

# Diamond Ice Cryo + EMSHape Machine 2 in 1

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## USER MANUAL



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# Welcome

to your **Diamond Ice Cryo + EMShape Machine 2 in 1**

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# PREFACE

Thank you for choosing **REJUVA FRESH Diamond Ice Cryo + EMShape Machine 2 in 1**. This machine offers two popular body sculpting technologies in one powerful machine: the EMShape Body sculpting and the Cryolipolysis Fat Freezing.

With the newly upgraded fat-freezing technology, this machine offers 20% more powerful suction and 360 degrees safer surround cooling. The machine enables you to create the ideal treatment package for clients who wish to reveal a more sculpted and toned body, but require initial fat reduction.

The use of this machine is safe, non-invasive procedure, and easy to operate. There are no bleedings, no pain, and side effects.

Please read this User Manual carefully in order to use the machine properly and to protect the machine from unnecessary damages.

Should you encounter any issues during operation of the machine or any related questions, you can contact us at our website: [rejuvafresh.com](http://rejuvafresh.com) or email us at [hello@rejuvafresh.com](mailto:hello@rejuvafresh.com).

Thank you again, and please enjoy your Rejuva Fresh body sculpting machine!

# I. PRODUCT INFORMATION & SPECIFICATION

## I.1 Product Information

This machine uses cryolipolysis procedure to effectively reduce fat bulges on targeted areas of the body, without the downtime of surgery. Fat cells are more vulnerable to cold temperatures than other types of cells and are naturally destroyed by the freezing treatment. The dead fat cells are then naturally and gradually removed from the body via the lymphatic system. These fat cells are not regenerated, and therefore the fat loss is permanent. 360° Surround Cooling technology is highly efficient relative to traditional fat freezing methods, with cooling liquid injected into the entire treatment probe.

EMS sculpture is a body contouring treatment that uses high intensity electromagnetic waves to penetrate up to 8cm of subcutaneous muscle tissue and induce supra-maximal muscle contractions. The body naturally responds by rebuilding muscle tissue, which in turn makes the body more toned and stronger. As with normal exercise there is a large amount of natural fat decomposition, resulting in enhanced slimming.

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## I.2 Product Specification

Machine Power	6500W
Voltage	110 V/ 220 V Voltage selected according to your region
Cooling Temperature	-11°C ~ 0°C
Vacuum Suction	10 ~ 100Kpa

# I. PRODUCT INFORMATION & SPECIFICATION

## I.3 List of Accessories

Main Unit	1 set	
Handle	1 set	
Bandage	3	
Antifreeze Film	1 Set	

# I. PRODUCT INFORMATION & SPECIFICATION

<p>Freezing Handle</p>	<p>1</p>	
<p>Cooling head</p>	<p>2 (#3 and #6) *Additional cooling heads are purchased separately</p>	
<p>Funnel</p>	<p>1</p>	
<p>Power Cord</p>	<p>1</p>	

## II. PRODUCT APPEARANCE

### II.1 Front view



### II.2 Back view





# III. PRECAUTIONS

## III.1 Precautions of EMS Sculpture

1. **DO NOT** use treatment on the head, neck/carotid artery, or near the thoracic gallery.
2. The two handles of EMS Sculpture cannot work against each other.
3. **DO NOT** carry metal objects during treatment
4. **DO NOT** be full during treatment, and treat at least 1 hour after meals.
5. The operation site and treatment head should be dry.
6. The handle strength varies from person to person and increases gradually from low energy.
7. The total treatment and working time in a day does not exceed 1 hour, and treatment for one part does not exceed 1 hour.
8. **DO NOT** put any electronic products or metal objects on the instrument during operation.
9. **DO NOT** eat or drink water during treatment. Drink plenty of water and eat foods with high protein content.
10. This device is mainly for muscle tissue training. For people with too thick fat layer, the energy can hardly reach the muscle layer and the muscle contraction will affect the effect.
11. It is recommended to do EMS Sculpture after lipolysis.

# III. PRECAUTIONS

## III.2 Precautions of CRYOLIPOLYSIS

**It is not recommended to use this treatment machine for:**

1. Women who are in menstruation, pregnancy or lactation.
2. Minors are generally not recommended to receive such treatment.
3. Patients with abnormal coagulation function or mental disorders.
4. Abdominal cramps, hernias in the treatment area or nearby areas, local varicose veins;
5. Recently, having had skin grinding operation or scar tissue;
6. Skin problems such as open or infectious wounds, eczema or dermatitis at the treatment site; Skin problems such as open or infectious wounds, eczema or dermatitis at the treatment site;
7. Those patients with Tumors, cancer, hypertension, diabetes, kidney and liver disease, heart disease and infectious disease (such as hepatitis B, AIDS, etc.)
8. There are any implanted medical devices in the body (such as pacemakers, defibrillators or rhythm regulators);
9. It is recommended to consider treatment after one year after the treatment site has undergone surgical operations such as appendicitis.
10. Customers who have been implanted to lose weight can wait 3 months before receiving cryo-fat treatment.

