

# User Manual

## WL-7203C



## Preface

To our valued users,

Thanks for choosing our latest integrated beauty machine. It's the latest body slimming and skin tightening product with integration technology, which combines together eye RF, body RF, body vacuum freezing handle, and 40K cavitation. WL-7203C is a professional beauty machine which needs to be operated by people with professional training. Any improper use of this machine may have negative effect on human body. Therefore, we advise all the people to read this manual thoroughly and strictly follow the instructions specified hereby before operation.

We believe our quality product will offer you good returns, and our perfect after-sales service will make you worry-free.

Thank you and best regards.

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# Part I

## Brief Introduction

Eye RF, Body RF, Body Vacuum Freezing Handle and 40K cavitation are currently the most popular beauty machines. It can effectively replace all the facial and body care programs in beauty salon. Moreover, they are easy to operate and can be operated swiftly. It solves skin and body management problems for people loving beauty. And this instrument works safely and effectively, and requires no injection, no medication, no operation, and without skin breaking and side-effects. It's used externally during the whole process and has an immediate effect. RF heats deep skin, and stimulates collagen regeneration and restructuring in dermis, and accelerates blood circulation in the bottom layer of skin to achieve skin tightening, satiation, anti-aging as well as preventing senility. Ultrasonic wave with specific frequency aims at body parts having difficulty in fat reduction in daily life, which brings amazing effects.

## Advantages

1. Multifunctional beauty machine that fix face and whole body care problems.
2. Ultrasonic cavitation can remove fat, and replace and surpass liposuction, which brings good news to obese people.
3. The instrument is with multiple probes, which can be changed according to different body parts and various demands.
4. One probe is with multiple functions, and with stronger radio frequency and higher energy level, and can be operated more evenly.
5. The perfect match of ultrasound & RF have had addressed people's concern for weight reduction. And it can tighten skin, boost skin elasticity, speed up body metabolism and strengthen physique while reducing weight.
6. It adopts the most advanced ultrasonic cavitation technology in the world.
7. Painless, non-invasive, no injuries, without repairing period, and you can leave immediately after treatment and it will not affect your work and normal life.
8. No consumption, and with low cost and instant effects.
9. It has a wider treatment range, and can treat both body and face.
10. Unevenness, bleeding, and swelling will not occur after treatment.
11. All the probes can release energy with red light, and dissolve fat, and facilitate metabolism, and reduce inflammation and do sterilization for skin while massaging. It has an instant effects and with better comfort level.

## Eyes Anti-aging

### Principle

#### Eye RF

During the treatment of eyes, RF instrument heats the bottom layer of eye skin rapidly through radiofrequency wave and stimulate the growth of skin collagen so as to achieve the effects of tightening skin around the eyes, removing eye bags and black eyes, improving red blood streak and fine lines.

### Effects

1. Relieve eye fatigue, black eyes, eye bags and edema.
2. Improve periorbital lines and crow's feet.
3. Fade pigment and accelerate blood circulation.
4. Accelerate metabolism and prevent pigment from sediment.
5. Replenish nutrition for eyes and moisten skin.
6. Tighten skin and make it tender, and lift the corner of eyes.
7. Accelerate blood circulation of the eyes, and help with the efficient absorption.

## Indications

1. People with wrinkles, fine lines, eye bags and black eyes.
2. People with dry skin, dry lines and false wrinkles.
3. People whose eyes are prone to fatigues and dry.
4. People who always face computer and cellphone.
5. People who always stay up late and with black eyes.
6. People who always exposure to dry or high temperature environment.

## Contraindications

1. People who just undergone plastic surgery.
2. People with hypertension, heart disease, diabetes, severe thyroid, malignant tumors and etc.
3. People in allergic period, or have severe sensitive skin or are allergic to metals.
4. People with skin trauma or wound.
5. People who are overly aging.
6. People in pregnancy or surgical recovery.
7. People with skin diseases and infectious diseases.

## Notes (after treatment)

1. Avoid being under the blazing sun and protect yourself from sunlight.
2. Replenish water and keep moisture and protect yourself from sunlight because the treated parts is relatively dry.
3. It's better not to use alcohol, AHA(Alpha Hydroxyl Acid) or scrub cream within 1 to 3 days.
4. Avoid washing with overheated water, or enjoying hot springs, saunas or doing strenuous exercise within 7 days.

Replenish water and apply eye masks which should do at least 3 times a week.

## Body Management

### 40K

It uses the principle of ultrasonic wave. It can effectively consume the heat and the cellular water as well as shrinking the fat cell by gathered sound wave entering human body causing fat cell producing a strong strike and frictions between fat cells. In addition, when the sound waves vibrate, it can produce strong strike among cells which make cells burst instantly and lessen fat cells 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 liquid vibration. These bubbles grow in the negative pressure zone formed by the longitudinal transmission of ultrasound, and they close rapidly in the positive pressure zone. Therefore, they are being compressed and stretched under

alternative positive and negative pressure. The bubbles will be compressed until they get burst, which will generate huge instantaneous pressure. The pressure generally can reach up to from tens of MPa to hundreds of MPa, and produce strong vibration and noise.

Advantages: It destroys the tissues selectively. It only destroys low-density adipose tissue with a specific frequency, and protects high-density tissues as blood vessel and nerve.

## Body RF

RF penetrates the skin directly, and produces energy by utilizing electrical resistance effect formed by skin to increase the temperature on the bottom layer of skin, and to continuously heat the tissues and stimulate the growth of skin collagen so as to achieve the effects of skin tightening and lifting and making the skin tender. The perfect match of 40K and RF can increase skin elasticity and tighten skin while blasting the fat.

## Body Vacuum Freezing Handle

Massage the skin and muscle with special vacuum sucking head, which can effectively improve fluid mobility of human cells, and increase cell activity so as to achieve the effect of activating cells and improving skin elasticity, and meanwhile accelerating blood circulation of microvessel, and discharging the excess toxin through the normal circulation of lymph system, and lessening and improving the forming of partial color spots and pigment on the face. Kneading effects generated by vacuum liposuction can increase tissue activity of the skin and muscles so as to decrease the scleroid cellular tissue and increase the elasticity of skin tissue, so that both slimming and shaping can be completed simultaneously. In addition, vacuum negative pressure movement can also stimulate the surface and deep layer of sympathetic nervous system, and improve skin sensitivity. The suction and release of air pressure can not only improve the capillary system but also improve the flow between deeper veins and lymph network, strengthen blood vessels, and improve varicose veins. It accurately transmits the freezing effect to the body parts with accumulated fat, and specifically eliminate the obstinate fat cells. Compared with other nearby tissues, fat cells are more prone to under the effect of freezing effect. Fat cells curdle and resolve at the temperature of  $4^{\circ}\text{C}$ , while the other nearby tissues die at the temperature of  $0^{\circ}\text{C}$ . Therefore, the fat cells can be removed safely and meanwhile without damaging skin and the tissues around it.

Advantages: It breaks through the previous working mode of negative air pressure which is single and simple. Using different modes for different parts can slim and shape the body in a more effective and efficient way, and it will not cause harm to human body. Compared to the ordinary single-polar RF, this instrument, with its unique design for the RF probe and with RF and vacuum relatively independent but also complement each other as a whole metabolic system, can reshape the body in a more effective, rapid and even way.

### Physical Effect for Vacuum

#### 1. Skin Layer

The suction and release of air pressure:

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

(2) Drain lymph glands and blood vessel in the veins.

Effect: Excess water can be discharged from tissue fibers.

## 2. Vascular Layer

The suction and release of air pressure:

(1) Improve blood circulation of microvessels. It not only improves the capillary system but also improve the flow between deeper veins and lymph network.

(2) Remove excess toxins in the body.

Effect: Strengthen blood vessels, and relieve varicose veins.

## 3. Fibrous Layer

The suction and release of air pressure:

It can promote the combination of two effects in different tissues (including skin, muscle tissue and etc.).

(1) Repair cell tissue, and increase the activity among cells.

(2) Lift and repair skin elasticity, and resist skin stretch.

(3) The production of ossein helps to refresh skin and recover elasticity.

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

Effect: Break the hard fibers of cellulite, and make it more elastic so as to achieve the effect of body shaping.

