

User Manual

WL-519



Preface

Dear users:

We're pleased to present to you our 3-in-1 beauty machine featured with weight loss, figure slimming, anti-aging and so on.

As the name suggested, it is a multifunctional beauty machine, targeted at both face and body, mainly focusing on lifting and tightening of face, removing wrinkles, and body shaping. We aim at a safe and, at the same time, effective beauty result by using high-end technologies. RF and ultrasonic beauty machines are anti-aging machines 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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Part I

Brief Introduction

RF and ultrasonic beauty machines are currently the most popular beauty machines that work on tightening, body-shaping and anti-aging. It's an effective replacement of all the facial and body care programs in beauty salons. Moreover, they are convenient and easy to operate. It solves both skin and body management issues for beauty-lovers. This equipment requires no injection, no medication, no operation, thus having no side-effects. It is used externally during the whole process and has an immediate effect. RF machines heats deeper skin layers, stimulates collagen cells to reform in dermis, increases blood circulation in hypodermis, thus achieving skin tightening and anti-aging. Special frequency ultrasound aims at stubborn cellulites and fat accumulation that are hard to lose, bringing amazing results.

Advantages

1. 8-in-1 multifunctional beauty machine that works on both of your facial and body care.
2. Ultrasonic fat burning replaces and transcends liposuction, bringing good news for treating obesity.
3. Various work heads can be replaced in different parts according to different requirements.
4. The perfect combination of ultrasound and RF solves the dilemma of losing weight. It helps with weight loss while at the same time maintains firm skin, increases skin elasticity, metabolism, and ultimately better health.
5. Adopting the cutting-edge technology of ultrasonic fat burning.
6. Painless, non-invasive during the process. Skipping any recovery periods without affecting any work and life plans.
7. No consumption, low cost and quick returns.
8. Wider treatment range and faster and more visible effects.
9. Unevenness, bleed, swelling and stasis will not appear after treatment.
10. Two RF heads both have the energy release of red LED respectively. They can dissolve fat and massage while at the same time accelerate metabolism, and sterilize skin. The effect is remarkable with a higher comfort level.

Facial Anti-aging

Principles

RF Face

Radio frequency works through the circuits formed by electrodes in pair. The optimum frequency of radio frequency biothermal effect is 3 MHz, and the maximum speed of extreme change is 8 million charged particles in tissues per second. In the rapid change of electrodes, the dermal tissue naturally resists the radio frequency current and generates thermal energy. During the process, RF promotes the metabolism and proliferation of skin collagen through high electromagnetic wave change, therefore heating up dermis layer of the skin, thus achieving effects like tightening, lifting, wrinkle removal, anti-aging and smooth skin.

Biological Effect

Radio frequency can shake millions of high frequency radio waves per second, penetrate the epidermis, directly act on the dermis, deep heat collagen cells, stimulate the growth of collagen fibers, so that it has a large number of new collagen support, making the skin more compact and elastic.

Every time energy comes into the skin, it feels a temporary sense of heat. This means that collagen has been stimulated to produce fever, resulting in tightening of the skin. While operating sliding, the radio frequency wave emitted by the therapeutic head of the super-frequency wave system, under the cold protection of the epidermis, has acted on the deep dermis through the epidermis, rapidly heating water molecules to produce safe Bio-thermal energy. When the natural friction of collagen tissue is heated up to 45°C~60°C, it will shrink immediately and stimulate the collagen to grow continuously. At the same time, bio-heat can effectively accelerate blood flow in adipocytes, and release free fatty acids (ffa), thereby increasing the dissolution of superficial fat, and achieve the purpose of tightening and lifting the sagging part of the body.

Effects

1. Tighten skin and channel nutrients deep into skin layers.
2. Whiten skin and reduce pigmentation and dark spots.
3. Refine skin and improve skin elasticity.
4. Nourish skin and improve skin absorption.
5. Accelerate blood circulation and metabolism.
6. Help relieve double chin and sagging skin.
7. Delay aging and stimulate collagen cells.

Applicable Range

1. Those with facial dullness.
2. Those with skin relaxation and sagging.
3. Those with fine lines, nasolabial folds, crow's feet.
4. Those with indistinct facial contour.
5. Those with rough skin and large pores.
6. Those who are under long-term exposure of UV radiation at workplace.
7. Those with lax skin, edema or obesity after birth.

Inapplicable Range

1. Those who have just undergone plastic surgery which have implanted prostheses, metal materials and so on.
2. Those who have recently received certain injections, such as hyaluronic acid, intradermal injection, wrinkle removal, or plastic surgery.
3. Those with hypertension, heart disease, diabetes, severe thyroid and malignant tumors.
4. Those who are having an allergic reaction, or people with severe sensitive skin or allergic to metals.
5. Those with skin trauma or wound.
6. Those who are overaging.
7. Those in menstruation, pregnancy, lactation, surgical recovery.
8. Those with skin diseases and infectious diseases.
9. Those who are unrealistic about the effects.

Notes after Operation

1. Do not wash your face with overheated water within three days (lukewarm or cold water is recommended).
2. Enhance moisturizing and sunscreen.
3. Do not soak in hot springs, steam saunas or exercise strenuously, etc. within three days.
4. Use facial masks at least three times a week.
5. Spicy, greasy food should be avoided. Staying up late, smoking and drinking are prohibited. Eat more vegetables, fruits, and less greasy food.
6. Avoid food that will cause '3 Hs' (high blood pressure, high cholesterol and high blood sugar), less greasy food is advised.

Eyes Anti-aging

Principles

RF Eyes

RF works through the circuits formed by electrodes in pair. Radio frequency waves penetrate skin directly and produce thermal energy created by strong vibration from tissue resistance (1 MHz). During the treatment, RF device stimulates new collagen production by heating up hypodermis around eyes, which helps to tighten the skin, remove dark circles and bags, treat couperose and fine lines.

Biological Effects

RF can shake millions of high frequency radio waves per second, penetrate the epidermis, directly act on the dermis, deep heat collagen cells, stimulate the growth of collagen fibers, so that it has a large number of new collagen support, make the skin more compact and elastic.

Every time energy comes into the skin, it feels a temporary sense of heat. This means that collagen has been stimulated to produce fever, resulting in tightening of the skin. While operating sliding, the radio frequency wave emitted by the therapeutic head of the super-frequency wave system, under the cold protection of the epidermis, has acted on the deep dermis through the epidermis, rapidly heating water molecules to produce safe Bio-thermal energy. When the natural friction of collagen tissue is heated up to $45^{\circ}\text{C}\sim 60^{\circ}\text{C}$, it will shrink immediately and stimulate the collagen to continue. At the same time, bio-heat can effectively accelerate blood flow in adipocytes, release free fatty acids (ffa), thereby increasing the dissolution of superficial fat, and achieve the purpose of tightening and lifting the sagging part of the body.

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 hyperpigmentation.
5. Supplement nutrition to the eyes and moisturize skin.
6. Tighten 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 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 with hypertension, heart disease, diabetes, severe thyroid and malignant tumors.
3. Those who are having an allergic reaction, or people with severe sensitive skin or allergic to metals.
4. Those with skin trauma or wound.
5. Those who are overaging.
6. Those who are pregnant or convalescents.
7. Those with skin disease and contagious diseases.

Notices 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, sauna steaming, hot springs or other strenuous exercise within 7 days after operation.
5. Moisturizers and eye masks are encouraged to use, preferably 3 times or more on eye masks a week.

Body Management

Principles

40K

Using the sound wave with a frequency of 4 MHz emitted by the strong sound wave head gathering strong sound waves, human adipocytes can produce a strong impact and friction movement between adipocytes after entering the human body, which can effectively consume heat, water and shrink adipocytes. In addition, when sound waves vibrate, it can make adipocytes smaller. Strong crack will come along, cells will burst

instantly, adipocytes reduce, so as to achieve the effect of fat removal.