## III. PRECAUTIONS

11. After liposuction or other bariatric surgery, you can receive treatment after six months to one year. If the subcutaneous tissue is hard, it is recommended not to do it first.

12. Cold hemoglobinemia, paroxysmal cold hemoglobinuria, cold urticaria, peripheral circulatory disorders, Raynaud's disease, or a history of similar low-temperature intolerance is not recommended for such treatment.

13. Discontinue any anticoagulant drugs that affect blood flow within two weeks before surgery; OTC drugs (such as aspirin, antibiotics, and fish oil) may also cause skin damage.

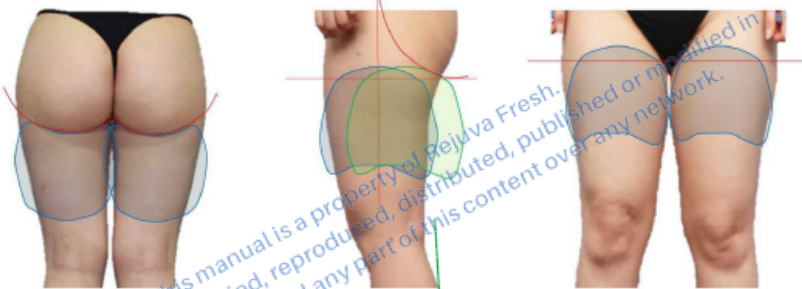
### III.3 Post-treatment care

1. Do not wash the treated area with water within 24 hours after the treatment. Do not scald the part with hot water. Rigorous exercise within 48 hours after treatment is not allowed.
2. Note that the post-treatment area should be kept dry and try not to scratch.
3. It's recommended not to drink sugary beverages, coffee, and tea within hours after surgery, but to drink plenty of water;
4. Do not eat irritating foods (such as peppers, wine, raw onions, etc.) within one week after surgery;
5. It's recommended to eat a balanced diet (reduce greasy, high-calorie food) and exercise after surgery to prevent weight rebound.

# IV. RECOMMENDATIONS

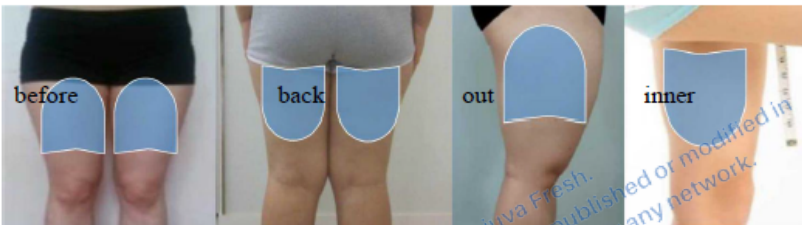
## IV.1 Recommended target area for CRYOLIPOLYSIS

- The patient's standing state is designed to accurately check the fat accumulation.
- Designing the target area to focus on the parts with more fat.




Determine where the fat is concentrated, and flexibly move the design to draw the active part.

- Considering factors of the operating design plan :fat thickness, uneven curve and length of the treatment area.
- Covering a large area of action, effective and long-lasting adsorption.



- Acting on the front, back, outside and inside of the thighs.

- Check and palpate the target treatment area.
- Mark the treatment area with a line pen.
- Leave 1 inch at the mark  
(Due to negative pressure adsorption)



# IV. RECOMMENDATIONS

## IV.2 Treatment Steps of CRYOLIPOLYSIS

1. Use a line drawing tool to plan the area that needs to be treated. Measure the size of the treated area and record it;
2. Select the appropriate head and handle.
3. Set the corresponding parameters on the interface, and randomly adjust the suction energy and cooling temperature according to the patient's specific condition. It is recommended that the cooling energy should be in gear 3, and the suction should be in gear 1-2 first (if it can't be absorbed, then add the suction to a gear) (Individuals have differences in their ability to withstand the energy generated by the machine. It is recommended that energy should be gradually adjusted from low to high according to patients' sensitivity and ability to handle them.)
4. Open the package and take out the antifreeze film; unfold the antifreeze film and stick the antifreeze film on the treatment area; Add the remaining essence to the skin to smooth out wrinkles and squeeze out all bubbles to ensure that it fits well ;
5. Press and hold the start button for 2 seconds on the handle to start treatment, press the head gently and firmly to the center of the antifreeze film of the treatment area, confirm the suction part, and then slowly loosen the handle. There must be an antifreeze film to avoid frostbite.
6. During the treatment process, you need to pay attention to observe and ask the
7. patient's feelings at any time. If the patient feels that the suction is large and uncomfortable, the suction can be reduced by one level to ensure that the skin can be sucked tightly.
8. According to the specific treatment site, the treatment is about 30-50 minutes.
9. At the end of the treatment, use your fingers to gently pry the edge of the treatment head and gently remove the treatment head;
10. Remove the antifreeze film to clean the skin; the inside of the treatment head must be thoroughly cleaned.

