

# User Manual

## YH-5501



# Preface

Dear users:

We're pleased to present to you our 5-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 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 to 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. Combined with effective fat dissolving of lipo laser pads, 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. 5-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. Unevenness, bleed, swelling and stasis will not appear after treatment.
10. RF and ultrasonic probes release red LED energy, which serves to dissolve fat, massage, accelerate metabolism and reduce inflammation and kill bacteria so as to bring much more effective results and higher comfort level.

## Facial Anti-aging

### Working Principle

#### Face RF

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

### **Biological Effect**

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

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

### **Effects**

1. Shrink pores, improve pore sizing.
2. Stimulate collagen regeneration and increase skin elasticity.
3. Improve skin sagging, laxity and lessen wrinkles.
4. Refine skin. Improve coarse and dull skin.
5. Help your skin absorb nutrients deeply.
6. Accelerate the circulation and metabolism at the bottom of the skin, create healthy skin.

### **Applicable Range**

1. Those with facial dullness and skin discoloration.
2. Those with skin relaxation, sagging and inelasticity.
3. Those with indistinct facial contour.
4. Those with rough skin, large pores and excessive oil turnover.
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 who have recently received certain injections, such as hyaluronic acid, intradermal injection, or plastic surgery.
3. Those with hypertension, heart disease, diabetes, severe thyroid disease, malignant tumor and so on.
4. Those who have sensitive skin, or who are allergic to metals or having an allergic reaction.
5. Those with skin trauma or wound.
6. Those in menstruation, pregnancy, lactation, surgical recovery.
7. Those with skin diseases and infectious diseases.

## **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**

### **Working Principle**

#### **Eye RF**

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 skin and fine lines.

#### **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

## Working Principle

### Face RF

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.

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.

### 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 over aging.
6. Those who are pregnant or convalescents.



7. 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.

## Overall Facial Care

### Effects

1. Shrink pores and minimize large pores.
2. Stimulate collagen regeneration and increase skin elasticity.
3. Improve saggy, loose skin with wrinkles.
4. Refine skin, and improve coarse and dull skin.
5. Help lead in nutrition into skin hypodermis layer.
6. Fade crow's feet, wrinkles, fine lines around eyes and on neck.
7. Improve loose, coarse and dull neck skin.
8. Relieve eye fatigue, dark circles, under eye bags and edema.
9. Replenish skin around eyes with nutrients and moisturize skin.
10. Tighten and refine skin. Reduce double chin. Lift canthus.
11. Accelerate lymphatic drainage and improve facial skin quality.
12. Prevent neck and lymphatic diseases.
13. Fade pigmentation and accelerate blood circulation.
14. Accelerate metabolism and prevent hyperpigmentation.
15. Accelerate blood circulation around eyes and better products absorption.

### Applicable Range

1. Those with dull and sallow skin.
2. Those whose skin is flabby, saggy and inelastic.
3. Those with dry, dehydrated and malnourished skin.
4. Those with saggy skin and unclear jawline.
5. Those with neck fine lines and wrinkles, and visible double chin.
6. Those with skin aging due to long hours of working in front of computers.

7. Those with poor absorption and metabolism.
8. Those with crow's feet, fine lines and wrinkles around eyes.
9. Those with dry eyes, eyestrain, under eye bags and dark circles.
10. Those with dull and coarse neck skin.
11. Those who often stay in a dry or hot environment.
12. Those who often bow their heads.
13. Those with dark circles due to staying up late too often.

## **Inapplicable Range**

1. Those who have just undergone plastic surgery and micro 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 who recently experienced certain injections, such as hyaluronic acid, intradermal injection, wrinkle removal, or plastic surgery.
5. Those with skin trauma or wound.
6. Those who are sensitive to electric current.
7. Those in pregnancy, surgical recovery.
8. Those with skin diseases and infectious diseases.

## **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 keep your neck warm.
3. Double hydration and sunscreen on treated area.
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. It is recommended to apply facial mask + eye mask + neck mask at least 3 times a week.
7. Apply neck serum or cream.
8. Avoid head-bowing for long hours.

# **Shaping Waist & Abdomen**

## **Working Principles**

**RF&40K**

RF thermal effect engenders specific RF waves under skin surface, which travel through the epidermis layer and act directly on the dermis layer so that they heat up tissues, accelerate metabolism of subcutaneous fat, and stimulate collagen regeneration and reorganization of the elastic fibers. With the continuous regeneration and rearrangement of dermal collagen, loose skin can thus be lifted and firmed after treatment.

### **Biological Effect**

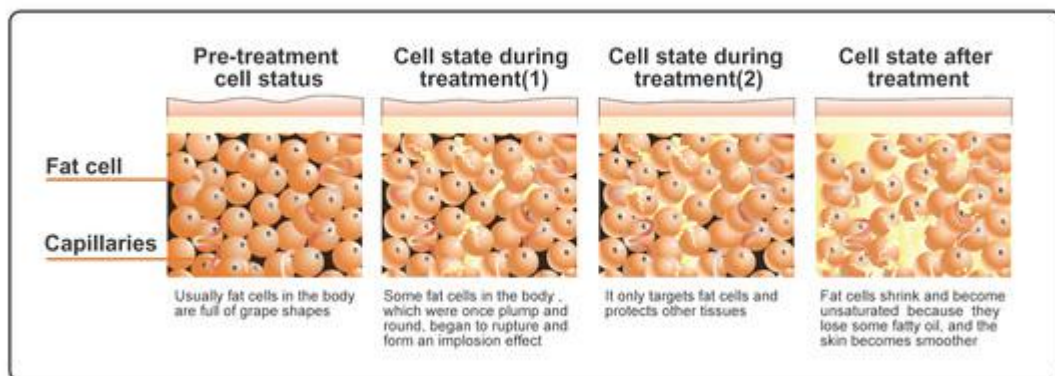
RF wave directly penetrates the skin and generates energy by the resistance action of the skin, which makes the temperature of the skin bottom rise, rapidly and continuously heats the tissue and promotes the growth of collagen in the skin. The principle is tightening collagen and stimulating the proliferation 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.

## **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.



## 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.
- (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.

## **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 and 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

### Working Principle

#### RF

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 improperly 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**

## **RF**

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.

### **RF&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.

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

### **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.

(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 flabby arms and thick arms.
4. Soothe and firm loose skin.
5. Accelerate blood circulation and dredge channels and collaterals.
6. Relieve sore arms.

### **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 pregnant and who are recovering from surgery.
6. 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 dredge channels and collaterals, and improve channels and collaterals blocking.
2. Increase blood circulation and metabolism.
3. Improve blood supply to the head and sleep.
4. Regulate the functions of viscera and strengthen the body.
5. Firm skin and prevent sagging.
6. 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 with sore shoulders, neck, lumbar region and back due to improper posture.

## 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 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. Make complexion ruddy, fade color spots and return to young state.
5. 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.

## 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.

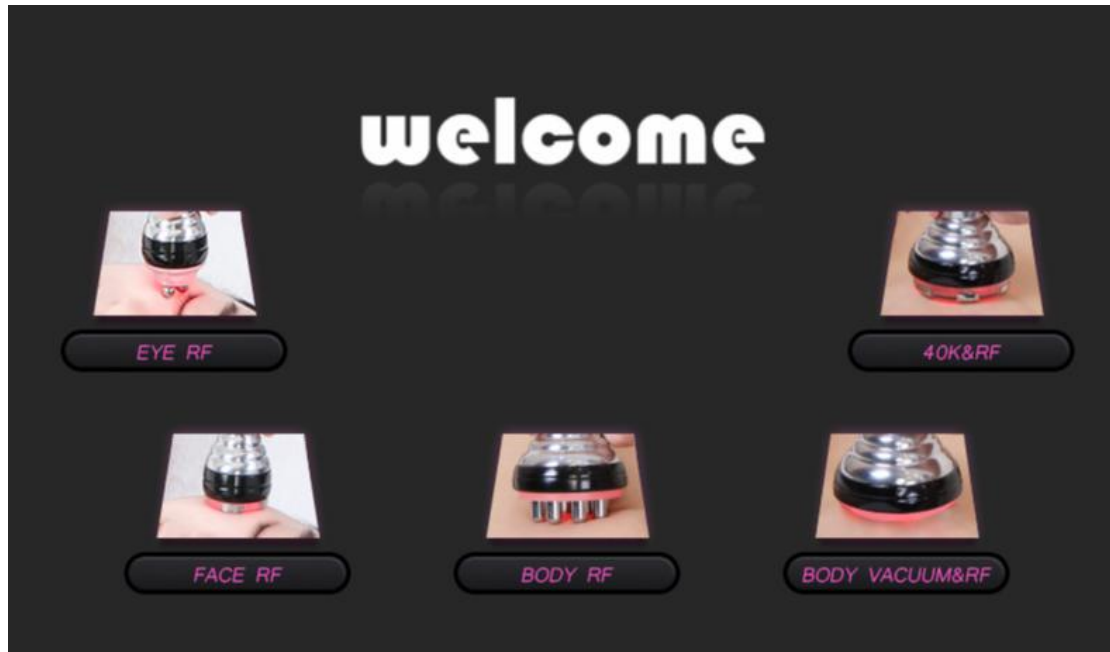
### Notes after Operation

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.

