

# User's Manual MF-24K1



## Foreword

Dear User:

Welcome to use our latest beauty instrument which integrates VACUUM & CAVI, VACUUM & RF. MF-24K1 is a professional beauty instrument that should be operated by a professionally trained operator, if not used correctly this instrument may cause adverse consequences to the human body, please read this manual carefully and strictly follow the instructions in the manual to operate the instrument.

We believe our high-quality product will bring you excellent returns, and our perfect after-sales service will free your worries.

**Thank you!**

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# Part I

## Introduction

Vacuum&CAVI, Vacuum&RF are currently the most popular beauty treatment for skin firming and body sculpting, this instrument can effectively replace all the body treatments and in salon, and is easy, convenient and fast to operate, providing body sculpting solutions for users. The instrument is safe and effective, no skin breaking, no injections, no drugs, no surgery, no side effects, external application during the whole process and the effect is immediate. Radio frequency heats up the deeper layers of the skin, stimulating collagen growth and reorganization in the dermis, accelerating blood circulation in the underlying layers of the skin, achieving the effect of firming, plump and anti-aging.

## Advantages

1. 2 in 1 fitness instrument, effectively providing the care for the whole body.
2. Powerful ultrasound fat bursting and fat removal can replace and surpass liposuction surgery, and bring good news to obese people.
3. The perfect combination of ultrasound and radio frequency solves the problem of weight loss, tightens the skin while losing weight, increases skin elasticity, allows the body to metabolize quickly and enhances physique.
4. 2 types of handles for the treatment on different parts or meeting different needs.
5. Multiple functions on one handle, stronger RF, higher and more uniform energy.
6. No pain, no wound after treatment, no recovery time, you can get back to work immediately.
7. No consumption, low cost, quick return.
8. A wider range of treatments, covering both face and body.
9. Not causing unevenness, bleeding or swelling.

## Working Principle

### Vacuum&CAVI

CAVI: after the concentrated strong sound waves enter the human body, there will be a strong impact and frictional movement between the fat cells, which can effectively consume heat and intracellular water, making the fat cells shrink. In addition, when the sound waves vibrate, it causes a

strong impact among the cells under pressure, the cells burst instantly, and the fat cells are reduced, so as to achieve the effect of removing fat.

**Ultrasound Cavitation:** ultrasound vibrates the liquid to generate tens of thousands of tiny bubbles, namely cavitation bubbles. These bubbles grow in the negative pressure zone formed by the longitudinal propagation of ultrasound and close rapidly in the positive pressure zone, thus being compressed and stretched under alternating positive and negative pressures. At the moment when the bubble is compressed until it collapses, a huge instantaneous pressure will be generated, generally as high as tens of MPa to hundreds of MPa, and strong vibration and noise will be generated.

**Advantages:** Advantages: selective destruction of tissue, specific frequency, only destroys low-density adipose tissue, and protects high-density tissues such as blood vessels and nerves.

**Vacuum:** massage the skin and muscles with a special vacuum suction head, which can effectively improve the fluidity of human cells, increase the movement of cells to activate cells and improve skin elasticity, and at the same time accelerate the blood circulation of microvasculature, the excess toxins in the body are excreted through the regular circulation of the lymphatic system, reducing and improving the chances of the formation of spots, pigments, congestion and other adverse conditions in various parts of the body. The kneading effect produced by vacuum liposuction can increase the tissue activity of skin and muscles, thereby helping to reduce the hard cellulite tissue and increase the elasticity of skin tissue, so that the effect of slimming and shaping can be completed at the same time. In addition, the vacuum movement can also stimulate the surface and deep sympathetic nervous system, improve skin sensitivity, and the suction and release process can not only improve the capillary system but also improve the flow between the deeper veins and lymph gland networks, and strengthen blood vessels, improve varicose veins.

**Advantages:** Breakthrough of the previous single simple negative air pressure mode of work, specific mode for specific area promote more efficient and better result, slimming and shaping body without any damages. Unique RF function head design, radiofrequency and negative pressure work relatively independently and complement each other, helping massage and metabolism at the same time as deep heating, making the effect twice as effective.

Physical Effects of Negative Pressure

Skin layer

The process of suction and release of air pressure ----- (1) improve the

mobility between cells, thus increasing the movement of cells, which can improve stasis of blood, diseases related to blood stagnation.

(2) drain water from lymph glands and veins

The effect: Drain excess water from tissue fibers.

2. Vascular layer

The process of suction and release of air pressure ----- (1) improves blood circulation in the microvasculature, not only singularly improves the capillary system, but also improves the flow between the deeper venous and lymphatic gland networks.

(2) remove toxins from the body.

The effect: Strengthens blood vessels and relieves varicose veins.

3. Fiber layer

The process of suction and release of air pressure ----- (1) promotes the combination of two effects in different tissues (including skin, muscle tissue, etc.)

--Repairs cellular tissues and increases intercellular activity.

--Lifts and repairs skin elasticity and resists skin stretching.

--Collagen production helps to renew the skin and restore its elasticity.

--Improves the oxygenation of the skin and increases the consumption of carbon dioxide.

The effect: Breaks down the hard fibers of cellulite, making it more elastic and thus achieving a shaping effect.

4. Neural layer

The process of suction and release of air pressure ----- (1) stimulates the surface and deep layers of the sympathetic nervous system.

