

User Manual

NM-SN7



Preface

Dear users:

We're pleased to present to you NM-SN7, a multifunctional slimming device, which is the newest body slimming and skin tightening device, combining EMS, ultrasound and LED photon technology. NM-SN7 is body slimming and skin care machine for professional use, which needs to be handled by professionals with proper training. Any improper use will result in adverse outcomes. Therefore we advise any personnel read this guide thoroughly and follow the instructions strictly before operation.

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

Thank you!

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1.Principles

1.1 Ultrasound

Ultrasound uses heat to promote skin regeneration and fat burning. The micro-massage effect of ultrasound can enhance the permeability of cell membrane, thereby affecting cell regeneration, improving cell ischemia and hypoxia, improving tissue nutrition, and improving the ability of cell tissue regeneration. Compared with hand applying, ultrasound can greatly improve the absorption of nutrients by increasing the permeability of cell wall.

1.2 EMS

EMS generates low-frequency bionic current. The electric energy is concentrated and dispersed according to certain frequency characteristics, therefore it can simulate lifelike massage experience, including back beating, tapping, naprapathy and acupuncture. Combined with the traditional meridian points, it can be very effective in regulating secretion, promoting fat reduction and skin tightening. The unique EMS current can make the muscles move and the skin full of elasticity by stimulating subcutaneous tissue to activate cells and collagen contraction and reorganization, and produce new collagen, making muscles stronger and more energetic; It also helps stimulate lymphatic, contractile muscle, achieving effects such as removing oedema and skin lifting so that fine lines and wrinkles are faded and skin appears to be young, smooth, soft and bright.

1.3 LED

In the case of not destroying the normal tissue, LED photon technology is the destruction and synthesis of expanded blood vessel pigment molecules and cells, so as to achieve the effects of treating capillary dilatation and pigmented spots. Through the light energy effect, it raises temperature of local skin, accelerates the decomposition of fat and at the same time accelerates metabolism, so that fat cells are out of the body much faster.



2. Biological Effects

When entering the human body through different tissues, ultrasonic waves will encounter different acoustic impedance, which will be locally absorbed into the viscous shear stress force. The absorbed energy will lead to the increase of blood and tissue temperature, resulting in radiation pressure and flow velocity beam in the blood stream along with the scattering process. The radiation pressure in turn pushes the cells towards the walls of the blood vessel and causes them to accumulate. When there are free gas inclusion bodies and cavitating microvesicles in the blood, the cell is rarely destroyed, but the acoustic stream usually strengthens the shear force and can lead to cell dissolution. Cavitation effect can also produce harmful non-therapeutic biological effect. The high intensity of the pressure wave makes the blood cells and tissues break down, and can make the cavity, bubble formation and enhance its vibration, so as to dissolve fat cells and be exported outside of the body through metabolism.

The unique EMS current can make the muscles move and the skin full of elasticity by stimulating subcutaneous tissue to activate cells and collagen contraction and reorganization, and produce new collagen, making muscles stronger and more energetic; It also helps stimulate lymphatic, contractile muscle, achieving effects such as removing oedema and skin lifting so that fine lines and wrinkles are faded and skin appears to be young, smooth, soft and bright.

3. Functions

SON: Ultrasonic liposuction is a relatively stable and fast fat reduction surgery.

Ultrasound can penetrate the skin into the adipose accumulation parts and selectively damage fat cells, which can still preserve complete retention of neurovascular lymphatic vessels and fibrous tissue and so on under the action of ultrasonic decompose liquefaction so as to achieve the effect of healthy weight loss. The use of ultrasonic vibration frequency massage to dissolve body fat, with LED light, EMS bionic current and other activation of the body cells increase the internal capacity consumption, achieving the effect of skin tightening and S shaped body figure.

EMS: Also called micro electrical stimulation, it's mainly used on muscles, whose changes bright about adherent skin change. Therefore, to stimulate muscle with EMS is the most suitable for the skin. A unique EMS current causes muscle movement, make them full of elasticity, relax muscle spasm, increase muscle movement, reduce and prevent muscle atrophy, increase local blood circulation and muscle exercise.

LED

Red: Also known as physical active light, red light can improve the activity of cells, promote the metabolism of cells, make the skin secrete a large amount of collagen and fibrous tissue to fill their own, accelerate blood circulation, increase skin elasticity, improve the dull skin, so as to achieve anti-aging, antioxidant and repair effect.