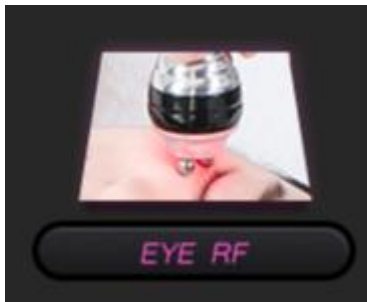
# Part II

## 1. Detailed Operation

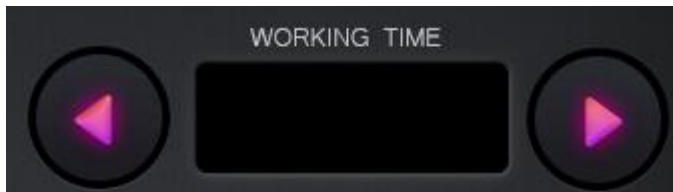
After checking that the instrument is connected properly, the following starting interface will appear when the power supply is turned on.



### 1.1 Detailed Operation: Eye RF

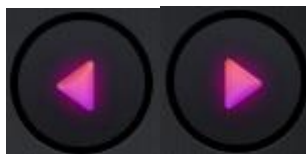


Click  to go to the interface below



Working Time

Working time ranges form 0-60 min. It is advised to set between 5-15 min.



Time +/-



RF Energy & Red LED

The energy level ranges from 0%-100%. It is advised to adjust from 20%-80%. Adjust based on one's own comfort level. Start from the lowest energy level and slowly increase after adaptation. Higher energy level, higher RF temperature.



RF Energy Level & Red LED Display



Energy +/-



RF Working Mode & Red LED

PRO is smart mode. RF slowly releases energy to the set level and red LED turns on after the probe comes into contact with skin; NOR is set mode. Energy reaches to the set level and red LED turns on immediately after clicking start.



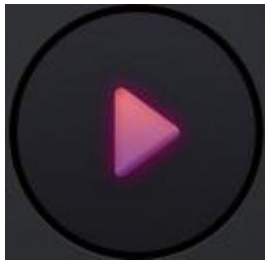
NOR is set mode. Energy reaches to the set level and red LED turns on immediately after clicking start. It is suitable for those that are in need of skin tightening and anti-aging and those who adapt well.



PRO is smart mode. RF slowly releases energy to the set level and red LED turns on after the probe comes into contact with skin. It is suitable for first-time users and those who are in need of reducing fine lines and delaying skin aging.



Red LED ON/OFF



Start/Pause



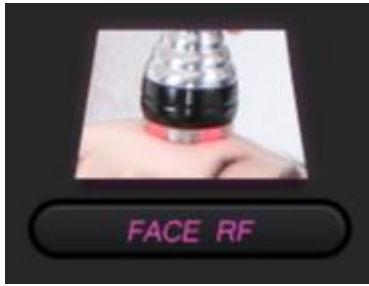
Restore



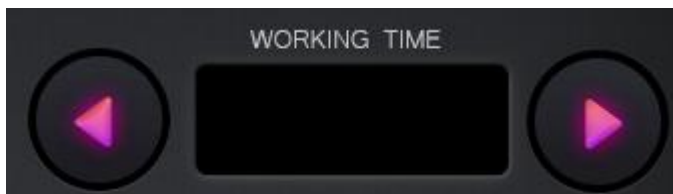
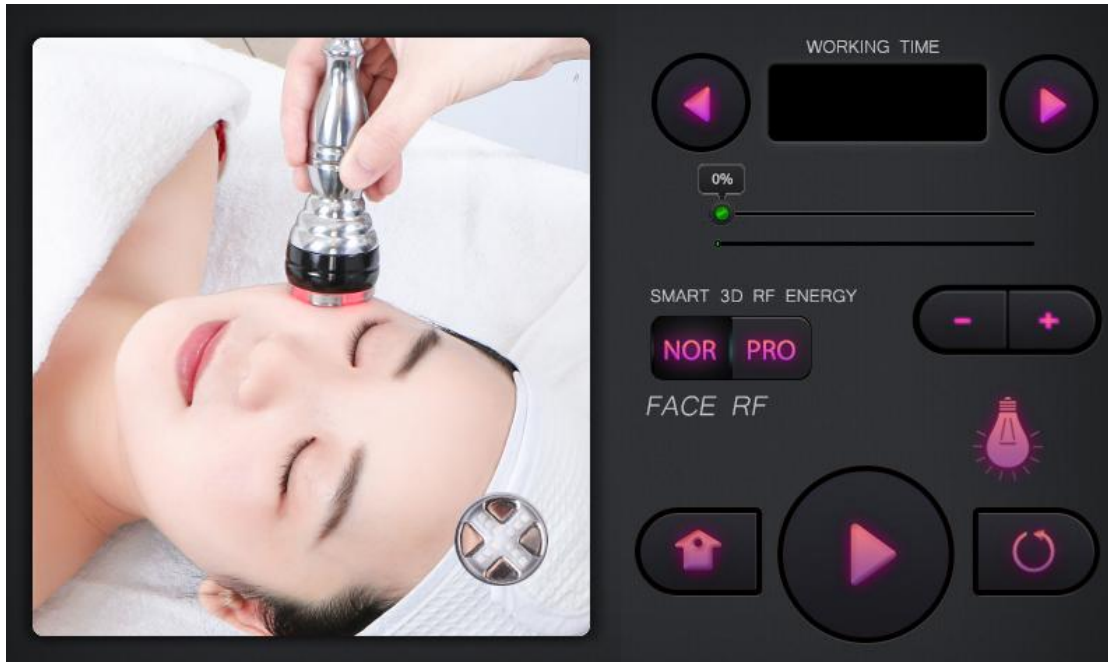
Home

## 1.2 Detailed Operation: Face RF



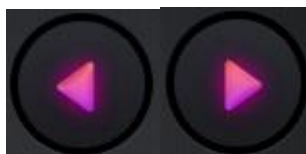


Click to go to the interface below



Working Time

Working time ranges form 0-60 min. It is advised to set between 5-15 min.



Time +/-



RF Energy & Red LED

The energy level ranges from 0%-100%. It is advised to adjust from 20%-80%. Adjust based on one's own comfort level. Start from the lowest energy level and slowly increase after adaptation. Higher energy level, higher RF temperature.



RF Energy Level & Red LED Display



Energy +/-



RF Working Mode & Red LED

PRO is smart mode. RF slowly releases energy to the set level and red LED turns on after the probe comes into contact with skin; NOR is set mode. Energy reaches to the set level and red LED turns on immediately after clicking start.



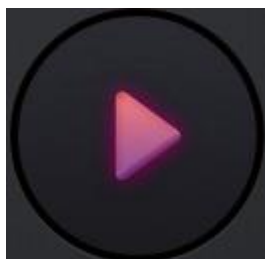
NOR is set mode. Energy reaches to the set level and red LED turns on immediately after clicking start. It is suitable for those that are in need of skin tightening and anti-aging and those who adapt well.



PRO is smart mode. RF slowly releases energy to the set level and red LED turns on after the probe comes into contact with skin. It is suitable for first-time users and those who are in need of reducing fine lines and delaying skin aging.



Red LED ON/OFF



Start/Pause



Restore

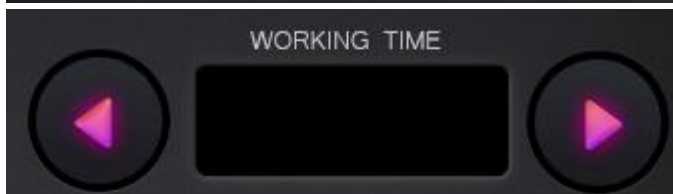


Home

### 1.3 Detailed Operation: Body RF

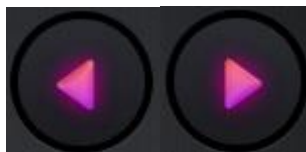


Click to go to the interface below



Working Time

Working time ranges from 0-60 min. It is advised to set between 10-20 min for each treatment site each session.



Time +/-



RF Energy & Red LED

The energy level ranges from 0%-100%. It is advised to adjust from 20%-80%. Adjust based on one's own comfort level. Start from the lowest energy level and slowly increase after adaptation. Higher energy level, higher RF temperature.



RF Energy Level & Red LED Display



Energy +/-



RF Working Mode & Red LED

PRO is smart mode. RF slowly releases energy to the set level and red LED turns on after the probe comes into contact with skin; NOR is set mode. Energy reaches to the set level and red LED turns on immediately after clicking start.



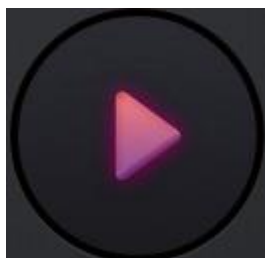
NOR is set mode. Energy reaches to the set level and red LED turns on immediately after clicking start. It is suitable for those that are in need of skin tightening and anti-aging and those who adapt well.



