

User Manual

MS-ZIG4



Preface

Dear Users,

We're pleased to present to you our multifunctional instrument which can firm skin, shape body, reduce fat and dredge meridians and channels. It can effectively relieve body damp and cold, sagging skin, bodily soreness and edema and so on. Using high technologies, it can firm skin and shape body in a safe and effective way. Vacuum RF and 40K are professional beauty instruments for body management and fat reduction, which need 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

Brief Introduction

Vacuum RF is the most popular instrument for detox, firming skin and body shaping. It's an effective replacement of all body care programs in beauty salons. Moreover, they are convenient and easy to operate. It solves both skin and figure management issues for beauty-lovers. 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 can heat up deep skin, stimulate the regeneration and reorganization of collagen in the dermis, accelerate the blood circulation at the bottom of the skin, and achieve the purpose of anti-aging, preventing skin aging and tightening and plumping up skin. Meanwhile, the vacuum technology can break down the hard fiber of fat mass to make the skin more elastic, so as to achieve the effect of shaping.

Advantages

1. 7-in-1 multifunctional beauty machine that can provide treatments for the whole body.
2. Various working tips can be replaced according to different areas and different requirements.
3. Painless, non-invasive during the process. Skipping any recovery periods without affecting any work and life plans.
4. No consumption, low cost and quick returns.
5. Wider treatment range with immediate and remarkable results.
6. Unevenness, bleeding, and swelling will not appear after treatment.
7. One handle has multiple functions with higher and even energy.
8. The special vacuum RF tips can effectively promote the fluidity of body fluids, and promote cell movement to activate cells to improve skin elasticity.
9. Various vacuum tips, perform individualized treatment according to everyone's body situation.

Face Firming and Repairing

Working Principles

Face RF

This instrument uses RF effect produced by the circuits among electrodes. 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.

The RF instrument uses high-frequency waves to heat up dermis of face during the treatment to promote skin's metabolism and collagen regeneration. In this way, it can lift skin, reduce wrinkles, slow down aging process, firm and rejuvenate 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 °C ~ 60 °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 make 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.

LED Photon Bio

LED photon therapy uses the principle of photodynamics to activate deep cells and boost skin metabolism. After light is absorbed by the skin, the light energy is transformed into intracellular energy, which expands and strengthens microvessels and produces photochemical--enzymatic reaction with the skin, increasing the activity of Catalase and superoxide dismutase (SOD), which serve as the "guard" and "cleaning worker" of cells. The breakdown of adenosine triphosphate (ATP), a source of cellular energy, increases, and glycogen and protein content increase. Therefore, it promotes cell metabolism and synthesis. It stimulates basic fibroblast growth factor(BFGF) and the epidermal growth factor (EGF) to secrete, which can rearrange collagen fibers and elastic fiber, block and eliminate the formation of melanin, accelerate cell growth and blood circulation, and stimulate fiber cells to produce collagen to increase skin elasticity. It plays an important role in skin care such as repairing the aging skin and acne skin, fading spots, firming skin and alleviating sunburns.

Biological Effects

Using photodynamic principle, it activates deep cells and boosts skin metabolism. After the light is absorbed by the skin, the light energy is converted into cellular energy, which can relax and strengthen the micro vessels and produce photochemical--enzymatic reactions with the skin to increase the content of glycogen and protein. In this way, it promotes the metabolism and synthesis of cells.

Red light: the red light with the wavelength of 635nm has the characteristics of high purity, strong light source and uniform energy density. It has a remarkable effect in skin care and health care, and is called bioactive light. Red light can improve the activity of cells, promote cell metabolism, and make the skin secrete a large amount of collagen and fibrous tissue from the body. It can accelerate blood circulation, increase skin elasticity, and relieve skin sallowness and dullness so as to achieve the effect of anti-aging, anti-oxidation and repair, which can not be achieved by traditional skin care and is especially suitable for sub-healthy people with dry skin and allergic skin. The treatment process is simple, convenient, mild and effective, which can make customer feel comfortable. It can whiten skin, fade spots, rejuvenate skin, remove wrinkles, repair damaged skin, smooth fine wrinkles, shrink pores, regenerate collagen, and increase skin elasticity and luster.

Applicable skin : dull, saggy, rough and dry skin and the skin with spots, wrinkles, uneven tone

Blue light: blue light with a wavelength of 465nm can quickly inhibit inflammation. Propionibacterium is the main cause in the formation of acne. And blue light can effectively destroy the bacteria without damage to skin tissue, minimize the formation of acne, and significantly relieve acne in the inflammatory period to cure it in a very short time. Blue light is a cool color which has calming effect. It can play a role in grease inhibition, anti-inflammation, sterilization, and acne bacteria elimination, and is suitable for acne treatment, anti-inflammation and blackhead prevention.

Applicable skin: sensitive and acne-prone skin, and the skin with redness, allergic reactions, large pores, overly grease secretion, and imbalance of moisture and grease.

Green light: the green light with the wavelength of 597nm has neutralizing, balancing and comforting effect, which can calm nerves, effectively dredge lymph nodes and relieve edema. Green light is the most common color in nature and is regarded as a neutral color. It can relieve skin roughness, wrinkles, blackheads, and acne caused by fatigue and mental tension, and relax oneself and improve skin.

Applicable skin: sensitive and rough skin, skin with wrinkles, or who have no stable emotion and don't have good sleep

Purple light: 600NM, dual frequency of red and blue LED lights. It combines the effects of two kinds of phototherapy and has a particularly good repairing effect especially for the treatment of acne and acne marks.

Applicable skin: dull, rough, sensitive, dry, acne-prone, uneven-toned skin, the skin with spots, overly grease secretion, and wrinkles

Orange light: this light has a wavelength of 600nm, which can increase cell energy gradually and has a great effect on metabolism.

Applicable skin: dry and rough skin, the skin with spots and line lines

White light: 670NM. It penetrates deep into skin, accelerates metabolism of active cells, decomposes pigments, reduces fine lines and tightens skin. It can also relax skin, balance sebum production and control oil secretion.

Applicable skin: sensitive and rough skin, the skin with spots, fine lines and overly grease secretion

Yellow light: 590NM. It can add energy to skin cells, promote the role of glands, assist digestion, treat skin diseases, enhance immunity, accelerate blood circulation, effectively repair red marks, red spots, and relieve swelling and pigmented spots, and is suitable for removing spots and brightening.

Applicable skin: rough, fragile and swelling skins, the skin with redness, spots, pigmentation, uneven tone and fine lines

Effects

1. Relax and soothe skin
2. Contract pores, relieve the symptom of bloodshot eyes and improve pore size
3. Firm and lift skin and increase skin elasticity
4. Relieve saggy skin and wrinkles
5. Help deep skin absorb nutrients and meanwhile keep the nutrients to smooth skin
6. Increase skin's resistance and repair sensitive skin
7. Accelerate deep skin's circulation and metabolism to have healthy skin.

Applicable Range.

1. Those whose faces are dark and dull.
2. Those whose skin is flabby and sagging.
3. Those who have dark circles, bags under eye, fine lines, nasolabial folds, wrinkles at eye corners.
4. Those whose face contours are not clear.
5. Those who have rough skin, large pores and overly grease secretion.
6. Those who work for a long time in the office and are exposed to ultraviolet rays.
7. Those who have sagging skin, edema or puffiness after giving birth

8. Those who have sensitive, acne-prone and redness-prone skin or who have skin allergic reactions.

Inapplicable Range:

1. Those who have just undergone plastic surgery with prostheses and metal materials, etc., implanted at the operation area.
2. Those who have experience in injection products recently, such as hyaluronic acid, or those who have mesotherapy, wrinkle removal, or plastic surgery.
3. Those who have hypertension, heart disease, diabetes, severe hyperthyroidism, malignant tumor, etc.
4. Those who are in allergic period and have severely sensitive skin and metal allergies.
5. Those who have trauma or wound on the skin.
6. Over-aging population.
7. Those who are in menstruation, pregnancy, lactation, surgical recovery.
8. Those who have skin diseases and infectious diseases.
9. Those who have unrealistic illusions about the effect.

Do's and Don'ts after operation

1. Do not wash your face with overheated water for three days (you can wash your face with warm or cold water).
2. Strengthen hydration, moisturizing and avoid sunburn.
3. Do not go for hot springs, saunas, violent exercise, etc., for three days.
4. It is recommended to apply the mask at least three times a week.
5. Avoid eating spicy and greasy food, avoid staying up late, smoking and drinking, and eat more fruits and vegetables and food with less grease.
6. Avoid those food which leads to high blood pressure, high cholesterol and high blood sugar.

Eyes Anti-aging

Working Principles

Eye RF

The principle of radio frequency is the RF effect of the circuits formed by electrodes. RF waves can make cells and molecules produce strong resonance rotation (1 million / s) to produce heat when RF waves directly penetrate the skin and make use of the resistance formed by the skin. It uses the RF waves to heat up deep skin to stimulate collagen growth during the operation, by which it realizes the effect of firming skin, removing bags under eye, reducing dark circles and fine lines, and relieve the symptoms of bloodshot eyes.

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.

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.

Inapplicable Range

1. Those who had just undergone plastic surgery.
2. Those who have hypertension, heart disease, diabetes, severe hyperthyroidism and malignant tumors.
3. Those who are having an allergic reaction and have severe sensitive skin or are allergic to metals.
4. Those who have skin trauma or wound.
5. Those who are of advanced years.
6. Those who are pregnant or convalescents.
7. Those who have skin diseases and contagious diseases.

Do's and Don'ts after Operation

1. Avoid excessive exposure to the sun. Sun protection is encouraged.
2. After operation, the treated area is relatively dry, moisturizing and sun protection is encouraged.
3. Within 1-3 days after operation, it is better not to use alcohol, AHA or other exfoliating products.
4. Avoid facial washing with overheated water, taking a sauna, going for hot springs or other violent exercise within 7 days after operation.
5. Moisturizers and eye masks are encouraged to use. It will be preferable to use eye masks 3 times or more a week.

Neck Anti-aging

Working Principles

Face RF

The RF instrument can realize the effects of firming, lifting, and smoothing skin and face sculpting. The frequency for ideal biological heat effect 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 sagging skin.

Effects

1. Relieve fine lines and wrinkles on neck.

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

Applicable Range

1. Those who have fine lines and wrinkles on the neck
2. Those who have saggy skin without elasticity
3. Those who have dark and dull skin
4. Those who often bow their heads

Inapplicable Range

1. Those who have just taken plastic surgery
2. Those who have hypertension, heart diseases, diabetes, severe thyroid diseases malignant tumor and so on
3. Those who are having allergic reactions or have severely sensitive skin
4. Those who have wounds or cut
5. Those who are too old
6. Pregnant women or people who are recovering from operations
7. Those who have skin diseases and infectious diseases

Do's and Don'ts after Operation

1. Avoid excessive exposure to the sun. Sun protection is encouraged.
2. After operation, the treated area is relatively dry, moisturizing and sun protection is encouraged.
3. Within 1-3 days after operation, it is better not to use alcohol, AHA or other exfoliating products.
4. Avoid facial washing with overheated water, taking a sauna, going for hot springs or other violent exercise within 7 days after operation.
5. Moisturizers and eye masks are encouraged to use. It will be preferable to use eye masks 3 times or more a week. Applying essence or neck cream is encouraged.
6. Avoid bowing heads for a long time.

