

User Manual

YH-3221



Preface

Dear Users,

We 're pleased to present to you our latest comprehensive beauty machine YH-3221, which combines RF and ultrasonic wave for body slimming, skin firming, fat removing and anti-ageing. It is a professional beauty machine, which needs to be handled by professionals with proper training. Any improper use will result in adverse outcomes. Therefore, we advise any personnel to read this manual thoroughly and follow the instructions strictly before operation.

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

Thank you!

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Part I

Brief Introduction

Ultrasonic wave and RF technologies are commonly and popularly used in beauty industry at present, which can replace most body management treatments in beauty salons for its effectiveness in firming skin, shaping body and reducing fat. Moreover, it is convenient and easy to operate. It solves both skin and body management problems for beauty-seekers. This equipment requires no injection, no medication, and no operation, for which it has no side effects. It is used externally during the whole process and has an immediate effect. RF heats deeper skin layers, stimulates collagen to regenerate and reorganize in dermis, and promotes blood circulation in skin bottom, which can achieve the results of skin firming and anti-aging. Ultrasounds with specific frequencies target those parts in which there are stubborn fat to bring customers amazing results.

1. Advantages

1. This 3-in-1 beauty machine can provide overall facial and body care treatments.
2. The ultrasonic wave can powerfully burn and remove fat, which surpasses liposuction to solve the problems for obese people.
3. There are several hand pieces for treatment. You can use corresponding one based on different needs and different treatment areas.
4. The perfect combination of ultrasound and radio frequency solves major problems in losing weight. It helps with weight loss and meanwhile firms skin, increases skin elasticity, promotes metabolism, and ultimately strengthen people's constitutions.
5. It adopts the advanced technology of ultrasonic wave fat-burning.
6. It is painless and non-invasive treatment process. Once the treatment is over, customer can go back home and there is no downtime, which means it will not affect customer's life and work.
7. No consumption, low cost and quick returns.
8. Wider treatment range for body and face.
9. Unevenness, bleeding, and swelling will not appear after treatment.

2. Working Principles

Ultrasonic wave: The principle of ultrasonic wave is used to make human adipose cells take a strong impact and produce friction movement among them after strong sound waves enter into the human body, which can effectively consume heat and water of cells and shrink adipose cells. In addition, when the sound wave vibrates, it can produce a strong impact on cells. And then the adipose cells will burst instantly, and they will be reduced so as to achieve the effect of fat removal.

Ultrasonic Cavitation: Tens of thousands of tiny bubbles, namely cavitation bubbles, are produced by vibration of liquid. These bubbles grow in the negative pressure region formed by the longitudinal transmission of ultrasound, which will close rapidly in the positive pressure region to be compressed and stretched under alternating positive and negative pressures. When the bubbles burst, there will be huge instantaneous pressure of up to tens of MPa to hundreds of MPa, and strong vibration and noise will be produced.

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

RF: RF waves directly penetrate the skin, making use of the resistance formed by the skin to

produce energy to raise the temperature of the bottom layer of the skin, heat the tissue quickly and continuously and promote the growth of collagen, which achieves the effect of firming, lifting and smoothing skin.

The perfect combination of ultrasonic wave and RF can not only help people lose weight, but also increase skin elasticity and firm skin, for which this machine can solve the problems of obese people.

3. Face Anti-aging

Effects

1. Firm face and introduce nutrients into deep skin.
2. Increase skin elasticity and exquisiteness.
3. Moisturize skin and increase the absorption rate of the skin.
4. Accelerate blood circulation and metabolism.
5. Relieve the condition of double chin and tighten skin.
6. Stimulate collagen regeneration and slow down ageing.

Applicable Range

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

Inapplicable Range

1. Those who have just undergone plastic surgery with prostheses and metal materials, etc., implanted at the operation area.
2. Those who have used injection products recently, such as hyaluronic acid, skin booster or wrinkle remover.
3. Those who have hypertension, heart disease, diabetes, severe hyperthyroidism, malignant tumor, etc.
4. Those who are having allergic reactions, who have severely sensitive skin or metal allergies.
5. Those who have incisions on skin.
6. Those who are of advanced years.
7. Those who are in menstruation, pregnancy, lactation, or operation recovery period.
8. Those who have skin diseases and infectious diseases.
9. Those who have unrealistic expectations about the effects.

Do's and Don'ts after Operation

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

6. Avoid those food which leads to hypertension, hyperglycemia, and hyperlipemia).

4. Body Management

(1). Waist&Abdomen Shaping

Effects

1. Relieve cold hands and cold feet, cold womb or cold body of women.
2. Tighten the skin on the waist and abdomen.
3. Reduce lumbar and abdominal fat.
4. Tighten skin, relieve stretch marks, obesity lines and increase skin elasticity.
5. Accelerate metabolism, relieve constipation and improve intestinal peristalsis.

Applicable Range

1. Those with cold feet, cold hands, cold womb and cold body.
2. Those with lumbar and abdominal fat or who have sagging skin after birth.
3. Those who often sit for a long time, or have unsatisfactory waistlines.
4. Those with stretch marks.
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 whose incisions are healing or who are on the road to recovery.
4. Those with epilepsy and severe diabetes and hyperthyroidism.
5. Those with malignant tumors, hemophilia or severe bleeding.
6. Those with skin diseases and infectious diseases.
7. Those with severe gynecological diseases.
8. Those whose gynecological diseases are being treated.