# IV. RECOMMENDATIONS

## IV.3 Treatment Steps of EMS Sculpture



1. EMS Sculpture diagram of Operation position
2. Be careful to avoid positions of ribs and bones
3. When operating the abdomen, select one or two handles according to the size of the customer's abdomen.
4. It is recommended to treat one part for 30 minutes.
5. Before operation, the metal objects worn on the body must be removed, and metal objects on the clothes must also be avoided.
6. Before operation, fasten the bandage, insert the handle into the bandage and fix it, and pay attention to the close position of the working head.
7. Adjust the energy intensity before starting the operation. The treatment starts from low intensity and gradually improves, and slowly improves according to the comfort of customers.
8. Note: if the customer doesn't feel anything during the operation, the energy intensity can be appropriately strengthened, and the degree of strengthening can be asked whether the customer accepts it.

# V. MACHINE OPERATION

## V.1 Machine Assembly

### I. Filling the machine with water

1. Distilled water must be filled into the machine before using it.

**NOTE: Be sure to fill the machine with water and drain the water when the machine is turned OFF.**

2. The hole for water filling can be located on the side of the machine. Furthermore, on the back of the machine, the overflow hole and the hole for draining the water inside the machine can be found.

3. When filling the machine with water, use the funnel with the silicone tube. Insert the funnel with the silicone tube on the hole for water filling. Insert the air nozzle connector into the overflow hole.

**NOTE: Place a basin below the overflow hole to catch the overflowing water.**

4. Pour 3,500 ml of distilled water into the funnel until water flows out from the overflow hole.

5. Turn ON the machine for 30 seconds to 1 minute allowing time for the water to circulate to the handle and freezing head.

6. Turn OFF the machine to fill it with water for the second time. Fill it with water until water overflows in the overflow hole indicating that the water is full.

**NOTE: Before using the machine, add water TWICE after adding water for the first time and after changing the water to ensure that the water tank is filled with water**

7. Press the spring button above the overflow and filling hole to take out the air nozzle connector joints and funnel.

### II. Draining the water inside the machine and changing the water

1. When the machine is used frequently, it is recommended to change the water once every 15 days. This is to ensure that the water quality inside the machine is good and to prevent bacteria from breeding inside the machine. This is also a way to prevent the waterway from being blocked.

2. Before changing the water, make sure to drain first all the water inside the machine.

3. Insert the funnel with the silicone tube into the overflow hole. Insert the air nozzle connector into the drain hole and the water in the machine will automatically flow out.

**NOTE: Place a basin below the overflow hole to catch the overflowing water.**

4. When the water is completely drained, the machine can now be re-filled with water.

# V. MACHINE OPERATION

## V.1 Machine Assembly

### III. Machine and handle installation

1. Align the handle with the handle socket located at the back of the machine. Insert it vertically and place it on the hanger.

**NOTE: DO NOT use the machine without water.**

2. Insert the power cord into the socket at the back of the machine. Turn ON the power switch and press the power button. The machine will start up immediately.
3. Before installation, make sure that the black rubber ring in the cooling plugs are not broken or damaged. This black rubber ring prevents water and air leakage. It should be replaced if damaged.



4. When removing the cap of the filter, twist and pull down at the same time. When installing for the first time, twist the cap and push the container cup upward.

**NOTE: CHECK the container cup before each treatment. If the liquid inside the container cup is more than half, it needs to be cleaned. Failure to clean on time will cause damage to the solenoid valve or air pump.**



5. Before the start of the treatment, make sure to stick the antifreeze film on the treatment site. Smoothen any wrinkles on the film and pay attention to air leakages.