## 4. Nerve Layer

The suction and release of air pressure:

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

(1) Improve skin sensitivity.

(2) Repair skin elasticity and resist tissue fibrosis.

Effect: Repair and improve skin sensitivity.

# 1. Waist & Abdomen Sculpting

## Effects

(1) Relieve cold hands, cold feet, cold womb and cold body for women.

(2) Improve the slack skin on the waist and abdomen.

(3) Reduce fat on the waist and abdomen, and alleviate swimming ring-like belly and small belly.

(4) Tighten skin, reduce stretch marks and obesity lines, and increase skin elasticity.

(5) Accelerate metabolism, alleviate constipation, and improve intestinal tract movement.

## Indications

(1) People with cold hands, cold feet, cold womb and cold body.

(2) People with fat on the waist and abdomen, and protruding small belly, and slack skin after child delivery.

(3) People sitting for a long time, or with plain waistlines.

(4) People with obesity lines and stretch marks.

(5) People with constipation or obstructed channels and collaterals on abdomen.

## Contraindications

(1) People with Three Highs (namely hypertension, hyperglycemia, hyperlipidemia), and with heart disease.

- (2) People in pregnancy, menstruation, or lactation.
- (3) People whose surgical wounds is healing or in recovery.
- (4) People with epilepsy, severe diabetes and hyperthyroidism.
- (5) People with malignant tumors, hemophilia or severe bleeding.
- (6) People with skin diseases and infectious diseases.
- (7) People with severe gynecological diseases.
- (8) People whose gynecological diseases are being treated.

## Notes (after treatment)

- (1) Avoid wearing crop top, and avoid exposing to windy environment and catching a cold.
- (2) Avoid eating and drinking too much, staying up late, drinking alcohol, eating raw, cold and spicy food. Drink more hot water.
- (3) Keep the abdomen warm, and take bath after 4 to 6 hours.
- (4) Avoid enjoying sauna or hot spring, or doing strenuous exercise within a week.
- (5) Rub abdomen with hands doing it clockwise before sleep at night, which will achieve a better effect with weight reduction and metabolism.

## 2. Arms Sculpting

### Effects

- (1) Stimulate collagen hyperplasia in the bottom of skin, and sculpt and firm it.
- (2) Improve slack skin.
- (3) Improve flabby arms and thick arms.
- (4) Relieve slack skin.
- (5) Tighten skin.
- (6) Accelerate blood circulation and dredge channels and collaterals.

### Indications

- (1) People with thick arms and want to look better in clothes.
- (2) People with jiggly and flabby arms.
- (3) People with loose arm skin.
- (4) People whose arms are prone to pain and numbness.
- (5) People who always carry baby.

### Contraindications

- (1) People who just had plastic surgery.
- (2) People with hypertension, heart disease, diabetes, severe thyroid, malignant tumor and etc.
- (3) People in allergic period and have severely sensitive skin.
- (4) People with skin trauma or wound.
- (5) People who are overly aging.
- (6) People in pregnancy, and in recovery.
- (7) People with skin diseases and infectious diseases.

## Notes (after treatment)

- (1) Keep warm, and don't eat cold food, and avoid exposing to windy environment and catching



a cold

- (2) Take shower after 4 to 6 hours.
- (3) Drink plenty of warm water, and replenish water.
- (4) Refuse eating and drinking too much, as well as staying up late.
- (5) Avoid enjoying sauna or hot spring, or doing strenuous exercise within a week.

### 3. Back Sculpting

#### Effects

- (1) Relieve shoulder and back soreness, and improve Dowager's hump.
- (2) Dredge channels and collaterals, and improve clogged channels and collaterals.
- (3) Accelerate blood circulation and metabolism.
- (4) Improve head blood supply and sleep.
- (5) Regulate viscera functions and strengthen physique.
- (6) Tighten skin, and prevent skin loosening.
- (7) Reduce the excess fat on the back, and shape the back.

#### Indications

- (1) People with shoulder and back soreness and stiff neck.
- (2) People with insomnia and dreaminess and fading memory.
- (3) People who are prone to fatigue, drowsiness, and with obstructed qi-blood circulation.
- (4) People with thick back and want to look better in clothes.
- (5) People with Dowager's hump.

#### Contraindications

- (1) People with metal implants in the body, such as stents and pacemakers, and are allergic to metal.
- (2) People in pregnancy, menstruation and lactation.
- (3) People whose surgical wound is healing or in recovery.
- (4) People with Three Highs (namely hypertension, hyperglycemia, hyperlipidemia), heart disease, epilepsy, severe diabetes and hyperthyroidism.
- (5) People with malignant tumor, hemophilia or severe bleeding.
- (6) People with skin diseases and infectious diseases.
- (7) People with relatively weak body.
- (8) People who are drunk, with full and empty stomach, thirsty and overworked.

#### Notes (after treatment)

- (1) Keep warm, and avoid exposing to windy environment and catching a cold, and drink plenty of hot water.
- (2) Take shower after 4 to 6 hours.
- (3) Avoid staying up late, drinking alcohol and eating and drinking too much.
- (4) Avoid eating raw, cold and spicy foods, and get enough sleep.
- (5) Avoid wearing shoulder-baring and backless clothes.

### 4. Buttocks Sculpting

Buttocks, which located at the middle of human body, is the key hub for channels and collaterals and qi-blood circulation, and is the main switch of six channels and collaterals

as well as the bridge connecting the upper jiao qi-blood and lower jiao qi-blood circulation of human body. And it's the main factor in body S-curve management and feminine charm increasing.

## 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 and female sexual function.
- (4) Activate ovary function, and stimulate glandular secretion, and increase intimacy.
- (5) Make complexion ruddy, and fade color spots, and bring you back to youth.
- (6) Shape hips, and improve the sagging and outward expansion of hips, and tighten skin, and increase elasticity.

## Indications

- (1) People with slack and saggy hips and fat accumulation.
- (2) People with fat lines and stretch marks.
- (3) People whose butt shape is not good-looking, flat and loose and with outward expansion.
- (4) People with cold hips, and with low hip temperature.
- (5) People with cold wombs, dysmenorrhea, irregular menstruation, gynecological inflammation and etc.
- (6) People with decreased estrogen levels and low quality sexual life.

## Contraindications

- (1) People in menstruation, pregnancy, lactation and operation recovery.
- (2) People with hypertension, heart disease, diabetes, severe thyroid, malignant tumor, and etc.
- (3) People with skin diseases and infectious diseases and in skin sensitive period.
- (4) People with surgical wounds and in recovery.
- (5) People in allergic period and with severely sensitive skin.
- (6) People who just had liposuction.
- (7) People who are overly aging.

## Notes (after treatment)

- (1) Keep the hips warm, and avoid wearing miniskirts and shorts.
- (2) Take shower after 4-6 hours.
- (3) Drink plenty of warm water, and avoid exposing to windy environment and catching a cold.
- (4) Avoid staying up late, drinking alcohol and eating and drinking too much.
- (5) Avoid eating raw, cold and spicy foods, and get enough sleep.
- (6) Avoid enjoying sauna or hot spring, or doing strenuous exercise within a week.

## 5. Legs Sculpting

### Effects

- (1) Tighten skin and prevent skin from loosening;
- (2) Stimulate collagen regeneration and flatten fat lines;
- (3) Increase leg blood circulation, detoxification and metabolism;

- (4) Activate blood and remove stasis, dredge channels and collaterals, and prevent varicose veins.
- (5) Tighten the excess fat on legs and get rid of thick thighs.

## Indications

- (1) People with obstructed blood circulation of lower limbs, and with edema and obesity.
- (2) People with hyp immunity, and feel uncomfortable and pain all over the body, and are prone to catch colds.
- (3) People with constipation, and rough and slack skin.
- (4) People with clogged channels and collaterals in the legs, and with disproportionate and unsightly legs.

## Contraindications

- (1) People in menstruation, pregnancy, and lactation.
- (2) People with hypertension, heart disease, diabetes, severe thyroid, malignant tumor, and etc.
- (3) People with skin diseases, infectious diseases and in skin sensitive period.
- (4) People with surgical wounds and in recovery.
- (5) Patients with severe varicose veins and tumors.
- (6) People with allergic and severely sensitive skin.
- (7) People who just had liposuction.
- (8) People who are overly aging.
- (9) People in pregnancy, and in surgical recovery.

