

# User Manual

## MS-JS2000B



# Preface

Dear users:

We're pleased to present to you the *Digital Frequency Conversion EMS Electric Muscle Stimulation Body Massager*. It is a multifunctional EMS machine that mainly target at drooping breasts, sagging skin, soft muscles and so on so that it achieves effects like muscle workout and body contouring. *Digital Frequency Conversion EMS Electric Muscle Stimulation Body Massager* is specialized wellness nourishment machine for professional use, which needs to be handled by professionals with proper training. Any improper use will result in adverse consequences. Therefore we advise any personnel read this guide thoroughly and follow the instructions strictly before operation.

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

Thank you!

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# Part I

## Introduction

Digital Frequency Conversion EMS Electric Muscle Stimulation Body Massager is currently the most popular beauty machines that work on muscle workout and body contouring. It's an effective replacement of all the skin tightening and body contouring programs in beauty salons. Moreover, it is convenient and easy to operate. It solves both body management issues for beauty-lovers. This equipment requires no injection, no medication, no operation, thus having no side-effects. It is used externally during the whole process and has an immediate effect. Microcurrent massager achieves effects like muscle relaxation, increase of local blood circulation, prevention of muscle atrophy, relief of muscle spasm and boosting of metabolism through EMS electrical stimulation.

## Advantages

1. Multifunctional EMS messenger can work on issues like physical fatigue, flay chest and tight muscle, etc.
2. Wider treatment range and better effects.
3. No consumption, low cost and quick returns.
4. Easy operation, safe, convenient and comfortable.
5. No needle, no medicine, no pain, no scar and no downtime.
6. EMS microcurrent can stimulate muscle contraction, thus strengthening muscle flexibility and relieving drooping caused by muscle flaccidity.
7. Unevenness, bleed, swelling and stasis will not appear after treatment.

## Working Principles

### EMS

EMS is short for electronic muscle stimulation, referred to as muscle electrical stimulation technology, also known as motor technology, the simple explanation is that the normal muscle after receive the brain sends a signal to start activities actively, and EMS technology through current stimulation, directly convey signals to the muscles, pushing muscles for passive movement, so as to achieve the effect of firming muscle and body contouring. EMS technology can stimulate the skin layer and the capillary and nervous inside the epidermal layer cells to produce hydration, fuel the folds of skin oxygen and nutrients, restore elasticity to drooping skin through the electric current.

## Main Effects

1. Tighten skin and restore elasticity.
2. Tighten your muscles and get in shape.
3. Improve chest relaxation, sagging and outward expansion.
4. Build muscle and reduce belly fat.
5. Exercise abdominal and limb muscles.
6. Increase local blood circulation and relieve muscle stiffness.
7. Stimulate muscle contraction; Strengthen muscle and hip muscle.

## Applicable Range

1. Those with soft and flabby skin.
2. Those with muscle stiffness and tension caused by sitting for long hours.
3. Those with loose belly fat
4. Those who are not satisfied with their figure and want to build muscles.
5. Those with soft, drooping, and inelastic breast.
6. Those with bad buttock types.
7. Those who don't want to exercise but wish for a perfect fit body.

## Inapplicable Range

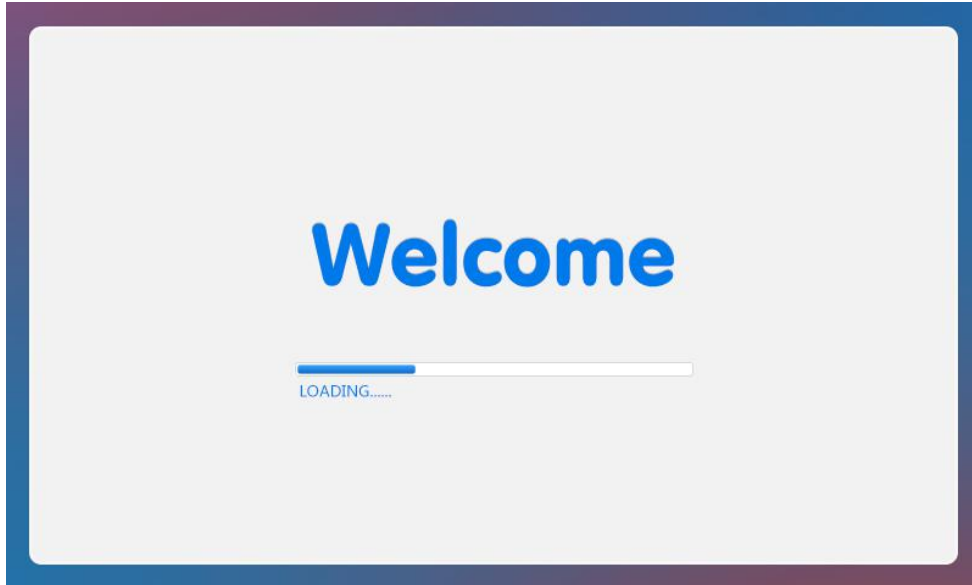
1. Those with '3H' (hypertension, hyperglycemia, hyperlipidemia).
2. Those with heart disease or are implanted with pace maker.
3. Those in pregnancy, menstruation and lactation.
4. Those with skin diseases and infectious diseases.
5. Those who are drunk, too full, empty-stomached, too thirsty or too tired.
6. Use with caution for those who are allergic to electric current.

