# User Manual



#### Preface

To our valued users,

Thanks for choosing our latest product: integrated beauty equipment. This newest slimming and skin tightening instrument integrates multipolar vacuum RF, ultrasonic cavitation RF, medium-frequency EMS, and laser pad. SD-45S6SB is professional beauty equipment, which needs to be operated by people with professional training. Any improper use of this equipment may bring adverse consequences to the body. Thus we advise all people to read this manual thoroughly and strictly follow the instructions specified before operation.

We believe our quality product will give you a good return and our perfect after-sales service will make you worry-free.

Thank you.

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#### Part I

#### 1. Introduction

Currently, ultrasonic cavitation, RF, vacuum, EMS, and laser lipolysis are the most popular equipment for improving looks, tightening, shaping body, and fighting against aging. It can effectively replace all the facial and body care programs in a beauty salon, operate easily, conveniently, and swiftly, and solve skin and body problems for people pursuing beauty. Moreover, it works safely and effectively and requires no injection, medication, or operation. It's operated externally throughout, and it has no side effects and an immediate impact. Radiofrequency heats the skin's deep layer, stimulates the dermis's collagen hyperplasia and recombination, and accelerates blood circulation of the underlying skin. Thus you can own firm and plump skin, fight against aging, and prevent senility. Ultrasound of a particular frequency aim at body parts having difficulty reducing fat, bringing fantastic effects.

#### 2. Advantages

- (1) The multifunctional beauty equipment fixes facial and whole body care problems.
- (2) Ultrasound powerfully blasts and removes fat and has replaced and surpassed liposuction, bringing good news to obese people.
- (3) It has multiple handpieces, which can be changed per different body parts and needs.
- (4) A handpiece owns two functions, significantly improving work efficiency.
- (5) The perfect match of ultrasound and radiofrequency will address people's concerns for weight loss. They tighten skin, increase skin elasticity, accelerate body metabolism, and strengthen constitution while reducing fat.
- (6) It's painless and non-invasive during treatment; it requires no convalescence or stay and will not affect regular work and life after treatment.
- (7) It has zero consumption and is low-cost, but it gives a quick return.
- (8) It has a broader treatment range and an evident effect.
- (9) Unevenness, bleeding, and swelling will not occur.
- (10) Its various handpieces emit infrared, which accelerates metabolism, reduces skin inflammation, and disinfects the skin while massaging and dissolving fat, presenting an evident effect and better comfort level.
- (11) The handpiece conforms to ergonomics. It grips comfortably, and a bigger handpiece can treat a larger area.

#### 3. Working Principle

#### (1) Vacuum RF

Massaging skin and muscle with a particular vacuum sucker can effectively enhance the mobility of cells' body fluid and boost cells' movement so that cells can

be activated, and skin elasticity can be increased. Meanwhile, it accelerates the microvessels' blood circulation, discharges excess toxins through the regular circulation of the lymphatic system, and lowers the probability of adverse situations that happen to body parts, such as dark spots, pigmentation disorder, and congestion. The kneading effect generated by vacuum sucking fat out can increase the activity of skin and muscle so that scleroid cellular tissue can be decreased and skin elasticity can be enhanced, completing body slimming and shaping simultaneously. In addition, vacuum movement can stimulate the sympathetic nervous system of the skin's surface and deep layer and lower skin sensitivity. The air pressure's suction and release can improve the capillary system, promote flow between deeper veins and the lymph gland networks, strengthen blood vessels, and relieve varicosity.

Advantages: It breaks through the previous working mode of vacuum that is single and simple. Using different modes for different body parts can slim and sculpt the body more effectively and efficiently, and it causes no harm to the body. This equipment has a unique radiofrequency (RF) handpiece, and its RF handpiece and vacuum handpiece are independent and complementary. Therefore, it can perfectly reshape the body in a more efficient, rapid, and even way compared with the standard monopolar RF handpiece.

#### The Physical Effect of Vacuum

Skin Layer

The suction and release of air pressure:

- Improve mobility among cells to increase cell movement and cure blood stasis-related diseases.
- Remove moisture from the lymph gland and veins.
- Effect: Discharge excess moisture from fibrous tissue.

#### Vascular Layer

The suction and release of air pressure:

- Boost blood circulation of the micro-vessels, improve the blood capillary system, and promote flow between deeper veins and the lymph gland networks.
- Remove extra toxins from the body.
- Effect: Strengthen blood vessels and relieve varicosity.

#### Fibrous Layer

The suction and release of air pressure:

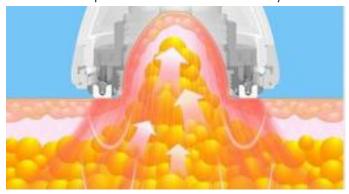
- Promote the combination of two effects generated in different tissues (including skin, muscle tissue, etc.).
- Repair cell tissue and enhance activity among cells.
- Boost and restore skin elasticity and resist skin stretch.
- The production of ossein helps renew skin and restore elasticity.
- Enhance the skin's oxygen supply capacity and increase the consumption of carbon dioxide.
- Effect: Break up the tough bands causing cellulite and make it more elastic to

shape the body.

#### Nervous Layer

The suction and release of air pressure:

- Stimulate the surface and deep layer of the sympathetic nervous system.
- Lower skin sensitivity.
- Restore skin elasticity and resist tissue fibrosis.
- Effect: Repair and lower skin sensitivity.



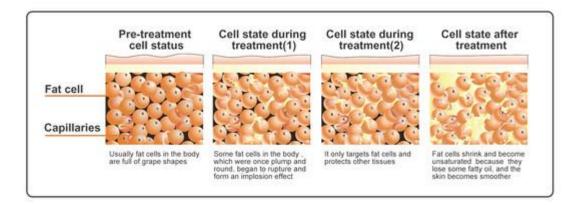
#### (2) Ultrasonic Cavitation & RF

It utilizes the principle of ultrasound. It can effectively consume heat and cellular moisture and shrink fat cells by the intense sound waves entering the body that cause fat cells to create violent strikes and frictions. In addition, when sound waves vibrate, they can cause cells to generate an intense impact that bursts cells instantly and decreases the number of fat cells to achieve fat removal.

The cavitation principle of ultrasound: When vibrating the liquid, it produces tens of thousands of tiny bubbles, namely cavitation bubbles. These bubbles grow in the negative pressure zone formed by the longitudinal transmission of ultrasound and close rapidly in the positive pressure zone. Therefore, they are being compressed and stretched under alternate positive and negative pressure. The bubbles will be compressed until they burst, which generates intense transient pressure. Generally, the pressure can reach tens of MPa to hundreds of MPa and produce strong vibration and noise.

Advantages: It destroys tissue selectively. Namely, it only destructs low-density adipose tissue with a specific frequency and protects high-density tissue like blood vessels and nerves.

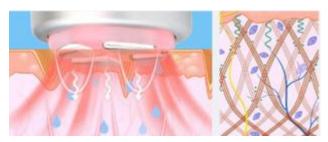
Radiofrequency waves penetrate the skin directly and produce energy by utilizing the electrical resistance effect formed by the skin, increasing the underlying skin's temperature, heating tissue rapidly and continuously, and promoting collagen growth. Thus skin tightening, lifting, and refining can be achieved.



#### (3) EMS

EMS is short for electrical muscle stimulation. It's called the electrostimulation technique and is also known as the muscle exercising technique. The muscle, under normal circumstances, starts to move actively after receiving signals from the brain. EMS, however, sends the signals to the muscle directly through electrical stimulation, which makes the muscle exercise passively. Thus the skin is tightened, and the outline gets clear.