Cavitation Principle of Ultrasound: 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 propagation of ultrasound, and close rapidly in the positive pressure region, thus being compressed and stretched under alternating positive and negative pressures. The bubbles will be compressed until burst, which will generate huge instantaneous pressure, generally up to tens of MPa to hundreds of MPa, and produce strong vibration and noise.

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

RF Body

RF instrument can achieve the effect of tightening skin, lifting skin and shaping face. The optimum frequency of radio frequency biothermal effect is 3 MHz, and the maximum speed of extreme change is 8 million charged particles in tissues per second. In the rapid change of electrodes, the dermal tissue naturally resists the radio frequency current and generates thermal energy.

RF wave directly penetrates the skin and generates energy by the resistance action of the skin, which makes the temperature of the skin bottom rise, rapidly and continuously heats the tissue and promotes the growth of collagen in the skin. The principle is tightening collagen and stimulating the proliferation of collagen in the dermis and then is utilized to enhance the tightness and durability in time. After 2-6 months, collagen will gradually proliferate and recombine, making sagging or relaxed skin tight and elevated.

Biological Effect

Radio frequency can shake millions of high frequency radio waves per second, penetrate the epidermis, directly act on the dermis, deep heat collagen cells, stimulate the growth of collagen fibers, so that it has a large number of new collagen support, making the skin more compact and elastic.

Every time energy comes into the skin, it feels a temporary sense of heat. This means that collagen has been stimulated to produce fever, resulting in tightening of the skin. While operating sliding, the radio frequency wave emitted by the therapeutic head of the super-frequency wave system, under the cold protection of the epidermis, has acted on the deep dermis through the epidermis, rapidly heating water molecules to produce safe Bio-thermal energy. When the natural friction of collagen tissue is

heated up to 45°C~60°C, it will shrink immediately and stimulate the collagen to continue to grow. At the same time, bio-heat can effectively accelerate blood flow in adipocytes, release free fatty acids (ffa), thereby increasing the dissolution of superficial fat, and achieve the purpose of tightening and lifting the sagging part of the body.

Shaping Waist&Abdomen

Effects

1. Improve soft and sagging skin of waist and abdomen.
2. Improve excessive fat of waist and abdomen, beer belly and love handles.
3. Tighten skin and increase skin elasticity.
4. Relieve stretch marks, obesity lines
5. Accelerate metabolism, relieve constipation and encourage intestinal peristalsis.

Applicable Range

1. Those with lumbar and abdominal fat or beer belly.
2. Those who have sagging or soft skin after birth.
3. Those sitting for a long time, or with unideal waistlines.
4. Those with striae due to obesity and pregnancy.
5. Those with constipation or obstruction of abdominal meridians.

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.

Notes 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.

Shaping Breasts

Effects

1. Adjust chest type and reduce accessory breast.
2. Relieve thoracic nodules, slight hyperplasia, alleviate menstrual breast pain.
3. Reduce chest expansion.
4. Alleviate irregular menstruation and reduce facial spots or skin without elasticity.
5. Alleviate postpartum breast atrophy, breast relaxation, breast duct blockage.

Applicable Range

1. Those with bad breast shape and accessory breasts.
2. Those with nodules in the chest, slight hyperplasia and painful breast during menstruation.
3. Those with extended chest fat extended.
4. Those with low immunity.
5. Those with irregular menstruation and facial spots or whose skin is inelastic.
6. Those with improperly developed mammary glands, postpartum mammary gland atrophy, sagging breast, blocked breast duct and other conditions.

Inapplicable Range

1. Those with cardiovascular and cerebrovascular diseases, diabetes mellitus, abnormal coagulation function and impaired vital organ function.
2. Those who are long-term or ongoing users of anticoagulants, vasodilators, corticosteroids and other drugs.
3. Those with infectious lesions on the chest skin.
4. Patients with severe thoracic proliferative or fibroma or cyst.
5. Those in pregnancy and lactation.

Notes after Operation

1. Keep warm.
2. Wear styled and comfortable underwear. Don't press your chest hard.
3. Avoid getting cold. Take a bath after 4-6 hours.

Shaping Arms

Effects

1. Stimulate collagen hyperplasia in the bottom of the skin to shape and firm it.
2. Improve loose skin.
3. Improve flabby arms and thick arms.
4. Soothe loose skin.
5. Tighten skin.
6. Accelerate blood circulation and metabolism.

Applicable Range

1. Those with thick arms and want to look better in clothes.
2. Those with jiggly and flabby arms.
3. Those with loose arm skin.
4. Those whose arms are prone to pain and numbness.

Inapplicable Range

1. Those who have just had plastic surgery.
2. Those with hypertension, heart disease, diabetes, severe thyroid gland, 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.

Notes after Operation

1. Keep warm after operation. Do not eat cold food.
2. 4-6 hours later in the shower.
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.

Shaping Back

Effects

1. Relieve shoulder and back soreness.
2. Increase blood circulation and metabolism.
3. Improve blood supply to the head and sleep.
4. Firm skin and prevent sagging.
5. Improve excess fat on the back and shape the back.

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 work facing computer screen for long hours and experiencing neck discomfort.

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, full, empty, thirsty and overworked.

Notes after Operation

1. Keep warm, avoid cold air and drink plenty of hot water.
2. Shower 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.

Shaping Buttocks

Buttocks are located in the middle of human body, and are the key hub of meridian qi and blood operation. 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 striae induced by obesity and pregnancy,
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 dysmenorrhea, 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 old.

Notes after Operation

1. Keep hips warm and avoid wearing miniskirts and shorts.
2. Shower 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. Avoid sauna, hot spring or strenuous exercise for 7 days after operation.

Shaping Legs

Effects

1. Tighten skin and prevent sagging.
2. Stimulate collagen regeneration and improve fat lines.
3. Tighten excessive protruding fat on legs and rid thick thighs.
4. Improve soft and loose skin.
5. relieve leg soreness and pain.
6. Improve leg stretch marks induced by obesity.

Applicable Range

1. Those who have low immunity and feel discomfort and pain all over the body are prone to colds.
1. Those with course skin.
2. Those with loose skin.
3. Those with poor proportion of legs and desire to change that.
4. Those who walk long miles and experience soreness of legs.
5. Those with excessive fat accumulation of legs.

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. 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 old.
9. Those who are pregnant or recovering from surgery.

Notes after Operation

1. Keep warm after operation. Do not eat cold food.
2. 4-6 hours later in the shower.
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 miniskirts and shorts.

Body Sculpting&Slimming

1. Relieve shoulder and back soreness, and accelerate metabolism.
2. Stimulate collagen regeneration, firming and shaping.
3. Improve loose and soft waist and abdomen skin.
4. Improve the jiggly and thick arm.
5. Relieve soreness and no strength of limbs.
6. Improve unwanted fat on the back, waist and abdomen.
7. Tighten skin and prevent sagging.
8. Dissolve excessive body fat and accelerate metabolism.
9. Improve stretch marks, fat marks, and increase skin elasticity.
10. Improve constipation and intestinal peristalsis.

Applicable Range

1. Those who sit for long hours and don't look good at the waist.
2. Those with unwanted fat on waist and abdomen, prominent beer belly.
3. Those who has loose skin after delivery.
4. Those with striae induced by obesity and pregnancy.
5. Those with big arms, thick back, poor leg shape ratio and want to look better in clothes.
6. Those with jiggly and flabby arms.
7. Those with loose skin on arms and legs.
8. Those whose hands and legs are easily sore and numb.
9. Those with sore shoulders and backs and stiff necks.

10. Those with insomnia and dream, memory decline of the population.
11. Those who are prone to fatigue, drowsiness and poor circulation of qi and blood.
12. Those who have low immunity and feel discomfort and pain all over the body are susceptible to colds.

