

# User Manual

YH-7601



# Preface

Dear users,

We're pleased to present to you our 7-in-1 beauty machine featured with weight loss, figure slimming, anti-aging, lifting, tightening, 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 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 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. Coupled with cold hammer, which soothes skin and shrinks pores, this equipment takes care of your skin in all aspects.

## Advantages

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

# Facial Anti-aging

## Principles

### 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.

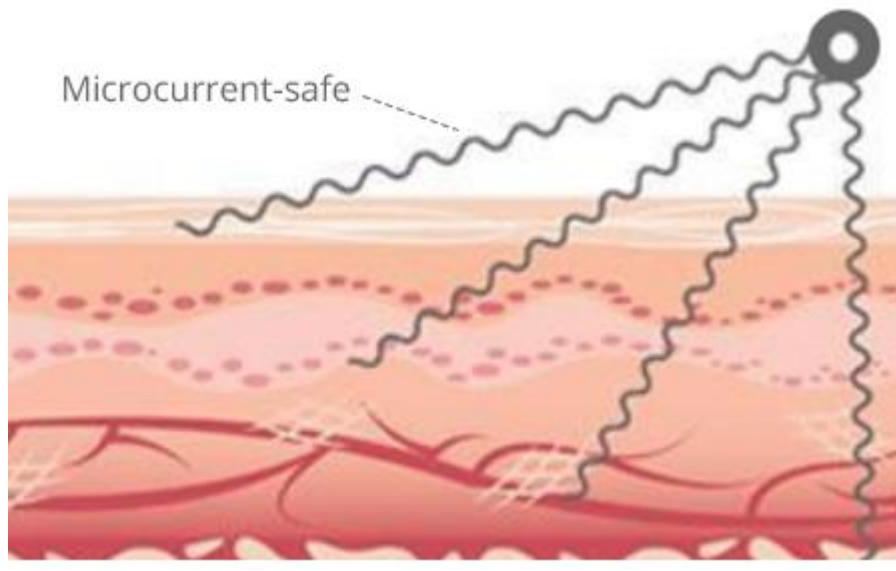
Every time energy comes into the skin, it feels a temporary sense of heat. This means that collagen has been stimulated to produce fever, resulting in tightening of the skin. While operating sliding, the radio frequency wave emitted by the therapeutic head of the super-frequency wave system, under the 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  $45^{\circ}\text{C}\sim 60^{\circ}\text{C}$ , it will shrink immediately and stimulate the collagen to grow continuously. At the same time, bio-heat can effectively accelerate blood flow in adipocytes, and release free fatty acids (ffa), thereby increasing the dissolution of superficial fat, and achieve the purpose of tightening and lifting the sagging part of the body.

### BIO

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

circulation, improve collagen synthesis and increase skin elasticity.

BIO Cell Activation Instrument, which imitates human biological current, enters muscle cells through skin, stimulates ATP contained in cells, and restores normal operation and function of cells. It collects the latest technology to shape facial contour, thin face, reduce double chin and wrinkles and shrink pores for customers in the shortest time possible. BIO makes facial muscles tight and delicate, and rosy cheeks will appear naturally . It is more effective on loose skin, so as to achieve the goal of shaping a beautiful face.



## Effects

1. Tighten the skin and deeply infuse nutrition.
2. Fade pigment, stain and brighten skin.
3. Increase the elasticity of skin and soften skin.
4. Moisturize skin and increase the absorption of skin.
5. Accelerate the blood circulation and metabolism.
6. Improve double chin and flabby skin.
7. Stimulate collagen regeneration for anti-aging.

## Applicable Range

1. Those with dull and sallow skin tone.
2. Those with skin relaxation and sagging.
3. Those with fine line, nasolabial folds and lines around eyes.
4. Those with indistinct facial contour.
5. Those with rough skin, large pores.
6. Those who are under long-term exposure of UV radiation at workplace.
7. Those with skin relaxation, sagging and swelling after child delivery.

## Inapplicable Range

1. Those who have just undergone plastic surgery which have implanted prostheses, metal materials and so on.
2. Those who have recently received certain injections, such as hyaluronic acid, intradermal injection, wrinkle removal, or plastic surgery.
3. Those with hypertension, heart disease, diabetes, severe thyroid and malignant tumors.
4. Those who are having an allergic reaction, or people with severe sensitive skin or allergic to metals.
5. Those with skin trauma or wound.
6. Those who are overaging.
7. Those in menstruation, pregnancy, lactation and surgical recovery.
8. Those with skin diseases and infectious diseases.
9. Those who are unrealistic about the effects.

## Notes after Operation

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

## Facial Anti-allergic and Repairing

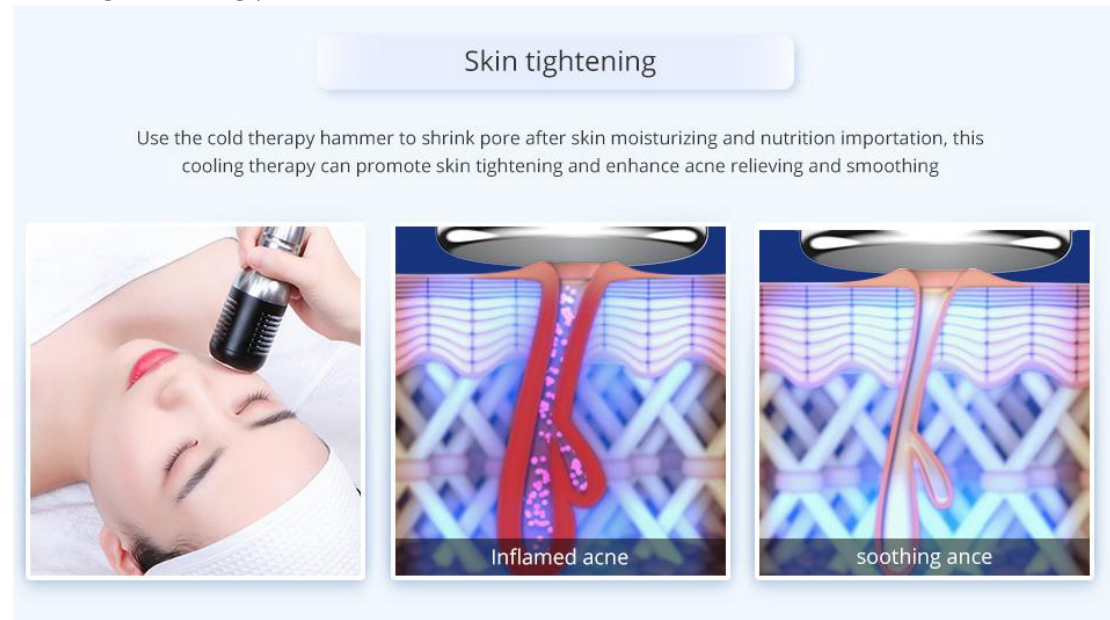
### Principles

### Cold Hammer

Cold hammer uses the principle of air conditioning. Special wafer ceramics are used to absorb energy and refrigerate at  $-5^{\circ}\text{C}$  in an instant. The method of physical heat accumulation produced by wafer energy absorption makes one side produce heat up to 40 degrees. The fan discharges excess heat energy and achieves the effect of constant temperature and freezing alternately. It also promotes metabolism, alleviates allergic reaction, shrinks pore, calms skin, whitens and tenders skin.

**Biological effects:** During the cooling process, tissue temperature cools down, blood

vessels and veins contract, metabolic rate reduces, cell activity inhibits, peripheral nerve sensitivity reduces, thus having a sedative and soothing effect, counteracting or reducing the symptoms of allergic reaction, such as redness, swelling, and pain, therefore achieving certain effects, such as calming the skin, reducing redness and swelling, shrinking pores and so on.



## Effects

1. Improve facial redness and swelling, acne and allergy.
2. Calm and sooth skin, care skin.
3. Shrink pores, improve redness and large pores.
4. Tighten skin and increase skin elasticity.
5. Improve soft, sagging, wrinkled skin.
6. Help skin deeply absorb nutrition and maintain nutrition, soften skin.
7. Increase the resistance of skin, repair fragile skin.

## Applicable Range

1. Those with sensitive skin, acne and skin that often gets redness and swelling.
2. Those with facial dullness, skin relaxation and sagging.
3. Those with fine line, dry, uneven, dull and sallow skin tone.
4. Those with rough skin, large pores and excessive sebum secretion.

## Inapplicable Range

1. Those who are in severe allergy period (with erythema) or allergic to metal.
2. Those who had an invasive plastic surgery and the wound is not healed.
3. Those with skin disease or infectious disease.
4. Those who are unrealistic about the effects.