Do's and don'ts after Operation

1. Keep abdomen warm. Avoid getting a cold.
2. Avoid eating and drinking too much. No alcohol, no spicy and greasy food. Staying up late should be avoided. Drink warm water.
3. Take a bath after 4-6 hours.
4. 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 help with metabolism for weight loss.

(2). Arm Shaping

Effects

1. Stimulate collagen growth in the bottom of the skin to shape and firm it.
2. Relieve the condition of saggy skin.
3. Relieve the condition of flabby arms and thick arms.
4. Tighten skin.
5. Accelerate blood circulation and dredge meridians and collaterals.

Applicable Range

1. Those with thick arms and want to look better in clothes.
2. Those with flabby arms.
3. Those with sagging arm skin.
4. Those whose arms are prone to pain and numbness.
5. Those who often hold baby or children

Inapplicable Range

1. Those who have just had plastic surgery.
2. Those with hypertension, heart disease, diabetes, severe hyperthyroidism, malignant tumor, etc.
3. Those who are during allergic period and has severely sensitive skin.
4. Those with skin trauma or cut.
5. Those who are of advanced years.
6. Those who are pregnant and who are recovering from surgery.
7. Those with skin diseases and infectious diseases.

Do's and Don'ts after Operation

1. Keep warm after operation. Do not eat cold food.
2. Take shower in 4-6 hours.
3. Drink plenty of warm water to stay hydrated.
4. Do not eat and drink too much or stay up late.
5. Avoid sauna, hot spring or strenuous exercise within one week after operation.

(3). Back Shaping

Effects

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

Applicable Range

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

Inapplicable Range

1. Those with metal implants in the body, such as stents and pacemakers, are allergic to metal.
2. Those are during pregnancy, menstruation and lactation.
1. Those whose surgical wound is healing or convalescence
2. Those who has "three Hs", heart disease, epilepsy and severe diabetes and hyperthyroidism.
3. Those with malignant tumor and hemophilia or severe bleeding.
4. Those with skin diseases and infectious diseases.

5. Those who are too weak.
6. Those who are drunk, thirsty, overworked, on a full or empty stomach.

Do's and Don'ts after Operation

1. Keep warm, avoid getting a cold and drink plenty of hot water.
2. Take shower in 4-6 hours after operation.
3. Avoid staying up late, drinking and overeating.
4. Avoid raw, cold and spicy foods and get enough sleep.
5. Avoid shoulder-baring and backless clothes

(4). Hip Shaping

Hip is located in the middle of human body, and are the key hub of qi and blood circulation of meridians. It is the main switch of six meridians and also the bridge connecting the qi and blood circulation of upper and lower parts of human body, which plays an important role in building S-shaped curve and promote female attractiveness.

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. Maintain the normal function of ovary, stimulate the secretion of glands, and make couple's relationship closer.
5. Make complexion ruddy, fade color spots and return to young state.
6. Shape hips, improve sagging and outward expansion of hips, tighten skin and increase elasticity.

Applicable Range

1. Those with saggy hips and fat accumulation.
2. Those with stretch marks induced by obesity and obesity.
3. Those whose butt shape is not good-looking, flat and soft outward expansion.
4. Those with cold and cool hips with low hip temperature.
5. Those with cold womb, dysmenorrhea, irregular menstruation, gynecological inflammation and other problems.
6. Those with decreased estrogen levels and poor sex lives.

Inapplicable Range

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

Do's and Don'ts after Operation

1. Keep hips warm and avoid wearing miniskirts and shorts.
2. Take a shower in 4-6 hours after operation.
3. Drink plenty of hot water to avoid getting a cold.

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

(5). Leg Shaping

Effects

1. Tighten skin and prevent sagging.
2. Stimulate collagen regeneration and improve fat lines.
3. Increase leg circulation and detoxification, metabolism.
4. Promote blood circulation and remove blood stasis, dredge channels and collaterals, and prevent varicose veins.
5. Tighten excessive protruding fat on legs and get rid of fat on thick thighs.

Applicable Range

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

Inapplicable Range

1. Those who are in menstruation, pregnancy or lactation.
2. Those with hypertension, heart disease, diabetes, severe hyperthyroidism, malignant tumor, etc
3. Those with skin diseases or infectious diseases.
4. Those who have incisions on their bodies.
5. Patients with severe varicose veins and tumors.
6. Those who are having allergic reactions or who have severely sensitive skin.
7. People who have just had liposuction.
8. Those who are of advanced years.
9. Pregnant women or who are on the road to recovery.

Do's and Don'ts after Operation

1. Keep warm after operation. Do not eat cold food.
2. Take shower in 4-6 hours later.
3. Drink more warm water to keep hydrated and speed up metabolism.
4. Do not eat and drink too much or stay up late.
5. Avoid sauna, hot spring or strenuous exercise for 7 days after operation.
6. Wear pants after operation. Avoid wearing miniskirts and shorts.

Part II

1. Detailed Operation

After checking all are connected properly, you will see the following starting interface when the power switch is pressed.



① Detailed Operation of 40K

The 40K interface is as follows. When you choose 40K function, the colour of corresponding icon will darken.



working time display and adjustment



energy level display and adjustment(energy range: 0%-100%)



two working modes

M1 is constant working mode, suitable for those who have thick fat accumulation and need to reduce fat.