Figure Management

40K&RF

40K:

The principle of ultrasonic wave is used to make human adipose cell take a strong impact and produce friction movement among adipose cells after strong sound waves with frequency of 40,000HZ 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. The adipose cells will burst instantly, and they will be reduced, so as to achieve the effect of fat removal.

Ultrasound 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.

RF

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. The perfect combination of 40K and RF can not only help people lose weight, but also help firm skin and prevent saggy skin.

Vacuum RF

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

Advantages: it has transcended the previous vacuum working mode which is single and simple. Using different modes for different parts can be more efficient and more effective for slimming and shaping body, and it will never harm human body. Uniquely designed RF tips integrate RF and vacuum as a whole, in which RF and vacuum can exist independently and also are complementary to each other. It can heat up deep skin and meanwhile help with massage and metabolism to achieve greater results with less efforts.

Vacuum Physical Effects

1. Skin layer

The suction and release of air pressure:

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

(2) Draining lymph glands and veins.

Effects: redundant water is discharged from tissue fibers.

2. Vascular layer

The suction and release of air pressure:

(1) Improve the blood circulation of microvessels, not only for the capillary system, but also the flow between the deeper veins and lymphatic networks.

(2) Remove excess toxins in the body.

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

3. Fibrous layer

The suction and release of air pressure:

It can promote the combination of two effects in different tissues (including skin, muscle and so

on).

(1) Repair cell tissue, increase its activity.

(2) Lift and revive skin elasticity.

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

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

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

4.Nerve layer

The suction and release of air pressure:

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

(1) Improve the sensitivity of skin.

(2) Repair skin elasticity and resist tissue fibrosis. Effects: Repair and improve skin sensitivity.

Horn-shaped Handle

The multi-polar RF wave with 1MHZ high frequency is released, in which energy is mainly concentrated on the electrodes. It works in conjunction with vacuum so that the treatment area can fully absorb the radio frequency energy for the dermis transformation. The high frequency wave heats up body. And when the heat makes the dermis reaches 46 degrees, the collagen fibers produce immediate contraction, which stimulates the secretion of more new collagen to fill the gap. With the continuous proliferation and rearrangement of collagen in the dermis, it can make the saggy skin lifted and firmed after the course of treatment. The soft structure of the skin can be presented. When there is more and more collagen, the thickness and density of the dermis increase, for which it can reduce the wrinkles, remove the scars, restore the skin elasticity and luster, make the skin look white and smooth, and make saggy skin become plump, tight, and elastic. Moreover, it can detox and shape body in a more rapid and effective way.

40K Vacuum Handle

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

Advantage: the combination of vacuum and 40K can massage the body and burn fat at the same time, which can get fat excreted out from body through metabolism in a quicker and more efficient way. In this way, it can deliver multiple results of metabolism, reducing fat and shaping body.

1. Waist&Abdomen Shaping

Effects

1. Relieve cold hands and cold feet, cold womb or cold body of women.

2. Powerfully dissolve fat and reduce fat on the abdomen

3. Tighten the skin on the waist and abdomen.

4. Reduce lumbar and abdominal fat.
5. Tighten skin and increase skin elasticity.
6. Accelerate metabolism, relieve constipation and improve intestinal peristalsis.
7. Relieve edema and help restore normal abdomen after giving birth.

Applicable Range

1. Those with cold hands, cold feet, cold womb or cold body.
2. Those who have fat accumulation on waist and abdomen.
3. Those with lumbar and abdominal fat or who have sagging skin after birth.
4. Those sitting for a long time, or with bad waistlines.
5. Those with striae due to obesity and pregnancy.
6. Those with constipation or obstruction of abdominal meridians.
7. Those who experience abdomen edema on waist.

Inapplicable Range

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

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 better the effect of weight loss and metabolism.

2. Arm Shaping

Effects

1. Stimulate collagen growth in the bottom of the skin for firming and shaping.
2. Relieve sagging skin.
3. Alleviate flabby arms and thick arms.
4. Firm skin and soothe saggy skin
5. Relieve arm soreness
6. Accelerate blood circulation and dredge meridians and collaterals.

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
6. Those who have arm edema

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 overly old.
6. Those who are pregnant and who are recovering from surgery.
7. Those with skin diseases and infectious diseases.

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. Refuse to overeat or stay up late.
5. Avoid sauna, hot spring or strenuous exercise within one week after operation.

3. Back Shaping

Effects

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

Applicable Range

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

Inapplicable Range

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

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 clothing

4. Hip Shaping

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

Effects

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

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.

Inapplicable Range

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

Do's and Don'ts after Operation

1. Keep hips warm and avoid wearing miniskirts and shorts.
2. Take Shower in 4-6 hours after operation.
3. Drink plenty of hot water to avoid cold air.
4. Avoid staying up late, drinking and overeating.

5. Avoid eating raw, cold and spicy foods and get enough sleep.
6. Sauna, hot spring or strenuous exercise should be avoided within 7 days after operation.

5. Leg Shaping

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.

Applicable Range

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

Inapplicable Range

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

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 replenish water and speed up metabolism.
4. Refuse to overeat or stay up late.
5. Avoid sauna, hot spring or strenuous exercise for 7 days after operation.
6. Wear pants when you're done. Avoid wearing miniskirts and shorts.

Part II

1. Detailed Operation

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

Welcome



Loading...



and then the following interface will appear



① Function Selection

TIME: **30:00** +
- time adjustment

- + button for display and adjustment of energy level

0% detailed display of energy level

start/pause Button

home button

restore button

PRO NOR M1 M2 M3 M4 M5 mode switch

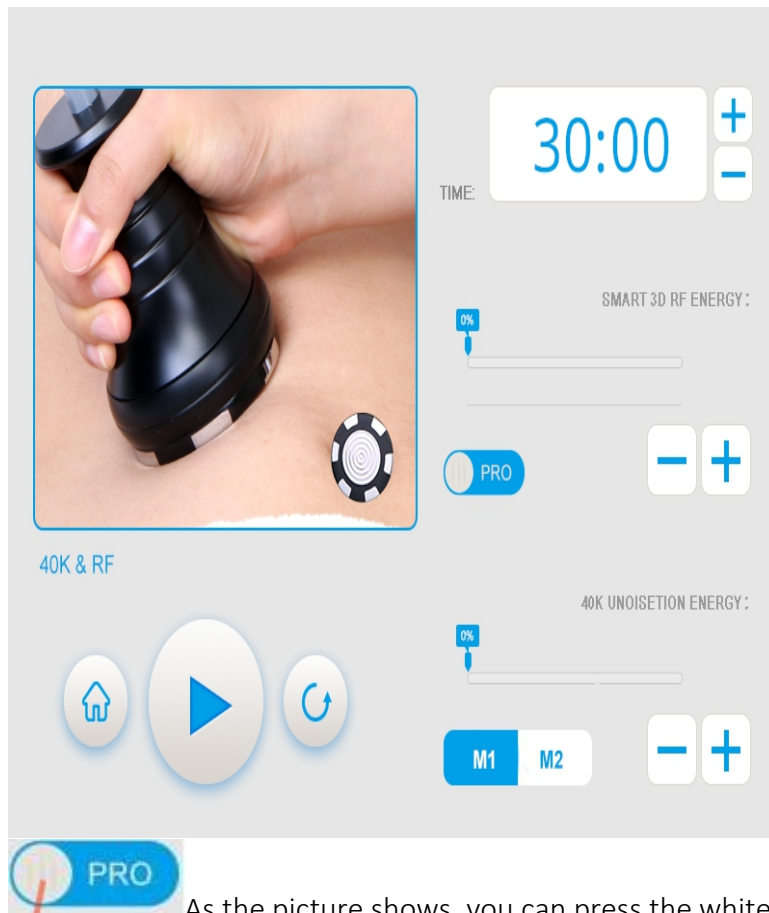
② Detailed Operation of 40k&RF



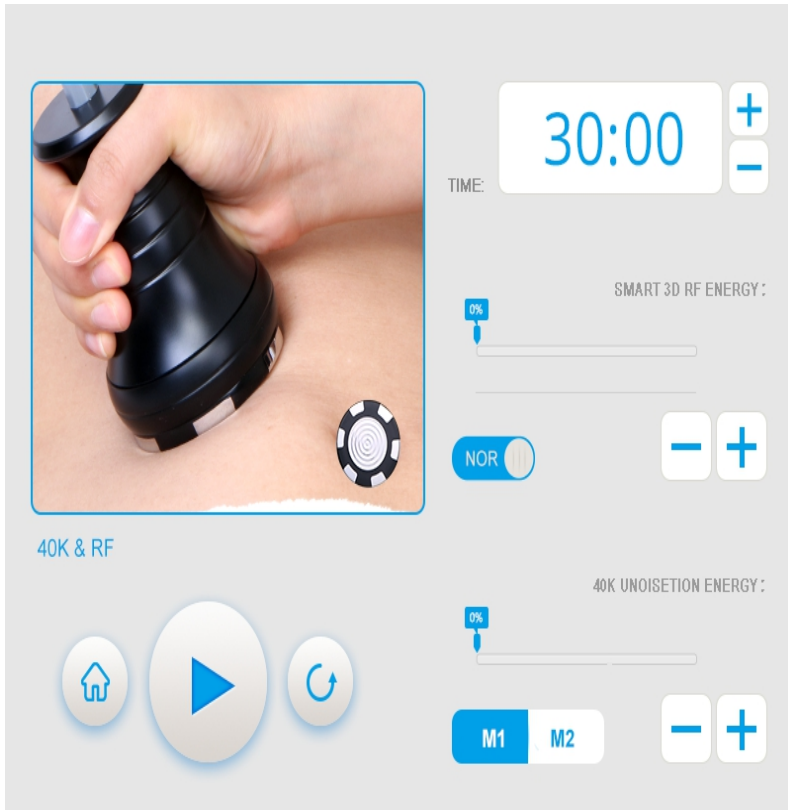
40K&RF

choose

to enter the following interface



As the picture shows, you can press the white button to switch to NOR mode



TIME: 30:00 +
- button for time adjustment

+
- buttons for increasing and decreasing time

SMART 3D RF ENERGY :
- + button for energy adjustment of 3DRF

40K UNOISETION ENERGY :
- + button for energy adjustment of 40K

- + buttons for increasing and decreasing time

0%
detailed display of energy level of 3DRF/40K, advised range:20%-80%.

