltage:AC220V-240V 50HZ /AC110V-120V 60Hz  
Rated input power:350VA

Cool cold slimming Vacuum  
Power:Up to 200W  
Cooling device output temperature:5~ -5°C  
Cooling device output :0-5Kpa  
Cooling liquid: pure water

Cavitation frequency : 40KHz  
Cavitation Power:up to 60W  
Cavitation tip:60mm diameter

RF for BODY  
RF frequency:3MHz  
RF power:up to 30W

RF for FACE  
RF frequency:3MHz  
RF power:up to 30W

### 3. 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 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 using the electrical products.
10. Set the energy at lowest level at the beginning and slowly raise it after the customer adapts to it.
11. Clean the instrument with normal saline after operation to ensure its cleanliness to prolong its service life.
12. The handle can be used alone. Better results will be delivered if one handle works in conjunction with other handles.
13. Make sure the handle is in full contact with skin during operation in case skin is heated

unevenly.

14. The treatment area should be kept moisturized during the operation and do not perform the treatment on dry skin.

15. When the treatment receiver is 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 the treatment receiver want to use this machine immediately.

16. 40K handle should not be used on head, chest, breast, heart and back.

17. Before operation, fix the laser pad on the customer and then turn on the instrument. Energy should be slowly adjusted from low level to high level to make the customer feel comfortable.

18. Use this machine or train the operators in strict accordance with instructions in the user manual.

## 4. 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 works for a while but then stops?**

A. It may be because there is no strong water flow or the machine doesn't sense the presence of water flow.

B. Check whether there is enough water in the water container.

**3. There is a red alert on the top left corner of the machine?**

A. Please check whether the water level in the water container is low

B. Please check whether there is something wrong with the water container.

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

A. Please unplug the power plug 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.

**5. There is weakened suction or no suction at all?**

A: Please check whether the filter is properly fitted to the machine. If not, this may result in this problem.

B: Please check whether the handpiece is properly connected to the machine.

C: Please check whether the knob for adjusting suction is turned to the right position.

D: If the above methods cannot solve the problem, please contact the instrument dealer for assistance.

**6. The machine can be started but there is no or weakened RF energy output?**

A: Please check whether the handpiece is connected to the machine properly.

B: The wires in the handpiece come loose or are broken.

## 5. FAQs

**1. Q: How long does it take before 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. Does the vacuum&cooling handle have side effects in reducing fat?**

A: It is a totally non-invasive and painless. Based on the fact that adipose cells are more vulnerable to coldness than other cells, it can cool down adipose cells and remove them. What's more, it only targets adipose cells instead of other tissue, and so it will not cause damages to skin or muscles. The dead cells will be excreted from body through metabolism, so it has no side effects.

**5. How does this treatment help reduce fat?**

A: It can cool down subcutaneous tissue to 5°C. And then adipose cells will gradually die, which will be excreted from body through metabolism. In this way, it can help reduce fat.

**6. How long can we see the effects after the treatment?**

A: Normally, you will see the effects in 1-2 months. It depends on individual constitution and metabolism. Based on the fact that adipose cells are vulnerable to coldness, this treatment can cool down and destroy adipose cells under the low temperature of 5°C, which can be excreted from body through metabolism. So, you should wait for some time to see the effects.

**7. Why do we need to use special frostbite-proof membrane during the treatment?**

A: The main constituent in this kind of membrane is organic molecules, which are concocted based on the characteristics of human skin. Clinical trials have shown that the use of the membrane in this treatment can effectively protect skin from frostbite.

**8. 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.

**9. 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 performed on the areas of eyes and heart. (not on the areas of waist, back and chest)

**10. 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.

**11. 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.

**12. 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.

**13. Q: Why do I need hip treatment?**

A: Because it can help detox body through lymphatic system, relieve gynecological diseases, and protect women from harms 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.