EL (electroporation) is a physical method that uses an electrical pulse to shock cell membrane instantaneously to improve its permeability so that macromolecules or hydrophilic molecules can enter cells. (Cells are placed in a transient high electric field which causes the cytomembrane's surface to produce many pores. Under this condition, the permeability of cytomembrane against molecules is greatly enhanced. Thus molecules of external sources can penetrate cells.)



#### (4) Laser Pad

It uses a red laser, a visible spectrum with a wavelength of 635nm-650nm. The laser has mighty penetrating power, which effectively activates and repairs fat cells, penetrates the fat layer, and dissolves subcutaneous fat by heating. The treatment is safe and painless and has no side effects.

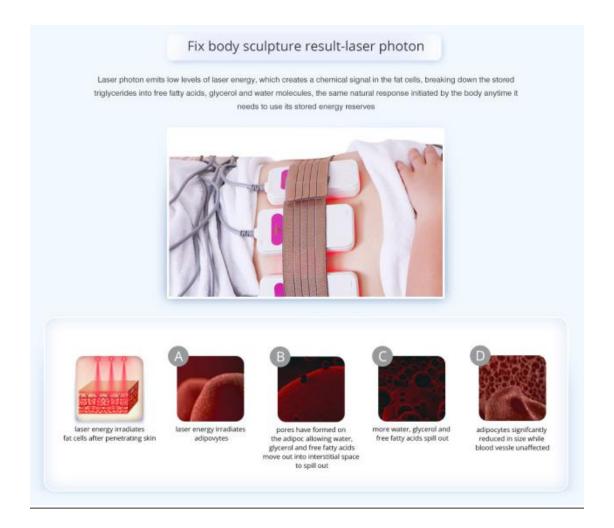
It sends laser energy's low-level chemical signal to fat cells, decomposes triglycerides deposited in the fat layer into free fatty acids and glycerol, and releases them through the channel of cytomembrane. Fatty acids and glycerol are transported

to tissue in the body that produces metabolic energy. When the body needs to use the stored energy reserves, fatty acids release is a natural response. Therefore, no unnatural reaction will be triggered inside the body, and surrounding structures will not be affected or damaged, such as skin, blood vessels, and peripheral nerves. After a period of exercise therapy, the free fatty acids inside the body will be removed through intact metabolism.

Biological Effect: The laser with a wavelength of 635nm to 650nm heats fat cells in the targeted zone to decompose them. In a short time, fat deposition is absorbed and discharged via our body's natural metabolism. During the process, the laser seals tiny blood vessels, reduces bruises, channels heat into the treated area, and stimulates collagen production to make it smooth and firm and achieve body shaping.

The low-energy laser (biostimulation) goes directly to the deep layer of the fat. It stimulates biological cells and induces or strengthens a series of physiological reactions by providing a proper amount of energy, such as promoting local blood circulation, regulating cell function, enhancing immune function, and facilitating cell metabolism. It can tighten skin, remove wrinkles, reduce fat, and shape the body simultaneously. The laser has mighty penetrating power, which can effectively activate or repair fat cells, penetrate the fat layer, and dissolve subcutaneous fat by heating. The treatment is safe and painless and has no side effects.

It applies the latest non-surgical and non-invasive laser lipolysis technology. The device releases low-level laser energy, which produces a chemical signal among fat cells and dissolves the stored triglycerides into free fatty acids, glycerol, and water molecules. It's a natural response when the body needs to utilize the stored energy reserves. The free fatty acids are transported to the whole body through the lymphatic system to supply energy. It's just like what the body would react when it lacks heat.



#### 4. Tightening & Fighting against Aging

#### (1) Efficacy

- 1) Tighten face and deeply infuse nutrition.
- 2) Increase skin elasticity and refine skin.
- 3) Moisten skin and enhance the skin's absorptivity.
- 4) Accelerate blood circulation and metabolism.
- 5) Relieve double chin and firm skin.
- 6) Stimulate collagen hyperplasia and delay aging.

- 1) People with dark or lustreless faces.
- 2) People with flabby or saggy skin.
- 3) People with fine lines, nasolabial folds, or periorbital wrinkles.
- 4) People with vague facial contour.
- 5) People with coarse skin or large pores.
- 6) People who are under long-term exposure to ultraviolet radiation in the

- workplace.
- 7) People with flabby skin, edema, or puffiness after child delivery.

#### (3) Contraindications

- 1) People who just had plastic surgery or implanted prostheses or metal objects inside the treated parts.
- 2) People who recently injected hyaluronic acid, skin booster, or had an injection for wrinkle removal or plastic surgery.
- 3) People with hypertension, heart disease, diabetes, severe thyroid, or malignant tumors.
- 4) People in the allergic period, with severely sensitive skin, or allergic to metals.
- 5) People with skin trauma or wounds.
- 6) Overage people.
- 7) People in menstruation, pregnancy, lactation, or surgical recovery.
- 8) People with skin disease or infectious disease.
- 9) People who have an unrealistic illusion about the effect.

#### (4) Matters Needing Attention After Treatment

- 1) Wash the face with warm water within three days.
- 2) Keep hydrating and protect yourself from the sun.
- 3) Don't use irritant skincare products that contain scrub, exfoliant, AHA (Alpha Hydroxyl Acid), etc.
- 4) Avoid staying up late, smoking, or drinking alcohol. Instead, eat more vegetables, fruits, and bland food.
- 5) Apply a facial mask at least three times a week.

#### 5. Neck Maintenance

#### (1) Efficacy

- 1) Relieve neck with slack, coarse, or lusterless skin.
- 2) Tighten skin and increase skin elasticity.
- 3) Relieve double chin.
- 4) Accelerate lymphatic detox and improve facial skin quality.
- 5) Prevent neck and lymphatic diseases.

#### (2)Indications

- 1) People whose necks have coarse skin or dark skin color.
- 2) People whose necks have clogged lymph.
- 3) People whose necks have slack or inelastic skin.
- 4) People who always lower their heads.

5) People who are not satisfied with their necks' skin color.

#### (3) Contraindications

- 1) People who just had plastic surgery.
- 2) People with hypertension, heart disease, diabetes, severe thyroid, or malignant tumors
- 3) People in the allergic period or with severely sensitive skin.
- 4) People with skin trauma or wounds.
- 5) Overage people.
- 6) People in pregnancy or surgical recovery.
- 7) People with skin disease or infectious disease.

#### (4) Matters Needing Attention After Treatment

- 1) Protect yourself from the sun and keep the neck warm.
- 2) It's better not to use products like alcohol, AHA (Alpha Hydroxyl Acid), or scrub cream within 1 to 3 days.
- 3) Avoid washing your face with overheated water, enjoying hot springs or saunas, or doing strenuous exercise within seven days.
- 4) Drink more water, apply a neck mask at least three times a week, and apply essence or neck cream.
- 5) Avoid lowering your head for a long time.

#### 6. Body Management

#### (1) Waist & Abdomen Sculpting

#### 1) Efficacy

- Relieve women's cold hands, cold feet, cold uteruses, or cold-natured bodies.
- Relieve waist and abdomen's flabby and soft skin.
- Remove flab from waist and abdomen, and relieve swim-ring-like belly and potbelly.
- Tighten the skin, reduce stretch marks and striae distensae, and increase skin elasticity.
- Accelerate metabolism, relieve constipation, and enhance the movement of the intestinal tract.

- People with cold hands, cold feet, cold uteruses, or cold-natured bodies.
- People with flab on waist and abdomen, potbelly, or flabby skin after child delivery.

- People with unsightly waistlines due to sitting too long.
- People with striae distensae or stretch marks.
- People with constipation or whose abdomens have obstructed channels and collaterals.