## Notes after Operation

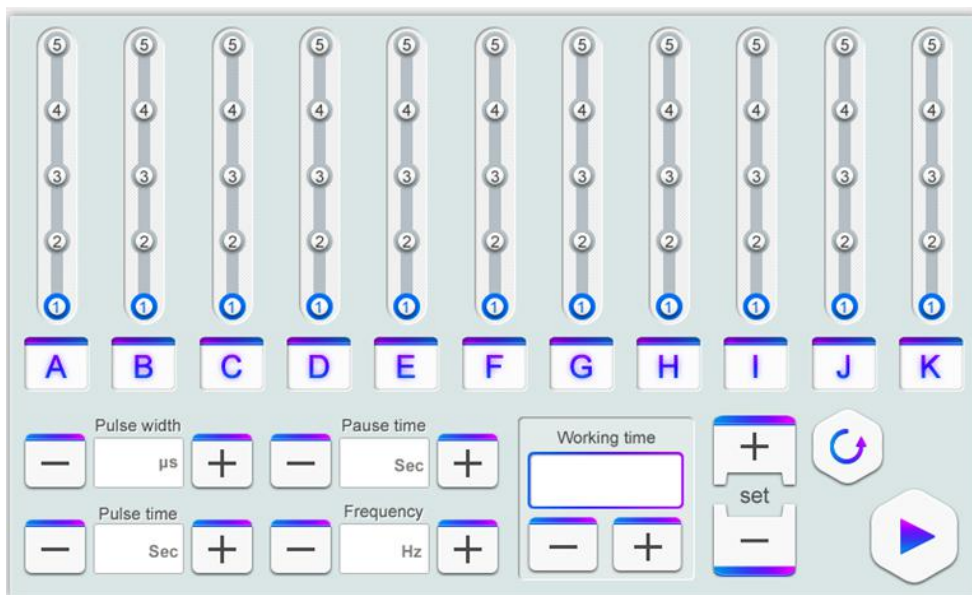
1. Avoid greasy, spicy food.
2. Avoid smoking, drinking or staying up late.
3. Eat more high protein meat and high vitamin vegetables and fruits.
4. Keep warm; Drink more water to boost metabolism.

# Part II

## 1. Detailed Operation



The interface is as follows:





Energy Adjustment (1 is the lowest energy level while 5 is the highest energy level)



EMS

Patch A-K



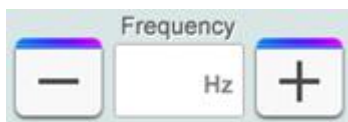
Pulse Width/Intensity (It is advised to start with 100)



Pulse Time (It is advised to start with 1.0)



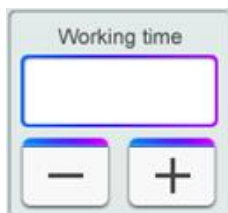
Pause Time Adjustment



Frequency (It is advised to start with 20Hz)



Energy & Time +/-



Working Time Adjustment



EMS Patch Energy +/-



Restore



Start/Pause

## 2. Safety Precautions

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

1. Those who are pregnant or lactating.
2. Those with heart disease or who are implanted with pace maker.
3. Those whose wounds have not healed and who are recovering from the operation.
4. Those with epilepsy, serious diabetes and hyperthyroidism.
5. Those with malignant tumor, hemophilia or severe bleeding.
6. Those with skin diseases and infectious diseases.
7. Use with caution for those who are allergic to electric current.

## 3. Dos and Dont's

1. Use a grounding pin and make sure the power socket of the device is properly connected before each operation.
2. Ensure that the voltage of the device is appropriate. If the voltage of the local power supply is unstable, we recommend that users increase to the matching power voltage.
3. In order to ensure the therapeutic effect and normal service life expectancy of the device, please use the specified accessories provided or recommended by the original manufacturer.
4. The device should not be placed in wet environment or near water, nor should they be directly exposed to sunlight.
5. Do not place the device near a strong heat source, because this may affect the life and normal use of the device.
6. Do not use on breast implants.
7. Do not use on implanted metal infills (exclude female contraceptive ring).
8. Do not use during pregnancy and lactation.
9. Do not use after alcohol consumption.
10. It is advised to start from the lowest energy level for those who are sensitive to electric currents.
11. Do not wear metal jewelries during the process.
12. Do not use EMS patch on abdomen 1 hour after meal.



13. Do not place the EMS patch on injured or inflamed muscle.
14. Do not place the EMS patch on surgery scar (within 10 months).
15. Clean the instrument with normal saline after operation to ensure its cleanliness and hygiene and prolong its service life.