## 6. Packing List

Standing main machine x1  
Cool Vacuum head x1  
40KHz cavitation head x 1  
RF head for BODY x1  
RF head for FACE x1  
Power supply wire x 1  
Holder x 1  
Key switch x 1

## 7. Simplified Treatment Steps

### 1. Wrinkle removal for eye area

Remove makeup--clean face--apply toner--massage techniques--eye RF--apply toner, eye essence, eye cream and suncream

Needed skincare products: RF cream/massage cream

### 2. Waist&abdomen shaping/arm shaping/leg shaping

Massage techniques--body RF--40K--vaccum&cooling--wipe the area clean

Needed skincare products: RF cream/essential oil+dedicated membrane

### 3. Back shaping/hip shaping

Massage techniques--Body RF--vaccum&cooling--wipe the area clean




Needed skincare products: RF cream/essential oil+dedicated membrane

### 4. Breast shaping



Massage techniques--body RF--wipe the area clean

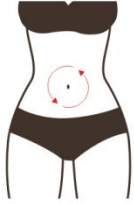
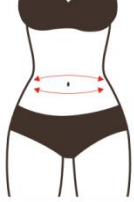

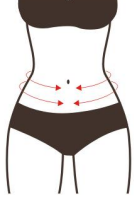



Needed skincare products: RF cream/essential oil


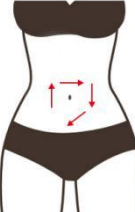
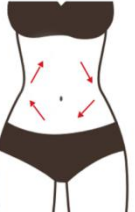
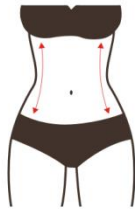
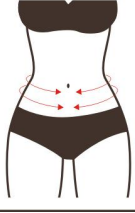
## 8. Operational Diagrams

Parameter	Product	Techniques	Diagrams
Adjustment			
<b>Wrinkle Removal for Eye area: 35 min 2-3 times a week</b>			
<b>Eye RF</b> Time: 10-15 min Energy level: 30%-70% Mode: NOR	Makeup remover+face cleanser+essence/eye cream+massage cream+MS-7003F+eye mask	<ol style="list-style-type: none"> <li>1. Remove makeup and clean face, 5 minutes</li> <li>2. Apply toner, 1 minute</li> <li>3. Apply massage cream evenly to eye area, soothe the area 3 times.</li> <li>4. Apply digital pressing technique on the following acupoints(BL-1, BL-2, EM3, TE-23, the temple, GB-1, ST-1, ST-2), 3 times.</li> <li>5. Use middle finger to lift from inner eye corner to temple back and forth, 3 times.</li> <li>6. Use middle finger and ring finger to lift from inner eye corner to temple along eyebrow, 3 times.</li> <li>7. Clean eye area clean.</li> <li>8. Apply essence(eye cream) evenly to eye area in circular</li> </ol>	Technique3,8  Technique5,11  Technique10  Technique12



	<p>motion, 3 minutes.</p> <p>9. <b>Eye RF</b> operation: adjust energy level, mode and time: 10 minutes.</p> <p>10. Move the handpiece to lift skin from lower eyelid to eye corner, 3-6 times.</p> <p>11. Move the handpiece to lift skin from lower eyelid to temple, 3-6 times.</p> <p>12. Move the handpiece to lift skin from lower eyelid to temple in small circles, 3-6 times.</p> <p>13. Move the handpiece to lift skin from lower eyelid to temple, 3-6 times.</p> <p>14. Lift from brow bone to hairline, 3-6 times.</p> <p>15. Repeat the operation on the other side.</p> <p>16. Wash eye area clean, 1 minute</p> <p>17. Apply eye mask, 15 minutes</p> <p>18. Remove mask and wash the area clean, 2 minutes</p> <p>19. Apply eye essence and eye cream.</p> <p>20. The end.</p>	 <p>Technique14</p> 
<p><b>Treatment Suggestions</b></p> <p>It is recommended to take this treatment 2-3 times per week. After one treatment, eye area is lifted and firmed and blood circulation is accelerated. After one month, fine wrinkles and black circles are reduced and skin colour is brightened. After three months, skin in eye area is totally firmed and rejuvenated with glossiness. If the customers keep using this machine, eye aging can be relieved and prevented.</p>		
<p><b>Waist&amp;Abdomen Shaping: 70 min once a week</b></p>		