#### 3) Contraindications

- People with hypertension, hyperglycemia, hyperlipidemia, or heart disease.
- Women in pregnancy, menstruation, or lactation.
- People whose surgical wounds are healing or in surgical recovery.
- People with epilepsy, severe diabetes, or hyperthyroidism.
- People with malignant tumors, hemophilia, or severe bleeding.
- People with skin disease or infectious disease.
- People with severe gynecological diseases.
- People whose gynecological diseases are in treatment.

#### 4) Matters Needing Attention After Treatment

- Keep the abdomen warm and avoid exposing to a windy environment and catching a cold.
- Avoid eating and drinking too much, staying up late, drinking alcohol, or eating raw, cold, spicy, or greasy food. Instead, drink more hot water.
- Take a shower after 4 to 6 hours.
- Avoid enjoying sauna or hot springs or doing strenuous exercise within seven days.
- Rub clockwise the abdomen with your hands before sleep at night, achieving better weight loss and metabolism effect.

#### (2)Arm Sculpting

#### 1) Efficacy

- Stimulate collagen hyperplasia of the underlying skin, shape body, and firm skin.
- Relieve flabby skin.
- Reduce the appearance of flabby and thick arms.
- Tighten skin.
- Accelerate blood circulation and dredge channels and collaterals.

- People with thick arms or who look unsightly in clothes.
- People with bat wings or flabby arms.
- People whose arms have flabby skin.
- People whose arms are prone to soreness and numbness.

• People who always carry a baby.

#### 3) Contraindications

- People who just had plastic surgery.
- People with hypertension, heart disease, diabetes, severe thyroid, or malignant tumors
- People in the allergic period or with severely sensitive skin.
- People with skin trauma or wounds.
- Overage people.
- People in pregnancy or surgical recovery.
- People with skin disease or infectious disease.

#### 4) Matters Needing Attention After Treatment

- Keep warm, don't eat cold food, and avoid exposing to a windy environment and catching a cold.
- Take a shower after 4 to 6 hours.
- Drink more warm water to replenish moisture.
- Refuse to eat and drink too much and stay up late.
- Avoid enjoying sauna or hot springs or doing strenuous exercise within seven days.

#### (3) Back Sculpting

#### 1) Efficacy

- Alleviate shoulder and back soreness and relieve Dowager's Hump.
- Dredge channels and collaterals and relieve clogged channels and collaterals.
- Accelerate blood circulation and metabolism.
- Improve head blood supply and sleep.
- Regulate viscera functions and strengthen the physique.
- Tighten skin and prevent slack and soft skin.
- Remove excess flab from the back and sculpt the back.

- People with shoulder or back soreness or stiff neck.
- People with insomnia, dreaminess, or a fading memory.
- People prone to fatigue or drowsiness or whose vital energy and blood circulation are obstructed.
- People with thick backs or who look unsightly in clothes.
- People with Dowager's Hump.

#### 3) Contraindications

- People with metal implants inside the body (such as a stent, pacemaker, etc.) or allergic to metals.
- Women in pregnancy, menstruation, or lactation.
- People whose surgical wounds are healing or in surgical recovery.
- People with hypertension, hyperglycemia, hyperlipidemia, heart disease, epilepsy, severe diabetes, or hyperthyroidism.
- People with malignant tumors, hemophilia, or severe bleeding.
- People with skin disease or infectious disease.
- People who have a weak body.
- People who are drunk, thirsty, overworked, or with a full or empty stomach.

#### 4) Matters Needing Attention After Treatment

- Keep warm, avoid exposing to a windy environment and catching a cold, and drink more hot water.
- Take a shower after 4 to 6 hours.
- Avoid staying up late, drinking alcohol, and eating and drinking too much.
- Avoid eating raw, cold, and spicy food. But have enough sleep.
- Avoid wearing shoulder-baring and backless clothes.

#### (4)Leg Sculpting

#### 1) Efficacy

- Tighten skin and prevent slack and soft skin.
- Stimulate collagen regeneration and flatten striae distensae.
- Increase legs' blood circulation, detox, and metabolism.
- Activate blood, remove stasis, dredge channels and collaterals, and prevent varicosity.
- Tighten the excessive flab of the legs and get rid of the thick thigh.

- People with obstructed blood circulation of the lower limbs, edema, or obesity,
- People who feel uncomfortable and pain all over the body or are prone to catch colds or with hypoimmunity.
- People with coarse or slack skin.
- People whose legs have clogged channels and collaterals or with disproportionate and unsightly legs.

#### 3) Contraindications

- Women in menstruation, pregnancy, or lactation.
- People with hypertension, heart disease, diabetes, severe thyroid, or malignant tumors.
- People with skin disease, infectious disease, or whose skin is in a sensitive period.
- People with surgical wounds or in surgical recovery.
- People with severe varicosity or tumors.
- People in the allergic period or with severely sensitive skin.
- People who just had liposuction.
- Overage people.
- People in pregnancy or surgical recovery.

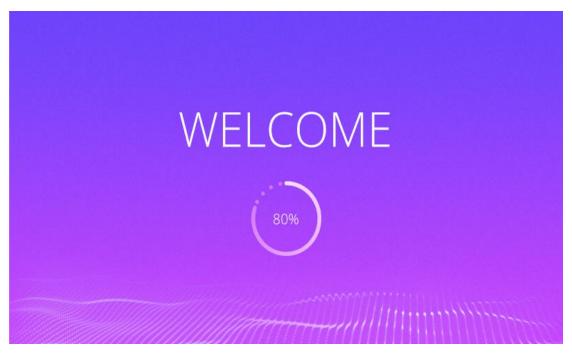
#### 4) Matters Needing Attention After Treatment

- Keep warm, don't eat cold food, and avoid exposing to a windy environment and catching a cold.
- Take a shower after 4 to 6 hours.
- Drink more warm water to replenish moisture and speed up metabolism.
- Refuse to eat and drink too much and stay up late.
- Avoid enjoying sauna or hot springs or doing strenuous exercise within seven days.
- Wear long pants as much as possible after treatment, and avoid wearing miniskirts and mini-shorts.

### Part II

#### 1. Detailed Operations

Have the equipment correctly connected, and the following loading page will appear when pressing the power switch.



Then the following handpiece selection interface comes out.



#### (1) General Function Introduction



Homepage (Press it and enter the handpiece selection interface)



Reset (Press it and parameters on the current page restore default)



Time Display & Setting (Time range: 00:00-60: 00)



Time & Energy Level Setting (Decrease)



Time & Energy Level Setting (Increase)



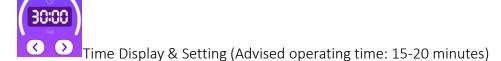
#### (2) Detailed Operations for RF & Ultrasound



and enter the following page.



Energy Level Display & Setting for Ultrasound (Energy level range: 0-10; Advised energy level: 3-7)







Continuous working mode, which suits those with thick fat.

Discontinuous working mode, which suits those who want to reinforce the effect or are first-time users.



After clicking Start, the handpiece's red light will be on, and the energy for RF will reach the setting value directly.

After touching the skin, the handpiece's red light will be on, and the energy for RF will reach the setting value slowly.

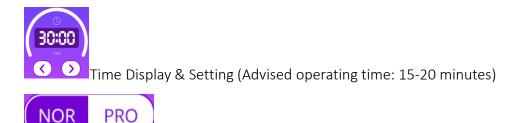
Set all parameters to the proper values and click  $\mbox{START}$  to start operation.

#### (3) Detailed Operations for RF & SUCTION BODY

Select and enter the following page.



