

# User Manual

YH-6505



# Preface

Dear users,

We're pleased to present to you our 6-in-1 beauty machine featured with weight loss, firming and anti-aging, weight loss and body shaping and so on. It is a multifunctional beauty machine, targeted at both face and body, mainly focusing on lifting and tightening of face, removing wrinkles, 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 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

## Brief Introduction

RF and ultrasonic beauty machines are currently the most popular beauty machines that work on tightening, body-shaping and anti-aging. It's an effective replacement of all the facial and body care programs, weight loss, and body-shaping 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. Ultrasound with special frequency aims at the parts that are difficult to lose weight in daily life, and brings amazing results.

## Advantages

1. 6-in-1 multifunctional beauty machine that works on both of your facial and body care and body-shaping.
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 with a wider range of treatment and rapid and significant effect.
6. Suitable for all skin types.
7. Painless, non-invasive, non-narcotic 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. Radio frequency, Ultrasound operation head all have the energy release of red LED respectively. They can dissolve fat and massage while at the same time accelerate metabolism, and sterilize skin. The effect is remarkable with a higher comfort level.
11. Radio frequency head has the energy release of red LED, which promotes blood circulation and improves cell activity, and achieves the effect of beautifying and softening skin.

# Facial Anti-aging

## Principle

### Face RF

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

## Effect

1. Shrink pores, improve large pores.
2. Stimulate collagen regeneration and increase skin elasticity.
3. Improve skin relaxation, sagging and wrinkles.
4. Refine skin, improve rough skin and dull complexion.
5. Helps the skin absorb nutrients deeply.
6. Accelerate the circulation and metabolism of the bottom layer of the skin, and create healthy skin.

## Applicable Range

1. Those with uneven skin tone, dullness, lackluster.
2. Those with loose, sagging, and inelastic skin.
3. Those with collagen loss and unclear facial contours.
4. Those with rough skin, large pores, and strong oil secretion.
5. Those who are under long-term exposure of UV radiation at workplace.
6. Those who loose skin, edema or puffiness after giving birth.

## **Inapplicable Range**

1. Those who have just undergone plastic surgery which have implanted prostheses, metal materials and so on.
2. Those who have done injection products recently, such as hyaluronic acid, intradermal injection, wrinkle removal, or plastic surgery.
3. Those with hypertension, heart disease, diabetes, severe thyroid and malignant tumors.
4. Those who are having an allergic reaction, or people with severe sensitive skin or allergic to metals.
5. Those with skin trauma or wound.
6. Those 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 3 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**

### **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 and fine lines.

## **Effect**

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 who 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.

## **Notices after Operation**

1. Avoid excessive exposure to the sun. Sun protection is encouraged.
2. After operation, the treated area is relatively dry, moisturizing and sun protection is encouraged.
3. Within 1-3 days after operation, it is better not to use alcohol, AHA or other exfoliating products.
4. Avoid facial washing with overheated water, sauna steaming, hot springs or other strenuous exercise within 7 days after operation.
5. Moisturizers and eye masks are encouraged to use, preferably 3 times or more on

eye masks a week.

## Neck Anti-aging

### Principle

#### Face RF

RF instrument can achieve the effect of tightening skin, lifting skin and shaping face. 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.

#### Effect

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 dull 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 overaging.
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.

## Facial Tightening and Anti-aging

### Principle

#### RF

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

#### 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 strengthen blood vessels.

**Advantages:** 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.

## Effect

1. Shrink pores, minimize large pores.
2. Tighten up skin, increase skin elasticity.
3. Improve skin relaxation, sagging and wrinkles.
4. Helps the skin absorb nutrients deeply.
5. Stimulate collagen regeneration.
6. Shape facial contours to make facial features more three-dimensional.
7. Lift the submalar triangle, lift the corners of the eyes

## Applicable Range

1. Those with uneven skin tone, dullness, lackluster.
2. Those with loose, sagging, and inelastic skin.
3. Those with unclear facial contours.
4. Those with rough skin, large pores, and strong oil secretion.
5. Those with sagging submalar triangle and sagging skin around the eyes.
6. Those with collagen loss and loose skin.
7. Those who are under long-term exposure of UV radiation at workplace.
8. Those with loose skin, edema or puffiness after giving birth.

## Inapplicable Range

1. Those who have just done plastic surgery which have implanted prostheses, metal materials and so on.
2. Those who have just done micro-needling, intradermal injection, and under repair after plastic surgery.
3. Those in menstruation, pregnancy, lactation, surgical recovery.
4. Those with major diseases such as heart disease, hypertension, diabetes, and severe thyroid and so on.
5. Those with skin wounds or injuries.
6. 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 can be used).
2. Strengthen 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. More vegetables, fruits, and less greasy food.
6. Avoid food that will cause 'three highs' (high blood pressure, high cholesterol and high blood sugar), less greasy food is advised.

## Face and Neck Lymphatic Drainage

### Principle

#### 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 heat of vacuum & RF can reach the deep subcutaneous tissue, and convert into heat energy. Through the temperature rise of the tissue and the promotion of blood vessel expansion, the normal function of deformation is restored, thereby achieving the effect of promoting blood circulation and lymphatic circulation.

#### Effect

1. Accelerate the flow of lymph in the neck.
2. Unblock facial meridians and promote facial blood circulation.
3. Improve skin texture and skin tone.
4. Increase the productivity of lymphocytes.
5. Strengthen blood vessels and prevent skin capillary dilation.
6. Accelerate lymphatic drainage and improve facial skin texture.
7. Stimulate the lymph glands and promote the drainage.
8. Improve sleep and sore throat.

#### Applicable Range

1. Those with dullness, acne on both cheeks, and acne-prone skin.
2. Those with poor skin absorption and poor metabolism.
3. Those with sallow and dull complexion caused by endocrine disorders.

4. Those with nervousness, tantrums, insomnia and dreaminess.
5. Those with dull complexion and acne caused by lymphatic blockage on the neck.
6. Those with folliculitis and sebaceous adenitis on the neck.
7. Those with fat granule on the neck.

## **Inapplicable Range**

1. Those with “3 Hs” (hypertension, hyperglycemia, hyperlipidemia) and who have heart disease.
2. Those who have just undergone surgical wounds or convalescents.
3. Those with lymphoma or signs of cancer.
4. Those in pregnancy, menstruation or lactation.
5. Those with skin diseases and infectious diseases.

## **Notes after Operation**

1. Strengthen moisturizing and sunscreen.
2. Use facial masks at least three times a week.
3. Avoid food that will cause ‘three highs’ (high blood pressure, high cholesterol and high blood sugar), less greasy food is advised.
4. Skin capillaries relax after the operation, not suitable to take a bath within 4~6 hours.
5. Keep your neck warm and avoid catching a cold.
6. Drink plenty of warm water to help metabolism.
7. Spicy, greasy food should be avoided. Staying up late, smoking and drinking are prohibited. More vegetables, fruits, and less greasy food.
8. Pain, itching, worm movement or rubella-like changes on the skin are the normal phenomenon, please don’t scratch.

# **Shaping Waist & Abdomen**

## **Principles**

### **RF & 40K**

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.

### **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. Act on the deep dermis through the epidermis, rapidly heating water molecules to produce safe Bio-thermal energy. When the natural friction of collagen tissue is heated up to  $45^{\circ}\text{C} \sim 60^{\circ}\text{C}$ , it will shrink immediately and stimulate the collagen to continue to grow. At the same time, bio-heat can effectively accelerate blood flow in adipocytes, release free fatty acids (ffa), thereby increasing the dissolution of superficial fat, and achieve the purpose of tightening and lifting the sagging part of the body.

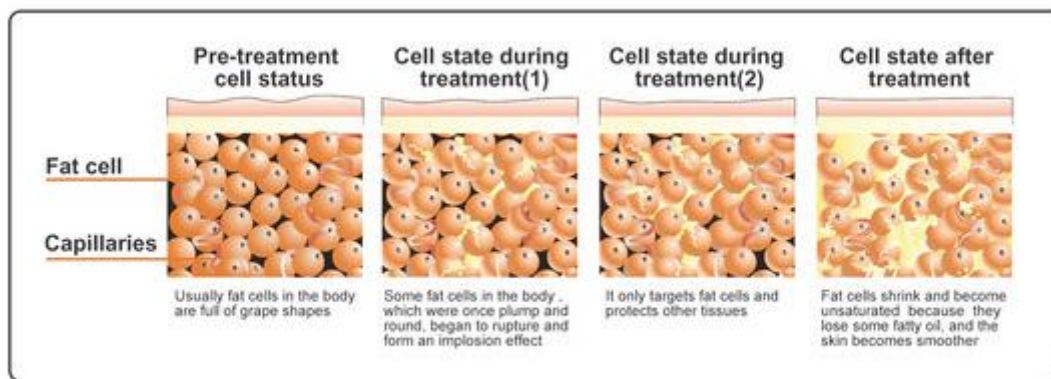
### **40K**

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.

**RF&40K advantages:** Restore and maintained the original elasticity of the skin, prevent from skin relaxation, sagging, and wrinkles in the process of effective weight loss.



## Vacuum Slimming

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

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

### Vacuum Physical Effects

#### 1. Skin layer

The suction and release of air pressure:

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

(2) Draining lymph glands and veins.