## Notes after Operation

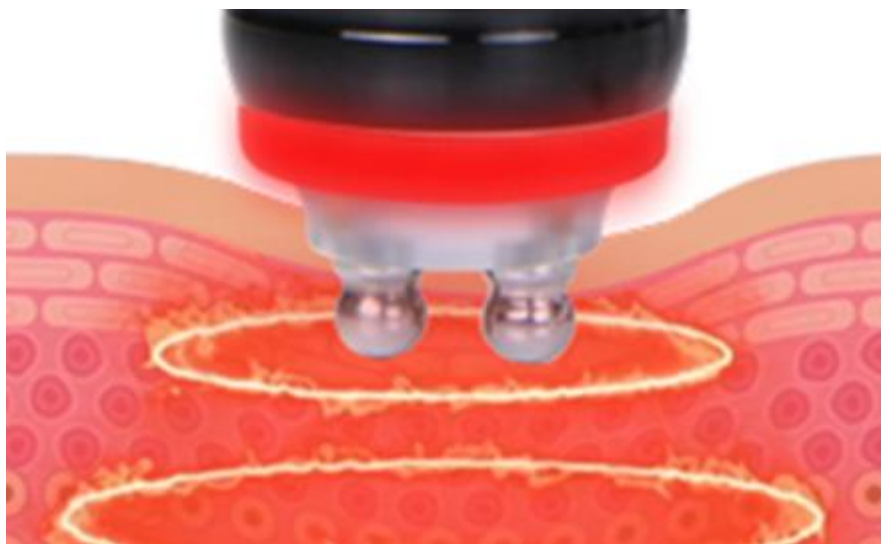
1. Do not wash your face with overheated water within three days (lukewarm or cold water is recommended).
2. Enhance moisturizing and sunscreen.
3. Do not soak in hot springs, steam saunas or exercise strenuously, etc., within three days.
4. Use facial masks at least three times a week.
5. Spicy, greasy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

## Eyes Anti-aging

### Principles

#### 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.



#### BIO

BIO Cell Activation Instrument, which imitates human biological current, enters

muscle cells through skin, stimulates ATP contained in cells, and restores normal operation and function of cells. It collects the latest technology to shape facial contour, thin face, reduce double chin and wrinkles and shrink pores for customers in the shortest time possible. BIO makes facial muscles tight and delicate, and rosy cheeks will appear naturally . It is more effective on loose skin, so as to achieve the goal of shaping a beautiful face.

## Effects

1. 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.

## Notes after Operation

1. Avoid excessive exposure to the sun. Sun protection is encouraged.
2. After operation, the treated area is relatively dry, moisturizing and sun protection is encouraged.
3. Within 1-3 days after operation, it is better not to use alcohol, AHA or other

exfoliating products.

4. Avoid facial washing with overheated water, sauna steaming, hot springs or other strenuous exercise within 7 days after operation.
5. Moisturizers and eye masks are encouraged to use, preferably 3 times or more on eye masks a week.

## Neck Anti-aging

### 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.

#### Effects

- 1.Reduce fine lines and wrinkles on the neck.
- 2.Improve the flabbiness and roughness of the neck skin.
- 3.Tighten skin and increase skin elasticity.
- 4.Remove double chin.
- 5.Accelerate the lymphatic detox to improve the facial skin.
- 6.Prevent cervical and lymphatic diseases.
- 7.Infuse nutrition to the deep level and improve the skin color of neck.

#### Applicable Range

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

## 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, 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. Apply neck masks at least 3 times a week. Essence or neck cream is encouraged.
6. Avoid bowing head for a long time.

## Waist&Abdomen Shaping

### Principles

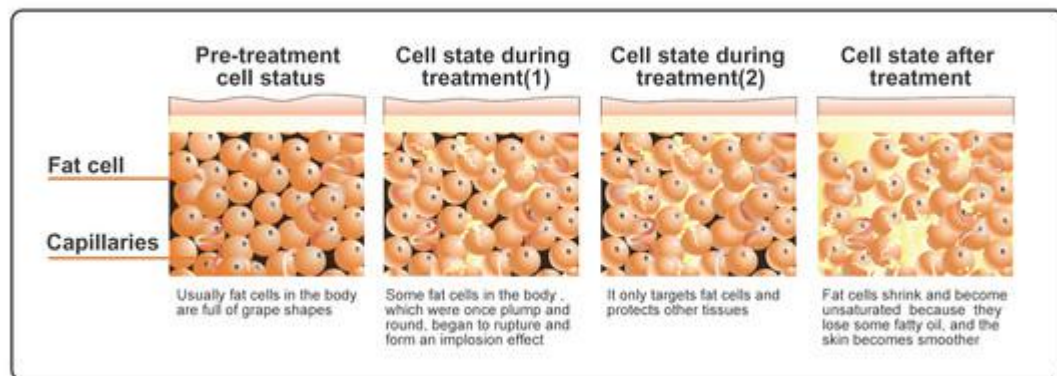
#### 40K

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

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

**Advantages:** It only aims for low-density adipose tissue in a specific frequency, and

protects high-density tissue such as vascular and nerve tissue.



## Vacuum & RF

RF releases energy, through the skin epidermis directly on the dermis, it gives out heat from inside of body, makes thermal energy reach  $40^{\circ}\text{C}$  -  $60^{\circ}\text{C}$ . The biological thermal effect enhances the blood circulation and lymph circulation of the uterine part, breaks down the rapid metabolism of adipose tissue, thus can achieve the conditioning of the uterus, increase the discharge of menstruation, which is good for cold womb.

### 1. Skin layer

The suction and release of air pressure:

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

(2) Draining lymph glands and veins.

Effects: redundant water is discharged from tissue fibers.

### 2. Vascular layer

The suction and release of air pressure:

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

(2) Remove excess toxins in the body.

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

### 3. Fibrous layer

The suction and release of air pressure:

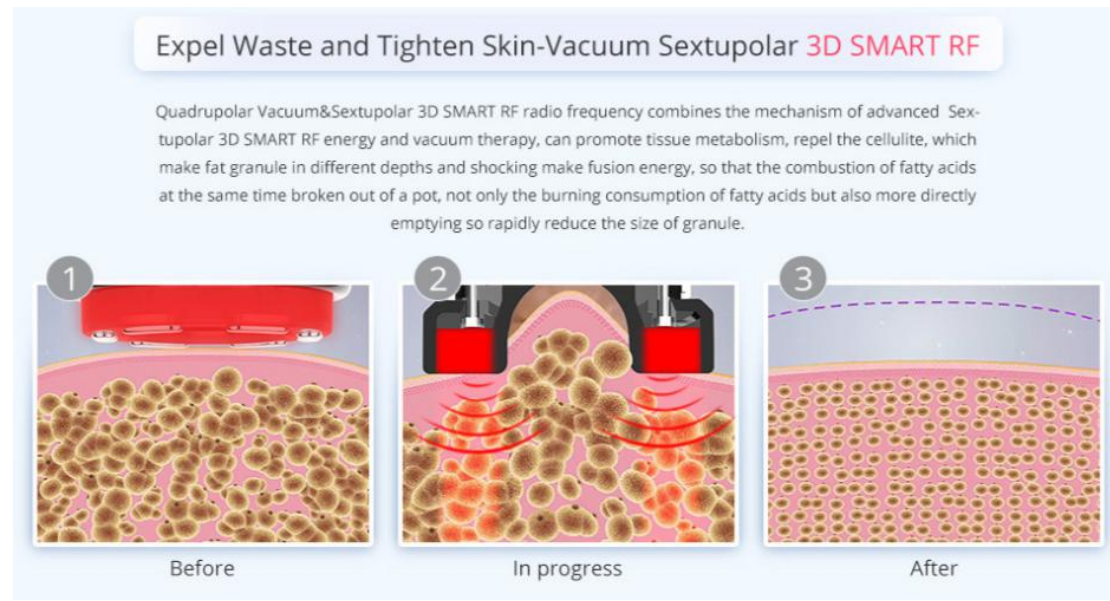
(1) Repair cell tissue, increase its activity. Lift and revive skin elasticity.

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

(3) Improve the oxygen support capacity of skin and increase the consumption of

carbon dioxide.

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



## Effects

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

## Applicable Range

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

## Inapplicable Range

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

8. Those whose gynecological diseases are being treated.

## Notes after Operation

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

## Breasts Shaping

### Principles

#### Body RF

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

### Effects

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

## Applicable 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, 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 thoracic proliferative or fibroma or cyst.
5. Those in pregnancy and lactation.

## Notes after Operation

1. Keep warm and drink more lukewarm water.
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

### Body 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  $45^{\circ}\text{C}\sim 60^{\circ}\text{C}$ , it will shrink immediately and stimulate the collagen to continue to grow. At the same time, bio-heat can effectively accelerate blood flow in adipocytes, release free fatty acids (ffa), thereby increasing the dissolution of superficial fat, and achieve the purpose of tightening and lifting the sagging part of the body.

