

# User Manual

## YH-5402S



# Preface

Dear users:

We're pleased to present to you our 6-in-1 beauty machine featured with weight loss, figure slimming, anti-aging and so on. It is a multifunctional beauty machine, targeted at both face, eye and body, mainly focusing on lifting and tightening of face, removing wrinkles, tightening skin around eyes and body shaping. We aim at a safe and, at the same time, effective beauty result by using high-end technologies. RF and ultrasonic and laser slimming beauty machines are beauty and anti-aging machines for professional use, which needs to be handled by professionals with proper training. Any improper use will result in adverse outcomes. Therefore we advise any personnel read this guide thoroughly and follow the instructions strictly before operation.

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

Thank you!

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# Part I

## Introduction

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

## Advantages

1. 6-in-1 multifunctional beauty machine that works on both of your facial and body care
2. Ultrasonic fat burning replaces and transcends liposuction, bringing good news for treating obesity
3. Various work heads can be replaced in different parts according to different requirements.
4. The perfect combination of ultrasound and RF solves the dilemma of losing weight. It helps with weight loss while at the same time maintains firm skin, increases skin elasticity, metabolism, and ultimately better health.
5. Adopting the cutting-edge technology of ultrasonic fat burning.
6. Suitable for all skin types. It also improves and soothes skin.
7. Painless, non-invasive during the process. Skipping any recovery periods without affecting any work and life plans.
8. No consumption, low cost and quick returns.
9. Wider treatment range and faster and more visible effects.
10. Unevenness, bleed, swelling and stasis will not appear after treatment.
11. Lipo laser: Safe, painless, even dissolving of fat cells, leaving skin smooth and scar-free.

## Facial Tightening & Anti-wrinkle

### Principles

### Face RF & BIO

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

### **Biological Effect**

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

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

### **BIO**

The combination of micro-current and inductive current has a strong cosmetic effect. The function of microcurrent is to increase the synthesis of ATP (adenosine triphosphate), which is five times higher than usual. It can provide muscle and body energy, make you look energetic; Improve the permeability of cells, 30% - 40% higher than usual, help the human body better absorb nutrients and water, oxygen-containing blood, etc., and remove waste and toxins as soon as possible. Promote the synthesis of muscle fibers, 68% higher than usual, keep the skin moist, soft, compact and lustrous; Increase the level of collagen synthesis to 73%, reduce wrinkles, make the skin more soft, elastic and lustrous. The function of induced current is to balance cell's electric potential, increase cell ATP, accelerate blood circulation, improve collagen synthesis and increase skin elasticity.

BIO Cell Activation Instrument, which imitates human biological current, enters muscle cells through skin, stimulates ATP contained in cells, and restores normal operation and function of cells. It collects the latest technology to shape facial contour, thin face, reduce double chin and wrinkles and shrink pores for customers in the shortest time possible. BIO makes facial muscles tight and delicate, and rosy cheeks

will appear naturally . It is more effective on loose skin, so as to achieve the goal of shaping a beautiful face.

## Effects

1. Activate cells and increase skin elasticity.
2. Improve soft, sagging and inelastic skin.
3. Lift cheeks to look more dimensional.
4. Improve facial fine lines, nasolabial folds, wrinkles and dynamic wrinkles.
5. Improve facial outline, lift and tighten skin.
6. Accelerate collagen regeneration and prevent skin aging.

## Applicable Range

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

## Inapplicable Range

1. Those who have just undergone plastic surgery which have implanted prostheses, metal materials and so on.
2. Those with hypertension, heart disease, diabetes, severe thyroid and malignant tumors.
3. Those who are having an allergic reaction, or people with severe sensitive skin or allergic to metals.
4. Those with skin trauma or wound.
5. Those in menstruation, pregnancy, lactation, surgical recovery.
6. Those with skin diseases and infectious diseases.
7. Those who are unrealistic about the effects.

## Notes after Operation

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

6. Avoid food that will cause '3 Hs'(high blood pressure, high cholesterol and high blood sugar), less greasy food is advised.

## Eye Anti-aging

### Principles

#### Eye RF & BIO

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

#### Biological Effects

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

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

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## Effects

1. Relieve eye fatigue, dark circles, eye bags and edema.
2. Reduce lines around eyes and crow's feet.
3. Reduce dark spots and accelerate blood circulation.
4. Accelerate metabolism and prevent hyperpigmentation.
5. Supplement nutrition to the eyes and moisturize skin.
6. Tighten and soften skin, lift the corners of the eyes.
7. Accelerate blood circulation around eyes and help skin absorb nutrients efficiently.

## Applicable Range

1. Those with wrinkles, fine lines, bags and dark circles around the eyes.
2. Those with dry skin, dry lines and dynamic wrinkles.
3. Those with eyes prone to fatigue and dryness.
4. Those frequently face computer screens and mobile phones.
5. Those who often stay up late and have dark circles.
6. Those often stay in a dry or hot environment.

## Inapplicable Range

1. Those who had just undergone plastic surgery.
2. Those with hypertension, heart disease, diabetes, severe thyroid and malignant tumors.
3. Those who are having an allergic reaction, or people with severe sensitive skin or allergic to metals.
4. Those with skin trauma or wound.
5. Those who are overaging.
6. Those who are pregnant or convalescents.
7. Those with skin disease and contagious diseases.

## Notes after Operation

1. Avoid excessive exposure to the sun. Sun protection is encouraged.
2. After operation, the treated area is relatively dry, moisturizing and sun protection is encouraged.



3. Within 1-3 days after operation, it is better not to use alcohol, AHA or other exfoliating products.
4. Avoid facial washing with overheated water, sauna steaming, hot springs or other strenuous exercise within 7 days after operation.
5. Moisturizers and eye masks are encouraged to use, preferably 3 times or more on eye masks a week.

## Neck Anti-aging

### Principle

#### Face RF & BIO

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

#### Biological Effect

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

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### **Effects**

1. Reduce fine lines and wrinkles on the neck.
2. Improve the flabbiness, roughness and dullness of the neck skin.
3. Tighten skin and increase skin elasticity.
4. Remove double chin.
5. Accelerate lymphatic detoxification and improve facial skin.
6. Prevent cervical and lymphatic diseases.

### **Applicable Range**

1. Those with fine lines and wrinkles on the neck.
2. Those with loose and inelastic neck skin.
3. Those with dark skin.
4. Those who often bow their heads.

### **Inapplicable Range**

1. Those who have just undergone plastic surgery.
2. Those with hypertension, heart disease, diabetes, severe thyroid and malignant tumors.
3. Those who are having an allergic reaction, or people with severe sensitive skin.
4. Those with skin trauma or wound.

5. Those who are pregnant or convalescents.
6. Those with skin disease and other contagious diseases.

## Notes after Operation

1. Sunscreen is encouraged . Keep the neck warm.
2. After operation, the treated area is relatively dry, moisturizing and sun protection is encouraged.
3. Within 1-3 days after operation, it is better not to use alcohol, AHA or other exfoliating products.
4. Avoid facial washing with overheated water, sauna steaming, hot springs or strenuous exercise within 7 days after operation.
5. Moisturizing and mask for the neck is encouraged, at least 3 times masks a week. Essence or neck cream is encouraged.
6. Avoid bowing head for a long time.

# Shaping Waist & Abdomen

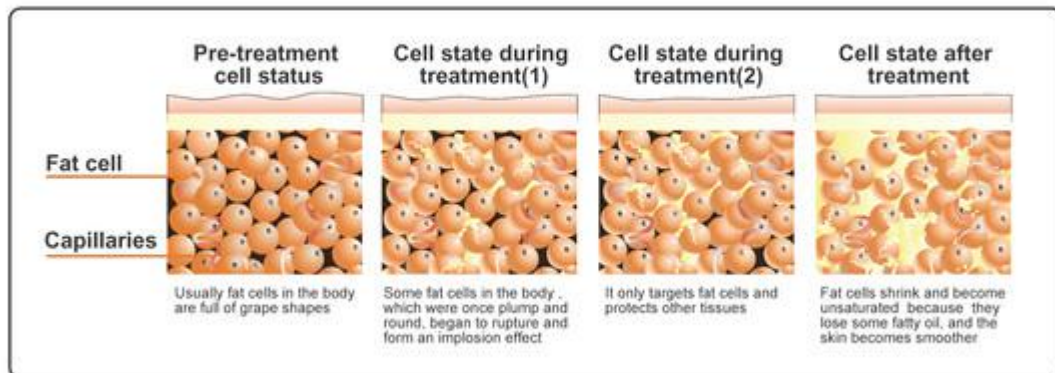
## Principles

### 40K

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

**Cavitation Principle of Ultrasound:** Tens of thousands of tiny bubbles, namely cavitation bubbles, are produced by vibration of liquid. These bubbles grow in the negative pressure region formed by the longitudinal propagation of ultrasound, and close rapidly in the positive pressure region, thus being compressed and stretched under alternating positive and negative pressures. The bubbles will be compressed until burst, which will generate huge instantaneous pressure, generally up to tens of MPa to hundreds of MPa, and produce strong vibration and noise.

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



## Body RF

RF works through the circuits formed by electrodes in pair. The optimum frequency of radio frequency biothermal effect is 3 MHz, and the maximum speed of extreme change is 8 million charged particles in tissues per second. In the rapid change of electrodes, the dermal tissue naturally resists the radio frequency current and generates thermal energy.

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## Laser Paddle

Laser fat-dissolving device uses red laser with a wavelength of 635nm-650nm, which is a visible spectrum. This wavelength of light has a strong penetrating power, which can effectively activate and repair fat cells, penetrate the fat layer, and dissolve subcutaneous fat by heat. Its treatment method is safe, without side effects or pain.

Low levels of laser energy chemical signals are sent to fat cells to break down triglycerides stored in the body's fat layer into free fatty acids and glycerol and release them through membrane channels. Fatty acids and glycerol are transported to tissues that produce metabolic energy. The release of fatty acids is a natural response when the body needs to use stored energy reserves, so there is no unnatural reaction in the body, nor does it affect or damage surrounding structures such as skin, blood vessels and peripheral nerves. After a period of exercise therapy, it will ensure that the free fatty acids of the body are eliminated through complete metabolism.

## Biological Effect

LED uses 635nm - 650nm LED laser heating fat cells in the target zone to make it decompose. In a very short period of time, fat deposition is only absorbed by our body's natural metabolic processes and discharge. In the process of operation, the laser seal small blood vessels, significantly reduce the injuries, introduce the heat treatment area, stimulates the production of collagen, to make it smooth and tight and also achieve the effect of body-sculpting.

Laser mainly acts as a low-energy laser (biological stimulation) to reach fat in depth. It stimulates biological cells and induces or strengthens a series of physiological reactions by giving appropriate energy, including promoting local blood circulation, regulating cell function, enhancing immune function and promoting cell metabolism. It can at the same time tighten skin, wrinkles, reduce fat, and shape body. Laser penetrating power is very strong, and can activate or repair fat cells more effectively. It can also penetrate the fat layer, heat up and dissolve subcutaneous fat. The treatment method is safe, and has no side effects, no pain.

Using the latest non-operative, non-invasive laser fat decomposition technique, low levels of laser energy released. It produce a kind of chemical signals in the fat cells that will dissolve the trioxide triene stored in body into free fatty acid, glycerin and water molecules. And this is the natural reaction when using the energy reserves one need. The free fatty acids are transported into the body through the lymphatic system to provide energy for the body, just like the body would respond when lack of heat.

## Vacuum&RF

Massage skin and muscles with the special negative pressure suction head, which can effectively improve body fluid flow and increase cell activity to achieve effects like improving skin elasticity, accelerating blood circulation of capillary blood vessels, clearing out toxins through lymphatic drainage, and improving and lowering the occurrence of dark spots, hyperpigmentation and blood stasis. The kneading action generated by vacuum suction can increase the tissue activity of skin and muscle, thus helping to reduce the cellular tissue and increase the elasticity of skin tissue, so that both slimming and shaping can be completed at the same time. In addition, vacuum negative pressure movement can also stimulate the surface and deep sympathetic nervous system, improve skin sensitivity. The suction and release process of air pressure can not only improve the capillary system but also improve the flow between deeper veins and lymph network, strengthen blood vessels, and improve varicose veins.

**Advantages:** breaking through the previous single and simple working mode of negative air pressure, using different modes for different parts can be more efficient and more effective, slimming, shaping, and will never harm human body. Unique RF function head design, RF and negative pressure are relatively independent but complementary metabolic system as a whole, RF has negative pressure, negative pressure has RF, each other as a whole. Compared to the ordinary single-stage RF can be more effective, faster and more uniform perfect remodeling body.

## Vacuum Physical Effects

### 1. Skin layer

The suction and release of air pressure:

- (1) It can improve the fluidity of cells, thus increasing the movement of cells, and can treat diseases related to blood stasis and blood stagnation.
- (2) Draining lymph glands and veins.

Effects: redundant water is discharged from tissue fibers.

### 2. Vascular layer

The suction and release of air pressure:

- (1) Improve the blood circulation of microvessels, not only for the capillary system, but also the flow between the deeper veins and lymphatic networks.
- (2) Remove excess toxins in the body.