Effects: redundant water is discharged from tissue fibers.

## **2. Vascular layer**

The suction and release of air pressure:

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

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

## **3. Fibrous layer**

The suction and release of air pressure:

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

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

## **4. Nerve layer**

The suction and release of air pressure:

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

Effects: Repair and improve skin sensitivity.

## **Effect**

1. Improve cold hands, feet, uterus and body of female.
2. Improve loose and soft waist and abdomen skin.
3. Improve unwanted fat on waist and abdomen.
4. Tighten skin, increase skin elasticity, and improve stretch marks, fat marks.
5. Accelerate metabolism, improve constipation and 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 or those whose gynecological diseases are being treated.

## Notes after Operation

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

## Shaping Breasts

### Principle

#### RF

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.

### Effect

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 Range**

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 and those with postpartum breast atrophy, breast relaxation, breast duct blockage.

## **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 breast hyperplasia or fibroma or cyst.
5. Those in pregnancy and lactation.

## **Notes after Operation**

1. Drink more warm water. 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-shaping**

## **Working Principles**

### **RF**

RF instrument can achieve the effect of tightening skin, lifting skin and shaping face. 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.

### **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 continue to grow. At the same time, bio-heat can effectively accelerate blood flow in adipocytes, release free fatty acids (ffa), thereby increasing the dissolution of superficial fat, and achieve the purpose of tightening and lifting the sagging part of the body.

### **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.

**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.

**40K Advantages:** It only aims for low-density adipose tissue in a specific frequency, and protects high-density tissue such as vascular and nerve tissue.

**RF&40K advantages:** Restore and maintained the original elasticity of the skin, prevent from skin relaxation, sagging, and wrinkles in the process of effective weight loss.

## **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 Effect**

#### **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, and relieve varicose veins.

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

The suction and release of air pressure promotes a combination of two effects in different tissues (including skin, muscle tissue, etc.)

- (1) Repair cell tissue, increase its activity. Lift and revive skin elasticity.
- (2) Improve and repair skin elasticity and resist skin stretching.
- (3) The production of bone collagen renews skin and restore elasticity.
- (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. Nervous layer**

The suction and release of air pressure stimulates the surface and deep layers of the sympathetic nervous system.

- (1) Improve skin sensitivity.
- (2) Repair skin elasticity and resist tissue fibrosis.

Effects: Repair and improve skin sensitivity.

## **Body-shaping: Arms**

### **Effect**

1. Stimulate collagen hyperplasia in the bottom of the skin.
2. Dissolve the fat and increase skin elasticity.
3. Improve flabby arms and thick arms.
4. Soothe and firm loose skin.
5. Accelerate blood circulation and dredge channels and collaterals.
6. Relieve the soreness and pain of the muscles.

### **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-shaping: Back

### Effect

1. Relieve shoulder and back soreness, unblock the meridians and improve the blocking of the meridians.
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 back, shoulders and neck caused by incorrect sitting postures.

### 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-shaping: 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 lower jiao qi blood operation of human body. They are the important factor of the body management whose S curve increases the feminine charm.

### Effect

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 and obesity.
3. Those whose butt shape is not good-looking, flat and soft outward expansion.
4. Those with cold and cool hips with low hip temperature.
5. Those with 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-shaping: Legs

### Effect

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

### Applicable Range

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

### Inapplicable Range

1. Those who are in menstruation, pregnancy, 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 severe varicose veins and tumors.
6. Those with allergic and severely sensitive skin.
7. Those who have just had liposuction.

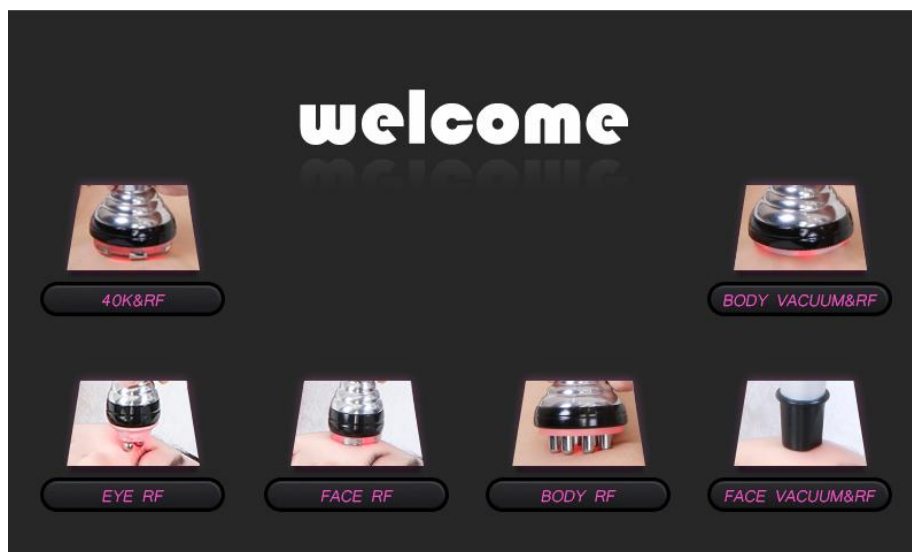
## Notes after Operation

1. Keep warm after operation. Do not eat cold food.
2. Shower after 4-6 hours.
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.

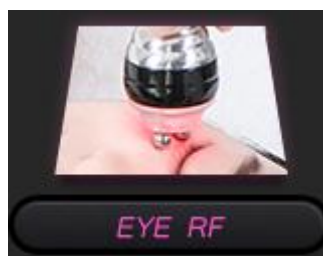
## Part II

### 1. Detailed Operation

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

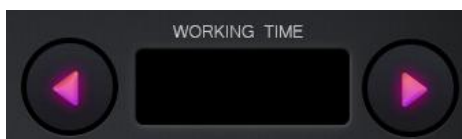


#### 1.1 Detailed Operation: Eye RF

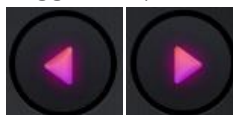


Click  to go to the interface below

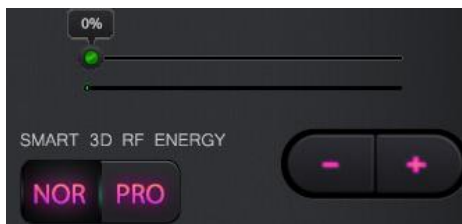




Eye RF time, range: 0~60 minutes (5~15 min is suggested.)



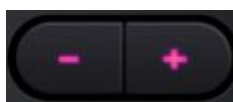
Time +/-



Eye RF energy, range: 0%~100% (20%~80% is suggested. Select suction time subjecting to your comfort level. It is advised to start from the minimal number and add up slowly. The greater the energy, the higher the RF temperature.)



RF Energy Display. When the NOR mode is selected, after adjusting the energy, the display of this interface is fixed during operation. When PRO mode is selected, the second line of this interface will change according to the depth of energy penetration after the handle touches the skin.



Energy +/-



Eye RF and red LED Mode Selection. (NOR is the set mode. The red LED is on and energy is at the set level and stay at the set level after turning on the device. PRO is the smart mode. The temperature goes up slowly to the set energy and

red LED is on after the probe comes in full contact with the skin.)



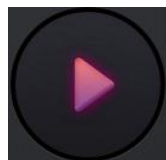
NOR is a fixed mode, after the instrument is clicked to start, the energy on the handle directly reaches the set energy value, and the red LED directly lights up. Suitable for those who need firming and anti-aging, and those with strong adaptability.



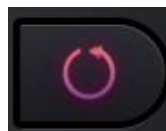
PRO is the smart mode, after the instrument is clicked on, the handle will slowly release the energy to the set energy value after the handle touches the skin, and the red LED will light up after touching the skin. Suitable for beginners.



Red LED on/off



Start/Pause

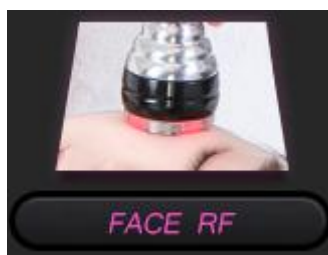


Undo

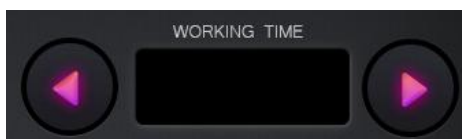


Home

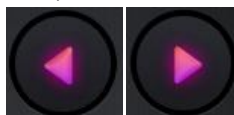
## 1.2 Detailed Operation: Face RF



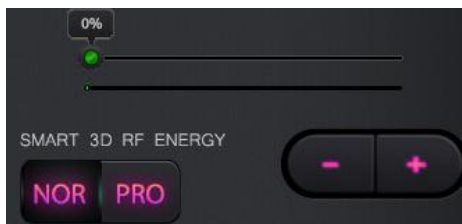
Click [FACE RF](#) to go to the interface below



Face RF Time Selection, range: 0~60 min (10~20 min)



Time +/-



Face RF Energy, range: 0%~100% (20%~80% is suggested. Select suction time subjecting to your comfort level. It is advised to start from the minimal number and add up slowly. The greater the energy, the stronger the RF temperature.)