--Improves skin sensitivity.

--Repairs skin elasticity and resists tissue fibrosis.

The effect: repairs and improves skin sensitivity.

Advantage: the combination of Vacuum and CAVI massages body and burst fat at the same time, allowing body to metabolize fat more quickly and effectively. Save more time and effort to achieve multiple effects of weight loss and metabolism and shaping.

## **Vacuum&RF**

**RF:** radio frequency waves directly penetrate the skin, use the resistance formed by the skin to generate energy, increase the temperature of the bottom layer of the skin, rapidly and continuously heat the tissue and promote the growth of collagen in the skin, so as to achieve skin firming, skin lifting, and skin detailed effect. The perfect combination of them achieves fat reducing and skin tightening at the same time, as well as the prevention of skin sagging.

**Vacuum:** massage the skin and muscles with a special vacuum suction

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## **Main Efficacy**

1. Improve the waist and abdominal fat, love handle, fat belly.
2. Improve bingo-wings and thick arms.
3. Increases circulation and detoxification metabolism in the legs.
4. Activate blood stasis, dredge meridians and prevent varicose veins.
5. Tighten excess leg fat and get rid of thick legs.
6. Reduce back cellulite.
7. Butt sculpting, improve sagging butt, tighten skin and increase skin elasticity.
8. Butt sculpting, improve sagging butt, tighten skin and increase skin elasticity.
9. Adjust breast shape and improve side breast.
10. Improve breast nodules, slight enlargement and relieve menstrual breast pain.
11. Improve postpartum breast atrophy, breast laxity, and mammary duct blockage.

## **Indications**

1. People with fat deposits on abdomen and waist.
2. People with waist fat, belly fat, always sit, and unsightly waistline.
3. People with unattractive waist line due to a sedentary lifestyle.
4. People with stretch marks.
5. Woman with abdomen edema after delivery.
6. People with bingo wings.
7. People with sagging skin on arms.

8. People whose arms are prone to soreness and numbness or with arm edema.
9. People with tick back and looks unattractive in clothes.
10. People with neck hump.
11. Sagging and flabby buttocks with cellulite accumulation.
12. Stretch marks on buttocks.
13. People with flat, flabby or bad-shaped buttocks.
14. People with poor circulation in the lower body, edema, and obesity.
15. People with blocked meridians in legs, bad leg proportions and unattractive legs.
16. People with nodules in the chest, slight hyperplasia, and experiencing breast swelling during menstruation.
17. People with free fat in breast, sagging breast.
18. People with underdeveloped mammary glands, postpartum breast atrophy, breast laxity, blocked breast ducts, etc.

## **Contraindications**

1. People who have recently had plastic surgery, with implants or metal objects at the treatment area in 3 months.
2. People have had injection treatment in 3 months including hyaluronic acid, mesotherapy, botulinum, or plastic surgery.
3. People with heart disease or pacemaker, epilepsy, severe diabetes and hyperthyroidism, malignant tumors, hemophilia or severe bleeding.
4. People who are experiencing skin irritation, with severe sensitive skin.
5. People with wound on skin or in period of recover after a surgery.
6. Excessive aging group.
7. People in period of pregnancy, menstruation, lactation.
8. People with skin diseases and infectious diseases.
9. People who have unrealistic illusions about results.

## **After treatment**

1. Keep warm, avoid cold food, or catch a cold after treatment.
2. Take a shower 4 - 6 hours later after treatment.
3. Drink more warm water to keep yourself hydrated.
4. Do not overeat or stay up late.
5. Avoid sauna, hot springs or strenuous exercise for 7 days after treatment.



# Part II

## Interface Function

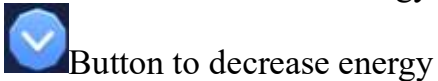
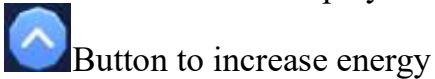
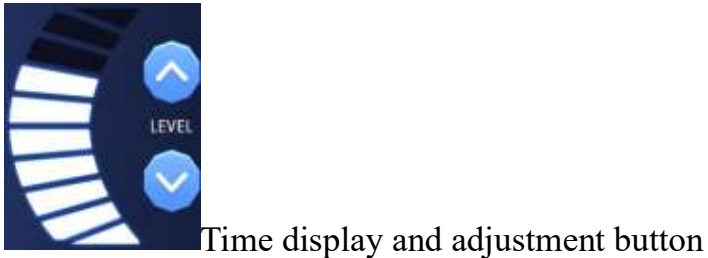
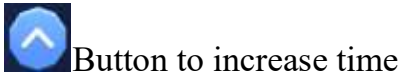
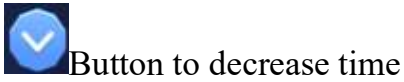
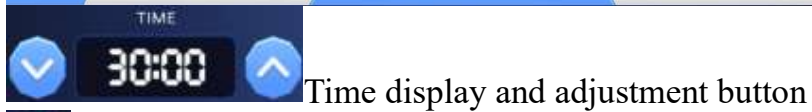
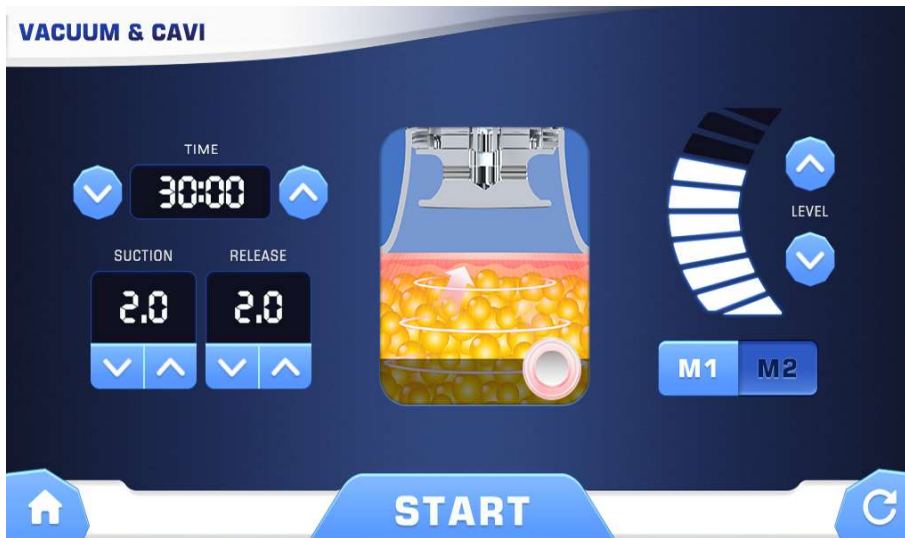
### 1. Main interface