Inapplicable Range

1. Those who are during pregnancy, menstruation and lactation.
2. Those with hypertension, heart disease, diabetes, thyroid, epilepsy and severe hyperthyroidism.
3. Those with malignant tumor and hemophilia or severe bleeding.
4. Those who have just had liposuction.
5. Those with severe varicose veins and tumors.
6. Those whose surgical wound is healing or recovering.
7. Those with skin diseases and infectious diseases.
8. Those with severe gynecological diseases.
9. Those with gynecological diseases being treated.
10. Those with allergic and severely sensitive skin.
11. Those with skin trauma or cut.
12. Those who are overly old.
13. Those with metal implants in the body, such as stents and pacemakers, are allergic to metal.
14. Those who are too weak.
15. Those who over-drink, full, empty, thirsty and overworked.

Notes after Operation

1. Avoid wearing clothes that show navel, shoulder or back, miniskirts or shorts, and avoid getting cold from the wind.
2. Avoid overeating, staying up late, drinking and eating raw, cold, spicy and greasy food.
3. Keep warm after operation, and do not bathe until 4-6 hours apart.
4. Avoid sauna, hot spring or strenuous exercise for 7 days after operation.
5. Before going to bed at night, you can knead your abdomen clockwise with your hands to make the metabolic effect of weight loss better.
6. Drink plenty of hot water to hydrate and speed up metabolism.

Facial Care

Effects

1. Improve facial wrinkles, canthus lines, crow's feet.
2. Deeply introduce nutrition, reduce dark spots and whiten skin.
3. Increase skin elasticity, firm and delicate skin, and lift canthus.
4. Relieve eye fatigue, dark circles, bags and edema.
5. Increase blood circulation and metabolism.
6. Improve flabby, soft and inelastic skin.
7. Stimulate collagen hyperplasia and delay aging.

Applicable Range

1. Those with dark complexion and dull skin.
2. Those with rough skin, large pores and dry skin.
3. Those whose skin is flabby, saggy and inelastic.
4. Those with fine lines, nasolabial folds, canthus lines.
5. Those with wrinkles, fine lines, eye bags, and dark circles under the eyes.
6. Those who face computer screens and cell phones for long hours.
7. Those who often stay up late with dark circles under their eyes.
8. Those who always be in a dry or hot environment.
9. Those who work in the office for long hours, facing ultraviolet.
10. Those with unclear facial outline and who often bow the head.

Inapplicable Range

1. Those who have just undergone plastic surgery which have implanted prostheses, metal materials and so on.
2. Those who recently experienced certain injections, such as hyaluronic acid, intradermal injection, wrinkle removal, or plastic surgery.
3. Those with hypertension, heart disease, diabetes, severe thyroid and malignant tumors.
4. Those who are having an allergic reaction, or people with severe sensitive skin or allergic to metals.
5. Those with skin trauma or wound.
6. Those who are overaging.
7. Those in menstruation, pregnancy, lactation, surgical recovery.
8. Those with skin diseases and infectious diseases.
9. Those who are unrealistic about the effects.

Notes after Operation


1. Do not wash your face and neck with overheated water (with either warm or cold) within 7 days.
2. Strengthen hydrating and moisturizing, avoid overexposure to sunlight, and always apply sunscreen.
3. It is recommended to apply facial mask and eye mask at least 3 times a week.
4. Within 1-3 days after operation, it is best not to use products such as alcohol, AHAs or exfoliating scrub and so on.
5. Avoid sauna, hot spring or strenuous exercise within 7 days after operation.
6. Avoid spicy and greasy food, staying up late, smoking and drinking; eat more fruits and vegetables, less greasy food.
7. Avoid food that will lead to "3Hs"(hypertension, hyperglycemia, hyperlipidemia), and mainly consume less greasy food.

Part II

1. Detailed Operation

Detailed operations are as follows:

1.1 Detailed Operation: Cavitation 40K

Press  to go to the interface below



Interface of Cavitation 40K



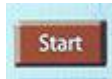
Mode Selection of Cavitation 40K



Working Time Adjustment of Cavitation 40K



Energy Adjustment of Cavitation 40K



Start




Pause



Back

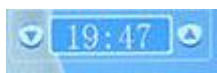
1.2 Detailed Operation: Tripolar RF for Eye



Press  to go to the interface below



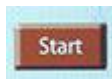
Interface of Tripolar RF



Time Adjustment of Tripolar RF



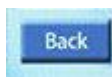
Energy Adjustment of Tripolar RF



Start




Pause



Back

1.3 Detailed Operation: Multipolar RF for Face



Press  to go to the interface below



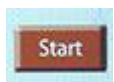
Interface of Multipolar RF



Working Time Adjustment of Multipolar RF



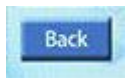
Energy Adjustment of Multipolar RF



Start



Pause



Back

2. Technical Parameters

40K Unoisetion Cavitation 2.0 Handlepiece

Cavitation VersionCavitation 2.0

Treatment Area: Body

Measure of Treatment Area: 37cm²

Frequency: 40KHz

Max. Output Power: 20W

Sextupolar RF Handle with Photon Handlepiece

Treatment Area: face

Measure of Treatment Area: 12.5cm²

Max. Output Power: 20W

Frequency: 1MHz

Depth of RF: 5mm

Wavelength of Red Photon: LED:650nm Red light

3-Polar RF Handle with Photon Handlepiece

Treatment Area: Face/eye

Measure of Treatment Area: 6cm²

Max. Output Power: 8W

Frequency: 1MHz

Depth of RF: 3mm

Wavelength of Red Photon LED:650nm Red light

3. Safety Precautions

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

1. Those who are pregnant or lactating.
2. Those with heart disease or who are 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.

4. Dos and Dont's

1. Use a grounding pin and make sure the power socket of the device is properly connected before each operation.

2. Ensure that the voltage of the device is appropriate. If the voltage of the local power supply is unstable, we recommend that users increase to the matching power voltage.
3. In order to ensure the therapeutic effect and normal service life expectancy of the device, please use the specified accessories provided or recommended by the original manufacturer.
4. The device should not be placed in wet environment or near water, nor should they be directly exposed to sunlight.
5. Do not place the device near a strong heat source, because this may affect the life and normal use of the device.
6. 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 with an empty stomach. After a full meal, wait at least 1 hour before a course of weight loss treatment.
13. When operating, the instrument should fully touch the skin to avoid uneven heat.
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. Don't stay at one treatment area for over 5 seconds when using RF handle to avoid burning.
17. Clean the instrument with normal saline after operation to ensure its cleanliness and hygiene and prolong its service life.

5. Troubleshooting & Solutions

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

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

2. No 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. I can start the instrument, but the screen show's error message?

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

6.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 regulate the sub-health 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: RF works by dissolving fat to reduce weight, and are not prone to rebound. Because what's dissolved through RF 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 RF instrument be used for chest shaping?

A: As the growth of age and female physiology period, sub-health state, gravity, stimulation during lactation, a large number of nutrition loss... All the above will cause collagen loss, decreased blood flow, damaged elastic tissue, flabby ligament gland, and prolapsed breasts. Through RF energy conduction, collagen protease can be promoted to repair elastic tissue and ligament glands, thus achieving the effect of chest lifting and shaping.

10. 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.)

11.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.

12.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".

13.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.

14. Q: Why do you need breast maintenance?

A: The lymph nodes of bosom rank the top among other parts of the body, which also lead to toxin accumulation very easily , and urbanite life rhythm is very fast now, working pressure is very big, which can bring about the hyperplasia of different level. The saying goes that bosom is the cradle of children, the garden of the woman, the symbol of female identity! Breast maintenance can make your figure more beautiful, add scores for your whole temperament, thus turn head rate increases 10 times certainly! Good figure and temperament will also ensure husband's loyalty!
The evolution of breast cancer: breast milk residual , secretions, toxins -- nodules and blockages -- lobular hyperplasia, ductal hyperplasia, breast hyperplasia -- duct blockage and adhesion -- fibroma, breast cyst -- breast cancer.





15.Q: Why do you 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.