PRO NOR RF Mode selection, NOR is fixed mode, the energy is directly set at preset level after pressing start button. PRO is smart mode, the energy is slowly released after the handle touches skin.

M1

M2

40K mode selection

M1

M1:constant working mode, the handle releases energy constantly after pressing start button. It is suitable for those who have thick fat accumulation.

M2

M2:discontinuous working mode, the handle releases energy in an discontinuous way after pressing start button.It is suitable for those who want to shape body and have topical fat.



start/pause button



home button



restore button

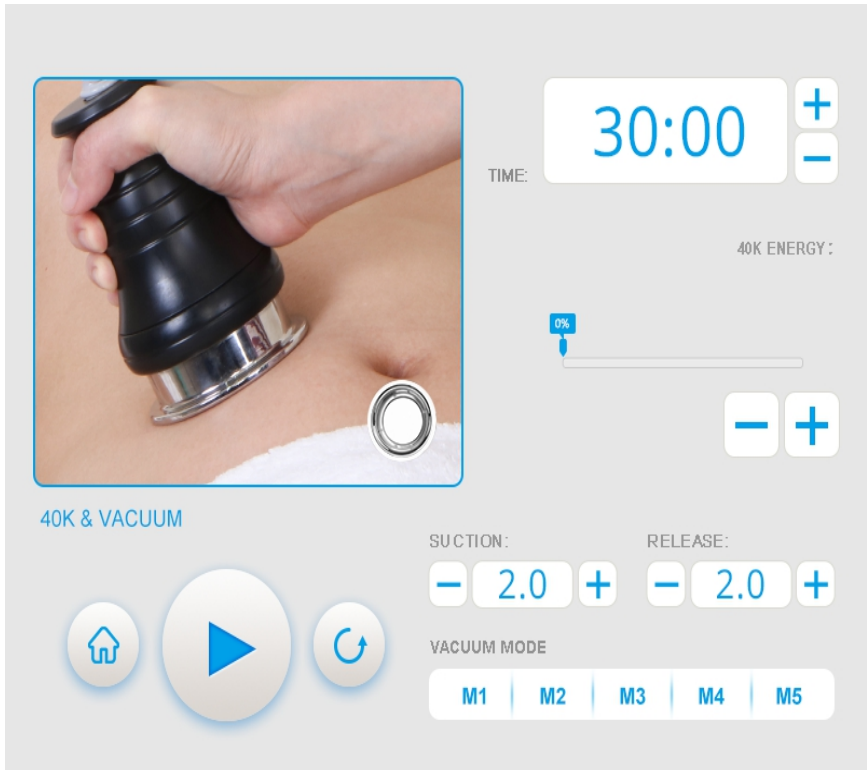
③ Detailed Operation of 40K



40K Vacuum

choose

to enter the following interface



TIME: 30:00 +
-
time adjustment

+
-
button for increasing and decreasing time

40K ENERGY :
0%
- +
adjustment and display of energy level

- +
buttons for increasing and decreasing energy level

0%
detailed display of energy level, advised range:20%-80%

SUCTION :
- 2.0 +
vacuum suction time adjustment. Adjust suction according to individual endurance. It is recommended that you set the energy at the lowest level at the beginning and slowly increase it after you adapt to it. It is recommended that suction time be longer than release time

RELEASE :
- 2.0 +
vacuum release time adjustment, which refers to the duration of there being no suction. "0" means it is in constant suction mode.

- +
buttons for decreasing and increasing suction&release time

VACUUM MODE
M1 | M2 | M3 | M4 | M5
vacuum mode selection

M1

M1: constant suction mode(there will be suction constantly after pressing the start button. It is suitable for those who need powerful cupping therapy and detox.

M2

M2: discontinuous mode, low-frequency(choose M2 when customer needs low-intensity cupping therapy, massage and detox)

M3

M3: discontinuous mode, higher frequency than M2(choose M3 when customer needs higher-intensity cupping therapy, massage and detox)

M4

M4: discontinuous mode, higher frequency than M3(choose M4 when customer needs massage, detox and circulation promotion)

M5

M5: discontinuous mode, highest frequency(choose M5 when customer needs massage for relaxing himself)



start/pause button



home button



restore button

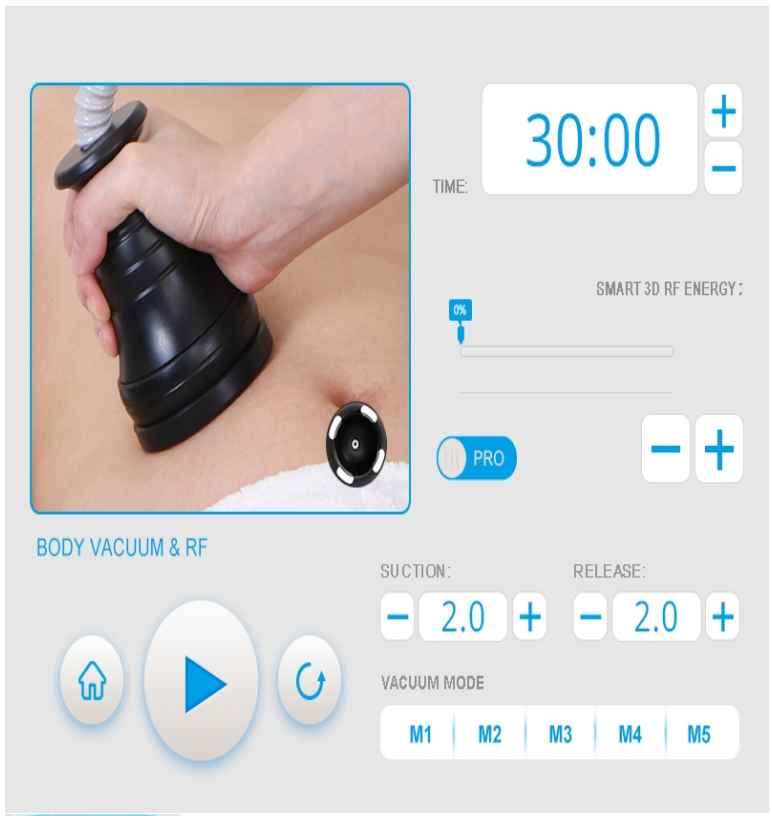
④ Detailed Operation of Body Vacuum&RF



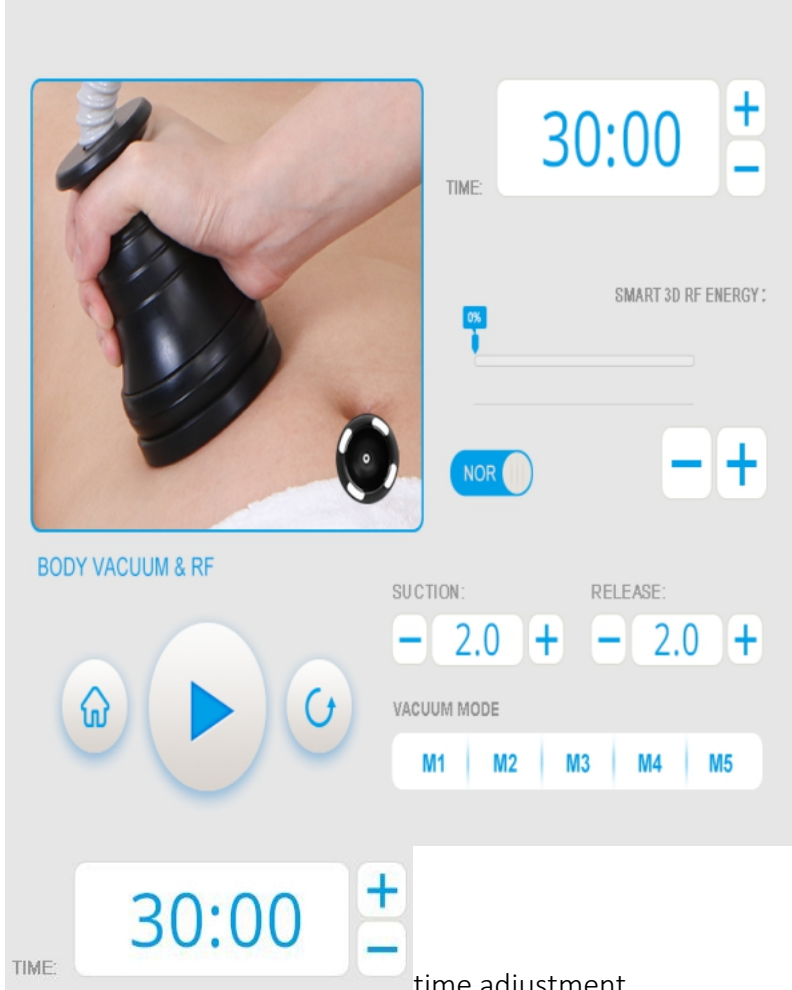
**Body Vacuum
&RF**

choose

to enter the following interface



As the picture shows, you can press white button to switch to NOR mode





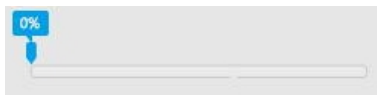
buttons for increasing and decreasing time



3DRF energy adjustment button



buttons for decreasing and increasing energy level



Detailed display of energy level of 3DRF, advised range:20%-80%



RF Mode selection, NOR is fixed mode, the energy is directly set at preset level after pressing start button. PRO is smart mode, the energy is slowly released after the handle touches skin.



vacuum suction time adjustment. Adjust suction according to individual endurance. It is recommended that you set the energy at the lowest level at the beginning and slowly increase it after you adapt to it. It is recommended that suction time be longer than release time



release time adjustment of vacuum, which refers to the duration of there being no suction. "0" means it is in constant suction mode.



buttons for decreasing and increasing suction&release time



vacuum mode selection

M1

M1: constant suction mode(there will be suction constantly after pressing the start button.It is suitable for those who need powerful cupping therapy and detox.