## 4. Troubleshooting & Solutions

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

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

### 2. No electric flow during EMS operation?

- A. Check whether the joint of the line is loose.
- B. Check whether the screen switch is consistent with the conduction patch used.

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

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

## 5.FAQs

### 1. Q: Can EMS treatment help lose weight?

A: No. This instrument achieves effects like better fit, more contoured body. EMS is short for electronic muscle stimulation, referred to as muscle electrical stimulation technology, also known as motor technology, the simple explanation is that the normal muscle after receive the brain sends a signal to start activities actively, and EMS technology through current stimulation, directly convey signals to the muscles, pushing muscles for passive movement, so as to achieve the effect of firming muscle and body contouring.

### 2. Q: Does it hurt during EMS treatment?

A: No. EMS uses microcurrent to stimulate human body cell, and imitate folk massage skills such as hit, press, and push, etc. The process should be relaxing and enjoyable for you.

## 6.Packing List

1 x Microcurrent main machine

1 pair Breast massage pads

10 pair Body slimming pads

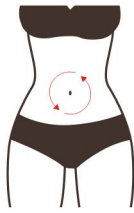
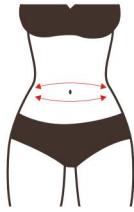
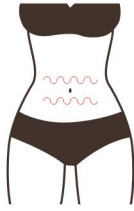
1 set bandage




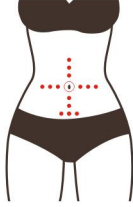


11 x Wires for pads

1 x Power cord

1 x Holder

## 7.Operational Diagrams

Parameter Adjustment	Product	Techniques	Diagrams
<b>Shaping Waist&amp;Abdomen: 40 min, 1-3 times/week</b>			
EMS Energy: 2-4  Pulse Width: 100-350  Pause Time 1.0-5.0  Frequency: 20-80	Essential oil+ Gel+ Towel+ MS-JS2000B	<ol style="list-style-type: none"><li>1. Apply and rub oil on abdomen with hands, 3 times.</li><li>2. Rub stomach back and forth with both hands, 3 times.</li><li>3. Knead abdomen with both hands using chiropractic techniques, 3 times.</li><li>4. Lift <i>Belt Vessel</i> (BV) on both sides of waist with both hands alternately, 16 times.</li><li>5. Move hands as if writing figure "8" 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 and caress the treatment area, 3 times.</li><li>8. Push on the following acupoints: <i>Upper Epigastrium (Ren-13)</i>, Middle Epigastrium</li></ol>	Technique1,7,9,12  <hr/> Technique2  <hr/> Technique3  <hr/> Technique4

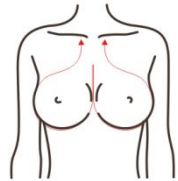
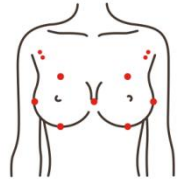
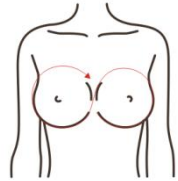
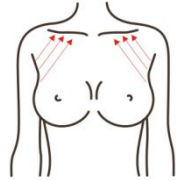
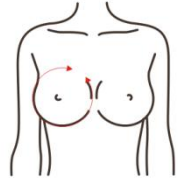
		<p>(Ren-12), <i>Lower Epigastrium (Ren-10)</i>, Spirit Palace(Ren-8), Sea of Qi(Ren-6), <i>Origin Pass(Ren-4)</i>, <i>Middle Extremity (Ren-3)</i>, <i>Heaven's Pivot (ST-25)</i>, <i>Great Horizontal (SP-15)</i>, <i>Crooked Bone (Ren-2)</i>, 2 times.</p> <p>9. Move hands in circular motion and caress the treatment area, 3 times.</p> <p>10. Alternate hands in pushing the following meridians: <i>Conception Vessel (CV)</i> - 2 inches away, <i>Kidney Meridian (KI)</i>- 4 inches away, <i>Stomach Meridian (ST)</i>- 6 inches away, <i>Spleen Meridian (SP)</i>- 8 inches away, <i>Liver Meridian (LV)</i>- two sides, <i>Gallbladder Meridian (GB)</i>, 3 times.</p> <p>11. Starting from <i>Middle Extremity (Ren-3)</i>, push both thumbs to belly navel, slide them to waist and the lift upwards to groin, 3 times.</p> <p>12. Caress the treatment area with hands, 3 times.</p> <p>13. Caress and slide to groin.</p> <p>14. Apply gel on EMS patches.</p> <p>15. Fixate patches on abdomen, 20-30 min.</p> <p>16. Remove the patches and clean with hot towel.</p>	 <p>Technique5</p>  <p>Technique6</p>  <p>Technique8</p>  <p>Technique10</p>  <p>Technique11</p> 
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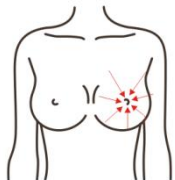
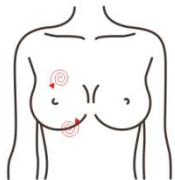
**Suggested Treatment:**

12 treatments account for one full course of treatment. After one treatment, abdomen is relaxed. After a full course, soft abdominal skin begins to tighten up. Two

courses help tighten skin, making it more elastic and muscular. After three courses, abdominal muscle becomes more visible. Consistent use can help maintain the perfect fit body.