RF Energy Display. When the NOR mode is selected, after adjusting the energy, the display of this interface is fixed during operation. When PRO mode is selected, the second line of this interface will change according to the depth of energy penetration after the handle touches the skin.



Energy +/-



Face RF and red LED Mode Selection. (NOR is the set mode. The red LED is on and energy is at the set level and stay at the set level after turning on the device. PRO is the smart mode. The temperature goes up slowly to the set energy and

red LED is on after the probe comes in full contact with the skin.)



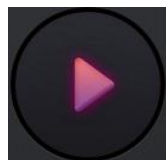
NOR is a fixed mode, after the instrument is clicked to start, the energy on the handle directly reaches the set energy value, and the red LED directly lights up. Suitable for those who need firming and anti-aging, and those with strong adaptability.



PRO is the smart mode, after the instrument is clicked on, the handle will slowly release the energy to the set energy value after the handle touches the skin, and the red LED will light up after touching the skin. Suitable for beginners.



Red LED on/off



Start/Pause



Undo

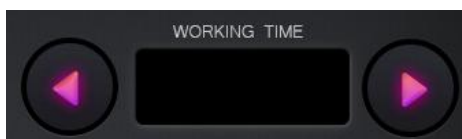


Home

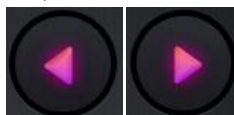
### 1.3 Detailed Operation: Face Vacuum&RF



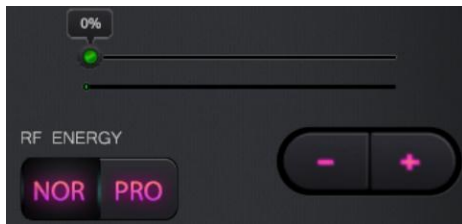
Click [FACE VACUUM&RF](#) to go to the interface below



Face Vacuum&RF Time. Range: 0~60 min  
(5~10min for single operation is suggested.)



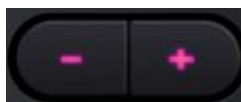
Time +/-



RF Energy. Range: 0%~100% (20%~80% is suggested. Select suction time subjecting to your comfort level. It is advised to start from the minimal number and add up slowly. The greater the energy, the stronger the RF temperature.)



RF Energy Display. When the NOR mode is selected, after adjusting the energy, the display of this interface is fixed during operation. When PRO mode is selected, the second line of this interface will change according to the depth of energy penetration after the handle touches the skin.



Energy +/-

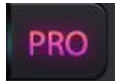


RF and Red LED Mode Selection. (NOR is the set mode. The red LED is on and energy is at the set level and stay at the set level after turning on the device. PRO is the smart mode. The temperature goes up slowly to the set energy and

red LED is on after the probe comes in full contact with the skin.)



NOR is a set mode, after the instrument is clicked to start, the energy on the handle directly reaches the set energy value, and the red LED directly lights up. Suitable for those who need firming and anti-aging, and those with strong adaptability.



PRO is the smart mode, after the instrument is clicked on, the handle will slowly release the energy to the set energy value after the handle touches the skin, and the red LED will light up after touching the skin. Suitable for beginners.



Vacuum Suction Time. Range: 0~2.0 (0.3~1.0 is suggested. The greater the value, the longer the suction time)



Time +/-



Vacuum Release Time. Release time refers to the interval period between suction and release. 0 means direct suction. Range: 0~2.0 (0~0.6 is suggested. The greater the value, the longer the interval.)



Release Time +/-



Manual Custom Adjustment Mode. The corresponding suction time and release time can be adjusted according to your habits. The left side is for adjusting the suction time, and the right is for the release time.

**Hint:** The manual custom mode cannot be combined with the M1~M5 modes. When one of the M1~M5 modes is selected, the custom suction time and release time cannot be adjusted.



Vacuum Mode

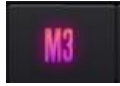


M1: Constant Suction Mode. After clicking M1, the vacuum RF handle is in a state of constant suction (Suitable for those who opt to detoxify, lift the skin, and

shape the contour)



M2: Slow Intermittent Mode (Suitable for those who opt for detoxification and scraping, suitable for neck)



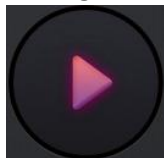
M3: Fast Intermittent Mode (Suitable for those who opt for detoxification through massage and slight petechiae, suitable for neck)



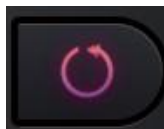
M4: Faster Intermittent Mode (Suitable for those who opt for detoxification through massage and accelerate the circulation, suitable for face and neck)



M5: Fastest Intermittent Mode (Suitable for those who opt for relaxation through massage, suitable for face and neck)



Start/Pause



Undo

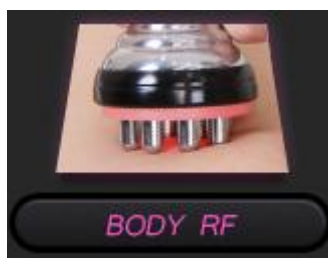


Home

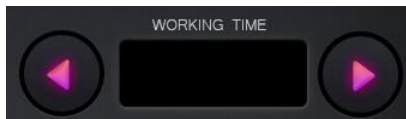


This rotary button is for adjusting vacuum suction force. Select suction time subjecting to your comfort level. The greater the suction, the tighter.

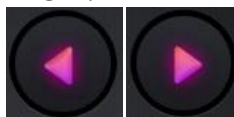
## 1.4 Detailed Operation: Body RF



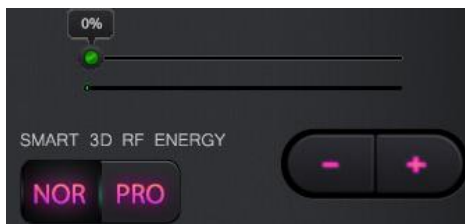
Click  to go to the interface below



Body RF Time. Range: 0~60 min (Single operation for single part for 10~20 min is suggested.)



Time +/-



Body RF Energy. Range: 0%~100% (20%~80% is suggested. Select suction time subjecting to your comfort level. It is advised to start from the minimal number and add up slowly.)



RF Energy Display. When the NOR mode is selected, after adjusting the energy, the display of this interface is fixed during operation. When PRO mode is selected, the second line of this interface will change according to the depth of energy penetration after the handle touches the skin.



Energy +/-



Body RF and red LED Mode Selection. (NOR is the set mode. The red LED is on and energy is at the set level and stay at the set level after turning on the device. PRO is the smart mode. The temperature goes up slowly to the set energy and red LED is on after the probe comes in full contact with the skin.)





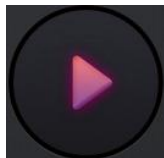
NOR is a set mode, after the instrument is clicked to start, the energy on the handle directly reaches the set energy value, and the red LED directly lights up. Suitable for those who need firming and anti-aging, and those with strong adaptability.



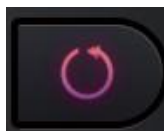
PRO is the smart mode, after the instrument is clicked on, the handle will slowly release the energy to the set energy value after the handle touches the skin, and the red LED will light up after touching the skin. Suitable for beginners.



Red LED on/off



Start/Pause

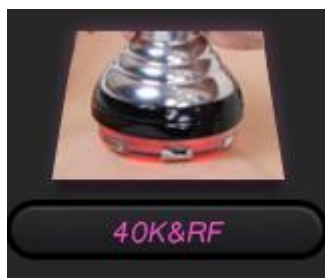


Undo

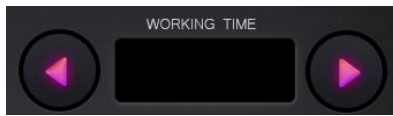


Home

## 1.5 Detailed Operation: 40K&RF



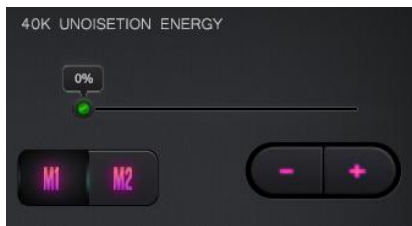
Click  to go to the interface below



40&RF Time. Range: 0~60 min (Single operation for single part for 10~20 min is suggested.)



Time +/-



40K Energy. Range: 0%~100% (20%~80% is suggested.)

Select suction time subjecting to your comfort level. It is advised to start from the minimal number and add up slowly. The greater the energy, the stronger the RF temperature. The greater the energy, the louder.)



40K Energy



40K Mode Selection. Select proper mode subjecting to the fat thickness.



M1: Consecutive Mode (Ultrasound works constantly after the instrument is started. Suitable for those who are losing weight with thick layers of fat.)



M2: Intermittent Mode (Ultrasound works intermittently. Suitable for those who are losing weight with moderate layers of fat and who are losing weight after a

stable effect.)



RF Energy, range: 0%~100% (20%~80% is suggested.

Select suction time subjecting to your comfort level. It is advised to start from the minimal number and add up slowly. The greater the energy, the stronger the RF temperature.)



RF Energy Display. When the NOR mode is selected,

after adjusting the energy, the display of this interface is fixed during operation. When PRO mode is selected, the second line of this interface will change according to the depth of energy penetration after the handle touches the skin.