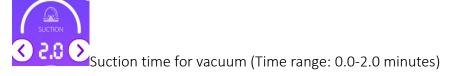
Energy Level Display & Setting for RF (Advised energy level: 3-7)



RF's Two Working Modes:

After clicking Start, the handpiece's red light will be on, and the energy for RF will reach the setting value directly.

After touching the skin, the handpiece's red light will be on, and the energy for RF will reach the setting value slowly.



Release time for vacuum (Time range: 0.0-2.0 minutes)

It's the suction-release mode if suction time is longer than release time, which suits first-time users and those who feel no suction. It's direct suction when you set suction time to any values and release time to zero, serving those who want to raise transitory petechiae and ecchymosis caused by cupping therapy.

Rotating knob for suction setting (To turn to the left to decrease suction and to the right to increase. You can set it freely per individual tolerance.)

Set all parameters to the proper values and click  ${\sf START}$  to start operation.

#### (4) Detailed Operations for RF & SUCTION







Energy Level Display & Setting for RF (Advised energy level: 3-7)



Time Display & Setting (Advised operating time: 15-20 minutes)



RF's Two Working Modes:

After clicking Start, the handpiece's red light will be on, and the energy for RF will reach the setting value directly.

After touching the skin, the handpiece's red light will be on, and the energy for RF will reach the setting value slowly.



Suction time for vacuum (Time range: 0.0-2.0 minutes)



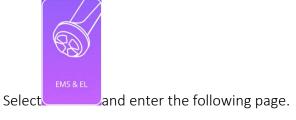
Release time for vacuum (Time range: 0.0-2.0 minutes)

It's the suction-release mode if suction time is longer than release time, which suits first-time users and those who feel no suction. It's direct suction when you set suction time to any values and release time to zero, serving those who want to raise transitory petechiae and ecchymosis caused by cupping therapy.

Rotating knob for suction setting (To turn to the left to decrease suction and to the right to increase. You can set it freely per individual tolerance.)

Set all parameters to the proper values and click  ${\sf START}$  to start operation.

#### (5) Detailed Operations for EMS & EL





Energy Level Display & Setting for EMS MID FREQ (Advised energy level: 3-7)



Time Display & Setting (Advised operating time: 15-20 minutes)



Energy Level Display & Setting for EL LOW FREQ (Advised energy level: 3-7)

Set all parameters to the proper values and click  ${\sf START}$  to start operation.

#### (6) Detailed Operations for LIPO LASER



and enter the following page.





Time Display & Setting (Advised operating time: 15-20 minutes)



Three Working Modes:

M1: Light will always be on, which suits those with thick fat.

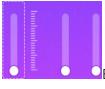
M2: Light flashes slowly, which suits those who are slightly obese and want to reinforce the effect in a later stage.

M3: Light flashes fast, which suits those who are slightly obese and want to reinforce the effect in a later stage.



Energy Level Display for Large Laser Pad (10 grids of

energy)



Energy Level Display for Small Laser Pad (10 grids of energy)



Energy Level Setting (Increase) (The energy increases one grid for each press)



Energy Level Setting (Decrease) (The energy decreases one grid for each

press)

Advised energy level: 3 to 7

Set all parameters to the proper values and click  ${\sf START}$  to start operation.



#### 2. Technical Parameters

Ultrasound Cavitation & RF Body Shape Handle

**Ultrasound Cavitation** 

Frequency:40KHz

Power: 50W

RF

Frequency:5MHz Power: 85W

Suction & RF Body Sculpture Handle

Frequency: 5MHz

Power: 85W Suction

Vacuum: <-80kPa Pressure: >250kPa Air Flow: >10L/minute

Noise Level: <70dB (30cm away)

Power: 20W

Suction & RF Facial Slimming Handle

Frequency: 5MHz Power: 85W Suction

Vacuum: <-80kPa Pressure: >250kPa Air Flow: >10L/minute

Noise Level: <70dB (30cm away)

Power: 20W

EMS & EL (Electroporation) Facial Anti-aging Handle

**EMS** 

Frequency: 4.5KHz Power: 10W

EL (Electroporation) Frequency: 65Hz Power: 10W

Lipo Laser Pads: 160MW

Net Weight: 7.60 kg Gross Weight: 25.08 kg

Dimensions: 490x390x300 (mm)
Input Power: AC 110V/220V 50/60Hz
Power Consumption: MAX 150W

Display: Touch Screen

#### 3. Precautions on Use

- (1) You must use a plug with a ground pin and ensure the power socket is already grounded before using the equipment.
- (2) Make sure the voltage of the equipment is adaptive. If the local voltage is unstable, we suggest users add a voltage regulator with matching power between the main supply and the equipment.
- (3) Please uniformly use specified parts provided or suggested by the original manufacturer to guarantee the equipment's curative effect and expected service

life.

- (4) Please do not put the equipment near a water source, in a damp place, or in sites that expose it to sunlight directly.
- (5) Please do not place the equipment near an intense heat source since this may affect its service life and everyday use.
- (6) Please remove all the metal objects from the body before treatment to shun unexpected situations that may affect the curative effect.
- (7) Please refrain from using the equipment aiming at the eyes, thyroid, parathyroid, testicles, pregnant woman's abdomen, pacemaker, etc.
- (8) Please turn off the equipment's power switch if no one uses it, and ensure the main power is off before the exit of related personnel to guarantee the equipment's safety.
- (9) Those with implanted metal stents (not including a contraceptive ring placed inside a women's uterus) or prostheses inside the breast can not use it.
- (10) Women in menstruation, pregnancy, or lactation and those who drink alcohol can not use it.
- (11) Those who did cesarean in the past six months, experienced a miscarriage in the past three months, and had natural labor in the past two months can not use it.
- (12) When using the vacuum, start from the lowest level; otherwise, strong suction may trigger discomfort.
- (13) When operating the equipment, start from the lowest energy level and gradually increase it after the client gets used to it.
- (14) You must keep the treated parts moist and avoid operating the instrument in dry skin conditions. (You should operate the laser pads in dry skin conditions; otherwise, they may damage due to dampness.)
- (15) When using the laser pads, their whole surface should contact the skin thoroughly; they can not only touch a small area.
- (16) A better effect can be achieved if you use laser pads with massage and other instruments.
- (17) You can use laser pads separately; fasten it onto the fatty part with a strap for about 30 minutes each time. You can achieve a better effect with the combined use of hand technique.
- (18) After the operation, clean the equipment with normal saline to ensure its cleanliness and hygiene to extend its service life.

#### 4. Troubleshooting

- (1) I can't start the equipment, and the indicator lamp doesn't light up.
- A. Make sure you plug the power cord into a good power socket.
- B. Check whether the fuse tube in the back is loose or burnt out.
- (2) The equipment doesn't have radiofrequency output, or the output becomes weak.
- A. Check whether the handpiece and the plug connecting to the machine body are closely linked.

- B. The wire inside the handpiece is loose or burnt out.
- (3) I can start the equipment, but the laser pads don't have energy output.
- A. Check whether the laser pads' connecting cables are properly connected to the main unit.
- B. If the solution mentioned above doesn't work, please contact the distributor for assistance.
- (4) The vacuum RF doesn't have suction, or the suction becomes weak.
- A. Check whether the filter is installed correctly.
- B. Check whether the handpiece's connecting cable is installed correctly.
- C. Check whether the handpiece's connecting cable is damaged.
- D. There is foreign matter or oil dirt inside the main unit; please check and clean it.
- E. Check whether the rotating knob for setting suction is returned to zero.
- (5) I can start the equipment, but an error message shows on the monitor.
- A. Take out the power plug from the back, wait about one minute, reinsert the plug, and restart the pacemakers.
- B. If the solution mentioned above doesn't work, please contact the distributor for assistance.

#### 5. FAQs

(1) Q: What functions does this equipment have?