**Body sculpture & cellulite treatment**

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

**01**

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

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



Before                      In progress                      After

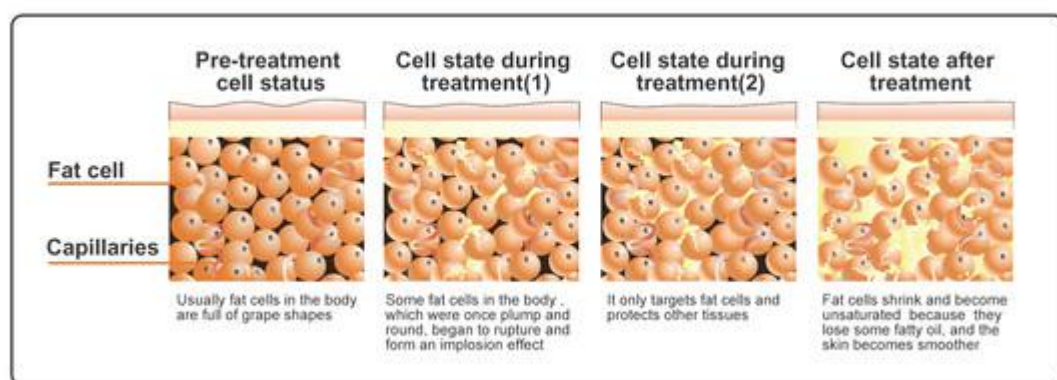
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Using the sound wave with a frequency of 4 MHz emitted by the strong sound wave head gathering strong sound waves, human adipocytes can produce a strong impact and friction movement between adipocytes after entering the human body, which can effectively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

instantly, adipocytes reduce, so as to achieve the effect of fat removal.

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

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



## Vacuum RF

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

**Advantages:** Breaking through the previous single and simple working mode of negative air pressure, using different modes for different parts can be more efficient and more effective, slimming, shaping, and will never harm human body. Unique RF function head design, RF and negative pressure are relatively independent but

complementary metabolic system as a whole, RF has negative pressure, negative pressure has RF, each other as a whole. Compared to the ordinary single-stage RF can be more effective, faster and more uniform perfect remodeling body.

### **Vacuum Physical Effects**

#### 1. Skin layer

The suction and release of air pressure:

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

(2) Draining lymph glands and veins.

Effects: redundant water is discharged from tissue fibers.

#### 2. Vascular layer

The suction and release of air pressure:

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

(2) Remove excess toxins in the body.

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

#### 3. Fibrous layer

The suction and release of air pressure:

It can promote the combination of two effects in different tissues (including skin, muscle and so on).

(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

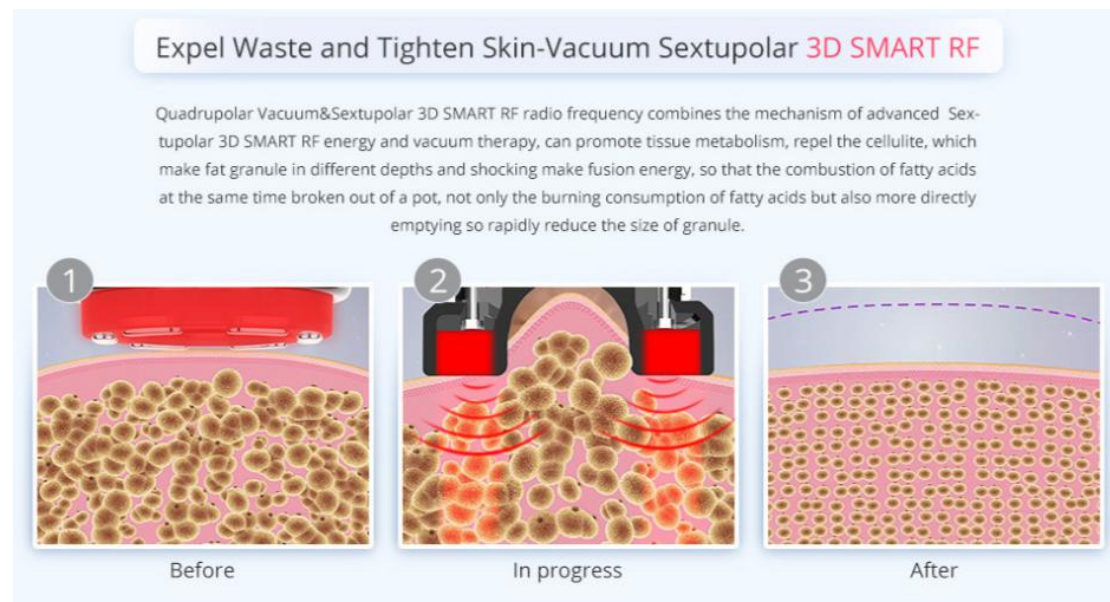
The suction and release of air pressure:

It stimulates the surface and deep sympathetic nervous system.

(1) Improve the sensitivity of skin.

(2) Repair skin elasticity and resist tissue fibrosis.

Effects: Repair and improve skin sensitivity.



## 1. Arms Shaping

### Effects

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

### Applicable Range

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

### Inapplicable Range

1. Those who have just had plastic surgery.
2. Those with hypertension, heart disease, diabetes, severe thyroid gland, malignant

tumor, etc.

3. Those who are during allergic period and has severely sensitive skin.
4. Those with skin trauma or cut.
5. Those who are overly old.
6. Those who are pregnant and who are recovering from surgery.
7. Those with skin diseases and infectious diseases.

## Notes after Operation

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

## 2.Back Shaping

### Effects

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

### Applicable Range

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

### Inapplicable Range

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

5. Those with malignant tumor and hemophilia or severe bleeding.
6. Those with skin diseases and infectious diseases.
7. Those who are too weak.
8. Those who are drunk, full, empty, thirsty and overworked.

## Notes after Operation

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

## 3. Buttocks Shaping

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.

### Effects

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

### Applicable Range

1. Those with saggy hips and fat accumulation.
2. Those with stretch marks induced by obesity 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.
6. Those with decreased estrogen levels and poor sex lives.

## **Inapplicable Range**

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

## **Notes after Operation**

1. Keep hips warm and avoid wearing miniskirts and shorts.
2. Take Shower in 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.

## **4. Legs Shaping**

### **Effects**

1. Tighten skin and prevent sagging.
2. Stimulate collagen regeneration and improve fat lines.
3. Increase leg circulation and detoxification, metabolism.
4. Promote blood circulation and remove blood stasis, dredge channels and collaterals, and prevent varicose veins.
5. Tighten excessive protruding fat on legs and get rid of 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. Patients with severe varicose veins and tumors.
6. Those with allergic and severely sensitive skin.
7. People who have just had liposuction.
8. Those who are overly aging.
9. Those who are pregnant or recovering from surgery.

## **Notes after Operation**

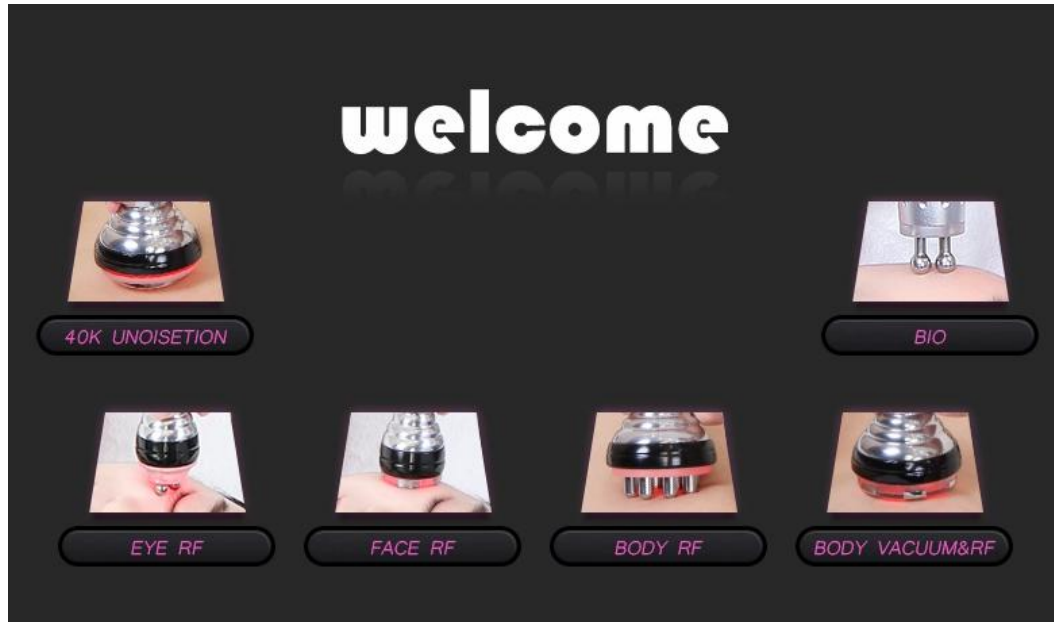
1. Keep warm after operation. Do not eat cold food.
2. Take shower in 4-6 hours later.
3. Drink more warm water to replenish water and speed up metabolism.
4. Refuse to overeat or stay up late.
5. Avoid sauna, hot spring or strenuous exercise for 7 days after operation.
6. Wear pants when you're done.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



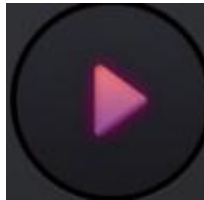
# Part II

## 1. Detailed Operation

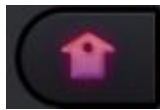
After checking that the instrument is connected properly, the following starting interface will appear when the power supply is turned on.