<p><b>Body RF</b> Time: 15-20 min Energy level: 30%-70% Mode: NOR</p> <p><b>40K</b> Time: 15-20 min Energy level: 30%-70% Mode: M1</p> <p><b>Vacuum&amp;Cooling</b> Recommended Temperature: -3°C~3°C Time: 10-30 min Suction: adjust it based on individual endurance. Setting it at lowest level at the beginning is recommended to avoid discomfort.</p>	<p>Essential oil(massage cream)+gel+MS-7003F</p>	<ol style="list-style-type: none"> <li>1. Rub oil into abdomen with hands moving in circular motion, 3 times.</li> <li>2. Rub abdomen back and forth with both hands, 3-5 times.</li> <li>3. Knead abdomen with both hands using chiropractic technique, 3 times.</li> <li>4. Lift Meridian BV(Belt Vessel) on both sides of waist with both hands alternately, 16 times.</li> <li>5. Move hands in 8-shaped motion with right hand and left hand moving clockwise and anti-clockwise respectively on waist, 3 times.</li> <li>6. Overlap hands and message the intestinal canal clockwise, 3 times.</li> <li>7. Move hands in circular motion to soothe the treatment area, 3 times.</li> <li>8. Apply digital pressing technique on the following acupoints: RN13, RN12, RN10, RN8, RN6, RN4, RN3, ST25, SP15. 2 times.</li> <li>9. Starting from RN3 point, push to belly navel, slide to waist and then lift upwards to groin with both thumbs, 3 times.</li> <li>10. Soothe the treatment area with hands and then slide to groin.</li> <li>11. <b>Body RF</b> operation: move the handpiece slowly along ascending colon, transverse colon and descending colon to rectum,3-5 times.</li> <li>12. Move the handpiece in rhombus-shaped motion on abdomen, 3-5 times</li> <li>13. Move the handpiece up and down on waist side, 3-5 times.</li> </ol>	<p>Technique1,7,10</p>  <p>Technique2</p>  <p>Technique3</p>  <p>Technique4</p>  <p>Technique5</p>  <p>Technique6</p>  <p>Technique8</p>  <p>Technique9</p>
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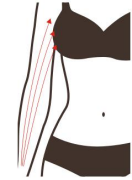


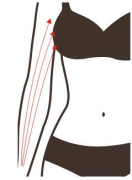
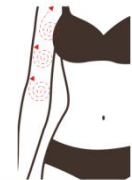
		<p>14. Use the handpiece to lift Meridian BV(Belt Vessel) on both sides of waist 16 times.</p> <p>15. Use one hand and the handpiece to lift Meridian BV(Belt Vessel) on both sides of waist 16 times.</p> <p>16. <b>40K</b> operation: move the handpiece slowly along ascending colon, transverse colon and descending colon to rectum,3-5 times.</p> <p>17. Move the handpiece in rhombus-shaped motion on abdomen, 3-5 times</p> <p>18. Move the handpiece up and down on waist side, 3-5 times.</p> <p>19. Use the handpiece to lift Meridian BV(Belt Vessel) on both sides of waist 16 times.</p> <p>20. Use one hand and the handpiece to lift Meridian BV(Belt Vessel) on both sides of waist 16 times.</p> <p>21. Wipe the are clean with towel.</p> <p>22. Choose proper frostbite-proof membrane and apply it to the treatment area according to the size of fat area.</p> <p>23. <b>Vacuum&amp;Cooling</b> operation: set the temperature, time and suction of the handpiece.</p> <p>24. Fix the handpiece on the membrane. Start the treatment, adjust the suction level based on individual endurance, wait for about 10-30 minutes.</p> <p>25. Remove the handpiece and the membrane, and wipe the area clean.</p> <p>26. The end.</p>	 <p>Technique11,16</p>  <p>Technique12,17</p>  <p>Technique13,18</p>  <p>Technique14,15,19,20</p> 
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**Treatment Suggestions**

One course of treatment consists of 4 treatment sessions. After one treatment, the conditions of redness, swelling, blood stasis, and numbness will disappear in 1-2 weeks. And in the second week, you will feel fat is reduced slowly. And obvious results will be seen in about 2 months. The fat will be averagely reduced by 22% in thickness.

Of course, the effect varies for personal situation. After one course of treatment, fat on waist and abdomen will be greatly reduced. And skin will be tightened and waist curves will be noticeable. In the later stage, you can take the treatment once per two months to consolidate the effect.