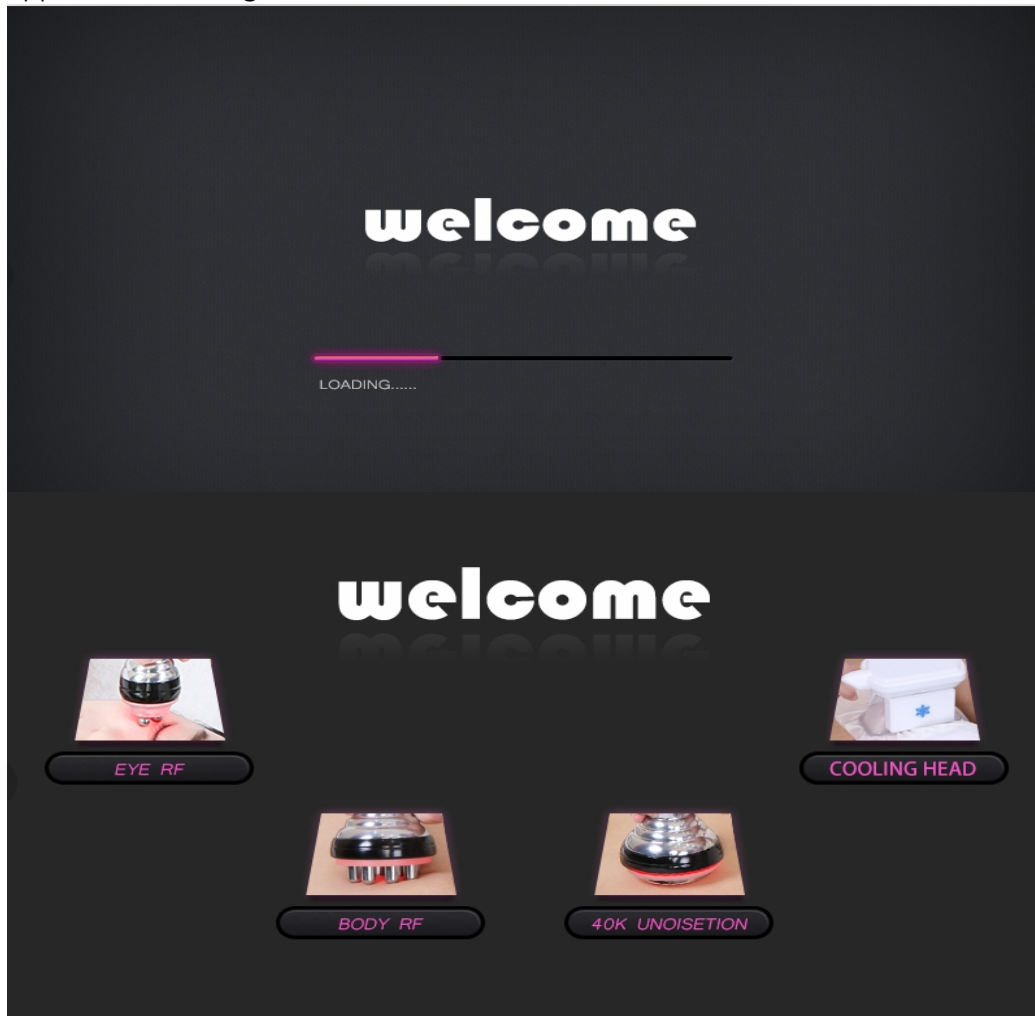
## Notes (after Operation)

- (1) Keep warm, and do not eat cold food, and avoid exposing to windy environment and catching a cold.
- (2) Take shower after 4-6 hours.
- (3) Drink plenty of warm water, and replenish water to speed up metabolism.
- (4) Refuse eating and drinking too much, as well as staying up late.
- (5) Avoid enjoying sauna or hot spring, or doing strenuous exercise within a week.
- (6) Wear long pants after treatment, and avoid wearing miniskirts and shorts.

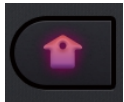
## Part II

### 1. Detailed Operation

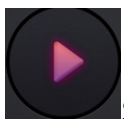
Check the instrument and make sure it's properly connected. The following start page will appear after having the instrument turned on.



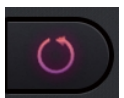
#### 1.1 Function Selection



Homepage/ Home Page



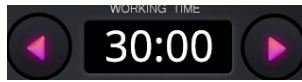
Start/ Pause



Return



Mode Switch

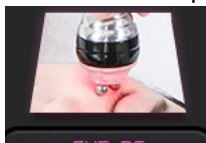


Time Setting & Display

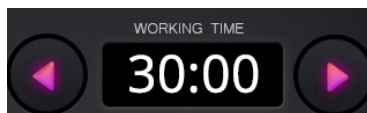
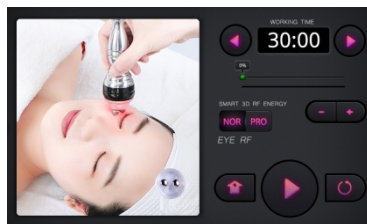


Rotating knob for vacuum RF suction setting locates at the side edge of this instrument and close to body vacuum freezing handle (rotate to the right to increase suction and rotate to the left to decrease).

## 1.2 Detailed Operation for Eye RF



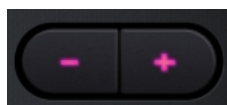
Select **EYE RF** Enter the following page.



Time Setting



Energy Level Display

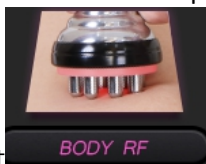


Energy Level Setting for Eye RF

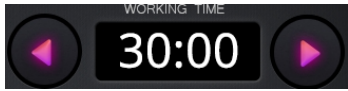


Mode selection for Eye RF (NOR is default mode. The red light will always on after clicking the start button, and the temperature for RF will reach the setting value directly. PRO is smart mode. The red light will on after touching the skin, and the temperature for RF will reach the setting value gradually.)

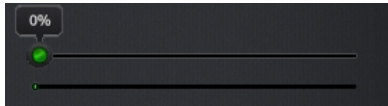
## 1.3 Detailed Operation for Body RF



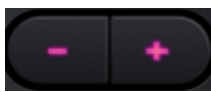
Select **BODY RF** Enter the following page



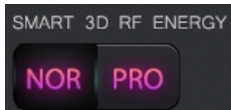
Time Setting



Energy Level Display

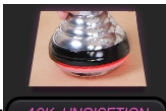


Energy Level Setting for Body RF

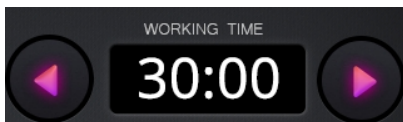


Mode selection for Body RF (NOR is default mode. The red light will always on after clicking the start button, and the temperature for RF will reach the setting value directly. PRO is smart mode. The red light will on after touching the skin, and the temperature for RF will reach the setting value gradually.)

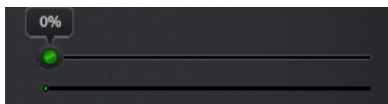
#### 1.4 Detailed Operation for 40K



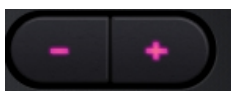
Select **40K UNOISETION** Enter the following page



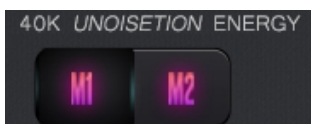
Time Setting



Energy Level Display



Energy Level Setting



Mode selection for 40K (M1 is default mode. The red light will always

on after clicking the start button, and the temperature for RF will reach the setting value directly. M2 is smart mode. The red light will on after touching the skin, and the temperature for RF will reach the setting value gradually.)



Continuous working mode (release the energy continuously). The handle will release energy all the time after clicking the start button, which is suitable for people with thick fat accumulation and with thick fat.



Discontinuous working mode, which is suitable for people wanting to reduce weight and with local obesity.

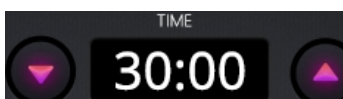
### 1.5 Detailed Operation for Body Vacuum Freezing Handle



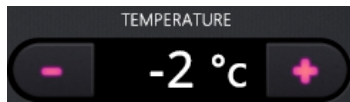
Select  Enter the following page



Vacuum Freezing Handle. Just press the icon to set the time and temperature when operating.