### 2. Vacuum&CAVI interface setting

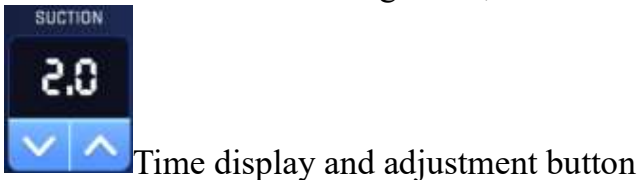


Tap and enter the following interface



M1: Continuous working mode, for people with fat accumulation and thicker fat.

M2: Intermittent working mode, for local obesity.





Time display and adjustment button



Time decrease button for suction/release

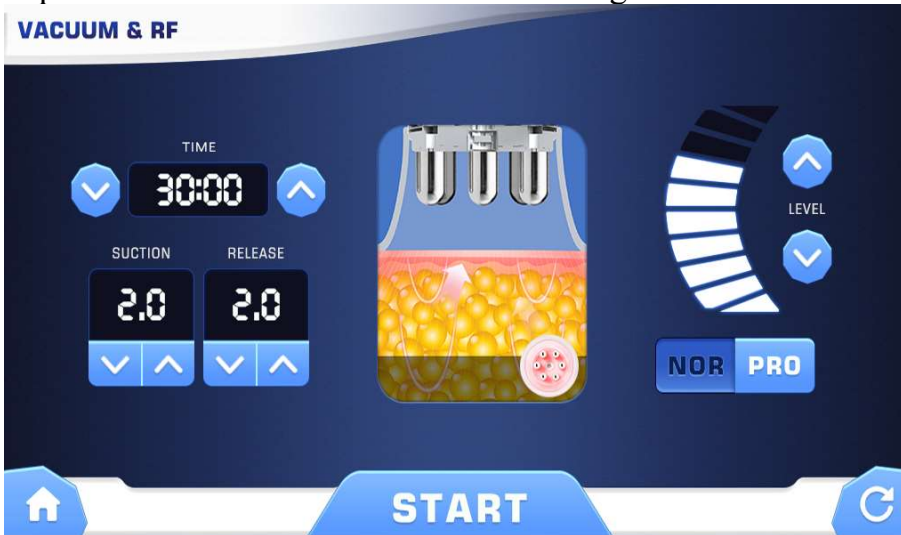


Rotary knob for adjusting suction intensity (turn left to decrease intensity, turn to right to increase intensity)

### 3. Vacuum&RF interface setting



Tap and enter the following interface



Time display and adjustment button



Button to decrease time



Button to increase time



Time display and adjustment button



Button to increase energy



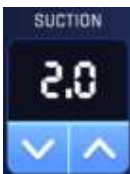
Button to decrease energy



RF modes:

NOR: The handle heats up directly after contact with the skin.

PRO: Handle slowly heats up after contact with skin.



Time display and adjustment button



Time display and adjustment button



Time decrease button for suction/release



Rotary knob for adjusting suction intensity (turn left to decrease intensity, turn to right to increase intensity)

## Technical parameters

Storm Vacuum & Cavi Probe

Cavitation 3.0

Frequency: 30KHz

Power:100W

Storm Vacuum & RF Probe

RF

Frequency:5MHz

Power:100W

Suction

Vacuum: <-80kPa

Pressure: >250kPa  
Air flow: >10L/minute  
Noise level: <70dB (30cm away)  
Power:20W