A: It can dissolve fat, shape body, rejuvenate skin and make it smooth, do tightening and lifting, reverse senility, and fight against aging. You can use it all over the body. Further, it can sculpt facial contour, reduce wrinkles, and relieve loosening and sagging. It can reduce local body parts' weight, build an S curve, and accelerate body metabolism and detox. It can also enhance viscera functions and relieve the body's sub-health condition.

(2) Q: Which one is better for reducing weight, liposuction, or this equipment?

A: Liposuction slims a local body part rapidly by sucking out excess fat from it with vacuum suction. It has an instant effect, but it uses an anesthetic during surgery and has convalescence. It's risky because it's an operation. However, this equipment is risk-free and has no side effects. It stimulates collagen regeneration to lift and tighten skin while reducing weight. It can also sculpt perfect curves by lifting, making women sexier.

(3) Q: Will I experience rebound after treatment?

A: It's hard for the weight to rebound after it's reduced with ultrasonic lipolysis. Ultrasonic lipolysis removes fat instead of moisture, and it takes a long time for the fat to accumulate. Thus rebound will not take place easily.

#### (4) Q: Do I need to be on a diet after the treatment?

A: You need to keep on a diet to some extent since radiofrequency and ultrasound treatments are followed by fat-blasting and accelerated metabolism. Therefore, you have to avoid eating spicy, greasy, or fried food so as not to affect metabolism. But you can have a proper amount of exercise to sweat and discharge it from the body to have a more evident effect.

#### (5) Q: Does radiofrequency have any side effects on the body?

A: Improving looks and shaping body with radiofrequency is a non-invasive treatment and currently one of the safest and most effective ways to remove wrinkles, tighten skin, and sculpt body. Generally speaking, there are no side effects. A few people's skins may experience transient redness or swelling that will disappear after a few hours. Since RF heat energy causes the skin to lose moisture, dry skin may experience dryness and atrophy after initial treatment. However, the skin turns plump at the initial stage of collagen regeneration, and all symptoms will vanish after three days. Thus it has no side effects on the body.

#### (6) Q: Can I use ultrasound all over the body?

A: Ultrasound breaks fat cells and bursts cell walls, causing fat in the cells to flow out, which then is absorbed and metabolized by lymph. Thus it has strong power. The heart is sensitive to sound waves since it's a hollow organ. When the sound waves vibrate the heart, the back and forth reflex occurs because 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 muscle. If it's directed at the eyes, it can cause retinal detachment. Therefore, to shun eyes and heart when using ultrasound. (Don't use it on the head, waist, back, and chest.)

#### (7) Q: Does ultrasound have side effects on the body?

A: Ultrasound is a non-surgical and non-invasive procedure and requires no surgery or anesthetic. When the collected intense sound waves enter the body, it causes a violent impact upon the fat, blasting them. It can shatter and dissolve fat, firm skin, and sculpt the body. It only targets fat cells of low density while protecting tissue of high density, such as blood vessels and nerves. Therefore, it doesn't have side effects on the body. Slight drumming in the ears may appear during the treatment, which is normal, and you don't have to worry about it.

#### (8) Q: Why does drumming in the ears occur?

A: The ultrasound has a strong vibration, and its frequency is above 20kHz. By acting on the fat layer that is 20mm under the skin with the ultrasonic focusing effect, ultrasound with concentrated energy causes fat cells in the Jiao zone to create high-speed friction among themselves, resulting in heating, breaking, and emulsifying, during which there is sound. Therefore, slight tinnitus will accompany.

#### (9) Q: How to detox with the vacuum?

A: Vacuum can congest capillaries and stimulate cells to increase their vitality. During operation, the air suction and release and the alternate increase and decrease of the vacuum make local pores open and close continually, promote skin breathing, increase skin oxygen uptake, and speed up the elimination of wastes. Therefore, it can invigorate Qi, activate blood circulation, remove cold and dampness, dredge channels and collaterals, and expel toxins and heat.

#### (10) Q: Which one is better, laser lipolysis or liposuction?

A: Compared with traditional liposuction, laser lipolysis uses laser energy to scan the treated parts one by one evenly. It will not cause unevenness to the skin; instead, it makes it smooth and firm. Additionally, the laser used by laser lipolysis only acts on the given fat layer. It doesn't harm the epidermis and can accelerate elastic fibers' self-healing and keep the treated parts' skin firm, smooth, and flat.

#### (11) Q: Will laser lipolysis rebound?

A: The quantity of fat cells inside the body is fixed, increasing with age and turning constant after adulthood. The enlargement in fat cells' size leads to weight gain. Laser lipolysis eliminates local fats and reduces fats' size. Indeed, the weight barely rebounds after a laser lipolysis treatment, but it doesn't mean it will not take place for sure. Usually, the rebound will not happen as long as you keep a rational dietary structure and don't eat and drink too much daily.

#### (12) Q: Do laser treatments for weight loss need to keep on a diet and exercise?

A: Losing weight with the laser has a noticeable effect, but we can't rely on it alone to achieve the goal. A rebound may occur if we don't control what we eat and instead eat and drink too much in a later stage after reducing our weight to an ideal range. Bear in mind that there are no such weight loss products that can deliver permanent effects. Therefore, weight loss with the laser is just a supplement. We still have to be on a diet and exercise appropriately after achieving the target for weight loss and stopping the treatment.

#### 6. Packing List

- 1 x Main Machine
- 1 x Suction & RF Facial Slimming Handle
- 1 x EMS & EL (Electroporation) Facial Anti-aging Handle
- 1 x Ultrasound Cavitation & RF Body Shape Handle
- 1 x Body Sculpture Handle
- 6 x Big Laser Pads
- 2 x Small Laser Pads
- 1 x Holder
- 1 x Power Supply Cord (Both 110V and 220V [Frequency: 50/60Hz] are available. We also stock USA, UK, AU, EU plugs to meet country's needs all over the world.)

#### 7. Operating Steps

#### (1) Tightening & Fighting against Aging

Remove makeup, clean the face, apply a moisturizing mask, use hot steam, clean the face, apply toner and massage cream, massage, apply massage cream, use RF & SUCTION, clean, apply essence, use EMS & EL, apply a sheet mask, clean, and apply toner, lotion, essence, and facial cream.

#### (2) Neck Maintenance

Clean the neck, apply toner and massage cream, massage, apply massage cream, use RF & SUCTION, clean, use lipo laser, apply a neck mask, apply toner, neck essence and neck cream.

#### (3) Waist & Abdomen/ Arm/ Leg Sculpting

Massage, use RF & Ultrasound, RF & Suction Body, and Lipo Laser, and clean the treated parts. Treatment ends.

#### (4)Back

Massage, use RF & Suction Body and Lipo Laser, and clean the treated parts. Treatment ends.

#### 8. Operational Diagrams

Parameter	Matched	Technique Dia	gram	
Setting	Product			
Tightening & Fighting against Aging: 90 Minutes/ Once a Week				
RF & SUCTION	Makeup	1. Remove makeup and Techniqu	e 5, 7	
Advised Energy	Remover +	clean, 5 minutes.	$\sim$	
Level: 3 to 7	Facial	2. Apply the hydrating		
	Cleanser +	cream mask to the face and		
Advised Time: 15	Hot & Cold	use hot steam, 10 minutes.	÷/	
minutes	Steamer +	3. Clean the face, 2		
	Massage	minutes.		
Suction Time: as	Cream +	4. Apply toner, 1 minute.		
long as it's not	Cream Mask	5. Apply massage cream Techniqu	e 6	
zero	+ Essence +	evenly to the face, and caress		
	Sheet Mask	it three times.		

