

# User Manual

YH-43J1



## Preface

To our valued users,

Thanks for choosing our latest body beauty equipment. This latest skin tightening and body slimming machine integrates ultrasound, vacuum, and RF, which has a good curative effect on skin tightening, anti-aging, weight and fat reduction, and body shaping. YH-43J1 is professional beauty equipment, which needs to be operated by people with professional training. Any improper use of this equipment may bring adverse consequences to the body. Thus, we advise all people to read this manual thoroughly and strictly follow the instructions specified before operation.

We believe our quality product will give you a good return and our perfect after-sales service will make you worry-free.

Thank you.

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# Part I

## Introduction

Currently, ultrasound, vacuum, and RF instruments are widely used and popular in the beauty industry. Its effect for skin tightening, body shaping, and fat reduction can replace most looks improving and bodybuilding programs in a beauty salon. Moreover, it can be operated easily, conveniently, and swiftly and solves body and skin problems for people pursuing beauty. And it works safely and effectively and requires no skin breaking, no anesthesia, and no surgery. It has no side effects and is operated externally throughout, and has an instant effect. RF heats deep skin, stimulates collagen hyperplasia and restructuring in the dermis, and accelerates blood circulation in the underlying skin, thus achieving skin tightening, plumpness, anti-aging, and senility prevention. Ultrasound of particular frequency aims at body parts having difficulty in fat reduction in daily life, bringing fantastic effect.

## Advantages

1. It adopts the most advanced ultrasonic cavitation technique in the world.
2. One operating head has two functions, is of strong power, and has a more evident effect.
3. Ultrasound strongly blasts and removes fat and has replaced and surpassed liposuction, bringing good news to obese people.
4. The perfect match of ultrasound and vacuum is going to address people's concerns for weight reduction. It can tighten skin, increase skin elasticity, speed up body metabolism, and strengthen the physique while reducing weight.
5. It's painless, non-invasive, and injury-free during treatment. And it asks for no convalescence, requires no stay, and will not affect regular work and life after treatment.
6. It has no consumption, with low cost, but with a quick return.
7. It has a broader treatment range, including both body and face.
8. Unevenness, bleeding, and swelling will not occur.

## Working Principle

### Ultrasound

It utilizes ultrasound and can effectively consume heat and cellular water and shrink fat cells by gathered strong sound waves entering the human body, causing fat cells to produce a strong strike and frictions between fat cells. In addition, when sound waves vibrate, they can produce intense strikes among cells, making cells burst instantly and lessen fat cells to remove fat.

**The Principle of Ultrasonic Cavitation:** 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 alternate positive and negative pressure. The bubbles will be compressed until they get burst, which will generate strong instantaneous pressure. Generally, the pressure can reach up from tens of MPa to hundreds of MPa and produces strong vibration and noise.

**Advantages:** It destroys tissue selectively, only breaks low-density adipose tissue with a specific frequency, and protects high-density tissue like nervus vascularis.

## RF

Radiofrequency waves directly penetrate the skin and generate energy by utilizing the electrical resistance effect formed by the skin, increasing the underlying skin's temperatures, rapidly and continuously heat tissues, and promoting the growth of the skin's collagen. Thus, achieving skin tightening, lifting, and refining.

The perfect match of ultrasound and RF increase skin's elasticity and tighten skin while slimming the body with fat-blasting. It can do both weight reduction and body shaping, bringing good news to obese people.

## Vacuum RF

To massage skin and muscle with a special vacuum metal grease cup can effectively enhance the mobility of the body fluids and boost cells' movement, thus activating cells and increasing skin elasticity. And meanwhile, it accelerates blood circulation of the micro-vessels, discharges the excess toxin through the normal circulation of the lymphatic system, lowers the probability of adverse situations, such as color spots, pigment, and extravasated blood. The kneading effect generated by vacuum fat-sucking can increase the tissue activity of skin and muscles, thus decreasing scleroid cellular tissue and increasing the elasticity of skin tissue. Therefore, both slimming and shaping can be completed simultaneously. In addition, vacuum movement can also stimulate the sympathetic nervous system on the superficial and deep layer of the skin and lowers skin sensitivity. The suction and release of air pressure can improve the capillary system, promote flow between deeper veins and lymph gland networks, strengthen blood vessels, and relieve varicosity.

**Advantages:** It breaks through the previous working mode of vacuum that is single and simple. Using different modes for different body parts can slim and sculpt the body more effectively and efficiently, and it causes no harm to the human body. Compared with the ordinary monopole RF, this equipment, with its unique RF probe and RF and vacuum relatively independent but complementary as a whole metabolic system, can

perfectly reshape the body in a more effective, rapid, and even way.

## Physical Effect for Vacuum

### Skin Layer

The suction and release of air pressure:

1. Improve mobility among cells, thus increasing the movement of cells and curing diseases related to blood stasis and stagnation.
2. Remove moisture from the lymph gland and veins.

Effect: Water can be discharged from fibrous tissues.

### Vascular Layer

The suction and release of air pressure:

1. Boost blood circulation of the micro-vessels. It improves the capillary system and enhances flow between deeper veins and the lymph gland network.
2. The extra toxins can be removed from the body.

Effect: Strengthen blood vessels and relieve varicosity.

### Fibrous Layer

The suction and release of air pressure:

1. Promote the combination of two effects generated in different tissues (including skin, muscle tissue, etc.).
2. Repair cell tissue and enhance activity among cells.
3. Boost and repair skin elasticity, and resist skin stretch.
4. The production of ossein helps to renew skin and recover elasticity.
5. Enhance oxygen support capacity for the skin and increase the consumption of carbon dioxide.

Effect: Break the stiff fiber of cellulite, and make it more elastic, thus shaping the body.

### Nervous Layer

The suction and release of air pressure:

1. Stimulates the surface and deep layer of the sympathetic nervous system.
2. Lower skin sensitivity.
3. Repair skin elasticity and resist the fibrosis of tissue.

Effect: Repair and reduce skin sensitivity.

# Facial Anti-aging

## Efficacy

1. Tighten face and deeply infuse nutrition.
2. Increase skin elasticity and refine skin.
3. Moisten skin and enhance skin absorptivity.
4. Accelerate blood circulation and metabolism.
5. Relieve the double chin and firm skin.
6. Stimulate collagen hyperplasia and delay aging.

## Indications

1. Those with dark or lustreless faces.
2. Those with flabby or saggy skin.
3. Those with fine lines, nasolabial folds, or periorbital wrinkles.
4. Those with vague facial contour.
5. Those with coarse skin or large pores.
6. Those who are under long-term exposure to UV radiation in the workplace.
7. Those with flabby skin, edema, or puffiness after child delivery.

## Contraindications

1. Those who just had plastic surgery or had prostheses or metal objects implanted inside the treated parts.
2. Those who recently injected hyaluronic acid or water light or had an injection for wrinkle removal or plastic surgery.
3. Those with hypertension, heart disease, diabetes, severe thyroid, malignant tumors, etc.
4. Those in the allergic period, with severely sensitive skin, or who are allergic to metals.
5. Those with skin trauma or wound.
6. Those who are overaging.
7. Those in menstruation, pregnancy, lactation, or surgical recovery.
8. Those with skin disease or infectious disease.
9. Those who have an unrealistic illusion about the effect.

## Matters Needing Attention After Treatment

1. Do not wash the face with overheated water within three days (but wash with warm and cold water).
2. Keep hydrating and moisturizing, and protect yourself from the sun.
3. Do not enjoy hot springs, saunas, or do strenuous exercise, etc., within three days.

4. It's advised to apply a facial mask at least three times a week.
5. Avoid eating spicy and greasy food, staying up late, smoking, and drinking alcohol. Instead, eat more vegetables, fruits, and light food.
6. Do not eat food causing hypertension, hyperlipidemia, and hyperglycemia, and mostly eat bland food.

## Eye Anti-aging

### Efficacy

1. Relieve eye fatigue, black eyes, eye bags, and edema.
2. Improve periorbital wrinkles and crow's feet.
3. Fade pigment and accelerate blood circulation.
4. Accelerate metabolism and prevent hyperpigmentation.
5. Supply nutrition to the eyes and moisten the skin.
6. Tighten and refine skin and lift the corner of the eyes.
7. Accelerate blood circulation of the eyes and help with efficient absorption.

### Indications

1. Those with wrinkles, fine lines, eye bags, or black eyes.
2. Those with dry skin, dry lines, or dynamic wrinkles.
3. Those whose eyes are prone to fatigue or dryness.
4. Those who always face computer or cellphone.
5. Those who always stay up late or with black eyes.
6. Those who always expose to a dry or high-temperature environment.

### Contraindications

1. Those who just had plastic surgery.
2. Those with hypertension, heart disease, diabetes, severe thyroid, malignant tumors, etc.
3. Those in the allergic period, with severely sensitive skin, or who are allergic to metals.
4. Those with skin trauma or wound.
5. Those who are overaging.
6. Those in pregnancy or surgical recovery.
7. Those with skin disease or infectious disease.