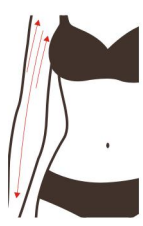
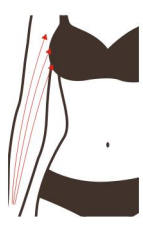

## Shaping Breasts: 40 min, 1-3 times/week

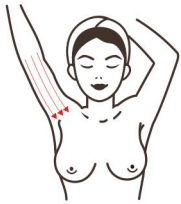
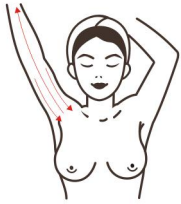

<p>EMS Energy: 2-4</p> <p>Pulse Width: 100-350</p> <p>Pause Time 1.0-5.0</p> <p>Frequency: 20-80</p>	<p>Essential oil+ Gel+ Towel+ MS-JS2000B</p>	<ol style="list-style-type: none"> <li>1. Stand at the head of the bed, both hands from <i>Middle of the Chest (Ren-17)</i> began to rub oil to armpit up at the same time lift the suspension ligament (this is to caress treatment area) 3 times.</li> <li>2. Push on the following acupoints with both thumbs: <i>Middle of the Chest (Ren-17)</i>, <i>Root of the Breast (ST-18)</i>, <i>Great Wrapping (SP-21)</i>, <i>Breast Window (ST-16)</i>, <i>Middle Palace (LU-1)</i>, <i>Cloud Gate (LU-2)</i>, 3 times.</li> <li>3. Caress the treatment area, 3 times.</li> <li>4. Overlap both palms from <i>Middle of the Chest (Ren-17)</i> to chest both sides back and forth as if writing figure "8", 3 times.</li> <li>5. Lift the accessory breast to the ligament alternately with both hands, first left, then right, 3 times.</li> <li>6. Caress the treatment area, 3 times.</li> <li>Sit beside the customer, first left, then right, with both hands to soothe and lift the chest, 3-5 times.</li> <li>8. Alternately push the breast duct around the chest (one circle of the chest), 3-5 times.</li> <li>9. Use the thumb to dredge</li> </ol>	<p>Technique1,3,6,10</p>  <hr/> <p>Technique2</p>  <hr/> <p>Technique4</p>  <hr/> <p>Technique5</p>  <hr/> <p>Technique7</p>  <hr/> <p>Technique8</p>
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		<p>the nodules in the chest, 3-5 times.</p> <p>10. Lift the whole chest with hands, 3-5 times.</p> <p>11. The technique on the other side is the same as above.</p> <p>12. Apply gel on EMS patches.</p> <p>13. Fixate patches on breasts, 20-30 min.</p> <p>14. Remove the patches and clean with hot towel.</p>	 <hr/> <p>Technique9</p> 
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**Suggested Treatment:**  
 12 treatments account for one full course of treatment. After a full course, blood circulation is boosted, and a certain improvement effect will be seen. After a course of treatment the effect is more obvious; Elasticity is increased. 3 courses help tighten the skin and consolidate shaping effect, and increase the elasticity of the breasts, adding to the female charm.