## **Precautions**

1. Strictly follow the instructions in the manual to use the instrument and train operator.
2. Before using the instrument, you must use a plug with a grounding pin and ensure that the power socket of the instrument is grounded.
3. Make sure the voltage of the instrument is adapted. If the local power supply voltage is unstable, we advise you to add a power-matched regulated power supply between the mains and the instrument.
4. Please use the designed accessories provided or advised by original manufacturer to sustain normal service life of the instrument and treatment effect.
5. Do not place the instrument in a wet place or near water, nor expose the instrument to direct sunlight.
6. Do not place the instrument near strong heat, as this may affect its service life and performance.
7. Remove off all the metal objects from your body to avoid unpredictable situation and affect the treatment.
8. Do not use the instrument on the eyes, thyroid, parathyroid, testicles, abdomen of pregnant women and pacemaker.
9. The instrument is not intended for use by patients, unless they have the permission of a doctor.
10. Please turn off the power of the instrument when not in use, and make sure to turn off the general power of the instrument before leaving after daily use to ensure the safety of instrument.
11. In case that you are taking other weight loss drugs, it is recommended to stop the drugs for 1 to 2 months before treatment. If you want to take the treatment immediately, the course of treatment should be extended.
12. Do not use the instrument with empty stomach, take the fat reduction treatment 1 hour later after the meal.
13. Do not apply Vacuum&CAVI handle on head, chest, heart, back.
14. Clean the instrument with normal saline for hygienic reason and to prolong its service life.

## **Troubleshooting**

### **1. Instrument fails to turn on and the button lamp on the back of instrument is off?**

- A. Make sure the power cable is connected to a valid wall socket.
- B. Check if the fuse is loose or burned.

### **2. No RF output from the handle after turning on the instrument?**

- A. Please check whether the plug connecting the handle and the main unit is tightly connected.
- B. The cord inside the handle is loose or burned out.

### **3. No suction or weak suction from the handle?**

- A. Please check whether the plug connecting the handle and the main unit is tightly connected.
- B. Please check the filter cup is well installed on the filter, and check whether is rubber ring is mounted or worn, there may exist air leakage resulting in poor air pressure.
- C. If the above methods don't work, please contact the dealer for assistance.

### **4. The instrument succeeded in starting up, but an error message appeared on the screen?**

- A. Please unplug the power cord, and wait for 1 minute before plugging in the power cord again and restart the instrument.
- B. If the above methods don't work, please contact the dealer for assistance.

## **FAQ**

### **1. How long does it take to see results?**

A: Usually, on the day of treatment and within a week, the collagen tissue of the skin is heated to produce a tightening effect, and you can feel the tightening effect of skin clearly. Since radio frequency stimulates the sustainable regeneration of collagen in the subcutaneous tissue, the effect is more obvious in further sessions.

### **2. Is RF harmful for skin?**

A: Radio frequency firming and anti-wrinkle treatment is a non-surgical, it stimulates the regeneration and metabolism of collagen at the bottom of

the skin without any damage to the skin, you may experience hot and redness on local skin after procedure, which is a normal phenomenon of accelerated blood circulation, it should disappear in few hours, don't worry about it.

### **3. How does a body sculpting treatment take?**

A: Approximately 60 minutes, we provide professional techniques and instrument to achieve optimal result.

### **4. Liposuction surgery or this machine?**

A: The principle of liposuction is to suck out excess fat from a certain part of the body through negative pressure suction, so as to achieve the purpose of localized rapid weight loss. The effect is quick, and the process requires anesthesia, which is an operation, requiring a recovery period, and is risky. While our machine has no risk or side effect, it allows you to lose weight while stimulating collagen regeneration to tighten and lift your skin, so as to create perfect curves and increase femininity.

### **5. Can I apply Ultra Sound on the whole body?**

A: NO. Ultrasound can break the fat cells, resulting in the rupture of the cell wall, the fat in the cells out, absorbed and metabolized by the lymph, so the power is very strong, the heart is more sensitive to the sound waves, because the heart is a hollow organ, subject to sound wave vibration, due to the muscle tissue and blood in the heart on the sound wave conduction is not the same, will produce back and forth reflection. This force can pull the valve away from the heart muscle. If aimed at the eyes, it can lead to retinal detachment, so avoid the area around the eyes and heart during ultrasound treatment. (Avoid waist, back and chest)

### **6. Are there any side effects of ultrasound on the human body?**

A: High frequency sound wave is a non-surgical, non-invasive procedure that does not require incision or anesthesia. The principle of Ultra Sound: ultrasound (mechanical wave) - cavitation blasting - ultrasound focusing. The effect: fat shredding - fat dissolving - skin tightening - body sculpting, therefore, it only targets the low-density fat tissue and protects the high-density tissue such as blood vessels and nerves, and has no side effects on the human body. There will be slight tinnitus during the operation, which is normal and need not be worried.

## **7. Why do I get tinnitus during the treatment?**

A: The high frequency sound wave power is very strong; the sound waves with a frequency higher than 20kHz act on the fat layer 20mm deep under human skin through the high frequency sound wave focusing. The high frequency sound wave with concentrated energy effectively causes the high-speed friction and heat among the fat cells in the focal area to break and emulsify them, this process emits sound, and that's where the tinnitus phenomenon comes from.