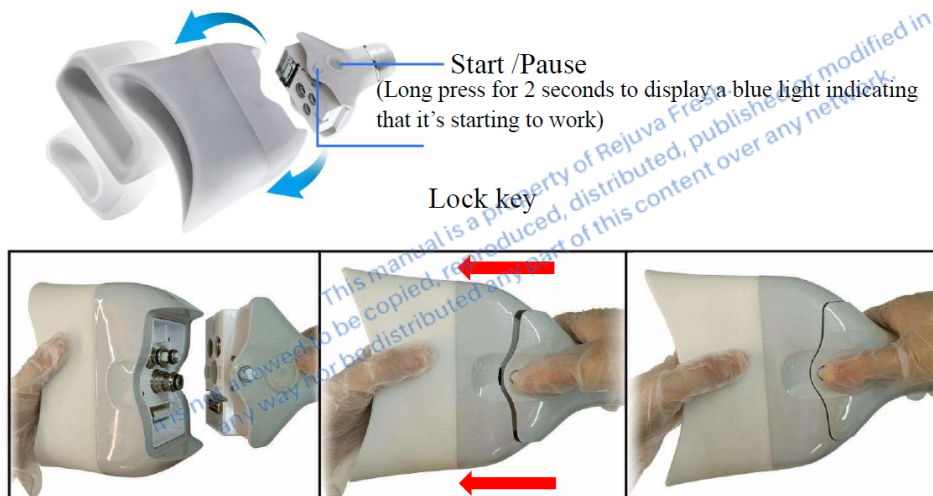


# V. MACHINE OPERATION

## V.1 Machine Assembly

### III. Machine and handle installation

6. Follow the below steps for the installation of the freezing handle:



1. Align the corresponding holes.
2. Press and hold the lock button, and then align it with a straight line.
3. Check whether the installation connection is tight and firm.

**NOTE: When replacing handles, pause the treatment and long press the lock button to pull out the probe in a straight line, then replace the handle.**

**NOTE: When replacing and installing handles, check the black rubber ring if damaged. Replace if needed.**

7. There are six cooling heads that are used according to different areas.

**NOTE: The skin on the treatment area must be tightly aligned with the cooling head.**

**NOTE: There should be no gaps between the skin and the cooling head so the handle can suck properly.**
















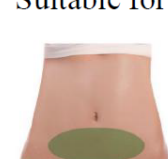

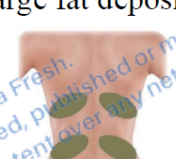



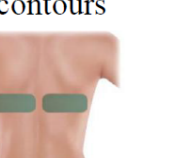





8. After using the handle and cooling head, it is recommended to clean them with a mild disinfectant and wipe them dry. **DO NOT** soak the handle and head in any liquid.
9. Avoid direct sunlight or extreme high temperature, store in a cool and clean place.
10. **DO NOT** touch the silica gel with sharp tools to avoid cutting the handle.

# V. MACHINE OPERATION

## V.1 Machine Assembly

### IV. Cooling head selection

Select the appropriate cooling heads for the area of the body being treated.

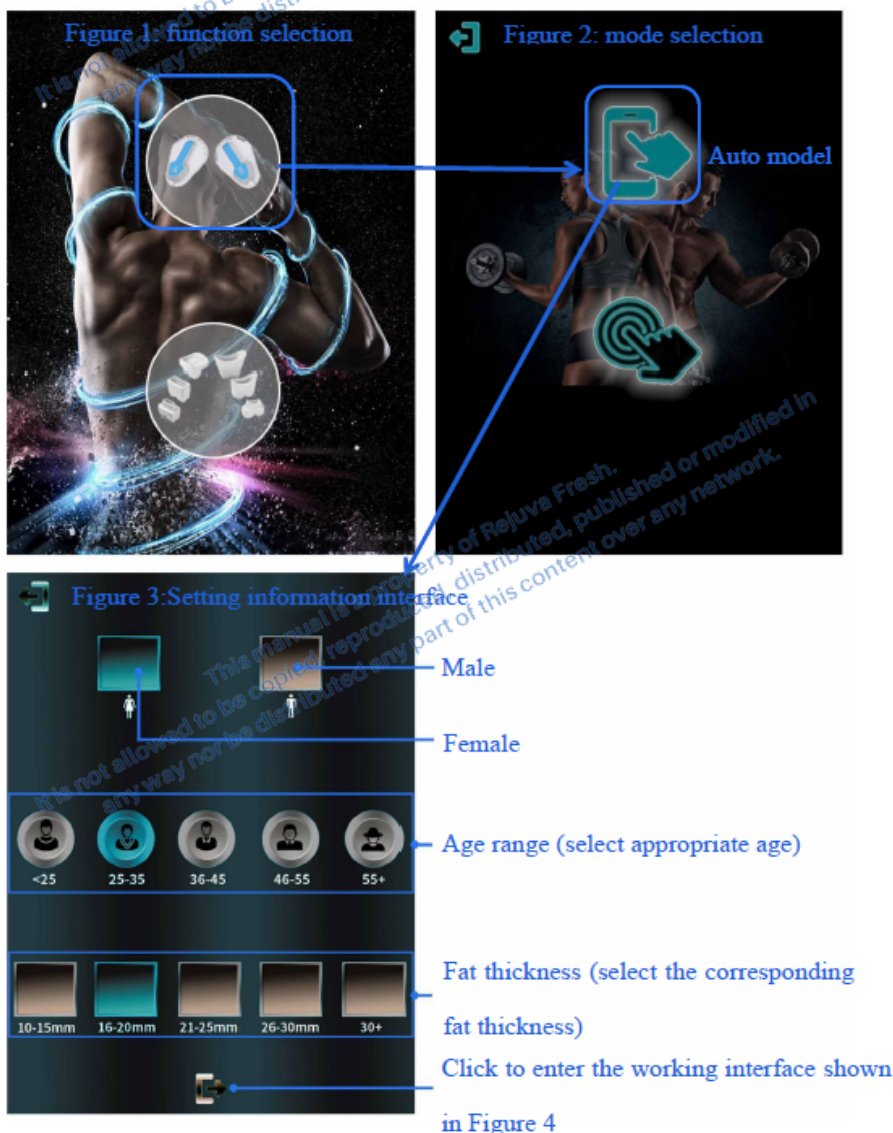
1		-Suitable for small fat pockets and curved contours
Above 10-15mm	  	<ul style="list-style-type: none"> <li>* double chin</li> <li>* armpit</li> <li>* knee</li> </ul>
2		-Suitable for small fat pockets and flat head contours
Above 10-15mm	   	<ul style="list-style-type: none"> <li>* double chin</li> <li>* Back</li> <li>* Inner knee</li> <li>* Arm</li> </ul>
3		-Suitable for wide and curved contours
Above 20-25mm	   	<ul style="list-style-type: none"> <li>* abdomen</li> <li>* Belly</li> <li>* Lower back fat</li> <li>* Hip line</li> </ul>
4		-Suitable for large fat pockets and large fat deposits
Above 25-30mm	  	<ul style="list-style-type: none"> <li>* Lower abdomen</li> <li>* Upper and lower abdomen</li> <li>* Back fat</li> </ul>
5		-Suitable for large fat bags and flat contours
Above 15-25mm	  	<ul style="list-style-type: none"> <li>* abdomen</li> <li>* Inner thigh</li> <li>* Back</li> </ul>
6		-Suitable for the thigh area; flat and wide fat areas, etc.
Above 20-30mm	   	<ul style="list-style-type: none"> <li>* Front and back of thighs</li> <li>* Outer thigh</li> <li>* Waist fat</li> <li>* Lower back fat</li> </ul>