Blue: Blue light irradiation can treat acne. It can use almost all energy effectively on the acne propionic acid bacillus and cause the maximum effective stimulation of porphyrin dynamics change, kill acne propionic acid bacillus, and inhibit the growth of propionic acid bacillus, effectively remove inflammation and acne, inhibit the exuberant sebaceous glands secretion, balance skin oil secretion, shrink pores, and smooth skin.

Violet: (red + blue) Combined with the efficacy of two kinds of phototherapy, it has a particularly good effect and repair effects in the treatment of acne.

4.Effects

1. Enhance cell activity, promote muscle movement, and restore skin elasticity.
2. Accelerate blood circulation of fine blood vessels, enhance cell permeability, and effectively supply nutrients to muscle tissues and dermis.
3. The EMS current makes the electric stimulation go deep into the subcutaneous tissues to the muscles, which helps to repair the elastic fibers and collagen tissues of the skin, thus fading wrinkles.
4. Micro electric current promotes skin metabolism and improves the absorptive capacity of skin care products.
5. Combined with LED light, it can effectively repair skin and improve skin problems.
6. Locally dissolve fat to reduce fat, to achieve the effect of local weight loss.
7. Break down fat quickly to speed up metabolism,

5.Applicable Range

1. Those with unclear facial contour, rough skin, and facial skin relaxation.
2. Those with local excessive body fat and asymmetrical body figure.
3. Those who wish for skin tightness on arms, thighs, abdomen, and hips.
4. Those with Skin laxity caused by weight gain during pregnancy and postpartum fatigue.
5. Those with tense and stiff muscles, and a body prone to local soreness.
6. Those whose skin needs to be firm, plump and anti-aging.
7. Those with weight gain, out-of-shape body and loose skin.
8. Those who sit for long hours, office workers, moms and those who always look down on their phones.

6. Inapplicable Range

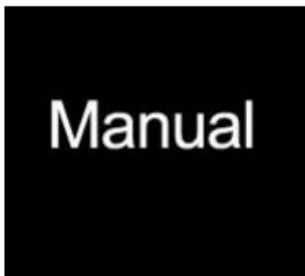
1. Those with skin diseases, infectious diseases and skin allergy.
2. Those who are during pregnancy, menstruation and lactation.
3. Those with heart disease or are equipped with pace makers.
4. Those who are during convalescence or those with wounds.
5. Those with epilepsy, severe diabetes and hyperthyroidism.
6. Those with malignant tumor, hemophilia or severe bleeding.
7. Those with metal implants or metal teeth.
8. Those who are allergic to electric current.

7. Dos & Dont's

1. The technique must be compliant and the probe should be in full contact with the face.
2. Apply the patch to the desired operation area before turning on the device.
3. Do not wear metal (watches, rings, necklaces, earrings, bracelets, etc.)
4. The operating area should be cleaned (from sunscreen or other cosmetics) before the treatment.
5. Do not wear contact lenses during facial treatment.
6. Avoid direct contact with the skin and make sure the skin is moist.
7. Avoid operating around the eyes, heart, and private parts.
8. Avoid operating on wound sites.
9. Check whether the power supply of the instrument is properly connected before operation, and make sure the whole sphere of EMS patch is in full contact with the skin.
10. EMS can also be used alone, wherever feels uncomfortable. You can adjust the mode based on your own adaptability (III III IV four modes) and avoid the neck and face.
11. Avoid dry rubbing (i.e. direct contact without skin care products)
12. Keep the device in a cool and dry place.

8. Detailed Operation

Connect the power supply



Manual



Gift Box



Parameters Display



SON/EMS Energy (Scale from 1-5, the bigger the number is, higher the energy intensity is. Adjust based on your own adaptability)



SON/EMS Mode (4 modes in total. Adjust based on your own adaptability)



SON/EMS/LED







SON

Mode I	With relatively shorter interval (consecutive working mode)	Intensity: 1-5
Mode II	With the longer interval (work for 2 sec, pause for 1 sec)	Intensity: 1-5
Mode III	With relatively longer interval (work for 1 sec, pause for 1 sec)	Intensity: 1-5
Mode IV	With the shortest interval (work for 1 sec, pause for 2 sec)	Intensity: 1-5