**Shaping Arms: 40 min, 1-3 times/week**

<p>EMS Energy: 2-4</p> <p>Pulse Width: 100-350</p> <p>Pause Time 1.0-5.0</p> <p>Frequency: 20-80</p>	<p>Essential oil+ Gel+ Towel+ MS-JS2000B</p>	<ol style="list-style-type: none"> <li>1. Left-right order: lay the arm flatwise, apply and rub oil in from lower arm to the entire arm and slide to the fingers, 3 times.</li> <li>2. Push the entire arm with both palms, 3 times.</li> <li>3. Push hands upwards tracing three main collateral channels: <i>Large Intestine Meridian(LI)-Triple Energizer (TE)-Small Intestine Meridian(SI)</i> to armpits with fingers spread and <i>Tiger Mouth (the area where the thumb meets the index finger)</i> pointing upwards, 3 times.</li> <li>4. Caress the treatment area, 3 times.</li> <li>5. Trace and rub three main collateral channels on arms</li> </ol>	<p>Technique1</p>  <hr/> <p>Technique2,3,4,5,6</p>  <hr/> <p>Technique7</p> 
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		<p>with kneeling finger back and forth till them turn hot, 3 times.</p> <p>6. Caress the treatment area, 3 times.</p> <p>7. Lay inner arm upwards, and push hands tracing three yin channel on inner arm:  <i>Lung Meridian(LU)</i>  <i>-Pericardium(PC)-Heart Meridian(HT)</i> to armpit, with <i>Tiger Mouth (the area where the thumb meets the index finger)</i> pointing upwards, 3 times respectively.</p> <p>8. Rub three channels back and forth with kneeling fingers, 3 times.</p> <p>9. Caress the treatment area and slide to fingers.</p> <p>10. Repeat the previous operation on the other side.</p> <p>11. Apply gel on EMS patches.</p> <p>12. Fixate patches on arm muscles, 20-30 min.</p> <p>13. Remove the patches and clean with hot towel.</p>	<p>Technique8</p>  <hr/> <p>Technique9</p> 
<p><b>Suggested Treatment:</b>  12 treatments account for a full course. Once done, arm muscle is relaxed; Blood circulation is boosted. After a full course, arm skin begins to tighten up. Two courses help shape arm muscle, which will experience visible change. Three course help consolidate the effect so that arm muscle will present itself in its perfect shape.</p>			
<h2>Shaping Back: 40 min, 1-5 times/week</h2>			
<p>EMS Energy: 2-4</p> <p>Pulse Width: 100-350</p> <p>Pause Time</p>	<p>Essential oil+ Gel+ Towel+ MS-JS2000B</p>	<p>1. Apply oil on back and push on <i>Wind Pool(GB-20)</i> and <i>Wind Palace (DU-16)</i> points.</p> <p>2. (Starting from hairline) stroke <i>Da Ban Jin (start from GB-20 and DU-16, tracing shoulder fascia)</i> with thumb,</p>	<p>Technique1,10</p> 

1.0-5.0

Frequency:  
20-80

3-5 times.

3. Move thumb outwards from *Bladder Meridian(BL)* to *8 Crevice* area (including pairs of *Upper crevice(BI-31)*, *Second Crevice(BI-32)*, *Middle Crevice(BI-33)*, *Lower crevice(BI-34)*) and then to *Wind Pool(GB-20)* and *Wind Palace (DU-16)* points.

4. Starting from neck to caudal vertebra, move hands in S-shape, 3 times.

5. Push *Bladder Meridian(BL)* with thumb in left-right order, 3 times.

6. Push *Bladder Meridian(BL)* to *8 Crevice* area with both thumbs simultaneously, 3 times.

7. Push *Bladder Meridian(BL)* in three kneeling fingers, 3 times.

8. Push scapula slot with both hands alternately in left-right order, 3-6 times.

9. Push scapula slot with both hands horizontally, 3-6 times.

10. Caress the back with both hands and push *Wind Pool(GB-20)* and *Wind Palace (DU-16)* points, 3 times.

11. Overlap both thumbs and push *Heavenly Gathering (SI-11)* point and slide to the arm, 3 times.

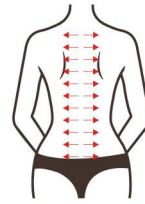
12. Repeat the previous action on another arm, 3 times.

13. Rub *Governing Vessel(GV)* and *Bladder Meridian(BL)* with hands until they turned hot.

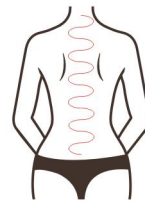
Technique2



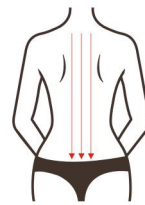
Technique3



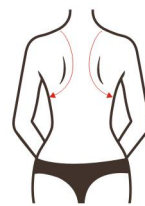
Technique4



Technique5,6,7,13



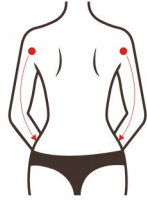
Technique8



Technique9







Technique11,12

		<p>14. Apply gel on EMS patches.</p> <p>15. Fixate patches on back muscles, 20-30 min.</p> <p>16. Remove the patches and clean with hot towel.</p>	
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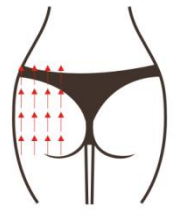

**Suggested Treatment:**

12 treatments account for a full course. After one treatment, back muscle is relaxed; Shoulder and neck stiffness is relieved. After a full course, back muscle is tighten and more elastic. Three courses help shape back outline. Consistent use can help improve physique as well.