## **8. What is collagen?**

A: Collagen is a biological polymer substance, a white opaque fibrous protein without branched chains, which can replenish the nutrients needed by all layers of the skin and enhance the collagen activity in the skin, with the effects of locking moisture, moisturizing the skin, delaying aging, improving facial laxity and hair care. Collagen is a nutrient that the body must replenish to slow down the aging process. With the increase of age, the collagen will gradually lose. After the age of 20, the skin of women has begun to age, lose, and the content gradually decreases. At the age of 25, it enters the peak period of loss. At the age of 40, the content is less than half of 18. The furrows and folds on the human face are due to the loss of collagen and water, which leads to the breakage of the collagen fibers and elastic net supporting the skin, causing the skin tissue to be oxidized, atrophied, and collapsed, and the skin will appear dry, wrinkled, loose and inelastic, aging etc., so, to delay aging must supplement collagen.

## **9. Why do I need buttocks care?**

A: Because buttocks care can help the body lymphatic detoxification, improve the body's gynecological diseases, as well as avoid some of the hazards associated with clogged hips. Usually blocked buttocks lead to gynecology, inside the buttocks are the pelvic cavity and intestinal tract, the top is connected to the belt vein, lumbar spine and sciatic nerve, the front is the uterine ovaries and adnexa, and the bottom is connected to the anus, vagina and inguinal lymph. Squeezed by the Shangjiao and Xiajiao meridians, the buttocks are the most vulnerable area to get cold, dampness and blood stasis. When the buttocks are cold, the meridians of the buttocks will contract, resulting in dysmenorrhea, irregular menstruation, dark menstrual color, blood clots, and poor menstrual blood. It also affects conception.



## Packing list

1x Main Machine  
1x Storm Vacuum & Cavi Probe  
1x Storm Vacuum & RF Probe  
2x Filter  
1x Power Cord  
2x Fuse  
2x Holder  
1x (pack)Filter Cotton

## Recommended Application

### Slender Waist

Handle: VACUUM & RF+VACUUM & CAVI

#### 1. Time (60 minutes)

Preparation: Hot towel, essential oil, RF cream, gel

#### 2. Wipe abdomen with a hot towel and take photos.

#### 3. Manual massage (dredge meridians, accelerate blood circulation)

**Product needed: Essential oil - moisturizes the skin and promotes blood circulation.**

**Recommended duration: 10 minutes**

Recommended Application:

- (1) Apply oil on abdomen and stroke in circular motion with both hands.
- (2) Knead belly back and forth with both hands alternately.
- (3) Stroke from rib to the waist side with both hands.
- (4) Stroke from groin to the waist side with both hands.
- (5) Alternately push the ascending colon upward, the transverse colon horizontally, and the descending colon downward with both hands.
- (6) Overlap hands and make small circles clockwise around navel.
- (7) Alternately lift Belt Vessel on both sides of waist with both hands, repeat the above steps on the other side.
- (8) Wipe abdomen with a towel.

#### 4. VACUUM & Body RF - dredge meridians, tightening and sculpting

**Product needed: RF cream - promotes fat burning and accelerates metabolism**

**Parameters setting:**

**Recommended duration: 15 minutes**

**Recommended RF Energy: 3**

**Recommended RF Mode: NOR**

**Recommended suction duration: 0.5**

**Recommended release duration: 0.3**

**Adjust the suction intensity according to individual endurance.**

Recommended Application:

- (1) Apply RF cream to the treatment area evenly.
- (2) Make small circles around the navel.
- (3) Make small circles around the navel.
- (4) Move the handle at the waist back and forth.
- (5) Lift the Belt Vessel on both sides.
- (6) Lift the Belt Vessel on both sides with hand and handle.
- (7) Wipe the abdomen and waist with a towel.

## **5. Vacuum&CAVI - dredge meridians, fat dissolving and body sculpting**

**Product needed: gel - enhance fat dissolving**

**Parameters setting:**

**Recommended duration: 15 minutes**

**Recommended CAVI energy: 3**

**Recommended CAVI mode: M1**

**Recommended suction duration: 0.5**

**Recommended release duration: 0.3**

**Adjust the suction intensity according to individual endurance.**

Recommended Application:

- (1) Apply gel to the treatment area.
- (2) Make small circles around the navel.
- (3) Make small circles around the navel.
- (4) Move the handle at the waist back and forth.
- (5) Lift the Belt Vessel on both sides.
- (6) Lift the Belt Vessel on both sides with hand and handle.
- (7) Wipe the abdomen and waist with a towel.

## **6. Recommended treatment frequency**

After the primary course (12 sessions) the fat is slowly metabolized and the belly becomes flat, while constipation and other problems are improved; the intermediate treatment includes 24 sessions, after which the effect will be more obvious, and the skin are lifting and firming; the advanced treatment includes 48 sessions, which reduces the excessive fat, while sculpting abdomen and waist contour, creating slender waist.

## **Slim Arms**

Handle: VACUUM & RF+VACUUM & CAVI

### **1. Time (60 minutes)**

Preparation: Hot towel, essential oil, RF cream, gel

### **2. Wipe arms with a hot towel.**

### **3. Manual massage (dredge meridians, accelerate blood circulation)**

**Product needed: Essential oil - moisturizes the skin and promotes blood circulation.**

**Recommended duration: 10 minutes**

Recommended Application:

- (1) Apply essential oil to the treatment area.
- (2) Place the arms flat, push the enter outside of arm with Hukou of both hands (Hukou is the connection area of the root of thumb and the root of index finger).
- (3) Soothing act.
- (4) Warm the outside of arm by rubbing it with bent fingers.
- (5) Soothing act.
- (6) Place the arms flat, push the enter outside of arm with Hukou of both hands (Hukou is the connection area of the root of thumb and the root of index finger).
- (7) Soothing act.
- (8) Warm the outside of arm by rubbing it with bent fingers.
- (9) Soothing act.
- (10) Repeat the same on the other arm.
- (11) Wipe treatment area with a towel.