# V. MACHINE OPERATION

## V.2 Software Operation

### I. Function and Mode Selection

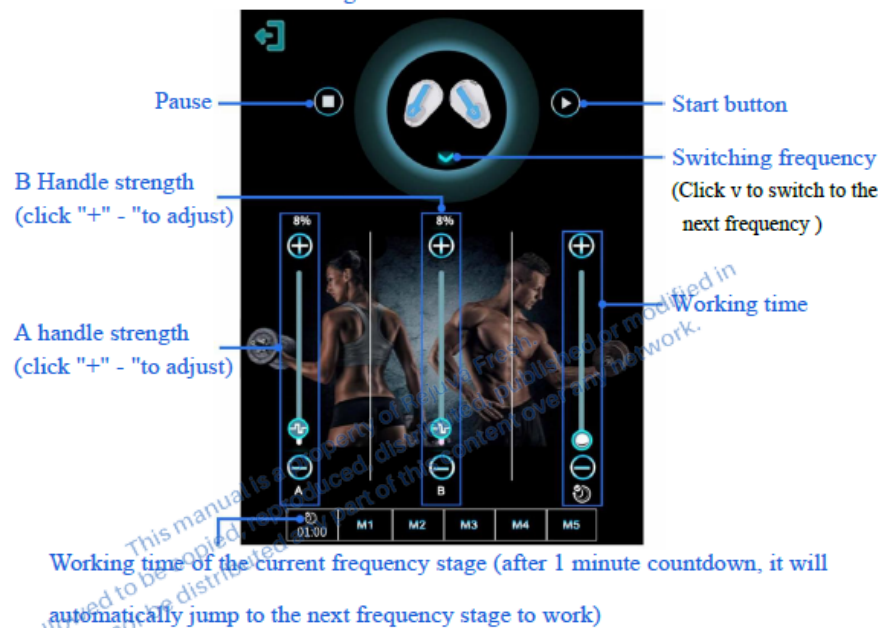
1. On the interface, select the type of treatment to be used on the function selection interface.
2. There are two modes: AUTO and MANUAL mode. Select which mode to use.
3. On setting the information interface, select the appropriate settings according to gender, age range, and fat thickness.
4. Click the icon shown below start working.