7. Packing List

- 1 x Main Machine
- 1 x Beauty Head
- 1 x Beauty Head
- 1 x Pack Cotton and Seal Ring
- 1 x Pack Cotton and Seal Ring
- 1 x English Manual

8. Operational Diagrams




Parameter Adjustment	Product	Techniques	Diagrams
Facial Anti-aging: 60 min, once/week			
RF Face Energy: 30%-80%	Makeup remover+ Face wash+ Hydrating facial mask+ Hydro spray jet+ Essence+ Device+ Facial mask	<ol style="list-style-type: none"> 1. Remove makeup and cleanse face, 5 min. 2. Apply toner, 2 min. 3. Apply hydrating facial mask, 10 min. 4. Wash face clean, 2 min. 5. Hydro spray jet(distill hyaluronic acid with distilled water with the proportion of 1:1) and move around face in circles, 5 min. 6. Apply (whitening/hydrating/anti-aging) essence evenly on face, 1 min. 7. RF Operation: place the probe on jawline, and brace the skin back and forth (use more strength when moving upwards and move gently downwards), lift in lines with one line next to another, 5 min. 8. Brace the skin with the probe and another free hand to keep the treatment surface tight and lifted; move from jaw to earlobe, mouth corner to ear gate, nose wing to temple, lower eyelid to temple, and lift the corner of the eye, 3 times. 9. Move up on forehead 	<p>Technique 5</p>  <hr/> <p>Technique 7</p>  <hr/> <p>Technique 8</p>  <hr/> <p>Technique 9</p> 






		<p>towards hairline to lift the treatment area, 3 times.</p> <p>10. Do the same on the other side.</p> <p>11. Apply facial mask, 15 min.</p> <p>12. Wash face clean, 2 min.</p> <p>Apply toner, essence, cream and sunscreen.</p>	
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Suggested Treatment:

10 treatments account for one full course. After one time, the skin will be firm and tender, providing the skin with needed nutrition. After a course of treatment, the skin is lifted and shiny. After 2 courses, the skin is smooth and plump, and the outline gradually becomes clear. After 3 courses, it can achieve effects such as prevent and delay skin aging, improve sagging and loose skin, and increase collagen in the bottom of skin, making skin smooth, firm and glowing.

Eye Anti-aging: 60min, once/week

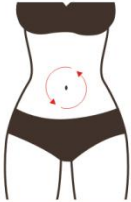
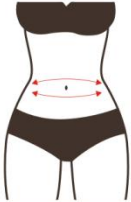
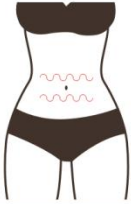


<p>RF Face Energy: 30%-80%</p>	<p>Makeup remover+ Face wash+ Toner+ Eye essence+ Device+ Eye mask</p>	<ol style="list-style-type: none"> 1. Remove makeup and clean face, 5 min. 2. Apply toner, 1 min. 3. Apply essence evenly around eyes and gently massage to rub it in, 1 min. 4. Push the following acupoints(jingming point, cuanzhu point, yuyao point, sizhukong point, temple, tongziliao point, chengqi point) using middle and ring fingers, 3 times. 5. Move hands in circular motion on eyes and push temples, 3 times. 6. Move middle and ring fingers horizontally below lower eyelids and slide to back of the ear, 3 times. 7. Lift middle and ring fingers from inner eye corner to upper eyelids and slide to back of the ear, 3 times. 	<p>Technique 3, 5, 10</p>  <hr/> <p>Technique 4</p>  <hr/> <p>Technique 6</p>  <hr/> <p>Technique 7</p>
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		<p>8. Lift eye corners with “scissor” hand gesture, 3-5 times.</p> <p>9. Repeat the previous operation on the other side, 3 times.</p> <p>10. Move hands in circular motion on eyes and push temples, 3-5 times.</p> <p>11. RF operation: move the probe beneath lower eyelid in small circles and move all the way till the temple, 3-5 times.</p> <p>12. Combined with hand, move the probe from lower eyelid to temple to lift the treatment area, 3-5 times.</p> <p>13. Lift from the beginning of the eyebrows to the end, 3-5 times.</p> <p>14. Combined with hand, move the probe to lift the corner of the eyes towards the hairline, 3-5 times.</p> <p>15. Apply eye mask, 15 min.</p> <p>16. Wash eyes and face clean, 2 min.</p> <p>17. Apply toner, facial essence, eye essence, cream, eye cream and sunscreen.</p>	 <p>Technique 8</p>  <p>Technique 11</p>  <p>Technique 12, 14</p>  <p>Technique 13</p> 
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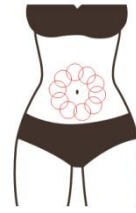
Suggested Treatment:

Ten treatments account for one full course. Once done, the eyes are lifted and tightened, increasing blood circulation to the eyes. After one course, it lightens fine lines, dark circles under the eyes and brightens the skin. After 2 courses, the skin around the eyes is firm, tender and shiny. 3 courses help improve and prevent the aging of the eyes.

Shaping Waist&Abdomen: 60 min, once/week

<p>RF Body Energy: 30%-80%</p> <p>40K Energy: 30%-80%</p>	<p>Essential oil+ Gel+ Device</p>	<ol style="list-style-type: none"> 1. Apply and rub oil on abdomen with hands, 3 times. 2. Rub stomach back and forth with both hands, 3-5 times. 3. Knead abdomen with both hands using chiropractic techniques, 3 times. 4. Lift daimai 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 message the intestinal canal clockwise, 3 times. 7. Move hands in circular motion and caress the treatment area, 3 times. 8. Push on the following acupoints: shangwan zhongwan xiawan shenque qihai guanyuan zhongji tianshu dasheng qugu, 2 times. 9. Starting from zhongji point, push both thumbs to belly navel, slide them to waist and the lift upwards to groin, 3 times. 10. Caress the treatment area with hands and slide to groin. 11. RF operation: starting from one side of the waist, lift the device to abdomen and groin, 3 times. 12. Repeat the previous operation on the other side, 3 times. 13. Move the device on 	<p>Technique 1, 7, 10</p>  <hr/> <p>Technique 2</p>  <hr/> <p>Technique 3</p>  <hr/> <p>Technique 4</p>  <hr/> <p>Technique 5</p>  <hr/> <p>Technique 6</p>
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abdomen in small circular motions, 3 times.
14. Move the device on abdomen in big circular motions, 3 times.
15. Move the probe to shape the waist as if writing "8", 3-5 times.
16. Move the probe up and down to shape the waist, 3-5 times.
17. Combined with hand, lift daimai on both sides of the waist, 16 times.
18. Repeat the same technique with 40K operation.



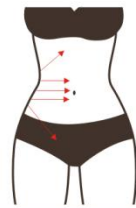
Technique 8



Technique 9



Technique 11



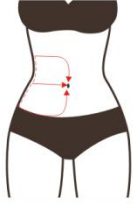

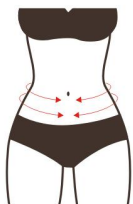
Technique 13



Technique 14



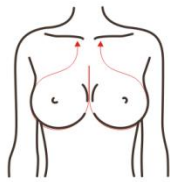
Technique 15

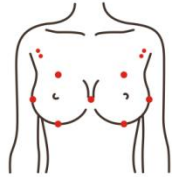
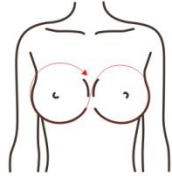
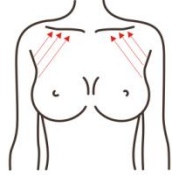
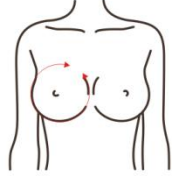
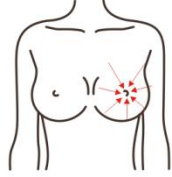
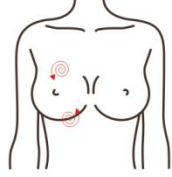
			 <hr/> <p>Technique 16</p>  <hr/> <p>Technique 17</p> 
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Suggested Treatment:

Ten treatments account for one full course of treatment. Once done, abdomen is heating up, metabolism is accelerated. After one course, fat slowly reduce through metabolism, body starts to slim down. Constipation and other issues are addressed at the same time. After 2 courses the effect gradually becomes obvious, skin is tightened and lifted, skin collagen increased. Stretch marks and flabby skin are also improved. 3 courses help reinforce the effect. Redundant adipose gradually disappear, lumbar abdomen curve start to take in shape, and slim waist starts to show.