Time Setting



Temperature Setting & Display

**Notes:** A wet tissue or freezing mask with a size bigger than the handle operative surface must be applied on the hands, otherwise the hands are prone to have frostbite.

## 2. Technical Parameters

Rated Input Voltage: AC220V-240V 50HZ/ AC110V-120V 60Hz

Rated Input Power: 350VA

Cool Cold Slimming Vacuum

Power: up to 200W

Cooling Device Output Temperature: 5~ -10°C

Cooling Device Output: 0-5Kpa

Cooling Liquid: pure water

Cavitation Frequency: 40KHz

Cavitation Power: up to 60W

Cavitation Tip: 60mm diameter

RF for BODY

RF Frequency: 3MHz

RF Power: up to 30W

RF for FACE

RF Frequency: 3MHz

RF Power: up to 30W

## 3. Contraindications

People with the following symptoms should use with caution. Inquire a doctor or professionals before using this instrument. The details are as follow:

- (1) Women in pregnancy, or lactation;
- (2) People with heart disease or with heart pacemaker;
- (3) People with unhealed surgical wound or in recovery;
- (4) People with epilepsy, hypertension, severe diabetes, and hyperthyroidism;
- (5) People with malignant tumors, hemophiliac or severe bleeding;
- (6) People with skin diseases and infectious diseases should use with caution;
- (7) People who are sensitive to electric current should use caution.

## 4. Precautions for Use

- (1) The plug with grounding pin must be used before using the instrument and make sure the power socket is properly grounded.
- (2) Ensure that the voltage is adaptive. If the voltage of the local power supply is unstable, we suggest that the user add a voltage regulator with matching power between the mains supply and the instrument.



- (3) To ensure the treatment effect and normal service life of the instrument, please use the specified parts provided or suggested by the original manufacturer.
- (4) The instrument should not be placed in damp places or near water sources, and should not be exposed to sunlight directly.
- (5) Do not place the instrument near a strong heat source since this may affect its service life and its normal use.
- (6) Please remove all the metal objects from the body before treatment so as to avoid unexpected situations which may affect the curative effect.
- (7) Please restrain from using the instrument aiming at parts of thyroid, parathyroid, testicles, abdomen of pregnant women, and pacemakers.
- (8) People who are suffering from illness should use with caution unless get permission from a doctor.
- (9) Please turn off the power switch if no one uses it, and ensure the main power is off after people use it and before they leave so as to ensure the safety of the instrument.
- (10) Operate the instrument and train the operators in strictly accordance with the instructions specified in the user manual.
- (11) It's advised to stop taking other weight reduction medicine for 1 to 2 months before treatment if you are taking them now. The course of treatment shall be extended if you want to have it started immediately.
- (12) Don't use the instrument with an empty stomach. Wait at least 1 hour after a full meal, and then you can start the course for weight reduction.
- (13) The instrument should contact the skin fully so as to avoid uneven heating when in use.
- (14) Start with the lowest energy level when just started, and increase the level gradually after the client adjusting himself to it.
- (15) When using this instrument, the parts that will be treated must be kept moist, and dry skin treatment should be avoided.
- (16) Clean the instrument with normal saline after operation so as to ensure its cleanliness, hygiene as well as extending its service life.
- (17) Must apply product with relatively high oil content and keep it moist.

## 5. Troubleshooting & Solutions

- (1) The instrument cannot be started, and the lights on its back are not working?
  - A. Make sure the power cord is plugged into a good power socket.
  - B. Check whether the fuse tube on the back of the instrument is loose or burnt out.
- (2) The instrument is without RF output?
  - A. Please check whether the handle of the instrument and the plug connecting to the machine are closely connected with each other.
  - B. Please check whether the treated parts have been cleaned. Grease or oily essential products may cause poor contact between the handle and human body, which will result in no RF output.
- (3) The RF output is weakened?
  - A. Please check whether the handle and the plug are closely connected.
  - B. Please check whether there is non-conductive grease on the handle, which may cause poor contact and weaken the output.
  - C. Please check whether the product used is the adaptive product specified by the instrument.

(4) The instrument doesn't have suction or with small suction?

- A. Please turn off the instrument and check its specified filter, which may need to be replaced.
- B. Please check the rubber ring of the handle plug because a worn rubber ring may cause air leakage.
- C. Please check whether the oil filter cup outside the filter is tightened or not, and whether the rubber ring is worn out or not. It's possible that air leakage in this place may cause poor air pressure.
- D. If the above-mentioned solutions are not working, please contact the instrument dealer for assistance.

(5) The device can be started, but there are errors on the monitor?

- A. Take out the plug in the back of the instrument, and wait for about 1 minute and re-plug and restart it.
- B. If the above-mentioned solutions are not working, please contact the instrument dealer for assistance.

## 6. FAQs

(1) Q: How long does the effects of RF treatment can be seen?

A: Normally the effects can be seen within the day or a week. The skin collagen tissue, under heating, will produce contractions, and an obvious skin tightening can be felt. RF, which stimulates subcutaneous tissue, can regenerate collagen continuously. Therefore, the more you treat with it the more obvious effect you can experience.

(2) Q: Is RF harmful to skin?

A: RF treatment for tightening and anti-wrinkles is a non-surgical one. It stimulates collagen regeneration on the bottom layer of skin and accelerates metabolism. Therefore, it causes no harm to the skin. Only partial redness and heating will occur after treatment, which is a normal phenomenon caused by accelerated blood circulation, and it will disappear itself after a moment. Therefore, there's no need to worry.

(3) Q: How long does the body firming and shaping treatment take?

A: The time for one treatment is 60 minutes. To achieve a better effect we will combine the use of professional techniques and instruments.

(4) Q: What functions does this instrument include?

A: Fat dissolving for body shaping, skin smoothing and rejuvenation, tightening and lifting, youth restoring and anti-aging. It can be operated all over the body. For face, it can sculpt facial outline, alleviate wrinkles and loosening and sagging. For body, it can reduce fat on local part and build S curve, accelerate metabolism and detoxification of the whole body. Meanwhile, it can also enhance viscera functions and regulate the sub-health of the body.

(5) Q: Which one is better in weight reduction, liposuction or this instrument?

A: The principle of liposuction is sucking out the excess fat in a certain body part through vacuum suction so as to achieve the purpose of losing weight quickly on local parts. It has an instant effect, and requires anesthesia during the operation, and with recovery period. It's an

operation and there is risk. However, this instrument is risk-free and has no side effects. It can stimulate collagen regeneration so as to lift and tighten skin while weight reduction. It can also shape perfect curves by lifting, and boost feminine charm.

(6) Q: Will I experience rebound after the treatment?

A: For ultrasonic fat dissolving, the weight is not prone to rebound after reduction. Since ultrasonic fat dissolving is removing fat instead of moisture, and it takes a long time for the fat to be accumulated, thus the weight will not get rebound easily.

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

A: You need to keep on a diet a bit because radio frequency and ultrasonic treatment are followed by blasting adipose and accelerated metabolism. Avoid eating spicy, oily, or fried food so as not to affect metabolism. In order to sweat you can have proper workout, and help to discharge the fat from your body successfully. In this way a better effect on weight reduction can be achieved.

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

A: RF beauty shaping is non-invasive and currently one of the safest and most effective method to remove wrinkles, tighten and sculpt body. Generally speaking, there is no side effects. A few people may experience transient redness or swelling that will disappear after a few hours. People with dry skin may experience dryness and atrophy after the initial treatment. The skin will lose moisture due to RF heat. However, the skin will turn plump at the initial stage of collagen regeneration, and all those symptoms will disappear after three days. There are no side effects on body health.

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

A: Ultrasound breaks fat cells, which leads to the burst of cell wall. Then the fat in the cell flow out and absorbed and metabolized by lymph. Therefore, it has a strong power. The heart is very sensitive to sound wave since our heart is a hollow organ. Back and forth reflex occurs due to the fact that muscle tissue and blood in the heart do not conduct sound waves in the same way after the heart is vibrated by the sound wave. The reflex force can detach cardiac valves from cardiac muscles. If directed it at the eyes, it can cause retinal detachment. Therefore, shun the eye and heart area when using ultrasound. (It is also advised not to use it on waist, back and chest.)