### **4. VACUUM & Body RF - dredge meridians, tightening and sculpting**

**Product needed: RF cream - promotes fat burning and accelerates metabolism**

**Parameters setting:**

**Recommended duration: 15 minutes**

**Recommended RF Energy: 3**

**Recommended RF Mode: NOR**

**Recommended suction duration: 0.5**

**Recommended release duration: 0.3**

**Adjust the suction intensity according to individual endurance.**

Recommended Application:

- (1) Apply RF cream to the treatment area evenly.
- (2) With the RF handle, slowly lift from the lower arm towards elbow, from the elbow towards shoulder.
- (3) Slowly move the RF handle in circular motions from the elbow towards shoulder.

- (4) Slowly lift the fat deposit on upper arm from the inside out.
- (5) Move the RF handle on the fat deposit on upper arm.
- (6) Repeat the same on the other arm.
- (7) Wipe arms with a towel.

### **5. Vacuum&CAVI - dredge meridians, fat dissolving and body sculpting**

**Product needed: gel - enhance fat dissolving**

**Parameters setting:**

**Recommended duration: 15 minutes**

**Recommended CAVI energy: 3**

**Recommended CAVI mode: M1**

**Recommended suction duration: 0.5**

**Recommended release duration: 0.3**

**Adjust the suction intensity according to individual endurance.**

Recommended Application:

- (1) Apply gel to the treatment area.
- (2) With the RF handle, slowly lift from the lower arm towards elbow, from the elbow towards shoulder.
- (3) Slowly move the RF handle in circular motions from the elbow towards shoulder.
- (4) Slowly lift the fat deposit on upper arm from the inside out.
- (5) Move the RF handle on the fat deposit on upper arm.
- (6) Repeat the same on the other arm.
- (7) Wipe arms with a towel.

### **6. Recommended treatment frequency**

After the primary course (12 sessions) the fat starts to decrease and the skin is getting firm and tighten; the intermediate treatment includes 24 sessions, which starts the sculpting, enhances the effect, dredges meridians and enhances the physical fitness; the advanced treatment includes 48 sessions, which consolidates and maintains the result, prevents rebounding.

### **Shapely Legs**

Handle: VACUUM & RF+VACUUM & CAVI

#### **1. Time (60 minutes)**

Preparation: Hot towel, essential oil, RF cream, gel

#### **2. Wipe leg with a hot towel.**

#### **3. Manual massage (dredge meridians, accelerate blood circulation)**

**Product needed: Essential oil - moisturizes the skin and promotes blood circulation.**

**Recommended duration: 10 minutes**

Recommended Application:

- (1) Apply essential oil to the treatment area.
- (2) Let the client lie on his stomach, start with the left leg: Apply oil and stroke from lower leg to thigh and back to foot (soothing act).
- (3) Push the entire leg from bottom to top and back to foot with both hands alternately.
- (4) With Hukou (the connection area of the root of thumb and the root of index finger), alternately push from the ankle to the end of thigh.
- (5) Massage the leg in S form from bottom to top.
- (6) Push 3 meridians from bottom to top with bent fingers.
- (7) Soothing act.
- (8) Repeat the same on the other leg.
- (9) Wipe the leg with a towel.

#### **4. VACUUM & Body RF - dredge meridians, tightening and sculpting**

**Product needed: RF cream - promotes fat burning and accelerates metabolism**

**Parameters setting:**

**Recommended duration: 10 minutes**

**Recommended RF Energy: 3**

**Recommended RF Mode: NOR**

**Recommended suction duration: 0.5**

**Recommended release duration: 0.3**

**Adjust the suction intensity according to individual endurance.**

Recommended Application:

- (1) Apply RF cream to the treatment area evenly.
- (2) Push from the ankle towards the popliteal fossa.
- (3) Move the handle in small circle on the fat deposits of lower leg.
- (4) With RF handle, push from the popliteal fossa to the end of thigh.
- (5) Move the handle in small circle on the fat deposits of lower leg.
- (6) Lift from the sides of thigh to the middle with hand and handle.
- (7) Repeat the same on the other leg.
- (8) Wipe the leg with a towel.

#### **5. Vacuum&CAVI - dredge meridians, fat dissolving and body sculpting**

**Product needed: gel - enhance fat dissolving**

**Parameters setting:**

**Recommended duration: 10 minutes**

**Recommended CAVI energy: 3**

**Recommended CAVI mode: M1**

**Recommended suction duration: 0.5**

**Recommended release duration: 0.3**

**Adjust the suction intensity according to individual endurance.**

Recommended Application:

- (1) Apply gel to the treatment area.
- (2) Push from the ankle towards the popliteal fossa.
- (3) Move the handle in small circle on the fat deposits of lower leg.
- (4) With RF handle, push from the popliteal fossa to the end of thigh.
- (5) Move the handle in small circle on the fat deposits of lower leg.
- (6) Lift from the sides of thigh to the middle with hand and handle.
- (7) Repeat the same on the other leg.
- (8) Wipe the leg with a towel.