### Matters Needing Attention After Treatment

1. Avoid being under the blazing sun and protect yourself from the sun.
2. Keep hydrating and moisturizing, and protect yourself from the sun since the treated parts are relatively dry.



3. It's better not to use products like alcohol, AHA(Alpha Hydroxyl Acid), or scrub cream within 1 to 3 days.
4. Avoid washing the face with overheated water, enjoying hot springs, saunas, or doing strenuous exercise within seven days.
5. Drink more water and apply an eye mask which should do at least three times a week.

## Neck Anti-aging

### Efficacy

1. Relieve neck with slack, coarse, or lusterless skin.
2. Tighten skin and increase skin elasticity.
3. Relieve double chin.
4. Accelerate lymphatic detox and improve facial skin quality.
5. Prevent neck and lymphatic diseases.

### Indications

1. Those whose necks have coarse skin or dark skin color.
2. Those whose necks have clogged lymph.
3. Those whose necks have slack or inelastic skin.
4. Those who always lower their heads.
5. Those who are not satisfied with their necks' skin color.

### Contraindications

1. Those who just had plastic surgery.
2. Those with hypertension, heart disease, diabetes, severe thyroid, malignant tumors, etc.
3. Those in the allergic period or with severely sensitive skin.
4. Those with skin trauma or wound.
5. Those who are overaging.
6. Those in pregnancy or surgical recovery.
7. Those with skin disease or infectious disease.

### Matters Needing Attention After Treatment

1. Protect yourself from the sun and keep the neck warm.
2. Keep hydrating and moisturizing, and protect yourself from the sun since the treated parts are relatively dry.
3. It's better not to use products like alcohol, AHA(Alpha Hydroxyl Acid), or scrub cream within 1 to 3 days.
4. Avoid washing the face with overheated water, enjoying hot springs, saunas,

doing strenuous exercise, etc., within seven days.

5. Drink more water, apply neck masks at least three times a week, and apply essence or neck cream.
6. Avoid lowering your head for a long time.

## Body Management

### Waist & Abdomen Sculpting

#### Efficacy

1. Relieve women's cold hands, feet, cold uterus, or cold-natured body.
2. Relieve waist and abdomen's flabby and soft skin.
3. Remove flab from waist and abdomen, and relieve swim ring-like belly and small belly.
4. Tighten the skin, reduce stretch marks and striae distensae, and increase skin elasticity.
5. Accelerate metabolism, alleviate constipation, and improve intestinal tract movement.

#### Indications

1. Those with cold hands, feet, cold uterus, or cold-natured bodies.
2. Those whose waist and abdomen have flab, protruding small belly, or flabby skin after child delivery.
3. Those who sit too long or with unsightly waistlines.
4. Those with striae distensae or stretch marks.
5. Those with constipation or whose abdomens have obstructed channels and collaterals.

#### Contraindications

1. Those with hypertension, hyperglycemia, hyperlipidemia, or heart disease.
2. Women in pregnancy, menstruation, or lactation.
3. Those whose surgical wounds are healing or in surgical recovery.
4. Those with epilepsy, severe diabetes, or hyperthyroidism.
5. Those with malignant tumors, hemophilia, or severe bleeding.
6. Those with skin disease or infectious disease.
7. Those with severe gynecological diseases.
8. Those whose gynecological diseases are in treatment.

#### Matters Needing Attention After Treatment

1. Avoid wearing a crop top or exposing to a windy environment and catching a cold.

2. Avoid eating and drinking too much, staying up late, drinking alcohol, or eating raw, cold, spicy, or greasy food. Instead, drink more hot water.
3. Keep the abdomen warm and take a shower after 4 to 6 hours.
4. Avoid enjoying sauna, hot springs, or doing strenuous exercise within seven days.
5. Rub the abdomen with your hands doing it clockwise before sleep at night, making weight loss and metabolism achieve a better effect.

## Arm Sculpting

### Efficacy

1. Stimulate collagen hyperplasia in the underlying skin, shape body, and firm skin.
2. Improve flabby skin.
3. Reduce the appearance of flabby and thick arms.
4. Relieve soft skin.
5. Tighten skin.
6. Accelerate blood circulation and dredge channels and collaterals.

### Indications

1. Those with thick arms or who look unsightly in clothes.
2. Those with bat wings or flabby arms.
3. Those whose arms have flabby skin.
4. Those whose arms are prone to soreness and numbness.
5. Those who always carry the baby.

### Contraindications

1. Those who just had plastic surgery.
2. Those with hypertension, heart disease, diabetes, severe thyroid, malignant tumors, etc.
3. Those in the allergic period or with severely sensitive skin.
4. Those with skin trauma or wound.
5. Those who are overaging.
6. Those in pregnancy or surgical recovery.
7. Those with skin disease or infectious disease.

### Matters Needing Attention After Treatment

1. Keep warm, don't eat cold food, and avoid exposing to a windy environment and catching a cold.
2. Take a shower after 4 to 6 hours.
3. Drink more warm water to replenish moisture.
4. Refuse to eat and drink too much and stay up late.

5. Avoid enjoying sauna, hot springs, or doing strenuous exercise within seven days.

## Back Sculpting

### Efficacy

1. Alleviate shoulder and back soreness and relieve Dowager's Hump.
2. Dredge channels and collaterals and relieve clogged channels and collaterals.
3. Accelerate blood circulation and metabolism.
4. Improve head blood supply and sleep.
5. Regulate viscera functions and strengthen the physique.
6. Tighten skin and prevent slack and soft skin.
7. Remove excessive flab from the back and sculpt the back.

### Indications

1. Those with shoulder and back soreness or stiff neck.
2. Those with insomnia, dreaminess, or a fading memory.
3. Those prone to fatigue, drowsiness, or with the obstructed circulation of vital energy and blood.
4. Those with thick backs or who look unsightly in clothes.
5. Those with Dowager's Hump.

### Contraindications

1. Those with metal implants inside the body(such as a stent, pacemaker, etc.) or allergic to metals.
2. Women in pregnancy, menstruation, or lactation.
3. Those whose surgical wounds are healing or in surgical recovery.
4. Those with hypertension, hyperglycemia, hyperlipidemia, heart disease, epilepsy, severe diabetes, or hyperthyroidism.
5. Those with malignant tumors, hemophilia, or severe bleeding.
6. Those with skin disease or infectious disease.
7. Those who have a weak body.
8. Those who are drunk, thirsty, overworked, or with a full or empty stomach.

### Matters Needing Attention After Treatment

1. Keep warm, avoid exposure to a windy environment, catch a cold, and drink more hot water.
2. Take a 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 food. But have enough sleep.
5. Avoid wearing shoulder-baring and backless clothes.

## Buttocks Sculpting

Buttocks, located at the middle of the human body, are the key hub for channels and collaterals and qi-blood circulation and are the main switch of six channels and collaterals, as well as the bridge connecting upper jiao qi-blood and lower jiao qi-blood circulation of the human body. It plays a vital role in body S-curve management and feminine charm increasing.

### Efficacy

1. Enhance blood circulation and speed up metabolism.
2. Relieve gynecological diseases, such as menstrual pain, irregular menstruation, and abnormal leucorrhea.
3. Improve sleep quality and female sexual function.
4. Activate ovary function, stimulate glandular secretion, and increase intimacy between couples.
5. Make complexion ruddy, fade color spots, and bring back youth.
6. Shape hips, relieve the sagging and outward expansion of the hips, tighten skin, and increase elasticity.

### Indications

1. Those whose hips are slack, saggy, or have accumulated fat.
2. Those with striae distensae or stretch marks.
3. Those whose buttock shape is not good-looking flat, loose, or with outward expansion.
4. Those with cold hips or with low hip temperature.
5. Those with a cold uterus, dysmenorrhea, irregular menstruation, gynecological inflammation, etc.
6. Those with decreased estrogen levels or disharmonious sexual life.

### Contraindications

1. Those in menstruation, pregnancy, lactation, or surgical recovery.
2. Those with hypertension, heart disease, diabetes, severe thyroid, malignant tumors, etc.
3. Those with skin disease, infectious disease, or whose skin is in a sensitive period.
4. Those with surgical wounds or in surgical recovery,
5. Those in the allergic period or with severely sensitive skin.
6. Those who just had liposuction.
7. Those who are overaging.

## Matters Needing Attention After Treatment

1. Keep the buttocks warm, and avoid wearing miniskirts or mini-shorts.
2. Take a shower after 4 to 6 hours.
3. Drink more warm water and avoid exposing to a 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 food. But have enough sleep.
6. Avoid enjoying sauna, hot springs, or doing strenuous exercise within seven days.

## Leg Sculpting

### Efficacy

1. Tighten skin and prevent slack and soft skin.
2. Stimulate collagen production, and flatten striae distensae.
3. Increase legs' blood circulation, detox, and metabolism.
4. Activate blood and remove stasis, dredge channels and collaterals, and prevent varicosity.
5. Tighten the excessive flab of the legs and get rid of the thick thigh.