Energy +/-

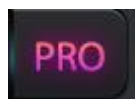


RF and red LED Mode Selection. (NOR is the set mode. The red LED

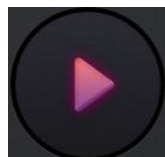
is on and energy is at the set level and stay at the set level after turning on the device. PRO is the smart mode. The temperature goes up slowly to the set energy and red LED is on after the probe comes in full contact with the skin.)



NOR is a set mode, after the instrument is clicked to start, the energy on the handle directly reaches the set energy value, and the red LED directly lights up. Suitable for those who need firming and anti-aging, and those with strong adaptability.



PRO is the smart mode, after the instrument is clicked on, the handle will slowly release the energy to the set energy value after the handle touches the skin, and the red LED will light up after touching the skin. Suitable for beginners.



Start/Pause



Undo

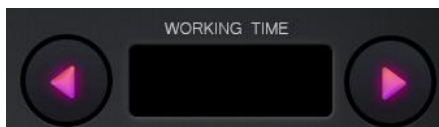


Home

## 1.6 Detailed Operation: Body Vacuum&RF

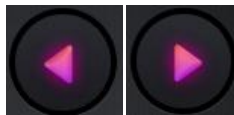


Click  to go to the interface below

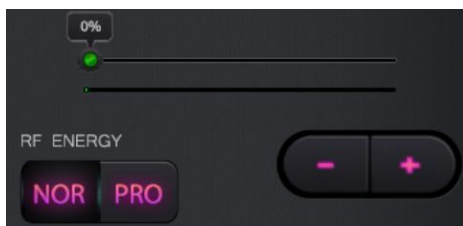


Vacuum&RF Time. Range: 0~60 min (10~20min for

single operation is suggested.)

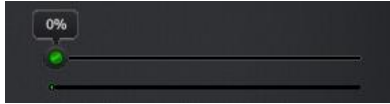


Time +/-



RF Energy. Range: 0%~100% (20%~80% is

suggested. Select suction time subjecting to your comfort level. It is advised to start from the minimal number and add up slowly. The greater the energy, the higher the temperature.)



RF Energy Display. When the NOR mode is selected, after adjusting the energy, the display of this interface is fixed during operation. When PRO mode is selected, the second line of this interface will change according to the depth of energy penetration after the handle touches the skin.



Energy +/-



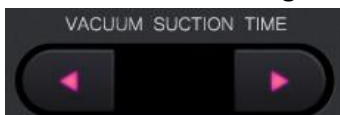
RF and Red LED Mode Selection. (NOR is the set mode. The red LED is on and energy is at the set level and stay at the set level after turning on the device. PRO is the smart mode. The temperature goes up slowly to the set energy and red LED is on after the probe comes in full contact with the skin.)



NOR is a set mode, after the instrument is clicked to start, the energy on the handle directly reaches the set energy value, and the red LED directly lights up. Suitable for those who need firming and anti-aging, and those with strong adaptability.



PRO is the smart mode, after the instrument is clicked on, the handle will slowly release the energy to the set energy value after the handle touches the skin, and the red LED will light up after touching the skin. Suitable for beginners.



Vacuum Suction Time. (0.3~1.5 is suggested. The greater the value, the longer the suction time)



Time +/-



Vacuum Release Time. Release time refers to the interval period between suction and release. 0 means direct suction. (0~0.6 is suggested. The greater the value, the longer the interval.)



Release Time +/-



Manual Custom Adjustment Mode. The

corresponding suction time and release time can be adjusted according to your habits. The left side is for adjusting the suction time, and the right is for the release time.

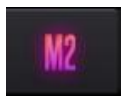
**Hint:** The manual custom mode cannot be combined with the M1~M5 modes. When one of the M1~M5 modes is selected, the custom suction time and release time cannot be adjusted.



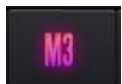
Vacuum Mode



M1: Constant Suction Mode. After clicking M1, the vacuum RF handle is in a state of constant suction (Suitable for those who opt to detoxify, lift the skin, and shape the contour)



M2: Slow Intermittent Mode (Suitable for those who opt for detoxification and scraping)



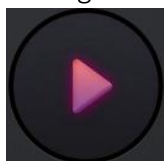
M3: Fast Intermittent Mode (Suitable for those who opt for detoxification through massage and slight petechiae)



M4: Faster Intermittent Mode (Suitable for those who opt for detoxification through massage and accelerate the circulation)



M5: Fastest Intermittent Mode (Suitable for those who opt for relaxation through massage)



Start/Pause



Undo



Home



This rotary button is for adjusting vacuum suction force. Select suction time subjecting to your comfort level. The greater the suction, the tighter.

## 2. Technical Parameters

Power supply Input: 100V-240V

Power:  $\leq 190W$

Unioisetion Caviation2.0 3D Smart RF Head

Ultrasound Frequency: 35 - 40 Khz

Ultrasound Power: 30 - 60 w/cm<sup>2</sup>

3D Smart 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 w/Photon

Frequency: 1MHz

Power: 50W

Vacuum:  $< -80kPa$

Pressure:  $> 250kPa$

Air flow:  $> 10L/minute$

Noise level:  $< 70dB$  (30cm away)

Sextupolar 3D Smart RF w/Photon for body

Frequency: 1MHz

Power: 30W

Quadrupole 3D Smart RF w/Photon for face

Frequeuncy:1MHz

Power:30W

Bipolar SMART RF w/vacuum for face&eyes

Frequency: 1MHz

Power: 10W

Vacuum:  $< -80kPa$

Pressure:  $> 250kPa$

Air flow:  $> 10L/minute$

Noise level:  $< 70dB$  (30cm away)

3D Smart Bipolar RF w/Photon for eye area

Frequency: 1MHz

Power: 10W

### **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. Those with metal, plastic, silicon, etc. embedded.

### **4. Dos and Dont's**

1. Please remove the treatment head and clean it with water and keep it properly after use.
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. Must apply products with higher oil content and keep it moist.
19. Please inform customers in advance that tinnitus will occur when operating 40K ultrasound.
20. Do not use the 40K ultrasonic operating head on waist, back, and breasts.
21. Ensure to apply the gel evenly before operating the 40K handle.
22. Do not stay in the same area for more than 3 seconds to avoid skin burn when using the RF operating head.
23. RF, ultrasonic, etc. operating heads can be used separately. Use several operating heads together will have a better effect.
24. Do not stay in the same area for more than 3 seconds to avoid detoxification when operating face vacuum RF.
25. The operating part needs to be evenly applied with essential oil or special RF cream before operating vacuum RF, and avoid using thick products to prevent the handle blockage.

## 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 effect 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 female 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 I 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 I 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 Dai channel, 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 Host
- 1 x RF 40K Cavitation 2.0 Probe
- 1 x Bipolar 3D SMART RF with Vacuum for Face
- 1 x Bipolar 3D SMART RF Probe with Photon for Eye Area
- 1 x Quadrupole 3D SMART RF Probe with Photon for Face
- 1 x Sextupole 3D SMART RF Probe with Vacuum &Photon
- 1 x Octupole 3D SMART RF PROBE
- 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**

<b>Parameter Adjustment</b>	<b>Product</b>	<b>Techniques</b>	<b>Diagrams</b>
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## Facial Anti-aging: 45 min, once/week

<p>RF Energy: 20%-80%</p> <p>Mode: NOR</p>	<p>Makeup remover+ Face wash+ Cleaning base mask+ Essence+ Facial mask</p>	<ol style="list-style-type: none"> <li>1. Remove makeup and cleanse face, 5 min.</li> <li>2. Apply toner, 1 min.</li> <li>3. Apply cleaning base mask+hot steam, 10 min.</li> <li>4. Wash face clean, 2 min.</li> <li>5. Apply massage cream evenly on face and caress face, 3 times.</li> <li>6. Push 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. Caress the whole face, 3 times.</li> <li>8. Use both hands to lift face as if plucking the string, 20 times.</li> <li>9. Alternate hands in lifting the face as if plucking the string on one side, 20 times.</li> <li>10. Do the same on the other side.</li> <li>11. Caress the whole face, 3 times.</li> <li>12. Alternate both hands to lift in 3 lines from chin to Yifeng (TE-17), corner of mouth to Palace of Hearing, nose wing to</li> </ol>	<p>Technique 6</p>  <hr/> <p>Technique 12</p>  <hr/> <p>Technique 13</p>  <hr/> <p>Technique 16</p>  <hr/> <p>Technique 19</p>  <hr/> <p>Technique 20, 21</p>
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	<p>temple, lower eyelid to temple, lift canthus, 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. Caress the whole face, 3 times.</p> <p>16. Lift from the entire forehead in a Z-shape to the front of the ear and lift it back and forth 3 times, then discharge behind the ear.</p> <p>17. Clean face, 2 min.</p> <p>18. Apply (anti-aging) essence evenly on the face, 1 min.</p> <p>19. <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>20. Alternate both hands to lift in 3 lines from chin to ear lobe, corner of mouth to ear gate, nose wing to temple, lower eyelid to temple, lift canthus, 3 times.</p> <p>21. Combined with hand, move from chin to ear lobe, corner of mouth to ear gate, nose wing to temple, lower eyelid to temple, lift canthus, 3 times.</p> <p>22. Do the same on the other side.</p> <p>23. Lift towards hairlines on forehead, 3 times.</p> <p>24. Combined with hand, lift towards hairlines, 3</p>	 <hr/> <p>Technique 23, 24</p> 
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		<p>times.</p> <p>25. Apply (hydrating) essence on face, 1 min.</p> <p>26. Apply face mask, 15 min.</p> <p>27. Remove the mask and wash face, 3 min.</p> <p>28. Apply toner, emulsion, essence, cream and sunscreen.</p>	
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**Suggested Treatment:**

Ten treatments account for one full course. After one treatment, the skin will be firm. After one course, it brightens the skin, and the skin will be delicate. Two courses help increase skin elasticity, increase skin metabolism, detoxification, fade pigmented spots and brighten dull skin. Three courses help stabilize skin state, prevent skin aging and laxity, and help define facial outlines.