# V. MACHINE OPERATION

## V.2 Software Operation

Figure 4 :Auto interface



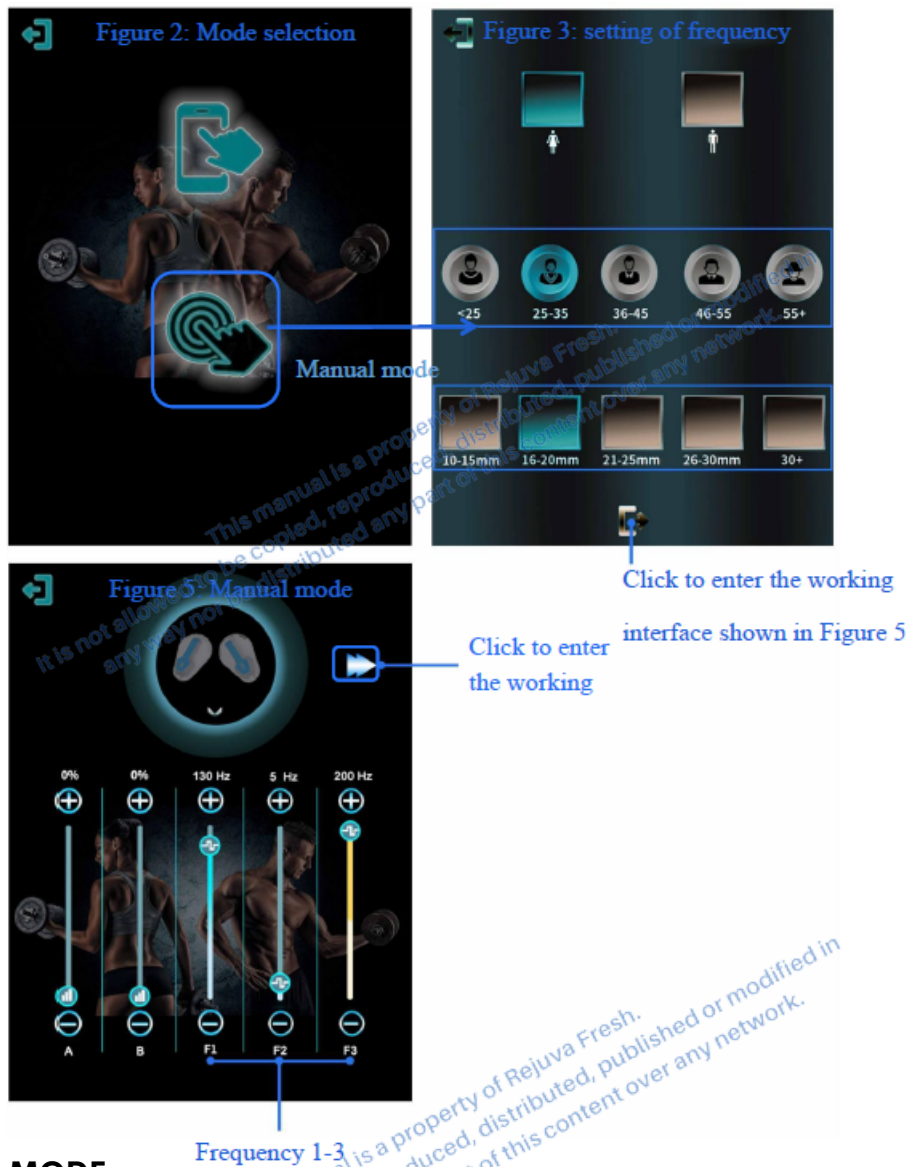
## II. AUTO MODE

1. There are five modes in the AUTO mode. Each mode contains six different frequencies that are automatically switched.
  - a. **M1: Beginner**
  - b. **M2: Adaptation**
  - c. **M3: Initial**
  - d. **M4: Advanced**
  - e. **M5: Professional**
2. The handle strengths A and B can be adjusted ranging from 8% (weak) to 100% (strong). Set the handle strength before the start of treatment. The treatment starts from low intensity and should be gradually increased according to the patient's tolerance.
3. Set the working time. The default working time of one treatment is 30 minutes. This can be adjusted from 5 minutes to 60 minutes.
4. Click the Start button to start the treatment. Click the Pause button if you need to pause the treatment.