### Indications

1. Those with the obstructed blood circulation of the lower limbs, edema, or obesity,
2. Those with hypoimmunity, feel uncomfortable and pain all over the body, or are prone to catch colds.
3. Those with constipation or with coarse and slack skin.
4. Those whose legs have clogged channels and collaterals or with disproportionate and unsightly legs.

### Contraindications

1. Women in menstruation, pregnancy, or lactation.
2. Those with hypertension, heart disease, diabetes, severe thyroid, malignant tumors, etc.
3. Those with skin disease, infectious disease, or whose skin is in a sensitive period.
4. Those with surgical wounds or in surgical recovery,
5. Those with severe varicosity or tumors.
6. Those in the allergic period or with severely sensitive skin.
7. Those who just had liposuction.
8. Those who are overaging.
9. Those in pregnancy or surgical recovery.

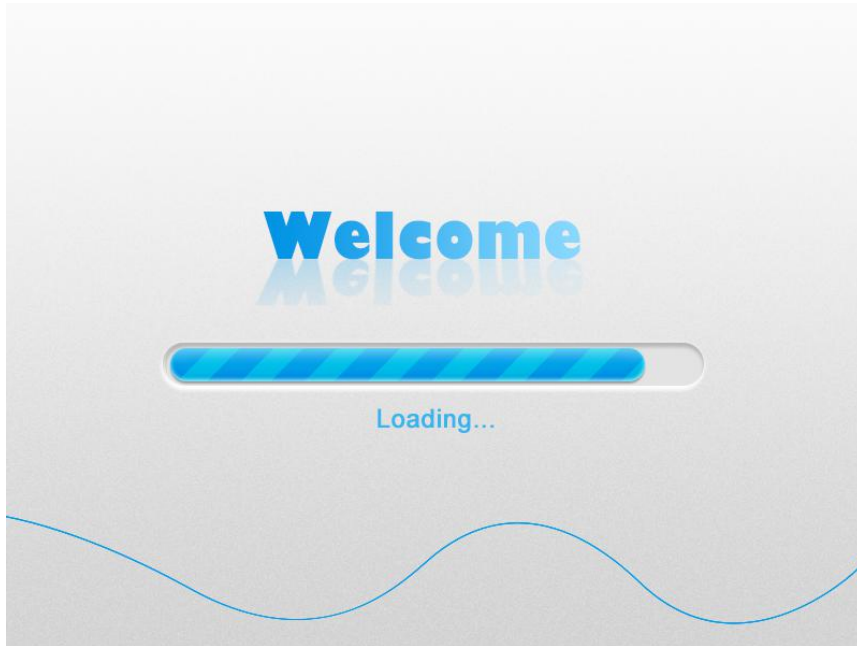
## Matters Needing Attention After Treatment

1. Keep warm, don't eat cold food, and avoid exposing to a windy environment and catching a cold.
2. Take a shower after 4 to 6 hours.
3. Drink more warm water to replenish moisture and speed up metabolism.
4. Refuse to eat and drink too much and stay up late.
5. Avoid enjoying sauna, hot springs, or doing strenuous exercise within seven days.
6. Wear long pants as far as possible after treatment, and avoid wearing miniskirts and mini-shorts.

# Part II

## 1. Detailed Operations

Check the equipment and make sure it's properly connected. The following initial interface will appear after having the power switch on.



Then the following page will appear.





## 1.1 Function Selection



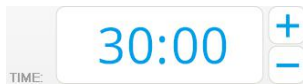
Homepage



Start/ Pause



Reset



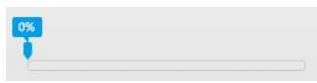
Time Setting & Display



Time Setting(increase & decrease)



Energy Level Setting & Display



Energy Level Display Bar



Energy Level Setting(increase & decrease)

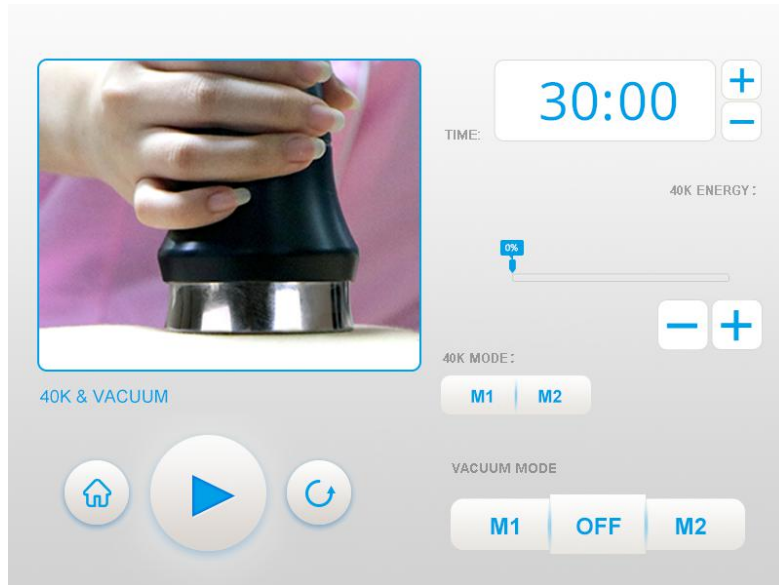


Mode Switching

## 1.2 Detailed Operations for Ultrasonic Cavitation & Vacuum



Select **40K&VACUUM** and enter the following page.



TIME: 30:00 +  
- Time Display & Setting for Ultrasonic Cavitation & Vacuum

0%  
- + Energy Level Setting & Display for 40K


M1 | M2 Two Modes for 40K

M1: work continuously(suits those with thick fat or needing weight reduction)  
M2: discontinuous working(suits those who want to reinforce the effect)

M1 | OFF | M2 Two Modes for Vacuum

M1: work continuously(suit those who want to do fixed cupping and expel toxins)  
M2: discontinuous working(suit those who desire to alleviate pain and feel fair when is exerted with strength)

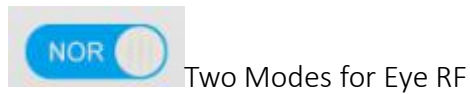
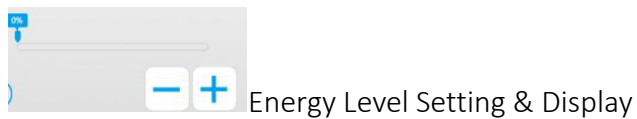
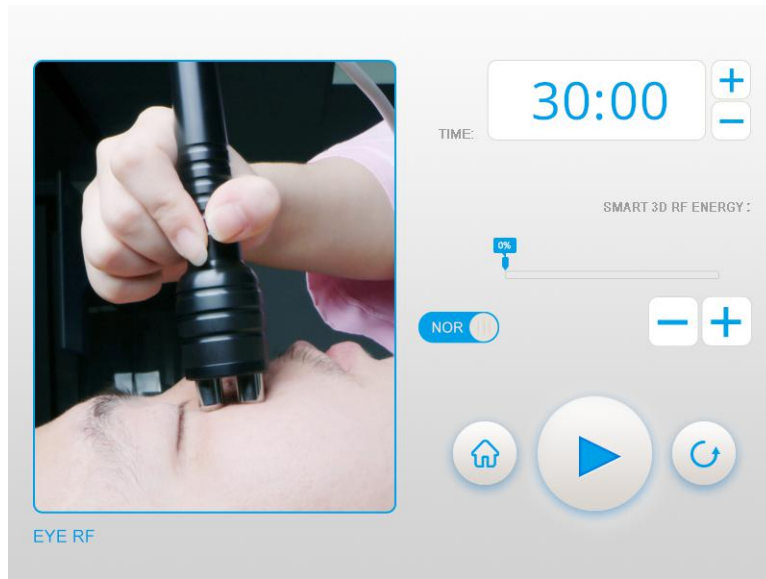
OFF Pause Button for Vacuum

Have the time, energy level, and 40K and vacuum modes set, then click  to operate.

### 1.3 Detailed Operations for Eye RF




Select **EYE RF** and enter the following page.



NOR: After clicking the start button, the temperature for RF will reach the setting value directly.