PRO is smart mode. RF slowly releases energy to the set level and red LED turns on after the probe comes into contact with skin. It is suitable for first-time users and those who are in need of reducing fine lines and delaying skin aging.



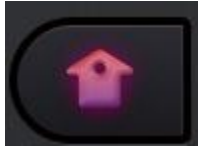
Red LED ON/OFF



Start/Pause

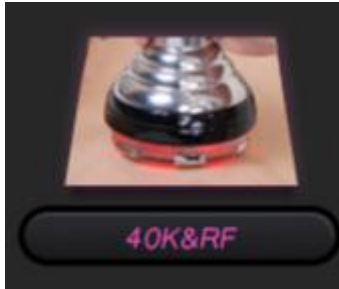


Restore

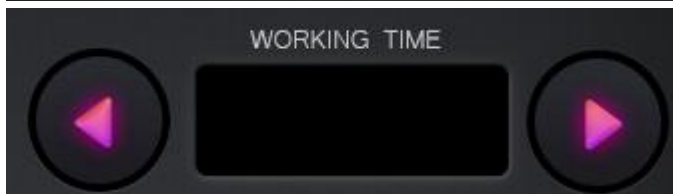
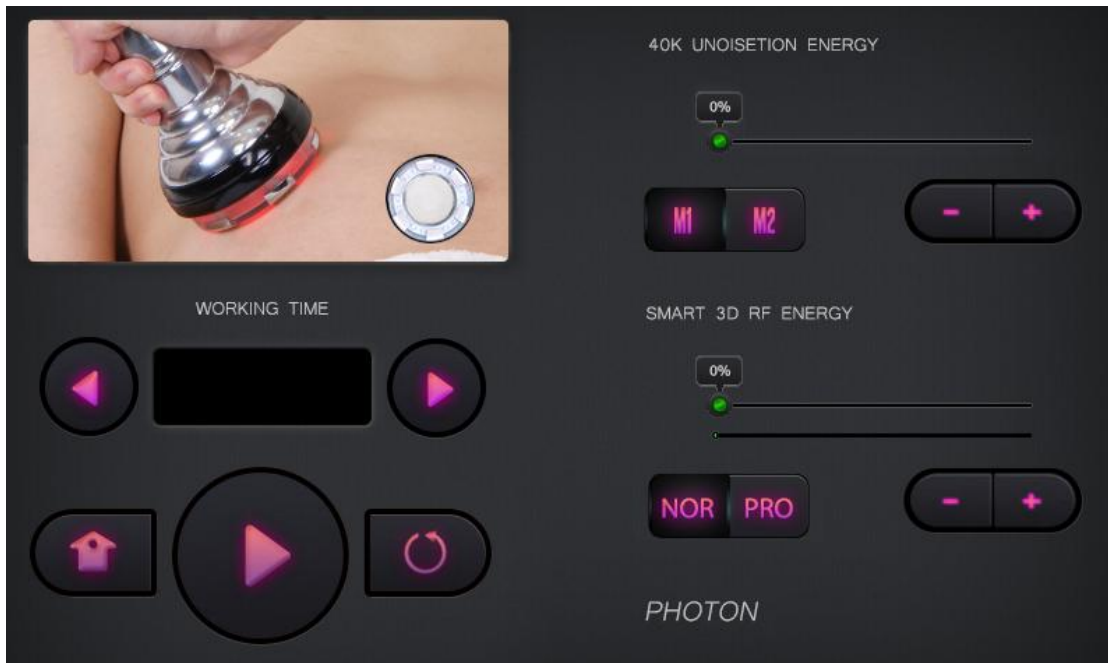


Home

### 1.4 Detailed Operation: 40K&RF

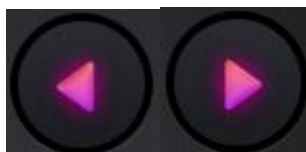


Click to go to the interface below



Working Time

Working time ranges from 0-60 min. It is advised to treat each site each time for 10-20 min each session.



Time +/-



40K Energy

Energy level ranges from 0-100%. It is advised to adjust between 20%-80%. Adjust based on one's own comfort level. Start from the lowest energy level for beginners. Higher energy level, louder the ringing in your ear gets.



40K Mode

Select the mode based on the fat thickness of the treatment site



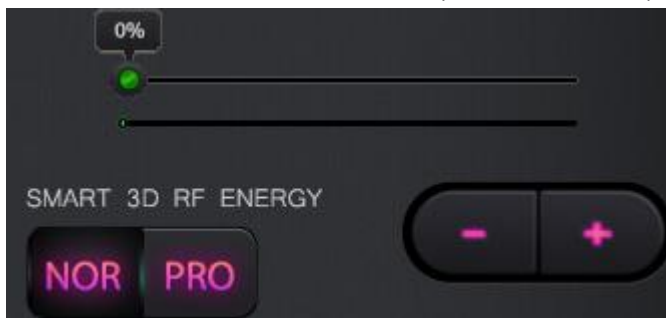
M1 - Consecutive Mode

Constant working mode is suitable for those with thick layers of fat and want to lose weight.



M2 - Intermittent Mode

Suitable for those with medium layers of fat and opt for body toning.

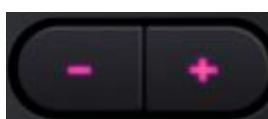


RF Energy & Red LED

The energy level ranges from 0%-100%. It is advised to adjust from 20%-80%. Adjust based on one's own comfort level. Start from the lowest energy level and slowly increase after adaptation. Higher energy level, higher RF temperature.



RF Energy Level & Red LED Display

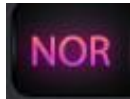


Energy +/-



RF Working Mode & Red LED

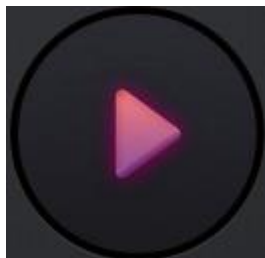
PRO is smart mode. RF slowly releases energy to the set level and red LED turns on after the probe comes into contact with skin; NOR is set mode. Energy reaches to the set level and red LED turns on immediately after clicking start.



NOR is set mode. Energy reaches to the set level and red LED turns on immediately after clicking start. It is suitable for those that are in need of skin tightening and anti-aging and those who adapt well.



PRO is smart mode. RF slowly releases energy to the set level and red LED turns on after the probe comes into contact with skin. It is suitable for first-time users.



Start/Pause



Restore



Home

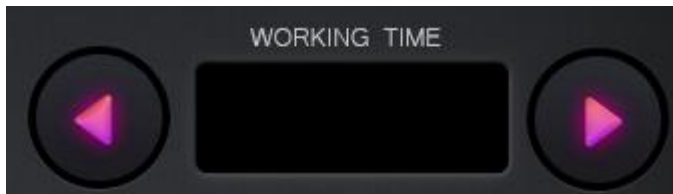
## 1.5 Detailed Operation: Body Vacuum&RF



Click

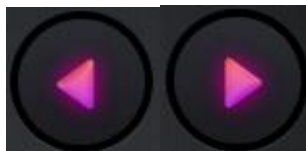
to go to the interface below



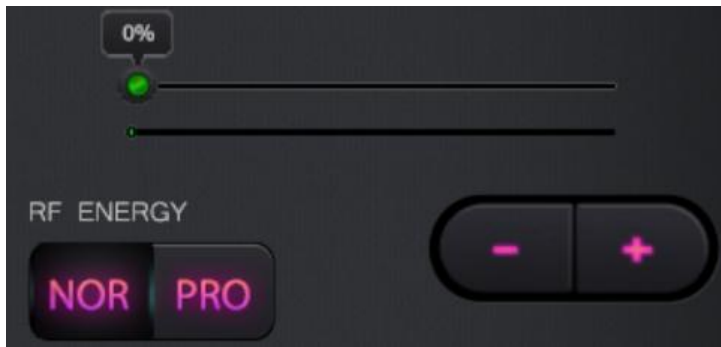


Working Time

Working time ranges from 0-60 min. It is advised to treat each site each time for 10-20 min each session.



Time +/-



RF Energy & Red LED

The energy level ranges from 0%-100%. It is advised to adjust from 20%-80%. Adjust based on one's own comfort level. Start from the lowest energy level and slowly increase after adaptation. Higher energy level, higher RF temperature.



RF Energy Level & Red LED Display





Energy +/-



RF Working Mode & Red LED

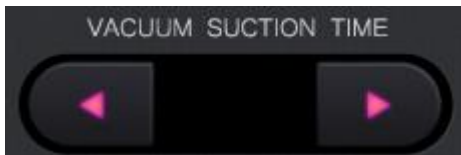
PRO is smart mode. RF slowly releases energy to the set level and red LED turns on after the probe comes into contact with skin; NOR is set mode. Energy reaches to the set level and red LED turns on immediately after clicking start.



NOR is set mode. Energy reaches to the set level and red LED turns on immediately after clicking start. It is suitable for those that are in need of skin tightening and anti-aging and those who adapt well.

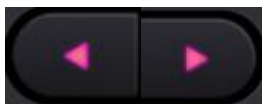


PRO is smart mode. RF slowly releases energy to the set level and red LED turns on after the probe comes into contact with skin. It is suitable for first-time users.