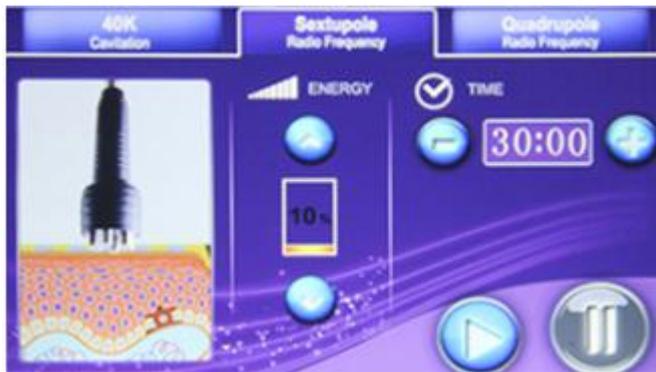
M2 is discontinuous working mode, suitable for those who want to consolidate effects in later stage.

After setting time, energy level and mode, you can press  to start the treatment. If you

want to stop the treatment, you can press .

② Detailed Operation of Sextupole RF

The Sextupole RF interface is as follows. When you choose Sextupole RF function, the colour of corresponding icon will darken.



working time display and adjustment



energy level display and adjustment(energy range: 0%-100%)

After setting time, energy level and mode, you can press  to start the treatment. If you want to stop the treatment, you can press .

③ Detailed Operation of Quadrupole RF

The 40K interface is as follows. When you choose Quadrupole RF function, the colour of corresponding icon will darken.



working time display and adjustment



energy level display and adjustment(energy range: 0%-100%)

After setting time, energy level and mode, you can press  to start the treatment. If you want to stop the treatment, you can press .

2. Technical Parameters

Power supply Input: 100V-240V

Power: 190W

Uoisetion 40K cavitation Head:

Frequency: 40KHz

Power: 15W

Sextupolar 3D RF for Body

Frequency: 1MHz

Power: 50W

Noise level: <70dB (30cm away)

Quadrupole 3D RF for Face

Frequency: 1MHz

Power: 30W

3. User Contraindications

People described as below 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 have hypertension, hyperglycaemia, hyperlipidemia, severe thyroid diseases, malignant tumors, haemophilia, and epilepsy.
2. Those who are in pregnancy, menstruation and lactation.
3. Those who have skin damages like wounds or incisions, or who are on the road to recovery.
4. Those who have skin diseases or contagious diseases.
5. Those who have severe gynecological diseases and are taking treatments.
6. Those who have just taken plastic surgeries like liposuction.
7. Those who are having allergic reactions or have severely sensitive skin.
8. Those who are under 18 years old or who are of advanced years.
9. Those who have severe varicose veins.
10. Those who suffer from kidney and liver failure.

4. Dos and Dont's

1. The plug with grounding pin must be used before the instrument is used and the power socket of the instrument is properly grounded.
2. Ensure that the voltage of the instrument is suitable. If the voltage of the local power supply is not stable, we suggest that the user add a voltage regulator with matching power between the mains and the instrument.
3. In order to ensure the treatment effect and normal service life of the instrument, please use the specified parts provided or suggested by the original manufacturer.
4. The instrument should not be placed in damp places or near water sources, and should not be directly exposed to sunlight.
5. Do not place the instrument near a strong heat source, as this may affect the life and normal use of the instrument.
6. Before treatment, please remove all metal objects from the body first, so as to avoid unexpected conditions and influence the curative effect.
7. Please restrain from using the device on eyes, thyroid, parathyroid, testicles, abdomen of pregnant women, and pacemakers.
8. Patients who are suffering from illness should consult with a doctor and gain permission from the doctor before using.
9. Please turn off the power switch of the device, and ensure that the total power supply of the

device is turned off before the staff leaves after daily use so as to ensure the safety of using the electrical products.

10. Set the energy at lowest level at the beginning and slowly increase it after the customer adapts to it to avoid discomfort.

11. Make sure the handle is in full contact with skin during operation in case skin is heated unevenly.

12. 40K handle should not be used on head, chest, heart and back.

13. The treatment area should be kept moisturized during the operation and do not perform the treatment on dry skin.

14. When the treatment receiver is 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 the treatment receiver want to use this machine immediately.

15. Clean the instrument with normal saline after operation to ensure its cleanliness to prolong its service life.

16. Please perform the treatment or train machine operator in strict accordance with this user manual.

5. Troubleshooting & Solutions

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

A. Make sure the power cord is connected to the socket with normal power supply.

B. Whether the fuse on the back of the instrument is loose or blown.

2. No RF output from the instrument?

A. Please check whether the cord connects the handle to the machine properly

B. Please check whether the treatment area has been cleaned. Grease or essential oil products may cause poor contact between the handle and human body to cause this problem.

3. Weakened RF output?

A. Please check whether the cord connects the handle to the machine properly

B. Please check whether non-conductive grease and other substances are on the treatment handle, which can cause poor contact between the handle and skin to weaken the output.

C. Please check whether the skin product used is specified by the instrument.

4. I can start the instrument, but the screen shows erroneous message?

A. Please unplug the power cord behind the instrument and wait for about 1 minute before restarting the instrument.

B. If the above method cannot solve the problem, please contact the instrument dealer for assistance.

6. FAQs

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

A: Normally, you can see the treatment results that day when you take the operation or within one week. Skin collagen tissue is heated and then contracts, and you can obviously feel the sensation of skin being tightened. Because RF works to stimulate subcutaneous tissue to promote collagen regeneration, so the more you take the treatment, the more noticeable the effects will be.