Shaping Breasts: 60 min, once/week

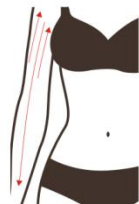
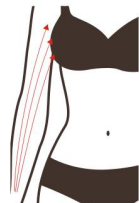

RF Body Energy: 30%-80%	Massage cream(essential oil)+ Device	<ol style="list-style-type: none"> 1. Stand at the head of the bed, both hands from shan zhong point began to rub oil to armpit up at the same time lift the suspension ligament (this is to caress treatment area) 3 times. 2. Both hands thumb point: shanzhong, rugen, dabao, yingchuang, zhongfu, yunmen, 3 times. 3. Caress the treatment area, 	<p>Technique 1, 3, 6, 10</p>  <hr/> <p>Technique 2</p>
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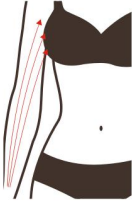


	<p>3 times.</p> <p>4. Overlap both palms from shan zhong point to chest both sides back and forth as if writing an “8” number, 3 times</p> <p>5. Lift the accessory breast to the suspensory ligament alternately with both hands, first left, then right, 10 times.</p> <p>6. Caress the treatment area, 3 times.</p> <p>7. Sit beside the customer, first left, then right, with both hands to soothe and lift the chest, 3-5 times.</p> <p>8. Alternately push the breast duct around the chest (one circle of the chest), 3-5 times.</p> <p>9. Use the thumb to dredge the nodules in the chest, 3 times.</p> <p>10. Lift the whole chest with hands, 3-5 times.</p> <p>11. The technique on the other side is the same as above.</p> <p>12. Radio frequency instrument operation: first left, then right, from the bottom to the top along the direction of the chest to the nipple, combined with hand pacification, 5-8 times.</p> <p>13. Draw half a circle along the chest to lift and pull from the bottom to the collarbone, combining with hand comfort, 5-8 times.</p> <p>14. Make small circles to clear the nodule site for 3-5 times.</p> <p>15. The customer lies on his side and stands up with his arms. The device burns fat in</p>	 <hr/> <p>Technique 4</p>  <hr/> <p>Technique 5</p>  <hr/> <p>Technique 7, 13</p>  <hr/> <p>Technique 8, 12</p>  <hr/> <p>Technique 9, 14</p>  <hr/> <p>Technique 15</p>
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		<p>circles at the position of auxiliary breast, 5-8 times.</p> <p>16. The instrument is pushed from the position of underarm auxiliary breast to the chest (shaping and receiving auxiliary breast), 5-8 times</p> <p>1. 17. The technique on the other side is the same as above.</p>	 <p>Technique 16</p> 
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Suggested Treatment:
 10 times account for a course of treatment. After a full course, breasts will experience heat, blood circulation is boosted, and a certain improvement effect will be seen. After a course of treatment the effect is more obvious, nodules are improved. 3 courses help tighten the skin and consolidate shaping effect, and increase the elasticity of the breasts. Regulating endocrine makes women more attractive.

Shaping Arms: 60 min, once/week


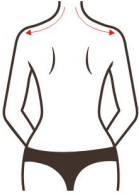
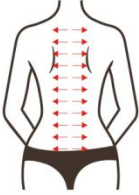
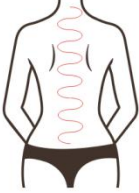
<p>RF Body Energy: 30%-80%</p> <p>40K Energy: 30%-80%</p>	<p>Essential oil+ Gel+ Device</p>	<ol style="list-style-type: none"> 1. Left-right order: lay the arm flatwise, apply and rub oil in from lower arm to the entire arm and slide to the fingers, 3 times. 2. Push the entire arm with both palms, 3 times. 3. Push hands upwards tracing three main collateral channels(dachangjing-sanjiaojing-xiaochangjing) to armpits with fingers spread and hukou pointing upwards, 3 times. 4. Caress the treatment area, 3 times. 5. Trace and rub three main collateral channels on arms with kneeling finger back and forth till them turn hot, 3 times. 6. Caress the treatment area, 	<p>Technique 1</p>  <p>Technique 2, 3, 4, 5, 6</p>  <p>Technique 7</p> 
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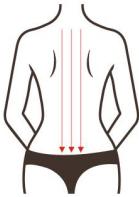
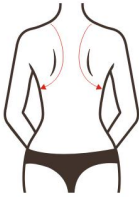


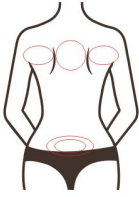
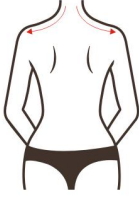
	<p>3 times.</p> <p>7. Lay inner arm upwards, and push hands tracing three yin channel on inner arm(feijing-xinbaojing-xinjing) to armpit, with hukou pointing upwards, 3 times respectively.</p> <p>8. Rub three channels back and forth with kneeling fingers, 3 times.</p> <p>9. Caress the treatment area and slide to fingers.</p> <p>10. Repeat the previous operation on another side.</p> <p>11. RF device operation: lay arms flatwise and start from fat part of lower arm, tracing three channels to armpit, 3 times.</p> <p>12. Move the device in annular motion, tracing three channels to armpit, 3 times.</p> <p>13. You may double the operation on flabby arms, 3 times.</p> <p>14. Trace three channels to armpit, 3 times.</p> <p>15. Lay inner arm flatwise and push three channels on upper arm to armpit, 3 times.</p> <p>16. Trace three channels on upper arm and move the device in circles to armpit, 3 times.</p> <p>17. Trace three channels from upper arm to armpit.</p> <p>18. Repeat the previous operation with 40K operation.</p> <p>19. Do the same on the other side.</p>	<p>Technique 8</p>  <hr/> <p>Technique 9</p>  <hr/> <p>Technique 11, 14</p>  <hr/> <p>Technique 12, 13</p>  <hr/> <p>Technique 15, 17</p>  <hr/>
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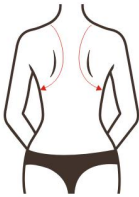
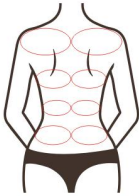


Suggested Treatment:

10 treatments account for a full course. Once done, it will feel warm and tight, and the arms will be relaxed. A course of treatment help reduce excessive arm fat and the skin appear to be tight and plump. 2 courses of treatment began to shape the arms, strengthen the effect, dredge meridians, and enhance the physique. 3 courses help consolidate stability and prevent rebound.