**Eye Anti-aging: 45 min, once/week**

<p>RF Energy: 20%-80%</p> <p>Mode: PRO</p>	<p>Makeup remover+ Face wash+ Toner+ Eye Essence+ Eye mask</p>	<ol style="list-style-type: none"> <li>Remove makeup and clean face, 5 min.</li> <li>Apply toner, 1 min.</li> <li>Apply essence evenly around eyes and gently massage to rub it in, 1 min.</li> <li>Push the following acupoints: Jingming (BL-1), Cuanzhu (BL-2), Yuyao (EM3), Sizhukong (TE-23), the Temple, Tongziliao (Gb-1), Chengqi (St-1) using middle and ring fingers, 3 times.</li> <li>Move hands in circular motion around eyes and push temples, 3 times.</li> <li>Move middle and ring fingers horizontally below lower eyelids and slide to back of the ear, 3 times.</li> <li>Lift middle and ring fingers from inner eye corner to upper eyelids</li> </ol>	<p>Technique 3, 5, 10</p>  <hr/> <p>Technique 4</p>  <hr/> <p>Technique 6</p>  <hr/> <p>Technique 7</p>
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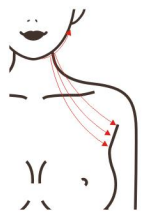
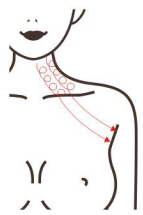
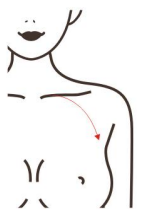
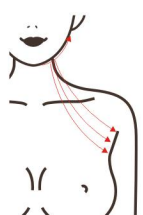


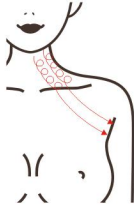
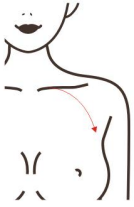


		<p>and slide to back of the ear, 3 times.</p> <p>8. Lift eye corners with “scissor” hand gesture, 3-5 times.</p> <p>9. Repeat the previous operation on the other side, 3 times.</p> <p>10. Move hands in circular motion around eyes and push temples, 3-5 times.</p> <p>11. <b>Eye RF</b> Move the probe beneath lower eyelid in small circles and move all the way till the temple, 3-5 times.</p> <p>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>Technique 8</p>  <p>Technique 11</p>  <p>Technique 12, 14</p>  <p>Technique 13</p> 
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**Suggested Treatment:**

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

## Neck Anti-aging: 45 min, once/week

<p>RF Energy: 20%-80%</p> <p>Mode: NOR</p>	<p>Makeup remover+ Face wash+ Massage cream+ Essence+ Neck mask</p>	<ol style="list-style-type: none"> <li>1. Remove makeup and cleanse face, 5 min.</li> <li>2. Apply toner, 1 min.</li> <li>3. Neck massage: apply and rub oil on the chest with both hands to the back of the neck and press Fengchi (Gb-20) and Fengfu (Du-16) acupoints, 3 times.</li> <li>4. Alternately lift the lower jaw and double chin to pass behind the ear and under the armpit, 3 times.</li> <li>5. Push downwards with hand spread and hukou pointing down, tracing 3 meridian channels from the neck side to the armpit, 3 times.</li> <li>6. Push downwards with 4 fingers, tracing 3 meridian channels from neck side to the armpit, 3 times.</li> <li>7. Push downwards with kneeling fingers till the neck turns hot and slide to the armpit, 3 times.</li> <li>8. Push downwards with hand spread and hukou pointing down from external collarbone to armpit, 3-5 times.</li> <li>9. Do the same on the other side.</li> <li>10. Wash neck clean. 2 min.</li> <li>11. Apply essence evenly on neck, 1 min.</li> <li>12. <b>RF</b></li> </ol>	<p>Technique 3</p>  <hr/> <p>Technique 4</p>  <hr/> <p>Technique 5, 6, 7</p>  <hr/> <p>Technique 8</p>  <hr/> <p>Technique 12</p>  <hr/> <p>Technique 13</p>
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		<p>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 neck in lines, 3-5 times.</p> <p>17. Do the same on the other side.</p> <p>18. Wash neck clean, 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>Technique 14</p>  <p>Technique 15</p>  <p>Technique 16</p> 
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**Suggested Treatments:**

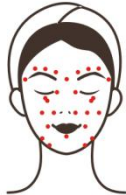


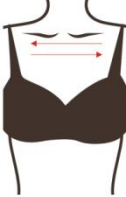
10 treatments account for one full course. After one treatment, skin becomes tender, smooth. After a full course, neck skin becomes smooth, speed up the neck lymphatic circulation. After 2 courses it tightens skin, fade neck lines, improve the double chin. After 3 courses, skin is fine, firm and glowing, 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.

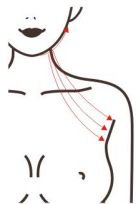
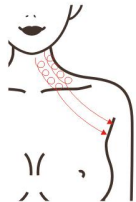


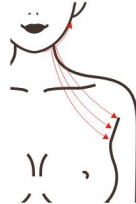
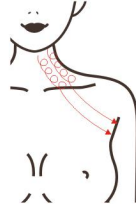
**Facial Tightening and Anti-wrinkle: 60 min, once/week**


<p>RF Energy: 20%-80%</p> <p>Mode: PRO</p>	<p>Makeup remover+ Face wash+ Derived Lotion+</p>	<p>1. Remove makeup and cleanse face, 5 min.</p> <p>2. Apply toner, 1 min.</p> <p>3. Apply cleaning base mask+hot steam, 10 min.</p>	<p>Technique 6</p>
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<p>Vacuum&amp;RF: RF Energy: 20%~50%</p> <p>Mode: PRO</p> <p>Suction: 0.3-1.0</p> <p>Release: 0-0.5</p>	<p>Cleansing facial mask+ Essence+ Facial mask</p>	<p>4. Wash face clean, 2 min. 5. Apply massage cream evenly on face and caress face, 3 times. 6. Push 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. 7. Caress the whole face, 1 time. 8. Use both hands to lift face as if plucking the string, 20 times. 8. Alternate hands in lifting the face as if plucking the string on one side, 20 times. 9. Do the same on the other side. 10. Alternate both hands to lift in 3 lines from chin to ear lobe, corner of mouth to ear gate, nose wing to temple, lower eyelid to temple, lift canthus, 3 times. 11. Lift eye corners with "scissor" hand gesture, 3 times. 12. Lift towards hairlines on forehead, 3 times. 13. Do the same on the other side. 14. Move hands in circular motion around eyes and push temples, 3 times. 15. <b>Vacuum &amp; RF</b> Lift from chin to ear lobe, corner of mouth to ear gate, nose wing to temple, 3</p>	<div data-bbox="1141 212 1268 414" data-label="Image"> </div> <p>Technique 11</p> <div data-bbox="1141 504 1268 705" data-label="Image"> </div> <p>Technique 12</p> <div data-bbox="1141 795 1268 996" data-label="Image"> </div> <p>Technique 13</p> <div data-bbox="1141 1086 1268 1288" data-label="Image"> </div> <p>Technique 15</p> <div data-bbox="1141 1377 1268 1579" data-label="Image"> </div> <p>Technique 16, 17</p> <div data-bbox="1141 1668 1268 1870" data-label="Image"> </div> <p>Technique 18</p>
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	<p>times.</p> <p>16. Combined with hand and move the probe from jaw to earlobe, mouth corner to ear gate, nose wing to temple in circles, 3 times.</p> <p>17. Move the probe horizontally on forehead, 3 times.</p> <p>18. Do the same on the other side.</p> <p>19. Clean face, 2 min.</p> <p>20. Apply (anti-aging) essence evenly on the face, 1 min.</p> <p>21. <b>Face RF</b> Lift from chin to the nose wings in circles and then to the temple; lift from the chin to the submalar triangle in circles and then to the temple; lift the mandibular line to the submalar triangle in circle and then to the temple, 3 times.</p> <p>22. Move in lines and lift one line after another from jaw to earlobe, mouth corner to the ear gate, nose wing to temple.</p> <p>23. Combined with hand, move in lines and lift one line after another from jaw to earlobe, mouth corner to the ear gate, nose wing to temple, 3 times.</p> <p>24. Do the same on the other side</p> <p>25. Lift towards hairline on forehead, 3 times.</p> <p>26. Combined with hands to lift towards hairline on forehead, 3 times.</p> <p>27. Apply face mask, 15 min.</p>	<div data-bbox="1139 217 1267 418" data-label="Image"> </div> <p data-bbox="1054 450 1230 481">Technique 22</p> <div data-bbox="1139 508 1267 710" data-label="Image"> </div> <p data-bbox="1054 741 1278 772">Technique 23, 24</p> <div data-bbox="1139 799 1267 1001" data-label="Image"> </div> <p data-bbox="1054 1032 1278 1064">Technique 26, 27</p> <div data-bbox="1139 1090 1267 1292" data-label="Image"> </div>
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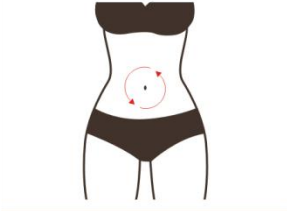
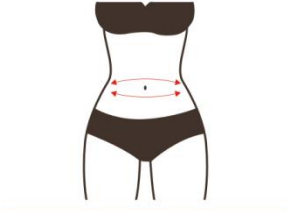
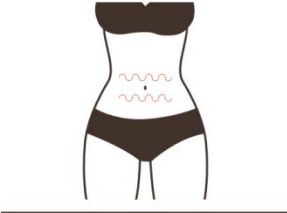