### 1.1 Function Selection



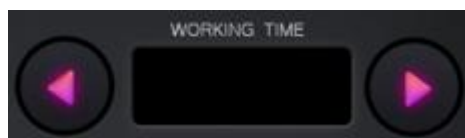
Start/Pause



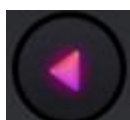
Home



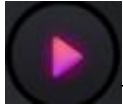
Restore



Time Display



Time Decrease



Time Increase



Energy of Handle



Energy +/-



RF Mode Selection (NOR is the set mode. The red LED is on and the energy of the handle 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.)



Suction Level Adjustment (rotate it to the right to increase the suction level and rotate it to the left to decrease the suction level)

## 1.2 Detailed Operation: 40K

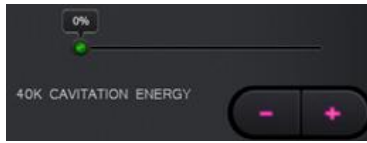


Select **40K UNOISETION** to go to the interface below

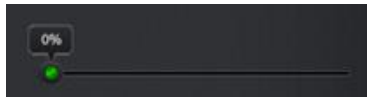




Working Time (one area is advised to be operated for around 15 min)



40K Cavitation Energy (it is advised to be 20-80%, according to one's adaptive capacity)



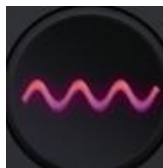
Energy Display



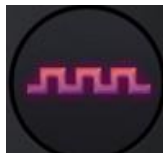
Energy +/-



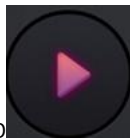
40K Modes Selection



40K Consecutive Mode, When it starts, the ultrasonic works in a consecutive way, which is suitable for those who have thick level of fat and want to lose weight.



40K Intermittent Mode, which is suitable for those who wish to consolidate the effect and shape the body.



Tap to start



Home

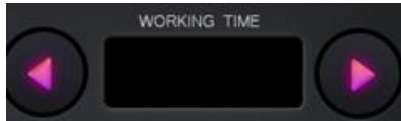


Restore

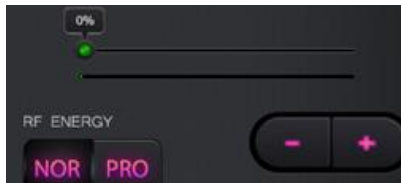
### 1.3 Detailed Operation: Body Vacuum&RF



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



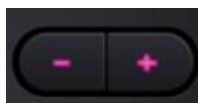
Working Time (one area is advised to be operated for around 15 min)



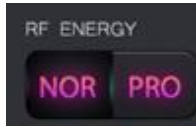
RF Energy (It is advised to be 20-80%, according to one's adaptive capacity. It is advised to start from 10% for the first time of use. Increase the energy slowly after you are adapted.)



RF Energy Display: When NOR is selected, after energy is set, this interface will not change when operating. When PRO is selected, while operating, the second line in the interface will change based on energy infusion level after the handle fully contacting with the skin.



RF Energy +/-



RF Work Modes Selection



**NOR** is the set mode. The red LED is on and the energy of the handle is at the set level and stay at the set level after turning on the device. It is suitable for those who are adaptive, with proficient operation and want to effectively improve skin condition.



**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. It is suitable for those who use it for the first time, with less adaptive capacity and want to improve skin for anti-aging.



**VACUUM SUCTION TIME**: adjust the suction according to one's feeling. It is advised to start from the minimum suction time, slowly increase the suction time when you are adapted. (advised range: 0.3-1.0)



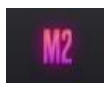
**VACUUM RELEASE TIME**: release time refers to the interval period between suction and release. 0 means direct suction. (advised range: 0-0.8)



**VACUUM MODE**: select vacuum mode according to one's feeling.



**M1** Direct Suction Mode (Constant Suction when activated, suitable for those who have good adaptive capacity, opt for detoxification, scraping and body shaping)



**M2** Intermittent Mode (Quick frequency for suction&release, suitable for those who opt for a little scraping and massage for detox and body shaping)



**M3** Slow Intermittent Mode (Slow frequency for suction&release, suitable for those who opt for a little scraping and massage for detox)

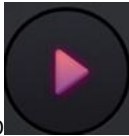


**M4** Slower Intermittent Mode (Slower frequency for suction&release, suitable for those who need massage for detox and accelerating circulation)

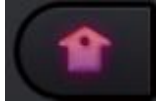


**M5** Slowest Intermittent Mode (Slowest frequency for suction&release, suitable

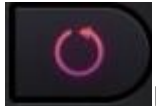
for those who need massage and relax to relieve fatigue)



Tap to start



Home

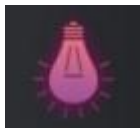


Restore

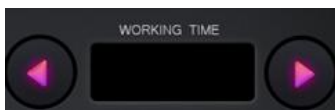
## 1.4 Detailed Operation: Eye RF



Select to go to the interface below



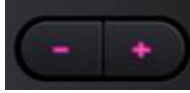
RF Red LED On/Off (the light is on means Red LED is on, the light is out means Red LED is off)



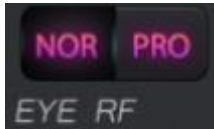
RF Working Time (one area is advised to be operated for around 15 min)



RF Energy Display: When NOR is selected, after energy is set, this interface will not change when operating. When PRO is selected, while operating, the second line in the interface will change based on energy infusion level after the handle fully contacting with the skin.



RF Energy +/-



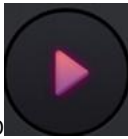
RF Work Modes Selection



**NOR** is the set mode. The red LED is on and the energy of the handle is at the set level and stay at the set level after turning on the device. It is suitable for those who are adaptive, with proficient operation and want to effectively improve skin condition.



**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. It is suitable for those who use it for the first time, with less adaptive capacity and want to improve skin for anti-aging.



Tap to start

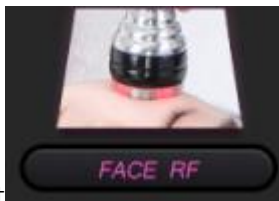


Home

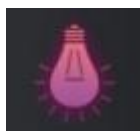


Restore

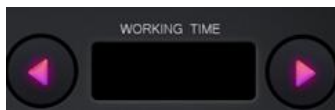
## 1.5 Detailed Operation: Face RF



Select to go to the interface below



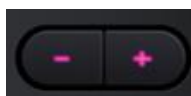
RF Red LED On/Off (the light is on means Red LED is on, the light is out means Red LED is off)



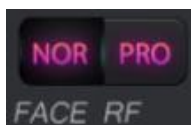
RF Working Time (one area is advised to be operated for around 15 min)



RF Energy Display: When NOR is selected, after energy is set, this interface will not change when operating. When PRO is selected, while operating, the second line in the interface will change based on energy infusion level after the handle fully contacting with the skin.



RF Energy +/-



RF Work Modes Selection



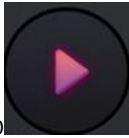
is the set mode. The red LED is on and the energy of the handle is at the set level and stay at the set level after turning on the device. It is suitable for those who are adaptive, with proficient operation and want to effectively improve skin condition.



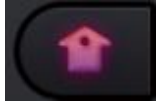
is the smart mode. The temperature goes up slowly to the set energy and red



LED is on after the probe comes in full contact with the skin. It is suitable for those who use it for the first time, with less adaptive capacity and want to improve skin for anti-aging.



Tap to start

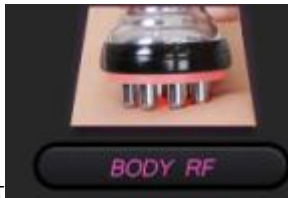


Home



Restore

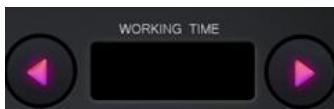
## 1.6 Detailed Operation: Body RF



Select to go to the interface below



RF Red LED On/Off (the light is on means Red LED is on, the light is out means Red LED is off)

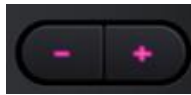


RF Working Time (one area is advised to be operated for

around 15 min)



RF Energy Display: When NOR is selected, after energy is set, this interface will not change when operating. When PRO is selected, while operating, the second line in the interface will change based on energy infusion level after the handle fully contacting with the skin.