**Shaping Buttocks: 40 min, 1-3 times/week**

<p>EMS Energy: 2-4</p> <p>Pulse Width: 100-350</p> <p>Pause Time 1.0-5.0</p> <p>Frequency: 20-80</p>	<p>Essential oil+ Gel+ Towel+ MS-JS2000B</p>	<ol style="list-style-type: none"> <li>1. Standing on the side, accumulate oil on hands and then slide from 8 Crevice area to the waist and then lift up along the hips from the waist, 3 times (this is to caress the treatment area.)</li> <li>2. Repeatedly push 8 Crevice area with two thumbs.</li> <li>3. Caress the treatment area for 3 times and then press on the following points: <i>Kidney Transporter(BI-23)</i>, <i>8 Crevice area</i>, <i>Long and Rigid(DU-1)</i>, <i>Jumping Circle(GB-30)</i> and <i>Hold and Support(BI-36)</i>, 3 times.</li> <li>4. Caress the treatment area, 3 times.</li> <li>5. First left, then right, with both hands extending from the root of the thigh from bottom to top - <i>Bladder Meridian(BL)</i> - <i>Kidney Meridian(KI)</i> - <i>Liver Meridian(LV)</i> - <i>Gallbladder Meridian(GB)</i> - <i>Governing Vessel(GV)</i>, 3 times each.</li> <li>6. Both hands follow from</li> </ol>	<p>Technique1,4,10</p>  <p>Technique2</p>  <p>Technique3</p>  <p>Technique5</p>  <p>Technique6</p>
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		<p>the root of thigh from bottom to top - <i>Bladder Meridian(BL)</i> - <i>Kidney Meridian(KI)</i> - <i>Liver Meridian(LV)</i> - <i>Gallbladder Meridian(GB)</i> - <i>Governing Vessel(GV)</i>, 3 times each.</p> <p>7. Overlap both palms and push up together from thigh root to <i>Governing Vessel(GV)</i> to lift the treatment area ,3 to 5 times.</p> <p>8. Push hands from bottom to top from both sides of the hips to the top of the hips (to shape the treatment area), 3 times.</p> <p>9. Repeat the previous operation.</p> <p>10. Caress the treatment area.</p> <p>11. The technique on the other side is the same as above.</p> <p>12. Apply gel on EMS patches.</p> <p>13. Fixate patches on buttocks muscles, 20-30 min.</p> <p>14. Remove the patches and clean with hot towel.</p>	 <hr/> <p>Technique8</p> 
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**Suggested Treatment:**  
 12 treatments account for a full course. After one treatment, buttocks will experience lifting and blood circulation is boosted. After a course of treatment buttocks start to show obvious curve lines, and are more elastic. 3 courses help shape buttocks and build muscles and skin appears to be tight and elastic, adding to the female charm.

**Shaping Legs: 40 min, 1-3 times/week**

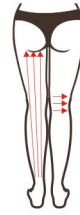
<p>EMS Energy: 2-4</p> <p>Pulse Width: 100-350</p>	<p>Essential oil+ Gel+ Towel+ MS-JS2000B</p>	<p>1. Rear leg, left-right order: apply and rub oil in from calf to thigh to heel, 3 times.</p> <p>2. Alternately push the entire leg from bottom to top and wrap back into the heel, 3</p>	<p>Technique1,2,3,4,6,7, 8</p>
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Pause Time  
1.0-5.0

Frequency:  
20-80

times.

3. Move hands upwards to four main collateral channels: *Bladder Meridian(BL)*-*Kidney Meridian(KI)* -*Liver Meridian(LV)*-*Gallbladder Meridian(GB)* with fingers spread and *Tiger Mouth* (the area where the thumb meets the index finger) pointing upwards, 3 times.
4. Push hands alternately to popliteal fossa, 3 times.
5. Twist both hands upwards alternately as if twisting a fried dough, 3 times.
6. Caress the treatment area, 3 times.
7. Push four main collateral channels upwards with kneeling fingers of both hands, 3 times.
8. Caress the treatment area, 3 times.
9. Do the same on the other side.
10. Apply gel on EMS patches.
11. Fixate patches on leg muscles, 20-30 min.
12. Remove the patches and clean with hot towel.
13. The end of rear leg treatment.
14. Foreleg: rub oil with both hands from heel to the thigh root (to caress the treatment area), 3 times.
15. Alternately push the entire leg from bottom to top and wrap back into the heel, 3 times.
16. Move hands upwards to four main collateral channels:



Technique5



Technique14,15,16,17


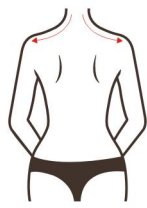


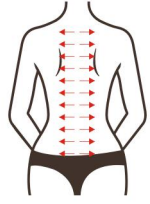
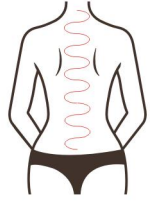
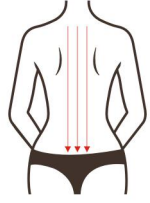
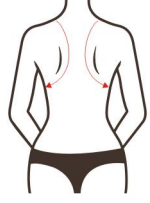

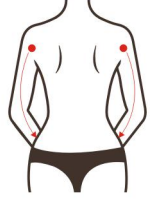
		<p><i>Spleen Meridian(SP)-Stomach Meridian(ST)-Liver Meridian(LV)-Gallbladder Meridian(GB) with fingers spread and Tiger Mouth (the area where the thumb meets the index finger) pointing upwards, 3 times.</i></p> <p>17. Push four main collateral channels upwards with kneeling fingers of both hands, 3 times.</p> <p>18. Apply gel on EMS patches.</p> <p>19. Fixate patches on leg muscles, 20-30 min.</p> <p>20. Remove the patches and clean with hot towel.</p> <p>21. The end of foreleg treatment.</p>	
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**Suggested Treatment:**

12 treatments account for a full course. After one treatment, leg is relaxed, and circulation is accelerated. After a full course, leg skin becomes elastic and soft muscle is strengthened. After three courses, obvious leg muscles are shown.