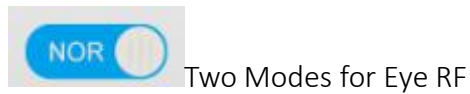
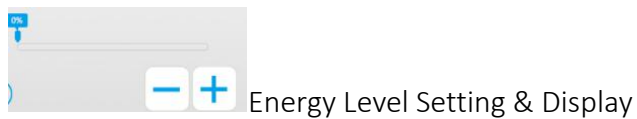
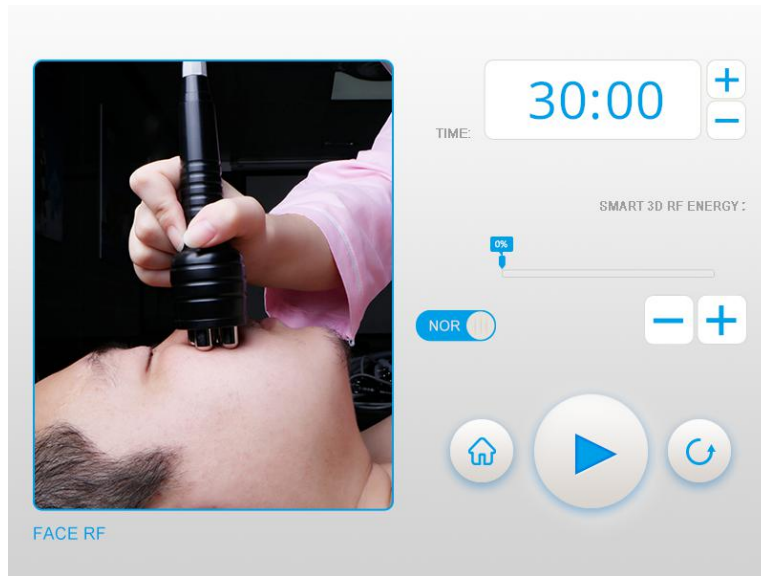
PRO: After touching the skin, the temperature for RF will reach the setting value slowly.

Have the time, energy level, and mode set, then click  to operate.

## 1.4 Detailed Operations for Face RF




Select **FACE RF** and enter the following page.



NOR: After clicking the start button, the temperature for RF will reach the setting value directly.

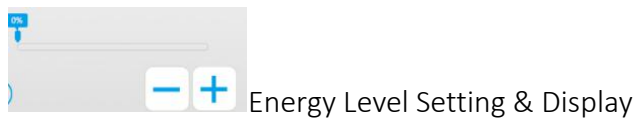
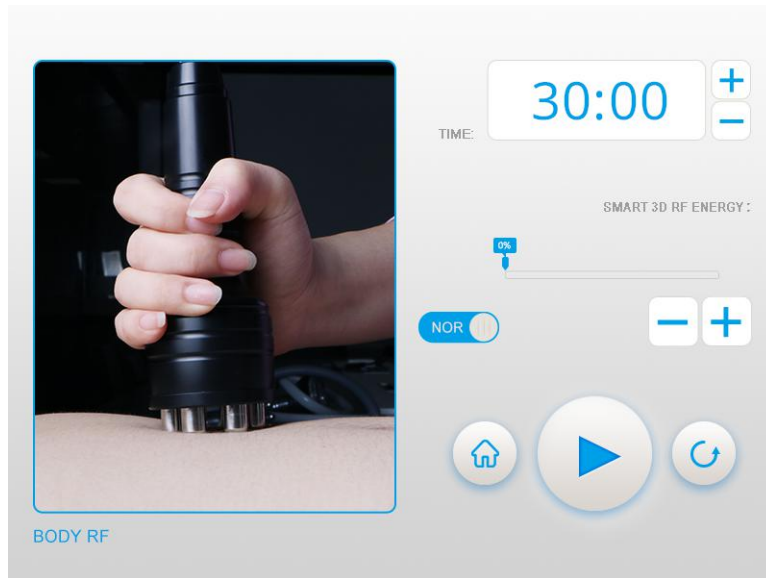
PRO: After touching the skin, the temperature for RF will reach the setting value slowly.

Have the time, energy level, and mode set, then click  to operate.

## 1.5 Detailed Operations for Body RF




Select **BODY RF** and enter the following page.



NOR: After clicking the start button, the temperature for RF will reach the setting value directly.

PRO: After touching the skin, the temperature for RF will reach the setting value slowly.



Have the time, energy level, and mode set, then click  to operate.

## 2. Technical Parameter

Power Supply Input: 100V-240V

Power: 190W

Uoisetion 40K Cavitation Head w/ Vacuum

Frequency: 40kHz

Power: 15W

Vacuum: <-80kPa

Pressure: >250kPa

Air Flow: >10L/minute

Noise Level: <70dB (30cm away)

Sextupolar 3D RF for Body

Frequency: 1MHz

Power: 50W

Quadrupole 3D RF for Skin Rejuvenation

Frequency: 1MHz

Power: 30W

3D Bipolar RF

Frequency: 1MHz

Power: 10W

### 3. Contraindications

Those with the following situations should use the equipment with caution. Please consult a doctor or professional before using it. The details are as follow:

- (1) Women in pregnancy or lactation.
- (2) Those with heart disease or heart pacemakers.
- (3) Those under the age of 18 should use it with caution.
- (4) Those with unhealed surgical wounds or in surgical recovery.
- (5) Those with epilepsy, severe diabetes, or hyperthyroidism.
- (6) Those with malignant tumors, hemophilia, or severe bleeding.
- (7) Those with skin disease or infectious disease should use it with caution.
- (8) Those who are sensitive to metal should use it with caution.

### 4. Precautions on Use

- (1) A plug with a ground pin must be used, and a power socket that is already grounded must be ensured before using the equipment.
- (2) Make sure the voltage of the equipment is adaptive. If the local power supply voltage is not stable, we suggest users add a voltage regulator with matching power between the mains supply and the equipment.
- (3) To guarantee the equipment's curative effect and normal service life, please uniformly use specified parts provided or suggested by the original manufacturer.
- (4) The equipment can't be placed in damp places or near water, and it also can not be exposed to direct sunlight.
- (5) Please don't place the equipment near an intense heat source since this may affect its service life and everyday use.
- (6) Please remove all the metal objects from the body before use to avoid unexpected situations which may affect the curative effect.
- (7) Please refrain from using the equipment to aim at eyes, thyroid, parathyroid, testicles, pregnant woman's abdomen, pacemaker, etc.
- (8) Those suffering from an illness should use it with caution unless they get permission from a doctor.

- (9) Please turn the equipment's power switch off if no one uses it, and ensure the main power is off after everything was settled. Thus the safety of the equipment can be guaranteed.
- (10) It's advised to stop taking other weight-loss medicines 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.
- (11) Don't use the equipment with an empty stomach, and wait for at least 1 hour after a full meal before starting the course for weight reduction.
- (12) The equipment should contact the skin thoroughly to avoid uneven heat when in use.
- (13) The ultrasonic cavitation and vacuum is prohibited from using on the head and heart(back & chest)
- (14) Start from the lowest energy intensity when start, and increase the intensity gradually after the client got used to it.
- (15) The device should contact the skin fully when in use. Otherwise, it may not be attached to the skin.
- (16) After the operation, clean the equipment with normal saline to ensure its cleanliness and hygiene and extend its service
- (17) Use the equipment and train the operators in strict accordance with the instructions specified in the manual.

## 5. Troubleshooting & Solutions

- (1) The equipment can't be started, and the buttons in its back are not lighting up?
  - A. Make sure the power cord is plugged into a suitable power socket.
  - B. Check whether the fuse in its back is loose or burnt out.
  
- (2) The equipment doesn't have RF output?
  - A. Please check whether the handpiece and the plug connecting to the equipment body are closely linked.
  - B. Please check whether the treated parts have been cleaned. Grease or essential oil products may cause poor contact between the handpiece and the body resulting in no output.
  
- (3) The RF output is weakened?
  - A. Please check whether the handpiece and the plug connecting to the equipment body are closely linked.
  - B. Please check whether there is non-conductive grease on the handpiece, which may cause poor contact, resulting in weakened output.
  - C. Please check whether the products used are the adaptive products specified by the equipment.
  
- (4) The equipment doesn't have suction or with small suction?
  - A. Please turn off the equipment and check whether the connecting wire of the

equipment is closely connected.

- B. Check whether the connecting wire of the handpiece is damaged, which may cause air leakage that results in no suction.
- C. Please check whether the oil filter cup outside the filter is tightened and whether the rubber ring is worn out. Air leakage in this place may cause insufficient air pressure.
- D. If the solutions mentioned above are not working, please contact the equipment dealer for assistance.

(5) The equipment can be started, but there is an error message on the monitor?

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

## 6. FAQs

(1) Q: RF How long does it take to see the effect?

A: Usually, the effect can be seen on the same day or within a week after treatment. The collagen tissue of the skin, under heating, produces contraction, which results in an obvious skin tightening. RF produces collagen continuously because it stimulates subcutaneous tissue. Therefore, the more you use it, the better the effect.

(2) Q: Is RF harmful to the skin?

A: Ultrasound for tightening and anti-wrinkle is a non-surgical program. It stimulates collagen regeneration in the underlying skin and accelerates metabolism. Therefore, it causes no harm to the skin. Only local redness and heating will occur after treatment, an everyday phenomenon caused by accelerated blood circulation and will disappear after a moment. Thus, 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 have a noticeable effect, we will combine the use of professional techniques and instruments.

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

A: It can shape the body with fat- Reducing easing, rejuvenate skin and make it smooth, do tightening and lifting, restore youth, and do anti-aging. And it can be operated all over the body. For the face, it can sculpt contour, reduce wrinkles, and alleviate loosening and sagging. For the body, it can reduce the weight of local body parts, build an S curve, and accelerate metabolism and detox of the whole body. Meanwhile, it can also enhance viscera functions and relieve the sub-health condition of the body.