Vacuum Suction Time

It is advised to set the suction time between 0.3-1.0. Higher number means longer suction time.

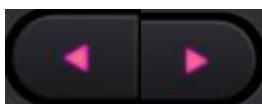


Suction Time +/-



Vacuum Release Time

Vacuum release time refers to the interval between suction and release. 0 is direct suction. Higher number means longer release time. Reference value is 0.1-0.8



Release Time +/-

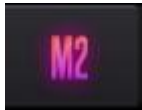


vacuum Mode

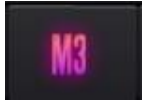


M1 is direct suction mode, suitable for those who opt for deep

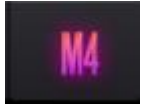
detoxification. Red or purple marks may appear after M1 mode treatment.



M2 is intermittent mode with a relatively small interval rate, suitable for those who opt for slight red or purple marks and detoxification through massage



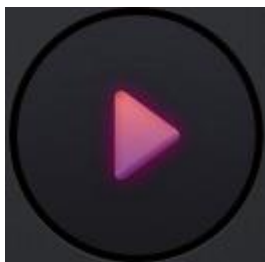
M3 is intermittent mode with a big interval rate, suitable for those who opt for slight red or purple marks and detoxification through massage



M4 is intermittent mode with relatively bigger interval rate, suitable for those who opt for accelerated circulation and detoxification through massage



M5 is intermittent mode with the biggest interval rate, suitable for those who opt for relaxation through massage



Start/Pause



Restore



Home



Vacuum Suction Tuning

Adjust based on one's own comfort level. High suction level, tighter it hold onto your skin.

## 2. Technical Parameters

Power supply Input:100V-240V

Power :180W

Cavitation RF Head  
Ultrasound Frequency: 35 - 40 Khz  
Ultrasound Power: 30 - 60 w/cm<sup>2</sup>

RF Frequency: 6 - 10 Mhz (Max.)  
RF Power: 100 J/cm<sup>3</sup>  
RF Output: Series / Pulse  
Pulse Re-cycle Time: 0.3S

Sextupolar Vacuum 3D SMART RF for body  
Power supply output:66V  
Frequency:3MHz  
Power:30W

Quadrupole 3D SMART RF head for Arm/face/small area of body  
Power supply output:66V  
Frequency:3MHz  
Power:30W

Bipolar 3D SMART RF for face and eyes  
Power supply output:66V  
Frequency:3MHz  
Power:30W

Red Wavelength:650 - 730 nm

### **3. Safety Precautions**

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

1. Those who are pregnant or lactating.
2. Those with heart disease or who are equipped with pacemaker.
3. Those whose wounds have not healed and who are recovering from the operation.
4. Those with epilepsy, severe diabetes and hyperthyroidism.
5. Those with malignant tumor, hemophilia or severe bleeding.
6. Those with skin diseases and infectious diseases.
7. Use with caution for those who are allergic to electric currents.
8. Do not use around implants of metal, plastic or silicon material.

## 4. Dos and Dont's

1. Detach the working heads or probes, clean with water and store properly in place after each session.
2. Use a grounding pin and make sure the power socket of the device is properly connected before each operation.
3. 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.
4. 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.
5. The device should not be placed in wet environment or near water, nor should they be directly exposed to sunlight.
6. Do not place the device near a strong heat source, because this may affect the life and normal use of the device.
7. Before treatment, please remove all metal objects from the body first, so as to avoid unexpected conditions and influence the curative effect.
8. Please restrain from using the device on eyes, thyroid, parathyroid, testicles, abdomen of pregnant women, and pacemakers.
9. Patients who are suffering from illness should consult with a doctor and gain permission from the doctor before using.
10. 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.
11. Use device or train device operators in strict accordance with instructions in the user manual.
12. 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.
13. 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.
14. When operating, the instrument should fully touch the skin to avoid uneven heat.
15. Start from the lowest energy level and slowly add up.
16. When using this device, the operating parts must be kept moist and dry skin should be avoided.
17. Clean the instrument with normal saline after operation to ensure its cleanliness and hygiene and prolong its service life.
18. Apply products of rich oil content to keep the treatment area moisturized.
19. Inform the customer in advance about the ringing in their ears before 40K treatment.
20. Do not use 40K probe on waist, back or breasts.
21. Don't stay at one place for over 3 seconds to avoid scald when using RF probes.
22. RF and 40K probes can be used alone or together for better effects.

## 5. Troubleshooting & Solutions

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

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

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

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

### 3. Weakened RF output?

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

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

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

## 6.FAQs

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

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

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

A: RF treatment falls under the category of non-surgery operation. It stimulates collagen regeneration at the skin bottom and boosts metabolism, therefore has no damage to the skin. Partial redness and fever is the normal phenomenon of

accelerated blood circulation, and will be resolved by oneself after a moment, so there's no need to worry.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

A: It's because ultrasound comes with a high frequency vibration, which could go up to 20kHz. It also goes deep into skin fat layers, which could go down to 20mm below epidermis. Highly intensifies ultrasound cause high speed friction among fat cells, resulting in them bursting and heating up, and eventually emulsified. And during the process, ultrasound can cause microvibration to the tissue that make us feel like as "tinnitus".

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

A: Collagen is a kind of biological macromolecule substance, a kind of white, opaque and non-branched fibrous protein. It can supplement the nutrition needed by all layers of the skin, enhance the collagen activity in the skin, lock moisture, nourish the skin, delay aging, beautify, relieve facial relaxation, provide nutrients for the hair and so on. Collagen is a nutrient that human body must replenish to delay aging. With the growth of age, collagen will gradually be lost. At the age of 20 , women have begun to age, collagen gradually decrease. At the age of 25, collagen loss reaches its peak. At the age of 40 , the content is less than half of which one has at age 18. It is the loss of

collagen and water that causes the wrinkles on the face of the elderly. The breakage of collagen fibers and elastic mesh will cause skin tissue to be oxidized, atrophied and collapsed. The skin will be dry, wrinkled, flabby and inelastic etc,. Therefore, in order to delay aging, collagen must be supplemented.

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

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

The evolution of breast cancer: breast milk residual , secretions, toxins -- nodules and blockages -- lobular hyperplasia, ductal hyperplasia, breast hyperplasia -- duct blockage and adhesion -- fibroma, breast cyst -- breast cancer.

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

A: Because it can help the body lymphatic system discharge poison, improve the gynaecological disease, and avoid harm brought by buttock blockage. Hip impassability surely bring about gynaecological issues. What's inside buttocks is pelvic cavity, bowel. It connects daimai, lumbar vertebra, sciatic nerve from above, uterus ovary, uterine adenexa in front, anus, vagina, inguinal lymphatic from below.

If suffering from squeeze of shangjiao and xiaojiao meridian channels, hip would be most vulnerable to cold, wet and blood stasis. When hip is affected by cold, it can cause meridian contraction of hips, dysmenorrhea, irregular menstruation, dark menstruation color , clot, deterred blood flow and meridian channels. It also affects fertility.

## **7. Packing List**

1 x Main Machine

1 x RF Cavitation 40K Head

1 x Sextupolar Vacuum 3D SMART RF for body

1 x Quadrupole 3D SMART RF for Arm/face/small area of body



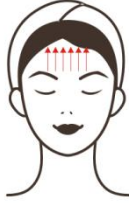
1 x Bipolar 3D SMART RF for face and eyes





1 x Holder











1 x Power Supply Cord ( Both 110v and 220v voltage (frequency: 50/60Hz) version are available. Also we stock the USA, UK, AU, EU plug to suit for the country all over the world.)

## 8. Operational Diagrams

Parameter Adjustment	Product	Techniques	Diagrams
<b>Facial Anti-aging: 60 min, once/week</b>			
RF Energy: 20%-80%  Mode: PRO	Makeup remover+ Cleanser+ Cleaning base mask+ Essence+ Sheet mask	<ol style="list-style-type: none"> <li>1. Remove makeup and cleanse face, 5 min.</li> <li>2. Apply toner, 2 min.</li> <li>3. Apply cleaning base mask, 10 min.</li> <li>4. Remove the mask and wash face clean, 2 min.</li> <li>5. Apply massage cream evenly on face and massage face, 3 times.</li> <li>6. Press on the following acupoints:              Chengjiang (Ren-24),              Renzhong (Du-26), Dicang (St-4), Jiache (St-6),              Yingxiang (LI-20), Jingming (BL-1), Cuanzhu (BL-2),              Yuyao (EM3), Sizhukong (TE-23), Tongziliao (Gb-1),              the Temple, Chengqi (St-1),              Sibai (St-2), 3 times.</li> <li>7. Massage the whole face, 3 times.</li> <li>8. Use both hands to lift face as if plucking the string, 20 times.</li> </ol>	<p>Technique6</p>  <hr/> <p>Technique12</p>  <hr/> <p>Technique13</p>  <hr/> <p>Technique16</p>