**Body-Shaping&Slimming: 150 min, 1-3 times/week**

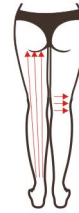
<p>EMS Energy: 2-4</p> <p>Pulse Width: 100-350</p> <p>Pause Time 1.0-5.0</p> <p>Frequency: 20-80</p>	<p>Essential oil+ Gel+ Towel+ MS-JS2000B</p>	<p><b>Back</b></p> <p>1. Apply oil on back and push on <i>Wind Pool(GB-20)</i> and <i>Wind Palace (DU-16)</i> points.</p> <p>2. (Starting from hairline) stroke <i>Da Ban Jin (start from GB-20 and DU-16, tracing shoulder fascia)</i> with thumb, 3-5 times.</p> <p>3. Move thumb outwards from <i>Bladder Meridian(BL)</i> to <i>8 Crevice</i> area (including pairs of <i>Upper crevice(BI-31)</i>, <i>Second Crevice(BI-32)</i>, <i>Middle Crevice(BI-33)</i>, <i>Lower crevice(BI-34)</i>) and then to</p>	<p>Technique1,10</p>  <hr/> <p>Technique2</p>  <hr/> <p>Technique3</p>
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	<p><i>Wind Pool(GB-20)</i> and <i>Wind Palace (DU-16)</i> points.</p> <p>4. Starting from neck to caudal vertebra, move hands in S-shape, 3 times.</p> <p>5. Push <i>Bladder Meridian(BL)</i> with thumb in left-right order, 3 times.</p> <p>6. Push <i>Bladder Meridian(BL)</i> to <i>8 Crevice</i> area with both thumbs simultaneously, 3 times.</p> <p>7. Push <i>Bladder Meridian(BL)</i> in three kneeling fingers, 3 times.</p> <p>8. Push scapula slot with both hands alternately in left-right order, 3-6 times.</p> <p>9. Push scapula slot with both hands horizontally, 3-6 times.</p> <p>10. Caress the back with both hands and push <i>Wind Pool(GB-20)</i> and <i>Wind Palace (DU-16)</i> points, 3 times.</p> <p>11. Overlap both thumbs and push <i>Heavenly Gathering (SI-11)</i> point and slide to the arm, 3 times.</p> <p>12. Repeat the previous action on another arm, 3 times.</p> <p>13. Rub <i>Governing Vessel(GV)</i> and <i>Bladder Meridian(BL)</i> with hands until they turned hot.</p> <p>14. Apply gel on EMS patches.</p> <p>15. Fixate patches on back muscles, 20-30 min.</p> <p>16. Remove the patches and clean with hot towel.</p> <p>17. The end of back treatment.</p>	 <hr/> <p>Technique4</p>  <hr/> <p>Technique5,6,7,13</p>  <hr/> <p>Technique8</p>  <hr/> <p>Technique9</p>  <hr/> <p>Technique11,12</p>  <hr/> <p>Technique18,19,20,21,23,24,25</p>
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**Leg**

- 18. Rear leg, left-right order: apply and rub oil in from calf to thigh to heel, 3 times.
- 19. Alternately push the entire leg from bottom to top and wrap back into the heel, 3 times
- 20. Move hands upwards to four main collateral channels: *Bladder Meridian(BL)-Kidney Meridian(KI) -Liver Meridian(LV)-Gallbladder Meridian(GB)* with fingers spread and *Tiger Mouth (the area where the thumb meets the index finger)* pointing upwards, 3 times.
- 21. Push hands alternately to popliteal fossa, 3 times.
- 22. Twist both hands upwards alternately as if twisting a fried dough, 3 times.
- 23. Caress the treatment area, 3 times.
- 24. Push four main collateral channels upwards with kneeling fingers of both hands, 3 times.
- 25. Caress the treatment area, 3 times.
- 26. Do the same on the other side.
- 27. Apply gel on EMS patches.
- 28. Fixate patches on leg muscles, 20-30 min.
- 29. Remove the patches and clean with hot towel.
- 30. The end of leg treatment.