M2

M2: discontinuous mode, low-frequency(choose M2 when customer needs low-intensity cupping therapy, massage and detox)

M3

M3: discontinuous mode, higher frequency than M2(choose M3 when customer needs higher-intensity cupping therapy, massage and detox

M4

M4: discontinuous mode, higher frequency than M3(choose M4 when customer needs massage, detox and circulation promotion)

M5

M5: discontinuous mode, highest frequency(choose M5 when customer needs

massage for relaxing himself)



home button



start/pause button



restore button

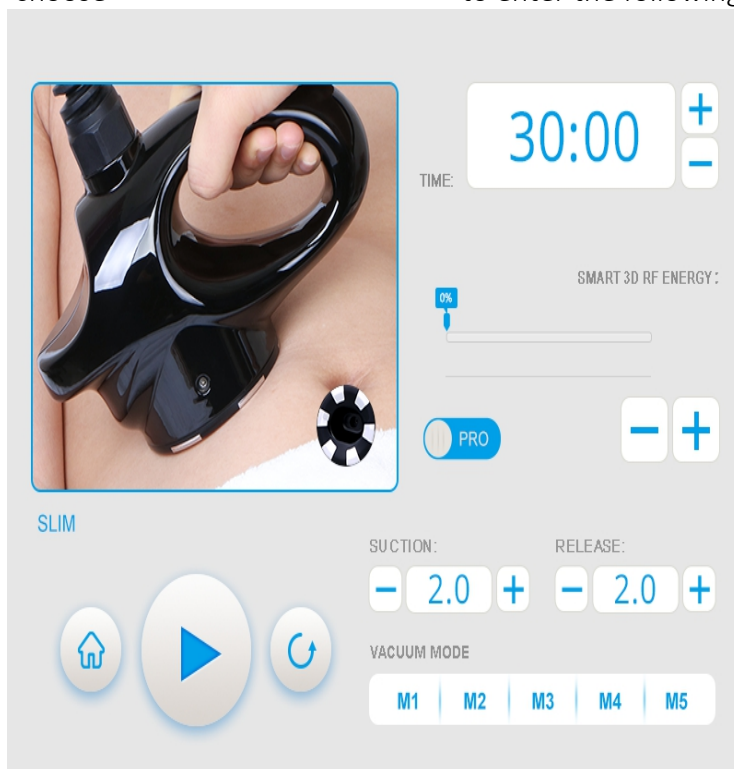
⑤ Detailed Operation of Horn-shaped Handle



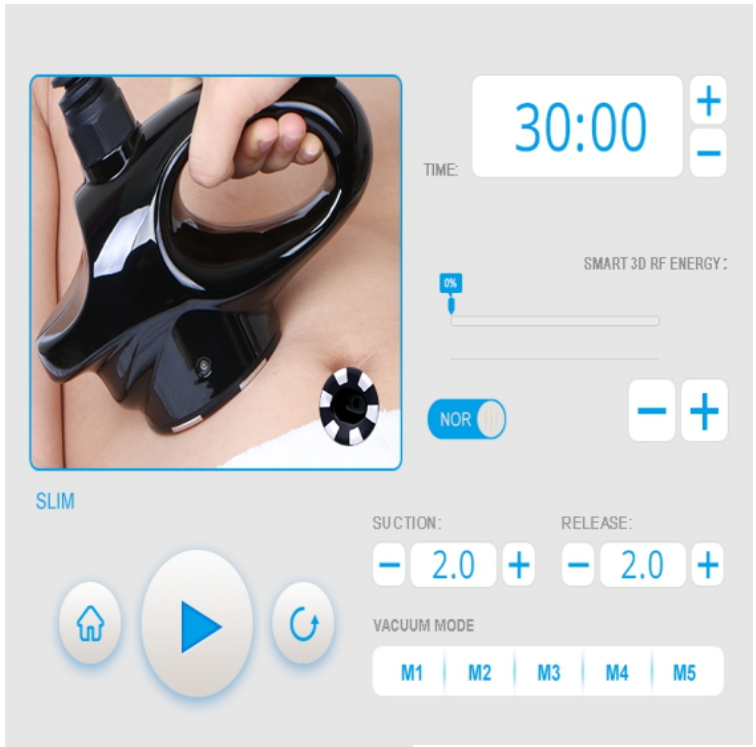
Slim

choose

to enter the following interface



As the picture shows, you can press the white button to switch to NOR mode



TIME: 30:00 +
-
time adjustment

+
-
buttons for increasing and decreasing time

SMART 3D RF ENERGY :
- +
buttons for energy adjustment of 3DRF

- +
buttons for decreasing and increasing energy level

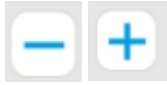
0%
detailed display of energy level of 3DRF, advised range:20%-80%

PRO NOR
RF mode selection, NOR is fixed mode, the energy is directly set at preset level after pressing start button. PRO is smart mode, the energy is slowly released after the handle touches skin.

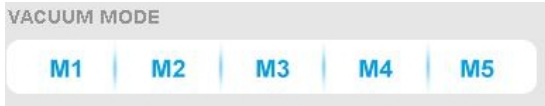
SUCTION:
- 2.0 +
vacuum suction time adjustment. Adjust suction according to individual endurance. It is recommended that you set the energy at the lowest level at the beginning and slowly increase it after you adapt to it. It is recommended that suction time be longer than release time



vacuum release time adjustment, which refers to the duration of there being no suction. "0" means it is in constant suction mode.



buttons for decreasing and increasing suction&release time



vacuum mode selection

M1

M1: constant suction mode(there will be suction constantly after pressing the start button. It is suitable for those who need powerful cupping therapy, detox and body shaping)

M2

M2: discontinuous mode, short release duration(the frequency of suction and release during the same period is high. It is suitable for those who need massage for relaxing and soothing muscles)

M3

M3: discontinuous mode, longer release duration than M2(the frequency of suction and release during the same period is lower than M2. It is suitable for those who want to massage and soothe body and accelerate metabolism.)

M4

M4: discontinuous mode, longer release duration than M3(the frequency of suction and release during the same period is lower than M3. It is suitable for those who need cupping therapy for detox and dredging)

M5

M5: discontinuous mode, longest release duration(choose M5 when customer needs massage for relaxing himself or uses this instrument for the first time)



home button



start/pause button



restore button

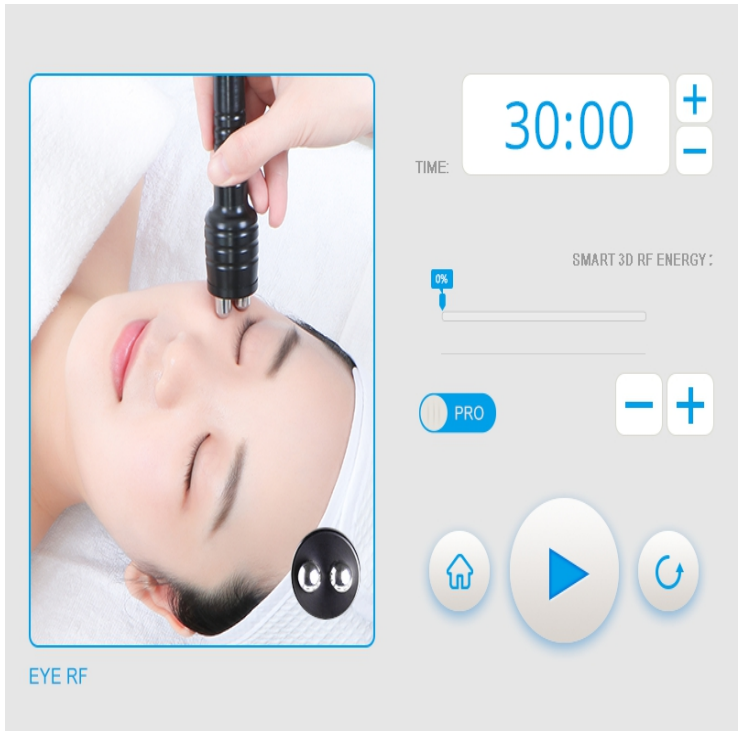
⑥ Detailed Operation of Eye RF



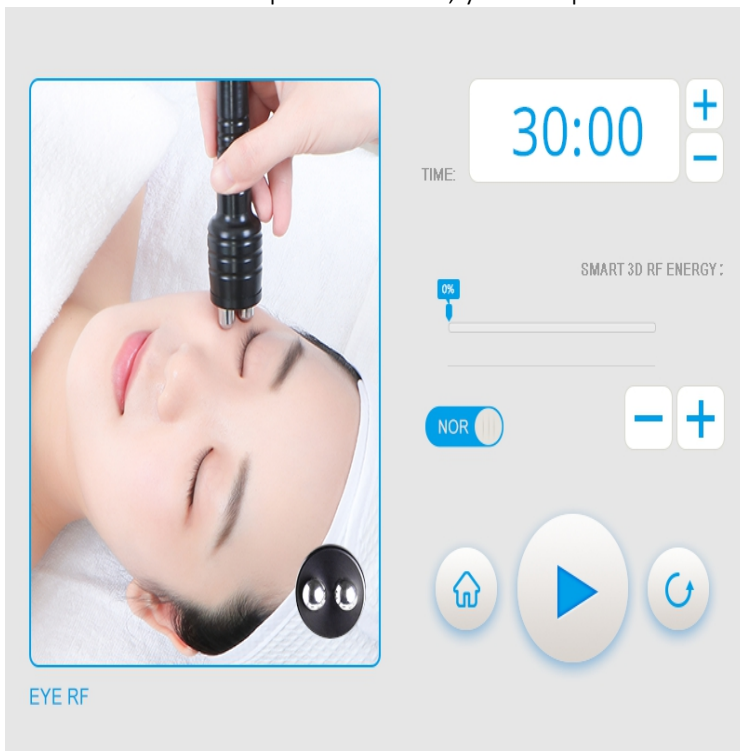
Eye RF

choose

to enter the following interface



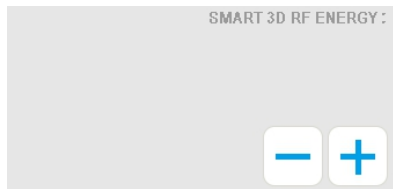
As the picture shows, you can press the white button to switch to NOR mode



time adjustment



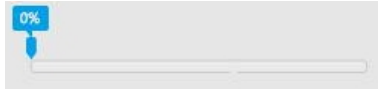
buttons for increasing and decreasing time



adjustment buttons for energy level of 3DRF



buttons for decreasing and increasing energy level



detailed display of energy level of 3DRF, advised range:20%-80%



RF Mode selection, NOR is fixed mode, the energy is directly set at preset level after pressing start button. PRO is smart mode, the energy is slowly released after the handle touches skin.