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

A: The principle of liposuction is to suck out excess fat from a specific body part through vacuum suction, thus achieving rapid local body slimming. It has an instant effect, requires anesthesia during the operation, and has a recovery period. There is a risk since it's an operation. However, this equipment is risk-free and has no side effects. It can stimulate collagen production to lift and tighten skin while reducing weight. It can also sculpt perfect curves by lifting and boost feminine charm.

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

A: For weight loss with Ultrasound lipolysis, the weight will not rebound quickly after reduction. Ultrasound lipolysis removes fat instead of moisture, and it takes a long time for the fat to be accumulated. Thus the weight will not get rebound quickly.

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

A: You need to keep on a diet to some extent because radiofrequency and ultrasonic treatment is followed by fat-blasting and accelerated metabolism. Avoid eating spicy, oily, or fried food so as not to affect metabolism. Have a proper amount of exercise to sweat and discharge the sweat from the body to have a more evident effect. In this way, the effect of weight loss will be more obvious.

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

A: Improving the appearance and shaping the body with the vacuum is a non-invasive treatment and is currently the safest and most effective way to remove wrinkles, tighten skin, and sculpt the body. Generally speaking, there are no side effects. A few people may experience transient redness or swelling that will disappear after a few hours. Those with dry skin may experience dryness and atrophy after 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. Thus, there are no side effects on the body.

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

A: Ultrasound breaks fat cells, bursts the cell wall, then fat in the cells flows out and absorbed and metabolized by lymph. Ultrasound has strong power. The heart is sensitive to sound waves since it's a hollow organ. The back and forth reflex occurs because muscle tissue and blood in the heart do not conduct sound waves in the same way after the sound wave vibrates the heart. The reflex force can detach cardiac valves from cardiac muscles. If it's directed at the eyes, it can cause retinal detachment. Therefore, to shun eyes and heart when using ultrasound. (Don't use it on the waist, back and chest.)

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

A: Ultrasound is non-surgical, non-invasive, and requires no anesthesia and operation

The techniques for ultrasound: ultrasound (mechanical sound wave)-blast fat through cavitation-ultrasound focusing. Effect: fat smashing--fat-dissolving--skin firming and body sculpting. It only targets fat cells of low density while protecting tissue of high density, such as blood vessels and nerves. Therefore, it has no side effects on the body. Slight drumming in the ears may appear during the treatment, which is normal; you don't have to worry about it.

(11) Q: What is collagen?

A: Collagen is a biological macromolecule substance and is a white, opaque, and non-branched fibrous protein. It can supplement the needed nutrition to skin layers and enhance the activity of skin collagen. And it can lock moisture, nourish skin, delay aging, improve looks, alleviate slack face, and care for hair. Collagen is a nutrient that the body must be supplemented with to delay aging. With increasing age, the collagen will drain gradually. Women have started to aging, and their collagen has depleted, and the content of collagen has decreased little by little after the age of 20. At the age of 25, collagen loss reaches its peak. At the age of 40, collagen content is less than half of that 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 of the wrinkles on the face of the elderly. It causes the oxidation, atrophy, and collapse of skin tissues, making the skin dry, wrinkled, slack, and inelastic. Therefore, collagen must be supplemented to delay aging.

(12) Q: Why do I need buttocks maintenance?

A: Hip maintenance can help with lymphatic detox, improve gynecological diseases, and avoid harm caused by buttocks blockage. Hips' impassability will surely bring about gynecological diseases. There is a pelvic cavity and intestinal tract inside the buttocks. It connects to the 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 upper-jiao(the parts above the diaphragm) and lower-jiao(the parts underneath enterocoelia) channels and collaterals, the hips are most prone to coldness, dampness, and blood stasis. When the hip is under cold, it causes contraction of the hips' channels and collaterals, dysmenorrhea, irregular menstruation, dark menstruation blood, blood clot, and obstructed blood flow. It also affects ingravidation.


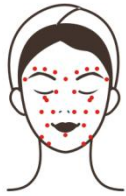

(13) Q: How to detox with the vacuum?



A: Vacuum can congest capillaries and stimulate cells to increase their vitality. During operation, the suction and release of air pressure and the increase and decrease of vacuum can make local pores open and close continuously, promote skin breathing, increase skin oxygen uptake, and speed up the elimination of wastes. Therefore, it can promote qi and blood circulation, dispel coldness and dampness, dredge channels and collaterals, and expel toxins and heat.

## 7. Packing List

Main Machine x1  
 Power Cord x1  
 Ultrasonic Cavitation & Vacuum Handpiece x1  
 Bipolar 3D RF Handpiece x1  
 Four-polar 3D RF Handpiece x1  
 Sextupole 3D RF Handpiece x1  
 Parts Rack x1  
 Fuse x2

## 8. Operational Diagrams

Parameter Setting	Product	Technique	Diagram
<b>Facial Anti-aging: 60 Minutes/ Once a Week</b>			
<b>Face RF</b> Advised Time: 15 minutes  Advised Energy Level: 3 to 7  Mode: NOR(default)	Makeup Remover + Facial Cleanser + Cold & Hot Steam Massage Cream + Hydromask + Essence + Facial Mask	1. Makeup Remover + Facial Cleanser + Export Liquid + Cold & Hot Steam + Essence + Facial Mask + Instrument 2. Apply moisturizing hydromask and use hot steam, 10 minutes. 3. Clean the face, 2 minutes. 4. Apply toner, 1 minute. 5. Apply massage cream evenly to the face, and caress it three times. 6. Press Chengjiang(RN-24), Renzhong(DU-26), Dicang(ST-4), Jiache(ST-6), Yingxiang(LI-20), Jingming(BL-1), Cuanzhu(BL-2), Yuyao(EX-HN4), Sizhukong(SJ-23), Temple, Tongziliao(GB-1), Chengqi(ST-1), and Sibai(ST-2). Repeat three times. 7. Caress the whole face	Technique 5, 7  
			Technique 6  
			Technique 8, 17  
			Technique 10, 12, 19




	<p>three times.</p> <p>8. Lift in three lines with hands doing it alternately, from the chin to earlobe, from the corner of the mouth to Ermen(SJ21), from the wing of the nose to Temple, from the lower eyelid to Temple, and lift the corner of the eyes. Repeat three times.</p> <p>9. Do the same on the other side.</p> <p>10. Lift the forehead towards the hairline direction. Repeat three times.</p> <p>11. Flip and lift the face with rotating fingers. Repeat 3 to 5 times.</p> <p>12. Flip the forehead towards the hairline with one hand. Repeat 3 to 5 times.</p> <p>13. One side: Flip and lift the face with hands doing it alternately. Do it for 2 to 3 minutes.</p> <p>14. Do the same on the other side.</p> <p>15. Move zigzag on the whole forehead with middle and ring fingers, then slide to the front of the ear and lift to and fro for three times, and slide out from the back of the ear.</p> <p>16. Treatment is done.</p> <p>17. Face RF: Lift one line after another from the chin to the part below the ear, from the corner of the mouth to ear center, and from the wing of the nose to Temple. Repeat three times.</p> <p>18. Do the same on the other side.</p> <p>19. Lift the forehead towards</p>	 <hr/> <p>Technique 15</p>  <hr/>
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		<p>the hairline direction. Repeat three times.</p> <p>20. Clean the face, 2 minutes.</p> <p>21. Apply a facial mask and wait for 15 minutes.</p> <p>22. Clean the face, 2 minutes.</p> <p>23. Apply toner, essence, facial cream, and sunscreen.</p> <p>24. Treatment is done.</p>	
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**The Recommended Course of Treatment:**

A course of treatment includes ten times. After one-time treatment, the skin becomes tightened and rejuvenated and is supplemented with the needed nutrition. After a course, the skin improves and turns shiny. After two courses, the skin gets smooth and plump, and its outline becomes clearer gradually. After three courses, the skin's metabolism and detox enhance. And it helps to fade the pigment, lightens dark skin, prevents and delays skin aging, loosening, and sagging, and stimulates collagen hyperplasia in the underlying skin, making the skin tender, smooth, firm, and shiny.