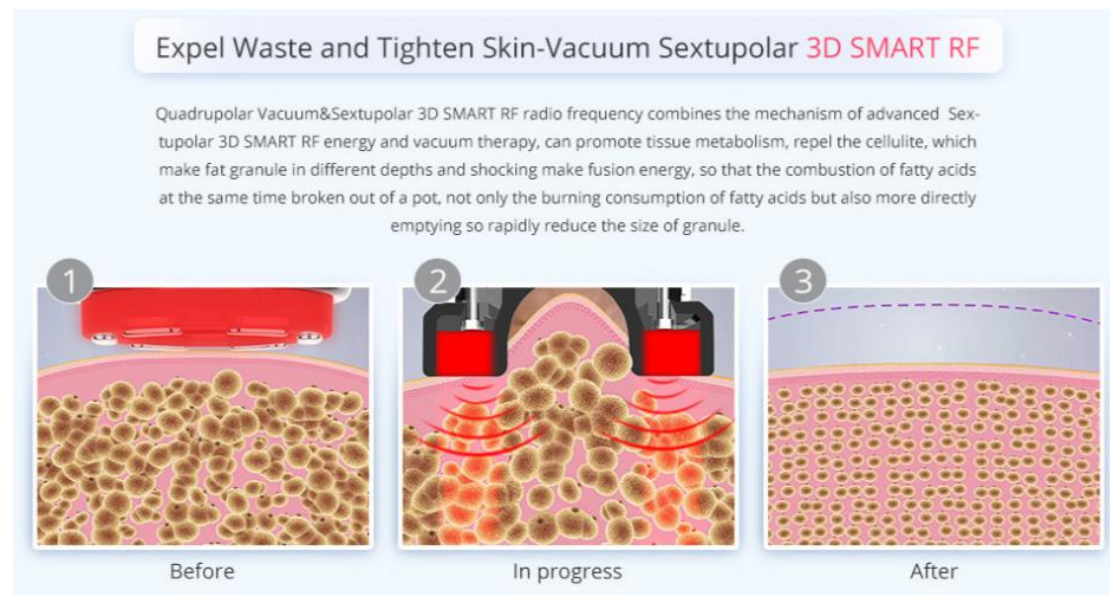
Effects: Strengthen blood vessels, eliminate toxins and relieve varicose veins.

### 3. Fibrous layer

The suction and release of air pressure:

- (1) Repair cell tissue, increase its activity. Lift and revive skin elasticity.
- (2) Stimulate the production of bone collagen and improve skin plumpness.
- (3) Improve the oxygen support capacity of skin and increase the consumption of carbon dioxide.

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



## Effects

1. Relieve women's cold hands and cold feet, cold womb or cold body.

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 encourage intestinal peristalsis.

## **Applicable Range**

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

## **Inapplicable Range**

1. Those with “3 Hs”(hypertension, hyperglycemia, hyperlipidemia) and who have heart disease.
2. Those in pregnancy, menstruation or lactation.
3. Those who have just undergone surgical wounds or convalescents.
4. Those with epilepsy and severe diabetes and hyperthyroidism.
5. Those with malignant tumors, hemophilia or severe bleeding.
6. Those with skin diseases and infectious diseases.
7. Those with severe gynecological diseases.
8. Those whose gynecological diseases are being treated.

## **Notes after Operation**

1. Avoid crop top or anything exposing waist and abdomen as well as cold and windy environment.
2. Avoid binge eating or drinking. No alcohol, no spicy and greasy food. Staying up late should be avoided. Drink warm water.
3. Keep abdomen warm. Take a bath after 4-6 hours.
4. Steam sauna, hot spring or strenuous exercise should be avoided within 7 days after operation.
5. Before going to bed at night, you can rub your abdomen clockwise with your hands, so as to better the effect of weight loss and metabolism.

# **Shaping Breasts**

## **Principle**

## **RF Body**

RF heat effect produces specific radio frequency waves in a specific depth of the subcutaneous skin, which directly acts on the dermis through the skin epidermis, thus heating the tissue, promoting the catabolism of subcutaneous fat, and stimulating the proliferation and reorganization of collagen and elastic fibers. With the continuous regeneration and rearrangement of collagen in the dermis, it can be achieved. Let the flabby skin feel the effect of lifting upward and compacting immediately after the treatment. At the same time, massage can promote breast blood circulation, accelerate blood circulation, dredge congested blood clots and silt, and free fat to the chest under the condition of vibration. At the same time, more nutrients are absorbed into the breasts, which not only prevents atypical lobular hyperplasia and breast cancer, but also enables you to have natural, healthy, beautiful and strong breasts, and makes beautiful female friends more confident.

## **Effects**

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

## **Applicable Population**

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

## **Inapplicable Range**

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

## **Notes after Operation**

1. Keep warm.



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

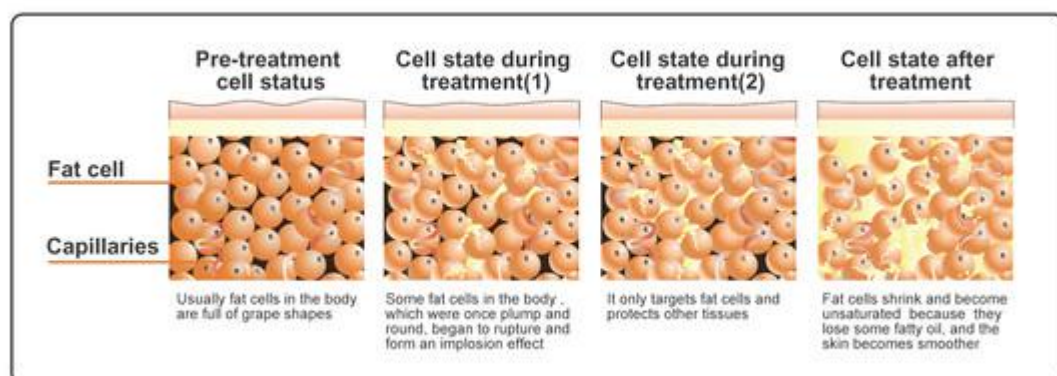
## Body-Sculpting

### 40K

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

**Cavitation Principle of Ultrasound:** Tens of thousands of tiny bubbles, namely cavitation bubbles, are produced by vibration of liquid. These bubbles grow in the negative pressure region formed by the longitudinal propagation of ultrasound, and close rapidly in the positive pressure region, thus being compressed and stretched under alternating positive and negative pressures. The bubbles will be compressed until burst, which will generate huge instantaneous pressure, generally up to tens of MPa to hundreds of MPa, and produce strong vibration and noise.

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### Body RF

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### Biological Effect

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

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

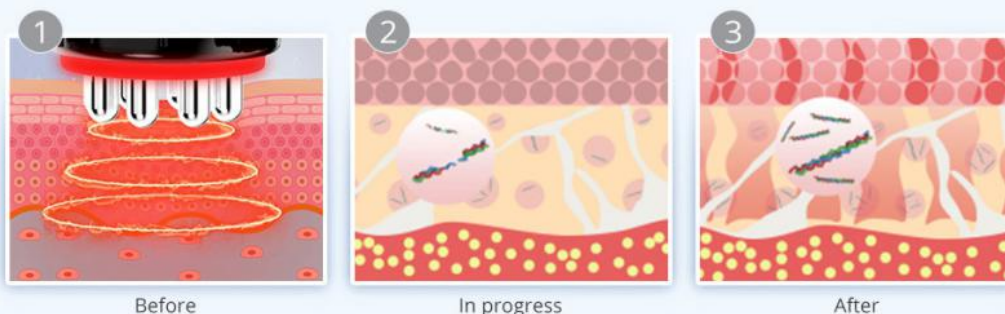
## Body sculpture & cellulite treatment

Body 8-Polar 3D SMART RF & Ultrasound cavitation 2.0 & Vacuum  
Sextupolar 3D SMART RF+ Laser Photon

# 01

### Soften Fat Cells-Body 8-Polar 3D SMART RF

Using a high power of 1MHz 8-Polar 3D SMART RF radio frequency which is the same power for professional use, with a patent pending technology that generates heat deep under the skin, promoting metabolism by its hyper-thermal effect, this procedure enhances blood/lymph flow and is used for the purpose of fat reduction.



## **Laser Paddle**

Laser fat-dissolving device uses red laser with a wavelength of 635nm-650nm, which is a visible spectrum. This wavelength of light has a strong penetrating power, which can effectively activate and repair fat cells, penetrate the fat layer, and dissolve subcutaneous fat by heat. Its treatment method is safe, without side effects or pain.

Low levels of laser energy chemical signals are sent to fat cells to break down triglycerides stored in the body's fat layer into free fatty acids and glycerol and release them through membrane channels. Fatty acids and glycerol are transported to tissues that produce metabolic energy. The release of fatty acids is a natural response when the body needs to use stored energy reserves, so there is no unnatural reaction in the body, nor does it affect or damage surrounding structures such as skin, blood vessels and peripheral nerves. After a period of exercise therapy, it will ensure that the free fatty acids of the body are eliminated through complete metabolism.

### **Biological Effect**

LED uses 635nm - 650nm LED laser heating fat cells in the target zone to make it decompose. In a very short period of time, fat deposition is only absorbed by our body's natural metabolic processes and discharge. In the process of operation, the laser seal small blood vessels, significantly reduce the injuries, introduce the heat treatment area, stimulates the production of collagen, to make it smooth and tight and also achieve the effect of body-sculpting.

Laser mainly acts as a low-energy laser (biological stimulation) to reach fat in depth. It stimulates biological cells and induces or strengthens a series of physiological reactions by giving appropriate energy, including promoting local blood circulation, regulating cell function, enhancing immune function and promoting cell metabolism. It can at the same time tighten skin, wrinkles, reduce fat, and shape body. Laser penetrating power is very strong, and can activate or repair fat cells more effectively. It can also penetrate the fat layer, heat up and dissolve subcutaneous fat. The treatment method is safe, and has no side effects, no pain.

Using the latest non-operative, non-invasive laser fat decomposition technique, low levels of laser energy released. It produce a kind of chemical signals in the fat cells that will dissolve the trioxide triene stored in body into free fatty acid, glycerin and water molecules. And this is the natural reaction when using the energy reserves one need. The free fatty acids are transported into the body through the lymphatic system to provide energy for the body, just like the body would respond when lack of heat.

## **Vacuum Slimming**

Massage skin and muscles with the special negative pressure suction head, which can effectively improve body fluid flow and increase cell activity to achieve effects like improving skin elasticity, accelerating blood circulation of capillary blood vessels, clearing out toxins through lymphatic drainage, and improving and lowering the occurrence of dark spots, hyperpigmentation and blood stasis. The kneading action

generated by vacuum suction can increase the tissue activity of skin and muscle, thus helping to reduce the cellular tissue and increase the elasticity of skin tissue, so that both slimming and shaping can be completed at the same time. In addition, vacuum negative pressure movement can also stimulate the surface and deep sympathetic nervous system, improve skin sensitivity. The suction and release process of air pressure can not only improve the capillary system but also improve the flow between deeper veins and lymph network, strengthen blood vessels, and improve varicose veins.

**Advantages:** breaking through the previous single and simple working mode of negative air pressure, using different modes for different parts can be more efficient and more effective, slimming, shaping, and will never harm human body. Unique RF function head design, RF and negative pressure are relatively independent but complementary metabolic system as a whole, RF has negative pressure, negative pressure has RF, each other as a whole. Compared to the ordinary single-stage RF can be more effective, faster and more uniform perfect remodeling body.

### **Vacuum Physical Effects**

#### **1. Skin layer**

The suction and release of air pressure:

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

(2) Draining lymph glands and veins.

Effects: redundant water is discharged from tissue fibers.

#### **2. Vascular layer**

The suction and release of air pressure:

(1) Improve the blood circulation of microvessels, not only for the capillary system, but also the flow between the deeper veins and lymphatic networks.

(2) Remove excess toxins in the body.

Effects: Strengthen blood vessels, eliminate toxins and relieve varicose veins.

#### **3. Fibrous layer**

The suction and release of air pressure:

(1) Repair cell tissue, increase its activity.

(2) Lift and revive skin elasticity.

(3) Stimulate the production of bone collagen and improve skin plumpness.

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

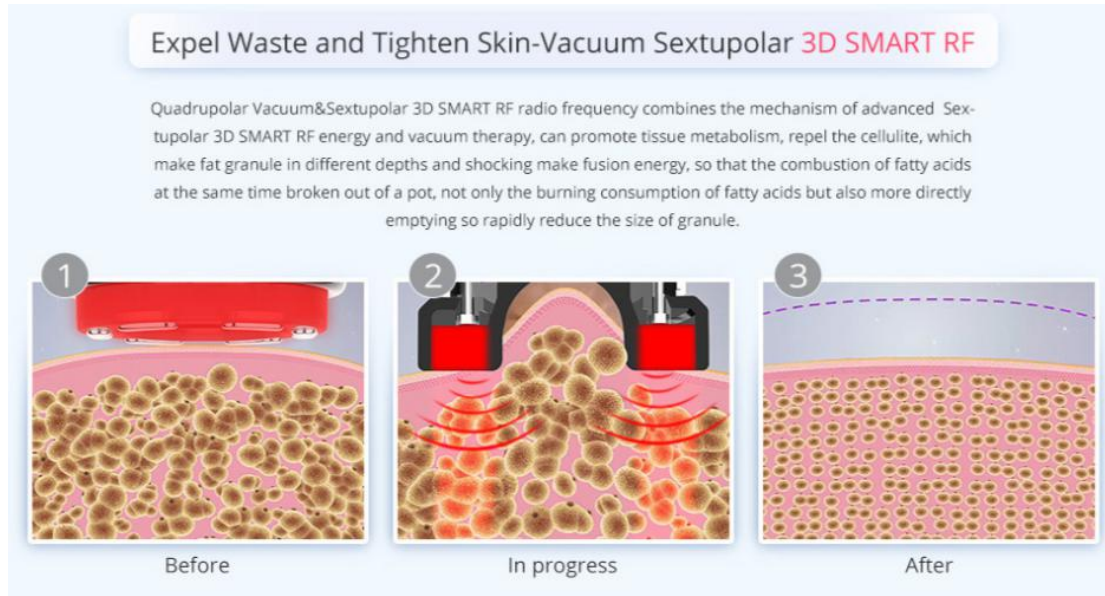
Effects: Break the hard fibers of cellulite, make it more elastic, so as to achieve the effect of body-shaping.