EMS

Mode I	With relatively shorter interval of kneading	Intensity: 1-5
Mode II	With the longer interval of kneading	Intensity: 1-5
Mode III	With relatively longer interval of kneading	Intensity: 1-5
Mode IV	With the shortest interval of knocking + tapping	Intensity: 1-5

LED: Red, blue, violet

- Step 1: Press  for 5 seconds to turn on the machine
- Step 2: Press  for 3 seconds to select SON/EMS/LED
- Step 3: Press  to select Mode I/II/III/IV
- Step 4: Press  to adjust energy intensity (1-5)
- Step 5: Press  for 3 seconds to choose LED
- Step 6: Press  to choose LED color(red/blue/violet)
- Step 7: Start the operation

Note: The device enters auto-off mode when not used for 8 minutes

9. Technical Parameters

Mode: Ultrasound Slimming EMS Body Facial Care

Dimension: 6.6" x 1.7" x 1.2"

Net weight: 0.2 kg

Adapter: US, UK, AU, European adapter

Cotton: one package

10. FAQs

1.Q: Why do parts shake during EMS operation?

A: Unique EMS currents cause muscle contraction, make them full of elasticity, relieve muscle spasm, increase muscle motion, reduce and prevent muscle atrophy, increase local blood circulation and muscle re-exercise. Its stronger pulsation will make you feel like you've been massaged by a real massage therapist.

2. Q: Can I use the device on sensitive skin?

A: Yes, unless you're having a serious allergy. It is recommended to choose blue LED to help calm and repair skin, and at the same time use ultrasound to help channel in anti-allergy repair essence to speed up recovery.

3.Q: Will I experience rebound after the treatment?

A: Ultrasound mainly targets fat cells. By dissolving fat cells to effectively control the increase of fat cells and break down fat, thus achieving the effect of weight loss. Consistent local treatment can help shape up the body and tighten skin. Once discontinued, the body shape will stay the same as after the treatment. With that being said, unhealthy diet and life style will possibly cause fat accumulation. Therefore it is advised to focus on the treatment at the first stage and stay healthy and fit afterwards.

4.Q: What's the difference between household cosmetic equipment and medical appliances?

A: they share the same principles but differ in power. Medical cosmetic appliances have bigger power, quick result and costly. Household cosmetic appliances aim at maintaining good condition through long-term daily use.

5. Q: Is it safe to use for people with sensitive skin, couperose skin, or those who've undergone mini plastic surgery?

A: First of all, make sure you do have sensitive skin. It is quite popular for people who have allergy or low skin tolerance deem their skin as sensitive skin. Consult your doctor and find out what you are allergic to. Likewise, for those who've undergone

plastic surgeries, consult your doctor before you make any decisions. Normally, it is advised to receive the treatment for those skin implants or who've undergone mini plastic surgery.

6. Q: Will it speed up the process of skin aging if I stopped using it?

A: Of course not. Your skin will only go back to its own aging pace.

7. Q: Can I use any anti-wrinkle essence together with the machine?

A: Yes, it can be paired with any essence for facial skin use, and the body skin treatment can be paired with weight-loss gel.

8. Q: Will the device damage or hurt my skin if not properly operated?

A: No, it's won't get to that point.

9. Q: Can more than one person use the device?

A: No, because direct contact with the skin during operation can cause cross-infection if used by more than one person. Bacteria or viruses can be spread among people because the instrument cannot be thoroughly sterilized. Therefore, it is recommended that one device be used by only one person.

10.Q: Can I use it during my period?

A: It is advised not to. EMS operation can produce micro current. During menstruation, it is better to avoid any discomfort due to lower immune system.