## Arm Shaping: 60 min once a week

<p><b>Body RF</b> Time: 15-20 min Energy: 30-70% Mode: NOR</p> <p><b>40K</b> Time: 15-20 min Energy: 30-70% Mode: M1</p>	<p>Massage Cream(Essential Oil)+Gel+RF Cream+MS-7003F</p>	<ol style="list-style-type: none"> <li>1. Left-right order: lay the arm flat, rub oil into skin from lower arm to the entire arm and slide to the fingers(soothing technique), 3 times.</li> <li>2. Push the entire arm with both palms, 3 times.</li> <li>3. Push hands upwards tracing three main collateral channels: Large Intestine Meridian(LI) - Triple Energizer Meridian(TE) - Small Intestine Meridian(SI) to armpits with thumbs and index fingers splaying, 3 times.</li> <li>4. Soothe the area, 3 times</li> <li>5. Rub three main collateral channels on arms with kneeling finger back and forth till they turn hot, 3 times.</li> <li>6. Soothe the area, 3 times</li> <li>7. 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 times respectively.</li> <li>8. Rub three meridians back and forth with bending fingers to warm them up, 3 times.</li> <li>9. Soothe the area and slide to fingers</li> <li>10. The end.</li> <li>11. Repeat above techniques on the other side.</li> <li>12. <b>Body RF</b> operation: lay customer's arm flat, push three meridians from fat part of lower arm to armpit, 3 times.</li> <li>13. Move the handpiece in a</li> </ol>	<p>Technique2, 3, 4, 5, 6, 7</p>  <hr/> <p>Technique8, 9</p>  <hr/> <p>Technique10</p>  <hr/> <p>Technique13, 16, 21, 24</p>  <hr/> <p>Technique14, 15, 22, 23</p>  <hr/> <p>Technique17, 25</p>
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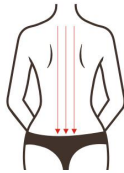


		<p>spiral curve along three meridians to armpit, 3 times.</p> <p>14. Redouble the operation on flabby arms, 3 times.</p> <p>15. Move the handpiece along three meridians to armpit, 3 times.</p> <p>16. Lay inner arm upwards and push three meridians on upper arm to armpit, 3 times.</p> <p>17. Move the handpiece in a small spiral curve along three meridians on upper arm to armpit, 3 times.</p> <p>18. Move the handpiece along three meridians from upper arm to armpit.</p> <p>19. Repeat the operation on the other side.</p> <p>20. <b>40K</b> operation: lay customer's arm flat, push three meridians from fat part of lower arm to armpit, 3 times.</p> <p>21. Move the handpiece in annular motion along three meridians to armpit, 3 times.</p> <p>22. Redouble the operation on flabby arms, 3 times.</p> <p>23. Move the handpiece along three meridians to armpit, 3 times.</p> <p>24. Lay inner arm upwards and push three meridians on upper arm to armpit, 3 times.</p> <p>25. Move the handpiece in circles along three meridians on upper arm to armpit, 3 times.</p> <p>26. Move the handpiece along three meridians from upper arm to armpit.</p> <p>27. Repeat those techniques on the other arm.</p> <p>28. The end.</p>	<div data-bbox="1145 203 1326 409" data-label="Image"> </div> <p data-bbox="1086 432 1302 465">Technique19, 27</p> <div data-bbox="1134 477 1289 651" data-label="Image"> </div>
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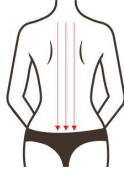





**Treatment Suggestions**

One course of treatment consists of 4 treatment sessions. After one treatment, the conditions of redness, swelling, blood stasis, and numbness will disappear in 1-2 weeks. And in the second week, you will feel fat is reduced slowly. And obvious results will be seen in about 2 months. After one course of treatment, arms will become obviously thin. In the later stage, you can take the treatment once per two months to

consolidate the effect.

## Back Shaping: 60 min once a week

<p><b>Body RF</b> Time: 15-20 minutes Energy: 30-70% Mode: NOR</p> <p><b>Vacuum&amp;Cooling</b> Temperature: -3°C~3°C Time: 10-30 min Suction: adjust it based on individual endurance. Setting it at lowest level at the beginning is recommended to avoid discomfort.</p>	<p>Massage Cream(Essential Oil)+Gel+MS-7003F</p>	<ol style="list-style-type: none"> <li>1. Massage techniques</li> <li>2. Apply oil to back and press GB-20 and DU-16 acupoints.</li> <li>3. Pluck Dabanjing(the area connecting neck and shoulder) (from hairline), 3-5 times</li> <li>4. Move thumb outwards from Bladder Meridian(BL) to the Baliao area and then to GB-20 and DU-16 points.</li> <li>5. Starting from neck to caudal vertebra, move hands in an undulating line, 3 times.</li> <li>6. Push Bladder Meridian(BL) with thumb in left-right order, 3 times.</li> <li>7. Push Bladder Meridian(BL) to the Baliao Area with both thumbs, at the same time, 3 times.</li> <li>8. Push Bladder Meridian(BL) in three lines with bending fingers, 3 times.</li> <li>9. Push along medial border of scapula with both hands alternately in left-right order, 3-6 times.</li> <li>10. Push along medial border of scapula with both hands horizontally, 3-6 times.</li> <li>11. Soothe the back with both hands and push GB-20 and DU-16 points, 3 times.</li> <li>12. Overlap both thumbs and push SI-11 point and slide to the arm, 3 times.</li> <li>13. Do the same on the other side,3 times</li> <li>14. Rub Meridian GV and Bladder Meridian(BL) with hands to warm them up.</li> <li>15. The end</li> <li>16. <b>Body RF</b> operation: move handpiece along Meridian GV and Bladder Meridian(BL) respectively from neck to the</li> </ol>	<p>Technique2, 11</p>  <hr/> <p>Technique3</p>  <hr/> <p>Technique4</p>  <hr/> <p>Technique5</p>  <hr/> <p>Technique6, 7, 8, 14</p>  <hr/> <p>Technique9, 19</p>  <hr/> <p>Technique10</p>  <hr/> <p>Technique12, 13</p>
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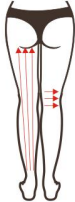