2. Q: Is RF harmful to skin?

A: RF treatment is non-surgical operation. It stimulates collagen regeneration at the skin bottom and boosts metabolism, and therefore has no damage to the skin. Local redness and hotness are the normal conditions of accelerated blood circulation, which will be relieved after a moment. So there's no need to worry about that.

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

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

4. Q: What functions does this instrument have?

A: It has the functions of dissolving fat and shaping body, smoothing&rejuvenating skin, firming &lifting skin and anti-aging. It can be operated on every part of the body. In terms of facial care, it can form face contour, alleviate wrinkles and saggy skin. In terms of body care, it can reduce regional fatness and build S-shaped curve, and promote metabolism and detoxification of the whole body. Meanwhile, it can also enhance the functions of viscera and solve sub-health problems.

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 negative pressure suction so as to achieve the purpose of rapid weight loss. It's a surgical treatment requiring anesthesia and so there is recovery period, which has risks despite its immediate results. However, our instrument is risk-free without side effects. It can not only help you reduce fat but also stimulate collagen regeneration to lift and tighten skin. It can also build perfect curves by lifting skin, and accentuate women's sexual charm.

6. Q: Will I regain weight after operation?

A: Ultrasound works to dissolve fat to reduce weight, and users are not prone to regain their weight. Because what's dissolved through ultrasonic treatment is fat, not water. Fat needs a longer period of time to accumulate, so normally people will not regain weight.

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

A: Pay attention to what you eat. Because radio frequency and ultrasonic treatment work to dissolve fat and accelerate metabolism. It's best to avoid eating spicy, oily, or fried food in case they affect regular metabolism. Proper workout for sweating helps with fat metabolism process. In such way, the results will be more noticeable.

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

A: RF beauty treatment is non-invasive and is one of the most effective and the safest approach 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 treatment, which will disappear after three days because collagen regeneration will make skin plump up though RF heat can cause moisture loss of skin. Overall, there are no side effects on people's health.

9. Q: Can ultrasound treatment be performed on every part of the body?

A: Ultrasound treatment works to rupture fat cells, by which fat is released from cells and then metabolized through lymphatic system. So its power is very high. Heart is sensitive to high frequency sound waves since it is a hollow organ. After being vibrated by sound waves, the heart will reflect the waves due to the different transmission of sound waves by the muscle tissue and the blood in the heart. This force can pull valves away from the heart muscle. If you

use the instrument on eyes, it can lead to retinal detachment, so the ultrasound treatment should not be performed on the areas of eyes and heart. (not on the areas of waist, back and chest)

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

A: Ultrasonic beauty treatment is non-surgical and non-invasive program without anaesthesia. It relies on ultrasound (mechanical sound wave) - dissolve fat through cavitation - ultrasound focusing. And the results are fat smash - fat dissolving - skin firming and body sculpting respectively. It only targets low-density fat cells but leaves high-density tissue like blood vessels intact, and therefore has no side effects on human body. Slight tinnitus will probably occur during the treatment, which is within normal range. So there's no need to worry about that.

11. Q: Why does tinnitus occur?

A: It's because ultrasound comes with a high frequency vibration, which could go up to 20kHz. It penetrates into 20mm-deep skin fat layers through ultrasound focusing. Highly intensified ultrasound can cause high-speed friction among fat cells, which can heat and dissolve them. And during the process, sound may be produced so that customer will have the sensation of tinnitus.

12. Q: What is collagen?

A: Collagen is a kind of biological macro molecule substance, a kind of white, opaque and non-branched fibrous protein. It can supplement the nutrients needed by all layers of the skin, enhance the collagen activity in the skin, retain moisture, nourish skin, slow down ageing, relieve facial relaxation, provide nutrients for the hair and so on. Collagen is a nutrient that human body must replenish to delay ageing. With the growth of age, collagen will gradually be lost. For women, collagen will begin to decrease since the age of 20. At the age of 25, collagen loss will reach its peak. At the age of 40, the collagen content is less than half of that one has at age of 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 fibers will cause skin tissue to be oxidized, atrophied and collapsed. The skin will be dry, wrinkled, flabby and inelastic. Therefore, in order to delay ageing, there must be plenty of collagen.

13. Q: Why do I need hip treatment?

A: Because it can help with detox of lymphatic system of body, relieve gynecological diseases, and protect women from harm brought by buttock blockage. Hip blockage will bring about gynecological conditions for the fact that hips are the areas where many important organs of human body exist. If hips suffer from the squeeze of upper and lower energizer meridians, they will be vulnerable to cold, damp and blood stasis. When hips are affected by cold, hip meridian contraction will occur, and then there will be some symptoms such as dysmenorrhea, irregular menstruation, dark menses, blood clot, blood and meridian blockage. It also affects women's fertilization.