**Eye Anti-aging: 40 Minutes/ 2 to 3 Times a Week**

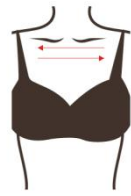

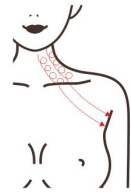
<p><b>Eye RF</b></p> <p>Advised Time: 10 minutes</p> <p>Advised Energy Level: 3 to 7</p> <p>Mode: NOR(default)</p>	<p>Cleansing Oil + Facial Cleanser + Essence/ Eye Cream + Instrument + Eye Mask</p>	<p>1. Makeup Remover + Facial Cleanser + Export Liquid + Cold &amp; Hot Steam + Essence + Facial Mask + Instrument</p> <p>2. Apply toner, 1 minute.</p> <p>3. Apply essence(eye cream) evenly to the eyes with hands moving circlewise. Repeat three times.</p>	<p>Technique 3</p> 
		<p>4. Eye RF: Set the energy parameters.</p> <p>5. Lift the device from the lower eyelid to the corner of the eye. Repeat 3 to 6 times.</p>	<p>Technique 5</p> 
		<p>6. Lift the device from the lower eyelid to Temple. Repeat 3 to 6 times.</p> <p>7. Lift the device from the lower eyelid moving in small circles to Temple. Repeat 3 to 6 times.</p>	<p>Technique 6</p> 
		<p>8. Lift the device from the lower eyelid to Temple. Repeat 3 to 6 times.</p> <p>9. Lift the device from brow</p>	<p>Technique 7</p>

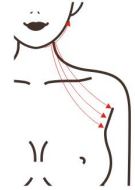
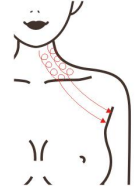

		<p>ridge to hairline. Repeat 3 to 6 times.</p> <p>10. Do the same on the other side.</p> <p>11. Clean the eyes, 1 minute.</p> <p>12. Apply an eye mask and wait for 15 minutes.</p> <p>13. Remove the mask and clean the eyes, 2 minutes.</p> <p>14. Apply eye essence.</p>	 <hr/> <p>Technique 8, 9</p> 
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**The Recommended Course of Treatment:**

A course of treatment includes ten times. After one-time treatment, metabolism accelerates, the eyes firm, fine lines fade. After a course, the fine lines fade clearly and continue to fade. After two courses, the effect becomes evident, the skin tightens and lifts, collagen in the underlying skin increases, the outer corner of the eyes lifts obviously, and the eyes turn more confident and fiery. After three courses, the effect consolidates, the fine lines vanish. And wrinkles will not rebound as long as the daily maintenance is in place.

**Neck Anti-aging: 60 Minutes/ Once a Week**

<p><b>Face RF</b></p> <p>Advised Time: 15 minutes</p> <p>Advised Energy Level: 3 to 7</p> <p>Mode: NOR(default)</p>	<p>Makeup Remover + Facial Cleanser + Massage Cream + Essence + Neck Mask</p>	<ol style="list-style-type: none"> <li>1. Makeup Remover + Facial Cleanser + Export Liquid + Cold &amp; Hot Steam + Essence + Facial Mask + Instrument</li> <li>2. Apply toner, 1 minute.</li> <li>3. Massage the neck, lift it in the front of the chest, apply oil to it with hands, move to the back of the neck, and press Fengchi(GB20) and Fengfu(DU16). Repeat three times.</li> <li>4. Lift the lower jaw and double chin with hands doing it alternately, lift to armpit via the back of the ear, and slide out from the armpit. Repeat three times.</li> <li>5. Stroke the three channels and collaterals of the side of</li> </ol>	<p>Technique 3</p>  <hr/> <p>Technique 4, 7</p>  <hr/> <p>Technique 5, 6</p> 
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	<p>the neck with purlicue doing it circlewise, and till armpit and pass under there. Repeat three times.</p> <p>6. Stroke the three channels and collaterals of the side of the neck with four fingers, and till armpit and pass under there. Repeat three times.</p> <p>7. Rub the side of the neck with kneeling fingers till it turns hot, and till armpit and pass under there. Repeat three times.</p> <p>8. Stroke the external collarbone with purlicue and till the armpit. Repeat 3 to 5 times.</p> <p>9. Do the same on the other side.</p> <p>10. Treatment is done.</p> <p>11. Face RF: Coupled with hands, lifting from the double chin to armpit via the back of the ear. Repeat 3 to 5 times.</p> <p>12. Move the equipment circlewise on the side of the neck till armpit in three lines respectively, and slide out from there. Repeat three times.</p> <p>13. Slide the equipment from internal and external collarbones to the armpit, and slide out from there. Repeat 3 to 5 times.</p> <p>14. Move the equipment circlewise around the neck. Repeat three times.</p> <p>15. Do the same on the other side.</p> <p>16. Clean the neck with a hot towel, 2 minutes.</p> <p>17. Apply a neck mask and wait for 15 minutes.</p>	<p>Technique 11</p>  <hr/> <p>Technique 12</p>  <hr/> <p>Technique 14</p>  <hr/>
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		<p>18.Clean the neck with a hot towel and use a hot compress for 5 minutes.</p> <p>19.Apply toner, neck essence, neck cream, and sunscreen.</p> <p>20.Treatment is done.</p>	
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**The Recommended Course of Treatment:**

A course of treatment includes ten times. After one-time treatment, the skin becomes rejuvenated and delicate. After a course, the neck skin turns smooth, and the circulation of neck lymph accelerates. After two courses, the skin becomes tightened, the cervical stripe fade, and the double chin improves. After three courses, the skin turns delicate, shiny, firm, plump, and lymphatic detox speeds up, dark face and acne improve. It also delays skin aging and rejuvenates the skin.

**Waist & Abdomen Sculpting: 45 Minutes/ Once a Week**

<p><b>Body RF</b> Advised Time: 15 minutes Advised Energy Level: 3 to 7 Mode: NOR(default)</p> <p><b>Ultrasonic Cavitation &amp; Vacuum</b> Advised Time: 15 minutes</p> <p><b>40K</b> Advised Energy Level: 3 to 7 Mode: M1(default)</p> <p><b>Vacuum</b> Mode: M1(default)</p> <p>Suction can be adjusted</p>	<p>Massage Cream/ Essential Oil + Gel + Instrument</p>	<ol style="list-style-type: none"> <li>Technique.</li> <li>Apply essential oil to the abdomen with hands moving circlewise. Repeat three times.</li> <li>Rub the belly back and forth with hands. Repeat 3 to 5 times.</li> <li>Rub abdominal fat as the way of rubbing the spine with hands doing it alternately. Repeat three times.</li> <li>Lift belt vessels of the two sides of the waist with hands doing it alternately. Repeat 16 times.</li> <li>Move in Arabic numeral 8-shaped motion to the part below the waist and then lift upwards from the side of the waist. Repeat three times.</li> <li>Rub intestinal tract with hands overlapped, moving in small circles and clockwise. Repeat three times.</li> <li>Caress the treated parts with hands moving circlewise. Repeat three times.</li> <li>Press Shangwan(RN13), Zhongwan(RN12),</li> </ol>	<p>Technique 2, 8</p>  <hr/> <p>Technique 3, 19</p>  <hr/> <p>Technique 4</p>  <hr/> <p>Technique 5</p>  <hr/> <p>Technique 6</p>
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according to individual tolerance.

Xiawan(RN10), Shenque(RN8), Qihai(RN6), Guanyuan(RN4), Zhongji(RN3), Tianshu(ST25), Daheng(SP15), Qugu(RN2). Repeat two times.

10. Push directly from Zhongji(RN3) to the belly button with the thumbs, slide to the parts below the waist along the two sides, then lift upwards to the groin. Repeat three times.

11. Caress the treated part till groin with hands.

12. Treatment is done.

13. Body RF: One side, lift from the side of the waist to belly, and lift one line after another to the groin. Repeat three times.

14. Lift the other side. Repeat three times.

15. Move in small circles on the abdomen. Repeat three times.

16. Move in big circles on the abdomen. Repeat three times.

17. Ultrasonic Cavitation & Vacuum: One side, lift one line after another from the side of the waist to the belly. Repeat three times.

18. Lift the other side.

19. Lift the belt vessel back and forth and transversely. Repeat three times.

20. Sculpt up and down on the waist. Repeat three times.

21. Move in big circles on the abdomen. Repeat three times.

22. One side, lift one line after another from the side of the waist to belly. Repeat three times.



Technique 7



Technique 9



Technique 10





Technique 13, 17, 22



Technique 15



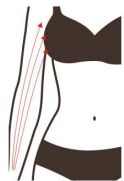


Technique 16, 21

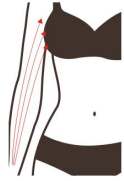
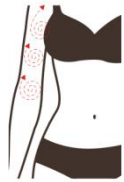


		23. Treatment is done.	 <hr/> <p>Technique 20</p> 
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**The Recommended Course of Treatment:**

A course of treatment includes ten times. After one-time treatment, the abdomen is heated, which expedites metabolism. After a course, fat metabolizes slowly, slimming starts, and meanwhile, problems like constipation improve. After two courses, the effects become more and more apparent. The skin turns tightened and lifted, collagen in the underlying skin increases, and stretch marks and flabby skin take a turn for the better. After three courses, the effects consolidate, excessive fat disappears little by little, curve of the waist and abdomen shapes, and a slim waist builds.