	<p>9. Alternate hands in lifting the face as if plucking the string on one side, 20 times.</p> <p>10. Do the same on the other side.</p> <p>11. Massage the entire face, 3 times.</p> <p>12. Alternate both hands to lift in 3 lines from chin to Yifeng (TE-17), corner of mouth to Tinggong (SI-19), nose wing to temple, 3 times.</p> <p>13. Lift towards hairlines on forehead, 3 times.</p> <p>14. Do the same on the other side.</p> <p>15. Massage the entire face, 3 times.</p> <p>16. Move in Z-shape on forehead and slide to the front of the ear back and forth for 3 times, then slide to the back of the ear.</p> <p>17. Clean face, 2 min.</p> <p>18. Apply (anti-aging) essence evenly all over the face, 1 min.</p> <p>19. <b>RF</b> Move the probe from jaw to earlobe, mouth corner to ear gate, nose wing to temple in circles, 3 times.</p> <p>20. Brace the skin with the probe; move from jaw to earlobe, mouth corner to ear gate, nose wing to temple to lift the treatment area, 3 times.</p> <p>21. Coupled with hand, move from jaw to earlobe, mouth corner to ear gate, nose wing to temple to lift the treatment area, 3 times.</p>	 <hr/> <p>Technique19</p>  <hr/> <p>Technique20,21</p>  <hr/> <p>Technique23,24</p>  <hr/>
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		<p>22. Do the same on the other side.</p> <p>23. Lift towards hairline on forehead, 3 times.</p> <p>24. Combined with hands to lift towards hairline on forehead, 3 times.</p> <p>25. Apply (hydrating) essence evenly all over the face, 1 min.</p> <p>26. Apply sheet mask, 15 min.</p> <p>27. Remove the mask and wash face clean, 3 min.</p> <p>28. Apply toner, lotion, 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>			
<p>RF Energy: 20%-80%</p> <p>Mode: NOR</p>	<p>Makeup remover+ Cleanser+ Toner+ Eye essence+ Eye masks</p>	<ol style="list-style-type: none"> <li>1. Remove makeup and clean face, 5 min.</li> <li>2. Apply toner, 1 min.</li> <li>3. Apply essence evenly around eyes and gently massage to rub it in, 1 min.</li> <li>4. Push the following acupoints: Jingming (BI-1), Cuanzhu (BI-2), Yuyao (EM3), Sizhukong (TE-23), the Temple, Tongziliao (Gb-1), Chengqi (St-1) using middle and ring fingers, 3 times.</li> <li>5. Move hands in circular motion around eyes and push temples, 3 times.</li> <li>6. Move middle and ring</li> </ol>	<p>Technique3,5,10</p>  <hr/> <p>Technique4</p>  <hr/> <p>Technique6</p>

		<p>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 around eyes and push temples, 3-5 times.</p> <p>11. <b>RF</b> Move the probe beneath lower eyelid in small circles and move all the way till the temple, 3-5 times.</p> <p>12. Combined with hand, move the probe from lower eyelid to temple to lift the treatment area, 3-5 times.</p> <p>13. Lift from the beginning of the eyebrows to the end, 3-5 times.</p> <p>14. Combined with hand, move the probe to lift the corner of the eyes towards the hairline, 3-5 times.</p> <p>15. Do the same on the other side.</p> <p>16. Apply eye masks, 15 min.</p> <p>17. Wash eyes and face clean, 2 min.</p> <p>18. Apply toner, facial essence, eye essence, cream and sunscreen.</p>	 <p>Technique7</p>  <p>Technique8</p>  <p>Technique11</p>  <p>Technique12,14</p>  <p>Technique13</p> 
<p><b>Suggested Treatment:</b> 10 treatments account for one full course. Once done, the eyes are lifted and</p>			

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 : 45 min, once/week

RF Energy:  
20%-80%

Mode: NOR

Makeup  
remover+  
Cleanser+  
Toner+  
Massage  
cream+  
Essence+  
Neck mask

1. Remove makeup and cleanse face, 5 min.
2. Apply toner, 1 min.
3. Neck massage: Apply and rub oil on the chest with both hands to the back of the neck and press Fengchi (Gb-20) and Fengfu (Du-16) acupoint, 3 times.
4. Alternately lift the lower jaw and double chin to pass behind the ear and under the armpit, 3 times.
5. Push downwards with hand spread and hukou pointing down, tracing 3 meridian channels from the neck side to the armpit, 3 times.
6. Push downwards with 4 fingers, tracing 3 meridian channels from neck side to the armpit, 3 times.
7. Push downwards with kneeling fingers till the neck turns hot and slide to the armpit, 3 times.
8. Push downwards with hand spread and hukou pointing down from external collarbone to armpit, 3-5 times.
9. Do the same on the other side.
10. Wash neck clean. 2 min.
11. Apply essence evenly on

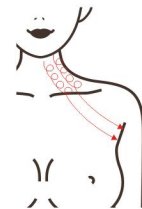
Technique3



Technique4



Technique5,6,7

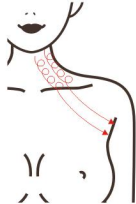
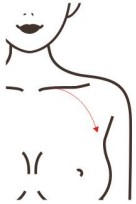










Technique8





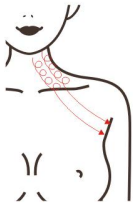



Technique12






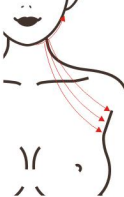


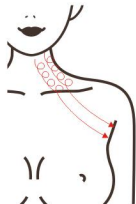
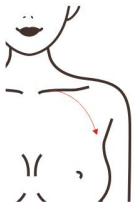


		<p>neck, 1 min.</p> <p>12. <b>RF</b> Coupled with hand massage, lift double chin to pass behind the ear and under the armpit, 3 times.</p> <p>13. Move the device in circles on one side of neck to pass under armpit, 3 times.</p> <p>14. Slide the device from internal and external clavicle to the armpit, 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 the entire neck in parallel lines, 3-5 times.</p> <p>17. Do the same on the other side.</p> <p>18. Clean the treated area, 2 min.</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>Technique13</p>  <hr/> <p>Technique14</p>  <hr/> <p>Technique15</p>  <hr/> <p>Technique16</p> 
<p><b>Suggested Treatment:</b></p> <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.</p>			
<p><b>Overall Facial Care: 70 minutes, once/week</b></p>			
<p>RF Energy: Eye: 20%-80%</p> <p>Mode: NOR</p>	<p>Makeup remover+ Cleanser+ Massage cream+</p>	<p>1. Remove makeup and cleanse face and neck, 5 min.</p> <p>2. Apply toner, 1 min.</p> <p>3. Apply cleaning base</p>	<p>Technique6</p>

<p>Face: 20%-80%</p> <p>Mode: PRO</p> <p>Neck: 20%-80%</p> <p>Mode: NOR</p>	<p>Essence+ Sheet mask</p>	<p>mask, 10 min.</p> <p>4. Remove the mask and wash face clean, 3 min.</p> <p><b>5. Face Massage</b></p> <p>Apply massage cream evenly on face and massage face, 3 times.</p> <p>6. Press on the following acupoints: Chengjiang (Ren-24), Renzhong (Du-26), Dicang (St-4), Jiache (St-6), Yingxiang (LI-20), Jingming (BL-1), Cuanzhu (BL-2), Yuyao (EM3), Sizhukong (TE-23), Tongziliao (Gb-1), the Temple, Chengqi (St-1), Sibai (St-2), 3 times.</p> <p>7. Massage the whole face, 3 times.</p> <p>8. Use both hands to lift face as if plucking the string, 20 times.</p> <p>9. Alternate hands in lifting the face as if plucking the string on one side, 20 times.</p> <p>10. Do the same on the other side.</p> <p>11. Massage the entire face, 1 time.</p> <p>12. Move hands in circular motion around eyes and massage, 3 times.</p> <p>13. Move middle and ring fingers horizontally below lower eyelids and slide to back of the ear, 3 times.</p> <p>14. Lift middle and ring fingers from inner eye corner to upper eyelids and slide to back of the ear, 3 times.</p> <p>15. Lift eye corners with "scissor" hand gesture, 3-5</p>	 <p>Technique12</p>  <p>Technique13</p>  <p>Technique14</p>  <p>Technique15</p>  <p>Technique17</p>  <p>Technique18</p>
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	<p>times.</p> <p>16. Repeat the previous operation on the other side.</p> <p>17. Alternate both hands to lift in 3 lines from chin to Yifeng (TE-17), corner of mouth to Tinggong (SI-19), nose wing to temple, 3 times.</p> <p>18. Lift towards hairlines on forehead, 3 times.</p> <p>19. Do the same on the other side.</p> <p>20. Massage the entire face, 3 times.</p> <p>21. Move in Z-shape on forehead and slide to the front of the ear back and forth for 3 times, then slide to the back of the ear.</p> <p><b>22. Neck Massage</b></p> <p>Apply and rub oil on the chest with both hands to the back of the neck and press Fengchi (Gb-20) and Fengfu (Du-16) acupoint, 3 times.</p> <p>23. Alternately lift the lower jaw and double chin to pass behind the ear and under the armpit, 3 times.</p> <p>24. Push downwards with hand spread and hukou pointing down, tracing 3 meridian channels from the neck side to the armpit, 3 times.</p> <p>25. Push downwards with 4 fingers, tracing 3 meridian channels from neck side to the armpit, 3 times.</p> <p>26. Push downwards with kneeling fingers till the neck turns hot and slide to the armpit, 3 times.</p>	 <hr/> <p>Technique21</p>  <hr/> <p>Technique22</p>  <hr/> <p>Technique23</p>  <hr/> <p>Technique24,25,26</p>  <hr/> <p>Technique31</p>  <hr/> <p>Technique32,34</p>
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		<p>27. Do the same on the other side.</p> <p>28. The end of massage session.</p> <p>29. Wash clean face and neck area, 3 min.</p> <p>30. Apply (anti-aging) essence evenly all over the face, 1 min.</p> <p>31. <b>Eye RF</b> Move the probe beneath lower eyelid in small circles and move all the way till the temple, 3-5 times.</p> <p>32. Combined with hand, move the probe from lower eyelid to temple to lift the treatment area, 3-5 times.</p> <p>33. Lift from the beginning of the eyebrow till the end, 3-5 times.</p> <p>34. Combined with hand, move the probe to lift the corner of the eyes towards the hairline, 3 times.</p> <p>35. Do the same on the other side.</p> <p>36. <b>Face RF</b> Move the probe from jaw to earlobe, mouth corner to ear gate, nose wing to temple in circles, 3 times.</p> <p>37. Brace the skin with the probe; move from jaw to earlobe, mouth corner to ear gate, nose wing to temple to lift the treatment area, 3 times.</p> <p>38. Coupled with hand, move from jaw to earlobe, mouth corner to ear gate, nose wing to temple to lift the treatment ares, 3 times.</p> <p>39. Do the same on the</p>	 <hr/> <p>Technique33</p>  <hr/> <p>Technique36</p>  <hr/> <p>Technique37,38</p>  <hr/> <p>Technique40,41</p>  <hr/> <p>Technique43</p>  <hr/> <p>Technique44</p>
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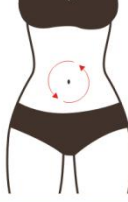
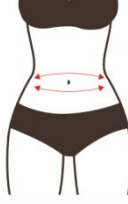