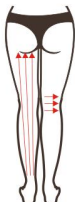



	<p>Baliao area, 3-5 times.</p> <p>17. Move handpiece in circles on DU-14 point and on the Baliao area, 3-5 times respectively.</p> <p>18. Move handpiece back and forth on Dabanjing(the area connecting neck and shoulder)from neck, 3-5 times.</p> <p>19. Lift the handpiece along the medial border of scapula back and forth in left-right order, 3-5 times.</p> <p>20. Move the handpiece in an 8-shaped motion downwards to Baliao area, 3 times.</p> <p>21. Move the handpiece in an undulating line upwards from left side of waist first and then the right side to armpit, 3 times.</p> <p>22. Move the cup upwards from waist side to armpit, 3-5 times</p> <p>23. Wipe back clean with towel.</p> <p>24. Choose proper frostbite-proof membrane and apply it to the treatment area according to the size of fat area.</p> <p>25. <b>Vacuum&amp;Cooling</b> operation, set the temperature, time and suction of the handpiece.</p> <p>26. Fix the handpiece on the membrane. Start the treatment, adjust the suction level based on individual endurance, wait for about 10-30 minutes.</p> <p>27. Remove the handpiece and the membrane, and wipe the area clean.</p> <p>28. The end.</p>	 <p>Technique16</p>  <p>Technique17</p>  <p>Technique18</p>  <p>Technique20</p>  <p>Technique21</p>  <p>Technique22</p> 
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### Treatment Suggestions


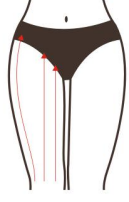

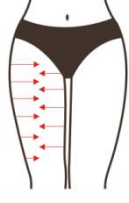

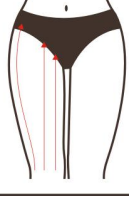
One course of treatment consists of 4 treatment sessions. After one treatment, the conditions of redness, swelling, blood stasis, and numbness will disappear in 1-2 weeks. And in the second week, you will feel fat is reduced slowly. After one course of treatment, back will become thinner and unwanted fat will begin to disappear. And obvious results will be seen in about 2 months. The fat will be averagely reduced by

22% in thickness. Of course, the effect varies for personal situation. In the later stage, you can take the treatment once per two months to consolidate the effect.