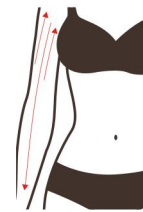
**Arm**



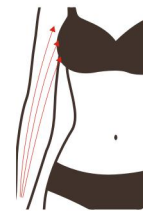
Technique22



Technique31



Technique32,33,34,35,36




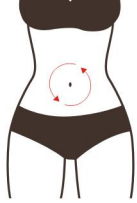
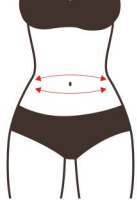
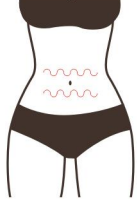
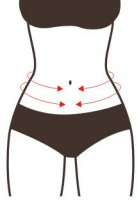

Technique37



Technique38



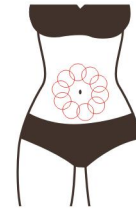
Technique39

	<p>31. Left-right order: lay the arm flatwise, apply and rub oil in from lower arm to the entire arm and slide to the fingers, 3 times.</p> <p>32. Push the entire arm with both palms, 3 times.</p> <p>33. Push hands upwards tracing three main collateral channels: <i>Large Intestine Meridian(LI)-Triple Energizer (TE)-Small Intestine Meridian(SI)</i> to armpits with fingers spread and <i>Tiger Mouth (the area where the thumb meets the index finger)</i> pointing upwards, 3 times.</p> <p>34. Caress the treatment area, 3 times.</p> <p>35. Trace and rub three main collateral channels on arms with kneeling finger back and forth till them turn hot, 3 times.</p> <p>36. Caress the treatment area, 3 times.</p> <p>37. Lay inner arm upwards, and push hands tracing three yin channel on inner arm: <i>Lung Meridian(LU)-Pericardium(PC)-Heart Meridian(HT)</i> to armpit, with <i>Tiger Mouth (the area where the thumb meets the index finger)</i> pointing upwards, 3 times respectively.</p> <p>38. Rub three channels back and forth with kneeling fingers, 3 times.</p> <p>39. Caress the treatment area and slide to fingers.</p> <p>40. Repeat the previous operation on the other side.</p> <p>41. Apply gel on EMS</p>	 <hr/> <p>Technique45,51,53,56</p>  <hr/> <p>Technique46</p>  <hr/> <p>Technique47</p>  <hr/> <p>Technique48</p>  <hr/> <p>Technique49</p>  <hr/> <p>Technique50</p>
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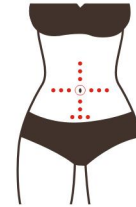
patches.  
 42. Fixate patches on arm muscles, 20-30 min.  
 43. Remove the patches and clean with hot towel.  
 44. The end of arm treatment.

**Abdomen**

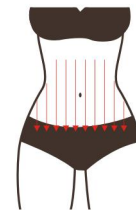
45. Apply and rub oil on abdomen with hands, 3 times.  
 46. Rub stomach back and forth with both hands, 3 times.  
 47. Knead abdomen with both hands using chiropractic techniques, 3 times.  
 48. Lift *Belt Vessel (BV)* on both sides of waist with both hands alternately, 16 times.  
 49. Move hands as if writing figure "8" on waist, 3 times.  
 50. Overlap hands and massage the intestinal canal clockwise, 3 times.  
 51. Move hands in circular motion and caress the treatment area, 3 times.  
 52. Push on the following acupoints: *Upper Epigastrium (Ren-13)*, *Middle Epigastrium (Ren-12)*, *Lower Epigastrium (Ren-10)*, *Spirit Palace (Ren-8)*, *Sea of Qi (Ren-6)*, *Origin Pass (Ren-4)*, *Middle Extremity (Ren-3)*, *Heaven's Pivot (ST-25)*, *Great Horizontal (SP-15)*, *Crooked Bone (Ren-2)*, 2 times.  
 53. Move hands in circular motion and caress the treatment area, 3 times.  
 54. Alternate hands in pushing the following



Technique52



Technique54



Technique55



		<p>meridians: <i>Conception Vessel (CV)</i> - 2 inches away, <i>Kidney Meridian (KI)</i>- 4 inches away, <i>Stomach Meridian (ST)</i>- 6 inches away, <i>Spleen Meridian (SP)</i>- 8 inches away, <i>Liver Meridian (LV)</i>- two sides, <i>Gallbladder Meridian (GB)</i>, 3 times.</p> <p>55. Starting from <i>Middle Extremity (Ren-3)</i>, push both thumbs to belly navel, slide them to waist and the lift upwards to groin, 3 times.</p> <p>56. Caress the treatment area with hands, 3 times.</p> <p>57. Caress and slide to groin.</p> <p>58. Apply gel on EMS patches.</p> <p>59. Fixate patches on abdomen, 20-30 min.</p> <p>60. Remove the patches and clean with hot towel.</p> <p>61. The end of abdomen treatment.</p>	
<p><b>Suggested Treatment:</b>  12 treatments account for a full course. After one treatment, the whole body is fully relaxed and local muscles are relaxed as well. After a full course, soft muscles begin to tighten up. After two courses, skin appears to be more elastic and local flabby fat are turning to muscles. After three courses, body muscles become ever visible. EMS stimulates electric currents so that they send signals directly to muscles for contraction. Consistent use comes with better and more visible results.</p>			