11.Packing List





1 x Main Machine


2 x Microcurrent Pads

1 x Microcurrent Line

1 x Power Cord

12.Operational Diagrams



Parameter Adjustment	Product	Techniques	Diagrams
Face: 40 min, 2-4 times/week			
SON Mode: I Intensity: 2-5 LED: Blue	Cleanser+ Makeup removal oil+ Serum+ NM=SN7	<ol style="list-style-type: none"> 1. Remove makeup and clean, 5 min. 2. Apply serum over over the face. Move the probe with circular motions in four lines (from jawline to the back of the ear, mouth corner to the temple, nose wing to the temple, cheek) to lift the treatment area, 3 times. 3. Lift from the lower eyelid to the temple, 3 times. 4. Circle around on the forehead to lift the treatment area, 3 times. 5. Move the probe in four straight lines (from jawline to the back of the ear, mouth corner to the temple, nose wing to the temple, cheek to the temple) to lift the treatment area, 3 times. 6. Move back and forth in straight lines on forehead to the hairline, 3 times. 	<p>Technique2</p>  <hr/> <p>Technique3</p>  <hr/> <p>Technique4</p>  <hr/> <p>Technique5</p>  <hr/> <p>Technique6</p>

		<p>7. Do the same on the other side.</p> <p>8. Clean the treated area.</p> <p>9. Carry on with the regular skin care routine.</p> <p>(Note: SON intensity can be adjusted; choose LED violet for oily skin, red for dry skin and blue for acne skin.)</p>	
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Suggested Treatment:

Visible skin tightening effect should be expected after first treatment. Do the treatment every 1-2 days for the first and second week. Clear change is expected after a month's of persistent use. Follow up with one or two treatments every week to enhance the effect after reaching your ideal goal.

Facial Skin Rejuvenation(Acne Removal, Whitening, Moisturizing): 40 min, 2-3 times/week

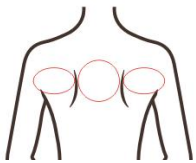

<p>SON Mode: I Intensity: 1-4</p> <p>LED: red, blue, violet (red for normal skin, blue for sensitive skin, violet for acne skin)</p>	<p>Makeup removal oil+ Cleanser+ Serum+ Toner+ Sheet mask+ NM-SN7</p>	<ol style="list-style-type: none"> 1. Remove makeup and clean, 5 min. 2. Apply (acne removing, whitening, moisturizing) serum evenly on the treatment area. 3. Adjust parameters. 4. Move the probe in four lines, from jaw to earlobe, mouth corner to the temple, nose wing to the temple, cheek to the temple to lift the treatment area, 3 times. 5. Lift towards hairline on forehead, 3 times. 6. Spot treat the entire face. Stop for 10 	<p>Technique4</p>  <hr/> <p>Technique5</p> 
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		<p>seconds on each spot.</p> <p>7. Clean the treated area.</p> <p>8. Apply toner evenly all over the face.</p> <p>9. Apply (acne removing, whitening, moisturizing) mask, 15 min.</p> <p>10. Remove the mask and clean.</p> <p>11. Carry on with the regular skin care routine.</p>	
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Suggested Treatment:

2-3 times a week. Select skin care products based on your own skin type and condition. After one month's of persistent use, skin will be smooth, hydrated and brightened. There's no side effects. Follow up with one for two treatment per week to enhance the effect and prevent aging after reaching the ideal skin condition. Regular skin care is essential due to our skin is in direct contact with the physical environment on a daily basis.

Shoulders&Neck: 40 min, 2-3 times/week


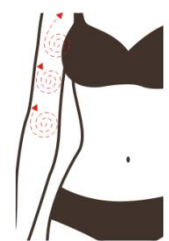
<p>SON Mode: IV Intensity: 2-5</p> <p>LED: red</p> <p>EMS Mode: Intensity: 2-5</p>	<p>Hot towel+ NM-SN7</p>	<ol style="list-style-type: none"> 1. Clean shoulder and neck with hot towel. 2. Apply slimming gel evenly on the treatment area. 3. Move the probe in small circles on the shoulders, 5-8 times. 4. Move the probe in big circles on the shoulders and neck, 5-8 times. 5. Move the probe back and forth on the shoulders and neck to lift the treatment area, 5-8 times. 6. Do the same on the other side. 	<p>Technique3,4</p>  <p>Technique5</p> 
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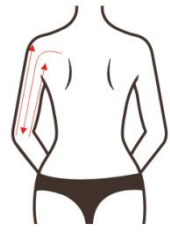

		<p>7. Place EMS patches on sore and painful spots of the shoulder and neck, around 15-20 min.</p> <p>(Note: SON intensity can be adjusted. EMS mode can be adjusted based on your own comfort level.)</p>	
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Suggested Treatment:

Daily use is recommended for the first 1-2 weeks, after which visible effects can be observed. Fat accumulation of shoulder and neck will slowly smooth out. After a month, pain and soreness will be improved. The final result varies on individual basis due to variance of each person's physique and metabolism. Persistent use will bring in visible results. Follow up with one or two treatments to enhance the effect after reaching your ideal state.