#### **4. Nerve layer**

The suction and release of air pressure:

- (1) Stimulates the surface and deep sympathetic nervous system.
- (2) Improves skin sensitivity.
- (3) Repair skin elasticity and resist tissue fibrosis.

Effects: Repair and improve skin sensitivity.



## Body-Sculpting: Arms

### Effects

1. Stimulate collagen hyperplasia in the bottom of the skin to shape and firm it.
2. Improve loose skin.
3. Improve worship sleeves and thick arms.
4. Soothe and firm loose skin.
5. Dissolve the fat, and say goodbye to flabby arms.
6. Accelerate blood circulation and dredge channels and collaterals.

### Applicable Range

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

### Inapplicable Range

1. Those who have just had plastic surgery.

2. Those with hypertension, heart disease, diabetes, severe thyroid gland, malignant tumor, etc.
3. Those who are during allergic period and has severely sensitive skin.
4. Those with skin trauma or cut.
5. Those who are overly old.
6. Those who are pregnant and who are recovering from surgery.
7. Those with skin diseases and infectious diseases.

## **Notes after Operation**

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

# **Body-Sculpting: Back**

## **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 sagging.
7. Improve excess fat on the back and shape the back.

## **Applicable Range**

1. Those with sore shoulders and backs and stiff necks.
2. Those with insomnia, dreaminess and fading memory.
3. Those who are prone to fatigue, drowsiness and poor circulation of qi and blood.
4. Those with thick back and want to look better in clothes.
5. Those who has a lump on 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.
3. Those whose surgical wound is healing or convalescence

4. Those who has “three Hs” , heart disease, epilepsy and severe diabetes and hyperthyroidism.
5. Those with malignant tumor and hemophilia or severe bleeding.
6. Those with skin diseases and infectious diseases.
7. Those who are too weak.
8. Those who are drunk, full, empty, thirsty and overworked.

## Notes after Operation

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

## Body-Sculpting: Buttocks

Buttocks are located in the middle of human body, and are the key hub of meridian qi and blood operation. They are the main switch of six meridian and also the bridge connecting the upper jiao qi and blood operation of human body. They are the important factor of the body management whose S curve increases the feminine charm.

### Effects

1. Improve blood circulation and speed up metabolism.
2. Improve menstrual pain, irregular menstruation, abnormal leucorrhea and other female diseases.
3. Improve sleep quality, improve female sexual function and tighten the vagina.
4. Activate the warm nest function, stimulate the secretion of glands, and increase the feelings between husband and wife.
5. Make complexion ruddy, fade color spots and return to young state.
6. Shape hips, improve sagging and outward expansion of hips, tighten skin and increase elasticity.

### Applicable Range

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

6. Those with decreased estrogen levels and poor sex lives.

## **Inapplicable Range**

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

## **Notes after Operation**

1. Keep hips warm and avoid wearing miniskirts and shorts.
2. Shower 4-6 hours after operation.
3. Drink plenty of hot water to avoid cold air.
4. Avoid staying up late, drinking and overeating.
5. Avoid eating raw, cold and spicy foods and get enough sleep.
6. Avoid sauna, hot spring or strenuous exercise for 7 days after operation.

# **Body-Sculpting: Legs**

## **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 legs more than proud flesh and shake off big legs.

## **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, lactation and operation recovery.
2. Those with hypertension, heart disease, diabetes, severe thyroid gland, malignant tumor, etc
3. Those with skin diseases, patients with infectious diseases and skin sensitive period.
4. Those with wounds during recovery from surgery.
5. Patients with severe varicose veins and tumors.
6. Those with allergic and severely sensitive skin.
7. People who have just had liposuction.
8. Those who are overly old.
9. Those who are pregnant or recovering from surgery.

## **Notes after Operation**

1. Keep warm after operation. Do not eat cold food.
2. 4-6 hours later in the shower.
3. Drink more warm water to replenish water and speed up metabolism.
4. Refuse to overeat or stay up late.
5. Avoid sauna, hot spring or strenuous exercise for 7 days after operation.
6. Wear pants when you're done. Avoid miniskirts and shorts.

## **Body Sculpting&Slimming**

### **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. Accelerate blood circulation and dredge channels and collaterals.
4. Promote blood circulation and remove blood stasis, dredge channels and collaterals, and prevent varicose veins.
5. Regulate the functions of viscera and strengthen the body.
7. Stimulate collagen regeneration, firming and shaping.
8. Improve loose and soft waist and abdomen skin.
9. Improve the jiggly and thick arm.
10. Improve unwanted fat on the back, waist and abdomen.
11. Tighten skin and prevent sagging.
12. Improve stretch marks, fat marks, and increase skin elasticity.
13. Accelerate metabolism, improve constipation and intestinal peristalsis.

### **Applicable Range**

1. Those with cold hands, feet, womb and body.

2. Those who are sedentary and don't look good at the waist.
3. Those with unwanted fat on waist and abdomen, prominent belly, loose skin after delivery.
4. Those with fat marks, stretch marks.
5. Those with constipation, abdominal meridian blocking.
6. Those with big arms, thick back, poor leg shape ratio and want to look better in clothes.
7. Those with jiggly and flabby arms.
8. Those with loose skin on arms and legs.
9. Those whose hands and legs are easily sore and numb.
10. Those with sore shoulders and backs and stiff necks.
11. Those with insomnia and dream, memory decline of the population.
12. Those who are prone to fatigue, drowsiness and poor circulation of qi and blood.
13. Those with thick back and unattractive clothes.
14. Those with poor circulation of lower limbs, edema and obese people.
15. Those who have low immunity and feel discomfort and pain all over the body are susceptible to colds.

## **Inapplicable Range**

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

## **Notes after Operation**

1. Avoid wearing clothes that show navel, shoulder or back, miniskirts or shorts, and avoid getting cold from the wind.
2. Avoid overeating, staying up late, drinking and eating raw, cold, spicy and greasy food.

3. Keep warm after operation, and do not bathe until 4-6 hours apart.
4. Avoid sauna, hot spring or strenuous exercise for 7 days after operation.
5. Before going to bed at night, you can knead your abdomen clockwise with your hands to make the metabolic effect of weight loss better.
6. Drink plenty of hot water to hydrate and speed up metabolism.

## Overall Facial Care

### Effects

1. Improve facial wrinkles, and crow's feet.
2. Deeply introduce nutrition, fade pigment, spots and whiten skin.
3. Increase skin elasticity, firm and delicate skin, and lift canthus.
4. Relieve eye fatigue, dark circles, bags and edema.
5. Increase blood circulation and metabolism.
6. Improve sagging and relieve sagging.
7. Stimulate collagen hyperplasia and delay aging.
8. Accelerate lymphatic detoxification and improve facial skin quality.
9. Prevent neck and lymphatic diseases.

### Applicable Range

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

### Inapplicable Range

1. Those who have just undergone plastic surgery which have implanted prostheses, metal materials and so on.
2. Those who recently experienced certain injections, such as hyaluronic acid, intradermal injection, wrinkle removal, or plastic surgery.
3. Those with hypertension, heart disease, diabetes, severe thyroid and malignant tumors.

4. Those who are having an allergic reaction, or people with severe sensitive skin or allergic to metals.
5. Those with skin trauma or wound.
6. Those who are overaging.
7. Those in menstruation, pregnancy, lactation, surgical recovery.
8. Those with skin diseases and infectious diseases.
9. Those who are unrealistic about the effects.

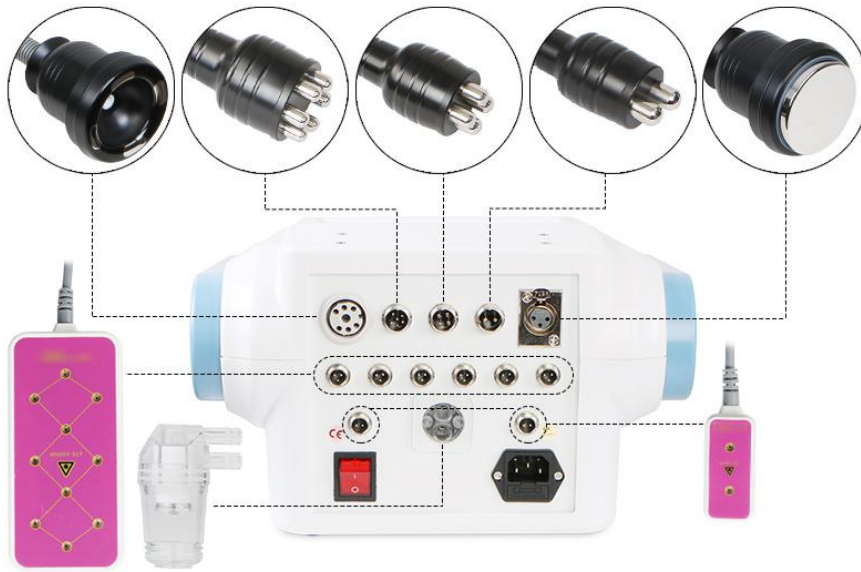
## **Notes after Operation**

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

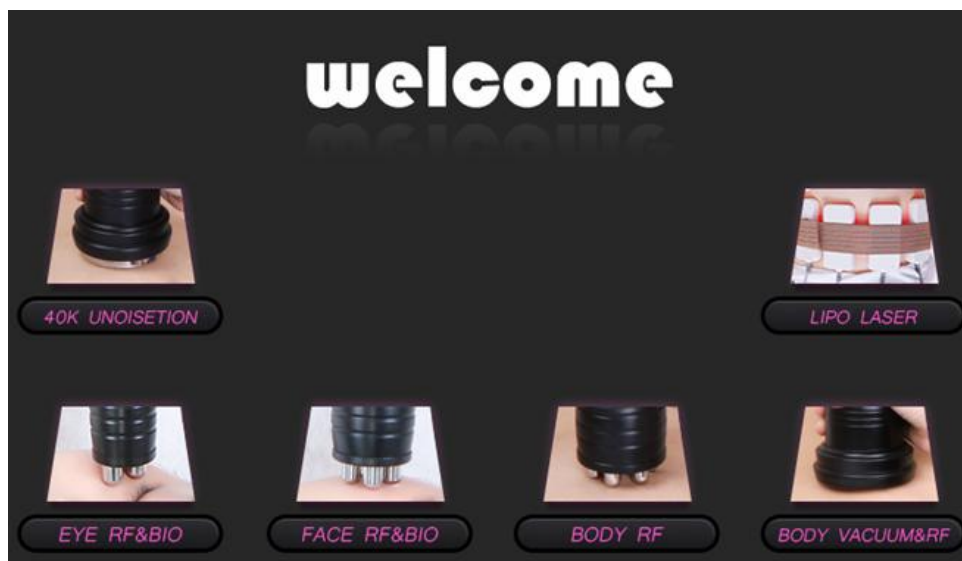
## **Part II**

### **1. Detailed Operation**

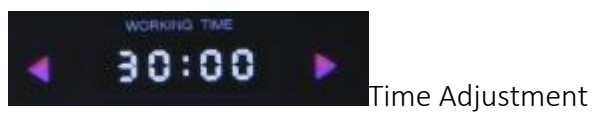
Detailed installation is as follows:

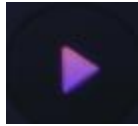


After checking that the instrument is connected properly, the following starting interface will appear when the power supply is turned on.

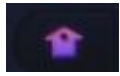


## 1.1 Function Selection





Start/pause



Home

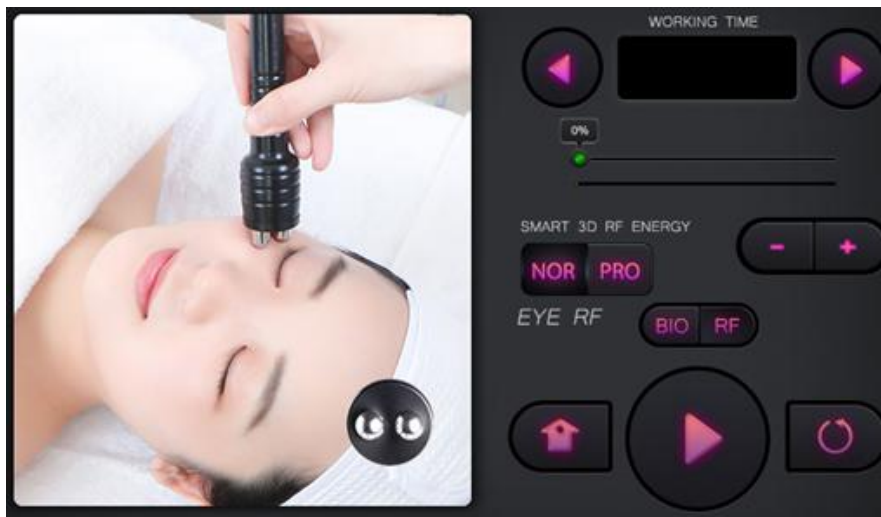


Restore

## 1.2 Detailed Operation: Eye RF&BIO



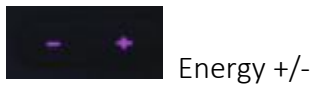
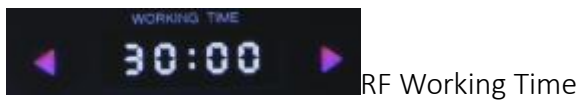
Select **EYE RF&BIO** to go to the interface below



BIO & RF

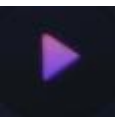


RF Interface:



**NOR** NOR is the set mode. The red LED is on and energy is at the set level and stay at the set level after turning on the device.