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

A: Ultrasound is not surgery, non-invasive, and requires no anesthesia and operation. The techniques for ultrasound: ultrasound (mechanical sound wave) -blast fat through cavitation -ultrasound focusing. And the results are fat smashing -fat dissolving -skin firming and body sculpting respectively. It only targets at fat cells of low density while protecting tissues of high density like blood vessels and nerve, therefore it has no side effects on human body. Slight drumming in the ears may appear during the treatment, which is normal and don't have to worry.

(11) Q: Why does tinnitus occur?

A: It's because ultrasound has a strong vibration, and with a wave frequency above 20KHZ. It acts on subcutaneous fat layer that is 20mm below through ultrasound focusing. Ultrasound with concentrated energy causes high speed friction among fat cells, resulting in heating and eventually in breaking and emulsifying, during which there is sound. Therefore, slight tinnitus

will occur.

(12) Q: What is collagen?

A: Collagen is a biological macromolecule substance, and a fibrous protein that is white, opaque and non-branched. It can supplement the nutrition needed by all the skin layers, and enhance collagen activity in the skin, and with the effects of locking moisture, nourishing skin, delaying aging, beautifying looks, relieving facial relaxation, and caring hair. Collagen is a nutrient that the human body must be supplemented for delaying aging. With increasing age, the collagen will drain gradually. Women have started to aging, and their collagen have drained, and the content of collagen have decreased little by little after the age of 20. At the age of 25, collagen loss reaches its peak. At the age of 40, the content of collagen is less than half of that of the age of 18. Collagen and water loss leads to the breakage of collagen fibers and elastic mesh that support the skin, which is the exact cause for the wrinkles on the face of the elderly. It causes the oxidation, atrophy and collapse of skin tissues, which makes the skin dry, wrinkled, slack and inelastic and etc. Therefore, collagen must be supplemented for aging delaying.

(13) Q: Why do I need hip maintenance?

A: Because hip maintenance can help with body lymphatic detoxification, and improve the gynaecological diseases, and also avoid harms caused by buttock blockage. Hip impassability will surely bring about gynaecological diseases. There is pelvic cavity and intestinal tract inside the buttocks. It connects to belt vessel, lumbar vertebra and sciatic nerve from above, uterus, ovary, and adnexa in front, anus, vagina, groin, and lymph from below.

Under the squeeze of Shangjiao(the parts above diaphragm) and Xiajiao(the parts underneath enterocoelia) channels and collaterals, the hip is most prone to cold, damp and blood stasis. When the hip is under coldness, it causes channels and collaterals contraction of the hip, dysmenorrhea, irregular menstruation, dark menstruation blood, blood clot, and obstructed blood flow. It also affects ingravitation.





(14) Q: How does vacuum do detox?

A: Vacuum can congest capillary, stimulate cells to increase vitality. The suction and release of air pressure and the increase and decrease of vacuum during operation can make local pores open and close continuously, promote skin breathing, increase skin oxygen uptake, and speed up the elimination of waste. Therefore, it achieves the effects of promoting qi and blood circulation, dispelling coldness and dampness, dredging channels and collaterals, clearing toxins, heat and etc.

## 7. Packing List

Main Machine x1  
Eye RF Handle x1  
Body RF handle x1  
40K Handle x1  
Body Vacuum Freezing Handle x2  
Parts Rack x2  
Filter x2  
Fuse x2  
Power Cord x1

## 8. Operational Diagrams





Parameters Setting	Product	Techniques	Diagrams
<p>Eyes Anti-wrinkles: 45 Minutes/2 to 3 Times a Week</p>			
<p><b>Eye RF:</b></p> <p>Suggested time: 15 to 20 minutes</p> <p>Suggested energy level: between 30% and 70%</p> <p>Mode: NOR: default mode PRO: smart mode</p>	<p>Makeup Cleansing Oil + Facial Cleanser + Essence/Eye Cream + Instrument + Eye Mask</p>	<ol style="list-style-type: none"> <li>1. Remove make-up and clean the face, and wait for 5 minutes.</li> <li>2. Apply toner, and wait for 1 minute.</li> <li>3. Apply essence (eye cream) evenly on the eyes with the hands moving in circles. Repeat 3 times.</li> <li>4. <b>Eye RF Techniques:</b> Set energy parameters, mode and time (about 15 minutes).</li> <li>5. Lift the device from the lower eye lid to the corner of eye. Repeat 3 to 6 times.</li> <li>6. Lift the device from the lower eye lid to temple. Repeat 3 to 6 times.</li> <li>7. Lift from lower eye lid moving in circles to temple. Repeat 3 to 6 times.</li> <li>8. Lift the device from the lower eye lid to temple. Repeat 3 to 6 times.</li> <li>9. Lift the device from brow ridge to hairline. Repeat 3 to 6 times.</li> <li>10. Treat the other side.</li> <li>11. Clean the eye, and wait for 1 minute.</li> <li>12. Apply eye mask, and wait for 15 minutes.</li> <li>13. Remove the mask and clean. Wait for 2 minutes.</li> <li>14. Apply eye essence.</li> <li>15. Treatment done.</li> </ol>	<p>Technique 3</p>  <hr/> <p>Technique 5</p>  <hr/> <p>Technique 6</p>  <hr/> <p>Technique 7</p>  <hr/> <p>Technique 8, 9</p>




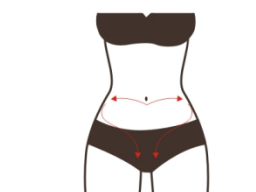






Course of treatment recommended:

Ten treatments is a course. After one treatment, metabolism will be accelerated, and eyes tightened, and fine lines faded. After a course, the fine lines will fade obviously, and the skin will be tightened and lifted, and collagen on the bottom layer of skin will be increased, and the outer corner of eyes will be improved obviously, and the eyes will become more confident and brighter. After 3 courses, the effects will be consolidated, and the fine lines on the eyes will disappear, and the wrinkles will not rebound as long as a good daily maintenance is in place.

## Waist & Abdomen Sculpting: 60 Minutes/Once a Week

<p><b>Body RF:</b></p> <p>Suggested time: 15 to 20 minutes</p> <p>Suggested energy level: between 30% and 70%</p> <p>NOR: default mode PRO: smart mode</p> <p><b>40K:</b></p> <p>Suggested time: 15 to 20 minutes</p> <p>Suggested energy level: between 30% and 70%</p> <p>M1: continuous working mode M2: discontinuous working mode</p> <p><b>Body Vacuum Freezing:</b></p> <p>Suggested time:</p>	<p>Massage Cream( Essential Oil) + Gel + Wet Tissue + Instrument</p>	<ol style="list-style-type: none"> <li>1. Massage techniques.</li> <li>2. Move in circles on abdomen with two hands, and apply oil on it. Repeat 3 times.</li> <li>3. Rub the belly back and forth with two hands. Repeat 3 to 5 times.</li> <li>4. Rub the fat on abdomen as the way of rubbing spine with both hands doing it alternately. Repeat 3 times.</li> <li>5. Lift belt vessel on both sides together with hands doing it alternately. Repeat 16 times.</li> <li>6. Move in Arabic numeral 8-shape to the part below waist and then lift upwards from waist side. Repeat 3 times.</li> <li>7. Rub intestinal tract with two hands overlapped moving in small circles clockwise. Repeat 3 times.</li> <li>8. Caress with two hands moving in circles. Repeat 3 times.</li> <li>9. Press Shangwan(RN13), Zhongwan(RN12), Xiawan(RN10),</li> </ol>	<p>Technique 2, 8, 11</p>  <p>Technique 3, 19</p>  <p>Technique 4</p>  <p>Technique 5</p>  <p>Technique 6</p>
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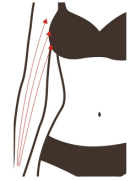