7. Packing List

- 1 x Machine Body
- 1 x 40K Handle
- 1 x Quadrupole RF Handle
- 1 x Sextupole RF Handle
- 1 x Power Cord
- 1 x Accessory Holder
- 2 x Fuse

8. Operational Diagrams

Parameter Adjustment	Product	Techniques	Diagrams
<h3>Face Anti-ageing: 60 min once a week</h3>			
<p>Quadrupole RF Recommended energy level: 30%-70% Time: 15 min</p>	<p>Makeup Remover+Face Cleanser+Cold&Hot Steam+Massage Cream+Hydro Mask+Essence+Face Mask</p>	<ol style="list-style-type: none"> 1. Remove makeup and clean face, 5 minutes. 2. Apply hydro mask and hot steam, 10 minutes 3. Clean the face, 2 minutes. 4. Apply toner , 1 minute 5. Apply massage cream evenly to face and soothe face, 3 times. 6. Apply digital pressing technique on the following acupoints (RN-24, DU-26, ST-4, ST-6, LI-20, BL-1, BL-2, EM3, TE-23, the temple, GB-1, ST-1, ST-2), 3 times. 7. Soothe face, 3 times 8. Alternately apply lifting technique from chin to ear lobe, mouth corner to Ermen(SJ21), and nose wing to temple, lift eye corner from lower eyelid to temple with both hands, 3 times. 9. Repeat the technique on the other side. 10. Apply lifting technique towards hairline on forehead, 3 times 11. Apply plucking technique with fingers alternately to lift face. 12. Apply plucking technique with one hand towards hairline on forehead. 13. One side, apply plucking technique with both hands alternately to lift face, 2-3 minutes 14. Repeat the technique on the other side. 15. Move in a zigzag motion 	<p>Technique5, 7</p>  <hr/> <p>Technique6</p>  <hr/> <p>Technique8, 17</p>  <hr/> <p>Technique10, 12, 19</p>  <hr/> <p>Technique15</p> 

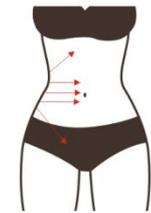
		<p>on forehead with middle and ring fingers, slide to the front side of ears and lift back and forth for 3 times and then slide to the back of ears.</p> <p>16. The end.</p> <p>17. Quadrupole RF operation: lift from chin to earlobe, mouth corner to ear center and nose wing to temple line by line, 3 times.</p> <p>18. Repeat the techniques above on the other side.</p> <p>19. Move the handle towards hairline on forehead, 3 times.</p> <p>20. Wash face clean, 2 minutes.</p> <p>21. Apply face mask, 15 minutes.</p> <p>22. Clean face, 2 minutes.</p> <p>23. Apply toner, essence, face cream and sunscreen.</p> <p>24. The end.</p>	
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Treatment Suggestions

One course of treatment consists of ten treatment sessions. After one treatment session, skin will be firmed and rejuvenated as the nutrients it needs are absorbed. After one course of treatment, skin will be lifted with glow. Two courses will make skin smooth and plump, leaving face contour clearer. Three courses will promote skin metabolism and detox processes, help fade pigmentation and skin darkness, slow down skin ageing and prevent skin from sagging, and stimulate collagen regeneration to leave skin smooth and firm with glow.

Waist&Abdomen Shaping: 60 min once a week

<p>40K Energy level: 30%-70% Time: 15 min Mode: M1(default mode)</p> <p>Sextupole RF Recommended energy level: 30%-70% Time: 15 min</p>	<p>Massage Cream(Essential Oil)+Gel+YH-3221</p>	<ol style="list-style-type: none"> 1. Massage techniques 2. Rub oil into abdomen with hands moving in circular motion, 3 times. 3. Rub abdomen back and forth with both hands, 3-5 times. 4. Knead abdomen with both hands using chiropractic technique, 3 times. 5. Lift Meridian BV(Belt Vessel) on both sides of waist with both hands alternately, 16 times. 	<p>Technique2, 8, 11</p>  <hr/> <p>Technique3, 19</p>  <hr/> <p>Technique4</p>
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		<p>6. Move hands in 8-shaped motion with right hand and left hand moving clockwise and anti-clockwise respectively on waist, 3 times.</p> <p>7. Overlap hands and message the intestinal canal clockwise, 3 times.</p> <p>8. Move hands in circular motion to soothe the treatment area, 3 times.</p> <p>9. Apply digital pressing technique on the following acupoints: RN13, RN12, RN10, RN8, RN6, RN4, RN3, ST25, SP15. 2 times.</p> <p>10. Starting from RN3 point, push to belly navel, slide to waist and then lift upwards to groin with both thumbs, 3 times.</p> <p>11. Soothe the treatment area with hands and then slide to groin.</p> <p>12. The end</p> <p>13. 40K handle operation: starting from one side of the waist, lift the handle to abdomen and groin, 3 times.</p> <p>14. Repeat the previous operation on the other side, 3 times.</p> <p>15. Move the handle on abdomen in small circular motion, 3 times.</p> <p>16. Move the handle on abdomen in big circular motion, 3 times.</p> <p>17. Sextupole RF handle operation, Constant Suction mode, one side, lift from waist side to abdomen line by line, 3 times</p> <p>18. Do the same on the other side</p> <p>19. Lift Meridian BV(Belt Vessel) horizontally back and forth, 3 times</p> <p>20. Move the cup up and down to shape waist, 3 times</p>	 <p>Technique5</p>  <p>Technique6</p>  <p>Technique7</p>  <p>Technique9</p>  <p>Technique10</p>  <p>Technique 13, 17, 22</p>  <p>Technique15</p>  <p>Technique16, 21</p>
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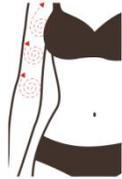
		<p>21. Move cup in big circles on abdomen, 3 times</p> <p>22. One side, lift from waist side to abdomen line by line, 3 times</p> <p>23. The end.</p>	 <p>Technique20</p> 
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Treatment Suggestions