**Arm Sculpting: 60 Minutes/ Once a Week**

<p><b>Body RF</b>          Advised Time: 20 minutes(10 minutes for each side)           Advised Energy Level: 3 to 7           Mode: NOR(default)   <b>Ultrasonic Cavitation &amp; Vacuum</b>          Advised Time: 20 minutes(10 minutes for each side)   <b>40K</b></p>	<p>Massage          Cream/          Essential Oil          + Gel +          Instrument</p>	<ol style="list-style-type: none"> <li>1. Technique.</li> <li>2. Do it in left-right order. Lay the arm flatwise, apply oil from the lower arm to the entire arm with hands until the hands slide out, and repeat it three times.</li> <li>3. Push the entire arm with two palms doing it alternately. Repeat three times.</li> <li>4. Push Large Intestine Channel[LI]-Triple Energizer Channel[TE]-Small Intestine Channel[I]) of the outer arm respectively till armpit with hands' pulricue. Repeat three times.</li> <li>5. Caress the treated part. Repeat three times.</li> <li>6. Rub the three channels and collaterals of the upper arm</li> </ol>	<p>Technique 2, 3, 4, 5, 6, 7</p>  <hr/> <p>Technique 8, 9</p>  <hr/> <p>Technique 10</p> 
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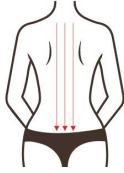
<p>Advised Energy Level: 3 to 7</p> <p>Mode: M1(default)</p> <p><b>Vacuum</b> Mode: M1(default)</p> <p>Suction can be adjusted according to individual tolerance.</p>	<p>respectively with kneeling fingers till it turns hot, and do it back and forth. Repeat three times.</p> <p>7. Caress the treated part. Repeat three times.</p> <p>8. Lay the arm upwards, and push Lung Channel[LU]-Pericardium Channel[PC]-Heart Channel[HT]) of the inner arm till armpit with purlicue. Repeat three times respectively.</p> <p>9. Rub the three channels and collaterals back and forth with kneeling fingers till it becomes hot. Repeat three times.</p> <p>10. Caress the treated part till the hands slide out. Repeat three times.</p> <p>11. Do the same on the other side.</p> <p>12. Treatment is done.</p> <p>13. Body RF: Lay the arms flatwise, and push from the fat part of the lower arm to the armpit along the three channels and collaterals. Repeat three times.</p> <p>14. Move circlewise till armpit along the three channels and collaterals. Repeat three times.</p> <p>15. Flabby arms can be treated more. Repeat three times.</p> <p>16. Push till armpit along the three channels and collaterals. Repeat three times.</p> <p>17. Lay the arms upwards, and push the three channels and collaterals of the arms to the armpit. Repeat three times.</p> <p>18. Move in small circles till</p>	<p>Technique 13, 16, 21, 24</p>  <p>Technique 14, 15, 22, 23</p>  <p>Technique 17, 25</p>  <p>Technique 19, 27</p> 
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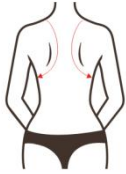


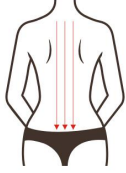


		<p>armpit along the three channels and collaterals of the upper arms. Repeat three times.</p> <p>19. Push from the upper arm to the armpit along the three channels and collaterals.</p> <p>20. Do the same on the other side.</p> <p>21. Ultrasonic Cavitation &amp; Vacuum: Lay the arms flatwise, and push from the fat part of the lower arm to the armpit along the three channels and collaterals. Repeat three times.</p> <p>22. Move circlewise till armpit along the three channels and collaterals. Repeat three times.</p> <p>23. Flabby arms can be treated more. Repeat three times.</p> <p>24. Push till armpit along the three channels and collaterals. Repeat three times.</p> <p>25. Lay the arms upwards, and push the three channels and collaterals of the arms to the armpit. Repeat three times.</p> <p>26. Move in small circles till armpit along the three channels and collaterals of the upper arms. Repeat three times.</p> <p>27. Push from the upper arm to the armpit along the three channels and collaterals.</p> <p>28. Do the same on the other side.</p> <p>29. Treatment is done.</p>	
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**The Recommended Course of Treatment:**

A course of treatment includes ten times. After one-time treatment, a sense of heating and tightening can be felt, and the arms get relaxed. After a course, the excess fat of the arms begins to decrease, and the skin starts to turn firm and plump. After two courses, body shaping starts, and the effect strengthens, channels and collaterals dredges, and physique enhances. After three courses, the effect consolidates and stabilize, and rebound can be prevented.

**Back Sculpting: 45 Minutes/ Once a Week**

<p><b>Body RF</b>          Advised Time: 30 minutes          Advised Energy Level: 3 to 7          Mode: NOR(default)</p>	<p>Massage Cream/ Essential Oil + Instrument</p>	<ol style="list-style-type: none"> <li>Technique.</li> <li>Apply oil to the back, and press Fengchi(GB20) and Fengfu(DU16).</li> <li>Stroke the area connecting neck and shoulder(start with hairline) with the thumb. Repeat 3 to 5 times.</li> <li>Stroke Bladder Meridian(BL) outward to the sacral region(BL31-BL34) with thumb and caress till Fengchi(GB20) and Fengfu(DU16). Repeat three times.</li> <li>Move circlewise and in S-shaped motion from the neck to the caudal vertebra with hands. Repeat three times.</li> <li>Push Bladder Meridian(BL) in left-right order with thumbs doing it alternately. Repeat three times.</li> <li>Push Bladder Meridian(BL) to the sacral region(BL31-BL34) with hands doing it simultaneously. Repeat three times.</li> <li>Push Bladder Meridian(BL) with kneeling fingers of hands in three lines respectively. Repeat three times.</li> <li>Push the medial border of the scapula in left-right order</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> 
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	<p>with hands doing it alternately. Repeat 3 to 6 times.</p> <p>10. Stroke transversely the medial border of the scapula with hands. Repeat 3 to 6 times.</p> <p>11. Caress the whole back with hands and press Fengchi(GB20) and Fengfu(DU16). Repeat three times.</p> <p>12. Press Tianzong(SI11) with thumbs overlapped, slide to the arm and slide out. Repeat three times.</p> <p>13. Operate the other side, press Tianzong(SI11) till the arm, and slide out from there. Repeat three times.</p> <p>14. Rub Du Meridian(DU) and Bladder Meridian(BL) with hands till it turns hot.</p> <p>15. Treatment is done.</p> <p>16. Body RF: Treat Du Meridian(DU) first and Bladder Meridian(BL) after. Start with the neck, sliding to the sacral region(BL31-BL34). Repeat 3 to 5 times.</p> <p>17. Move circlewise on Dazhui(Du-14) and sacral region(BL31-BL34). Repeat 3 to 5 times for each.</p> <p>18. Start with neck, moving to and fro the area connecting neck and shoulder. Repeat 3 to 5 times.</p> <p>19. Lift to and fro the medial border of the scapula in left-right order. Repeat 3 to 5 times.</p> <p>20. Move transversely and from top to down to the sacral region(BL31-BL34) in an Arabic</p>	<p>Technique 9, 19, 26</p>  <hr/> <p>Technique 10</p>  <hr/> <p>Technique 12, 13</p>  <hr/> <p>Technique 16</p>  <hr/> <p>Technique 17</p>  <hr/> <p>Technique 18</p>  <hr/> <p>Technique 20</p>
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		<p>numeral 8-shape. Repeat three times.</p> <p>21. Move from the bottom up and circlewise till armpit from the two sides, and do it in left-right order. Repeat three times.</p> <p>22. Lift upwards from the side of the waist to the armpit. Repeat 3 to 5 times.</p> <p>Treatment is done.</p>	 <p>Technique 21</p>  <p>Technique 22</p> 
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**The Recommended Course of Treatment:**

A course of treatment includes ten times. After one-time treatment, the back gets relaxed obviously, stiffness of shoulder and neck relieves, and skin lifts. After a course, back and shoulder become relaxed, back fat lessens, Dowager's Hump alleviates, and the back outlines become good-looking. After two courses, Dowager's Hump improves, channels and collaterals dredges, sub-health conditions, and sleep take a turn for the better. After three courses, back get thinner, outlines become nice, viscera function enhances, digestion and detox and metabolism boost. (one course with size reduced, two with effect consolidated, and three with effect strengthened and without a rebound.)