Release Time: 0

Advised Mode: NOR

You can adjust suction per individual tolerance.

#### EMS & EL

Advised Energy Level for EMS MID FREQ: 3 to 7

Advised Time: 15 minutes

Advised Energy Level for EL LOW FREQ: 3 to 7

- 6. Press Chengjiang (RN-24), Renzhong (DU-26), Dicang (ST-4), Jiache (ST-6), Yingxiang (LI-20), Jingming (BL-1), Cuanzhu (BL-2), Yuyao (EX-HN4), Sizhukong (SJ-23), Taiyang (EX-HN5), Tongziliao (GB-1), Chengqi (ST-1), and Sibai (ST-2). Repeat three times.
- 7. Caress the whole face three times.
- 8. Lift from chin to earlobe, corner of the mouth to Ermen (SJ21), wing of the nose to Taiyang (EX-HN5), and lower eyelid to Taiyang (EX-HN5); lift the corner of the eyes; do them alternately with hands. Repeat three times.
- 9. Do the same on the other side.
- 10. Lift forehead towards the hairline direction. Repeat three times.
- 11. Flip and lift the face with rotating fingers. Repeat 3 to 5 times.
- 12. Flip the forehead towards the hairline direction with one hand. Repeat 3 to 5 times.
- 13. One Side-Flip and lift the face with hands doing it alternately, 2 to 3 minutes.
- 14. Do the same on the other side.
- 15. Move zigzag on the whole forehead with middle and ring fingers, slide to the front of the ear and lift to and fro for three times, and slide out from the back of the ear.



Technique 8, 17



Technique 10, 12, 19



Technique 15



Technique 22



Technique 24

4 6			1
16	Iroat	mant	ends.
TU.	11 Cat	$\dots$	CHUS.

- 17. RF & SUCTION: Lift one line after another from chin to the part below the ear, corner of the mouth to ear center, and wing of the nose to Taiyang (EX-HN5). Repeat three times.
- 18. Do the same on the other side.
- 19. Lift the forehead towards the hairline direction. Repeat three times.
- 20. Clean the face, 2 minutes.
- 21. Apply essence(for anti-aging, whitening & hydrating) evenly to the face, and wait for 1 minute.
- 22. EMS & EL: Lift circlewise and one line after another from the chin to the forehead. Repeat three times.
- 23. Do the same on the other side.
- 24. Treat the forehead with the device moving transversely and circlewise. Repeat three times.
- 25. Apply a sheet mask, and wait 15 minutes.
- 26. Clean the face, 2 minutes.
- 27. Apply toner, essence, facial cream, and sunscreen.
- 28. Treatment ends.

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#### The Recommended Course of Treatment:

A course of treatment includes ten treatment cycles. When you accomplish a treatment cycle, the skin becomes tightened and rejuvenated and is supplemented with the needed nutrition. After a course, the skin improves and turns shiny. When you complete two courses, the skin gets smooth and plump, and its outline becomes clearer gradually. If you finish three courses, the skin's metabolism and detox are enhanced. And it fades the pigment, brightens dark skin, prevents and delays skin aging, loosening, and sagging, and stimulates collagen hyperplasia of the underlying skin, making the skin

Makeup

Remover

Cleanser

Massage

Cream

Essence

Neck Mask

Facial

#### Neck Maintenance: 60 Minutes/ Once a Week

#### **RF & SUCTION**

Advised Energy Level: 3 to 7

Advised Time: 15 minutes

Suction Time: as long as it's not zero

Release Time: 0

Advised Mode: NOR

You can adjust suction per individual tolerance.

#### Small LIPO LASER

Advised Time: 20 minutes

Advised Energy Level: 3 to 7

Advised Mode: M1

- 1. Remove makeup and clean, 5 minutes.
- 2. Apply toner, 1 minute.
- 3. Massage the neck, apply essential oil to the chest with hands, move to the back of the neck, and press Fengchi (GB20) and Fengfu (DU16). Repeat three times.
- 4. Lift the lower jaw and double chin with hands doing it alternately and to the armpit via the back of the ear, and slide out from there. Repeat three times.
- 5. Stroke the three channels and collaterals of the side of the neck with purlicue doing it circlewise and till the armpit, and slide out from there. Repeat three times.
- 6. Stroke the three channels and collaterals of the side of the neck with four fingers and till the armpit, and slide out from there. Repeat three times.
- 7. Rub the side of the neck with kneeling fingers until it turns hot and till the armpit, and slide out from there. Repeat three times.
- 8. Stroke the external collarbone with purlicue and till the armpit. Repeat 3 to 5 times.
- 9. Do the same on the other side.
- 10. Treatment ends.
- 11.RF & Suction: Lift from double chin to armpit via the

Technique 3



Technique 4, 6, 7



Technique 5



Technique 11, 12



Technique 8, 13



back of the ear with the instrument and a hand, and slide out from there. Repeat three times.

12. Slide the equipment to the neck side till the armpit in three lines, and slide out from there. Repeat three times.

13. Slide the equipment from internal and external collarbones to the armpit, and slide out from there. Repeat 3 to 5 times.

14. Repeat the previous two more times.

15.Do the same on the other side.

16.Clean the neck with a hot towel, 2 minutes.

17.Small Lipo Laser: Fasten a strap onto chin and top of the head, insert the laser inside, tie it up, and wait 20 minutes.

18.Apply a neck mask and wait 15 minutes.

19. Clean the neck with a hot towel and use a hot compress for 5 minutes.

20.Apply toner, neck essence, neck cream, and sunscreen.

#### 21. Treatment ends.

#### The Recommended Course of Treatment:

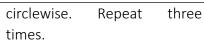
A course of treatment includes ten treatment cycles. When you accomplish a treatment cycle, the skin becomes rejuvenated and delicate. After a course, the neck skin turns smooth, and the neck lymph's circulation accelerates. When you complete two courses, the skin is tightened, the neck wrinkles fade, and the double chin is relieved. If you finish three courses, the skin turns delicate, shiny, firm, and plump, lymphatic detox speeds up, and dark face and acne take a turn for the better. And it delays skin aging and rejuvenates the skin.

#### Waist & Abdomen Sculpting: 60 Minutes/ Once a Week

RF &	Massage	1. Massage.	Technique 2, 8, 11
ULTRASOUND	Cream	2. Rub essential oil into the	
Advised Energy	(Essential Oil)	abdomen with hands moving	

Level for Ultrasound: 3 to 7
Advised Mode for Ultrasound: Continuous Working
Advised Time: 15 minutes
Advised Energy Level for RF: 3 to 7
Advised Mode for RF: NOR
RF & SUCTION BODY
Advised Energy Level: 3 to 7
Advised Time: 15 minutes
Suction Time: as long as it's not zero
Release Time: 0 Advised Mode: NOR

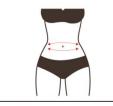
evel	for	+	Gel
Ultrasound	: 3 to	Ins	trument
dvised	Mode		



- 3. Rub the belly back and forth with hands. Repeat 3 to 5 times.
- 4. Rub abdominal fat as the way of rubbing the spine with hands doing it alternately. Repeat three times.
- 5. Lift Daimai (GB26) of the two sides of the waist with hands doing it alternately. Repeat 16 times.
- 6. Draw Arabic numeral eight till the part below the waist with hands, and then lift upwards from the side of the waist. Repeat three times.
- 7. Rub intestinal tract with overlapped hands drawing small circles clockwise. Repeat three times.
- 8. Caress the treated parts with hands moving circlewise. Repeat three times.
- 9. Press Shangwan (RN13), Zhongwan (RN12), Xiawan (RN10), Shenque (RN8), Qihai (RN6), Guanyuan (RN4), Zhongji (RN3), Tianshu (ST25), Daheng (SP15), and Qugu (RN2). Repeat two times.
- 10. Push from Zhongji (RN3) to the belly button with the thumbs, slide to the part below the waist along the two sides, and lift upwards to the groin. Repeat three times.
- 11. Caress the treated parts till groin with hands.
- 12. Treatment ends.
- 13. RF & Ultrasound: One Side-Lift from the side of the waist to the belly and one line



Technique 3, 19



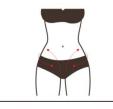
Technique 4



Technique 5



Technique 6, 10



Technique 7



Technique 9

You can adjust suction per individual tolerance.