**6. Manual massage (dredge meridians, accelerate blood circulation)**

**Product needed: Essential oil - moisturizes the skin and promotes blood circulation.**

**Recommended duration: 10 minutes**

Recommended Application:

- (1) Let the client lie on his back: Apply oil and stroke from foot to the end of thigh (soothing act).
- (2) Push the entire leg from bottom to top and back to foot with both hands alternately.
- (3) With Hukou (the connection area of the root of thumb and the root of index finger), alternately push from the ankle to the end of thigh.
- (4) Massage the leg in S form from bottom to top.
- (5) Push the entire leg from bottom to top with bent fingers.
- (6) Soothing act.
- (7) Repeat the same on the other leg.
- (8) Wipe the leg with a towel.

**7. VACUUM & Body RF - dredge meridians, tightening and sculpting**

**Product needed: RF cream - promotes fat burning and accelerates metabolism**

**Parameters setting:**

**Recommended duration: 10 minutes**

**Recommended RF Energy: 3**

**Recommended RF Mode: NOR**

**Recommended suction duration: 0.5**

**Recommended release duration: 0.3**

**Adjust the suction intensity according to individual endurance.**

Recommended Application:

- (1) Apply RF cream to the treatment area evenly.
- (2) Move the handle in small circle on the fat deposits of lower leg.

- (3) With RF handle, push from the popliteal fossa to the end of thigh.
- (4) Circle around thigh from the knee to the root of the thigh.
- (5) Move the handle in small circle on the fat deposits of lower leg.
- (6) Lift from the sides of thigh to the middle with hand and handle.
- (7) Repeat the same on the other leg.
- (8) Wipe the leg with a towel.

## **8. Vacuum&CAVI - dredge meridians, fat dissolving and body sculpting**

**Product needed: gel - enhance fat dissolving**

**Parameters setting:**

**Recommended duration: 10 minutes**

**Recommended CAVI energy: 3**

**Recommended CAVI mode: M1**

**Recommended suction duration: 0.5**

**Recommended release duration: 0.3**

**Adjust the suction intensity according to individual endurance.**

Recommended Application:

- (1) Apply gel to the treatment area.
- (2) Move the handle in small circle on the fat deposits of lower leg.
- (3) With RF handle, push from the popliteal fossa to the end of thigh.
- (4) Circle around thigh from the knee to the root of the thigh.
- (5) Move the handle in small circle on the fat deposits of lower leg.
- (6) Lift from the sides of thigh to the middle with hand and handle.
- (7) Repeat the same on the other leg.
- (8) Wipe the leg with a towel.

## **9. Recommended treatment frequency**

The primary treatment is made up of 12 sessions, it helps to slim legs; the intermediate treatment includes 24 sessions, legs are getting slimmer and firmer, the effect is more obvious; the advanced treatment includes 48 sessions, which consolidates the result, promotes collagen regeneration, so the effect will become more and more effective.

## **Thin Back**

Handle: Vacuum&RF

### **1. Time (40 minutes)**

Preparation: Hot towel, essential oil, RF cream

### **2. Wipe back with a hot towel.**

### **3. Manual massage (dredge meridians, accelerate blood circulation)**

Product needed: Essential oil - moisturizes the skin and promotes blood circulation.

Recommended duration: 20 minutes.

Massage techniques:

- (1) Apply oil on the back, softly massage the entire back and press acupoints Fengchi, Fengfu.
- (2) Alternately push the Du Channel with both hands.
- (3) Alternately push the Bladder Meridian with both hands.
- (4) Alternately push the Du Channel and Bladder Meridian with the palms' roots of both hands starting from Dazhui point, and then lift from the waist side to the armpits.
- (5) Push the Daban area (the area that connects the neck and shoulders) from the back of the neck with bent fingers.
- (6) Push from the back of the neck to the lumbar with bent fingers of both hands section by section.
- (7) Massage the Daban area with Hukou, while stroke with another hand
- (8) Repeat the same on the other leg.
- (9) On one side of the back: alternately push the entire scapula seam with both Hukou, then alternately push the scapula seam to the shoulder with both hands, following push along the Daban area to the palm.
- (10) Repeat the same on the other arm.
- (11) On one side of the back: push the bladder meridian horizontally with the thumbs, push from the scapula to the waist.
- (12) Alternately massage from the waist side to the shoulder, then moving along the arm to the palm.
- (13) Repeat the same on the other side.
- (14) Wipe the back with a towel.

#### **4. VACUUM & Body RF - dredge meridians, tightening and sculpting**

**Product needed: RF cream - promotes fat burning and accelerates metabolism**

**Parameters setting:**

**Recommended duration: 20 minutes.**

**Recommended RF Energy: 3**

**Recommended RF Mode: NOR**

**Recommended suction duration: 0.5**

**Recommended release duration: 0.3**

**Adjust the suction intensity according to individual endurance.**

Recommended Application:

- (1) Apply RF cream to the treatment area evenly.
- (2) Divide the Du channel into 3 sections, then push every section back and forth with the handle.
- (3) Push the Du channel with the handle.
- (4) Divide the Bladder meridian into 3 sections, then push every section



- back and forth with the handle.
- (5) Push the Bladder meridian with the handle.
  - (6) Move the handle in circular motions along Bladder meridian to the Baliao point.
  - (7) Move the handle on the Daban area (the area that connects the neck and shoulders) from the neck.
  - (8) Lift the scapula seam back and forth.
  - (9) Move the handle from the left waist side to the right waist side back and forth.
  - (10) Wipe the back with a towel.