<p>15 to 20 minutes</p> <p>Advise for temperature setting: Set the temperature according to individual bearing capability. People who are sensitive to low temperature is not advised to use it.</p>		<p>Shenque(RN8), Qihai(RN6), Guanyuan(RN4), Zhongji(RN3), Tianshu(ST25), Daheng(SP15), Qugu(RN2). Repeat 2 times.</p> <p>10. Push directly from Zhongji(RN3) to belly button with thumbs of both hands, and slide to the parts below waist along the two sides, and then lift upwards to groin. Repeat 2 times.</p> <p>11. Caress till groin with both hands.</p> <p>12. Treatment done.</p> <p>13. <b>Body RF Techniques:</b> One side. Lift from waist side to belly, and lift one line after another to groin. Repeat 3 times.</p> <p>14. Lift the other side. Repeat 3 times.</p> <p>15. Move in small circles on abdomen. Repeat 3 times.</p> <p>16. Move in big circles on abdomen. Repeat 3 times.</p> <p>17. <b>40K Techniques:</b> One side: Lift one line after another from waist side to abdomen. Repeat 3 times.</p> <p>18. Lift the other side.</p> <p>19. Lift belt vessel back and forth in a transverse way. Repeat 3 times.</p> <p>20. Sculpt up and down on waist. Repeat 3 to 5 times.</p> <p>21. Move in small circles on abdomen. Repeat 3 times.</p> <p>22. Move in big circles on abdomen. Repeat 3 times.</p> <p>23. <b>Body Vacuum Freezing Handle Techniques:</b> Put a wet tissue with the size bigger than the handle operative surface on the skin that being treated.</p>	 <p>Technique 7</p>  <p>Technique 9</p>  <p>Technique 10</p>  <p>Technique 13, 17</p>  <p>Technique 15, 21</p>  <p>Technique 16, 22</p>
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		<p>24. Have the handle absorbed directly on the skin.</p> <p>25. Wait for 15 minutes.</p> <p>26. Remove the handle, and wipe and clean the skin.</p> <p>27. Treatment done.</p>	 <p>Technique 20</p> 
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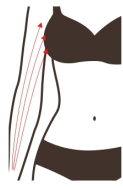



**Course of treatment recommended**

Ten treatments is a course. After one treatment, the abdomen is heated which will accelerate metabolism. After a course, the fat will be metabolized slowly, and slimming starts, and meanwhile problems, such as constipation, will be improved. After two courses, the effects become more and more obvious. Skin tightened and lifted, collagen on the bottom layer of skin increased, and stretch marks and slack skin improved. After three courses, the effects will be consolidated. Excess fat will disappear gradually, and waist curve will be shaped, and a slim waist will be built.




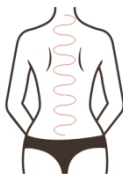
## Arms Sculpting: 60 Minutes/Once a Week

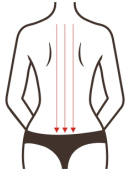
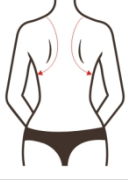


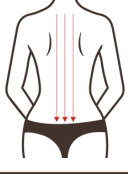


<p><b>Body RF:</b></p> <p>Suggested time: 15 to 20 minutes</p> <p>Suggested energy level: between 30% and 70%</p> <p>NOR: default mode PRO: smart mode</p> <p><b>40K:</b></p> <p>Suggested time: 15 to 20 minutes</p> <p>Suggested energy level: between 30% and 70%</p> <p>M1: continuous working mode</p>	<p>Massage Cream( Essential Oil) + Gel + Wet Tissue + Instrument</p>	<ol style="list-style-type: none"> <li>Techniques.</li> <li>Lay the arms flatwise with the left first and the right after, and apply oil on both hands, and rub from the lower arm to the entire arm till the palms reach the top end. Repeat 3 times.</li> <li>Push the entire arm with two palms doing it alternately. Repeat 3 times.</li> <li>Push three channels and collaterals(Large Intestine Channel[LI]-Triple Energizer Channel[TE]-Small Intestine Channel[SI]) on the outer arms respectively with the V-shaped webbed area between thumb and index finger, and push to armpit. Repeat 3 times.</li> <li>Caress the treatment area. Repeat 3 times.</li> </ol>	<p>Technique 2, 3, 4, 5, 6, 7</p>  <p>Technique 8, 9</p>  <p>Technique 10</p>  <p>Technique 11, 15, 20,</p>
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<p>M2: discontinuous working mode</p> <p><b>Body Vacuum Freezing:</b></p> <p>Suggested time: 15 to 20 minutes</p> <p>Advise for temperature setting: Set the temperature according to individual bearing capability. People who are sensitive to low temperature is not advised to use it.</p>		<ol style="list-style-type: none"> <li>6. Rub three channels and collaterals on the upper arms respectively with kneeling fingers till it turns hot, and rub it back and forth. Repeat 3 times.</li> <li>7. Caress the treatment area. Repeat 3 times.</li> <li>8. Lay the arms upwards, and push three yin channels(Lung Channel[LU]-Pericardium Channel[PC]-Heart Channel[HT])on the inner arms with the V-shaped webbed area between thumb and index finger, and push to armpit. Repeat 3 times respectively.</li> <li>9. Rub three channels and collaterals back and forth with kneeling fingers till it becomes hot. Repeat 3 times.</li> <li>10. Caress the treatment area till the palms reach the end.</li> <li>11. Repeat the same on the other side.</li> <li>12. <b>Body RF Techniques:</b> Lay the arms flatwise, and start from the fat part of lower arm pushing to armpit along three channels and collaterals. Repeat 3 times.</li> <li>13. Move in annular motion tracing three channels and collaterals till armpit. Repeat 3 times.</li> <li>14. You may exercise more treatment on flabby arms. Repeat 3 times.</li> <li>15. Push to armpit along three channels and collaterals. Repeat 3 times.</li> <li>16. Lay the arms upwards, and push three channels and collaterals on the arms to armpit. Repeat 3 times.</li> </ol>	<p>23</p>  <hr/> <p>Technique13, 21</p>  <hr/> <p>Technique 16, 24</p>  <hr/> <p>Technique 18, 26</p>  <hr/>
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		<ol style="list-style-type: none"><li>17. Move in small circles along three channels and collaterals on the upper arms to armpit, 3 times.</li><li>18. Start from the upper arm pushing to armpit along three channels and collaterals.</li><li>19. Do the same on the other side.</li><li>20. <b>40K Techniques:</b> Lay the arms flatwise. Start from the fat part of lower arm pushing to armpit along three channels and collaterals. Repeat 3 times.</li><li>21. Move in annular motion tracing three channels and collaterals till armpit. Repeat 3 times.</li><li>22. You may exercise more treatment on flabby arms. Repeat 3 times.</li><li>23. Push to armpit along three channels and collaterals. Repeat 3 times.</li><li>24. Lay the arms upwards, and push three channels and collaterals on the arms to armpit. Repeat 3 times.</li><li>25. Move in small circles along three channels and collaterals on the upper arms to armpit, 3 times.</li><li>26. Start from the upper arm pushing to armpit along three channels and collaterals. Repeat 3 times.</li><li>27. Do the same on the other side.</li><li>28. <b>Body Vacuum Freezing Handle Techniques:</b> Put a wet tissue with the size bigger than the handle operative surface on the skin that being treated.</li><li>29. Have the handle absorbed directly on the skin.</li></ol>	
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		<p>30. Wait for 15 minutes.</p> <p>31. Remove the handle, and wipe and clean the skin.</p> <p>32. Treatment done.</p>	
<p>Course of treatment recommended</p> <p>Ten treatments is a course. After one treatment, a sense of heating and tightening can be felt, and the arms will be relaxed. After a course, the excess fat on the arms start to decrease, and the skin start to become tightened and plump. After two courses, body shaping starts, and the effects strengthened, channels and collaterals dredged, and physique enhanced. After three courses, the effects consolidated and stabilized, and rebound can be prevented.</p>			
<h2>Back Sculpting: 60 Minutes/Once a Week</h2>			
<p><b>Body RF:</b></p> <p>Suggested time: 15 to 20 minutes</p> <p>Suggested energy level: between 30% and 70%</p> <p>NOR: default mode</p> <p>PRO: smart mode</p> <p><b>Body Vacuum Freezing:</b></p> <p>Suggested time: 15 to 20 minutes</p> <p>Advise for temperature setting: Set the temperature according to individual bearing capability. People who are sensitive to low temperature is not advised to use it.</p>	<p>Massage Cream( Essential Oil) + Gel + Wet Tissue + Instrument</p>	<ol style="list-style-type: none"> <li>1. Techniques.</li> <li>2. Apply oil on the back, and press Fengchi(GB20) and Fengfu(DU16).</li> <li>3. Stroke Da Ban Jin(anadesma connecting neck and shoulder)(start from hairline) with the thumb finger. Repeat 3 to 5 times.</li> <li>4. Stroke Bladder Meridian(BL) outward to Baliao(eight sacral foramina) with thumb finger and caress till Fengchi(GB20) and Fengfu(DU16). Repeat 3 times.</li> <li>5. Move in circles and S-shape from neck to caudal vertebra with both hands. Repeat 3 times.</li> <li>6. Push Bladder Meridian(BL) in a left-right order with two thumbs doing it alternately. Repeat 3 times.</li> <li>7. Push Bladder Meridian(BL) to Baliao(eight sacral foramina) with two hands doing it simultaneously. Repeat 3 times.</li> <li>8. Push Bladder Meridian(BL) with kneeling fingers of both hands in three lines.</li> </ol>	<p>Technique 2, 11</p>  <hr/> <p>Technique 3</p>  <hr/> <p>Technique 4</p>  <hr/> <p>Technique 5</p>  <hr/> <p>Technique 6, 7, 8, 14</p>