RF Energy +/-



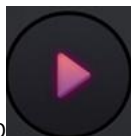
RF Work Modes Selection



is the set mode. The red LED is on and the energy of the handle is at the set level and stay at the set level after turning on the device. It is suitable for those who are adaptive, with proficient operation and want to effectively improve skin condition.



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. It is suitable for those who use it for the first time, with less adaptive capacity and want to improve skin for anti-aging.



Tap to start

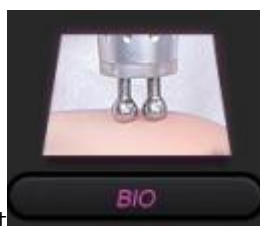


Home

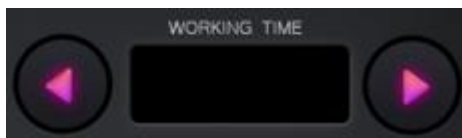


Restore

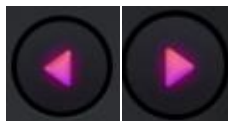
## 1.7 Detailed Operation: BIO



Select to go to the interface below



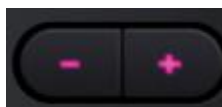
Working Time (one area is advised to be operated for around 10-20 min at a time)



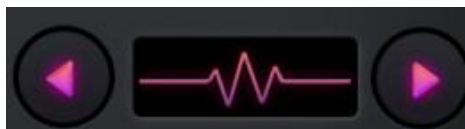
Time +/-



BIO Energy Display: it is advised to start from 10% for the first time of use. Increase the energy slowly when you are adapted. Do not increase the energy to a high level at a moment while operating.



Energy +/-



BIO Modes Selection



Mode 1, M1 is Slow Intermittent Mode, suitable for the beginners.



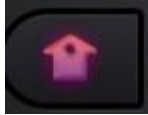
Mode 2, M2 is Fast Intermittent Mode, suitable for those with dull and dark skin.



Mode 3, M3 is Faster Intermittent Mode, suitable for those with rough skin or skin lacking of nutrient.



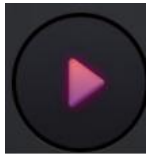
Mode 4, M4 is Consecutive Mode, suitable for those with dry, rough or dull skin.



Home



Restore



Start/Pause

## 1.8 Detailed Operation: Cold Hammer



Press the red button at the end of the handle to start the cold hammer. Press it again to stop the cold hammer.

## 2. Technical Parameters

Power supply Input: 100V-240V

Power :  $\leq 190W$

Uoisetion 40K cavitation Head:

Frequency: 40KHz

Power: 15W

Vacuum&Sextupolar 3D SMART RF Handle with Photon for body

Frequency: 1MHz

Power: 50W

Vacuum: <-80kPa

Pressure: >250kPa

Air flow: >10L/minute

Noise level: <70dB (30cm away)

8 Pole 3D Smart RF w/Photon for body

Frequency: 1MHz

Power: 30W

Quadrupole 3D Smart RF w/Photon for face

Frequency: 1MHz

Power: 30W

3D Smart Bipolar RF w/Photon for eye area

Frequency: 1MHz

Power: 10W

Cold probe for body and face

Temperature: 0~5 degree centigrade

### **3. Safety Precautions**

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

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

### **4. Dos and Don'ts**

1. The plug with grounding pin must be used before the instrument is used and the power socket of the instrument is properly grounded.

2. Ensure that the voltage of the instrument is suitable. If the voltage of the local power supply is not stable, we suggest that the user add a voltage regulator with matching power between the mains and the instrument.
3. In order to ensure the treatment effect and normal service life of the instrument, please use the specified parts provided or suggested by the original manufacturer.
4. The instrument should not be placed in damp places or near water sources, and should not be directly exposed to sunlight.
5. Do not place the instrument near a strong heat source, as this may affect the life and normal use of the instrument.
6. Before treatment, please remove all metal objects from the body first, so as to avoid unexpected conditions and influence the curative effect.
7. Please restrain from using the device on eyes, thyroid, parathyroid, testicles, abdomen of pregnant women, and pacemakers.
8. Patients who are suffering from illness should consult with a doctor and gain permission from the doctor before using.
9. Please turn off the power switch of the device, and ensure that the total power supply of the device is turned off before the staff leaves after daily use, so as to ensure the safety of the electrical products.
10. Use device or train device operators in strict accordance with instructions in the user manual.
11. When taking other weight-loss drugs, it is recommended to stop taking them for 1 to 2 months before treatment. Extension of the course of treatment is recommended if you wish to lose weight immediately.
12. Don't use the instrument with an empty stomach. After a full meal, wait at least 1 hour before a course of weight loss treatment.
13. When operating, the instrument should fully touch the skin to avoid uneven heat.
14. Don't stay at one place for over 5 seconds to avoid scald.
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 (do not use ethyl alcohol) after operation to ensure its cleanliness and hygiene and prolong its service life.

## **5. Troubleshooting & Solutions**

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

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

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

- A. Please check whether the plug connecting the instrument handle and the body is tightly connected.

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

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

A. Please check whether the plug connecting the instrument handle and the body is tightly connected.

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

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

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

A. Please turn off the instrument and check the filter element specially used for the instrument, which may need to be replaced.

B. Please check the rubber ring of the handle plug, because the rubber ring may be worn and cause air leakage.

C. Please check whether the oil filter cup outside the filter is tightened and whether the rubber ring is worn. It is possible that air leakage at this position may lead to poor air pressure.

D. If the above methods cannot address the issue, please contact the instrument dealer for assistance.

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

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

B. If the above methods cannot be handled, please contact the instrument dealer for assistance.

## **6.FAQs**

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

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

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

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

there's no need to worry.

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

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

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

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

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

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

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

A: Ultrasonic works by dissolving fat to reduce weight, and are not prone to rebound. Because what's dissolved through ultrasonic 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 daimai, lumbar vertebra, sciatic nerve from above, uterus ovary, uterine adenexa in front, anus, vagina, inguinal lymphatic from below.

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

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

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

## **7. Packing List**




1 x Host






1 x Unoisetion Cavitation 2.0 Probe

1 x Bipolar 3D SMART RF probe with photon for eye area

- 1x Sextupolar Vacuum 3D SMART RF for body
- 1 x Quadrupole 3D SMART RF probe with photon for face
- 1 x 8 Pole 3D SMART RF probe with photon for body
- 1 x Bio face lift probe
- 1 x Cold 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

Parameter Adjustment	Product	Techniques	Diagrams
<b>Facial Anti-aging: 60 min, 1-2 times/week</b>			
RF Energy: 30%-80%  Mode: PRO  <b>BIO Energy:</b> 20%-70%  Mode: Mode 2	Makeup remover+ Face wash+ Cleaning base mask+ Massage cream+ Essence+ Facial mask	<ol style="list-style-type: none"> <li>1. Remove makeup and clean face, 5 min.</li> <li>2. Apply toner, 2 min.</li> <li>3. Apply clean base mask, 10 min.</li> <li>4. Clean the face, 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. Use both hands to lift face as if plucking the string, 2 min.</li> <li>8. Alternate hands in lifting the face as if plucking the</li> </ol>	<p>Technique 5</p>  <hr/> <p>Technique 6</p>  <hr/> <p>Technique 10, 17</p>  <hr/> <p>Technique 11, 18</p>




	<p>string on one side, 1 min.</p> <p>9. Do the same on the other side.</p> <p>10. On one side, alternate hands in lifting the face in 3 lines from chin to earlobe, corner of mouth to ear gate, nose wing to temple, 3 times.</p> <p>11. Lift towards hairlines on forehead, 3 times.</p> <p>12. Do the same on the other side.</p> <p>13. Move in letter Z on forehead with ring and middle fingers to ear, lift for 3 times, and slide to back of the ear.</p> <p>14. Clean the face, 2 min.</p> <p>15. Apply essence to the whole face evenly (repairing, anti-wrinkle, moisturizing), 1 min.</p> <p>16. <b>RF Operation</b> From chin to forehead, move upwards in circles in parallel lines, 3 times.</p> <p>17. Coupled with hands, lift upwards from chin to earlobe, mouth corner to ear gate, nose wing to the temple, lower eyelid to the temple and lift eye corners, 3 times.</p> <p>18. Lift from forehead to hairline, 3 times.</p> <p>19. Do the same on the other side of the face.</p> <p>20. <b>BIO Operation</b> From chin, move upwards in circles in parallel lines, 3 times.</p> <p>21. Coupled with hands, lift upwards from chin to</p>	 <hr/> <p>Technique 13</p>  <hr/> <p>Technique 16, 20</p>  <hr/> <p>Technique 21</p>  <hr/> <p>Technique 22</p>  <hr/>
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		<p>forehead in parallel lines, 3 times.</p> <p>22. Operate at forehead in circles horizontally.</p> <p>23. Apply moisturizing mask, 15 min.</p> <p>24. Take off mask and clean the face, 2 min.</p> <p>25. Apply toner, essence, cream, sunscreen.</p>	
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**Suggested Treatment:**

10 treatments account for one full course. After one time, the skin will be tightened. After a course of treatment, the skin will be brightened, fine and smooth. 2 courses help increase skin elasticity, accelerate metabolism and detox, and lighten dark spots, brighten skin. 3 courses help stabilize skin state, prevent skin aging and laxity, and help define facial outlines.