A course of treatment consists of ten treatment sessions. After one treatment session, metabolism will be accelerated. After one course, fat will be slowly metabolized, body will start to slim down. Constipation and other issues will be relieved at the same time. After two courses, the effects will gradually become obvious, skin will be tightened and lifted, and skin collagen will be increased. Stretch marks and flabby skin are also alleviated. Three courses will help consolidate the effects. Unwanted fat will gradually disappear, and waist and abdomen curves will start to take shape.

Arm Shaping: 60 min once a week

<p>40K Energy level: 30%-70% Time: 20 min (10 min on each arm) Mode: M1(default mode)</p> <p>Sextupole RF Recommended energy level: 30%-70% Time: 20 min (10 min on each arm)</p>	<p>Massage Cream(Essential Oil)+Gel+YH-3221</p>	<ol style="list-style-type: none"> 1. Massage techniques 2. Left-right order: lay the arm flat, rub oil into skin from lower arm to the entire arm and slide to the fingers(soothing technique), 3 times. 3. Push the entire arm with both palms, 3 times. 4. Push hands upwards tracing three meridians: Large Intestine Meridian(LI) - Triple Energizer Meridian(TE) - Small Intestine Meridian(SI) to armpits with thumbs and index fingers splaying, 3 times. 5. Soothe the area, 3 times 6. Rub three meridians on arms with bending fingers back and forth to warm them up, 3 times. 7. Soothe the area, 3 times 	<p>Technique2, 3, 4, 5, 6, 7</p>  <p>Technique8, 9</p>  <p>Technique10</p>  <p>Technique13, 16, 21, 24</p>
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		<p>8. Lay inner arm upwards, and push hands tracing three yin meridians on inner arm: Lung Meridian(LU) - Pericardium Meridian(PC) - Heart Meridian(HT) to armpit with thumbs and index fingers splaying, 3 times respectively.</p> <p>9. Rub three meridians back and forth with bending fingers to warm them up, 3 times.</p> <p>10. Soothe the area and slide to fingers</p> <p>11. Repeat above techniques on the other arm.</p> <p>12. Wipe arms clean with towel, and then apply gel evenly to the entire arm.</p> <p>13. 4OK operation:lay customer's arm flat, push three meridians from fat part of lower arm to armpit, 3 times.</p> <p>14. Move the handle in annular motion along three meridians to armpit, 3 times.</p> <p>15. Redouble the operation on flabby arms, 3 times.</p> <p>16. Move the handle along three meridians to armpit, 3 times.</p> <p>17. Lay inner arm upwards and push three meridians on upper arm to armpit, 3 times.</p> <p>18. Move the handle in circles along three meridians on upper arm to armpit, 3 times.</p> <p>19. Move the handle along three meridians from upper arm to armpit.</p> <p>20. Repeat those techniques on the other arm.</p>	 <hr/>  <hr/> <p>Technique14, 15, 22, 23</p> <p>Technique17, 25</p>  <hr/> <p>Technique19, 27</p>  <hr/>
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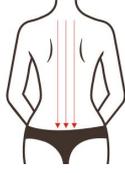
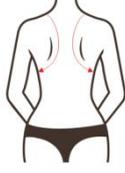
		<p>21. Sextupole RF operation: lay customer's arm flat, push three meridians from fat part of lower arm to armpit, 3 times.</p> <p>22. Move the handle in annular motion along three meridians to armpit, 3 times.</p> <p>23. Redouble the operation on flabby arms, 3 times.</p> <p>24. Move the handle along three meridians to armpit, 3 times.</p> <p>25. Lay inner arm upwards and push three meridians on upper arm to armpit, 3 times.</p> <p>26. Move the handle in circles along three meridians on upper arm to armpit, 3 times.</p> <p>27. Move the handle along three meridians from upper arm to armpit.</p> <p>28. Repeat those techniques on the other arm.</p> <p>29. The end.</p>	
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Treatment Suggestions

A course of treatment consists of ten treatment sessions. After one treatment session, it will feel warm and tight, and the arms will be relaxed. After one course of treatment, excessive fat on arms will be reduced and the skin will appear to be tight and plump. Two courses of treatment will help shape arms, dredge meridians, and enhance constitution to strengthen the effects. 3 courses will help consolidate effects and prevent arms from regaining fat.