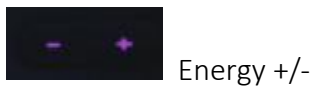
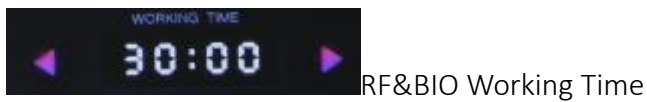
**PRO** PRO is the smart mode. The temperature goes up slowly to the set energy and red LED is on after the probe comes in full contact with the skin.

Click  to start

### 1.3 Detailed Operation: Face RF&BIO

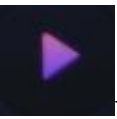


Select **FACE RF&BIO** to go to the interface below

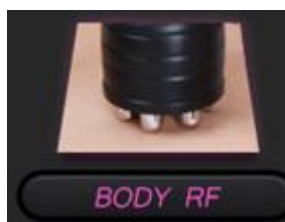


**NOR** NOR is the set mode. The red LED is on and energy is at the set level and stay at the set level after turning on the device.

**PRO** PRO is the smart mode. The temperature goes up slowly to the set energy and red LED is on after the probe comes in full contact with the skin.

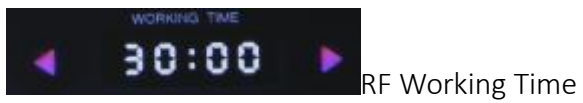
Click  to start

## 1.4 Detailed Operation: Body RF



Select **BODY RF** to go to the interface below

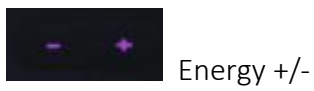




RF Working Time



RF Energy Display



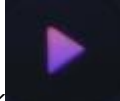
Energy +/-



RF Mode Selection

**NOR** NOR is the set mode. The red LED is on and energy is at the set level and stay at the set level after turning on the device.

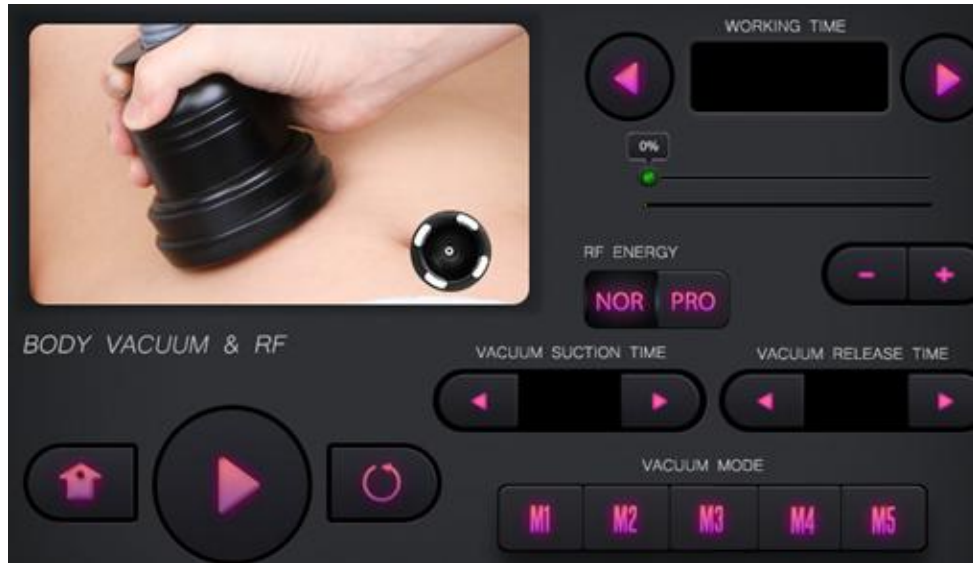
**PRO** PRO is the smart mode. The temperature goes up slowly to the set energy and red LED is on after the probe comes in full contact with the skin.

Click  to start

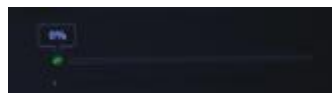
### 1.5 Detailed Operation: Body Vacuum&RF



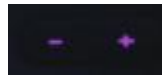
Select **BODY VACUUM&RF** to go to the interface below



Vacuum&RF Working Time



RF Energy Display



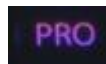
Energy +/-



RF Mode Selection



NOR is the set mode. The red LED is on and energy is at the set level and stay at the set level after turning on the device.



PRO is the smart mode. The temperature goes up slowly to the set energy and red LED is on after the probe comes in full contact with the skin.





Vacuum Suction Time Adjustment: Select suction time subjecting to your comfort level. It is advised to start from the minimal number and add up slowly.





Vacuum Release Time Adjustment: Select release time subjecting to your comfort level. (Release time refers to the interval period between suction and release. 0 means direct suction.)




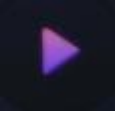
 M1: Direct Suction Mode (Select M1 for those who opt for detoxification and scraping)

 M2: Intermittent mode with relatively slow interval rate (Select M2 for those who opt for slight petachiae and detoxification through massage)

 M3: Intermittent mode with relatively fast interval rate (Select M3 for those who opt for slight petachiae and detoxification through massage)


 M4: Intermittent mode with relatively faster interval rate (Select M4 for those who opt for accelerated circulation and detoxification through massage)

 M5: Intermittent mode with the fastest interval rate (Select M5 for those who opt for relaxation thorough massage)

Click  to start

### 1.6 Detailed Operation: 40K UNIOSETION



Select  to go to the interface below



Working Time



40K Energy Display



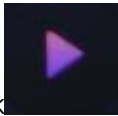
Energy +/-



40K Consecutive Mode(suitable for those with thick layers of fat and wish to lose weight)



40K Intermittent Mode(suitable for those who wish for a steady effect or results and lose weight at ease)



Click to start

### 1.7 Detailed Operation: Lipo Laser



Select to go to the interface below



Lipo Laser Working Time



Energy of All Big Lipo Laser Paddles



Energy of Each Individual Big Lipo Laser Paddles



Energy of Each Individual Small Lipo Laser Paddles



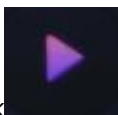
M1 is the consecutive mode: light stays on the entire time. Suitable for those with unwanted fat pocket and wish to enhance the effect.



M2 is the intermittent mode with relatively slower rate of light change. Suitable for those who wish to consolidate the effect and lose weight at ease.



M3 is the intermittent mode with relatively faster rate of light change. Suitable for those with thick layers of fat and a powerful result.



Click to start

## 2. Technical Parameters

Power supply Input:100V-240V  
Power :190W

Unoisetion 40K Cavitation Probe  
Frequency:40KHz  
Power:15W

Sextupolar 3D RF for Body  
Frequency:1MHz

Power:50W

Quadrupole RF with Vacuum

Frequency:1MHz

Power:50W

Vacuum: <-80kPa

Pressure: >250kPa

Air flow: >10L/minute

Noise level: <70dB (30cm away)

Quadrupole 3D RF & BIO for face

Frequency:1MHz

Power:30W

3D Bipolar RF & BIO

Frequency:1MHz

Power:10W

Laser wavelength: 635nm ~650nm

Energy output :64 x 5mW =320mw

Mains power output: 10

Dimensions:460\*440\*280mm

Net Weight: 8.30kg

Gross Weight:9.60kg

Input Power: AC110V/220V 50/60Hz

Display: Touch Screen

### 3. Safety Precautions

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

1. Those who are pregnant or lactating.
2. Those with heart disease or pacemaker equipped.
3. Those whose wounds have not healed and who are recovering from the operation.
4. Those with epilepsy, severe diabetes and hyperthyroidism.
5. Those with malignant tumor, hemophilia or severe bleeding.
6. Those with skin diseases and infectious diseases.

## 4. Dos and Dont's

1. Use a grounding pin and make sure the power socket of the device is properly connected before each operation.
2. Ensure that the voltage of the device is appropriate. If the voltage of the local power supply is unstable, we recommend that users increase to the matching power voltage.
3. In order to ensure the therapeutic effect and normal service life expectancy of the device, please use the specified accessories provided or recommended by the original manufacturer.
4. The device should not be placed in wet environment or near water, nor should they be directly exposed to sunlight.
5. Do not place the device near a strong heat source, because this may affect the life and normal use of the device.
6. Before treatment, please remove all metal objects from the body first, so as to avoid unexpected conditions and influence the curative effect.
7. Please restrain from using the device on eyes, thyroid, parathyroid, testicles, abdomen of pregnant women, and pacemakers.
8. Patients who are suffering from illness should consult with a doctor and gain permission from the doctor before using.
9. Please turn off the power switch of the device, and ensure that the total power supply of the device is turned off before the staff leaves after daily use, so as to ensure the safety of the electrical products.
10. Use device or train device operators in strict accordance with instructions in the user manual.
11. When taking other weight-loss drugs, it is recommended to stop taking them for 1 to 2 months before treatment. Extension of the course of treatment is recommended if you wish to lose weight immediately.
12. Don't use the instrument with an empty stomach. After a full meal, wait at least 1 hour before a course of weight loss treatment.
13. When operating, the instrument should fully touch the skin to avoid uneven heat.
14. Start from the lowest energy level and slowly add up.
15. When using this device, the operating parts must be kept moist and dry skin should be avoided.
16. Clean the instrument with normal saline after operation to ensure its cleanliness and hygiene and prolong its service life.
17. During operation, the laser paddle must be fixed on the customer first, and then the instrument should be started to adjust the energy. The energy should be adjusted slowly from low to high to make the customer feel warm and comfortable.
18. Must apply products with high oil content, and keep it moist.
19. Inform customers in advance about the feelings they might experience when operating BIO and 40K probes to avoid unexpected results.
20. During operation, the whole surface of the laser paddle should be in full contact with the skin, not only with a small area.

21. Laser paddle can be used alone, directly fixed where the customer wants to lose fat, and adjust energy level. Operation time of one treatment area should be about 20 minutes. Combined with massage, RF and ultrasonic instruments it achieves better results.

## **5. Troubleshooting & Solutions**

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

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

### **2. No RF output of the instrument?**

- A. Please check whether the plug connecting the instrument handle and the body is tightly connected.
- B. Please check whether the treatment area has been cleaned. Grease or oil essential oil products may cause poor contact between the treatment handle of the instrument and human body, resulting in no RF output.

### **3. Weakened RF output?**

- A. Please check whether the plug connecting the instrument handle and the body is tightly connected.
- B. Please check whether non-conductive grease and other substances are stained on the treatment handle, which will cause poor contact and weaken the output.
- C. Please check whether the product used is the adaptive product specified by the instrument.

### **4. No suction or very little suction?**

- A. Please close the instrument and check the filter element specially used for the instrument, which may need to be replaced.
- B. Please check the rubber ring of the handle plug, because the rubber ring may be worn and cause air leakage.
- C. Please check whether the oil filter cup outside the filter is tightened and whether the rubber ring is worn. It is possible that air leakage at this position may lead to poor air pressure.
- D. If the above methods cannot be handled, please contact the instrument dealer for assistance.

### **5. I can start the instrument, but the screen show's error message?**

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



## **6.FAQs**

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

A: Under normal circumstances within that day or a week. Skin collagen tissue is heated and produces contractions, and you can obviously feel skin tightening. Because RF works by stimulating subcutaneous tissue and bring about sustainable collagen regeneration, so the more you do it, the more visible effects you shall receive.

### **2. Q: Is RF harmful to skin?**

A: RF treatment falls under the category of non-surgery operation. It stimulates collagen regeneration at the skin bottom and boosts metabolism, therefore has no damage to the skin. Partial redness and fever is the normal phenomenon of accelerated blood circulation, and will be resolved by oneself after a moment, so there's no need to worry.

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

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

### **4.Q: What are all the functions of this instrument?**

A: Dissolve fat, body shaping, smooth skin, firming, lifting, and anti-aging. It can be operated all over the body. In terms of facial care, it can contour facial outline, alleviate wrinkles and saggy skin. In terms of body care, it can reduce regional fatness and build S curve, promote the metabolism and detoxification of the whole body. Meanwhile, it can also enhance the functions of viscera and regulate the sub-health of the body.

### **5.Q:Which one is better in terms of weight loss, liposuction or this machine?**

A: The principle of liposuction is to suck out the excess fat in one part of the body through the method of negative pressure suction, so as to achieve the purpose of rapid weight loss on parts of the body. It achieves fast results, requires anesthesia, recovery period. It falls under the category of surgery operation and comes with risks. However, our machine is risk-free and has no side effects. While losing weight, it can stimulate collagen regeneration to lift and tighten skin. By lifting, it can also shape perfect curves and accentuate women's natural charm.

### **6.Q: Will I experience rebound after operation?**

A: RF works by dissolving fat to reduce weight, and are not prone to rebound. Because what's dissolved through RF treatment is fat, not water. The formation of fat needs a longer period of time to accumulate, so it is not prone to rebound.

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

A: Pay attention to what you eat. Because radio frequency and ultrasonic treatment end with blasting adipose and accelerated metabolism. It's best to avoid eating spicy, oily, or fried food, to avoid affecting regular metabolism. Also proper workout and sweating help with the process, in a way weight loss will be more visible as well.

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

A: RF beauty treatment is non-invasive and so far the most safe and effective method to remove wrinkles and shape body. Generally speaking side effects won't appear. A small number of people may experience transient redness or swelling that will disappear after a few hours. Those with dry skin may experience atrophy after the initial treatment. The skin will lose moisture due to RF heat. However, the skin will become plump at the beginning of collagen regeneration and these symptoms will disappear after three days. There are no side effects on health.