		<p>28. Remove the mask and wash face clean, 2 min.</p> <p>29. Apply toner, essence, cream and sunscreen.</p>	
<p><b>Suggested Treatment:</b></p> <p>10 treatments account for one full course. After one time, skin feels heated. The skin will be firm and elevated. After a full course, it brightens the skin, and the skin is firm. Two courses help increase skin elasticity, increase skin metabolism, detoxification, fade pigmented spots and brighten dull skin. Three courses help consolidate the effect and prevent skin sagging and laxity.</p>			
<p><b>Face &amp; Neck Lymphatic Drainage: 60 min, once/week</b></p>			
<p>Vacuum&amp;RF:</p> <p>RF Energy:</p> <p>Face:</p> <p>20%~50%</p> <p>Mode: PRO</p> <p>Neck:</p> <p>20%~80%</p> <p>Mode: NOR</p> <p>Suction:</p> <p>0.3-1.0</p> <p>Release:</p> <p>0-0.5</p>	<p>Makeup remover+</p> <p>Cleanser+</p> <p>Massage cream+</p> <p>Face mask</p>	<p>1. Remove makeup and clean face and neck, 5 min.</p> <p>2. Apply toner, 1 min.</p> <p>3. Face Drainage Techniques: Apply massage cream evenly on face and caress face, 3 times.</p> <p>4. Push 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>5. Use both hands to lift in 8 lines from chin to subauricular area, corner of mouth to ear lobe, nose wing to ear gate, submalar triangle to temple, lower eyelid to hairlines, eye end to hairlines, brows to hairlines, forehead to hairlines, 3 times.</p> <p>6. Alternate both hands to lift in 3 lines and discharge from armpit (from chin to subauricular area, corner of</p>	<p>Technique 4</p>  <hr/> <p>Technique 6</p>  <hr/> <p>Technique 8</p>  <hr/> <p>Technique 9</p>  <hr/> <p>Technique 11</p>

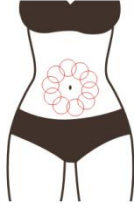
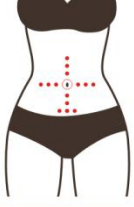

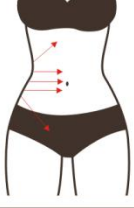


		<p>mouth to ear lobe, nose wing to ear gate), 3 times.</p> <p>7. Do the same on the other side.</p> <p>8. Alternate both hands to lift from forehead to ear, 3 times.</p> <p>9. Neck drainage: apply and rub oil on the chest with both hands to the back of the neck and press Fengchi (Gb-20), Fengfu (Du-16) acupoint, 3 times.</p> <p>10. Repeatedly push from ear to Da Ban Jin with two thumbs, 3 times.</p> <p>11. First left, then right, with both hands extending from ear to armpit, 3 times.</p> <p>12. Lift from jaw lymphatic to armpit on one side with kneeling fingers, 3 times.</p> <p>13. Push downwards with hand spread and hukou pointing down, tracing 3 meridian channels from the neck side to the armpit, 3 times.</p> <p>14. Push downwards with kneeling fingers till the neck turns hot and slide to the armpit, 3 times.</p> <p>15. Press Fengchi (Gb-20), Fengfu (Du-16) acupoint and caress with both hands, 3 times.</p> <p>16. Do the same on the other side.</p> <p>17. <b>Vacuum&amp;RF Face Drainage</b> Move in lines and lift one line after another from jaw to subauricular area, mouth corner to the earlobe, nose wing to ear gate, 3 times.</p> <p>18. Combined with hand,</p>		<p>Technique 12, 13, 14</p>		<p>Technique 17</p>		<p>Technique 18</p>		<p>Technique 20</p>		<p>Technique 21</p>		<p>Technique 22</p>
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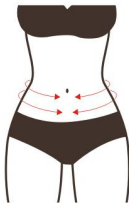
		<p>move in lines and lift one line after another from jaw to subauricular area, mouth corner to the earlobe, nose wing to ear gate, 3 times.</p> <p>19. Do the same on the other side.</p> <p><b>20. Vacuum&amp;RF Neck Drainage</b> Alternate both hands to lift from ear to armpit on one side, 3 times.</p> <p>21. Move the device in circles on one side of neck to pass under armpit, 3 times.</p> <p>22. Move from the inner side of the clavicle to pass under armpit, 3-5 times.</p> <p>23. Do the same on the other side.</p> <p>24. Clean face and neck with hot towel, 3 min.</p> <p>25. Apply mask+neck hot compress (at the same time), 15 min.</p> <p>26. Remove mask and wash face, 2 min.</p> <p>27. Apply toner, essence, cream and sunscreen.</p>	
<p><b>Suggested Treatments:</b> 10 treatments account for one full course. After one treatment, skin will be improved. Relax the shoulder and neck, expel the moisture. After a full course, speed up the skin metabolism and face and neck lymphatic circulation, improve facial dullness, some problems such as acne. After 2 courses, skin metabolism in good state, and the skin is bright, smooth, moisture, spot faded. After 3 courses, consolidate the effect, improve immunity and regulate sub-health.</p>			



## 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+ RF cream</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 Meridian BV (Belt Vessel) on both sides of waist with both hands alternately, 16 times.</li> <li>6. Move hands as if writing an "8" number on waist, 3 times.</li> <li>7. Overlap hands and message the intestinal canal clockwise, 3 times.</li> <li>8. Move hands in circular motion and caress the treatment area, 3 times.</li> <li>9. 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), Qugu (Ren-2), 2 times.</li> <li>10. 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>11. Caress the treatment area with hands and slide to groin.</li> </ol>	<p>Technique 1, 7, 10</p>  <hr/> <p>Technique 2</p>  <hr/> <p>Technique 3</p>  <hr/> <p>Technique 4</p>  <hr/> <p>Technique 5</p>  <hr/> <p>Technique 6</p>
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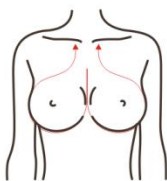
		<p>12. Clean the abdomen with towel and apply gel evenly on it, 1 min.</p> <p>13. <b>RF&amp;40K</b> Starting from one side of the waist, lift the device to abdomen and groin, 3 times.</p> <p>14. Repeat the previous operation on the other side, 3 times.</p> <p>15. Move the device on abdomen in small circular motions, 3 times.</p> <p>16. Move the device on abdomen in big circular motions, 3 times.</p> <p>17. Move the probe to shape the waist as if writing "8", 3-5 times.</p> <p>18. Move the probe up and down to shape the waist, 3-5 times.</p> <p>19. Combined with hand, lift Meridian BV on both sides of the waist, 16 times.</p> <p>20. Wipe clean abdomen with hot towel and apply RF cream evenly, 2 min.</p> <p>21. <b>Vacuum&amp;RF</b> Starting from one side of the waist, lift the device to abdomen and groin, 3 times.</p> <p>22. Lift the other side, 3 times.</p> <p>23. Move the device on abdomen in big circular motions, 3 times.</p> <p>24. Move the probe to shape the waist as if writing "8", 3-5 times.</p> <p>25. Move the probe up</p>	 <p>Technique 8</p>  <p>Technique 9</p>  <p>Technique 12, 20</p>  <p>Technique 14</p>  <p>Technique 15, 22</p>  <p>Technique 16, 23</p>
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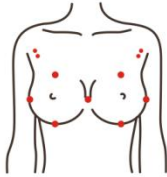
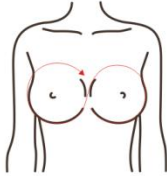
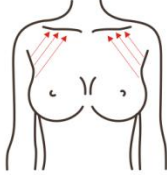
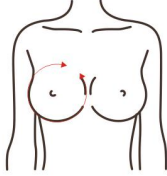
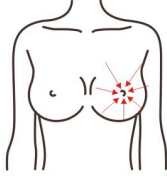
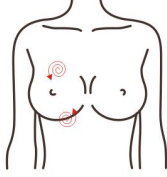
		<p>and down to shape the waist, 3-5 times.</p> <p>26. Combined with hand, lift Meridian BV on both sides of the waist, 16 times.</p> <p>27. Wipe clean abdomen with hot towel, 2 min.</p>	 <p>Technique 17, 24</p>  <p>Technique 18, 25</p> 
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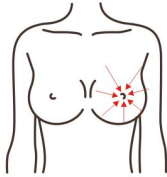
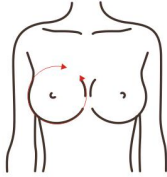
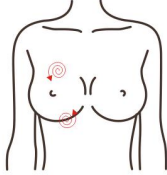

**Suggested Treatment:**

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 starts to take in shape, and slim waist starts to show.