Back Shaping: 45 min once a week

<p>Sextupole RF Recommend energy level: 30%-70% Time: 30 min</p>	<p>Massage Cream(Essential Oil)+Gel+YH-3221</p>	<p>1. Massage techniques 2. Apply oil to back and press Gb-20 and Du-16 acupoints. 3. Pluck Dabanjing(the area connecting neck and shoulder) (from hairline), 3-5 times 4. Move thumb outwards from Bladder Meridian(BL)</p>	<p>Technique2, 11</p>  <p>Technique3</p>
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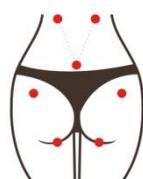
		<p>to the sacral region and then to Gb-20 and Du-16 points.</p> <p>5. Starting from neck to caudal vertebra, move hands in S-shape, 3 times.</p> <p>6. Push Bladder Meridian(BL) with thumb in left-right order, 3 times.</p> <p>7. Push Bladder Meridian(BL) to the sacral region with both thumbs at the same time, 3 times.</p> <p>8. Push Bladder Meridian(BL) in three bending fingers, 3 times.</p> <p>9. Push along the medial border of scapula with both hands alternately in left-right order, 3-6 times.</p> <p>10. Push medial border of scapula with both hands horizontally, 3-6 times.</p> <p>11. Soothe the back with both hands and push Gb-20 and Du-16 points, 3 times.</p> <p>12. Overlap both thumbs and push SI-11 point and slide to the arm, 3 times.</p> <p>13. Do the same on the other side, 3 times</p> <p>14. Rub Meridian GV and Bladder Meridian(BL) with hands to warm them up.</p> <p>15. The end</p> <p>16. Sextupole RF handle operation, move the handle along Meridian GV and Bladder Meridian(BL) respectively from neck to the sacral region, 3-5 times.</p> <p>17. Move the handle in circles on Du-14 point and sacral region, 3-5 times respectively.</p> <p>18. From neck, move the handle on Dabanjing(the area connecting neck and shoulder) back and forth, 3-5 times.</p> <p>19. Move the handle to lift the medial border of scapula</p>	 <p>Technique4</p>  <p>Technique5</p>  <p>Technique6, 7, 8, 14</p>  <p>Technique9, 19</p>  <p>Technique10</p>  <p>Technique12, 13</p>  <p>Technique16</p>  <p>Technique17</p>
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		<p>back and forth in left-right order, 3-5 times.</p> <p>20. Move the handle in 8-shaped motion downwards to sacral region, 3 times</p> <p>21. Starting from the left side, move the handle in annular motion upwards to armpit, 3 times.</p> <p>22. Apply lifting technique by moving the handle from one side of the waist upwards to armpit, 3-5 times.</p> <p>23. Wipe back clean with towel.</p> <p>24. The end</p>	 <p>Technique18</p>  <p>Technique20</p>  <p>Technique21</p>  <p>Technique22</p> 
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Treatment suggestions

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

Hip Shaping: 45 min once a week

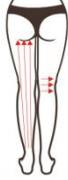
<p>Sextupole RF Recommended energy level: 30%-70% Time: 30 min (15 min on each side)</p>	<p>Massage Cream(Essential Oil)+YH-3221</p>	<ol style="list-style-type: none"> 1. Massage techniques. 2. Standing on the side, rub oil into skin by moving both hands clockwise and anticlockwise respectively from sacral region on hips , 3 times (this is soothing technique.) 3. Apply pushing technique on the sacral region with two thumbs, 3 times. 4. Soothe the treatment area for 3 times and then apply digital pressing technique on the following points: Bl-23, Baliao points(BL31-34), Du-1, Gb-30, BL-36, 3 times. 5. Soothe the treatment area, 3 times. 6. Left-right order, apply pushing technique from the top of thigh along the four meridians -- Bladder Meridian(BL) - Kidney Meridian(KI) - Liver Meridian(LV) - Gallbladder Meridian(GB) to Meridian BV respectively with both hands, 3 times each. 7. Alternately apply pushing technique with both hands along Bladder Meridian(BL) - Kidney Meridian(KI) - Liver Meridian(LV) - Gallbladder Meridian(GB) from the top of thigh to Meridian BV respectively, 3 times each. 8. Overlap both palms and then apply pushing technique from the top of thigh to Meridian BV (lifting), 3 to 5 times. 9. Apply pushing technique from both sides of hips to the top of hips(shaping) back and forth, 3 times. 10. Repeat technique 7 11. Soothe the treatment area. 12. Repeat the techniques above on the other side. 	<p>Technique2,5,11</p>  <hr/> <p>Technique3</p>  <hr/> <p>Technique4</p>  <hr/> <p>Technique6, 14, 17</p>  <hr/> <p>Technique7, 10</p>  <hr/> <p>Technique9, 15, 18</p> 
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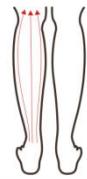
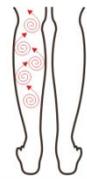
		<p>13. The end.</p> <p>14. Sextupole RF operation: lift from the top of thigh to Meridian BV line by line, 3 times.</p> <p>15. Lift upwards from both sides of the buttocks to the highest point of the buttocks 3 times.</p> <p>16. Move the handle in small spiral curve on hip, 3-5 times</p> <p>17. Lift from the top of thigh to Meridian BV line by line, 3 times.</p> <p>18. Lift upwards from both sides of the buttocks to the highest point of the buttocks 3 times.</p> <p>19. Do the same on the other side.</p> <p>20. The end.</p>	
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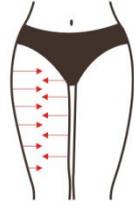
Treatment Suggestions

One course of treatment consists of 10 treatment sessions. After one treatment, buttocks will experience the sensations of being heated and lifted. After one course of treatment, buttocks start to show obvious curve lines, 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 relieved, which can help consolidate the effect to make females more attractive.