### **5. Recommended treatment frequency:**

After the primary course (12 sessions) the shoulder and back will be relaxed, the fat will be reduced, and the neck hump is relieved; the intermediate treatment (24 sessions) improves neck hump, dredges meridians, regulates sub-health and improves sleep; the advanced treatment includes 48 sessions, which leaves thinner back and prettier contour, while enhances the function of internal organs, promotes digestion, detoxification and metabolism.

### **Bubble Buttocks**

Handle: Vacuum&RF RF

#### **1. Time (40 minutes)**

Preparation: Hot towel, essential oil, RF cream

#### **2. Wipe buttocks with a hot towel.**

#### **3. Manual massage (dredge meridians, accelerate blood circulation)**

**Product needed: Essential oil - moisturizes the skin and promotes blood circulation.**

**Recommended duration: 20 minutes.**

Recommended Application:

- (1) Stand beside the client, apply oil and stroke from Baliao Area to waist, and back to buttocks (soothing act).
- (2) Push Baliao Area with thumbs.
- (3) Soothing act.
- (4) Left side first, push the entire buttock from the root of thigh upward with both hands.
- (5) Overlap hands and push from the root of thigh to Belt Vessel.
- (6) Push from the side of buttocks to the top of buttocks directly, 3 times.
- (7) Soothing act.
- (8) Repeat the above steps on the other side.
- (9) Wipe buttocks with a towel.

#### **4. VACUUM & Body RF - dredge meridians, tightening and sculpting**

**Product needed: RF cream - promotes fat burning and accelerates metabolism**

**Parameters setting:**

**Recommended duration: 20 minutes.**

**Recommended RF Energy: 3**

**Recommended RF Mode: NOR**

**Recommended suction duration: 0.5**

**Recommended release duration: 0.3**

**Adjust the suction intensity according to individual endurance.**

**Recommended Application:**

- (1) Apply RF cream to the treatment area evenly.
- (2) Lift from the root of thigh towards Belt Vessel with handle.
- (3) Lift from the sides of buttocks towards the top point of buttocks with handle.
- (4) Move the handle in small circles on the entire buttocks.
- (5) Lift from the root of thigh towards Belt Vessel with handle.
- (6) Lift from the sides of buttocks towards the top point of buttocks with handle.
- (7) Repeat the same on the other side.

#### **5. Recommended treatment frequency**

After the primary course (12 sessions) the buttocks lines are getting clearer; the intermediate treatment (24 sessions) reduces excessive fat and makes skin firming; the advanced treatment includes 48 sessions, which improves cold body, cold uterus and gynecological disorders, restores normal menstruation, consolidates results and increases femininity.

#### **Charming Breast**

Handle: Vacuum&RF

##### **1. Time (40 minutes)**

Preparation: Hot towel, massage cream

##### **2. Wipe breast with a hot towel.**

##### **3. Manual massage (dredge meridians, accelerate blood circulation)**

**Product needed: massage cream - moisturize skin**

**Recommended duration: 20 minutes.**

- (1) Stand at the head of the bed, apply oil on Tanzhong point and stroke to the armpit, lift the suspensory ligament at the same time (soothing act).
- (2) Press points with thumbs: Tanzhong point, Rugen point, Dabao point, Yingchuang point, Zhongfu point, Yunmen point, 3 times.

- (3) Soothing act.
- (4) Overlap palms, stroke in 8-shape from Tanzhong point to the breast side back and forth.
- (5) Alternately lift from the position of the supernumerary breast to the suspensory ligament, left side first.
- (6) Soothing act.
- (7) Standing by the client, left side first, stroke and lift the breast with palms.
- (8) Alternately push the breast ducts around the breast.
- (9) Alternately massage chest node site in circles with thumbs.
- (10) Stroke and lift the breast with hands.
- (11) Repeat the same on the other side.

#### **4. VACUUM & Body RF - dredge meridians, tightening and sculpting**

**Product needed: massage cream - moisturize skin**

**Parameters setting:**

**Recommended duration: 20 minutes.**

**Recommended RF Energy: 3**

**Recommended RF Mode: NOR**

- (1) Apply massage cream to the treatment area evenly.
- (2) Left side first, lift from the base of breast towards the nipple while stroke with hand, 5 - 8 times.
- (3) Lift from the bottom of breast towards the clavicle while stroke with hand.
- (4) Move the handle in small circles on the node site area.
- (5) Let the client lie on his side, arm up, move the handle on the supernumerary breast in circles.
- (6) Push from the supernumerary breast to the breast (sculpting and tighten side breast).
- (7) Repeat the same on the other side.
- (8) Wipe the breast with a towel.

#### **5. Recommended treatment frequency**

After the first procedure the breast are warmed up, blood circulation is accelerated, after the primary course (12 sessions) the effect will be more obvious and the nodes are improved; the intermediate treatment (24 sessions) makes skin firming and consolidates the sculpting effect; the advanced treatment includes 48 sessions, which increases breast elasticity, regulates endocrine secretion and makes women more attractive.