**Facial Anti-allergic and Repairing: 45 min, 1-2 times/week**





Cold Hammer: Start	<p>Makeup remover+ Face wash+ Base mask+ Essence+ Cold steam+ Cold hammer+ Facial mask (Note: do not use products that contain preservatives , fragrances or other allergens)</p>	<p>1.Remove makeup and clean, 5 min.</p> <p>2.Apply toner, 2 min.</p> <p>3.Apply moisturizing base mask + cold steam, 10 min.</p> <p>4.Clean the face, 2 min.</p> <p>5.Apply essence to the whole face (soft repairing), 1 min.</p> <p>6.<b>Cold Hammer Operation</b> From chin to forehead, move upwards in circles in parallel lines, 3 times.</p> <p>7.Coupled with hands, lift upwards from chin to earlobe, mouth corner to ear gate, nose wing to the temple, lower eyelid to the temple and lift eye corners, 3 times.</p> <p>8.Lift towards hairlines on forehead, 3 times, 15 min in total for the whole face.</p> <p>9.Apply soft repairing mask + red/green LED exposure,</p>	Technique 6
			
			Technique 7
			
			Technique 8
			





		15 min. 10. Take off mask and LED mask, clean the face, 2 min. 11. Apply toner and repairing essence.	
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**Suggested Treatment:**

10 treatments account for one full course. After one time, skin feels moisturized and smooth. After a full course, skin returns to normal and will not be allergic due to season changing, cosmetics or hydropenia. Two courses make skin smooth, pliable, white touched with red, with good blood circulation and velvet feeling.

**Eyes Anti-aging: 60 min, 1-2 times/week**

<p>RF Energy: 30%-80%</p> <p>Mode: PRO</p> <p>BIO Energy: 20%-70%</p> <p>Mode: Mode 2</p>	<p>Makeup remover+ Face wash+ Toner+ Eye Essence+ Eye mask</p>	<ol style="list-style-type: none"> <li>1. Remove the makeup and clean, 5 min.</li> <li>2. Apply toner, 1 min.</li> <li>3. Apply essence evenly around eyes and gently massage to rub it in, 1 min.</li> <li>4. Push the following acupoints: Jingming (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>5. Move hands in circular motion around eyes and push temples, 3 times.</li> <li>6. Move middle and ring fingers horizontally below lower eyelids and slide to back of the ear, 3 times.</li> <li>7. Lift middle and ring fingers from inner eye corner to upper eyelids and slide to back of the ear, 3 times.</li> <li>8. Lift eye corners with "scissor" hand gesture, 3-5 times.</li> <li>9. Repeat the previous</li> </ol>	<p>Technique 3, 5, 10</p>  <hr/> <p>Technique 4</p>  <hr/> <p>Technique 6</p>  <hr/> <p>Technique 7</p>  <hr/> <p>Technique 8</p>
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	<p>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><b>11. RF Operation</b></p> <p>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><b>15. BIO Operation</b></p> <p>Move in small circles from lower eyelid to the temple, 3-5 times.</p> <p>16. Coupled with hand, move the probe from lower eyelid to temple to lift the treatment area, 3-5 times.</p> <p>17. Move back and forth at the lower eyelid area, 3-5 times.</p> <p>18. Apply eye mask, 15 min.</p> <p>19. Wash eyes and face clean, 2 min.</p> <p>20. Apply toner, facial essence, eye essence, cream and sunscreen.</p>	 <hr/> <p>Technique 11, 15</p>  <hr/> <p>Technique 12, 14, 16</p>  <hr/> <p>Technique 13</p>  <hr/>
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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, 1-2 times/week**

RF Energy:  
30%-80%

Mode: PRO

Makeup  
remover+  
Face wash+  
Toner+  
Massage  
cream+  
Essence+  
Neck mask

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

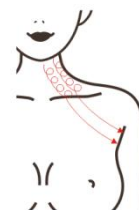
Technique 3



Technique 4, 12



Technique 5, 6, 7, 13



Technique 15



Technique 16





		<p>11. Apply essence evenly, 1 min.</p> <p>12. <b>RF Operation</b> Coupled with hand massage, lift double chin to pass behind the ear and under the armpit, 3 times.</p> <p>13. Move the device in circles on one side of neck to pass under armpit, 3 times.</p> <p>14. Slide the device from internal and external clavicle to the armpit, 3-5 times.</p> <p>15. Move the device in circles on the whole neck area, 3 times.</p> <p>16. Coupled with hand, lift neck in lines, 3-5 times.</p> <p>17. Do the same on the other side.</p> <p>18. Clean the neck, 2 min.</p> <p>19. Apply neck mask, 15 min.</p> <p>20. Clean the neck, 2 min.</p> <p>21. Apply toner, essence, neck cream.</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 course, skin is fine, firm and glowing, which also promote lymph drainage, improve facial dullness, some problems such as acne, and delay the aging of the skin, make skin restore young state.

## Waist&Abdomen Shaping: 60 min, 1-2 times/week

Vacuum&RF  
Energy:  
30%-80%

Suction: 0.3-1.0  
Release: 0-0.5

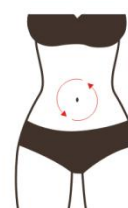
40K Energy:  
30%-80%

Mode:  
Consecutive

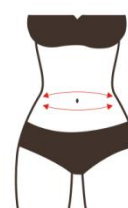
Essential  
Oil+  
Gel+  
Towel

1. Apply and rub oil on abdomen with hands, 3 times.
2. Rub stomach back and forth with both hands, 3-5 times.
3. Knead abdomen with both hands using chiropractic techniques, 3 times.
4. Lift Meridian BV(Belt Vessel) on both sides of waist with both hands alternately, 16 times.
5. Move hands as if writing an "8" number on waist, 3 times.
6. Overlap hands and message the intestinal canal clockwise, 3 times.
7. Move hands in circular motion and caress the treatment area, 3 times.
8. Push on the following acupoints: Shangwan (Ren-13), Zhongwan (Ren-12), Xiawan (Ren-10), Shenque (Ren-8), Qihai (Ren-6), Guanyuan (Ren-4), Zhongji (Ren-3), Tuanshu (St-25), Daheng (SP-15), 2 times.
9. Starting from Ren-3 point, push both thumbs to belly navel, slide them to waist and the lift upwards to groin, 3

Technique 1, 7, 10



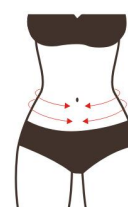
Technique 2



Technique 3



Technique 4



Technique 5

times.

10. Caress the treatment area with hands and slide to groin.

**11. Vacuum RF Operation**

Starting from one side of the waist, lift the device to abdomen and groin, one line next to another, 3 times.

12. Repeat the previous operation on the other side, 3 times.

13. Move the device on abdomen in small circular motions, 3 times.

14. Move the device on abdomen in big circular motions, 3 times.

15. Move the probe to shape the waist as if writing "8", 3-5 times.

16. Move the probe up and down to shape the waist, 3-5 times.

17. Combined with hand, lift Meridian BV on both sides of the waist, 16 times.

18. Clean the abdomen with towel and apply gel evenly.

**19. 40K Operation**

Starting from one side of the waist, lift the device to abdomen and groin, one line next to another, 3 times.