Leg Shaping: 100 min once a week

<p>40K Energy level: 30%-70% Time: 40 min (10 min on each side of the leg) Mode: M1(default mode)</p> <p>Sextupole RF Recommended energy level: 30%-70% Time: 40 min (10 min on</p>	<p>Massage Cream(Essential Oil)+Gel+YH-3221</p>	<p>1. Massage techniques 2. Customer lies on his front, back side of the leg, left-right order: rub oil into the skin from calf to thigh and then move back to heel, 3 times 3. Alternate the heels of both palms to push the entire leg upwards and move back to heel, 3 times 4. Move hands upwards to push four main meridians: Bladder Meridian(BL) - Kidney Meridian(KI) - Liver Meridian(LV) - Gallbladder Meridian(GB) with thumbs and index fingers splaying. 5. Push popliteal fossa with</p>	<p>Technique 2, 3, 4, 5, 7, 8, 9</p>  <p>Technique 6</p>  <p>Technique 12, 14, 21</p>
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<p>each side of the leg)</p>		<p>both hands alternately, 3 times.</p> <p>6. Move both hands upwards alternately in an undulating motion, 3 times.</p> <p>7. Soothe the area, 3 times</p> <p>8. Push four main meridians upwards with bending fingers of both hands, 3 times.</p> <p>9. Soothe the area, 3 times</p> <p>10. Repeat the operation on the other side.</p> <p>11. The end.</p> <p>12. 40K operation: push Bladder Meridian(BL) - Kidney Meridian(KI) - Liver Meridian(LV) - Gallbladder Meridian(GB) upwards to popliteal fossa respectively, 3 times.</p> <p>13. Move in small circles on calf to dissolve fat, 3 times</p> <p>14. Move the handle upwards to popliteal fossa and soothe the treatment area with hand, 3 times.</p> <p>15. Push 4 meridians from popliteal fossa to the top of thigh respectively, 3 times.</p> <p>16. Move in small circles from popliteal fossa to the top of thigh to dissolve fat, 3 times.</p> <p>17. Push meridians from popliteal fossa to the top of thigh, 3 times</p> <p>18. Move the handle in small circles on thigh to dissolve fat, 3-5 times</p> <p>19. Repeat the techniques above on the other leg.</p> <p>20. Sextupole RF operation: lift from heel to popliteal fossa line by line with one hand and the cup, 3 times</p> <p>21. Move cup in small circles on calf, 3 times</p> <p>22. Move the cup on calf from top to bottom back and forth,3-5 times.</p>	 <hr/> <p>Technique 13, 22, 23</p>  <hr/> <p>Technique 15, 17, 24</p>  <hr/> <p>Technique 16, 18, 25</p>  <hr/> <p>Technique26</p>  <hr/> <p>Technique27</p>  <hr/> <p>Technique 29, 30, 31, 37, 40, 43</p>  <hr/> <p>Technique39, 46</p>
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		<p>23. Lift from popliteal fossa to the top of thigh, 3 times.</p> <p>24. Move cup in small circles on thigh, 3 times.</p> <p>25. Lift from two sides of leg to the middle, 3 times.</p> <p>26. Lift upwards from two sides of thigh in annular motion</p> <p>27. Do the same on the other side.</p> <p>28. Massage the front side of legs: rub oil into skin from feet to thigh root(soothe the treatment area), 3 times</p> <p>29. Push four meridians: Bladder Meridian(BL) - Kidney Meridian(KI) - Liver Meridian(LV) - Gallbladder Meridian(GB) to the top of thigh with thumb and index finger splaying.</p> <p>30. Push four meridians with bending fingers of both hands,3 times</p> <p>31. The end</p> <p>32. Do the same on the other side.</p> <p>33. 40K handle operation: lift the handle towards knee from calf while tracing 4 meridians, 3 times(start from thigh if there's not enough unwanted fat on calf.)</p> <p>34. Move the handle on two sides of calf in annular motion, 3 times(start from thigh if there's not enough unwanted fat on calf.)</p> <p>35. Lift the handle from knee to the top of thigh line by line, 3 times.</p> <p>36. Move the handle in small circles on thigh, 3 times.</p> <p>37. Lift the handle from knee to the top of thigh in annular motion, 3 times.</p> <p>38. Lift the handle from knee to the top of thigh line by line, 3 times.</p> <p>39. Sextupole RF operation:</p>	 <p>Technique38, 44</p>  <p>Technique45</p> 
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		<p>lift the cup towards knee from calf while tracing 4 meridians, 3 times(start from thigh if there's not enough unwanted fat on calf.)</p> <p>40. Lift from knee to the top of thigh,3 times</p> <p>41. Move in small circles on thigh, 3 times.</p> <p>42. Lift from two sides of thighs to the middle, 3-5 times.</p> <p>43. Lift upwards on two sides of thigh in annular motion.</p> <p>44. Do the same on the other thigh.</p> <p>45. the end.</p>	
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Treatment Suggestions

A course of treatment consists of ten treatment sessions. After one treatment, leg will be relaxed, and circulation will be accelerated. After one course of treatment, leg will become thin, there will be contraction of skin collagen due to heat effect, and tightening effect can obviously be felt on the skin. After 2 courses of treatment, there will be obvious results with the slimness and firmness of legs promoted. 3 courses will help consolidate the effects. This treatment can stimulate dermis to promote constant collagen regeneration. So the treatment results will be more obvious.