		<p>other side.</p> <p>40. Lift towards hairline on forehead, 3 times.</p> <p>41. Combined with hands to lift towards hairline on forehead, 3 times.</p> <p>42. Apply essence evenly on neck, 1 min.</p> <p>43. <b>Neck RF</b> Coupled with hand massage, lift double chin to pass behind the ear and under the armpit, 3 times.</p> <p>44. Move the device in circles on one side of neck to pass under armpit, 3 times.</p> <p>45. Slide the device from internal and external clavicle to the armpit, 3-5 times.</p> <p>46. Move the device in circles on the whole neck area, 3 times.</p> <p>47. Coupled with hand, lift the entire neck in parallel lines, 3-5 times.</p> <p>48. Do the same on the other side.</p> <p>49. Apply eye masks+face mask+neck mask (at the same time), 15 min.</p> <p>50. Remove the masks and wash face and neck.</p> <p>51. Apply toner, lotion, essence, eye cream, face cream, neck cream and sunscreen.</p>	 <hr/> <p>Technique45</p>  <hr/> <p>Technique46</p>  <hr/> <p>Technique47</p> 
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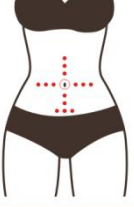

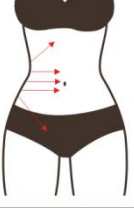


**Suggested Treatment:**

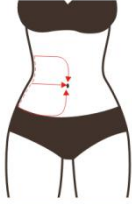

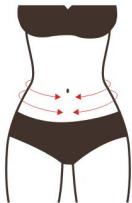
Ten treatments account for one full course. After one treatment, the skin will be firm, tender, delicate and smooth, and it accelerate the blood circulation and lymph circulation of the neck. After one course, it lightens fine lines, neck lines and brightens the skin. After two courses, the overall skin 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.

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

<p>RF&amp;40K: RF Energy: 20%-80%</p> <p>Mode: PRO</p> <p>40K Energy: 20%-80%</p> <p>Mode: M1</p> <p>Vacuum&amp;RF: RF Energy: 20%-80%</p> <p>Mode: PRO</p> <p>Suction: 0.3-1.0</p> <p>Release: 0-0.5</p>	<p>Essential oil(massage cream)+ Gel+ Hot towel</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 Dai Channel (BV) 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 (Ren-13), Zhongwan (Ren-12), Xiawan (Ren-10), Shenque (Ren-8), Qihai (Ren-6), Guanyuan (Ren-4), Zhongji (Ren-3), Tuanshu (St-25), Daheng (SP-15), 2 times.</li> <li>9. Starting from Zhongji (Ren-3) 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 area with hands and slide to</li> </ol>	<p>Technique1,7,10</p>  <hr/> <p>Technique2</p>  <hr/> <p>Technique3</p>  <hr/> <p>Technique4</p>  <hr/> <p>Technique5</p>  <hr/> <p>Technique6</p>
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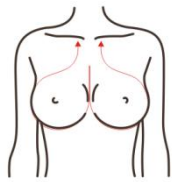
	<p>groin.</p> <p>11. Clean the treated area with hot towel and apply evenly.</p> <p>12. <b>RF&amp;40K</b> Move from sides of the waist to the abdomen. Move in parallel lines to lift the treatment area till groin, 3 times.</p> <p>13. Do the same on the other side, 3 times.</p> <p>14. Move the device on 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 Dai channel (BV) on sides of the waists, 16 min.</p> <p>19. <b>Vacuum&amp;RF</b> Move from sides of the waist to the abdomen. Move in parallel lines to lift the treatment area till groin, 3 times.</p> <p>20. Do the same on the other side, 3 times.</p> <p>21. Move the device on abdomen in big circular motions, 3 times.</p> <p>22. Move the probe in figure 8 on waists, 3-5 times.</p> <p>23. Move the device on waist and abdomen vertically back and forth, 3-5 times.</p>	 <p>Technique8</p>  <p>Technique9</p>  <p>Technique12,19</p>  <p>Technique14</p>  <p>Technique15,21</p>  <p>Technique16,22</p>
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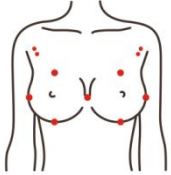
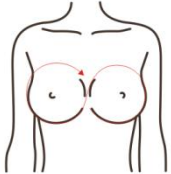
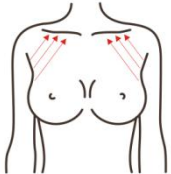
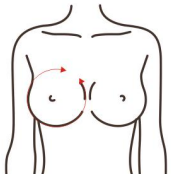
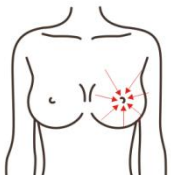
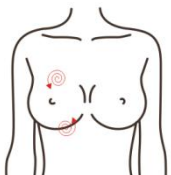
		<p>24. Coupled with hand to lift Dai channel (BV) on sides of the waists, 16 min.</p> <p>25. Clean the treated area with hot towel, 2 min.</p>	 <hr/> <p>Technique17,23</p>  <hr/> <p>Technique18,24</p> 
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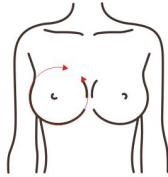


**Suggested Treatment:**

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

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

<p>RF Energy: 20%-80%</p> <p>Mode: PRO</p>	<p>Massage cream (Essential oil)+ Gel+ Towel</p>	<p>1. Stand at the head of the bed, both hands from Shanzhong (Ren-17) point began to rub oil to armpit up at the same time lift the suspension ligament (this is to caress treatment area) 3 times.</p> <p>2. Both hands thumb point: Shanzhong (Ren-17), Rugen (St-18), Dabao (SP-21), Yingchuang (St-16), Zhongfu</p>	<p>Technique1,3,6,10</p>  <hr/> <p>Technique2</p>
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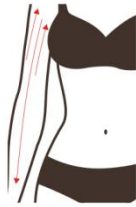
	<p>(LU-1), Yunmen (LU-2), 3 times.</p> <p>3. Caress the treatment area, 3 times.</p> <p>4. Overlap both palms from Shanzhong (Ren-17) point to chest both sides back and forth as if writing an "8" number, 3 times.</p> <p>5. Lift the accessory breast to the suspensory ligament alternately with both hands, first left, then right, 10 times.</p> <p>6. Caress the treatment area, 3 times.</p> <p>7. Sit beside the customer, first left, then right, with both hands to soothe and lift the chest, 3-5 times.</p> <p>8. Alternately push the breast duct around the chest (one circle of the chest), 3-5 times.</p> <p>9. Use the thumb to dredge the nodules in the chest, 3 times.</p> <p>10. Lift the whole chest with hands, 3-5 times.</p> <p>11. The technique on the other side is the same as above.</p> <p>12. Clean the treated area with towel and apply gel evenly.</p> <p>13. <b>RF</b> First left, then right, from the bottom to the top along the direction of the chest to the nipple, combined with hand pacification, 5-8 times.</p> <p>14. Draw half a circle along the chest to lift and pull from the bottom to the</p>	 <hr/> <p>Technique4</p>  <hr/> <p>Technique5</p>  <hr/> <p>Technique7</p>  <hr/> <p>Technique8,13</p>  <hr/> <p>Technique9,15</p>  <hr/> <p>Technique14</p>
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		<p>collarbone, combining with hand comfort, 5-8 times.</p> <p>15. Make small circles to clear the nodule site for 3-5 times.</p> <p>16. 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>17. The instrument is pushed from the position of underarm auxiliary breast to the chest (shaping and receiving auxiliary breast), 5-8 times</p> <p>18. The technique on the other side is the same as above.</p> <p>19. Clean breasts with hot towel, 2 min.</p>	 <hr/> <p>Technique16</p>  <hr/> <p>Technique17</p> 
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**Suggested Treatment:**