home button



start/pause button



restore button

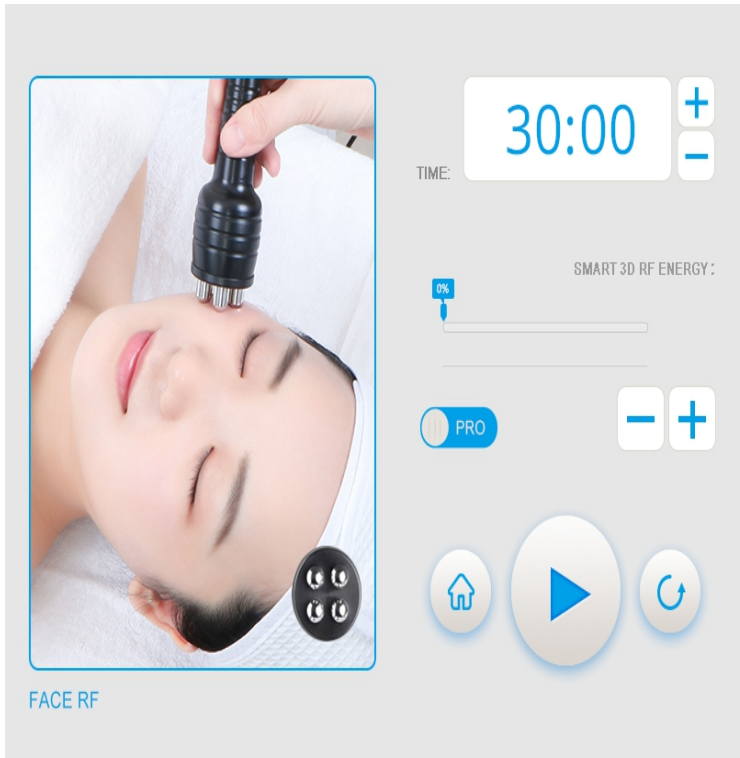
⑦ Detailed Operation of Face RF



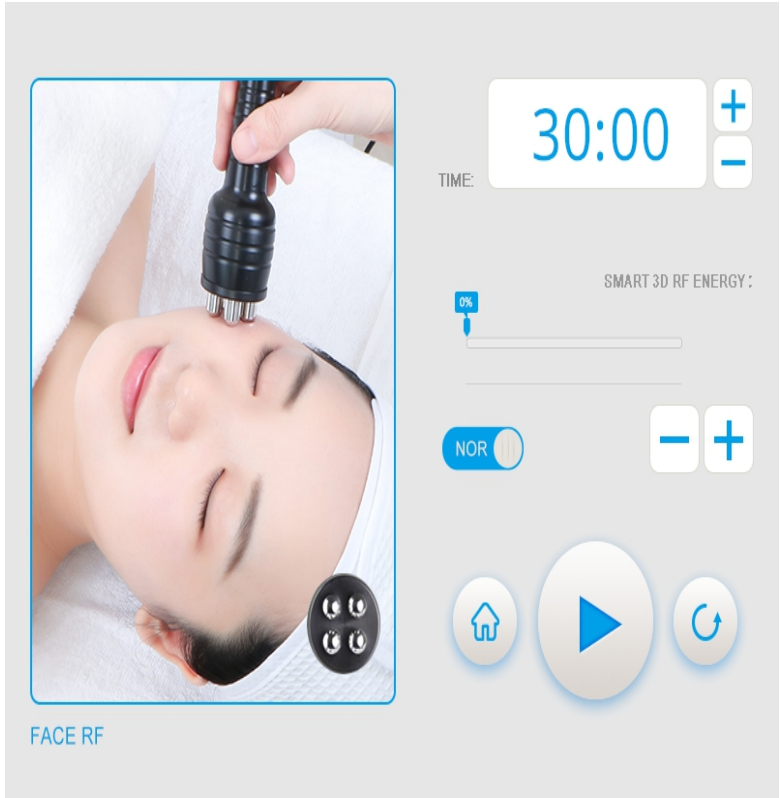
Face RF

choose

to enter the following interface



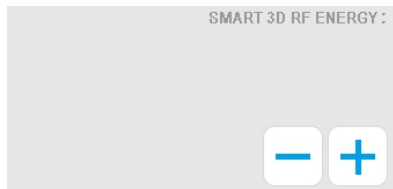
As the picture shows, you can press the white button to switch to NOR mode



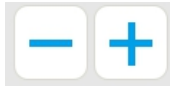
time adjustment



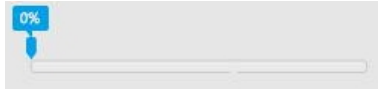
buttons for increasing and decreasing time



adjustment button for energy level of 3DRF



buttons for increasing and decreasing energy level



detailed display of energy level of 3DRF, advised range:20%-80%



RF Mode selection, NOR is fixed mode, the energy is directly set at preset level after pressing start button. PRO is smart mode, the energy is slowly released after the handle touches skin.



home button



start/pause button



restore button

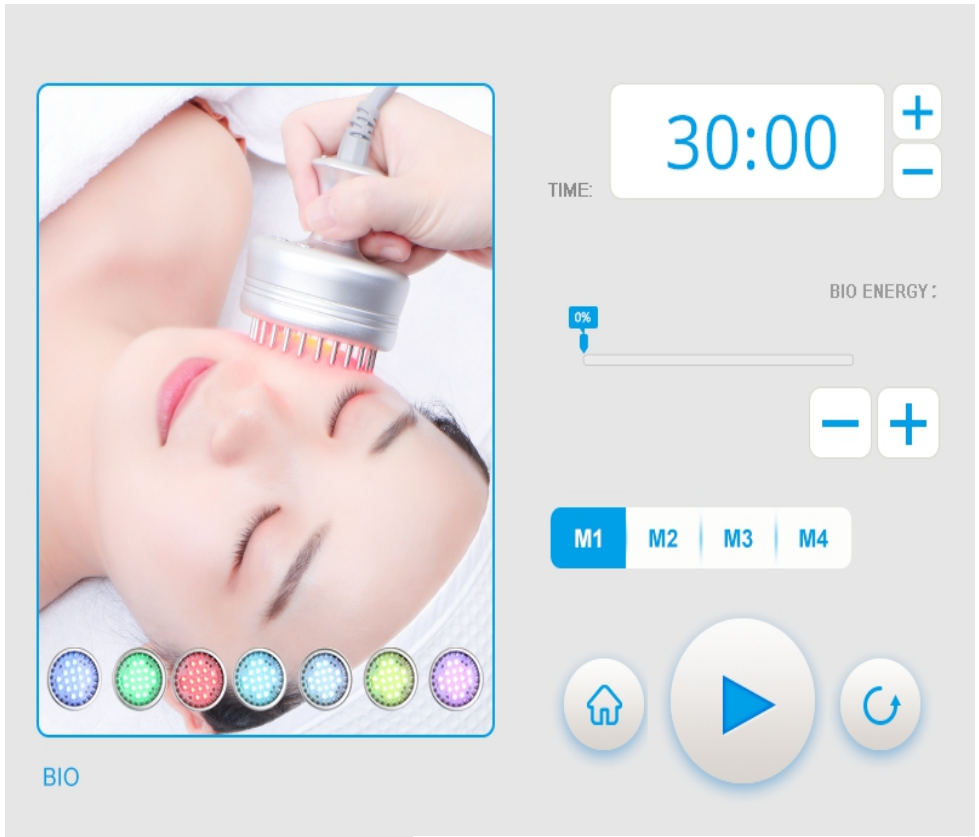
⑧ Detailed Operation of LED Photon Bio



Bio

choose

to enter the following interface



TIME: 30:00 +
-
time adjustment

+
-
buttons for increasing and decreasing time

BIO ENERGY:
- +
adjustment button for energy level of BIO

- +
buttons for decreasing and increasing energy level

0%
detailed display of energy level of BIO, advised range:10%-60%.
the higher the energy level is, the stronger the sensation of current will be.

M1 M2 M3 M4
BIO mode selection

M1
M1 is importing mode, suitable for importing nutrients and help with absorption

M2
M2 is firming mode, suitable for those who have saggy skin and fine lines

M3
M3 is lifting mode, suitable for those who want to promote contour and prevent

saggy skin



M4 is rejuvenating mode, suitable for those who have rough skin, wrinkles and pigmentation.



home button



start/pause button



restore button



the operating tip



start button of LED Photon



button for cyclical colour change(cyclical flashing of various kinds of colour)



button for mode selection(you can choose a kind of light among various ones with different colors and keep it constantly on).



button with single-colour light flashing(when there is a need to change the light into another light with different colour, press MODE button to change the colour

Note: BIO and LED Photon can work concurrently.

2. Technical Parameters

Power consumption:380VA

Input power supply:220V 50Hz
110V 60Hz

Fuse:6A 220V (5×20)

Vacuum :0-0.8MPa

RF frequency:0.8MHz-1.2MHz

3. User Contraindications

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 in pregnancy or lactation.
2. Those with heart disease or who are equipped with pacemaker.
3. Those whose wounds have not healed and who are recovering from the operation.
4. Those with epilepsy, severe diabetes and hyperthyroidism.
5. Those with malignant tumor, hemophilia or severe bleeding.
6. Those with skin diseases and infectious diseases.
7. Do not wear metal jewellery during the operation.
8. Do not use this instrument on the areas where there are metal, plastic and silicone implants.

4. 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 the electrical products.
10. Use device or train device operators in strict accordance with instructions in the user manual.
11. When taking other weight-loss drugs, it is recommended to stop taking them for 1 to 2 months before treatment. Extension of the course of treatment is recommended if you wish to lose weight immediately.
12. Don't use the instrument on an empty stomach. After a full meal, wait at least 1 hour before a course of weight loss treatment.
13. During operation, the instrument should be in full contact with the skin to avoid uneven heating or getting scalded.
14. Start from the lowest energy level and slowly add up.
15. When using this device, the operating parts must be kept moist and dry skin should be avoided.
16. Clean the instrument with normal saline (do not use ethyl alcohol) after operation to ensure its cleanliness and hygiene and prolong its service life.
17. Do not put the instrument on the same area for over 5 seconds to avoid uneven energy transmission or scalds
18. Do not use 40K on head, or the parts of thorax, chest, bone, heart and back.

19. It is recommended that you should not use the instrument constantly for over 2 hours. After 2 hours, you should turn off the instrument and cut off power. And then you can turn it on for use in 10-30 minutes.
20. The instrument should touch skin after pressing the start button to avoid dry heating.

5. 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 a valid power socket.
- B. Whether the fuse tube on the back of the instrument is loose or burnt out.

2. No RF output of the instrument?

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

3. Weakened RF output?

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

4. No suction or very little suction?

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

5. 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 can not solve the problem, please contact the instrument dealer for assistance.

9. FAQs

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

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

2. Q: Is RF harmful to skin?

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

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

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

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

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

5. Q: Which one is better in terms of weight loss, liposuction or this machine?

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

6. Q: Will I experience rebound after operation?

A: Ultrasonic works by dissolving fat to reduce weight, and are not prone to rebound. Because what's dissolved through ultrasonic treatment is fat, not water. The formation of fat needs a longer period of time to accumulate, so it is not prone to rebound.

7. Q: Do I need to be on a diet?

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

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

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

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

A: Ultrasonic cavitation ruptures fat cells and causes mechanical disruption of fat cell membrane. Liquefied fat cells then cleared away by metabolic pathways. Our heart is a hollow organ, and sensitive to high frequency sound waves. Back and forth reflex occur due to the fact that muscle tissue and blood in the heart do not conduct sound waves in the same way. The reflex force can detach cardiac valves from cardiac muscles. If directed at the eye, it can cause retinal detachment. In a word, avoid eye and heart area when using ultrasonic beauty device. (It is also

advised not to use it on waist, back and chest.)