## Leg Shaping: 100 min once a week

<p><b>Body RF</b> Time: 30 minutes Energy: 30-70% Mode: NOR</p> <p><b>40K</b> Time: 30 min Energy: 30-70% Mode: M1</p> <p><b>Vacuum&amp;Cooling</b> Temperature: -3°C~3°C Time: 10-30 min Suction: adjust it based on individual endurance. Setting it at lowest level at the beginning is recommended to avoid discomfort.</p>	<p>Massage Cream(Essential Oil)+Gel+MS-7003F</p>	<ol style="list-style-type: none"> <li>1. Customer lies on his front, back side of the leg, left-right order: rub oil into the skin from calf to thigh and then move back to heel, 3 times</li> <li>2. Alternate the heels of both palms to push the entire leg upwards and move back to heel, 3 times</li> <li>3. Move hands upwards to push four meridians: Bladder Meridian(BL) - Kidney Meridian(KI) - Liver Meridian(LV) - Gallbladder Meridian(GB) with thumb and index finger splaying.</li> <li>4. Push popliteal fossa with both hands alternately, 3 times.</li> <li>5. Move both hands upwards alternately in undulating motion, 3 times.</li> <li>6. Soothe the area, 3 times</li> <li>7. Push four meridians upwards with bending fingers of both hands, 3 times.</li> <li>8. Soothe the area, 3 times</li> <li>9. Repeat the operation on the other side.</li> <li>10. Wipe leg clean with towel, 2 min.</li> <li>11. Apply gel evenly to the treatment area, 2 min.</li> <li>12. <b>Body RF</b> operation: push Bladder Meridian(BL) - Kidney Meridian(KI) - Liver Meridian(LV) - Gallbladder Meridian(GB) upwards to popliteal fossa respectively, 3 times.</li> <li>13. Move in small spiral curve on calf to dissolve fat, 3 times</li> <li>14. Move the instrument upwards to popliteal fossa and soothe the treatment area with hand, 3 times.</li> </ol>	<p>Technique1, 2, 3, 4, 7</p>  <hr/> <p>Technique5</p>  <hr/> <p>Technique12, 18</p>  <hr/> <p>Technique13, 19</p>  <hr/> <p>Technique14, 18, 24</p>  <hr/> <p>Technique15, 17, 21, 23</p>  <hr/> <p>Technique16, 22</p>
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	<p>15. Push 4 meridians from popliteal fossa to the top of thigh respectively, 3 times.</p> <p>16. Move the handpiece in small spiral curve from popliteal fossa to the top of thigh to dissolve fat, 3 times.</p> <p>17. Push meridians from popliteal fossa to the top of thigh, 3 times</p> <p>18. <b>40K</b> operation: push Bladder Meridian(BL) - Kidney Meridian(KI) - Liver Meridian(LV) - Gallbladder Meridian(GB) upwards to popliteal fossa respectively, 3 times.</p> <p>19. Move in small spiral curve on calf to dissolve fat, 3 times</p> <p>20. Move the instrument upwards to popliteal fossa and soothe the treatment area with hand, 3 times.</p> <p>21. Push 4 meridians from popliteal fossa to the top of thigh respectively, 3 times.</p> <p>22. Move the handpiece in small spiral curve from popliteal fossa to the top of thigh to dissolve fat, 3 times.</p> <p>23. Push meridians from popliteal fossa to the top of thigh, 3 times</p> <p>24. The front of leg, customer lies on her back: rub oil into skin from foot to the top of thigh (soothing technique), 3 times.</p> <p>25. Alternate heels of both palms to push leg towards the top of thigh, 3 times</p> <p>26. Push four meridians: Spleen Meridian (SP) - Stomach Meridian (ST) - Liver Meridian(LV) - Gallbladder Meridian(GB) to the top of thigh with thumb and index finger splaying.</p> <p>27. Push four meridians with bending fingers of both hands, 3 times.</p>	 <p>Technique 24, 25, 26, 27, 28, 30, 35, 37</p>  <p>Technique 29, 31, 36, 38</p>  <p>Technique 32, 39</p>  <p>Technique 33, 40</p>  <p>Technique 34, 41</p> 
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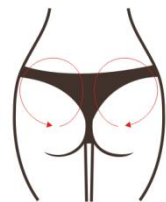


		<p>28. <b>Body RF</b> operation: lift along the four meridians from calf to knee, 3 times(if there is not too much unwanted fat on calf, perform the operation from thigh)</p> <p>29. Move in annular motion from the two sides of calf to knee, 3 times(if there is not too much unwanted fat on calf, perform the operation from thigh)</p> <p>30. Lift from knee to the top of thigh line by line, 3 times</p> <p>31. Move in small circles on thigh, 3 times.</p> <p>32. Lift from the two sides of thigh to the middle with one hand and the handpiece, 3 times</p> <p>33. Lift from knee to the top of thigh in annular motion, 3 times.</p> <p>34. Lift from knee to the top of thigh line by line, 3 times.</p> <p>35. <b>40K</b> operation: lift along the four meridians from calf to knee, 3 times(if there is not too much unwanted fat on calf, perform the operation from thigh)</p> <p>36. Move in annular motion from the two sides of calf to knee, 3 times(if there is not too much unwanted fat on calf, perform the operation from thigh)</p> <p>37. Lift from knee to the top of thigh line by line, 3 times</p> <p>38. Move in small circles on thigh, 3 times.</p> <p>39. Lift from the two sides of thigh to the middle with one hand and the handpiece, 3 times</p> <p>40. Lift from knee to the top of thigh in annular motion, 3 times.</p> <p>41. Lift from knee to the top of thigh line by line, 3 times.</p> <p>42. Clean leg with towel</p>	
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		<p>43. Choose proper frostbite-proof membrane and apply it to the treatment area according to the size of fat area.</p> <p>44. <b>Vacuum&amp;Cooling</b> operation, set the temperature, time and suction of the handpiece.</p> <p>45. Fix the handpiece on the membrane. Start the treatment, adjust the suction level based on individual endurance, wait for about 10-30 minutes.</p> <p>46. Remove the handpiece and the membrane, and wipe the area clean.</p> <p>47. The end.</p>	
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### Treatment Suggestions