Arms: 40 min, 2-3 times/week



<p>SON Mode: II Intensity: 2-5</p> <p>LED: red</p> <p>EMS Mode: IV Intensity: 2-5</p>	<p>Gel+ NM-SN7</p>	<ol style="list-style-type: none"> 1. Clean your arms, 5 min. 2. Apply slimming gel evenly on the arms. Move the probe in circular motions up and down on the outer side of the arm, 3 times. 3. Move the probe in circular motions back and forth on the inner side of the arm, 3 times. 4. Move the probe up and down on the outer side of the arm to shape the arm, and then slide to the underarm, 3 times. 5. Move the probe up and down on the inner side of the arm to shape the arm, and 	<p>Technique2</p>  <hr/> <p>Technique3</p>  <hr/> <p>Technique4</p>
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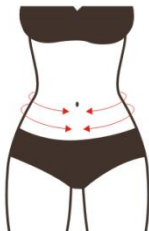
		<p>then slide to the underarm, 3 times.</p> <p>6. Do the same on the other side.</p> <p>7. Place EMS patches on the arms, around 15-20 min.</p> <p>(Note: SON intensity can be adjusted. EMS mode can be adjusted based on your own comfort level.)</p>	 <hr/> <p>Technique5</p> 
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Suggested Treatment:

Daily use is recommended for the first 1-2 weeks. Visible effects can be observed after one month's of consistent use. Fat accumulation of arms start to decrease. Arms appear to be much slender and skin more elastic. The final result varies on individual basis due to variance of each person's physique and metabolism. Persistent use will bring in visible results. Follow up with one or two treatments to enhance the effect after reaching your ideal state.

Abdomen: 40 min, 2-3 times/week

<p>SON Mode: II Intensity: 2-5</p> <p>LED: red</p> <p>EMS Mode: IV Intensity: 2-5</p>	<p>Gel+ Hot towel+ NM-SN7</p>	<ol style="list-style-type: none"> 1. Clean abdomen with hot towel. 2. Apply slimming gel evenly on the abdomen. 3. Mode the probe in small circles on the entire abdomen. 4. Move the probe in circles from small to big around the navel, 3-5 times. 5. Place the EMS patches on the abdomen, around 15-20 min. <p>(Note: SON intensity can be adjusted. EMS</p>	<p>Technique3</p>  <hr/> <p>Technique4</p> 
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		mode can be adjusted based on your own comfort level.)	
<p>Suggested Treatment: Daily use is recommended for the first 1-2 weeks. Visible effects can be observed after one month's of consistent use. Beer belly will slowly disappear. Coupled with EMS patch, abdominal skin will appear to be tightened. While losing weight, it also helps prevent skin sagging and drooping. The final result varies on individual basis due to variance of each person's physique and metabolism. Persistent use will bring in visible results. Follow up with one or two treatments to enhance the effect after reaching your ideal state.</p>			
<p>Waist: 40 min, 2-3 times/week</p>			
<p>SON Mode: II Intensity: 2-5</p> <p>LED: red</p> <p>EMS Mode: IV Intensity: 2-5</p>	<p>Gel+ NM-SN7</p>	<ol style="list-style-type: none"> 1. Apply slimming gel evenly on the waist. 2. Move the probe in small circles on the treatment area. 3. Move the probe in big circles on the treatment area. 4. Lift towards the underarm, 10-15 min. 5. Lift from two sides of the waist to the abdomen in the middle, 10-15 times. 6. Do the same on the other side. 7. Place the EMS patches on the waist, around 15-20 min. (Note: SON intensity can be adjusted. EMS mode can be adjusted based on your own comfort level.) 	<p>Technique2,3,4</p>  <hr/> <p>Technique5</p> 
<p>Suggested Treatment: Daily use is recommended for the first 1-2 weeks. Visible effects can be observed after one month's of consistent use. Fat accumulation of waist will slowly decrease. Waist appear to be much slender. The final result varies on individual basis due to variance of each person's physique and metabolism. Persistent use will bring in visible</p>			

results. Follow up with one or two treatments to enhance the effect after reaching your ideal state.