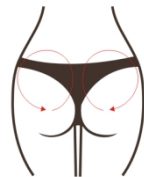
		<p>Repeat 3 times.</p> <p>9. Push Gaohuans(BL43) in a left-right order with both hands doing it alternately. Repeat 3 to 6 times.</p> <p>10. Stroke crossly Gaohuans(BL43) with both hands. Repeat 3 to 6 times.</p> <p>11. Caress the whole back with both hands and press Fengchi(GB20) and Fengfu(DU16). Repeat 3 times.</p> <p>12. Press Tianzong(SI11) with both thumbs overlapped, and slide to arm and pass over there. Repeat 3 times.</p> <p>13. Treat the other side, and press Tianzong(SI11)till arm and pass over there. Repeat 3 times.</p> <p>14. Rub Du Meridian(DU) and Bladder Meridian(BL)till it turns hot with both hands.</p> <p>15. Treatment done.</p> <p>16. <b>Body RF Techniques:</b> Treat Du Meridian(DU) first and Bladder Meridian(BL) after. Starting from the neck, sliding to Baliao(eight sacral foramina)area. Repeat 3-5 times.</p> <p>17. Move in circles on Dazhui (Du-14) and Baliao(eight sacral foramina)area. Repeat 3 to 5 times respectively.</p> <p>18. Starting from the neck, moving to and fro Da Ban Jin(anadesma connecting neck and shoulder). Repeat 3-5 times.</p> <p>19. Lift to and fro Gaohuans(BL43) in left-right order. Repeat 3 to 5 times.</p>	 <hr/> <p>Technique 9, 19, 26</p>  <hr/> <p>Technique 10, 19, 26</p>  <hr/> <p>Technique 12, 13</p>  <hr/> <p>Technique 16</p>  <hr/> <p>Technique 17</p>  <hr/> <p>Technique 18</p> 
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		<p>20. Lift upwards from the side of waist to armpit. Repeat 3 to 5 times.</p> <p>21. Move upwards and move in circles on the two sides till armpit. Repeat 3 to 5 times.</p> <p>22. Lift upwards from the side of waist to armpit. Repeat 3 to 5 times.</p> <p>23. <b>Body Vacuum Freezing Handle Techniques:</b> Put a wet tissue with the size bigger than the handle operative surface on the skin that being treated.</p> <p>24. Have the handle absorbed directly on the skin.</p> <p>25. Wait for 15 minutes.</p> <p>26. Remove the handle, and wipe and clean the skin.</p> <p>27. Treatment done.</p>	<p>Technique 20</p>  <hr/> <p>Technique 21</p>  <hr/> <p>Technique 22</p> 
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Course of treatment recommended





Ten treatments is a course. After one treatment, the back will become relaxed obviously, and stiffness on the shoulder and neck can be relieved, and the skin will be lifted. After a course, the back and shoulder will experience totally relaxed, and the fat on the back will be lessened, and the Dowager's hump on the back will be relieved, and the back outlines will become good-looking. After two courses, the Dowager's hump on the back will be improved, and channels and collaterals will be dredged, and sub-health conditions and sleep quality will be improved. After three courses, the back will turn thin, and the outlines will become nice, and viscera function will be boosted, and digestion, detox and metabolism will be promoted. (one course with size reduced, two courses with effects consolidated, and three courses with effects strengthened without rebound.)

### Buttocks Sculpting: 60 Minutes/Once a Week




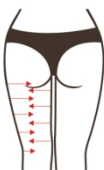


<p><b>Body RF:</b></p> <p>Suggested time: 15 to 20 minutes</p> <p>Suggested energy level: between 30% and 70%</p> <p>NOR: default</p>	<p>Massage Cream(Essential Oil) + Gel + Wet Tissue + Instrument</p>	<ol style="list-style-type: none"> <li>1. Massage techniques.</li> <li>2. Stand sideways and with both hands applying oil. Slide from Baliao(eight sacral foramina)area to waist and lift upwards from there along buttock. Repeat 3 times.</li> <li>3. Push Baliao(eight sacral foramina)area with both</li> </ol>	<p>Technique 2, 5,</p>  <hr/> <p>Technique 3</p>
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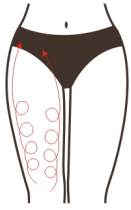