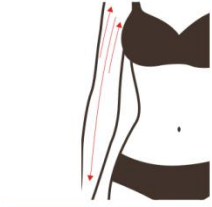
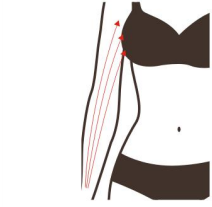



**Shaping Breasts: 60 min, once/week**

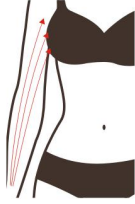




<p>RF Energy: 20%-80%</p> <p>Mode: PRO</p>	<p>Massage cream (essential oil)+ Gel</p>	<p>1. Stand at the head of the bed, both hands from Shanzhong (Ren-17), zhong point began to rub oil to armpit up at the same time lift the suspension ligament (this is to caress treatment area) 3 times.</p> <p>2. Both hands thumb point: Shanzhong (Ren-17), Rugen (St-18), Dabao</p>	<p>Technique 1, 3, 6, 10</p>  <p>Technique 2</p>
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	<p>(SP-21), Yingchuang (St-16), Zhongfu (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. Wipe clean the breasts with towel and apply gel evenly.</p> <p>13. <b>Body 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</p>	 <hr/> <p>Technique 4</p>  <hr/> <p>Technique 5</p>  <hr/> <p>Technique 7</p>  <hr/> <p>Technique 8</p>  <hr/> <p>Technique 9</p>  <hr/> <p>Technique 13</p>
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		<p>the chest to lift and pull from the bottom to the 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 her 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 with hot towel.</p>	 <hr/> <p>Technique 14</p>  <hr/> <p>Technique 15</p>  <hr/> <p>Technique 16</p>  <hr/> <p>Technique 17</p>
<p><b>Suggested Treatment:</b>  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.</p>			

## 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>Mode: Intermittent</p>	<p>Essential oil (Massage cream)+ Ultrasonic gel</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 Intestine Meridian (SI) to armpits with fingers spread and hukou pointing upwards, 3 times.</li> <li>4. Caress the treatment area, 3 times.</li> <li>5. Trace and rub three main collateral channels on arms with kneeling finger back and forth till them turn hot, 3 times.</li> <li>6. Caress the treatment area, 3 times.</li> <li>7. Lay inner arm upwards, and push hands tracing three yin channel on inner arm: Lung Meridian (LU) - Pericardium Meridian (PC) - Heart Meridian (HT) to armpit, with hukou pointing upwards, 3 times respectively.</li> <li>8. Rub three channels back and forth with kneeling fingers, 3 times.</li> <li>9. Caress the treatment area and slide to fingers.</li> </ol>	<p>Technique 1</p>  <hr/> <p>Technique 2, 3, 4, 5, 6</p>  <hr/> <p>Technique 7</p>  <hr/> <p>Technique 8</p>  <hr/> <p>Technique 9</p>  <hr/> <p>Technique 12, 15</p>
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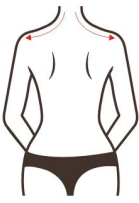
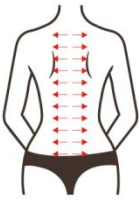
		<p>10. Repeat the previous operation on another side.</p> <p>11. Wipe clean arms and apply gel evenly.</p> <p>12. <b>RF&amp;40K</b> Lay arms flatwise and start from fat part of lower arm, tracing three channels to armpit, 3 times.</p> <p>13. Move the device in annular motion, tracing three channels to armpit, 3 times.</p> <p>14. You may double the operation on flabby arms, 3 times.</p> <p>15. Trace three channels to armpit, 3 times.</p> <p>16. Lay inner arm flatwise and push three channels on upper arm to armpit, 3 times.</p> <p>17. Trace three channels on upper arm and move the device in circles to armpit, 3 times.</p> <p>18. Trace three channels from upper arm to armpit.</p> <p>19. <b>Body RF</b> Lay arms flatwise and start from fat part of lower arm, tracing three channels to armpit (start from arm if there is no fat part on the lower arm), 3 times.</p> <p>20. Trace three channels on upper arm and move the device in circles to armpit, 3 times.</p> <p>21. Lay inner arm flatwise and push three channels on upper arm to armpit, 3 times.</p> <p>22. Trace three channels</p>	 <hr/> <p>Technique 13, 14</p>  <hr/> <p>Technique 16, 18</p>  <hr/> <p>Technique 19, 20</p>  <hr/> <p>Technique 21, 23</p>  <hr/>
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		<p>on upper arm and move the device in circles to armpit, 3 times.</p> <p>23. Trace three channels on upper arm and lift back and forth, 3 times.</p> <p>24. Wipe clean the arm with hot towel.</p> <p>25. Do the same on the other side.</p>	
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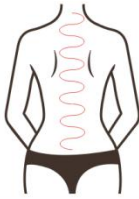
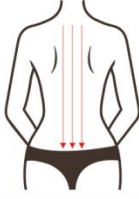
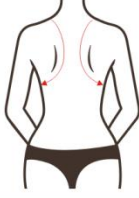



**Suggested Treatment:**


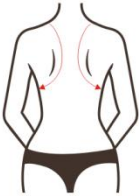
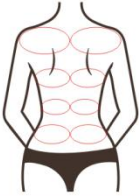


10 treatments account for a full course. Once done, it will feel warm and tight, and the arms will be relaxed. A course of treatment help reducing excessive arm fat and the skin appear to be tight and plump. 2 courses of treatment began to shape the arms, strengthen the effect, dredge meridians, and 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: 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)+ RF cream</p>	<ol style="list-style-type: none"> <li>1. Apply oil on back and press Fengchi (Gb-20), 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 Bladder Meridian (BL) to the 8 Crevice Area and then to Fengchi (Gb-20), Fengfu (Du-16) points.</li> <li>4. Starting from neck to caudal vertebra, move hands in S-shape, 3 times.</li> <li>5. Push Bladder Meridian (BL) with thumb in left-right order, 3 times.</li> <li>6. Push Bladder Meridian (BL) to the 8 Crevice Area with both thumbs, at the same time, 3 times.</li> <li>7. Push Bladder Meridian (BL) in three kneeling fingers, 3 times.</li> </ol>	<p>Technique 1, 10</p>  <hr/> <p>Technique 2</p>  <hr/> <p>Technique 3</p>  <hr/> <p>Technique 4</p>
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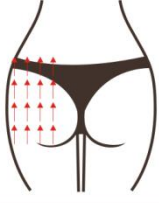
		<p>8. Push scapula slot with both hands alternately in left-right order, 3-6 times.</p> <p>9. Push scapula slot with both hands horizontally, 3-6 times.</p> <p>10. Caress the back with both hands and push Fengchi (Gb-20), Fengfu (Du-16) points, 3 times.</p> <p>11. Overlap both thumbs and push Tianzong (SI-11) point and slide to the arm, 3 times.</p> <p>12. Repeat the previous action on another arm, 3 times.</p> <p>13. Rub Meridian GV and Bladder Meridian (BL) with hands until they turned hot.</p> <p>14. Wipe clean the back and apply RF cream evenly.</p> <p>15. <b>Body RF</b> Starting from Meridian GV to Bladder Meridian (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>	 <hr/> <p>Technique 5, 6, 7, 13, 15, 22</p>  <hr/> <p>Technique 8</p>  <hr/> <p>Technique 9</p>  <hr/> <p>Technique 11, 12</p>  <hr/> <p>Technique 16</p>  <hr/> <p>Technique 17, 23</p>
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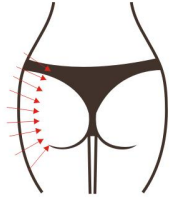