20. Repeat the previous operation on the other side.

21. Move the device on abdomen in small circular motions, 3 times.

22. Move the device on abdomen in big circular motions, 3 times.

23. Push meridians and collaterals from abdomen to



Technique 6



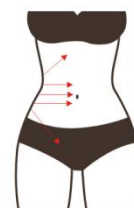
Technique 8



Technique 9




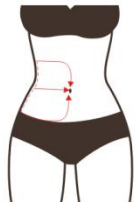

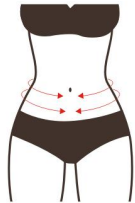

Technique 11, 12, 19, 20



Technique 13, 21



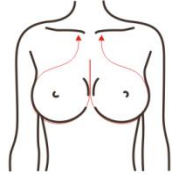
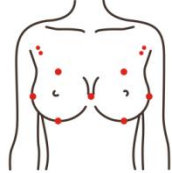
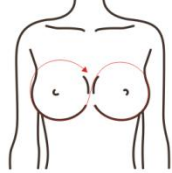
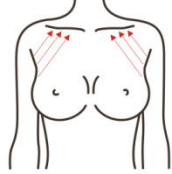
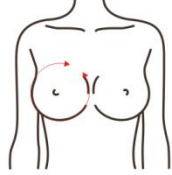
Technique 14, 22

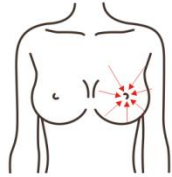
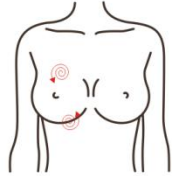

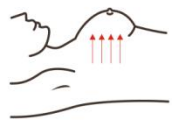
		<p>groin, from up to down, 3 times</p> <p>24. Combined with hand, lift Meridian BV on both sides of the waist, 16 times.</p> <p>25. Clean the abdomen with hot towel.</p>	 <hr/> <p>Technique 15</p>  <hr/> <p>Technique 16</p>  <hr/> <p>Technique 17, 24</p>  <hr/> <p>Technique 23</p>  <hr/>
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**Suggested Treatment:**

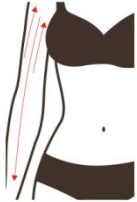
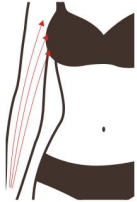



10 treatments account for one full course of treatment. Once done, abdomen is heating up, metabolism is accelerated. After one course, fat slowly reduce through metabolism, body starts to slim down. Constipation and other issues are addressed at the same time. After 2 courses the effect gradually becomes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

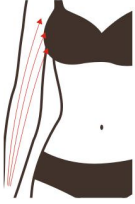
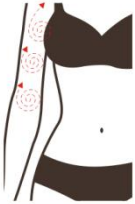

## Breasts Shaping: 45 min, 1-3 times/week

<p>RF Energy: 30%-80%</p> <p>Mode: PRO</p>	<p>Massage Cream (essential oil)+ Towel</p>	<ol style="list-style-type: none"> <li>1. Stand at the head of the bed, both hands from 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.</li> <li>2. Both hands thumb point: shanzhong (Ren-17), rugen (St-18), dabao (SP-21), yingchuang (St-16), zhongfu (LU-1), yunmen (LU-2), 3 times.</li> <li>3. Caress the treatment area, 3 times.</li> <li>4. Overlap both palms from Ren-17 point to chest both sides back and forth as if writing an "8" number, 3 times.</li> <li>5. Lift the accessory breast to the suspensory ligament alternately with both hands, first left, then right, 10 times.</li> <li>6. Caress the treatment area, 3 times.</li> <li>7. Sit beside the customer, first left, then right, with both hands to soothe and lift the chest, 3-5 times.</li> <li>8. Alternately push the breast duct around the chest (one circle of the chest), 3-5 times.</li> <li>9. Use the thumb to dredge the nodules in the chest, 3 times.</li> <li>10. Lift the whole chest with hands, 3-5 times.</li> <li>11. The technique on the other side is the same as</li> </ol>	<p>Technique 1, 3, 6, 10</p>  <hr/> <p>Technique 2</p>  <hr/> <p>Technique 4</p>  <hr/> <p>Technique 5</p>  <hr/> <p>Technique 7, 13</p>  <hr/> <p>Technique 8, 12</p>
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	<p>above.</p> <p>12. <b>RF operation</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>13. Draw half a circle along the chest to lift and pull from the bottom to the collarbone, combining with hand comfort, 5-8 times.</p> <p>14. Make small circles to clear the nodule site for 3-5 times.</p> <p>15. The customer lies on his side and stands up with her arms. The device burns fat in circles at the position of auxiliary breast, 5-8 times.</p> <p>16. The instrument is pushed from the position of underarm auxiliary breast to the chest (shaping and receiving auxiliary breast), 5-8 times.</p> <p>17. The technique on the other side is the same as above.</p> <p>18. Clean with hot towel.</p>	 <hr/> <p>Technique 9, 14</p>  <hr/> <p>Technique 15</p>  <hr/> <p>Technique 16</p>  <hr/>
<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>		

## Arms Shaping: 60 min, 1-2 times/week

<p>RF Energy: 30%-80%</p> <p>Ultrasonic 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> <li>10. The end of massage technique.</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>11. Repeat the previous operation on another side.</p> <p>12. <b>RF Operation</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>Ultrasonic Operation</b> Lay arms flatwise and start from fat part of lower arm, tracing three channels to armpit, 3 times.</p> <p>20. Move the device in annular motion, tracing three channels to armpit, 3 times.</p> <p>21. You may double the operation on flabby arms, 3 times.</p> <p>22. Trace three channels to armpit, 3 times.</p> <p>23. Lay inner arm flatwise and push three channels on upper arm to armpit, 3 times.</p> <p>24. Trace three channels from upper arm to armpit.</p> <p>25. Operate in circles at the fat around the upper arm, 5-8</p>	 <hr/> <p>Technique 13</p>  <hr/> <p>Technique 16</p>  <hr/>
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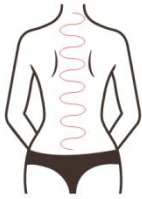
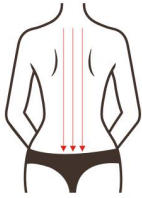
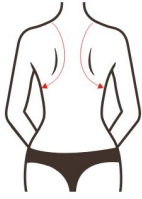


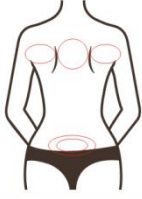
		<p>times.</p> <p>26. Do the same on the other side.</p> <p>27. Clean the arms with hot towel.</p>	
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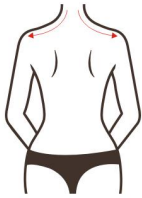
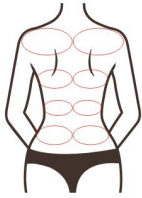


**Suggested Treatment:**

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

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

<p>RF Energy: 30%-80%</p> <p>Mode: PRO</p> <p>Vacuum&amp;RF Energy: 30%-80%</p> <p>Suction: 0.3-1.0</p> <p>Release: 0-0.5</p>	<p>Essential oil+ Gel+ Towel</p>	<ol style="list-style-type: none"> <li>1. Apply oil on back and press Fengchi (Gb-20), and Fengfu (Du-16) points.</li> <li>2. (Starting from hairline) Stroke Da Ban Jin with thumb, 3-5 times.</li> <li>3. Move thumb outwards from Du Channel (GV)to the 8 Crevice area and then to Fengchi (Gb-20), and Fengfu (Du-16) point, 3 times.</li> <li>4. Starting from neck to caudal vertebra, move hands in S-shape, 3 times.</li> <li>5. Push Bladder Channel(BL) with thumb in left-right order, 3 times.</li> <li>6. Push Bladder Channel(BL) to bialiao area with both thumbs, at the same time, 3 times.</li> <li>7. Push Bladder</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>Channel(BL) in three kneeling fingers, 3 times.</p> <p>8. Push scapula slot with both hands alternately in left-right order, 3-6 times.</p> <p>9. Push scapula slot with both hands horizontally, 3-6 times.</p> <p>10. Caress the back with both hands and push Fengchi (Gb-20), and 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 on Du Channel (GV) and Bladder Channel(BL) until they turn hot.</p> <p>14. The end of massage technique.</p> <p>15. Apply gel evenly on back.</p> <p><b>16. RF Operation</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>17. Move the device in circles on Dazhui (Du-14) point, and the 8 Crevice area, 3-5 times respectively.</p> <p>18. From Da Ban Jin to neck, move the device back and forth, 3-5 times.</p> <p>19. Lift the device on scapula slot in left-right order, 3-5 times.</p> <p>20. Move the device horizontally as if writing an "8" number to the 8 Crevice</p>	 <hr/> <p>Technique 5, 6, 7, 13, 16</p>  <hr/> <p>Technique 8, 19</p>  <hr/> <p>Technique 9</p>  <hr/> <p>Technique 11, 12</p>  <hr/> <p>Technique 17</p>  <hr/> <p>Technique 18</p>
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	<p>area, 3 times.</p> <p>21. Move in annular motions from two sides till the underarm, 3 times.</p> <p>22. Lift upwards from sides of the waist to the underarm, 3-5 times.</p> <p>23. Clean with hot towel.</p> <p>24. Apply essential oil evenly on the back.</p> <p><b>25. Vacuum RF Operation</b> Starting from Du channel to Bladder channel (BL), move the device from neck to the 8 Crevice area, 3-5 times.</p> <p>26. From Da Ban Jin to neck, move the device back and forth, 3-5 times.</p> <p>27. Lift the device on scapula slot in left-right order, 3-5 times.</p> <p>28. Move the device horizontally as if writing an "8" number to the 8 Crevice area, 3 times.</p> <p>29. Lift from sides of waist upwards to armpit in annular motions, 3-5 times.</p> <p>30. Clean your back with towel.</p>	 <p>Technique 20</p>  <p>Technique 21</p>  <p>Technique 22</p> 
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**Suggested Treatment:**

10 times account for a full course. Once done, back feels significantly relaxed, neck stiffness alleviated, and skin feels lifted. After a full course, shoulder feels relaxed, back fat lessens, the lump on the nape of the neck improves, and the back line starts to show. 2 courses help dredge meridians, regulate sub-health, and improve sleep. 3 courses help achieve thin back, curvy back line, better viscera function and digestion, detoxification and metabolism. (one course helps reduce size, two courses help strengthen the effects, three courses help with consolidation and avoid rebound.)