**Buttocks Sculpting: 45 Minutes/ Once a Week**

<p><b>Ultrasonic Cavitation &amp; Vacuum</b></p> <p>Advised Time: 30 minutes (15 minutes for each side)</p> <p><b>40K</b></p> <p>Advised Energy Level: 3 to 7</p>	<p>Massage Cream/ Essential Oil + Instrument</p>	<ol style="list-style-type: none"> <li>Technique.</li> <li>Stand sideways and with hands applying oil, slide from the sacral region (BL31-BL34) to the waist, and lift upwards along the buttocks. Repeat three times.</li> <li>Push sacral region (BL31-BL34) with thumbs. Repeat three times.</li> <li>Caress the treated part 3 times, then press Shenshu (BL23), sacral</li> </ol>	<p>Technique 2, 5, 11</p>  <p>Technique 3</p> 
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<p>Mode: M1(default)</p> <p><b>Vacuum</b> Mode: M1(default)</p> <p>Suction can be adjusted according to individual tolerance.</p>		<p>region(BL31-BL34), Changgqian(DU1), Huantiao(GB30), and Chengfu(BL36). Repeat three times.</p> <p>5. Caress the treated part. Repeat three times.</p> <p>6. Do it in left-right order. Push upwards from thigh root to belt vessel with two hands along Bladder Meridian(BL), Kidney Meridian(KI), Liver Meridian. Repeat three times.</p> <p>7. Push upwards from thigh root to belt vessel with two hands doing it severally along Bladder Meridian(BL), Kidney Meridian(KI), Liver Meridian(LI), and Gallbladder Meridian. Repeat three times respectively.</p> <p>8. Lift from the thigh root to the belt vessel with the palms overlapped. Repeat 3 to 5 times.</p> <p>9. Push directly(for sculpting) and one line after another from the two sides of buttocks to the highest point on it with two hands, and push back and, 3 Repeat three times.</p> <p>10.Repeat technique No.7.</p> <p>11.Caress the treated part.</p> <p>12.Do the same on the other side.</p> <p>13.Treatment is done.</p> <p>14.Ultrasonic Cavitation Vacuum: Lift one line after another from the thigh root to the belt vessel. Repeat three times.</p> <p>15.Lift upwards and one line after another from the two sides of buttocks to the highest</p>	<p>Technique 4</p>  <hr/> <p>Technique 6, 14, 17</p>  <hr/> <p>Technique 7, 10</p>  <hr/> <p>Technique 9, 15, 18</p>  <hr/> <p>Technique 16</p>  <hr/>
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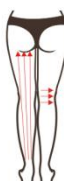







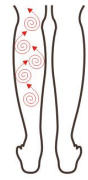
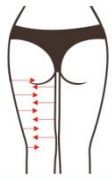
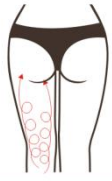
		<p>point. Repeat three times.</p> <p>16. Move in small circles on the full buttocks. Repeat 3 to 5 times.</p> <p>17. Lift one line after another from the thigh root to the belt vessel. Repeat three times.</p> <p>18. Lift upwards and one line after another from the two sides of buttocks to the highest point. Repeat three times.</p> <p>19. Do the same on the other side.</p> <p>20. Treatment is done.</p>	
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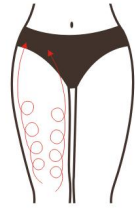

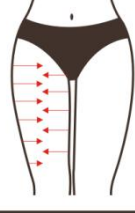
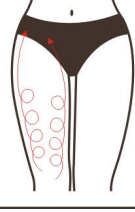
**The Recommended Course of Treatment:**

A course of treatment includes ten times. After one-time treatment, the buttocks lift and become hot. After a course, buttocks outlines start to show themselves, excess fat decreases slowly, and the skin turns tightened. After three courses, gynecological diseases like cold-natured body and cold uterus relieve, menstruation returns to normal, and the effect consolidates, boosting feminine charm.

**Leg Sculpting: 100 Minutes/ Once a Week**

<p><b>Body RF</b></p> <p>Advised Time: 40 minutes(10 minutes for each side)</p> <p>Advised Energy Level: 3 to 7</p> <p>Mode: NOR(default)</p> <p><b>Ultrasonic Cavitation &amp; Vacuum</b></p> <p>Advised Time: 40 minutes(10 minutes for each side)</p> <p><b>40K</b></p>	<p>Massage Cream/ Essential Oil + Gel + Instrument</p>	<ol style="list-style-type: none"> <li>Technique.</li> <li>Rear-leg: Let the client lie on his front and treat the left first and the right after. Apply oil from the lower leg to thigh, then back to heel, and repeat it three times.</li> <li>Push the entire leg from the bottom up with palms doing it by turns, and then back to the heel till the palms slide out. Repeat three times.</li> <li>Push Bladder Meridian[BL]-Kidney Meridian[KI]-Liver Meridian[LV]-Gallbladder Meridian[GB] from the bottom up with hands' purlicue doing it by turns. Repeat three times.</li> <li>Push popliteal fossa with hands doing it alternately. Repeat three times.</li> </ol>	<p>Technique 2, 3, 4, 5, 7, 8, 9</p>  <hr/> <p>Technique 6</p>  <hr/> <p>Technique 12, 20, 23</p> 
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<p>Advised Energy Level: 3 to 7</p> <p>Mode: M1(default)</p> <p><b>Vacuum</b> Mode: M1(default)</p> <p>Suction can be adjusted according to individual tolerance.</p>		<p>6. Twist the leg from the bottom up and back and forth with hands doing it alternately. Repeat three times.</p> <p>7. Caress the treated part. Repeat three times.</p> <p>8. Push the four channels and collaterals from the bottom up with kneeling fingers of hands. Repeat three times.</p> <p>9. Caress the treated part. Repeat three times.</p> <p>10. Do the same on the other side.</p> <p>11. Treatment is done.</p> <p>12. Body RF: From the bottom to popliteal fossa, pushing Bladder Meridian(BL)-Kidney Meridian(KI)-Liver Meridian(LV)-Gallbladder Meridian(GB) successively. Repeat three times.</p> <p>13. Move in small circles on the part with the fat of the lower leg to dissolve fat. Repeat three times.</p> <p>14. Push from the bottom up to popliteal fossa successively, and meanwhile, caress it with hands. Repeat three times.</p> <p>15. Start from popliteal fossa, pushing the four channels and collaterals till the thigh root. Repeat three times.</p> <p>16. Start with popliteal fossa, moving in small circles till the thigh root to dissolve fat. Repeat three times.</p> <p>17. Start from popliteal fossa, pushing the channels and collaterals till the thigh root. Repeat three times.</p> <p>18. Moving in small circles on the whole thigh to dissolve fat.</p>	<p>Technique 13, 16, 21, 24</p>  <hr/> <p>Technique 15, 17</p>  <hr/> <p>Technique 16, 18, 24</p>  <hr/> <p>Technique 13, 21</p>  <hr/> <p>Technique 25</p>  <hr/> <p>Technique 26</p>  <hr/> <p>Technique 28, 29, 30,</p>
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		<p>Repeat 3 to 5 times.</p> <p>19. Do the same on the other side.</p> <p>20. Ultrasonic Cavitation Vacuum: Coupled with hands, lifting one line after another from the heel to the popliteal fossa. Repeat three times.</p> <p>21. Move in small circles on the lower leg. Repeat three 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 the popliteal fossa to the thigh root. Repeat three times.</p> <p>24. Move in small circles on the thigh. Repeat three times.</p> <p>25. Lift one line after another from the two sides of the thigh to the middle. Repeat 3 to 5 times.</p> <p>26. Lift upwards and circlearwise on the two sides of the thigh. Repeat three times.</p> <p>27. Do the same on the other side.</p> <p>28. Fore-leg: Apply oil from the lower leg to the thigh root with hands (namely caressing). Repeat three times.</p> <p>29. Push Spleen Meridian[SP]-Stomach Meridian[ST]-Liver Meridian[LV]-Gallbladder Meridian[GB] of the leg till thigh root with hands' pulricue doing it alternately. Repeat three times.</p> <p>30. Push the four channels and collaterals with kneeling fingers of hands. Repeat three times.</p> <p>31. Treatment is done.</p>	<p>33, 35, 38, 40</p>  <hr/> <p>Technique 34, 37</p>  <hr/> <p>Technique 36, 41</p>  <hr/> <p>Technique 42</p>  <hr/> <p>Technique 43</p> 
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		<p>32. Do the same on the other side.</p> <p>33. Body RF: Lift from the lower leg towards the knee along the four channels and collaterals. Repeat three times. (The thigh can be treated directly if the lower leg doesn't have excessive fat.)</p> <p>34. Move circlewise from the two sides of the lower leg to the knee. Repeat three times. (To treat thigh directly if the lower leg does not have too much fat.)</p> <p>35. Lift one line after another from the knee to the thigh root. Repeat three times.</p> <p>36. Move in small circles on the whole thigh. Repeat three times.</p> <p>37. Lift circlewise from the knee to the thigh root. Repeat three times.</p> <p>38. Lift one line after another from the knee to the thigh root. Repeat three times.</p> <p>39. Ultrasonic Cavitation Vacuum: Treat the lower legs with the technique mentioned above. (The thigh can be treated directly if the lower leg doesn't have excessive fat.)</p> <p>40. Lift one line after another from the knee to the thigh root. Repeat three times.</p> <p>41. Move in small circles on the thigh. Repeat three times.</p> <p>42. Lift one line after another from the two sides of the thigh to the middle. Repeat 3 to 5 times.</p> <p>43. Lift upwards and circlewise on the two sides of</p>	
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		the thigh. Repeat three times. 44. Do the same on the other side. 45. Treatment is done.	
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**The Recommended Course of Treatment:**

A course of treatment includes ten times. After one-time treatment, legs get relaxed, and blood circulation accelerates. After a course, legs become thinner. A sense of tightening can be felt obviously due to the contraction effect generated by skin collagen tissue. After two courses, legs turn slim and tightened, and it presents an evident effect. After three courses, the effect reinforces. Super RF and ultrasound stimulate skin dermis and produce collagen continuously. Thus the curative effect becomes clearer.