**9.Q: Can RF instrument be used for chest shaping?**

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

**10. Q: Can ultrasound be operated all over the body?**

A: Ultrasonic cavitation ruptures fat cells and causes mechanical disruption of fat cell membrane. Liquefied fat cells then cleared away by metabolic pathways. Our heart is a hollow organ, and sensitive to high frequency sound waves. Back and forth reflex occur due to the fact that muscle tissue and blood in the heart do not conduct sound waves in the same way. The reflex force can detach cardiac valves from cardiac muscles. If directed at the eye, it can cause retinal detachment. In a word, avoid eye and heart area when using ultrasonic beauty device. (It is also advised not to use it on waist, back and chest.)

**11.Q: Does ultrasound have side effects on human body?**

A: Ultrasonic beauty machine requires no surgery, no opening up and no anesthesia, therefore is indeed non-invasive. It relies on ultrasound (mechanical sound wave) - blast fat through cavitation - ultrasound focusing. And the results are fat smash - fat dissolving - skin firming and body sculpting respectively. It only targets at low density fat cells while leaving high density tissues like blood vessels intact, therefore having no side effects on human body. Slight tinnitus might appear to happen during the treatment, which is within normal range so there's no need to worry.

**12.Q: Why does tinnitus occur?**

A: It's because ultrasound comes with a high frequency vibration, which could go up to 20kHz. It also goes deep into skin fat layers, which could go down to 20mm below

epidermis. Highly intensifies ultrasound cause high speed friction among fat cells, resulting in them bursting and heating up, and eventually emulsified. And during the process, ultrasound can cause microvibration to the tissue that make us feel like as “tinnitus”.

### **13.Q: What is collagen?**

A: Collagen is a kind of biological macromolecule substance, a kind of white, opaque and non-branched fibrous protein. It can supplement the nutrition needed by all layers of the skin, enhance the collagen activity in the skin, lock moisture, nourish the skin, delay aging, beautify, relieve facial relaxation, provide nutrients for the hair and so on. Collagen is a nutrient that human body must replenish to delay aging. With the growth of age, collagen will gradually be lost. At the age of 20 , women have begun to age, collagen gradually decrease. At the age of 25, collagen loss reaches its peak. At the age of 40 , the content is less than half of which one has at age 18. It is the loss of collagen and water that causes the wrinkles on the face of the elderly. The breakage of collagen fibers and elastic mesh will cause skin tissue to be oxidized, atrophied and collapsed. The skin will be dry, wrinkled, flabby and inelastic etc,. Therefore, in order to delay aging, collagen must be supplemented.

### **14. Q: Why do you need breast maintenance?**

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

### **15.Q: Why do you need hip maintenance?**

A: Because it can help the body lymphatic system discharge poison, improve the gynaecological disease, and avoid harm brought by buttock blockage. Hip impassability surely bring about gynaecological issues. What’s inside buttocks is pelvic cavity, bowel. It connects daimai, lumbar vertebra, sciatic nerve from above, uterus ovary, uterine adenexa in front, anus, vagina, inguinal lymphatic from below.  
If suffering from squeeze of shangjiao and xiaojiao meridian channels, hip would be most vulnerable to cold, wet and blood stasis. When hip is affected by cold, it can cause meridian contraction of hips, dysmenorrhea, irregular menstruation, dark menstruation color , clot, deterred blood flow and meridian channels. It also affects fertility.

**16.Q: How does negative pressure detoxify?**

A: Negative pressure can congest capillary, stimulate cell to increase vitality. The suction and release of pressure during operation can make local pores continue to open and close, therefore promote skin breathing, increase the amount of skin oxygen, speed up the elimination of waste. So it achieves the effects of promoting qi and blood circulation, dispelling coldness and dampness, dredging channels and collaterals, clearing toxins, heat and so on.

**7. Packing List**

1 x Main Machine with LED Touch Screen

1 x Uoisetion 40K Cavitation Probe

1 x Sextupolar 3D RF Head

1 x Bipolar 3D RF & BIO Head

1 x Quadrupolar 3D RF & BIO Head

1 x Quadrupole RF with Vacuum Head

6x Big paddles (Total  $10 * 6 * 5mw = 300mw$ )







2x Small paddles (Total  $2 * 2 * 5mw = 20mw$ )

1 x Holder

1 x Power Supply Cord



**8. Operational Diagrams**

Parameter Adjustment	Product	Techniques	Diagrams
<b>Facial Tightening&amp;Anti-wrinkle: 60 min, once/week</b>			
RF Energy: 30%-80%	Makeup remover oil+	1. Remove makeups and cleanse face, 5 min.	Technique6
BIO Energy: 30%-80%	Cleanser+ Cleaning base mask+ Essence+	2. Apply toner, 1 min. 3. Apply cleaning mask+hot steam, 10 min. 4. Remove the mask and	

	<p>Cold hammer+ BIO&amp;LED+ Facial mask+ YH-5402S</p>	<p>clean, 3 min.</p> <p>5. Apply message cream evenly on face and caress, 3 times.</p> <p>6. Push the following acupoints (chengjiang point, renzhong point, dicang point, jiache point, yingxiang point, jingming point, cuanzhu point, yuyao point, sizhukong, tongziliao, temple, chengqi point, sibai point) , 3 times.</p> <p>7. Caress the whole face, 3 times.</p> <p>8. Lift face with both hands as if playing musical instrument, 2 min.</p> <p>9. Alternate hands in lifting face on one side of face as if playing musical instrument, 1 min.</p> <p>10. Do the same on the other side.</p> <p>11. Alternate hands in lifting in three lines, from jaw to earlobe, mouth corner to ear gate, nose wing to temple, 3 times.</p> <p>12. Brace skin towards hair line on forehead, 3 times.</p> <p>13. Do the same on the other side.</p> <p>14. RF operation: move the probe from chin to earlobe, mouth corner to ear gate, nose wing to temple in circles, 3 times.</p> <p>15. Combined with hand, move from temple to earlobe, mouth corner to ear gate, nose wing to mouth corner to lift the treatment area, 3 times.</p>	 <hr/> <p>Technique11</p>  <hr/> <p>Technique12</p>  <hr/> <p>Technique14,20</p>  <hr/> <p>Technique15,21</p>  <hr/> <p>Technique16,22</p>  <hr/>
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		<p>16. Combined with hand, lift the probe towards hairline on forehead, 3 times.</p> <p>17. Do the same on the other side.</p> <p>18. Clean face, 3 min.</p> <p>19. Apply essence evenly on face, 1 min.</p> <p>20. BIO operation: move the probe from chin to earlobe, mouth corner to ear gate, nose wing to temple in circles, 3 times.</p> <p>21. Combined with hand, move from temple to earlobe, mouth corner to ear gate, nose wing to mouth corner to lift the treatment area, 3 times.</p> <p>22. Combined with hand, lift the probe towards hairline on forehead, 3 times.</p> <p>23. Apply hydrating mask, 15 min.</p> <p>24. Remove the mask and clean, 3 min.</p> <p>25. Apply toner, essence, cream and sunscreen.</p>	
<p><b>Suggested Treatment:</b></p> <p>10 treatments account for a full course. Once done, skin feels tightened. After one course, skin is brightened, and skin is refined. 2 courses help increase elasticity, boost skin metabolism, fade dark circles, brighten dull skin. 3 courses help maintain skin condition, prevent skin sagging and aging, and define skin outline.</p>			
<p><b>Eye Anti-aging : 60min, once/week</b></p>			
RF Energy: 30%-80%	Makeup remover oil+	1. Remove makeup and clean face, 5 min.	Technique3,5,10
BIO Energy: 30%-80%	Face wash+ Toner+ Eye essence+	2. Apply toner, 1 min. 3. Apply essence evenly around eyes and gently	



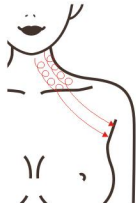
	<p>Eye mask+ YH-5402S</p>	<p>massage to rub it in, 1 min.</p> <p>4. Push the following acupoints(jingming point, cuanzhu point, yuyao point, sizhukong point, temple, tongziliao point, chengqi point) using middle and ring fingers, 3 times.</p> <p>5. Move hands in circular motion on eyes and push temples, 3 times.</p> <p>6. Move middle and ring fingers horizontally below lower eyelids and slide to back of the ear, 3 times.</p> <p>7. Lift middle and ring fingers from inner eye corner to upper eyelids and slide to back of the ear, 3 times.</p> <p>8. Lift eye corners with “scissor” hand gesture, 3-5 times.</p> <p>9. Repeat the previous operation on the other side, 3 times.</p> <p>10. Move hands in circular motion on eyes and push temples, 3-5 times.</p> <p>11. RF operation: move the probe beneath lower eyelid in small circles and move all the way till the temple, 3-5 times.</p> <p>12. Combined with hand, move the probe from lower eyelid to temple to lift the treatment area, 3-5 times.</p> <p>13. Lift from the beginning of the eyebrows to the end, 3-5 times.</p> <p>14. Combined with hand, move the probe to lift the corner of the eyes towards</p>	<div data-bbox="1161 219 1289 421" data-label="Image"> </div> <p data-bbox="1078 450 1230 483">Technique4</p> <div data-bbox="1161 510 1289 712" data-label="Image"> </div> <p data-bbox="1078 741 1230 775">Technique6</p> <div data-bbox="1161 801 1289 1003" data-label="Image"> </div> <p data-bbox="1078 1032 1230 1066">Technique7</p> <div data-bbox="1161 1093 1289 1294" data-label="Image"> </div> <p data-bbox="1078 1323 1230 1357">Technique8</p> <div data-bbox="1161 1384 1289 1585" data-label="Image"> </div> <p data-bbox="1078 1615 1230 1648">Technique11</p> <div data-bbox="1161 1675 1289 1877" data-label="Image"> </div> <p data-bbox="1078 1906 1289 1939">Technique12,14</p>
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		<p>the hairline, 3-5 times.  15. Repeat the same techniques with BIO operation.  16. Do the same on the other side.  17. Apply eye mask, 15 min.  18. Clean face and eye area, 2 min.  19. Apply toner, face essence, eye essence, cream and sunscreen.</p>	 Technique13 
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**Suggested Treatment:**

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

**Neck Anti-aging : 60 min, once/week**

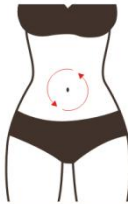
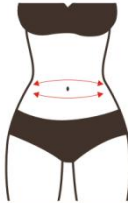
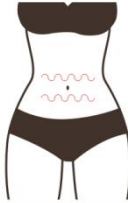

<p>RF Energy: 30%-80%</p> <p>BIO Energy: 30%-80%</p>	<p>Makeup remover oil+ Cleanser+ Toner+ Massage cream+ Essence+ Neck mask+ YH-5402S</p>	<ol style="list-style-type: none"> <li>1. Remove makeup and cleanse face, 5 min.</li> <li>2. Apply toner, 1 min.</li> <li>3. Neck massage: apply and rub oil on the chest with both hands to the back of the neck and point to feng chi and feng fu acupoint, 3 times.</li> <li>4. Alternately lift the lower jaw and double chin to pass behind the ear and under the armpit, 3 times.</li> <li>5. Push downwards with hand spread and hukou pointing down, tracing 3 meridian channels from the neck side to the armpit, 3 times.</li> <li>6. Push downwards with 4 fingers, tracing 3 meridian</li> </ol>	<p>Technique3</p>  Technique4,12  Technique5,6,7,13 
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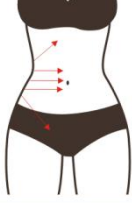
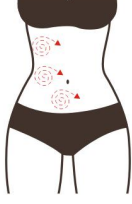





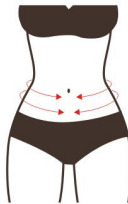
	<p>channels from neck side to the armpit, 3 times.</p> <p>7. Push downwards with kneeling fingers till the neck turns hot and slide to the armpit, 3 times.</p> <p>8. Push downwards with hand spread and hukou pointing down from external collarbone to armpit, 3-5 times.</p> <p>9. Do the same on the other side.</p> <p>10. Clean neck, 2 min.</p> <p>11. Apply essence evenly on the neck, 1 min.</p> <p>12. RF operation: coupled with hand massage, lift double chin to pass behind the ear and under the armpit, 3 times.</p> <p>13. Move the device in circles on one side of neck to pass under armpit, 3 times.</p> <p>14. Slide the device from external clavicle to the armpit, 3-5 times.</p> <p>15. Move the device in circles on the whole neck area, 3 times.</p> <p>16. Coupled with hand, lift neck in lines, 3-5 times.</p> <p>17. Do the same on the other side.</p> <p>18. Repeat the same techniques with BIO operation.</p> <p>19. Apply neck mask, 15 min.</p> <p>20. Wash neck clean, 2 min.</p> <p>21. Apply toner, essence and neck cream.</p>	<p>Technique15</p>  <hr/> <p>Technique16</p> 
<p><b>Suggested Treatment:</b></p>		

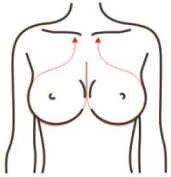
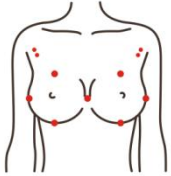
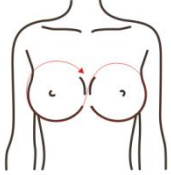
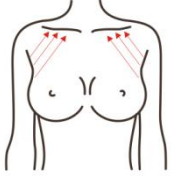
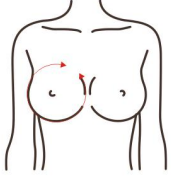
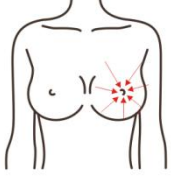
10 treatments account for one full course. After one treatment, skin becomes tender, smooth. After a full course, neck skin becomes smooth, speed up the neck lymphatic circulation. After 2 courses it tightens skin, fade neck lines, improve the double chin. After 3 course, skin is fine, firm and glowing, which also promote lymph drainage, improve facial dullness, some problems such as acne, and delay the aging of the skin, make skin restore young state.