Shaping Back: 60 min, once/week

<p>RF Body Energy: 30%-80%</p>	<p>Essential oil+ Device</p>	<ol style="list-style-type: none">1. Apply oil on back and press Fengchi and fengfu points.2. (Starting from hairline) stroke badanjin with thumb, 3-5 times.3. Move thumb outwards from pangguangjin to baliao area and then to fengchi and fengfu point.4. Starting from neck to caudal vertebra, move hands in S-shape, 3 times.5. Push pangguangjin with thumb in left-right order, 3 times.6. Push pangguangjin to baliao area with both thumbs, at the same time, 3 times.7. Push pangguangjin in three kneeling fingers, 3 times.8. Push scapula slot with both hands alternately in left-right order, 3-6 times.9. Push scapula slot with both hands horizontally, 3-6 times.10. Caress the back with both hands and push fengchi and fengfu points, 3 times.11. Overlap both thumbs and push tianzong point and slide to the arm, 3 times.12. Repeat the previous action on another arm, 3 times.	<p>Technique 1, 10</p>  <hr/> <p>Technique 2</p>  <hr/> <p>Technique 3</p>  <hr/> <p>Technique 4</p>  <hr/> <p>Technique 5, 6, 7, 13, 14</p>
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		<p>13. Rub dumai and panguangjin with hands until they turned hot.</p> <p>14. RF Operation: Starting from dumai to panguangjin, move the device from neck to baliao area, 3-5 times.</p> <p>15. Move the device in circles on dazhui point, and baliao area, 3-5 times respectively.</p> <p>16. From dabanjin to neck, move the device back and forth, 3-5 times.</p> <p>17. Lift the device on scapula slot in left-right order, 3-5 times.</p> <p>18. Move the device horizontally as if writing an "8" number to baliao area, 3 times.</p> <p>19. Move the device upwards in annular motion to armpit in left-right order on both sides, 3 times.</p> <p>20. Move from sides of the waist to armpits from bottom to top to lift the treatment area, 3-5 times.</p>	 <hr/> <p>Technique 8</p>  <hr/> <p>Technique 9</p>  <hr/> <p>Technique 11, 12</p>  <hr/> <p>Technique 15</p>  <hr/> <p>Technique 16</p>  <hr/> <p>Technique 17</p>
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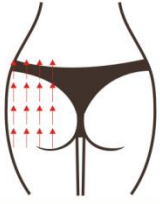


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			Technique 18
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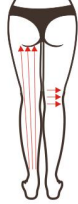



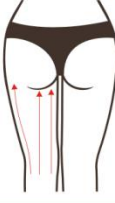

Suggested Treatment:

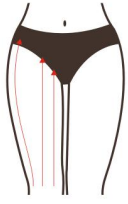



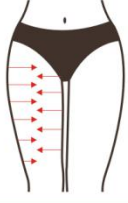
10 treatments account for a full course. Once done, back feel significantly relaxed, and it can also alleviate neck stiffness, and lift skin. A course help relax shoulder, reduce back fat, ease the lump on the nape of the back, shape the back line, and improve sleep. 3 courses help with back thinning, enhance the effects and prevent rebound. (One full course helps to reduce size, two courses help to strengthen effect, three courses help with consolidation and avoid rebound.)

Shaping Buttocks: 60 min, once/week

<p>RF Body Energy: 30%-80%</p> <p>40K Energy: 30%-80%</p>	<p>Essential oil+ Gel+ Device</p>	<ol style="list-style-type: none">1. Standing on the side, accumulate oil on hands and then slide to the waist and then lift up along the hips from the waist, 3 times (this is to caress the treatment area.)2. Repeatedly push ba liao zone with two thumbs.3. Caress the treatment area for 3 times and then point: "shenyu", "ba liao", "chang qiang", "huan tiao" and "cheng fu", 3 times.4. Caress the treatment area, 3 times.5. First left, then right, with both hands extending from the root of the thigh from bottom to top -- bladder tendon -- kidney -- liver -- gallbladder -- vein, 3 times each.6. Both hands follow from the root of thigh from bottom to top -- bladder channel, kidney channel, liver channel and gallbladder channel to the vein, 3 times each.7. Overlap both palms and push up together from thigh root to pulse (ascension) ,3 to 5 times.8. Push your hands from	<p>Technique 1, 4, 10</p>  <hr/> <p>Technique 2</p>  <hr/> <p>Technique 3</p>  <hr/> <p>Technique 5, 12, 15</p>  <hr/> <p>Technique 6</p>
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		<p>bottom to top from both sides of your hips to the top of your hips, 3 times.</p> <p>9. Repeat the previous operation.</p> <p>10. Caress the treatment area.</p> <p>11. The technique on the other side is the same as above.</p> <p>12. RF Operation: lift from the thigh root to daimai in lines , 3 times.</p> <p>13. Lift 3 times from bottom to top on both sides of the buttocks to the highest point of the buttocks.</p> <p>14. Circle your hips, 3 to 5 times.</p> <p>15. Lift 3 times from thigh root to vein.</p> <p>16. Lift from bottom to top on both sides of the buttocks to the highest point of the buttocks, 3 times.</p> <p>17. Do the same on the other side.</p> <p>18. Do the same with 40K treatment.</p>	 <p>Technique 8, 13, 16</p>  <p>Technique 14</p> 
<p>Suggested Treatment:</p> <p>10 treatments account for a full course. After one treatment, buttocks will experience lifting and heat. After a course of treatment buttocks start to show obvious curve lines, and excessive fat begin to disappear slowly, and skin appear to be tight. After 3 courses, the conditions of cold body and uterus, other gynecological problems such as irregular menstruation are improved. It also help consolidate the effect, and increase the female charm.</p>			
<p>Shaping Legs: 70 min, once/week</p>			
<p>RF Body Energy: 30%-80%</p> <p>40K Energy:</p>	<p>Essential oil (massage cream)+ Gel+ Device</p>	<p>1. Rear leg, left-right order: apply and rub oil in from calf to thigh to heel, 3 times.</p> <p>2. Alternately push the entire leg from bottom to top and</p>	<p>Technique 1, 2, 3, 4, 6, 7, 8</p>

<p>30%-80%</p>		<p>wrap back into the heel, 3 times</p> <p>3. Move hands upwards to four main collateral channels(pangguangjin-shenjin-ganjin-danjin) with fingers spread and hukou pointing upwards.</p> <p>4. Push hands alternately to popliteal fossa, 3 times.</p> <p>5. Twist both hands upwards alternately as if twisting a fired dough, 3 times.</p> <p>6. Caress the treatment area, 3 times.</p> <p>7. Push four main collateral channels upwards with kneeling fingers of both hands, 3 times.</p> <p>8. Caress the treatment area, 3 times.</p> <p>9. Do the same on the other side.</p> <p>10.RF operation: move the device from popliteal fossa to pangguangjin-shenjin-ganjin-danjin, 3 times.</p> <p>11. Move the device in circular motion on calf, 3 times.</p> <p>12. Move the device upwards to popliteal fossa and caress the treatment area with hands, 3 times.</p> <p>13. Push from popliteal fossa tracing 4 main collateral channels to the end of thigh, 3 times.</p> <p>14. Move the device in circular motion from popliteal fossa to the end of thigh, 3 times.</p> <p>15. Push from popliteal fossa</p>	 <hr/> <p>Technique 5</p>  <hr/> <p>Technique 10, 12</p>  <hr/> <p>Technique 11</p>  <hr/> <p>Technique 13, 15</p>  <hr/> <p>Technique 14</p>  <hr/> <p>Technique 18, 19, 20, 21, 22</p>
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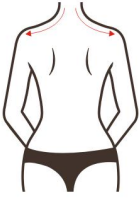
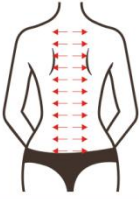
		<p>tracing main collateral channels to the end of thigh, 3 times.</p> <p>16. Do the same with ultrasonic operation.</p> <p>17. Do the same on the other side.</p> <p>18. Foreleg: rub oil with both hands from heel to the thigh root (namely to caress the treatment area), 3 times.</p> <p>19. Alternately push the entire leg from bottom to top and wrap back into the heel, 3 times</p> <p>20. Move hands upwards to four main collateral channels(pijing-weijing-ganjin g-danjing) with fingers spread and hukou pointing upwards, 3 times.</p> <p>21. Push four main collateral channels upwards with kneeling fingers of both hands, 3 times.</p> <p>22. RF operation: Lift the device towards knee while tracing 3 collaterals, 3 times(start from thigh if there's not enough unwanted fat on calf.)</p> <p>23. Move the device on two sides of calf in annular motion, 3 times(start from thigh if there's not enough unwanted fat on calf.)</p> <p>24. Lift the device from knee to thigh root in lines, 3 times.</p> <p>25. Move the device in small circles on thigh, 3 times.</p> <p>26. Coupled with hand, lift from 2 sides of leg to the middle, 3 times.</p> <p>27. Lift the device from knee</p>	 <hr/> <p>Technique 23, 27</p>  <hr/> <p>Technique 24, 28</p>  <hr/> <p>Technique 25</p>  <hr/> <p>Technique 26</p>  <hr/>
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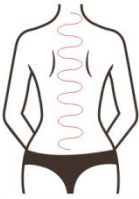
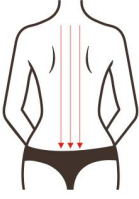
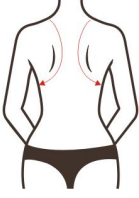
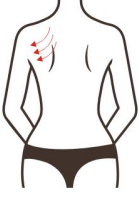
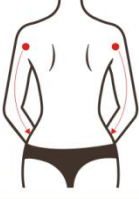
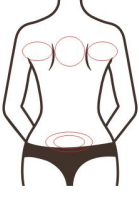
		<p>to thigh root in annular motion, 3 times.</p> <p>28. Lift the device from knee to thigh root in lines, 3 times.</p> <p>29. Do the same with 40K operation.</p> <p>30. Do the same on the other side.</p>	
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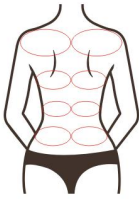