One course of treatment consists of 4 treatment sessions. After one treatment, the conditions of redness, swelling, blood stasis, and numbness will disappear in 1-2 weeks. And in the second week, you will feel fat is reduced slowly. After one course of treatment, unwanted fat on legs will begin to disappear, skin will be tightened and legs will begin to become slender. Obvious results will be seen in about 2 months. The fat will be averagely reduced by 22% in thickness. Of course, the effect varies for personal situation. In the later stage, you can take the treatment once per two months to consolidate the effect.

## Hip Shaping: 60 min once a week

<p><b>Body RF</b> Time: 15-20 minutes Energy: 30-70% Mode: NOR</p> <p><b>Vacuum&amp;Cooling</b> Temperature: -3°C~3°C Time: 10-30 min Suction: adjust it based on individual</p>	<p>Massage Cream(Essential Oil)+Gel+MS-7003F</p>	<ol style="list-style-type: none"> <li>1. Massage technique</li> <li>2. Standing on the side, rub oil into skin by sliding to the waist from the Baliao area and then lift up along the hips from the waist, 3 times (this is soothing technique.)</li> <li>3. Push the Baliao area with two thumbs, 3 times.</li> <li>4. Soothe the treatment area for 3 times and then press point: BL-23, Baliao area, DU-1, GB-30, BL-36, 3 times.</li> <li>5. Soothe the treatment area, 3 times.</li> <li>6. Left-right order, both hands push from the root of the thigh in bottom-to-top way -- Bladder Meridian(BL) - Kidney</li> </ol>	<p>Technique1, 4</p> 
			<p>Technique2</p> 
			<p>Technique3</p> 

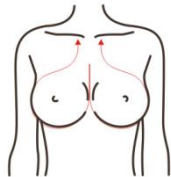
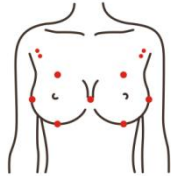
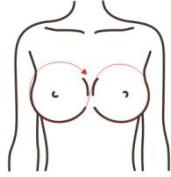
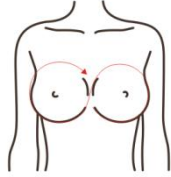
<p>endurance. Setting it at lowest level at the beginning is recommended to avoid discomfort.</p>	<p>Meridian(KI) - Liver Meridian(LV) - Gallbladder Meridian(GB) to Meridian BV, 3 times each.</p> <p>7. Push Bladder Meridian(BL) - Kidney Meridian(KI) - Liver Meridian(LV) - Gallbladder Meridian(GB) from thigh root to Meridian upwards, 3 times each.</p> <p>8. Overlap both palms and push up together from thigh root to pulse (lifting), 3 to 5 times.</p> <p>9. Push your hands upwards from both sides of your hips to the top of your hips(shaping) back and forth, 3 times.</p> <p>10. Repeat step 7</p> <p>11. Soothe the treatment area.</p> <p>12. The techniques on the other side is the same as above.</p> <p>13. The end.</p> <p>14. <b>Body RF</b> operation: lift from the top of thigh to Meridian BV line by line, 3 times.</p> <p>15. Lift upwards from both sides of the buttocks to the highest point of the buttocks 3 times.</p> <p>16. Move the handpiece in small spiral curve on hip, 3-5 times</p> <p>17. Lift from the top of thigh to Meridian BV line by line, 3 times.</p> <p>18. Lift upwards from both sides of the buttocks to the highest point of the buttocks 3 times.</p> <p>19. Do the same on the other side.</p> <p>20. Wipe hips clean with towel.</p> <p>21. Choose proper frostbite-proof membrane and apply it to the treatment area according to the size of fat area.</p>	 <p>Technique6, 12, 15</p>  <p>Technique7</p>  <p>Technique8, 13, 16</p>  <p>Technique14</p> 
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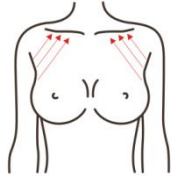
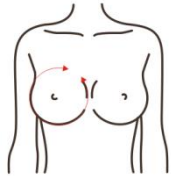
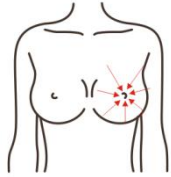
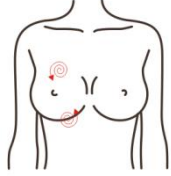