**NOTE: Adjust the settings when the device is in Pause mode.**

# V. MACHINE OPERATION

## V.2 Software Operation



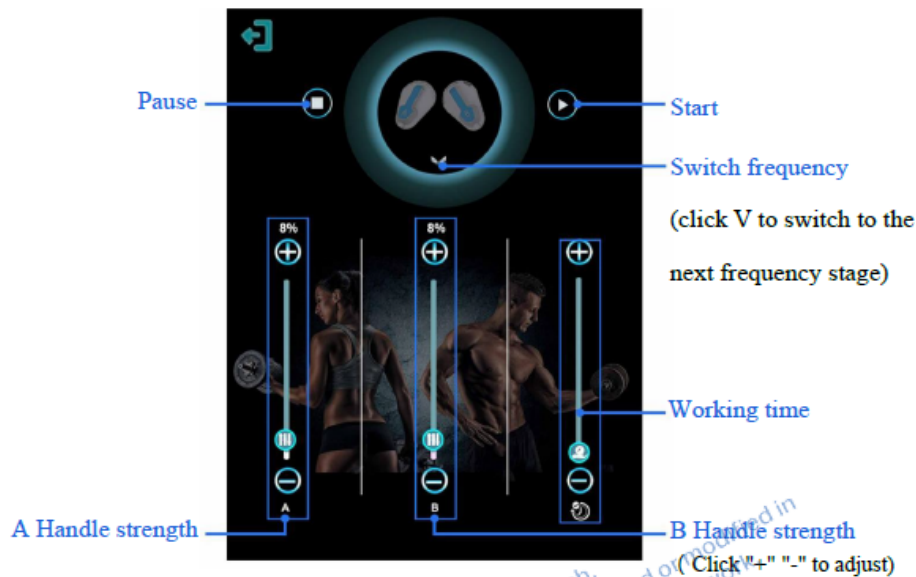
### III. MANUAL MODE

1. On the interface, select Manual mode.
2. On setting the information interface, select the appropriate settings according to gender, age range, and fat thickness.
3. Click the icon shown below start working.

# V. MACHINE OPERATION

## V.2 Software Operation

Figure 6: Working interface



4. Set the frequency , adjustment settings are below:
  - F1: Frequency 1, the intensity range is 3HZ (weak) to 200Hz (strong)**
  - F2: Frequency 2, the intensity range is 3HZ (weak) to 200Hz (strong)**
  - F3: Frequency 3, the intensity range is 3HZ (weak) to 200Hz (strong)**
5. Before the start of treatment, set the frequency parameters according to the required frequency.
  - F1 frequency works for 5 minutes,**
  - F2 frequency works for 1 minute,**
  - F3 frequency works for 5 minutes, and**
  - \* F1, F2, and F3 frequencies are cycled in sequence.**
6. The handle strengths A and B can be adjusted ranging from 8% (weak) to 100% (strong). Set the handle strength before the start of treatment. The treatment starts from low intensity and should be gradually increased according to the patient's tolerance.
7. Set the working time. The default working time of one treatment is 30 minutes. This can be adjusted from 5 minutes to 60 minutes.
8. Click the Start button to start the treatment. Click the Pause button if you need to pause the treatment.