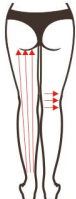


Suggested Treatment:







10 treatments account for a full course. After one treatment, leg is relaxed, and circulation is accelerated. After a course of treatment, leg becomes thin, skin collagen tissue experience contraction due to heat effect, and tightening effect can obviously be felt on the skin. After 2 courses, leg is tight and slim, and obvious results are seen. 3 courses help consolidate the effect. Super RF + super ultrasound is to stimulate the dermis of the skin, which can sustain collagen regeneration, so the treatment effect will be more and more obvious.



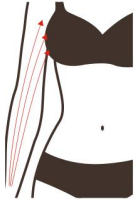
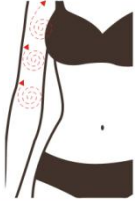
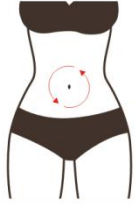
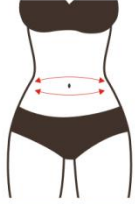
Body-Shaping&Slimming: 150 min, once/week

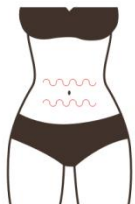
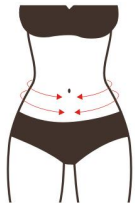


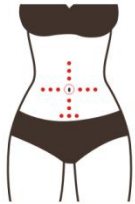

<p>RF Body Energy: 30%-80%</p> <p>40K Energy: 30%-80%</p>	<p>Essential oil+ Gel+ Device</p>	<ol style="list-style-type: none"> 1. Apply oil on back and press Fengchi and fengfu points. 2. (Starting from hairline) stroke badanjin with thumb, 3-5 times. 3. Move thumb outwards from pangguangjin to baliao area and then to fengchi and fengfu point. 4. Starting from neck to caudal vertebra, move hands in S-shape, 3 times. 5. Push pangguangjin with thumb in left-right order, 3 times. 6. Push pangguangjin to baliao area with both thumbs, at the same time, 3 times. 7. Push pangguangjin 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 	<p>Technique 1, 10</p>  <hr/> <p>Technique 2, 16</p>  <hr/> <p>Technique 3</p>  <hr/> <p>Technique 4</p>
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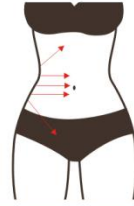
		<p>hands horizontally, 3-6 times.</p> <p>10. Caress the back with both hands and push fengchi and fengfu points, 3 times.</p> <p>11. Overlap both thumbs and push tianzong point and slide to the arm, 3 times.</p> <p>12. Repeat the previous action on another arm, 3 times.</p> <p>13. Rub dumai and panguangjin with hands until they turned hot.</p> <p>14. RF Operation: Starting from dumai to panguangjin, move the device from neck to baliao area, 3-5 times.</p> <p>15. Move the device in circles on dazhui point, and baliao area, 3-5 times respectively.</p> <p>16. From dabanjin to neck, move the device back and forth, 3-5 times.</p> <p>17. Lift the device on scapula slot in left-right order, 3-5 times.</p> <p>18. Move the device horizontally as if writing an "8" number to baliao area, 3 times.</p> <p>19. Move the device upwards in annular motion to armpit in left-right order on both sides, 3 times.</p> <p>20. Move from sides of the waist to armpits from bottom to top to lift the treatment area, 3-5 times.</p> <p>21. Leg massage, left-right order: apply and rub oil in from calf to thigh to heel, 3 times.</p> <p>22. Alternately push the entire leg from bottom to top</p>	 <hr/> <p>Technique 5, 6, 7, 13, 14</p>  <hr/> <p>Technique 8, 17</p>  <hr/> <p>Technique 9</p>  <hr/> <p>Technique 11, 12</p>  <hr/> <p>Technique 15</p>  <hr/> <p>Technique 18</p>
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		<p>and wrap back into the heel, 3 times</p> <p>23. Move hands upwards to four main collateral channels(pangguangjin-shenjin-ganjin-danjin) with fingers spread and hukou pointing upwards.</p> <p>24. Push hands alternately to popliteal fossa, 3 times.</p> <p>25. Twist both hands upwards alternately as if twisting a fired dough, 3 times.</p> <p>26. Caress the treatment area, 3 times.</p> <p>27. Push four main collateral channels upwards with kneeling fingers of both hands, 3 times.</p> <p>28. Caress the treatment area, 3 times.</p> <p>29. Do the same on the other side.</p> <p>30. RF operation: move the device from popliteal fossa to pangguangjin-shenjin-ganjin-danjin, 3 times.</p> <p>31. Move the device in circular motion on calf, 3 times.</p> <p>32. Move the device upwards to popliteal fossa and caress the treatment area with hands, 3 times.</p> <p>33. Push from popliteal fossa tracing 4 main collateral channels to the end of thigh, 3 times.</p> <p>34. Move the device in circular motion from popliteal fossa to the end of thigh, 3 times.</p> <p>35. Push from popliteal fossa</p>	 <hr/> <p>Technique 19</p>  <hr/> <p>Technique 20</p>  <hr/> <p>Technique 21, 22, 23, 24, 26, 27, 28</p>  <hr/> <p>Technique 25</p>  <hr/> <p>Technique 30, 32</p>  <hr/> <p>Technique 31</p>
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		<p>tracing main collateral channels to the end of thigh, 3 times.</p> <p>36. Do the same with 40K operation.</p> <p>37. Left-right order: lay the arm flatwise, apply and rub oil in from lower arm to the entire arm and slide to the fingers, 3 times.</p> <p>38. Push the entire arm with both palms, 3 times.</p> <p>39. Push hands upwards tracing three main collateral channels(dachangjing-sanjiaojing-xiaochangjing) to armpits with fingers spread and hukou pointing upwards, 3 times.</p> <p>40. Caress the treatment area, 3 times.</p> <p>41. Trace and rub three main collateral channels on arms with kneeling finger back and forth till them turn hot, 3 times.</p> <p>42. Caress the treatment area, 3 times.</p> <p>43. Lay inner arm upwards, and push hands tracing three yin channel on inner arm(feijing-xinbaojing-xinjing) to armpit, with hukou pointing upwards, 3 times respectively.</p> <p>44. Rub three channels back and forth with kneeling fingers, 3 times.</p> <p>45. Caress the treatment area and slide to fingers.</p> <p>46. Repeat the previous operation on another side.</p> <p>47. RF device operation: lay arms flatwise and start from fat part of lower arm, tracing</p>	 <hr/> <p>Technique 33、 35</p>  <hr/> <p>Technique 34</p>  <hr/> <p>Technique 37</p>  <hr/> <p>Technique 38, 39, 40, 41, 42</p>  <hr/> <p>Technique 43</p> 
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		<p>three channels to armpit, 3 times.</p> <p>48. Move the device in annular motion, tracing three channels to armpit, 3 times.</p> <p>49. You may double the operation on flabby arms, 3 times.</p> <p>50. Trace three channels to armpit, 3 times.</p> <p>51. Lay inner arm flatwise and push three channels on upper arm to armpit, 3 times.</p> <p>52. Trace three channels on upper arm and move the device in circles to armpit, 3 times.</p> <p>53. Trace three channels from upper arm to armpit.</p> <p>54. Repeat the previous operation with 40K operation.</p> <p>55. Stomach massage, apply and rub oil on abdomen with hands, 3 times.</p> <p>56. Rub stomach back and forth with both hands, 3-5 times.</p> <p>57. Knead abdomen with both hands using chiropractic techniques, 3 times.</p> <p>58. Lift daimai on both sides of waist with both hands alternately, 16 times.</p> <p>59. Move hands as if writing an "8" number on waist, 3 times.</p> <p>60. Overlap hands and massage the intestinal canal clockwise, 3 times.</p> <p>61. Move hands in circular motion and caress the treatment area, 3 times.</p> <p>62. Push on the following acupoints: shangwan</p>	<p>Technique 44, 51, 53</p>  <hr/> <p>Technique 45</p>  <hr/> <p>Technique 47, 50</p>  <hr/> <p>Technique 48, 49</p>  <hr/> <p>Technique 55, 61, 64</p>  <hr/> <p>Technique 56</p>  <hr/> <p>Technique 57</p>
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		<p>zhongwan xiawan shenque qihai guanyuan zhongji tianshu dasheng qugu, 2 times.</p> <p>63. Starting from zhongji point, push both thumbs to belly navel, slide them to waist and the lift upwards to groin, 3 times.</p> <p>64. Caress the treatment area with hands and slide to groin.</p> <p>65. RF operation: starting from one side of the waist, lift the device to abdomen and groin, 3 times.</p> <p>66. Repeat the previous operation on the other side, 3 times.</p> <p>67. Move the device on abdomen in small circular motions, 3 times.</p> <p>68. Move the device on abdomen in big circular motions, 3 times.</p> <p>69. Move the probe to shape the waist as if writing "8", 3-5 times.</p> <p>70. Move the probe up and down to shape the waist, 3-5 times.</p> <p>71. Combined with hand, lift daimai on both sides of the waist, 16 times.</p> <p>72. Repeat the same technique with 40K operation.</p>	 <p>Technique 58</p>  <p>Technique 59</p>  <p>Technique 60</p>  <p>Technique 62</p>  <p>Technique 63</p>  <p>Technique 65</p>
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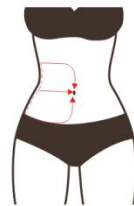
Technique 67