#### Large LIPO LASER

Advised Time: 20 minutes

Advised Energy Level: 3 to 7

Advised Mode: M1

after another to the groin. Repeat three times.

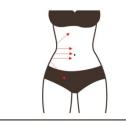
- 14. Lift the other side. Repeat three times.
- 15. Draw small circles on the abdomen. Repeat three times.
  16. Draw big circles on the abdomen. Repeat three times.
  17. RF & SUCTION BODY: Set it to direct suction. One side, lift one line after another from the side of the waist to the abdomen. Repeat three times.
- 18. Lift the other side.
- 19. Lift Daimai (GB26) back and forth and transversely. Repeat three times.
- 20. Sculpt up and down on the waist. Repeat three times.
- 21. Draw big circles on the abdomen. Repeat three times.
- 22. One Side-Lift one line after another from the side of the waist to the belly. Repeat three times.
- 23. Clean the treated part.
- 24. Large Lipo Laser: Fasten a strap onto the waist and abdomen, insert the pads inside the waist and abdomen's fatty part, tie them up, and wait 20 minutes.
- 25. Treatment ends.



Technique 10



Technique 13, 14, 17, 18, 22



Technique 15



Technique 16, 21



Technique 20



#### The Recommended Course of Treatment:

A course of treatment includes ten treatment cycles. When you accomplish a treatment cycle, the abdomen is heated, which expedites metabolism. After a course, fat metabolizes slowly, and slimming starts. Meanwhile, problems like constipation are relieved. When you complete two courses, the effect becomes more apparent, the skin turns tightened and is lifted, the underlying skin's collagen increases, and stretch marks and flabby skin take a turn for the better. If you finish three courses, the effect consolidates, excess fat disappears gradually, the waist and abdomen's curves sculpt, and a slim waist forms.

#### Arm Sculpting: 70 Minutes/ Once a Week

#### RF 1. Technique. & Massage Technique 2, 3, 4, 5, 6, 7 **ULTRASOUND** Cream 2. Do it in left-right order. Lay Advised Energy (Essential Oil) arm flatwise, apply Level Gel essential oil from lower arm Ultrasound: 3 to Instrument to upper arm with hands until the hands slide out. Repeat three times. Advised Mode 3. Push the entire arm with for Ultrasound: palms doing it alternately. Technique 8, 9 Continuous Repeat three times. Working 4. Push Large Intestine Channel-Triple Energizer Advised Time: 20 Channel-Small Intestine Channel of the outer arm minutes successively till armpit with Technique 10 Advised Energy hands' purlicue. Repeat three Level for RF: 3 to times. 7 5. Caress the treated part. Repeat three times. Advised 6. Rub the three channels Mode for RF: NOR and collaterals of the upper arm separately and back and **RF & SUCTION** forth with kneeling fingers Technique 13, 16, **BODY** until they turn hot. Repeat 21, 24 Advised Energy three times. Level: 3 to 7 7. Caress the treated part. Repeat three times. Advised Time: 20 8. Lay the arm upwards, and minutes push Lung Channel-Pericardium Suction Time: as Channel-Heart Channel of the Technique 14, 15, long as it's not inner arm till armpit with 22, 23

zero

purlicue. Repeat three times,

Release Time: 0

Advised Mode: NOR You can adjust suction per individual tolerance.

**Large LIPO LASER** Advised Time: 20

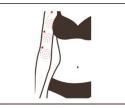
minutes

Advised Energy Level: 3 to 7

Advised Mode: M1

respectively.

- 9. Rub the three channels and collaterals back and forth with kneeling fingers until they turn hot. Repeat three times.
- 10. Caress the treated parts till the hands slide out. Repeat three times.
- 11. Do the same on the other side.
- 12. Clean it with a towel and apply gel evenly to it.
- 13. RF & Ultrasound: Lay the arms flatwise, and push from the fatty part of the lower arm to the armpit along the three channels and collaterals. Repeat three times.
- 14. Move circlewise till armpit along the three channels and collaterals. Repeat three times.
- 15. You can treat flabby arms more. Repeat three times.
- 16. Push till the armpit along the three channels and collaterals. Repeat three times.
- 17. Lay the arms upwards, and push the three channels and collaterals of the arms to the armpit. Repeat three times.
- 18. Draw small circles till armpit along the three channels and collaterals of the upper arms. Repeat three times.
- 19. Push from the upper arm to the armpit along the three channels and collaterals.
- 20. Do the same on the other



Technique 17, 25



Technique 19, 27



side.

- 21. RF & SUCTION BODY: Lay the arms flatwise, and push from the fatty part of the lower arm to the armpit along the three channels and collaterals. Repeat three times.
- 22. Move circlewise till armpit along the three channels and collaterals. Repeat three times.
- 23. You can treat flabby arms more. Repeat three times.
- 24. Push till the armpit along the three channels and collaterals. Repeat three times.
- 25. Lay the arms upwards, and push the three channels and collaterals of the arms to the armpit. Repeat three times.
- 26. Draw small circles till armpit along the three channels and collaterals of the upper arms. Repeat three times.
- 27. Push from the upper arm to the armpit along the three channels and collaterals.
- 28. Do the same on the other side.
- 29. Clean the treated part.
- 30. Large Lipo Laser Pad: Fasten a strap onto the arm's fatty part, insert the pads inside, tie them up, and wait 20 minutes.
- 31. Treatment ends.

#### The Recommended Course of Treatment:

A course of treatment includes ten treatment cycles. When you accomplish a treatment cycle, the arms get hot, tightened, and relaxed. After a course, the excess fat of the arms begins to decrease, and the skin starts to turn firm and plump. When you complete two

courses, body shaping starts, the effect strengthens, channels and collaterals dredges, and the physique enhances. If you finish three courses, the effect consolidates and stabilizes. Thus, the rebound can be prevented.

#### Back Sculpting: 60 Minutes/ Once a Week

# RF & SUCTION Mass BODY Crea Advised Energy (Esse Level: 3 to 7 + Ins Advised Time: 20 minutes Suction Time: as long as it's not zero Release Time: 0

Advised Mode:

You can adjust suction per individual tolerance.

#### Large LIPO LASER

Advised Time: 20 minutes

Advised Energy Level: 3 to 7

Advised Mode: M1

- Massage Cream (Essential Oil) + Instrument
- 1. Technique.
- 2. Rub essential oil into the back and press Fengchi (GB20) and Fengfu (DU16).
- 3. Stroke the area connecting neck and shoulder (start with hairline) with the thumb. Repeat 3 to 5 times.
- 4. Stroke Bladder Meridian outward to the sacral region (BL31-BL34) with the thumb, and caress it till Fengchi (GB20) and Fengfu (DU16). Repeat three times.
- 5. Move circlewise and S-shaped motion from the neck to the caudal vertebra with hands. Repeat three times.
- 6. Push Bladder Meridian in left-right order with thumbs doing it alternately. Repeat three times.
- 7. Push Bladder Meridian to the sacral region (BL31-BL34) with thumbs doing it simultaneously. Repeat three times.
- 8. Push Bladder Meridian with hands' kneeling fingers in three lines, respectively. Repeat three times.
- 9. Push the medial border of the scapula in left-right order with hands doing it alternately. Repeat 3 to 6 times.
- 10.Stroke transversely the medial border of the scapula

Technique 2, 11



Technique 3



Technique 4



Technique 5



Technique 6, 7, 8, 14



Technique 9, 19

with hands. Repeat 3 to 6 times.