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

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

11. Q: Why does tinnitus occur?

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

12. Q: What is collagen?

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

13. Q: Why do I need hip maintenance?

A: Because it can help the body lymphatic system discharge poison, improve the gynaecological disease, and avoid harm brought by buttock blockage. Hip impassability surely bring about gynaecological issues. What's inside buttocks is pelvic cavity, bowel. It connects daimai, lumbar vertebra, sciatic nerve from above, uterus ovary, uterine adenexa in front, anus, vagina, inguinal lymphatic from below.

If suffering from squeeze of shangjiao and xiaojiao meridian channels, hip would be most vulnerable to cold, wet and blood stasis. When hip is affected by cold, it can cause meridian contraction of hips, dysmenorrhea, irregular menstruation, dark menstruation color, clot, deterred blood flow and meridian channels. It also affects fertility.



14. Q: How does negative pressure detoxify?

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

7. Packing List

- 1×Main Machine
- 1×Face RF
- 1×Eye RF
- 1×40K & RF
- 1×40K Vacuum
- 1×Body Vacuum RF
- 1×Horn-shaped Handle
- 1×LED Photon Bio
- 3×Filter
- 1×Power Line
- 2×Fuse
- 1×Fittings stand
- 2×Support
- 1×Key

8. Operational Diagrams

Parameter Adjustment	Product	Techniques	Diagrams
<p>Face Firming and Repairing: 60 minutes 12 times a week</p>			
<p>Face RF energy: 20%-80% Advised time: 10-15 minutes Mode: NOR: fixed mode PRO: smart mode</p> <p>LED Photon Bio energy: 10%-60% Advised time: 5-8 minutes Mode: M1:importing mode M2:firming mode M3:lifting mode M4:rejuvenating mode</p>	<p>Makeup remover+face cleanser+base mask+cold&hot steam+massage cream+essence+face mask+MS-ZIG4</p>	<ol style="list-style-type: none"> 1. Remove makeup and clean face, 5 min. 2. Apply toner , 1 minute 3. Apply base mask and use hot steam, 10 min. 4. Remove mask and clean face, 3 minutes 5. Face massage, apply massage cream evenly to face and soothe face, 3 times 6. Press the following acupoints (Ren-24, Du-26, St-4, St-6, LI-20, BL-1, BL-2, EM3, TE-23, Gb-1, the Temple, St-1, St-2), 3 times. 7. Soothe face, 3 times 8. Pluck skin with both 	<p>Technique6</p>  <hr/> <p>Technique11、15</p>  <hr/> <p>Technique12、16</p>



		<p>hands to lift face, 1 minutes</p> <p>9. On side, pluck skin by alternating hands to lift face, one minute</p> <p>10. Repeat the technique on the other side</p> <p>11. Alternate both hands to lift face from chin to earlobe, mouth corner to ear center, nose wing to temple, 3 times</p> <p>12. Lift towards hairlines on forehead, 3 times.</p> <p>13. Repeat the techniques on the other side.</p> <p>14. Face RF operation, move the handle upwards in circular motion from chin to earlobe, mouth corner to ear center, and nose wing to temple, 3 times</p> <p>15. Lift from temple to earlobe, mouth corner to ear center, nose wing to mouth corner with one hand and the handle alternately, 3 times</p> <p>16. Lift from forehead to hairline with one hand and the handle alternately, 3 times</p> <p>17. Repeat the operation on the other side</p> <p>18. Wash face clean, 3 minutes</p> <p>19. Apply essence evenly to face, 1 minute</p> <p>20. LED Photon BIO handle operation, move the handle laterally in circular</p>	<div data-bbox="1141 206 1281 427" data-label="Image"> </div> <hr/> <p data-bbox="1050 450 1219 479">Technique14</p> <div data-bbox="1141 499 1281 707" data-label="Image"> </div> <hr/> <p data-bbox="1050 730 1219 759">Technique20</p> <div data-bbox="1141 779 1281 996" data-label="Image"> </div> <hr/> <p data-bbox="1050 1019 1219 1048">Technique21</p> <div data-bbox="1141 1068 1281 1285" data-label="Image"> </div>
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		<p>motion on the whole face, 3 times</p> <p>21. Move the handle laterally in circular motion on forehead, or move the handle laterally back and forth, 3 times</p> <p>22. Perform the treatment by using stamping technique on the face, 3-5 times</p> <p>23. Apply face mask for hydration 15 minutes</p> <p>24. Remove mask, wash face clean, 3 minutes</p> <p>25. Apply toner, essence, face cream and sunscreen</p> <p>26. The end</p>	
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Treatment Suggestions:

One course of treatment consists of ten treatment sessions. After one treatment session, there will be sensation of heating and skin will clean with clarity. After one course of treatment, skin will be moisturized and smoothed and collagen will be increased. After two courses, skin elasticity will be increased, skin metabolism and detox will be accelerated, and pigmentation and dullness will be relieved. After three courses, effects will be consolidated, and saggy skin will be prevented.

Eye Anti-ageing: 45 minutes 1-2 times a week

<p>Eye RF energy: 20%-80%</p> <p>Advised time: 10-15 minutes</p> <p>Mode:</p> <p>NOR: fixed mode</p> <p>PRO: smart mode</p>	<p>Makeup remover+face cleanser+toner+eye essence+MS-ZIG4+eye mask</p>	<ol style="list-style-type: none"> 1. Remove makeup, 5 minutes 2. Apply toner, 1 minute 3. Rub essence evenly into eye area by moving both hands in circular motion, 1 minute 4. Press the following acupoints with middle fingers and ring fingers(BL-1, BL-2, EM3, TE-23, the Temple, Gb-1, St-1, 5. Move in circular 	<p>Technique3、 5、 10</p> <div style="text-align: center;">  </div> <hr/> <p>Technique4</p> <div style="text-align: center;">  </div> <hr/> <p>Technique6</p>
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motion with both hands to soothe eye area and then press temple with finger, 3 times.

6. One side, move in small circular motion horizontally from lower eyelid to the back of ear with middle and ring fingers

7. One side, lift from inner eye corner along eyebrow to the back of ear, 3 times

8. One side, lift eye corner with scissorhand, 3-5 times

9. Repeat the techniques on the other side

10. Move in circular motion with both hands to soothe eye area and then press temple with finger, 3-5 times.

11. **Eye RF operation**, move the handle in small circles from lower eyelid to temple, 3-5 times

12. Alternately lift from lower eyelid to temple with one hand and the handle, 3-5 times

13. Lift from inner end of eyebrow to the outer end, 3-5 times

14. Alternately lift from inner eye corner to hairline with one hand and the handle

15. Repeat the operation on the other hand.

16. Apply eye mask, 15 mask

17. Remove eye mask,



Technique7



Technique8



Technique11



Technique12、 14



Technique13



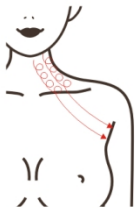




		wash face and eye area clean, 2 minutes 18. Apply toner, face essence, eye essence, face cream and sunscreen. 19. The end	
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Treatment Suggestions:

One course of treatment consists of ten treatment sessions. After one treatment session, there will be some sensations of lifting and firming on eye area, and blood circulation will be accelerated. After one course of treatment, fine lines and dark circles will be relieved and skin tone will be brightened. After three courses of treatment, skin will be rejuvenated and hydrated with glow and eye ageing will be prevented.

Neck Anti-ageing: 45 minutes 1-2 times a week

<p>Face RF energy: 20%-80%</p> <p>Advised time: 10-15 minutes</p> <p>Mode: NOR: fixed mode PRO: smart mode</p>	<p>Makeup remover+face cleanser+toner+massage cream+essence+MS-ZIG4+neck mask</p>	<ol style="list-style-type: none"> 1. Remove makeup and clean neck, 5 min. 2. Apply toner, 1 minute 3. Neck massage, rub oil into the chest with both hands and then slide to the back of the neck and press Gb-20 and Du-16 acupoints, 3 times. 4. Alternately lift the lower jaw and double chin to pass behind the ear and under the armpit, 3 times. 5. Push downwards with hand spread and hukou pointing down, tracing 3 meridian channels from the neck side to the armpit, 3 times. 6. Push downwards with 4 fingers, tracing 3 meridian channels from neck side to the armpit, 3 times. 7. Push downwards with kneeling fingers till the neck turns hot and slide to the 	<p>Technique3</p>  <hr/> <p>Technique4、 12</p>  <hr/> <p>Technique5、 6、 7、 13</p>  <hr/> <p>Technique15</p>  <hr/> <p>Technique16</p>
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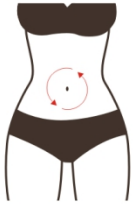
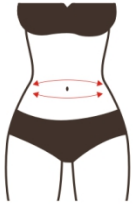
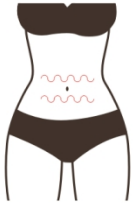
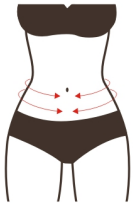

	<p>armpit, 3 times.</p> <p>8. Push downwards with hand spread and hukou pointing down from outer collarbone to armpit, 3-5 times.</p> <p>9. Do the same on the other side.</p> <p>10. Wash neck clean, 2 minutes</p> <p>11. Apply essence evenly to neck, 1 minute</p> <p>12. Eye RF Operation, coupled with hand massage, lift double chin to pass behind the ear and under the armpit, 3 times.</p> <p>13. Move the device in circles along three lines on one side of neck to pass under armpit, 3 times.</p> <p>14. Slide the device from inner and outer clavicles to the armpit, 3-5 times.</p> <p>15. Move the device in circles on the whole neck area, 3 times.</p> <p>16. Lift neck line by line with one hand and the device, 3-5 times.</p> <p>17. Repeat the operation on the operation on the other side.</p> <p>18. Apply neck mask, 15 minutes</p> <p>19. Remove mask and wash neck clean, 2 times</p> <p>20. Apply toner, essence and neck cream</p> <p>21. The end.</p>	
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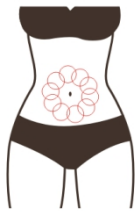


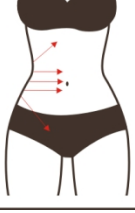

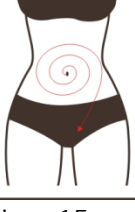
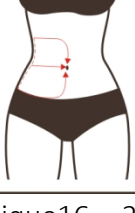
Treatment Suggestions:


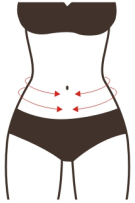
A course of treatment consists of ten treatment sessions. After one treatment, skin becomes rejuvenated and smooth. After a full course, neck skin becomes smooth, and the neck lymphatic circulation is accelerated. After 2 courses of treatment, skin will be

tightened, neck lines will be reduced, and the double chin will be relieved. After 3 courses of treatment, skin will be firmed with glow, lymphatic detox will be accelerated and some problems will be resolved such as acne and skin dullness. Moreover, skin aging will be prevented and skin will restore its youthfulness.