Technique 68



Technique 69



Technique 70







Technique 71







Suggested Treatment:







10 times account for a full course of treatment. After one treatment, your body will feel relaxed, blood circulation boosted, and skin tightened. After a course you will see less


fat on different parts of the body, collagen regenerated, and firm skin. After 2 courses fat reduces, collagen regenerates. Loose skin and stretch marks are also improved. 3 courses will help with enhance the effects and shape up, and S curve will appear. (One course helps to reduce size, two courses help enhance the effect, three courses help prevent rebound.)

Facial Care: 100 minutes, once/week

<p>RF Energy: 20%-80%</p>	<p>Makeup remover + Cleanser+ Hydrating facial mask+ Hydro spray jet+ Massage cream+ Device+ Essence+ Eye essence+ Facial mask</p>	<ol style="list-style-type: none"> 1. Remove makeup and clean, 5 min. 2. Apply toner, 2 min. 3. Apply hydrating facial mask, 10 min. 4. Wash face clean, 2 min. 5. Apply massage cream on 5 spots on face, caress, 3 times. 6. Push the following acupoints (chengjiang point, dicang point, renzhong point, yingxiang point, jiache point, temple) , 3 times. 7. Caress the whole face, 3 times. 8. Alternate both hands to lift in 3 lines from chin to ear lobe, corner of mouth to ear gate, nose wing to temple, lower eyelid to temple, lift canthus, 3 times. 9. Move up towards hairline on forehead to lift the treatment area, 3 times. 10. Do the same on the other side, 3 times. 11. Caress the whole face, 2 times. 12. Push the following acupoints(jingming point, cuanzhu point, yuyao point, sizhukong point, temple, tongziliao point, chengqi point) using middle and ring fingers, 3 times. 	<p>Technique 5, 7, 11</p>  <hr/> <p>Technique 6</p>  <hr/> <p>Technique 8</p>  <hr/> <p>Technique 9</p>  <hr/> <p>Technique 12</p>
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	<p>13. Move hands in circular motion on eyes and push temples, 3 times.</p> <p>14. Move middle and ring fingers horizontally below lower eyelids and slide to back of the ear in small circles, 3 times.</p> <p>15. Lift middle and ring fingers from inner eye corner to upper eyelids and slide to back of the ear, 3 times.</p> <p>16. Lift eye corners with "scissor" hand gesture, 3-5 times.</p> <p>17. Do the same on the other side.</p> <p>18. Move hands in circular motion on eyes and push temples, 3-5 times.</p> <p>19. Move hands on forehead in 'Z' shape to the front of the ear, then to the back of ear; repeat the technique back and forth, 3 times.</p> <p>20. Wash face and neck clean, 5 min.</p> <p>21. Hydro Spray Jet(purified water): Move the machine in circles on face, 3 times.</p> <p>22. Apply (anti-aging)essence evenly on face and eyes, 1 min.</p> <p>23. RF Operation on face: place the probe on jawline, and brace the skin back and forth (use more strength when moving upwards and move gently downwards), lift in lines with one line next to another, 3 times.</p> <p>24. Brace the skin with the probe and another free hand to keep the treatment surface</p>	 <p>Technique 13, 18</p>  <p>Technique 14</p>  <p>Technique 15</p>  <p>Technique 16</p>  <p>Technique 19</p>  <p>Technique 21</p>
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	<p>tight and lifted; move from jaw to earlobe, mouth corner to ear gate, nose wing to temple, lower eyelid to temple, 3 times.</p> <p>25. Move up on forehead towards hairline to lift the treatment area, 3-5 times.</p> <p>26. Do the same on the other side.</p> <p>27. RF operation on eyes: move the probe beneath lower eyelid in small circles and move all the way till the temple, 3-5 times.</p> <p>28. Combined with hand, move the probe from lower eyelid to temple to lift the treatment area, 3-5 times.</p> <p>29. Lift from the beginning of the eyebrows to the end, 3-5 times.</p> <p>30. Combined with hand, move the probe to lift the corner of the eyes towards the hairline, 3-5 times.</p> <p>31. Do the same on the other side.</p> <p>32. Apply eye mask+face mask(at the same time), 15 min.</p> <p>33. Wash face clean, 5 min.</p> <p>34. Apply toner, essence, eye essence, eye cream, cream, and sunscreen.</p>	 <p>Technique 23</p>  <p>Technique 24</p>  <p>Technique 25</p>  <p>Technique 27</p>  <p>Technique 28, 30</p>  <p>Technique 29</p>
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Suggested Treatment:

Ten treatments account for one full course. After one treatment, the skin will be firm, tender, delicate and smooth, and the eyes will be elevated to accelerate the blood circulation and lymph circulation of the eyes. After one course, it lightens fine lines, dark circles under the eyes and brightens the skin. After two courses, the overall skin is smooth, firm and elastic, and the double chin is improved. Three courses help prevent and delay skin aging, relaxation and sagging, and restore skin to its youthful state.