**Buttocks Shaping: 60 min, 1-2 times/week**

RF Energy: 30%-80%	Essential oil+ Gel+	1. Standing on the side, accumulate oil on hands and	Technique 1, 4, 10
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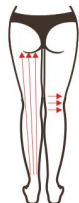

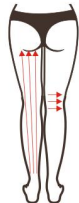


<p>Mode: PRO</p> <p>40K Energy: 30%-80%</p> <p>Mode: Consecutive</p>	<p>Towel</p>	<p>then slide to the waist and then lift up along the hips from the waist, 3 times (this is to caress the treatment area.)</p> <p>2. Repeatedly push the 8 Crevice area with two thumbs, 3 times.</p> <p>3. Caress the treatment area for 3 times and then point: Shenyu (Bl-23), 8 Crevice area, Changqiang (Du-1), Huantiao (Gb-30), Chengfu (Bl-36), 3 times.</p> <p>4. Caress the treatment area, 3 times.</p> <p>5. First left, then right, with both hands extending from the root of the thigh from bottom to top --Bladder Channel (BL) - Kidney Channel (KI) - Liver Channel (LV) - Gallbladder Channel (GB) - Dai Channel (BV) , 3 times each.</p> <p>6. Both hands follow from the root of thigh from bottom to top -- Bladder Channel (BL) - Kidney Channel (KI) - Liver Channel (LV) - Gallbladder Channel (GB) - Dai Channel (BV) , 3 times each.</p> <p>7. Overlap both palms and push up together from thigh root to pulse (ascension) ,3 to 5 times.</p> <p>8. Push your hands from bottom to top from both sides of your hips to the top of your hips, 3 times.</p> <p>9. Repeat the operation 7.</p> <p>10. Caress the treatment area.</p>	 <p>Technique 2</p>  <p>Technique 3</p>  <p>Technique 5, 13, 16</p>  <p>Technique 6</p>  <p>Technique 8, 14, 17</p>  <p>Technique 15</p>
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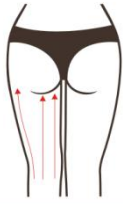

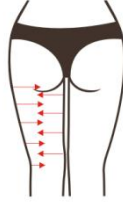
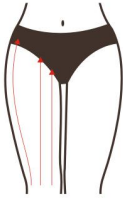

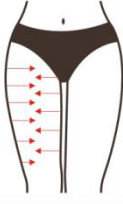
	<p>11. The technique on the other side is the same as above.</p> <p>12. Clean the buttocks with towel and apply gel evenly.</p> <p>13. <b>40K Operation</b> Lift from the thigh root to the Dai Channel (BV) line by line, 3 times.</p> <p>14. Lift 3 times from bottom to top on both sides of the buttocks to the highest point of the buttocks.</p> <p>15. Circle your hips, 3 to 5 times.</p> <p>16. Lift 3 times from thigh root to Dai Channel (BV).</p> <p>17. Lift from bottom to top on both sides of the buttocks to the highest point of the buttocks, 3 times.</p> <p>18. The technique on the other side is the same as above.</p> <p>19. <b>RF Operation</b> Lift from the thigh root to the Dai Channel (BV) line by line, 3 times.</p> <p>20. Move the probe in small circular motions around buttocks, 5-8 times.</p> <p>21. Lift from the end of thigh towards Dai channel in parallel lines to lift the treatment surface, 3 times.</p> <p>22. Clean buttocks with hot towel.</p>	 <hr data-bbox="1077 427 1369 432"/>
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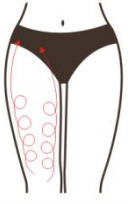

**Suggested Treatment:**

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

## Legs Shaping: 70 min, 1-2 times/week

<p>Vacuum&amp;RF Energy: 30%-80%</p> <p>Suction: 0.3-1.0</p> <p>Release: 0-0.5</p> <p>40K Energy: 30%-80%</p> <p>Mode: Consecutive</p>	<p>Essential oil (Massage Cream)+ Gel+ Towel</p>	<ol style="list-style-type: none"><li><b>Prone Position - Rear Leg</b> In left-right order, apply and rub oil in from calf to thigh to heel, 3 times.</li><li>Alternately push the entire leg from bottom to top and wrap back into the heel, 3 times.</li><li>Move hands upwards to four main collateral channels:Bladder Channel (BL) - Kidney Channel (KI) - Liver Channel (LV) - Gallbladder Channel (GB) with fingers spread and hukou pointing upwards.</li><li>Push hands alternately to popliteal fossa, 3 times.</li><li>Twist both hands upwards alternately as if twisting a fired dough, 3 times.</li><li>Caress the treatment area, 3 times.</li><li>Push four main collateral channels upwards with kneeling fingers of both hands, 3 times.</li><li>Caress the treatment area, 3 times.</li><li>Do the same on the other side.</li><li>Clean with hot towel, 2 min.</li><li>Apply gel evenly, 2min.</li></ol>	<p>Technique 1, 2, 3, 4, 7</p>  <hr/> <p>Technique 5</p>  <hr/> <p>Technique 12</p>  <hr/> <p>Technique 13</p>  <hr/> <p>Technique 14, 18</p> 
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	<p>12. <b>40K Operation</b>  Move the device from popliteal fossa to Bladder Channel (BL) - Kidney Channel (KI) - Liver Channel (LV) - Gallbladder Channel (GB) , 3 times.</p> <p>13. Move the probe in small circular motion on the leg, 3 times.</p> <p>14. Push upwards to popliteal fossa while massage with the free hand, 3 times.</p> <p>15. Push from popliteal fossa, tracing four channels to the end of thigh, 3 times.</p> <p>16. Move the probe from popliteal fossa in small circular motions to the end of thigh, 3 times.</p> <p>17. Push from popliteal fossa, tracing channels to the end of thigh, 3 times.</p> <p>18. <b>Vacuum RF Operation</b>  Move the probe from popliteal fossa to Bladder Channel (BL) - Kidney Channel (KI) - Liver Channel (LV) - Gallbladder Channel (GB) , 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. Coupled with hand, lift from two sides of thighs to the middle, 3-5 times.</p> <p>22. <b>Supine Position - Foreleg Treatment</b></p>	<p>Technique 15, 17, 19</p>  <hr/> <p>Technique 16, 20</p>  <hr/> <p>Technique 21</p>  <hr/> <p>Technique 22, 23, 24, 25</p>  <hr/> <p>Technique 29</p>  <hr/> <p>Technique 30</p>  <hr/> <p>Technique 31</p>
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	<p>Rub oil with both hands from heel to the thigh root (namely to caress the treatment area), 3 times.</p> <p>23. Alternately push the entire leg from bottom to top and wrap back into the heel, 3 times.</p> <p>24. Move hands upwards to four main collateral channels: Spleen Channel (SP) - Stomach Channel (ST) - Liver Channel (LV) - Gallbladder Channel (GB) with fingers spread and hukou pointing upwards, 3 times.</p> <p>25. Push four main collateral channels upwards with kneeling fingers of both hands, 3 times.</p> <p>26. <b>40K Operation</b> Lift the device towards knee while tracing 4 channels, 3 times(start from thigh if there's not enough unwanted fat on calf.)</p> <p>27. Move the device on two sides of calf in annular motion, 3 times(start from thigh if there's not enough unwanted fat on calf.)</p> <p>28. Lift the device from knee to thigh root in annular motion, 3 times.</p> <p>29. Move the probe in small circular motions on the entire thigh, 3 times.</p> <p>30. Coupled with hand, lift the device from knee to thigh root in lines, 3 times.</p> <p>31. Lift the device from knee to thigh root in annular motion, 3 times.</p>	 <hr/> <p>Technique 32</p> 
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		<p>32. Lift from knee towards the end of thigh in parallel lines, 3 times.</p> <p>33. <b>Vacuum RF Operation</b> Lift the device from knee to thigh root in annular motion, 3 times.</p> <p>34. Move the probe in small circular motions on the entire thigh, 3 times.</p> <p>35. Coupled with hand, lift the device from knee to thigh root in lines, 3 times.</p> <p>36. Lift the device from knee to thigh root in annular motion, 3 times.</p> <p>37. Do the same on the other side.</p> <p>38. Clean the treated area with hot towel, 2 min.</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. RF + ultrasound is to stimulate the dermis of the skin, which can sustain collagen regeneration, so the treatment effect will be more and more obvious.