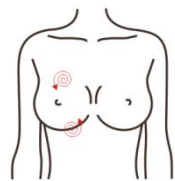
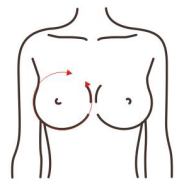


## Shaping Waist&Abdomen: 60 min, once/week

<p>Vacuum&amp;RF Energy: 30%-80%</p> <p>Suction: 0.3-1.0</p> <p>Release: 0-0.5</p> <p>Mode: M1</p> <p>40K Energy: 30%-80%</p> <p>Mode: Consecutive</p> <p>Lipo Laser Energy: 30%-80%</p>	<p>Essential oil+ Gel+ Hot towel+ YH-5402S</p>	<ol style="list-style-type: none"> <li>1. Apply and rub oil on abdomen with hands, 3 times.</li> <li>2. Rub stomach back and forth with both hands, 3-5 times.</li> <li>3. Knead abdomen with both hands using chiropractic techniques, 3 times.</li> <li>4. Lift daimai on both sides of waist with both hands alternately, 16 times.</li> <li>5. Move hands as if writing an "8" number on waist, 3 times.</li> <li>6. Overlap hands and message the intestinal canal clockwise, 3 times.</li> <li>7. Move hands in circular motion and caress the treatment area, 3 times.</li> <li>8. Push on the following acupoints: shangwan zhongwan xiawan shenque qihai guanyuan zhongji tianshu dasheng qugu, 2 times.</li> <li>9. Starting from zhongji point, push both thumbs to belly navel, slide them to waist and the lift upwards to groin, 3 times.</li> <li>10. Caress the treatment</li> </ol>	<p>Technique1,7,10</p>  <hr/> <p>Technique2</p>  <hr/> <p>Technique3</p>  <hr/> <p>Technique4</p>  <hr/> <p>Technique5</p>
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		<p>area with hands and slide to groin.</p> <p>11. Apply gel evenly on abdomen, 1 min.</p> <p>12. 40K operation: starting from one side of the waist, lift the device to abdomen and groin, 3 times.</p> <p>13. Lift the other side with the same technique, 3 times.</p> <p>14. Move the device on abdomen in small circular motions, 3 times.</p> <p>15. Move the device on abdomen in big circular motions, 3 times.</p> <p>16. Move the probe in figure 8 on waists, 3-5 times.</p> <p>17. Move the device on waist and abdomen vertically back and forth, 3-5 times.</p> <p>18. Coupled with hand to lift daimai on sides of the waists, 16 min.</p> <p>19. Clean waist and abdomen with hot towel, 2 min.</p> <p>20. Apply essential oil evenly on abdomen and waist, 1 min.</p> <p>21. Repeat the same techniques with vacuum&amp;RF operation.</p> <p>22. Lipo laser operation: fixate the laser paddle on the waist and abdomen. Wait for 20 min or so.</p> <p>23. Take off the paddles and clean abdomen with hot towel.</p>	 <p>Technique6</p>  <p>Technique8</p>  <p>Technique9</p>  <p>Technique12</p>  <p>Technique14</p>  <p>Technique15</p>
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			 <p>Technique16</p>  <p>Technique17</p>  <p>Technique18</p> 
<p><b>Suggested Treatment:</b>  Ten treatments account for one full course of treatment. Once done, abdomen is heating up, metabolism is accelerated. After one course, fat slowly reduce through metabolism, body starts to slim down. Constipation and other issues are addressed at the same time. After 2 courses the effect gradually becomes obvious, skin is tightened and lifted, skin collagen increased. Stretch marks and flabby skin are also improved. 3 courses help reinforce the effect. Redundant adipose gradually disappear, lumbar abdomen curve start to take in shape, and slim waist starts to show.</p>			
<p><b>Shaping Breasts: 60 min, once/week</b></p>			
<p>RF Energy: 30%-80%</p>	<p>Massage cream (Essential oil)+ Towel+</p>	<p>1. Stand at the head of the bed, both hands from shan zhong point began to rub oil to armpit up at the same time lift the suspension</p>	<p>Technique1,3,6,10</p>


	<p>YH-5402S</p>	<p>ligament (this is to caress treatment area) 3 times.  2. Both hands thumb point: shanzhong, rugen, dabao, yingchuang, zhongfu, yunmen, 3 times.  3. Caress the treatment area, 3 times.  4. Overlap both palms from shan zhong point to chest both sides back and forth as if writing an “8” number, 3 times.  5. Lift the accessory breast to the suspensory ligament alternately with both hands, first left, then right, 10 times.  6. Caress the treatment area, 3 times.  7. Sit beside the customer, first left, then right, with both hands to soothe and lift the chest, 3-5 times.  8. Alternately push the breast duct around the chest (one circle of the chest), 3-5 times.  9. Use the thumb to dredge the nodules in the chest, 3 times.  10. Lift the whole chest with hands, 3-5 times.  11. The technique on the other side is the same as above.  12. RF operation: first left, then right, from the bottom to the top along the direction of the chest to the nipple, combined with hand pacification, 5-8 times.  13. Draw half a circle along the chest to lift and pull</p>	 <hr/> <p>Technique2</p>  <hr/> <p>Technique4</p>  <hr/> <p>Technique5</p>  <hr/> <p>Technique7</p>  <hr/> <p>Technique8,12</p>  <hr/> <p>Technique9,14</p>
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		<p>from the bottom to the collarbone, combining with hand comfort, 5-8 times.</p> <p>14. Make small circles to clear the nodule site for 3-5 times.</p> <p>15. The customer lies on his side and stands up with her arms. The device burns fat in circles at the position of auxiliary breast, 5-8 times.</p> <p>16. The instrument is pushed from the position of underarm auxiliary breast to the chest (shaping and receiving auxiliary breast), 5-8 times</p> <p>17. The technique on the other side is the same as above.</p> <p>18. Clean breasts with hot towel.</p>	 <p>Technique13</p>  <p>Technique15</p>  <p>Technique16</p> 
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**Suggested Treatment:**

10 times account for a course of treatment. After a full course, breasts will experience heat, blood circulation is boosted, and a certain improvement effect will be seen. After a course of treatment the effect is more obvious, nodules are improved. 3 courses help tighten the skin and consolidate shaping effect, and increase the elasticity of the breasts. Regulating endocrine makes women more attractive.

**Shaping Arms: 60 min, once/week**

<p>RF Energy: 30%-80%</p> <p>40K Energy: 30%-80%</p> <p>Mode:</p>	<p>Essential oil+ Gel+ Hot towel+ YH-5402S</p>	<p>1. Left-right order: lay the arm flatwise, apply and rub oil in from lower arm to the entire arm and slide to the fingers, 3 times.</p> <p>2. Push the entire arm with both palms, 3 times.</p>	<p>Technique1</p> 
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Consecutive

Lipo Laser  
Energy:  
30%-80%

3. Push hands upwards tracing three main collateral channels(dachangjing-sanjiaojing-xiaochangjing) to armpits with fingers spread and hukou pointing upwards, 3 times.

4. Caress the treatment area, 3 times.

5. Trace and rub three main collateral channels on arms with kneeling finger back and forth till them turn hot, 3 times.

6. Caress the treatment area, 3 times.

7. Lay inner arm upwards, and push hands tracing three yin channel on inner arm(feijing-xinbaojing-xinjing) to armpit, with hukou pointing upwards, 3 times respectively.

8. Rub three channels back and forth with kneeling fingers, 3 times.

9. Caress the treatment area and slide to fingers.

10. The end of massage techniques.

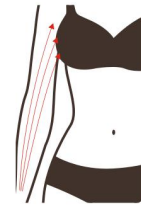
11. Do the same on the other side.

12. RF device operation: lay arms flatwise and start from fat part of lower arm, tracing three channels to armpit, 3 times.

13. Move the device in annular motion, tracing three channels to armpit, 3 times.

14. You may double the operation on flabby arms, 3 times.

Technique2,3,4,5,6



Technique7



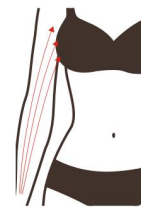
Technique8,16,18



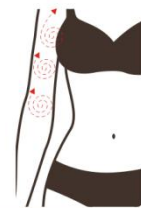
Technique9



Technique12,15



Technique13,14,17




		<p>15. Trace three channels to armpit, 3 times.</p> <p>16. Lay inner arm flatwise and push three channels on upper arm to armpit, 3 times.</p> <p>17. Trace three channels on upper arm and move the device in circles to armpit, 3 times.</p> <p>18. Trace three channels from upper arm to armpit.</p> <p>19. Apply gel evenly on arms, 1 min.</p> <p>20. Repeat the same techniques with 40Koperation.</p> <p>21. Lipo laser operation: Fixate the laser paddle on the fat part of the arms. Wait for 20 min.</p> <p>22. Remove the paddles and clean arm with hot towel.</p> <p>23. Do the same on the other side.</p>	
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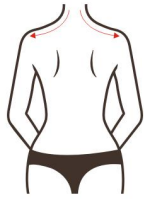
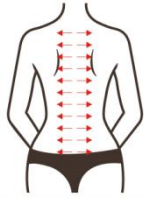
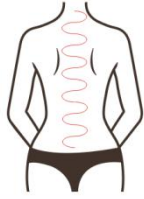
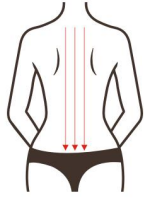
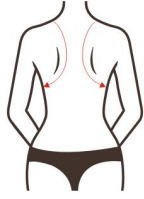

**Suggested Treatment:**


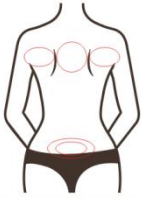
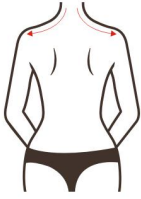
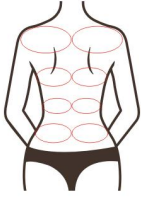

10 treatments account for a full course. Once done, it will feel warm and tight, and the arms will be relaxed. A course of treatment help reduce excessive arm fat and the skin appear to be tight and plump. 2 courses of treatment began to shape the arms, strengthen the effect, dredge meridians, and enhance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

**Shaping Back: 60 min, once/week**

RF Energy: 30%-80%	Essential oil+ Towel+ YH-5402S	<p>1. Apply oil on back and press Fengchi and fengfu points.</p> <p>2. (Starting from hairline) stroke badanjin with thumb, 3-5 times.</p> <p>3. Move thumb outwards from pangguangjin to baliao</p>	<p>Technique1,10</p>  <p>Technique2</p>
Vacuum&RF Energy: 30%-80%			
Suction:			



<p>0.3-1.0</p> <p>Release: 0-0.5</p> <p>Mode: M1</p> <p>Lipo Laser Energy: 30%-80%</p>	<p>area and then to fengchi and fengfu point.</p> <p>4. Starting from neck to caudal vertebra, move hands in S-shape, 3 times.</p> <p>5. Push pangguangjin with thumb in left-right order, 3 times.</p> <p>6. Push pangguangjin to baliao area with both thumbs, at the same time, 3 times.</p> <p>7. Push pangguangjin in three kneeling fingers, 3 times.</p> <p>8. Push scapula slot with both hands alternately in left-right order, 3-6 times.</p> <p>9. Push scapula slot with both hands horizontally, 3-6 times.</p> <p>10. Caress the back with both hands and push fengchi and fengfu points, 3 times.</p> <p>11. Overlap both thumbs and push tianzong point and slide to the arm, 3 times.</p> <p>12. Repeat the previous action on another arm, 3 times.</p> <p>13. Rub on dumai and pangguangjing until they turn hot.</p> <p>14. RF Operation: Starting from dumai to pangguangjin, move the device from neck to baliao area, 3-5 times.</p> <p>15. Move the device in circles on dazhui point, and baliao area, 3-5 times respectively.</p> <p>16. From dabanjin to neck,</p>	 <hr/> <p>Technique3</p>  <hr/> <p>Technique4</p>  <hr/> <p>Technique5,6,7,13,14,</p>  <hr/> <p>Technique8,17</p>  <hr/> <p>Technique9</p>  <hr/> <p>Technique11,12</p>
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		<p>move the device back and forth, 3-5 times.</p> <p>17.Lift the device on scapula slot in left-right order, 3-5 times.</p> <p>18.Move the device horizontally as if writing an “8” number to baliao area, 3 times.</p> <p>19.Move the device upwards in annular motion to armpit in left-right order on both sides, 3 times.</p> <p>20.Lift from sides of waist upwards to armpit, 3-5 times.</p> <p>21.Repeat the same techniques with vacuum&amp;RF treatment.</p> <p>22.Lipo laser operation: Fixate the laser paddles on the fat part of the back. Wait for 20 min.</p> <p>23.Take off the paddles and clean the back with hot towel.</p>	 <hr/> <p>Technique15</p>  <hr/> <p>Technique16</p>  <hr/> <p>Technique18</p>  <hr/> <p>Technique19</p>  <hr/> <p>Technique20</p>
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**Suggested Treatment:**

10 treatments account for a full course. Once done, back feel significantly relaxed, and it can also alleviate neck stiffness, and lift skin. A course help relax shoulder, reduce back fat, ease the lump on the nape of the back, and shape the back line. After two courses, the lump appears to be smaller, and it help dredge meridians, regulate sub-health, and improve sleep. 3 courses help with back thinning, define back line, strengthen viscera function, improve digestion, detoxification and metabolism, (a period of treatment is to reduce size, two courses is to strengthen effect, three courses help with consolidation and avoid rebound.)