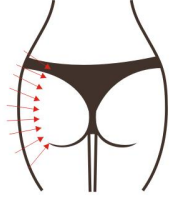


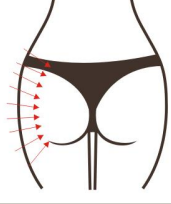
		<p>20. Move the probe upwards in annular motion to armpit in left-right order on both sides, 3 times.</p> <p>21. Lift from sides of the waist upwards till armpit, 3-5 times.</p> <p><b>22. Vacuum&amp;RF</b></p> <p>Starting from Meridian GV to Bladder Meridian (BL), move the device from neck to the 8 Crevice 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> <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 the waist upwards till armpit, 3-5 times.</p> <p>27. Clean with hot towel.</p>	 <hr/> <p>Technique 18, 24</p>  <hr/> <p>Technique 19, 25</p>  <hr/> <p>Technique 20</p>  <hr/> <p>Technique 21, 26</p>  <hr/>
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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 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>Vacuum&amp;RF: RF Energy: 20%~80%</p> <p>Mode: NOR</p> <p>Suction: 0.3~1.0</p> <p>Release: 0~0.5</p>	<p>Essential oil (Massage cream)+ Ultrasonic gel+ RF cream</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 area for 3 times and then point: Shenyu (Bl-23), 8 Crevice area, Changqiang (Du-1), Huantiao (Gb-30), Chengfu (Bl-36), 3 times.</li> <li>4. Caress the treatment area, 3 times.</li> <li>5. First left, then right, with both hands extending from the root of the thigh from bottom to top -- Bladder Meridian (BL) - Kidney Meridian (KI) - Liver Meridian (LV) - Gallbladder Meridian (GB) - Meridian BV, 3 times each.</li> <li>6. Both hands follow from the root of thigh from bottom to top -- Bladder Meridian (BL) - Kidney Meridian (KI) - Liver Meridian (LV) - Gallbladder Meridian (GB) - Meridian BV, 3 times each.</li> <li>7. Overlap both palms and push up together from thigh root to pulse (ascension) ,3 to 5 times.</li> <li>8. Push your hands from</li> </ol>	<p>Technique 1, 4, 10</p>  <hr/> <p>Technique 2</p>  <hr/> <p>Technique 3</p>  <hr/> <p>Technique 5</p>  <hr/> <p>Technique 6</p>  <hr/> <p>Technique 8</p>
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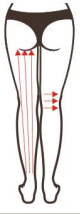

		<p>bottom to top from both sides of your hips to the top of your hips, 3 times.</p> <p>9. Repeat the previous operation.</p> <p>10. Caress the treatment area.</p> <p>11. The technique on the other side is the same as above.</p> <p>12. Wipe clean buttocks and apply gel evenly on it.</p> <p><b>13. RF&amp;40K</b></p> <p>Lift from the thigh root to Meridian BV in lines, 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 Meridian 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. Do the same on the other side.</p> <p>19. Clean with hot towel and apply the RF cream evenly.</p> <p><b>20. Vacuum&amp;RF</b></p> <p>Lift 3 times from thigh root to Meridian BV.</p> <p>21. Lift from bottom to top on both sides of the buttocks to the highest point of the buttocks, 3</p>	 <hr/> <p>Technique 13, 16</p>  <hr/> <p>Technique 14, 17</p>  <hr/> <p>Technique 15, 22</p>  <hr/> <p>Technique 20</p>  <hr/> <p>Technique 21, 23</p>  <hr/>
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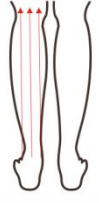

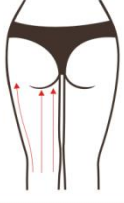

		<p>times.</p> <p>22. Circle your hips, 3 to 5 times.</p> <p>23. Lift 3 times from bottom to top on both sides of the buttocks to the highest point of the buttocks.</p> <p>24. Do the same on the other side.</p> <p>25. Wipe clean buttocks, 2 min.</p>	
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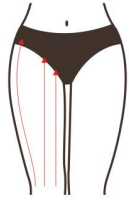
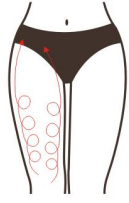
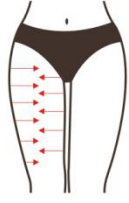
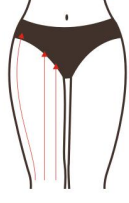
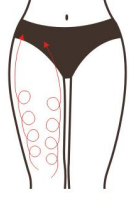

**Suggested Treatment:**

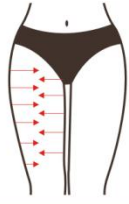
10 treatments account for a full course. After one treatment, buttocks will experience lifting and heat. After a course of treatment buttocks start to show obvious curve lines, and excessive fat begin to disappear slowly, and skin appear to be tight. After 3 courses, the conditions of cold body and uterus, other gynecological problems such as irregular menstruation are improved. It also helps consolidate the effect, and increase the female charm.

**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: RF Energy: 20%~80%</p> <p>Mode: NOR</p>	<p>Essential oil (massage cream)+ Ultrasonic gel+ RF cream</p>	<p>1. <b>Rear leg</b> operation: Have the customer lay on his/her stomach. From left to right, 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 Meridian (BL) - Kidney Meridian (KI) - Liver Meridian (LV) - Gallbladder Meridian (GB) with fingers</p>	<p>Technique 1, 2, 3, 4, 6, 7, 8</p>  <p>Technique 5</p>  <p>Technique 11, 14</p>
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<p>Suction: 0.3~1.0</p> <p>Release: 0~0.5</p>		<p>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 fried 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. Wipe clean the legs and apply gel evenly.</p> <p>11. <b>RF&amp;40K</b> Move the device from popliteal fossa to Bladder Meridian (BL) - Kidney Meridian (KI) - Liver Meridian (LV) - Gallbladder Meridian (GB), 3 times.</p> <p>12. Move the probe in small circular motion on the entire leg from bottom to top, 3 times.</p> <p>13. Focus on strengthening the inner thigh with more fat, 3 times.</p> <p>14. move the device from popliteal fossa to Bladder Meridian (BL) - Kidney Meridian (KI) - Liver Meridian (LV) - Gallbladder Meridian (GB), 3 times.</p> <p>15. Wipe clean the legs and apply RF cream evenly.</p>	 <p>Technique 13, 20</p>  <p>Technique 16, 18</p>  <p>Technique 17</p>  <p>Technique 19, 21</p>  <p>Technique 20</p>  <p>Technique 24, 25, 26, 27, 29</p>
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	<p><b>16. Vacuum&amp;RF</b>  Move the device from popliteal fossa to Bladder Meridian (BL) - Kidney Meridian (KI) - Liver Meridian (LV) - Gallbladder Meridian (GB), 3 times.</p> <p>17. Move the probe in small circular motion on calf, 3 times.</p> <p>18. Move the device upwards to popliteal fossa and caress the treatment area with hands, 3 times.</p> <p>19. Push from popliteal fossa tracing 4 main collateral channels to the end of thigh, 3 times.</p> <p>20. Move the device in circular motion from popliteal fossa to the end of thigh, 3 times.</p> <p>21. Push from popliteal fossa tracing main collateral channels to the end of thigh, 3 times.</p> <p>22. Clean with towel and apply gel evenly on the treatment area.</p> <p>23. Repeat the same techniques on the other side.</p> <p>24. <b>Foreleg:</b> rub oil with both hands from heel to the thigh root (namely to caress the treatment area), 3 times.</p> <p>25. Alternately push the entire leg from bottom to top and wrap back into the heel, 3 times.</p> <p>26. Move hands upwards to four main collateral channels: Spleen Meridian</p>	 <hr/> <p>Technique 30, 32</p>  <hr/> <p>Technique 31</p>  <hr/> <p>Technique 33, 35, 37, 41</p>  <hr/> <p>Technique 36, 40</p>  <hr/> <p>Technique 38</p>  <hr/> <p>Technique 39</p>
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	<p>(SP) - Stomach Meridian (ST) - Liver Meridian (LV) - Gallbladder Meridian (GB) with fingers spread and hukou pointing upwards, 3 times.</p> <p>27. Push four main collateral channels upwards with kneeling fingers of both hands, 3 times.</p> <p>28. Wipe clean the legs and apply gel evenly.</p> <p>29. <b>RF&amp;40K</b> Lift the device towards knee while tracing 3 meridians, 3 times (start from thigh if there's not enough unwanted fat on calf.)</p> <p>30. Move the probe on two sides of calf in annular motion, 3 times (start from thigh if there's not enough unwanted fat on calf.)</p> <p>31. Coupled with hand, lift from 2 sides of leg to the middle, 3 times.</p> <p>32. Lift the probe from knee to thigh root in annular motion, 3 times.</p> <p>33. Coupled with hand, lift the device from knee to thigh root in lines, 3 times.</p> <p>34. Wipe clean the legs and apply RF cream evenly.</p> <p>35. <b>Vacuum&amp;RF</b> Lift the device towards knee while tracing 3 meridians, 3 times (start from thigh if there's not enough unwanted fat on calf.)</p> <p>36. Move the probe on</p>	 <p>The diagram shows a person's lower body from the waist down to the knees. It highlights the Stomach Meridian (SP), Liver Meridian (LV), and Gallbladder Meridian (GB) on both legs. Red arrows point upwards along these meridians, indicating the direction of treatment. The person is wearing dark-colored underwear.</p>
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		<p>two sides of calf in annular motion, 3 times (start from thigh if there's not enough unwanted fat on calf.)</p> <p>37. Lift the probe from knee to thigh root in lines, 3 times.</p> <p>38. Move the probe in small circles on thigh, 3 times.</p> <p>39. Coupled with hand, lift from 2 sides of leg to the middle, 3 times.</p> <p>40. Lift the probe from knee to thigh root in annular motion, 3 times.</p> <p>41. Lift the device from knee to thigh root in lines, 3 times.</p> <p>42. Wipe clean the legs with hot towel.</p> <p>43. 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 40 K is to stimulate the dermis of the skin, which can sustain collagen regeneration, so the treatment effect will be more and more obvious.