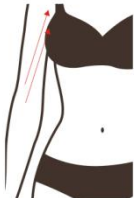

10 times account for a course of treatment. After a full course, breasts will experience heat, blood circulation is boosted, and a certain improvement effect will be seen. After a course of treatment the effect is more obvious, nodules are improved. 3 courses help tighten the skin and consolidate shaping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

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

<p>RF Energy: 20%-80%</p> <p>Mode: NOR</p> <p>RF&amp;40K: RF Energy: 20%-80%</p> <p>Mode: PRO</p> <p>40K Energy: 20%-80%</p>	<p>Essential oil+ Gel+ Hot towel</p>	<ol style="list-style-type: none"> <li>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.</li> <li>2. Push the entire arm with both palms, 3 times.</li> <li>3. Push hands upwards tracing three main collateral channels: Large Intestine Meridian(LI) - Triple Energizer Meridian(TE) - Small</li> </ol>	<p>Technique1</p>  <hr/> <p>Technique2,3,4,5,6</p>
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<p>Mode: Intermittent</p>	<p>Intestine Meridian(SI) to armpits with fingers spread and hukou pointing upwards, 3 times.</p> <p>4. Caress the treatment area, 3 times.</p> <p>5. Trace and rub three main collateral channels on arms with kneeling finger back and forth till them turn hot, 3 times.</p> <p>6. Caress the treatment area, 3 times.</p> <p>7. Lay inner arm upwards, and push hands tracing three yin channel on inner arm:</p> <p>Lung Meridian(LU) - Pericardium Meridian(PC) - Heart Meridian(HT) to armpit, with hukou pointing upwards, 3 times respectively.</p> <p>8. Rub three channels back and forth with kneeling fingers, 3 times.</p> <p>9. Caress the treatment area and slide to fingers.</p> <p>10. Do the same on the other side.</p> <p>11. Clean the treated area with hot towel and apply gel evenly.</p> <p><b>12. RF&amp;40K</b></p> <p>Lay arms flatwise and start from fat part of lower arm, tracing three channels to armpit, 3 times.</p> <p>13. Move the device in annular motion, tracing three channels to armpit, 3 times.</p> <p>14. Double the treatment on flabby arms if needed, 3</p>	<div data-bbox="1157 212 1292 414" data-label="Image"> </div> <p>Technique7</p> <div data-bbox="1133 504 1316 705" data-label="Image"> </div> <p>Technique8</p> <div data-bbox="1133 795 1316 996" data-label="Image"> </div> <p>Technique9</p> <div data-bbox="1133 1086 1316 1288" data-label="Image"> </div> <p>Technique12,15</p> <div data-bbox="1157 1377 1292 1579" data-label="Image"> </div> <p>Technique13,14</p> <div data-bbox="1157 1668 1292 1870" data-label="Image"> </div> <p>Technique16,18</p>
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	<p>times.</p> <p>15. Trace three channels to the underarm, 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><b>19. RF</b></p> <p>Lay arms flatwise and start from fat part of lower arm, tracing three channels to armpit, 3 times. (Start from upper arm if there's not enough unwanted fat on lower arm.)</p> <p>20. Trace 3 channels from the upper arm to the underarm, 3 times.</p> <p>21. Lay inner arm flatwise and push three channels on upper arm to armpit in circular motions, 3 times.</p> <p>22. Move the probe in circulation motions on the lower arm, then slide to the underarm, 3 times.</p> <p>23. Trace 3 channels from the upper arm to the underarm, 3 times.</p> <p>24. Clean arms with hot towel.</p> <p>25. Do the same on the other arm.</p>	 <hr/> <p>Technique19,20</p>  <hr/> <p>Technique21,23</p> 
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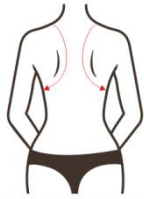


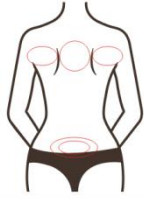
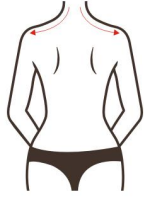
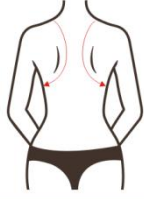
**Suggested Treatment:**




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

<p>RF Energy: 20%-80%</p> <p>Mode: NOR</p> <p>Vacuum&amp;RF Energy: 20%-80%</p> <p>Mode: PRO</p> <p>Suction: 0.3-1.0</p> <p>Release: 0-0.5</p>	<p>Essential oil (massage cream)+ Gel+ Towel</p>	<ol style="list-style-type: none"> <li>1. Apply oil on back and press Fengchi (Gb-20), and Fengfu (Du-16) points.</li> <li>2. (Starting from hairline) stroke Da Ban Jin with thumb, 3-5 times.</li> <li>3. Move thumb outwards from Du Channel (GV) to the 8 Crevice area and then to Fengchi (Gb-20), and Fengfu (Du-16) point.</li> <li>4. Starting from neck to caudal vertebra, move hands in S-shape, 3 times.</li> <li>5. Push Bladder Channel(BL) with thumb in left-right order, 3 times.</li> <li>6. Push Bladder Channel(BL) to baliao area with both thumbs, at the same time, 3 times.</li> <li>7. Push Bladder Channel(BL) in three kneeling fingers, 3 times.</li> <li>8. Push scapula slot with both hands alternately in left-right order, 3-6 times.</li> <li>9. Push scapula slot with both hands horizontally, 3-6 times.</li> <li>10. Caress the back with both hands and push Fengchi (Gb-20), and Fengfu (Du-16) points, 3 times.</li> <li>11. Overlap both thumbs and push Tianzong (SI-11) point and slide to the arm, 3 times.</li> <li>12. Repeat the previous</li> </ol>	<p>Technique1,10</p>  <hr/> <p>Technique2</p>  <hr/> <p>Technique3</p>  <hr/> <p>Technique4</p>  <hr/> <p>Technique5,6,7,13,15, 22</p>  <hr/> <p>Technique8</p>
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		<p>action on another arm, 3 times.</p> <p>13. Rub on Du Channel (GV) and Bladder Channel(BL) until they turn hot.</p> <p>14. Clean back with towel and apply gel evenly.</p> <p><b>15. RF</b> Starting from Du Channel (GV) to Bladder Channel (BL), move the device from neck to the 8 Crevice area, 3-5 times.</p> <p>16. Move the device in circles on Dazhui (Du-14) point, and the 8 Crevice area, 3-5 times respectively.</p> <p>17. From Da Ban Jin to neck, move the device back and forth, 3-5 times.</p> <p>18. Lift the device on scapula slot in left-right order, 3-5 times.</p> <p>19. Move the device horizontally as if writing an "8" number to the 8 Crevice area, 3 times.</p> <p>20. Move in annular motions from two sides till the underarm, 3 times.</p> <p>21. Lift upwards from sides of the waist to the underarm, 3-5 times.</p> <p><b>22. Vacuum &amp;RF</b> Starting from Dazhui (Du-14), move the device from neck to the 8 Crevice area, 3-5 times.</p> <p>23. From Da Ban Jin to neck, move the device back and forth, 3-5 times.</p> <p>24. Lift the device on scapula slot in left-right order, 3-5 times.</p>	 <hr/> <p>Technique9</p>  <hr/> <p>Technique11,12</p>  <hr/> <p>Technique16</p>  <hr/> <p>Technique17,23</p>  <hr/> <p>Technique18,24</p>  <hr/> <p>Technique19,25</p>
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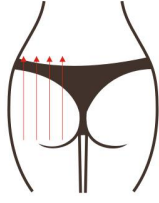
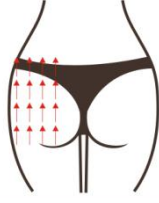
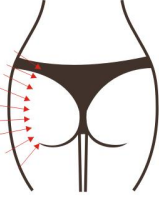
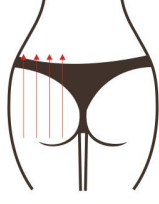
		<p>25. Move the device horizontally as if writing an “8” number to the 8 Crevice area, 3 times.</p> <p>26. Lift from sides of waist upwards to armpit in annular motions, 3-5 times.</p> <p>27. Clean treated area with hot towel.</p>	 <hr/> <p>Technique20</p>  <hr/> <p>Technique21,26</p> 
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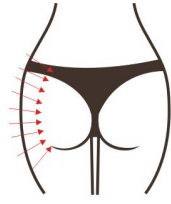

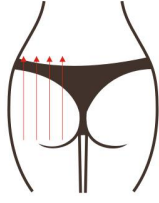
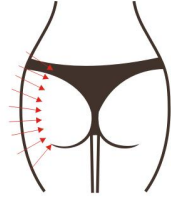
**Suggested Treatment:**

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.)