Waist&Abdomen Shaping: 60 minutes once a week

<p>Horn-shaped handle:</p> <p>Advised time: 10-15 minutes</p> <p>RF mode: NOR: fixed mode PRO: smart mode</p> <p>Vacuum mode: M1: constant suction mode M2、M2、M3、M4、M5 are discontinuous modes(with different frequencies)</p> <p>RF energy: 20%-80%</p> <p>Suction time: 0.5-1.5</p> <p>Release time: 0-0.5</p> <p>40K RF handle:</p> <p>Advised time: 10-15 minutes</p> <p>40K mode: M1: constant working mode M2: discontinuous</p>	<p>Essential oil(massage cream)+ MS-ZIG4</p>	<ol style="list-style-type: none"> 1. Rub oil into abdomen in circular motion with hands, 3 times. 2. Rub abdomen back and forth with both hands, 3-5 times. 3. Knead abdomen with both hands using chiropractic techniques, 3 times. 4. Lift Meridian BV(Belt Vessel) on both sides of waist with both hands alternately, 16 times. 5. Move hands as if writing an "8" number on waist, 3 times. 6. Overlap hands and massage the intestinal canal clockwise, 3 times. 7. Move hands in circular motion to soothe the treatment area, 3 times. 8. Push on the following acupoints: Ren-13, Ren-12, Ren-10, Ren-8, Ren-6, Ren-4, Ren-3, St-25, SP-15, Ren-2, 2 times. 9. Starting from Ren-3 point, push both thumbs to belly navel, slide to waist and then lift upwards to groin, 3 times. 	<p>Technique1、7、10</p>  <hr/> <p>Technique2</p>  <hr/> <p>Technique3</p>  <hr/> <p>Technique4</p>  <hr/> <p>Technique5</p>  <hr/> <p>Technique6</p>
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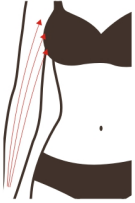

<p>mode</p> <p>RF mode: NOR: fixed mode PRO: smart mode</p> <p>40K能量: 20%-80%</p> <p>40K energy: 20%-80%</p> <p>RF energy: 20%-80%</p>		<p>10. Soothe the treatment area with hands and slide to groin. The end</p> <p>11. 4OKRF operation: starting from one side of the waist, lift the device to abdomen and groin, 3 times.</p> <p>12. Repeat the previous operation on the other side, 3 times.</p> <p>13. Move the device on abdomen in small circular motions, 3 times.</p> <p>14. Move the device on abdomen in big circular motions, 3 times.</p> <p>15. Move the device in "8" motion to shape body, 3-5 times</p> <p>16. Move the device up and down on waist to shape body, 3-5 times</p> <p>17. Lift Meridian BV(Belt Vessel) on both sides of waist with one hand and the device alternately</p> <p>18. The horn-shaped handle operation, starting from one side of the waist, lift the device to abdomen and groin, 3 times.</p> <p>19. Repeat the operation on the other side, 3 times</p> <p>20. Vacuum discontinuous mode, move the device slowly on abdomen, 3 times</p> <p>21. Constant suction mode, move the device up and down on waist to shape</p>	 <p>Technique8</p>  <p>Technique9</p>  <p>Technique11、 18</p>  <p>Technique13、 20</p>  <p>Technique14</p>  <p>Technique15</p>  <p>Technique16、 21</p>
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		body 22. Lift Meridian BV(Belt Vessel) on both sides of waist with one hand and the device alternately 23. The end	 <p>Technique17、 22</p> 
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Treatment Suggestions:

A course of treatment consists of ten treatment sessions. After one treatment session, abdomen will be heated up, and metabolism is accelerated. After one course, fat will be slowly reduced through metabolism, and body will begin to slim down. Constipation and other problems will be relieved at the same time. After 2 courses, the effect will gradually become obvious, and skin will be tightened and lifted. After three courses, effects will be consolidated, in which excess fat will gradually disappear, and curves of waist and abdomen will be formed.

Arm Shaping: 60 minutes once a week

<p>40K RF handle:</p> <p>Advised time: 10-15 minutes</p> <p>40K mode: M1: constant working mode M2: discontinuous mode</p> <p>RF mode: NOR: fixed mode PRO: smart mode</p> <p>40K energy: 20%-80%</p> <p>RF energy: 20%-80%</p> <p>Vacuum RF</p>	<p>Essential oil(massage cream)+MS-ZJG4</p>	<ol style="list-style-type: none"> 1. Left-right order: lay the arm flat, rub oil into the skin from lower arm to the entire arm and slide to the fingers, 3 times. 2. Alternately push the entire arm with both palms, 3 times. 3. Push hands upwards tracing three main collateral channels: Large Intestine Meridian(LI) - Triple Energizer Meridian(TE) - Small Intestine Meridian(SI) to armpits with fingers spread and hukou pointing upwards, 3 times. 4. Soothe the area, 3 	<p>Technique1</p>  <p>Technique2、 3、 4、 5、 6</p>  <p>Technique7</p>  <p>Technique8、 16、 18</p>
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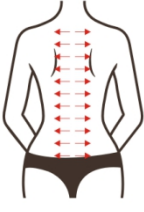
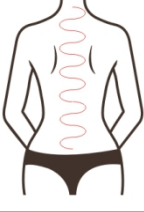
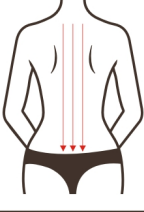
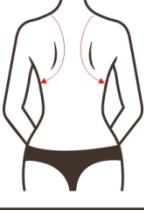

<p>handle:</p> <p>Advised time: 10-15 minutes</p> <p>RF mode: NOR: fixed mode PRO: smart mode</p> <p>Vacuum mode: M1: constant suction mode M2、M2、M3、 M4、M5 are discontinuous modes(with different frequencies)</p> <p>RF energy: 20%-80%</p> <p>Suction time:0.5-1.5</p> <p>Release time: 0-0.5</p>		<p>times</p> <p>5. Rub three main collateral channels on arms with kneeling finger back and forth till they turn hot, 3 times.</p> <p>6. Soothe the area, 3 times</p> <p>7. Lay inner arm upwards, and push hands tracing three yin channel on inner arm: Lung Meridian(LU) - Pericardium Meridian(PC) - Heart Meridian(HT) to armpit, with hukou pointing upwards, 3 times respectively.</p> <p>8. Rub three channels back and forth with kneeling fingers till they turn hot, 3 times.</p> <p>9. Soothe the treatment area and slide to fingers.</p> <p>10. The end</p> <p>11. Repeat the operation on the other side</p> <p>12. 40KRF handle operation:lay arms flat and push from fat part of lower arm along three channels to armpit, 3 times.</p> <p>13. Move the device in annular motion on the upper arm to wards armpit, 3 times.</p> <p>14. Redouble the operation on flabby arms, 3 times.</p> <p>15. Push along three channels to armpit, 3 times.</p> <p>16. Lay inner arm upwards and push three channels on</p>	 <p>Technique9</p>  <p>Technique12、 15</p>  <p>Technique13、 14</p> 
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		<p>upper arm to armpit, 3 times.</p> <p>17. Move the handle in circular motion on the fat area of upper arm back and forth and slide to armpit, 3 times</p> <p>18. Move the handle on the upper arm up and down and slide to armpit, 5-8 times</p> <p>19. Repeat the techniques on the other side.</p> <p>20. Vacuum RF handle operation: move the handle on the upper arm up and down to shape arm</p> <p>21. Move the handle in circular motion on upper arm, 5 -8 times</p> <p>22. Lay inner arm upwards, move the handle on the inner side of upper arm back and forth to shape arm, 5-8 times</p> <p>23. Move the handle in small circular motion on the inner side of upper arm, 5-8 times</p> <p>24. Wipe arms clean with hot towel</p> <p>25. The end.</p>	
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Treatment Suggestions:

A course of treatment consists of ten treatment sessions. After one treatment session, there will be sensations of heat and tightness, and the arms will be relaxed. A course of treatment helps reduce excessive arm fat and the skin will be tight and plump. 2 courses of treatment begin to shape the arms, strengthen the effect, dredge meridians, and enhance the constitution. 3 courses help consolidate effects and prevent rebound.

Back Shaping: 60 minutes once a week

<p>Vacuum RF handle:</p> <p>Advised time: 10-15 minutes</p> <p>RF mode: NOR: fixed mode PRO: smart mode</p> <p>Vacuum mode: M1: constant suction mode M2、M2、M3、 M4、M5 are discontinuous modes(with different frequencies)</p> <p>RF energy: 20%-80%</p> <p>Suction time:0.5-1.5</p> <p>Release time: 0-0.5</p>	<p>Essential oil+gel+MS-ZIG4</p>	<ol style="list-style-type: none"> 1. Rub oil into back and then press Gb-20 and Du-16 points. 2. Stroke Dabanjing(the area connecting neck and shoulder) from hairline 3-5 times 3. Move thumb outwards from Bladder Meridian(BL) to the 8 Crevice Area and then to Gb-20 and Du-16 points. 4. Starting from neck to caudal vertebra, move hands in S-shape, 3 times. 5. Push Bladder Meridian(BL) with thumbs alternately in left-right order, 3 times. 6. Push Bladder Meridian(BL) to the 8 Crevice Area with both thumbs at the same time, 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. Soothe the back with both hands and push Gb-20 and Du-16 points, 3 times. 11. Overlap both thumbs and push SI-11 point and slide to the arm, 3 times. 12. Do the same on the other side,3 times 13. Vacuum RF handle Operation: move the 	<p>Technique1、 10</p>  <hr/> <p>Technique2</p>  <hr/> <p>Technique3</p>  <hr/> <p>Technique4</p>  <hr/> <p>Technique5、 6、 7</p>  <hr/> <p>Technique8</p>  <hr/> <p>Technique9</p>  <hr/> <p>Technique11、 12</p>
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device along Meridian GV and Bladder Meridian(BL)from neck to the 8 Crevice area, 3-5 times.