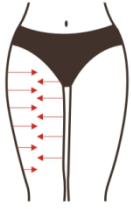
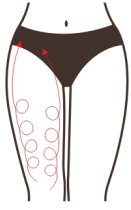
<p>mode PRO: smart mode</p> <p><b>40K:</b> Suggested time: 15 to 20 minutes</p> <p>Suggested energy level: between 30% and 70%</p> <p>M1: continuous working mode M2: discontinuous working mode</p> <p><b>Body Vacuum Freezing:</b></p> <p>Suggested time: 15 to 20 minutes</p> <p>Advise for temperature setting: Set the temperature according to individual bearing capability. People who are sensitive to low temperature is not advised to use it.</p>		<p>thumbs. Repeat 3 times.</p> <p>4. Caress the treatment area for 3 times. Then press Shenshu(BL23), Baliao(eight sacral foramina), Changqiang(DU1), Huantiao(GB30),and Chengfu(BL36). Repeat 3 times.</p> <p>5. Caress the treatment area, 3 times.</p> <p>6. With the left first and the right after. Push upwards from thigh root to belt vessel along Bladder Meridian(BL), Kidney Meridian(KI), Liver Meridian(LI), and Gallbladder Meridian with both hands. Repeat 3 times respectively.</p> <p>7. Push upwards from thigh root to belt vessel along Blader Meridian(BL), Kidney Meridian(KI), Liver Meridian(LI), and Gallbladder Meridian with two hands doing it respectively. Repeat 3 times.</p> <p>8. Lift upwards from thigh root to belt vessel with the two palms overlapped. Repeat 3 to 5 times.</p> <p>9. Push from the two sides of buttock to the highest point on it (for sculpting) in line by line manner with two hands, and push back and forth. Repeat 3 times.</p> <p>10. Repeat technique No.7.</p> <p>11. Caress the treatment area.</p> <p>12. Do the same on the other side.</p> <p>13. Treatment done.</p> <p>14. <b>Body RF Techniques:</b> Lift one line after another from thigh root to belt vessel.</p>	 <p>Technique 4</p>  <p>Technique 6, 14, 17, 19, 22</p>  <p>Technique 7, 10</p>  <p>Technique 9, 15, 20</p>  <p>Technique 21</p> 
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		<p>Repeat 3 times.</p> <p>15. Lift upwards from the two sides of buttock to the highest point on it in line by line manner. Repeat 3 times.</p> <p>16. Move in small circles on the whole buttock. Repeat 3 to 5 times.</p> <p>17. Lift one line after another from thigh root to belt vessel. Repeat 3 times.</p> <p>18. Lift upwards from the two sides of buttock to the highest point on it in line by line manner. Repeat 3 times.</p> <p>19. <b>40K Techniques:</b> Lift one line after another from thigh root to belt vessel. Repeat 3 times.</p> <p>20. Lift upwards from the two sides of buttock to the highest point on it in line by line manner. Repeat 3 times.</p> <p>21. Move in small circles on the whole buttock. Repeat 3 to 5 times.</p> <p>22. Lift one line after another from thigh root to belt vessel. Repeat 3 times.</p> <p>23. Lift upwards from the two sides of buttock to the highest point on it in line by line manner. Repeat 3 times.</p> <p>24. <b>Body Vacuum Freezing Handle Techniques:</b> Put a wet tissue with the size bigger than the handle operative surface on the skin that being treated.</p> <p>25. Have the handle absorbed directly on the surface.</p> <p>26. Wait for 15 minutes.</p> <p>27. Remove the handle, and</p>	
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		<p>wipe and clean the skin.</p> <p>28. Do the same on the other side.</p> <p>29. Treatment done.</p>	
<p>Course of treatment recommended</p> <p>Ten treatments is a course. After one treatment, the buttock will be lifted and turn hot. After a course, the buttock outlines will start to show itself, and the excess fat will disappear slowly, and the skin will become tightened. After three courses, gynecological diseases, such as cold body and cold womb, will be relieved, and menstrual period will back to normal, and the effects will be consolidated, which will enhance feminine charm.</p>			
<h2>Leg Sculpting: 60 Minutes/Once a Week</h2>			
<p><b>Body RF:</b></p> <p>Suggested time: 15 to 20 minutes</p> <p>Suggested energy level: between 30% and 70%</p> <p>NOR: default mode PRO: smart mode</p> <p><b>40K:</b></p> <p>Suggested time: 15 to 20 minutes</p> <p>Suggested energy level: between 30% and 70%</p> <p>M1: continuous working mode M2: discontinuous working mode</p> <p><b>Body Vacuum Freezing:</b></p> <p>Suggested time: 15 to 20 minutes</p>	<p>Massage Cream(Essential Oil) + Gel + Wet Tissue + Instrument</p>	<ol style="list-style-type: none"> <li>1. Massage techniques.</li> <li>2. With the left leg first and right after. Apply oil from the lower leg to the thigh, and then back to the heel. Repeat 3 times.</li> <li>3. Push the entire leg from the bottom up with the root of two palms doing it alternately, and then back to the heel till the palms passes there.</li> <li>4. Push the four channels and collaterals(Bladder Meridian[BL]-Kidney Meridian[KI]-Liver Meridian[LV]-Gallbladder Meridian[GB]) from the bottom up with the V-shaped webbed area between thumb and index finger of both hands doing it alternately. Repeat 3 times.</li> <li>5. Push popliteal fossa with two hand doing it alternately. Repeat 3 times.</li> <li>6. Move from the bottom up in twist manner with two hand doing it alternately. Repeat 3 times.</li> <li>7. Caress the treatment area. Repeat 3 times.</li> <li>8. Push four channels and</li> </ol>	<p>Technique 2, 3, 4, 5, 7, 8, 9</p>  <hr/> <p>Technique 6</p>  <hr/> <p>Technique 12, 20</p>  <hr/> <p>Technique 13, 16, 21, 24</p>  <hr/> <p>Technique 15, 17, 23</p>



<p>Advise for temperature setting: Set the temperature according to individual bearing capability. People who are sensitive to low temperature is not advised to use it.</p>		<p>collaterals with kneeling fingers doing it from the bottom up. Repeat 3 times.</p> <p>9. Caress the treatment area. Repeat 3 times.</p> <p>10. Do the same on the other side.</p> <p>11. Treatment done.</p> <p>12. <b>Body RF Techniques:</b> Push upwards to popliteal fossa, and push Bladder Meridian(BL)-Kidney Meridian(KI)-Liver Meridian(LV)-Gallbladder Meridian(GB) successively. Repeat 3 times.</p> <p>13. Move in small circles on the lower leg to dissolve fat. Repeat 3 times.</p> <p>14. Push from the bottom up to popliteal fossa successively, and meanwhile caress the area with hands.</p> <p>15. Starting from popliteal fossa, pushing four channels and collaterals till the thigh root. Repeat 3 times.</p> <p>16. Starting from the popliteal fossa, moving in small circles till the thigh root to dissolve fat.</p> <p>17. Starting from popliteal fossa, pushing four channels and collaterals successively till thigh root</p> <p>18. Moving in small circles on the thigh root to dissolve fat.</p> <p>19. Do the same on the other side</p> <p>20. <b>40K Techniques:</b> Coupled with hands, lifting upwards from heel to popliteal fossa in line by line manner. Repeat 3 times.</p> <p>21. Move in small circles on</p>	 <p>Technique 16, 18, 24,</p>  <p>26</p> <p>Technique 13, 21</p>  <p>Technique 25</p>  <p>Technique 26</p>  <p>Technique 29, 30, 33, 35, 38, 40, 42</p>  <p>Technique 34, 37</p>
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		<p>the lower leg. Repeat 3 times.</p> <p>22. Move up and down on the lower leg. Repeat 3 to 5 times.</p> <p>23. Lift one line after another from popliteal fossa to the thigh root. Repeat 3 times.</p> <p>24. Move in small circles on the thigh. Repeat 3 times.</p> <p>25. Lift towards the middle from the two sides of thigh in line by line manner. Repeat 3 to 5 times.</p> <p>26. Lift upwards on the two sides of thigh in annular motion. Repeat 3 times.</p> <p>27. Do the same on the other side.</p> <p>28. Foreleg Massage: Apply oil from the leg to the thigh root. Repeat 3 times.</p> <p>29. Push the four channels and collaterals(Spleen Meridian (SP)- Stomich Meridian (ST)-Liver Meridian(LV)-Gallbladder Meridian(GB)) on the leg with the V-shaped webbed area between thumb and index finger of both hands doing it alternately, and push till thigh root. Repeat 3 times.</p> <p>30. Push four channels and collaterals with kneeling fingers. Repeat 3 times.</p> <p>31. Treatment done.</p> <p>32. Do the same on the other side.</p> <p>33. <b>Body RF Techniques:</b> Lift from the lower leg towards the knee along four channels and collaterals. Repeat 3 times. (can start with treating the thigh directly if there is no excess fat on the lower leg)</p>	 <hr/> <p>Technique 36, 41</p>  <hr/> <p>Technique 42</p>  <hr/> <p>Technique 43</p>  <hr/>
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		<p>34. Move in annular motion from the two sides of lower leg to the knee. Repeat 3 times. (can start with treating the thigh directly if there is no excess fat on the lower leg)</p> <p>35. Lift one line after another from knee to thigh root. Repeat 3 times.</p> <p>36. Move in small circles on the whole thigh part. Repeat 3 times</p> <p>37. Lift in annular motion from knee to thigh root. Repeat 3 times.</p> <p>38. Lift one line after another from knee to thigh root. Repeat 3 times.</p> <p>39. <b>40K Techniques:</b> Do the same to the lower leg as above-mentioned. (can start with treating the thigh directly if there is no excess fat on the lower leg)</p> <p>40. Lift one line after another from knee to thigh root. Repeat 3 times.</p> <p>41. Move in small circles on the thigh part. Repeat 3 times.</p> <p>42. Lift towards the middle from the two sides of thigh in line by line manner. Repeat 3 to 5 times.</p> <p>43. Lift upwards on the two sides of thigh in annular motion. Repeat 3 times.</p> <p>44. Do the same on the other side</p> <p>45. <b>Body Vacuum Freezing Handle Techniques:</b> Put a wet tissue with the size bigger than the handle operative surface on the skin that being treated.</p> <p>46. Have the handle absorbed directly on the surface.</p>	
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		47. Wait for 15 minutes. 48. Remove the handle, and wipe and clean the skin. 49. Treatment done.	
<p>Course of treatment recommended</p> <p>Ten treatments is a course. After one treatment, the legs will get relaxed, and the blood circulation will be accelerated. After a course, the legs will become thin, and an obvious sense of tightening can be felt due to the contraction effect generated by skin collagen tissue. After two courses, the legs will turn slim and tightened. It has an obvious effect. After three courses, the effect will be reinforced. Super RF and super ultrasound stimulate skin dermis and regenerate collagen continuously, therefore its curative effect will become more and more obvious.</p>			