		<p>22. <b>Vacuum&amp;Cooling</b> operation, set the temperature, time and suction of the handpiece.</p> <p>23. Fix the handpiece on the membrane. Start the treatment, adjust the suction level based on individual endurance, wait for about 10-30 minutes.</p> <p>24. Remove the handpiece and the membrane, and wipe the area clean.</p> <p>25. The end.</p>	
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### Treatment Suggestions

One course of treatment consists of 4 treatment sessions. After one treatment, the conditions of redness, swelling, blood stasis, and numbness will disappear in 1-2 weeks. And in the second week, you will feel fat is reduced slowly. After one course of treatment, unwanted fat on hips will begin to disappear and skin will be tightened. Obvious results will be seen in about 2 months. Of course, the effect varies for personal situation. In the later stage, you can take the treatment once per two months to consolidate the effect.

## Breast Shaping: 45 min once a week

<p><b>Body RF</b> Time: 20 minutes Energy: 30-70% Mode: NOR</p>	<p>Massage Cream(Essential Oil)+MS-7003F</p>	<ol style="list-style-type: none"> <li>1. Standing at the bedside, use both hands to rub oil into skin from Shanzhong(RN17) to armpit and then lift the suspensory ligament (massage) for 3 times.</li> <li>2. Use both thumbs to press acupoints: Shanzhong(RN17), Rugen(ST18), Dabao(SP21), Yingchuang(ST16), Zhongfu(LU1), Yunmen(LU2) 3 times</li> <li>3. Massage the area, 3 times</li> <li>4. Overlap two palms and move from Shanzhong(RN17) in a 8-shaped motion back and forth, 3 times</li> <li>5. Alternate hands to push from accessory breast towards suspensory ligament, in left-right order</li> <li>6. Massage the area, 3 times</li> <li>7. Sit beside the customer, use both palms to massage and lift</li> </ol>	<p>Technique1</p> 
			<p>Technique2</p> 
			<p>Technique4</p> 
			<p>Technique5</p> 

		<p>breasts in a left-right order, 3-5 times</p> <p>8. Alternately push the lactiferous ducts (around the breast) with thumbs and index fingers splaying 3-5 times</p> <p>9. Alternately move in circles with two thumbs to dredge nodules on the chest, 3 times</p> <p>10. Massage and lift breast with both hands</p> <p>11. Repeat the techniques on the other breast.</p> <p>12. <b>Body RF</b> handpiece operation: left-right order, lift towards nipple around breast in conjunction with soothing technique of the other hand, 5-8 times</p> <p>13. Lift in circles on the breast towards collarbone in conjunction with soothing technique of the other hand, 5-8 times</p> <p>14. Move in small circles to dredge the area where nodules exist, 3-5 times</p> <p>15. Treatment receiver lies on her side and lift up her arm, move the handpiece in circular motion on accessory breast to burn fat, 5-8 times.</p> <p>16. Push the handpiece from the accessory breast in the armpit to breast (shaping and narrowing the accessory breast) 5-8 times</p> <p>17. Repeat the techniques on the other side.</p> <p>18. Wipe breasts clean with towel, the end.</p>	 <p>Technique 7, 13</p>  <p>Technique 8, 12</p>  <p>Technique 9, 14</p>  <p>Technique 15</p>  <p>Technique 16</p>
<p><b>Treatment Suggestions</b></p> <p>One course of treatment consists of ten treatment sessions. After one treatment, there will be sensation of heat on the breast, blood circulation will be promoted and there will be some degree of lifting effect. After one course, the effect will be more obvious and the nodules will be relieved. After three courses, the skin will be firmed and the breast will be well shaped with increased elasticity. The functions of endocrine system will be improved to make females more attractive.</p>			