14. Move the device in circles on Du-14 point, and the 8 Crevice area , 3-5 times respectively.

15. Lift along Meridian GV from the armpits to waist line by line by using one hand and the handle, 3 times

16. Move the handle upwards in annular motion from waist to armpit, left-right order, 3 times

17. Lift from waist to armpit. 3-5 times
18. Lift Dabanjing(the area connecting neck and shoulder)horizontally back and forth, 3-5 times

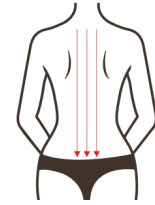
19. Lift the spatula slot back and forth, 3-5 times

20. Clean the treatment area with hot towel

21. The end



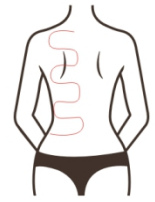
Technique13



Technique14



Technique16



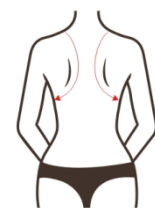
Technique17



Technique18



Technique19










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Treatment suggestions:

A course of treatment consists of 10 treatment sessions. After one treatment session, back will be significantly relaxed, neck stiffness will be also alleviated, and skin will be lifted. A course will help relax shoulder, reduce back fat, relieve the lump on the nape of the back, and shape the back line. After two courses, the lump will appear to be smaller, and meridians will be dredged, sub-health problems will be alleviated, and sleep quality will be improved. 3 courses will play a role in back thinning, refining back line, strengthening visceral function, improving digestion, detoxification and metabolism(one course of treatment is to reduce fat, two courses are to strengthen effect, and three courses are to consolidate effects to avoid rebound.)

Hip Shaping: 60 minutes 1-2 times a week

<p>Horn-shaped handle:</p> <p>Advised time: 10-15 minutes</p> <p>RF mode: NOR: fixed mode PRO: smart mode</p> <p>Vacuum mode: M1: constant suction mode M2、M2、M3、M4、M5 are discontinuous modes(with different frequencies)</p> <p>RF energy: 20%-80%</p> <p>Suction time:0.5-1.5</p> <p>Release time: 0-0.5</p> <p>40K&RF handle: Advised time:10-</p>	<p>Massage cream+gel+MS-ZIG4</p>	<ol style="list-style-type: none"> 1. Standing on the side, rub oil into skin by sliding to the waist from the 8 Crevice Area and then lifting up along the hips from the waist, 3 times (this is to soothe the treatment area.) 2. Push the 8 Crevice area with two thumbs, 3 times. 3. Soothe the treatment area for 3 times and then press point: BL-23, 8 Crevice area, Du-1, Gb-30, BL-36, 3 times. 4. Soothe the area 3 times 5. Left-right order, push from the thigh root upwards along Bladder Meridian(BL), Kidney Meridian(KI), Liver Meridian(LV), Gallbladder Meridian(GB) respectively to Meridian BV, 3 times each. 	<p>Technique1、 4、 10</p>  <hr/> <p>Technique2</p>  <hr/> <p>Technique3</p>  <hr/> <p>Technique5、 15</p>  <hr/> <p>Technique6</p>
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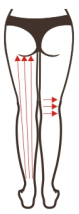

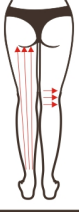

<p>15 minutes</p> <p>RF mode: NOR: fixed mode PRO: smart mode</p> <p>40K mode: M1: constant working mode M2: discontinuous working mode</p> <p>40K energy: 20%-80%</p> <p>RF energy: 20%-80%</p>		<p>6. Alternately push from the thigh root upwards with both hands along Bladder Meridian(BL), Kidney Meridian(KI), Liver Meridian(LV), Gallbladder Meridian(GB) respectively to Meridian BV, 3 times each.</p> <p>7. Overlap both palms and push up together from thigh root to Meridian BV (lifting), 3 to 5 times.</p> <p>8. Push your hands in a bottom-to-top way from both sides of your hips to the top of your hips(shaping) back and forth, 3 times.</p> <p>9. Repeat step 7</p> <p>10. Soothe the area</p> <p>11. The technique on the other side is the same as above.</p> <p>12. 4OKRF handle operation:move the handle in small spiral motion around the hips, 5- 8 times</p> <p>13. Lift from the two sides of hips to the top of the hips line by line 5-8 times</p> <p>14. Repeat the techniques on the other side</p> <p>15. Horn-shaped handle operation: lift from thigh root to Meridian BV line by line, 5-8 times</p> <p>16. Lift from the two sides of hips to the top of the hips line by line 5-8 times</p>	 <p>Technique8、 13、 16</p>  <p>Technique12</p> 
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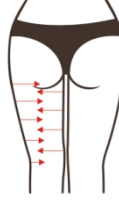


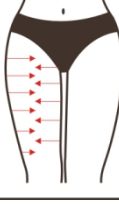
		17. Wipe the treatment area clean with hot towel 18. The end	
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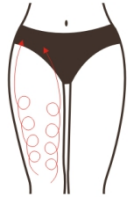
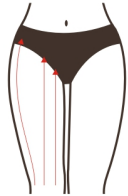
Treatment Suggestions

A course of treatment consists of ten treatment sessions. After one treatment, there will be sensations of being lifted and heated on hips. After a course of treatment, buttocks will start to show obvious curve lines, excessive fat will begin to disappear slowly, and skin will appear to be tight. After 3 courses, the conditions of cold body and uterus, other gynecological problems such as irregular menstruation are relieved. It will also help consolidate the effects to increase the female charm.

Leg Shaping: 70 minutes 1-2 times a week

<p>40K Vacuum:</p> <p>Advised time: 10-15 minutes</p> <p>40K Mode: M1: constant working mode M2: discontinuous working mode</p> <p>Vacuum mode: M1: constant suction mode M2、M2、M3、M4、M5 are discontinuous modes(with different frequencies)</p> <p>40K energy: 20%-80%</p> <p>Suction time:0.5-1.5</p> <p>Release time:0.5-1.5</p> <p>40K&RF handle: Advised time:10-</p>	<p>Essential oil(massage cream)+gel+MS-ZIG4+towel</p>	<ol style="list-style-type: none"> 1. The back of the leg, customer lies on his front, left to right order:rub oil into skin from calf to thigh and then to foot 3 times 2. Alternately push the entire leg from bottom to top with heels of palms and then push back to the heel, 3 times. 3. Move hands upwards to push four main collateral channels: Bladder Meridian(BL) - Kidney Meridian(KI) - Liver Meridian(LV) - Gallbladder Meridian(GB) with fingers spread and hukou pointing upwards. 4. Push popliteal fossa with both hands alternately, 3 times. 5. Alternate hands to push in undulating motion back and forth, 3 times 6. Soothe the area, 3 times 	<p>Technique1. 2. 3. 4. 7</p>  <hr/> <p>Technique5</p>  <hr/> <p>Technique12</p>  <hr/> <p>Technique13</p>  <hr/> <p>Technique14. 18</p>
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<p>15 minutes</p> <p>RF mode: NOR: fixed mode PRO: smart mode</p> <p>40K mode: M1: constant working mode M2: discontinuous working mode</p> <p>40K energy: 20%-80%</p> <p>RF energy: 20%-80%</p>		<p>7. Push four main collateral channels upwards with kneeling fingers of both hands, 3 times.</p> <p>8. Soothe the area, 3 times</p> <p>9. Repeat the techniques on the other side.</p> <p>10. Wipe the treatment area clean with hot towel, 2 minutes</p> <p>11. Apply gel evenly to the treatment area, 2 minutes</p> <p>12. 40KRF handle operation: move the handle from foot to popliteal fossa to push Bladder Meridian(BL) - Kidney Meridian(KI) - Liver Meridian(LV) - Gallbladder Meridian(GB) respectively, 3 times.</p> <p>13. Move the handle in small circular motion on calf to dissolve fat, 3 times.</p> <p>14. Move the handle upwards to popliteal fossa and soothe the treatment area with hand, 3 times.</p> <p>15. Push from popliteal fossa along 4 main collateral channels respectively to the end of thigh, 3 times.</p> <p>16. Move the handle in small circular motion from popliteal fossa to the end of thigh, 3 times.</p> <p>17. Push from popliteal fossa along main collateral channels respectively</p>	 <hr/> <p>Technique15. 17. 19</p>  <hr/> <p>Technique16. 20</p>  <hr/> <p>Technique21</p>  <hr/> <p>Technique22. 23. 24 .25</p>  <hr/> <p>Technique29</p>  <hr/> <p>Technique30</p>  <hr/> <p>Technique31</p>
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	<p>to the end of thigh, 3 times.</p> <p>18. 40K Vacuum operation: move the handle from foot to popliteal fossa to push Bladder Meridian(BL) - Kidney Meridian(KI) - Liver Meridian(LV) - Gallbladder Meridian(GB) respectively, 3 times.</p> <p>19. Push the four medians and channels respectively from popliteal fossa to thigh root, 3 times</p> <p>20. Move the handle in small circular motion from popliteal fossa to thigh root to dissolve fat, 3 times.</p> <p>21. Lift from the two sides of thigh to the middle with one hand and the handle line by line, 3-5 times.</p> <p>22. The front of leg, customer lies on her back: rub oil into skin from foot to thigh root(soothing technique), 3 times.</p> <p>23. Alternately push leg with heels of palms to thigh root, 3 times</p> <p>24. Push four main collateral channels: Bladder Meridian(BL) - Kidney Meridian(KI) - Liver Meridian(LV) - Gallbladder Meridian(GB) to thigh root with fingers spread and hukou pointing upwards.</p> <p>25. Push four collateral channels with kneeling fingers of both hands, 3 times</p> <p>26. 40KRF handle</p>	 <hr/> <p>Technique32</p> 
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		<p>operation:Lift the handle towards knee from calf while tracing 3 meridians, 3 times(start from thigh if there's not enough unwanted fat on calf.)</p> <p>27. Move the handle on the two sides of calf in annular motion towards knee, 3 times(start from thigh if there's not enough unwanted fat on calf.)</p> <p>28. Lift the handle from knee to thigh root line by line, 3 times.</p> <p>29. Move the handle in small circles on thigh, 3 times.</p> <p>30. Lift from the two sides of thigh to the middle with one hand and the instrument, 3 times</p> <p>31. Lift the handle from knee to thigh root in annular motion, 3 times.</p> <p>32. Lift the handle from knee to thigh root line by line, 3 times.</p> <p>33. 40K Vacuum operation: lift the handle from knee to thigh root line by line, 3 times.</p> <p>34. Move the handle in small circular motion on thigh, 3 times</p> <p>35. Lift from the two sides of thigh to the middle with one hand and the handle, 3 times</p> <p>36. Lift the handle from knee to thigh root in annular</p>	
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		motion, 3 times. 37. Repeat the techniques on the other side 38. Wipe the treatment area clean with hot towel 39. The end	
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Treatment Suggestions:

A course of treatment consists of ten treatment sessions. After one treatment, legs will be relaxed, and circulation is accelerated. After a course of treatment, leg will become thin, skin collagen tissue will experience contraction due to heat effect, and tightening effect will be obviously be felt on the skin. After 2 courses, legs will be tight and slim, and obvious results are seen. 3 courses will help consolidate the effects. RF and ultrasound are to stimulate the dermis of the skin, which can sustain collagen regeneration. So the treatment effects will be more and more obvious.