

Quick Start Guide

MILD Recommended mode for **thinner skin**

STRONG Recommended mode for **thicker skin**



STEP 01

Please make sure to use it on completely dry skin after gentle cleaning.

***Device may malfunction if used wet or with cosmetics (such as gel, oil, and lotion).**

STEP 02

Press the button to select the appropriate mode according to the area you want to use and set the frequency(R) and EMS(E) levels accordingly.

***When using the device for the first time, please make sure to use it from Level 1 with the recommended modes for desired areas:**

MILD Forearms, calves

STRONG Abdomen, thighs, waist, below the hips

STEP 03

After fully adhering the device to the desired area, press the Shot button to start use.

***When used without full contact with the skin surface, the device is interrupted.**
***Please be careful not to use consecutive shots (more than 2 shots) on the same area.**
***Please be careful not to over-lap areas you used while moving between shots.**

STEP 04

After completing the use of a device, finish by applying a light cream or a skincare product that helps relieve the residual marks.

***The temporary suction marks or redness, which occur after use, are natural and gradually disappear within few days.**

MILD MODE

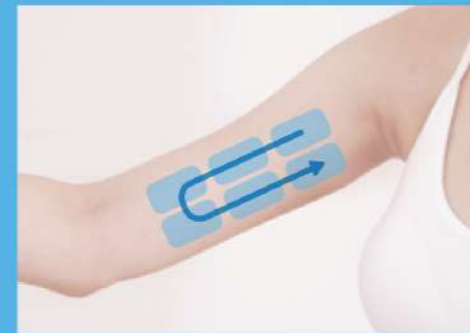
- 1 Please set the mode to **MILD** when using the device on the arms or calves.
- 2 Please refer to the image below and divide the areas to be suctioned according to your body shape.
- 3 Make sure to move 1 shot at a time and complete one set. It is recommended to repeat this process for a total of **3-5 sets**.

*The device only operates when you press the Shot button, so please press the Shot button when moving the device in between areas.

*The total number of uses for each body part may vary depending on the body shape.

Arm Care SET (12 Shots)

Recommended: 3-5 SETS



Inner Arm 6 Shots

Divide the inner part of the arm into 6 equal parts and move the device one shot at a time.



Outer Arm 6 Shots

Divide the outer part of the arm into 6 equal parts and move the device one shot at a time.

Calf Care SET (12 Shots)

Recommended: 3-5 SETS



Inner Calf 6 Shots

Divide the inner part of the calf into 6 equal parts and move the device one shot at a time.



Outer Calf 6 Shots

Divide the outer part of the calf into 6 equal parts and move the device one shot at a time.

STRONG MODE

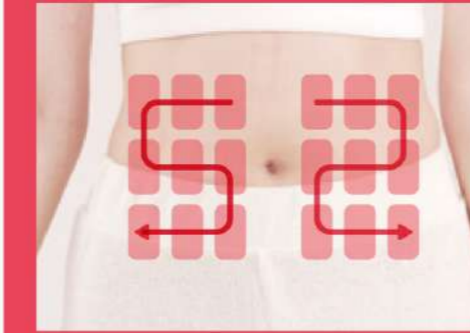
- 1 Please set the mode to **STRONG** when using it on the abdominal area and waistline.
- 2 Please refer to the image shown below and divide the areas to be suctioned according to your body shape.
- 3 Make sure to move 1 shot at a time and complete one set. It is recommended to repeat this process for a total of **3-5 sets**.

*The device only operates when you press the Shot button, so please press the Shot button when moving the device in between areas.

*The total number of uses for each body part may vary depending on the body shape.

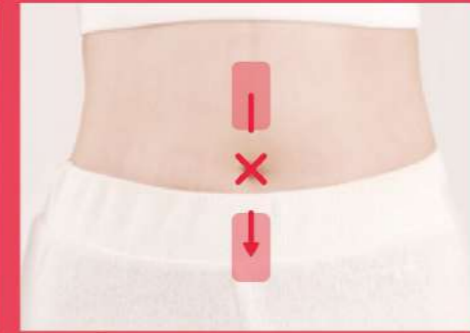
Abdominal Care SET (20 Shots)

Recommended: 3-5 SETS



Left and Right Abdomen 18 Shots

Divide each side of the abdominal area into 9 equal parts and move the device one shot at a time.



Central Abdomen 2 Shots

Divide the central area of the abdomen (except near the navel area) into 2 equal parts and move the device one shot at a time.

Waist Line Care SET (12 Shots)

Recommended: 3-5 SETS



Left Waist 6 Shots

Divide the left waist area into 6 equal parts and move the device one shot at a time.



Right Waist 6 Shots

Divide the right waist area into 6 equal parts and move the device one shot at a time.

STRONG MODE

- 1 Please kindly set the mode to **STRONG** when you use it on the thighs and hips area.
- 2 Please refer to the image as shown below and divide the areas to be suctioned according to your body shape.
- 3 Make sure to move 1 shot at a time and complete one set. It is recommended to repeat this process a total of **3-5 sets**.

*As the device only operates if you press the Shot button, so please press the Shot button whenever you move the using area.

*The total number of uses for each body part may vary depending on the body shape.

Thigh Line Care SET (16 Shots)

Recommended: 3-5 SETS



Inner Thigh 8 Shots

Divide the inner thigh area into 8 equal parts and move the device one shot at a time.



Outer Thigh 8 Shots

Divide the outer thigh area into 8 equal parts and move the device one shot at a time.

Hip Line Care SET (6 Shots)

Recommended: 3-5 SETS



Lower Left Hip 3 Shots

Divide the lower left hip area into 3 equal parts and move the device one shot at a time.



Lower Right Hip 3 Shots

Divide the lower right hip area into 3 equal parts and move the device one shot at a time.