Legs: 60 min, 2-3 times/week

SON Mode: II
Intensity: 2-5

LED: red

EMS Mode: IV
Intensity: 2-5

Gel+
Hot towel+
NM-SN7

1. Clean the legs with hot towel.
2. Apply slimming gel evenly on the leg.
3. Move the probe in small circles across the entire leg, 3-5 times.
4. Move the probe in big circles across the entire leg, 3-5 times.
5. Lift from the lower leg to popliteal fossa/knee 3-5 times.
6. Lift from the knee towards the root of thigh in parallel lines, 3-5 times.
7. Repeat the same techniques when operating on the back side of the leg.
8. Place EMS patches on the legs, around 15-20 min.
(Note: SON intensity can be adjusted. EMS mode can be adjusted based on your own comfort level.)

Technique3,4



Technique5




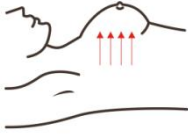

Technique6



Suggested Treatment:

Daily use is recommended for the first 1-2 weeks. Visible effects can be observed after one month's of consistent use. Excessive fat accumulation of the legs will slowly decrease. Coupled with EMS patch, leg skin will appear to be tightened and elastic. While losing weight, it also helps relax leg muscles. The final result varies on individual basis due to variance of each person's physique and metabolism. Persistent use will bring in visible results. Follow up with one or two treatments to enhance the effect after reaching your ideal state.

Breasts: 40 min, 2-3 times/week


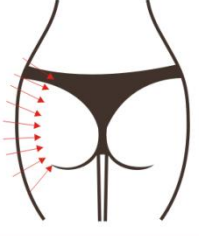
<p>SON Mode: II Intensity: 2-5</p> <p>LED: red</p> <p>EMS Mode: IV Intensity: 2-5</p>	<p>Gel+ Hot towel+ NM-SN7</p>	<ol style="list-style-type: none"> 1. Clean the treatment area with hot towel. 2. Apply gel evenly. 3. Move on probe in small circles on the accessory breast, 3-5 times. 4. Lift from the accessory breast to the to the breast, 3-5 times. 5. Lift from the accessory breast to the underarm, 10-15 times. 6. Do the same on the other side. 7. Place the EMS patches on the breasts, 15-20 min. <p>(Note: SON intensity can be adjusted. EMS mode can be adjusted based on your own comfort level.)</p>	<p>Technique3</p>  <hr/> <p>Technique4</p>  <hr/> <p>Technique5</p> 
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Suggested Treatment:

Daily use is recommended for the first 1-2 weeks. Visible effects can be observed after one month's of consistent use. Accessory breasts are minimized and outward expanding breasts are improved. The final result varies on individual basis due to variance of each person's physique and metabolism. Persistent use will bring in visible results. Follow up with one or two treatments to enhance the effect after reaching your ideal state.

Buttocks: 40 min, 2-3 times/week

<p>SON Mode: II Intensity: 2-5</p> <p>LED: red</p> <p>EMS Mode: IV</p>	<p>Gel+ Hot towel+ NM-SN7</p>	<ol style="list-style-type: none"> 1. Apply hot towel on the buttocks (or clean with hot towel) 2. Apply slimming gel around the buttocks. 3. Move the probe in 	<p>Technique3,4</p>
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<p>Intensity: 2-5</p>	<p>small circles around the buttocks, 3-5 times.</p> <p>4. Move the probe in big circles around the buttocks, 3-5 times.</p> <p>5. Lift from the outside to the middle in parallel lines to shape up, 5-8 min.</p> <p>6. Do the same on the other side.</p> <p>7. Place the EMS patches on sides of the buttocks, around 15-20 min.</p> <p>(Note: SON intensity can be adjusted. EMS mode can be adjusted based on your own comfort level.)</p>	 <hr/> <p>Technique5</p>  <hr/>
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Suggested Treatment:

Daily use is recommended for the first 1-2 weeks. Visible effects can be observed after one month's of consistent use. Excessive fat around the buttocks will slowly decrease. Coupled with EMS patches, buttocks will appear to be tight and elastic. The final result varies on individual basis due to variance of each person's physique and metabolism. Persistent use will bring in visible results. Follow up with one or two treatments to enhance the effect after reaching your ideal state.