## Shaping Buttocks: 60 min, once/week

RF Energy:  
30%-80%

40K Energy:  
30%-80%

Mode:  
Consecutive

Lipo Laser  
Energy:  
30%-80%

Essential oil+  
Gel+  
Towel+  
YH-5402S

Standing on the side, accumulate oil on hands and then slide to the waist and then lift up along the hips from the waist, 3 times (this is to caress the treatment area.)

2. Repeatedly push ba liao zone with two thumbs.

3. Caress the treatment area for 3 times and then point: "shenyu", "ba liao", "chang qiang", "huan tiao" and "cheng fu", 3 times.

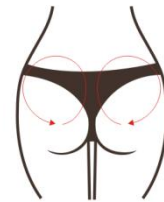
4. Caress the treatment area, 3 times.

5. First left, then right, with both hands extending from the root of the thigh from bottom to top -- bladder tendon -- kidney -- liver -- gallbladder -- vein, 3 times each.

6. Both hands follow from the root of thigh from bottom to top -- bladder channel, kidney channel, liver channel and gallbladder channel to the vein, 3 times each.

7. Overlap both palms and

Technique1,4,10



Technique2



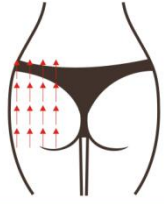
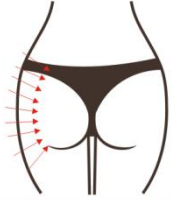

Technique3



Technique5,12,15



Technique6

	<p>push up together from thigh root to pulse (ascension) ,3 to 5 times.</p> <p>8. Push your hands from bottom to top from both sides of your hips to the top of your hips, 3 times.</p> <p>9. Repeat the previous operation.</p> <p>10. Caress the treatment area.</p> <p>11. The technique on the other side is the same as above.</p> <p>12. RF operation: Lift from the thigh root to the vein line by line, 3 times.</p> <p>13. Lift 3 times from bottom to top on both sides of the buttocks to the highest point of the buttocks.</p> <p>14. Circle your hips, 3 to 5 times.</p> <p>15. Lift 3 times from thigh root to vein.</p> <p>16. Lift from bottom to top on both sides of the buttocks to the highest point of the buttocks, 3 times.</p> <p>17. The technique on the other side is the same as above.</p> <p>18. Apply gel evenly on buttocks.</p> <p>19.Repeat the same techniques with 40K operation.</p> <p>20. Lipo laer operation: Fixate the laser paddles on the fat part of the buttocks. Wait for 20 min.</p> <p>21. Take off the paddle and clean buttocks with hot towel.</p>	 <hr/> <p>Technique8,13,16</p>  <hr/> <p>Technique14</p>  <hr/>
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**Suggested Treatment:**

10 times account for a full course. After one treatment, buttocks feel lifted and heated. After a course, hip curve starts to show, excess fat slowly disappears, skin becomes tight. 3 courses help improve gynecological problems like cold body and cold uterus. Menstruation returns to normal. It helps consolidate the effect and increase the female sex appeal.

**Shaping Legs: 70 min, once/week**

Vacuum&RF

Energy:  
30%-80%

Suction:  
0.3-1.0

Release:  
0-0.5

Mode:  
M1

40K Energy:  
30%-80%

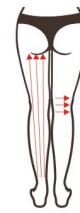
Mode:  
Consecutive

Lipo Laser  
Energy:  
30%-80%

Essential oil  
(Massage  
cream)+  
Gel+  
Towel+  
YH-5402S

1. Rear leg, left-right order: apply and rub oil in from calf to thigh to heel, 3 times.
2. Alternately push the entire leg from bottom to top and wrap back into the heel, 3 times
3. Move hands upwards to four main collateral channels(panguangjin-shen jin-ganjin-danjin) with fingers spread and hukou pointing upwards.
4. Push hands alternately to popliteal fossa, 3 times.
5. Twist both hands upwards alternately as if twisting a fired dough, 3 times.
6. Caress the treatment area, 3 times.
7. Push four main collateral channels upwards with kneeling fingers of both hands, 3 times.
8. Caress the treatment area, 3 times.
9. Do the same on the other side.
10. Apply gel evenly on treatment area, 1 min.
11. 40K operation: move the device from popliteal fossa to

Technique1,2,3,4,6,7,  
8



Technique5



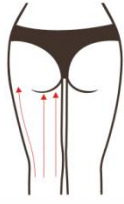

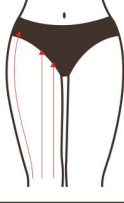

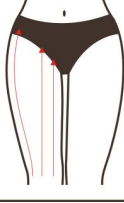

Technique11,13

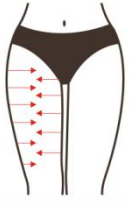


Technique12



Technique14,16

		<p>pangguangjin-shenjin-ganjin-danjin, 3 times.</p> <p>12. Move the device in circular motion on calf, 3 times.</p> <p>13. Move the device upwards to popliteal fossa and caress the treatment area with hands, 3 times.</p> <p>14. Push from popliteal fossa tracing 4 main collateral channels to the end of thigh, 3 times.</p> <p>15. Move the device in circular motion from popliteal fossa to the end of thigh, 3 times.</p> <p>16. Push from popliteal fossa tracing main collateral channels to the end of thigh, 3 times.</p> <p>17. Clean the treatment area with hot towel.</p> <p>18. Apply essential oil evenly on treatment area.</p> <p>19. Repeat the same techniques with vacuum&amp;RF operation.</p> <p>20. Do the same on the other side.</p> <p>21. Lipo laer operation: Fixate the laser paddles on the fat part of the legs. Wait for 20 min.</p> <p>22. Take off the paddles and clean the legs with hot towel.</p> <p>23. Foreleg: rub oil with both hands from heel to the thigh root (namely to caress the treatment area), 3 times.</p> <p>24. Alternately push the entire leg from bottom to</p>	 <p>Technique15</p>  <p>Technique23,24,25,26,28</p>  <p>Technique29,33</p>  <p>Technique30,34</p>  <p>Technique31</p>  <p>Technique32</p>
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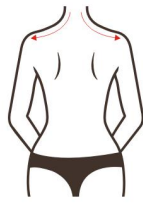
	<p>top and wrap back into the heel, 3 times</p> <p>25. Move hands upwards to four main collateral channels(pijing-weijing-ganji ng-danjing) with fingers spread and hukou pointing upwards, 3 times.</p> <p>26. Push four main collateral channels upwards with kneeling fingers of both hands, 3 times.</p> <p>27. Apply gel evenly on treatment area, 1min.</p> <p>28. 40K operation: Lift the device towards knee while tracing 3 collaterals, 3 times(start from thigh if there's not enough unwanted fat on calf.)</p> <p>29. Move the device on two sides of calf in annular motion, 3 times(start from thigh if there's not enough unwanted fat on calf.)</p> <p>30. Lift the device from knee to thigh root in lines, 3 times.</p> <p>31. Move the device in small circles on thigh, 3 times.</p> <p>32. Coupled with hand, lift from 2 sides of leg to the middle, 3 times.</p> <p>33. Lift the device from knee to thigh root in annular motion, 3 times.</p> <p>34. Lift the device from knee to thigh root in lines, 3 times.</p> <p>35. Clean the treatment area with hot towel.</p> <p>36. Apply essential oil evenly on treatment area.</p>	
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		<p>37. Repeat the same techniques with vacuum&amp;RF operation.</p> <p>38. Do the same on the other side.</p> <p>39. Lipo laer operation: Fixate the laser paddles on the fat part of the legs. Wait for 20 min.</p> <p>40. Take off the paddles and clean the legs with hot towel.</p>	
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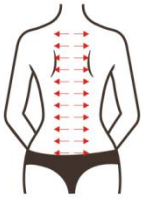
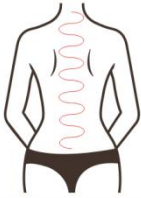
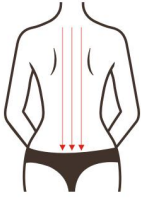
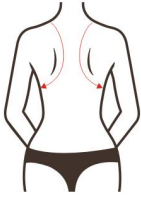

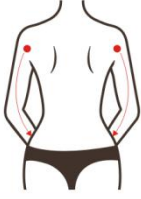
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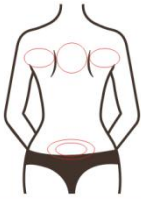
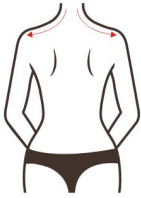
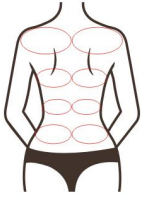


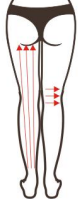
10 treatments account for a full course. After one treatment, leg is relaxed, and circulation is accelerated. After a course of treatment, leg becomes thin, skin collagen tissue experience contraction due to heat effect, and tightening effect can obviously be felt on the skin. After 2 courses, leg is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




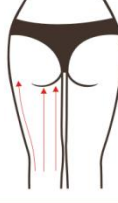


**Body-Sculpting&Slimming: 180 min, once/week**

<p>Body RF Energy: 30%-80%</p> <p>Mode: PRO</p> <p>Vacuum&amp;RF Energy: 30%-80%</p> <p>Suction: 0.3-1.0</p> <p>Release: 0-0.5</p> <p>Mode: M1</p>	<p>Essential oil (Massage cream)+ Gel+ Towel+ YH-5402S</p>	<p><b>Back</b></p> <ol style="list-style-type: none"> <li>1. Apply oil on back and press Fengchi and fengfu points.</li> <li>2. (Starting from hairline) stroke badanjin with thumb, 3-5 times.</li> <li>3. Move thumb outwards from pangguangjin to baliao area and then to fengchi and fengfu point.</li> <li>4. Starting from neck to caudal vertebra, move hands in S-shape, 3 times.</li> <li>5. Push pangguangjin with thumb in left-right order, 3 times.</li> <li>6. Push pangguangjin to baliao area with both thumbs, at the same time, 3</li> </ol>	<p>Technique1,10</p>  <hr/> <p>Technique2</p>  <hr/> <p>Technique3</p>
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<p>40K Energy: 30%-80%</p> <p>Mode: Consecutive</p> <p>Lipo Laser Energy: 30%-80%</p>	<p>times.</p> <p>7. Push pangguangjin in three kneeling fingers, 3 times.</p> <p>8. Push scapula slot with both hands alternately in left-right order, 3-6 times.</p> <p>9. Push scapula slot with both hands horizontally, 3-6 times.</p> <p>10. Caress the back with both hands and push fengchi and fengfu points, 3 times.</p> <p>11. Overlap both thumbs and push tianzong point and slide to the arm, 3 times.</p> <p>12. Repeat the previous action on another arm, 3 times.</p> <p>13. Rub on dumai and pangguangjing until they turn hot.</p> <p>14. RF Operation: Starting from dumai to pangguangjin, move the device from neck to baliao area, 3-5 times.</p> <p>15. Move the device in circles on dazhui point, and baliao area, 3-5 times respectively.</p> <p>16. From dabanjin to neck, move the device back and forth, 3-5 times.</p> <p>17. Lift the device on scapula slot in left-right order, 3-5 times.</p> <p>18. Move the device horizontally as if writing an "8" number to baliao area, 3 times.</p> <p>19. Move the device upwards in annular motion</p>	 <p>Technique4</p>  <p>Technique5,6,7,13,14,</p>  <p>Technique8,17</p>  <p>Technique9</p>  <p>Technique11,12</p>  <p>Technique15</p>
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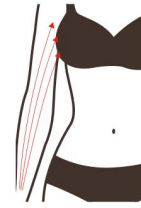
		<p>to armpit in left-right order on both sides, 3 times.</p> <p>20. Lift from sides of waist upwards to armpit, 3-5 times.</p> <p>21. Repeat the same techniques with vacuum&amp;RF treatment.</p> <p>22. Lipo laser operation: Fixate the laser paddles on the fat part of the back. Wait for 20 min.</p> <p>23. Take off the paddles and clean the back with hot towel.</p> <p>24. The end of back treatment.</p> <p><b>Legs</b></p> <p>25. Leg massage: follow left-right order, apply and rub oil in from calf to thigh to heel, 3 times.</p> <p>26. Alternately push the entire leg from bottom to top and wrap back into the heel, 3 times</p> <p>27. Move hands upwards to four main collateral channels(panguangjin-shen jin-ganjin-danjin) with fingers spread and hukou pointing upwards.</p> <p>28. Push hands alternately to popliteal fossa, 3 times.</p> <p>29. Twist both hands upwards alternately as if twisting a fired dough, 3 times.</p> <p>30. Caress the treatment area, 3 times.</p> <p>31. Push four main collateral channels upwards with kneeling fingers of both</p>	 <hr/> <p>Technique16</p>  <hr/> <p>Technique18</p>  <hr/> <p>Technique19</p>  <hr/> <p>Technique20</p>  <hr/> <p>Technique25,26,27,28,30,31,32</p>  <hr/> <p>Technique29</p>
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	<p>hands, 3 times.</p> <p>32. Caress the treatment area, 3 times.</p> <p>33. Do the same on the other side.</p> <p>34. Apply gel evenly on treatment area, 1 min.</p> <p>35. 40K operation: move the device from popliteal fossa to pangguangjin-shenjin-ganjin-danjin, 3 times.</p> <p>36. Move the device in circular motion on calf, 3 times.</p> <p>37. Move the device upwards to popliteal fossa and caress the treatment area with hands, 3 times.</p> <p>38. Push from popliteal fossa tracing 4 main collateral channels to the end of thigh, 3 times.</p> <p>39. Move the device in circular motion from popliteal fossa to the end of thigh, 3 times.</p> <p>40. Push from popliteal fossa tracing main collateral channels to the end of thigh, 3 times.</p> <p>41. Clean the treatment area with hot towel.</p> <p>42. Apply essential oil evenly on treatment area.</p> <p>43. Repeat the same techniques with vacuum&amp;RF operation.</p> <p>44. Do the same on the other side.</p> <p>45. Lipo laer operation: Fixate the laser paddles on the fat part of the legs. Wait for 20 min.</p>	 <hr/> <p>Technique35,37</p>  <hr/> <p>Technique36</p>  <hr/> <p>Technique38,40</p>  <hr/> <p>Technique39</p>  <hr/> <p>Technique48</p>  <hr/> <p>Technique49,50,51,52,53</p>
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46. Take off the paddles and clean the legs with hot towel.  
 47. The end of leg treatment.