**NOTE: Adjust the settings when the device is in Pause mode.**

# V. MACHINE OPERATION

## V.2 Software Operation

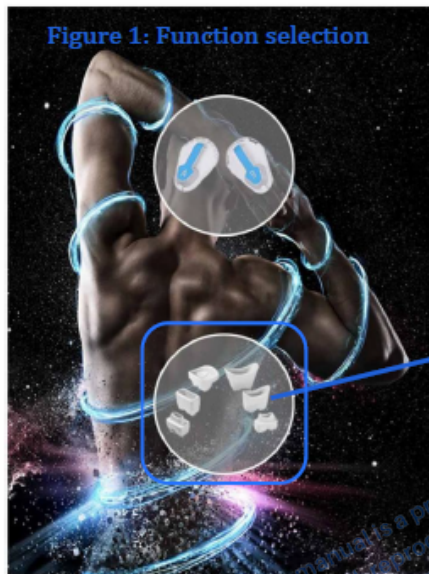


Figure 1: Function selection

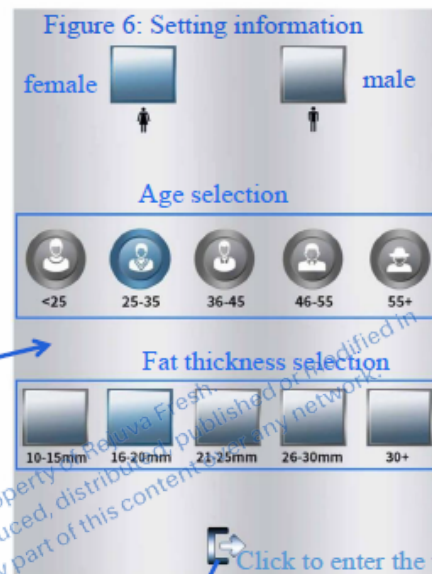


Figure 6: Setting information

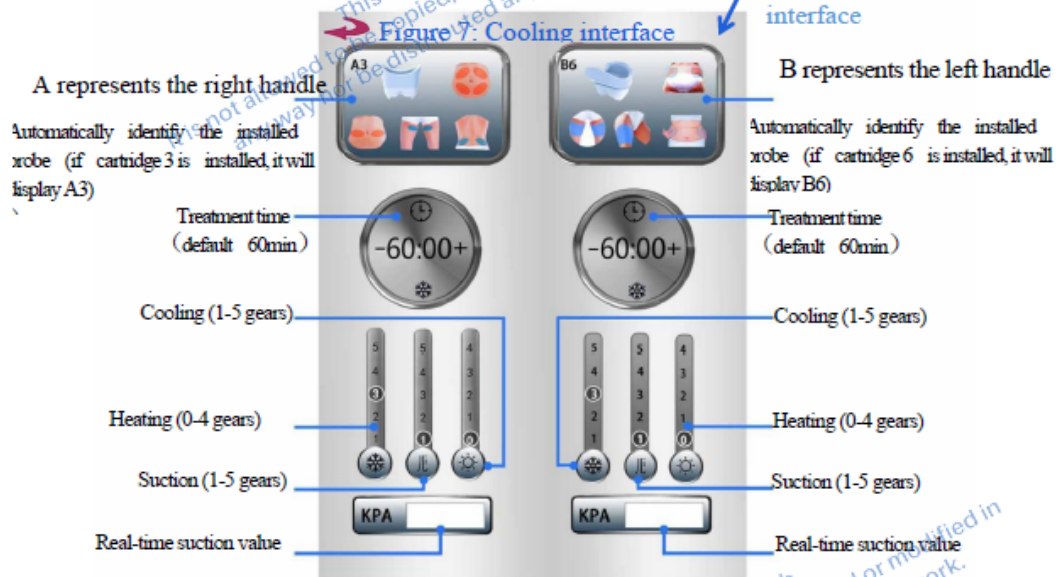


Figure 7: Cooling interface

A represents the right handle

Automatically identify the installed robe (if cartridge 3 is installed, it will display A3)

Treatment time (default 60min)

Cooling (1-5 gears)

Heating (0-4 gears)

Suction (1-5 gears)

Real-time suction value

Click to enter the working interface

B represents the left handle

Automatically identify the installed robe (if cartridge 6 is installed, it will display B6)

Treatment time (default 60min)

Cooling (1-5 gears)

Heating (0-4 gears)

Suction (1-5 gears)

Real-time suction value

### IV. CRYOLIPOLYSIS MODE

1. On setting the information interface, select the appropriate settings according to gender, age range, and fat thickness.
2. Click the icon with an arrow to start working.

# V. MACHINE OPERATION

## V.2 Software Operation

3. There are two handles: A (right handle) and B (left handle). The two handles can work independently or at the same time, and the parameters can be adjusted independently.
4. Set the treatment time. The default working time of one treatment is 60 minutes but this can be adjusted from 1 minute to 99 minutes.

5. Set the cooling energy. The options are gears 1-5 with corresponding cooling temperatures:

- 1st gear 0°C,**
- 2nd gear -3°C,**
- 3rd gear -5°C,**
- 4th gear -8°C, and**
- 5th gear -11°C.**

**NOTE: The treatment temperature and negative pressure intensity can be precisely adjusted according to the thickness of the client's fat.**

6. Set the suction strength. The options are gears 1-5 with corresponding suction strength:

- 1st gear 17Kpa,**
- 2nd gear 27Kpa,**
- 3rd gear 37Kpa,**
- 4th gear 47Kpa,**
- 5th gear 57Kpa.**

7. Set the heating energy. The options are gears 1-4 with corresponding temperature:

- 1st gear 38 °C**
- 2nd gear 41 °C**
- 3rd gear 43 °C**
- 4th gear 45 °C**

**NOTE: The heating phase works for 3 minutes. If there is no need to set the heating mode to gear 0, the system defaults to gear 0.**

8. Long press the handle button for 2 seconds to display the blue light to start the treatment. If you press it for 2 seconds again, the treatment will be suspended.



# VI. RECOMMENDED TREATMENT FREQUENCY AND INTERVAL

## I. CRYOLIPOLYSIS

1. It is usually recommended 3-5 times as a complete course of treatment, with an interval of one month each time.
2. The length of the treatment time depends on the body part to be treated and the thickness of the individual's fat layer.
3. We recommend the following treatment time for each part of the body:
  - Relatively wide parts for 40 to 60 minutes each time (such as abdomen, belly, thighs, etc.)
  - For narrow areas is 20 to 30 minutes (such as double chin, armpits, arms, etc.)

## II. EMS Sculpture

1. 4-6 times as a course of treatment, once every 2-3 days, one part once every 30 minutes.
2. Generally, 6-8 treatment courses are set for card opening, and good results can be obtained.
3. The best effect is 2-4 weeks after the treatment.
4. To break down fat and increase muscle mass, usually after 4-6 treatments, muscle mass increases by about 16%, while fat can be reduced by 19%.



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