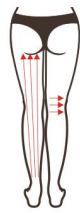

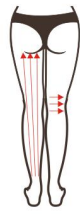


**Shaping Buttocks: 60 min, once/week**


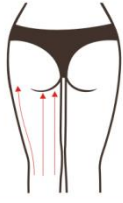

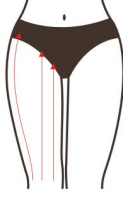
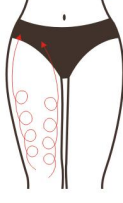
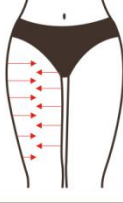
<p>RF&amp;40K: RF Energy: 20%-80%</p> <p>Mode: PRO</p> <p>40K Energy: 20%-80%</p> <p>Mode: Consecutive</p>	<p>Essential oil+ Gel+ Towel</p>	<ol style="list-style-type: none"> <li>1. Standing on the side, accumulate oil on hands and then slide to the waist and then lift up along the hips from the waist, 3 times (this is to caress the treatment area.)</li> <li>2. Repeatedly push the 8 Crevice area with two thumbs.</li> <li>3. Caress the treatment</li> </ol>	<p>Technique1,4,10</p>  <hr/> <p>Technique2</p>
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<p>Vacuum&amp;RF Energy: 20%-80%</p> <p>Mode: NOR</p> <p>Suction Time: 0.3-1.0</p> <p>Release Time: 0-0.5</p>		<p>area for 3 times and then point: Shenyu (Bl-23), 8 Crevice area, Changqiang (Du-1), Huantiao (Gb-30), Chengfu (Bl-36), 3 times.</p> <p>4. Caress the treatment area, 3 times.</p> <p>5. First left, then right, with both hands extending from the root of the thigh from bottom to top --Bladder Channel (BL) - Kidney Channel (KI) - Liver Channel (LV) - Gallbladder Channel (GB) - Dai Channel (BV) , 3 times each.</p> <p>6. Both hands follow from the root of thigh from bottom to top -- Bladder Channel (BL) - Kidney Channel (KI) - Liver Channel (LV) - Gallbladder Channel (GB) - Dai Channel (BV) , 3 times each.</p> <p>7. Overlap both palms and 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. Clean the buttocks with towel and apply gel evenly.</p> <p><b>13. RF&amp;40K</b> Lift from the thigh root to the Dai Channel (BV) line by</p>	 <p>Technique3</p>  <p>Technique5</p>  <p>Technique6</p>  <p>Technique8</p>  <p>Technique13,16</p>  <p>Technique14,17</p>
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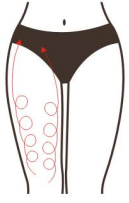

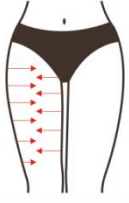
	<p>line, 3 times.</p> <p>14. Lift 3 times from bottom to top on both sides of the buttocks to the highest point of the buttocks.</p> <p>15. Circle your hips, 3 to 5 times.</p> <p>16. Lift 3 times from thigh root to Dai Channel (BV).</p> <p>17. Lift from bottom to top on both sides of the buttocks to the highest point of the buttocks, 3 times.</p> <p>18. The technique on the other side is the same as above.</p> <p><b>19. Vacuum&amp;RF</b> Lift from the thigh root to the Dai Channel (BV) line by line, 3 times.</p> <p>20. Lift 3 times from bottom to top on both sides of the buttocks to the highest point of the buttocks.</p> <p>21. Move in small circular motions around the buttocks, 3-5 times.</p> <p>22. Lift 3 times from bottom to top on both sides of the buttocks to the highest point of the buttocks.</p> <p>23. Do the same on the other side.</p> <p>24. Clean treated area with hot towel.</p>	 <hr/> <p>Technique15,21</p>  <hr/> <p>Technique19</p>  <hr/> <p>Technique20,22</p>  <hr/>
<p><b>Suggested Treatment:</b> 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.</p>		

## Shaping Legs: 70 min, once/week

<p>RF&amp;40K: RF Energy: 20%-80%</p> <p>Mode: PRO</p> <p>40K Energy: 20%-80%</p> <p>Mode: Consecutive</p> <p>Vacuum&amp;RF Energy: 20%-80%</p> <p>Mode: NOR</p> <p>Suction Time: 0.3-1.0</p> <p>Release Time: 0-0.5</p>	<p>Essential oil (Massage cream)+ Gel+ Towel</p>	<p><b>1. Prone Position - Rear Leg Treatment</b> In left-right order, apply and rub oil in from calf to thigh to heel, 3 times.</p> <p>2. Alternately push the entire leg from bottom to top and wrap back into the heel, 3 times</p> <p>3. Move hands upwards to four main collateral channels:Bladder Channel (BL) - Kidney Channel (KI) - Liver Channel (LV) - Gallbladder Channel (GB) with fingers spread and hukou pointing upwards.</p> <p>4. Push hands alternately to popliteal fossa, 3 times.</p> <p>5. Twist both hands upwards alternately as if twisting a fired dough, 3 times.</p> <p>6. Caress the treatment area, 3 times.</p> <p>7. Push four main collateral channels upwards with kneeling fingers of both hands, 3 times.</p> <p>8. Caress the treatment area, 3 times.</p> <p>9. Do the same on the other side.</p> <p>10. Clean with hot towel and apply gel evenly.</p> <p><b>11. RF&amp;40K</b> Move the device from popliteal fossa to Bladder Channel (BL) - Kidney Channel (KI) - Liver Channel</p>	<p>Technique1,2,3,4,6,7,8</p>  <hr/> <p>Technique5</p>  <hr/> <p>Technique11,14</p>  <hr/> <p>Technique13,19</p>  <hr/> <p>Technique15,17</p>  <hr/> <p>Technique16</p>
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		<p>(LV) - Gallbladder Channel (GB) , 3 times.</p> <p>12. Move the probe in small circular motion on the leg, 3 times.</p> <p>13. Double the treatment on inner thigh, 3 times.</p> <p>14. Move the device from popliteal fossa to Bladder Channel (BL) - Kidney Channel (KI) - Liver Channel (LV) - Gallbladder Channel (GB) , 3 times.</p> <p><b>15. Vacuum&amp;RF</b></p> <p>Move the probe from popliteal fossa to Bladder Channel (BL) - Kidney Channel (KI) - Liver Channel (LV) - Gallbladder Channel (GB) , 3 times.</p> <p>16. Move the probe in small circular motions on calf, 3 times.</p> <p>17. Coupled with hand, push upwards to the popliteal fossa, 3 times.</p> <p>18. Push from popliteal fossa tracing 4 main collateral channels to the end of thigh, 3 times.</p> <p>19. Move the device in circular motion from popliteal fossa to the end of thigh, 3 times.</p> <p>20. Push from popliteal fossa, tracing channels to the end of thigh, 3 times.</p> <p>21. Clean treated area with hot towel.</p> <p>22. Do the same on the other side.</p> <p><b>23. Supine Position - Foreleg Treatment</b></p>	 <hr/> <p>Technique18,20</p>  <hr/> <p>Technique19</p>  <hr/> <p>Technique23,24,25,26,28</p>  <hr/> <p>Technique29,31</p>  <hr/> <p>Technique30</p>  <hr/> <p>Technique32,33,35,39</p>
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		<p>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 top and wrap back into the heel, 3 times</p> <p>25. Move hands upwards to four main collateral channels: Spleen Channel (SP) - Stomach Channel (ST) - Liver Channel (LV) - Gallbladder Channel (GB) 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. Clean with towel and apply gel evenly.</p> <p><b>28. RF&amp;40K</b> Lift the device towards knee while tracing 4 channels, 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. Coupled with hand, lift from 2 sides of leg to the middle, 3 times.</p> <p>31. Lift the device from knee to thigh root in annular motion, 3 times.</p> <p>32. Coupled with hand, lift the device from knee to thigh root in lines, 3 times.</p> <p><b>33. Vacuum&amp;RF</b></p>	 <hr/> <p>Technique34,38</p>  <hr/> <p>Technique36</p>  <hr/> <p>Technique37</p>  <hr/>
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		<p>Lift the device towards knee while tracing 4 channels, 3 times(start from thigh if there's not enough unwanted fat on calf.)</p> <p>34. 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>35. Lift the device from knee to thigh root in lines, 3 times.</p> <p>36. Move the device in small circles on thigh, 3 times.</p> <p>37. Coupled with hand, lift from 2 sides of leg to the middle, 3 times.</p> <p>38. Lift the device from knee to thigh root in annular motion, 3 times.</p> <p>39. Lift from knee to the end of thigh in parallel lines, 3 times.</p> <p>40. Clean with hot towel.</p> <p>41. Do the same on the other side.</p>	
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**Suggested Treatment:**

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