**Arms**

48. Left-right order: lay the arm flatwise, apply and rub oil in from lower arm to the entire arm and slide to the fingers, 3 times.  
 49. Push the entire arm with both palms, 3 times.  
 50. Push hands upwards tracing three main collateral channels(dachangjing-sanjiaojing-xiaochangjing) to armpits with fingers spread and hukou pointing upwards, 3 times.  
 51. Caress the treatment area, 3 times.  
 52. Trace and rub three main collateral channels on arms with kneeling finger back and forth till them turn hot, 3 times.  
 53. Caress the treatment area, 3 times.  
 54. Lay inner arm upwards, and push hands tracing three yin channel on inner arm(feijing-xinbaojing-xinjing) to armpit, with hukou pointing upwards, 3 times respectively.  
 55. Rub three channels back and forth with kneeling fingers, 3 times.  
 56. Caress the treatment area and slide to fingers.  
 57. The end of massage techniques.



Technique54



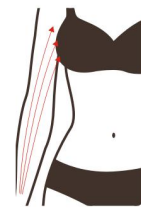
Technique55,63,65



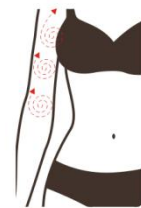
Technique56



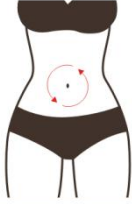
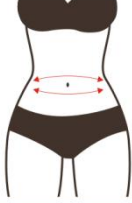
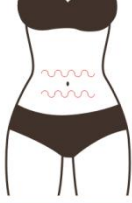
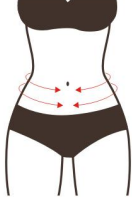


Technique59,62



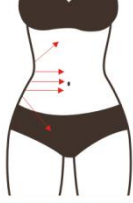


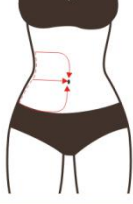



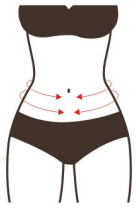
Technique60,61,64



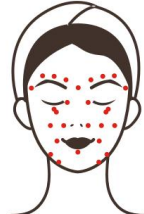




Technique72,78,81

		<p>58. Do the same on the other side.</p> <p>59. RF device operation: lay arms flatwise and start from fat part of lower arm, tracing three channels to armpit, 3 times.</p> <p>60. Move the device in annular motion, tracing three channels to armpit, 3 times.</p> <p>61. You may double the operation on flabby arms, 3 times.</p> <p>62. Trace three channels to armpit, 3 times.</p> <p>63. Lay inner arm flatwise and push three channels on upper arm to armpit, 3 times.</p> <p>64. Trace three channels on upper arm and move the device in circles to armpit, 3 times.</p> <p>65. Trace three channels from upper arm to armpit.</p> <p>66. Apply gel evenly on arms, 1 min.</p> <p>67. Repeat the same techniques with 40Koperation.</p> <p>68. Lipo laser operation: Fixate the laser paddle on the fat part of the arms. Wait for 20 min.</p> <p>69. Remove the paddles and clean arm with hot towel.</p> <p>70. Do the same on the other side.</p> <p>71. The end of arm treatment.</p> <p><b>Abdomen</b></p>	 <p>Technique73</p>  <p>Technique74</p>  <p>Technique75</p>  <p>Technique76</p>  <p>Technique77</p>  <p>Technique79</p>
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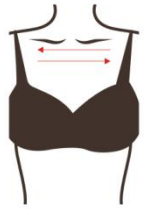
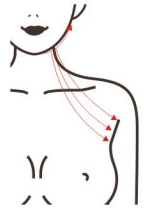
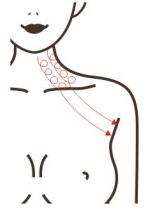
		<p>72. Apply and rub oil on abdomen with hands, 3 times.</p> <p>73. Rub stomach back and forth with both hands, 3-5 times.</p> <p>74. Knead abdomen with both hands using chiropractic techniques, 3 times.</p> <p>75. Lift daimai on both sides of waist with both hands alternately, 16 times.</p> <p>76. Move hands as if writing an "8" number on waist, 3 times.</p> <p>77. Overlap hands and message the intestinal canal clockwise, 3 times.</p> <p>78. Move hands in circular motion and caress the treatment area, 3 times.</p> <p>79. Push on the following acupoints: shangwan zhongwan xiawan shenque qihai guanyuan zhongji tianshu dasheng qugu, 2 times.</p> <p>80. Starting from zhongji point, push both thumbs to belly navel, slide them to waist and the lift upwards to groin, 3 times.</p> <p>81. Caress the treatment area with hands and slide to groin.</p> <p>82. Apply gel evenly on abdomen, 1 min.</p> <p>83. 40K operation: starting from one side of the waist, lift the device to abdomen and groin, 3 times.</p> <p>84. Lift the other side with the same technique, 3</p>	 <p>Technique80</p>  <p>Technique83</p>  <p>Technique85</p>  <p>Technique86</p>  <p>Technique87</p>  <p>Technique88</p>
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	<p>times.</p> <p>85. Move the device on abdomen in small circular motions, 3 times.</p> <p>86. Move the device on abdomen in big circular motions, 3 times.</p> <p>87. Move the probe in figure 8 on waists, 3-5 times.</p> <p>88. Move the device on waist and abdomen vertically back and forth, 3-5 times.</p> <p>89. Coupled with hand to lift daimai on sides of the waists, 16 min.</p> <p>90. Clean waist and abdomen with hot towel, 2 min.</p> <p>91. Apply essential oil evenly on abdomen and waist, 1 min.</p> <p>92. Repeat the same techniques with vacuum&amp;RF operation.</p> <p>93. Lipo laser operation: fixate the laser paddle on the waist and abdomen. Wait for 20 min or so.</p> <p>94. Take off the paddles and clean abdomen with hot towel.</p> <p>95. The end of abdomen treatment.</p>	 <hr/> <p>Technique89</p>  <hr/>
<p><b>Suggested Treatment:</b>  10 times account for a full course of treatment. After one treatment, your body will feel relaxed, blood circulation boosted, and skin tightened. After a course you will see less fat on different parts of the body, collagen regenerated, and firm skin. After 2 courses fat reduces, and curve lines begin to show. 3 courses will help with enhance the effects and shape up, and S curve will appear.</p>		



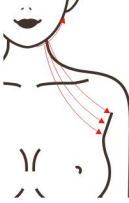
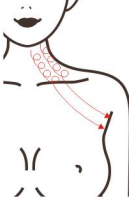


## Overall Facial Care: 100 minutes, once/week

<p>Face RF Energy: 30%-80%</p> <p>Eye RF Energy: 30%-80%</p> <p>BIO RF Energy: 30%-80%</p>	<p>Makeup remover oil+ Cleanser+ Massage cream+ Essence+ Facial mask+ YH-5402S</p>	<ol style="list-style-type: none"> <li>1. Remove makeups and cleanse face and neck, 5 min.</li> <li>2. Apply toner, 1 min.</li> <li>3. Apply cleaning mask+hot steam, 10 min.</li> <li>4. Remove the mask and clean, 3 min.</li> <li>5. Apply message cream evenly on face and caress, 3 times.</li> <li>6. Push the following acupoints (chengjiang point, renzhong point, dicang point, jiache point, yingxiang point, jingming point, cuanzhu point, yuyao point, sizhukong, tongziliao, temple, chengqi point, sibai point) , 3 times.</li> <li>7. Caress the whole face, 3 times.</li> <li>8. Alternate hands in lifting in three lines, from jaw to earlobe, mouth corner to ear gate, nose wing to temple, 3 times.</li> <li>9. Do the same on the other side.</li> <li>10. Brace skin towards hair line on forehead, 3 times.</li> <li>11. Move hands in circular motion on eyes and push temples, 3 times.</li> <li>12. Move middle and ring fingers horizontally below lower eyelids and slide to back of the ear, 3 times.</li> <li>13. Lift middle and ring fingers from inner eye</li> </ol>	<p>Technique6</p>  <hr/> <p>Technique8</p>  <hr/> <p>Technique10</p>  <hr/> <p>Technique11,16</p>  <hr/> <p>Technique12</p>  <hr/> <p>Technique13</p>
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		<p>corner to upper eyelids and slide to back of the ear, 3 times.</p> <p>14. Lift eye corners with “scissor” hand gesture, 3-5 times.</p> <p>15. Repeat the previous operation on the other side, 3 times.</p> <p>16. Move hands in circular motion on eyes and push temples, 3-5 times.</p> <p>17. Lift face using both hands as if playing musical instruments, 1 min.</p> <p>18. Move in figure Z on forehead with middle and ring fingers and slide from front of the ear to the back back and forth, 3 times.</p> <p>19. Neck massage: apply and rub oil on the chest with both hands to the back of the neck and point to feng chi and feng fu acupoint, 3 times.</p> <p>20. Alternately lift the lower jaw and double chin to pass behind the ear and under the armpit, 3 times.</p> <p>21. Push downwards with hand spread and hukou pointing down, tracing 3 meridian channels from the neck side to the armpit, 3 times.</p> <p>22. Push downwards with 4 fingers, tracing 3 meridian channels from neck side to the armpit, 3 times.</p> <p>23. Push downwards with kneeling fingers till the neck turns hot and slide to the armpit, 3 times.</p>	 <hr/> <p>Technique14</p>  <hr/> <p>Technique18</p>  <hr/> <p>Technique19</p>  <hr/> <p>Technique20</p>  <hr/> <p>Technique21,22,23</p>  <hr/> <p>Technique24</p>
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		<p>24. Push downwards with hand spread and hukou pointing down from external collarbone to armpit, 3-5 times.</p> <p>25. Alternate hands in lifting the neck skin, 3 times.</p> <p>26. Do the same on the other side.</p> <p>27. Clean face and neck, 3 min.</p> <p>28. Apply (anti-wrinkle) essence evenly on face and neck, 1 min.</p> <p>29. Face RF operation: move the probe from chin to earlobe, mouth corner to ear gate, nose wing to temple in circles, 3 times.</p> <p>30. Combined with hand, move from temple to earlobe, mouth corner to ear gate, nose wing to mouth corner to lift the treatment area, 3 times.</p> <p>31. Combined with hand, lift the probe towards hairline on forehead, 3 times.</p> <p>32. Do the same on the other side.</p> <p>33. Repeat the same techniques with BIO operation.</p> <p>34. Apply (anti-aging) essence evenly around eyes, 1 min.</p> <p>35. Eye RF operation: move the probe beneath lower eyelid in small circles and move all the way till the temple, 3-5 times.</p> <p>36. Combined with hand, move the probe from lower</p>	 <hr/> <p>Technique25</p>  <hr/> <p>Technique29</p>  <hr/> <p>Technique30</p>  <hr/> <p>Technique31</p>  <hr/> <p>Technique35</p>  <hr/> <p>Technique36,38</p>
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		<p>eyelid to temple to lift the treatment area, 3-5 times.</p> <p>37. Lift from the beginning of the eyebrows to the end, 3-5 times.</p> <p>38. Combined with hand, move the probe to lift the corner of the eyes towards the hairline, 3-5 times.</p> <p>39. Do the same on the other side.</p> <p>40. Repeat the same techniques with BIO operation.</p> <p>41. Apply (anti-aging ) essence evenly on the neck, 1 min.</p> <p>42. Neck RF operation: coupled with hand massage, lift double chin to pass behind the ear and under the armpit, 3 times.</p> <p>43. Move the device in circles on one side of neck to pass under armpit, 3 times.</p> <p>44. Slide the device from external clavicle to the armpit, 3-5 times.</p> <p>45. Move the device in circles on the whole neck area, 3 times.</p> <p>46. Coupled with hand, lift neck in lines, 3-5 times.</p> <p>47. Do the same on the other side.</p> <p>48. Repeat the same techniques with BIO operation.</p> <p>49. Apply facial mask, eye mask and neck neck (at the same time), 15 min.</p> <p>50. Remove masks and clean face and neck area, 3</p>	 <p>Technique37</p>  <p>Technique42</p>  <p>Technique43</p>  <p>Technique45</p>  <p>Technique46</p> 
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		min. 51. Apply toner, essence, cream, eye cream, neck cream and sunscreen.	
<b>Suggested Treatment:</b> Ten treatments account for one full course. After one treatment, the skin will be firm, tender, delicate and smooth, and it accelerate the blood circulation and lymph circulation of the neck. After one course, it lightens fine lines, neck lines and brightens the skin. After two courses, the overall skin is smooth, firm and elastic, and the double chin is improved. Three courses help prevent and delay skin aging, relaxation and sagging, and restore skin to its youthful state.			