11. Caress the whole back with hands and back to press Fengchi (GB20) and Fengfu (DU16). Repeat three times.

12.Press Tianzong (SI11) with thumbs overlapped, slide to the arm, and slide out from there. Repeat three times.

13. Treat the other side. Press Tianzong (SI11) till the arm, and slide out from there. Repeat three times.

14.Rub Du Meridian and Bladder Meridian with hands till they turn hot.

15. Treatment ends.

16.RF & Suction Body: Treat Du Meridian first and Bladder Meridian after. Slide from the neck to the sacral region (BL31-BL34). Repeat 3 to 5 times.

17. Move circlewise on Dazhui (DU-14) and sacral region (BL31-BL34). Repeat 3 to 5 times, respectively.

18.Start with the neck, moving to and fro the area connecting neck and shoulder. Repeat 3 to 5 times.

19.Lift to and fro the medial border of the scapula in left-right order. Repeat 3 to 5 times.

20.For the whole back, draw Arabic numeral eight transversely and from top to down to the sacral region (BL31-BL34). Repeat three times.

21. Move from the bottom up and circlewise till armpit from



Technique 10, 19



Technique 12, 13



Technique 16



Technique 17



Technique 18



Technique 20

the two sides, and do it in left-right order. Repeat three times.

22.Lift upwards from the side of the waist to the armpit. Repeat 3 to 5 times.

23. Clean the treated part.

24.Large Laser Pad: Fasten a strap onto the back's fatty part, insert the pads inside, tie them up, and wait 20 minutes.

25. Treatment ends.



Technique 21



Technique 22



#### The Recommended Course of Treatment:

A course of treatment includes ten treatment cycles. When you accomplish a treatment cycle, the back gets relaxed, relieving stiff shoulder and neck, and the skin lifts. After a course, the back and shoulder become eased, back fat lessens, Dowager's Hump relieves, and the back outlines turn nice-looking. When you complete two courses, Dowager's Hump improves, channels and collaterals dredges, and the sub-health conditions and sleep take a turn for the better. If you finish three courses, your back gets thinner, outlines get nice, viscera function enhances, and digestion, detox, and metabolism boost. (One course reduces the size, two courses consolidate the effect, and three courses strengthen the effect without a rebound.)

#### Leg Sculpting: 80 Minutes/ Once a Week

RF &	Massage	1. Massage.	Technique 2, 3, 4,
ULTRASOUND	Cream	2. Do it in left-right order;	5, 7, 8, 9
Advised Energy	(Essential Oil)	apply essential oil from lower	
Level for	+ Gel +	leg to thigh, and return to	
Ultrasound: 3 to	Instrument	heel. Repeat it three times.	)
7		3. Push the entire leg from	\\/
		the bottom up with palms	
Advised Mode		doing it by turns, and back to	
for Ultrasound:		the heel till the palms slide	Technique 6
Continuous		out. Repeat three times.	
Working		4. Push Bladder	
		Meridian-Kidney	
Advised Time: 20		Meridian-Liver	

minutes

Advised Energy Level for RF: 3 to 7

Advised Mode for RF: NOR

# RF & SUCTION BODY

Advised Energy Level: 3 to 7

Advised Time: 20 minutes

Suction Time: as long as it's not zero

Release Time: 0

Advised Mode: NOR

You can adjust suction per individual tolerance.

#### Large LIPO LASER

Advised Time: 20 minutes

Advised Energy Level: 3 to 7

Advised Mode: M1

Meridian-Gallbladder

Meridian from the bottom up with hands' purlicue doing it by turns. Repeat three times.

- 5. Push popliteal fossa with hands doing it alternately. Repeat three times.
- 6. Twist the leg from the bottom up and back and forth with hands doing it alternately. Repeat three times.
- 7. Caress the treated part. Repeat three times.
- 8. Push the four channels and collaterals from the bottom up with hands' kneeling fingers. Repeat three times.
- 9. Caress the treated part. Repeat three times.
- 10. Do the same on the other side.
- 11. Treatment ends.
- 12. RF & Ultrasound: Push Bladder Meridian-Kidney Meridian-Liver

Meridian-Gallbladder

Meridian successively from the bottom to the popliteal fossa. Repeat three times.

- 13. Draw small circles on the lower leg to dissolve fat. Repeat three times.
- 14. Push from the bottom up to popliteal fossa successively, and caress it with hands. Repeat three times.
- 15. Start from the popliteal fossa, pushing the four channels and collaterals till the thigh root. Repeat three times.
- 16. Draw small circles from the popliteal fossa to the



Technique 12, 14, 20, 22



Technique 13, 21



Technique 15, 17, 23



Technique 16. 18 24



Technique 25



thigh root to dissolve fat. Repeat three times.

- 17. Start from popliteal fossa, pushing the channels and collaterals till the thigh root. Repeat three times.
- 18. Draw small circles on the whole thigh to dissolve fat. Repeat 3 to 5 times.
- 19. Do the same on the other side.
- 20. RF & SUCTION BODY: Lift one line after another from the heel to the popliteal fossa with the instrument and a hand. Repeat three times.
- 21. Draw small circles on the lower leg. Repeat three times.
- 22. Move up and down on the lower leg. Repeat 3 to 5 times.
- 23. Lift one line after another from the popliteal fossa to the thigh root. Repeat three times.
- 24. Draw small circles on the thigh. Repeat three times.
- 25. Lift one line after another from the two sides of the thigh to the middle. Repeat 3 to 5 times.
- 26. Lift upwards and circlewise on the two sides of the thigh. Repeat three times.
- 27. Do the same on the other side.
- 28. Fore-leg: Apply essential oil from the lower leg to the thigh root with hands (caressing). Repeat three times.
- 29. Push Spleen
  Meridian-Stomach
  Meridian-Liver

Technique 26



Technique 28, 29, 30, 33, 35, 38, 39, 40



Technique 34, 37, 43



Technique 36, 41



Technique 42



Technique 43

Meridian-Gallbladder

Meridian of the leg till the thigh root with hands' purlicue doing it alternately. Repeat three times.

- 30. Push the four channels and collaterals with hands' kneeling fingers. Repeat three times.
- 31. Treatment ends.
- 32. Do the same on the other side.
- 33. RF & Ultrasound: Lift from the lower leg to the knee along the four channels and collaterals. Repeat three times. (If the lower legs don't have excess fat, you can treat the thigh directly.)
- 34. Move circlewise from the two sides of the lower leg to the knee. Repeat three times. (If the lower legs don't have excess fat, you can treat the thigh directly.)
- 35. Lift one line after another from the knee to the thigh root. Repeat three times.
- 36. Draw small circles on the whole thigh. Repeat three times.
- 37. Lift circlewise from the knee to the thigh root. Repeat three times.
- 38. Lift one line after another from the knee to the thigh root. Repeat three times.
- 39. RF & SUCTION BODY: Treat the lower legs with the techniques mentioned above. (If the lower legs don't have excess fat, you can treat the thigh directly.)
- 40. Lift one line after another



from	the	knee	to	the	thigh
root. Repeat three times.					

- 41. Draw small circles on the thigh. Repeat three times.
- 42. Lift one line after another from the two sides of the thigh to the middle. Repeat 3 to 5 times.
- 43. Lift upwards and circlewise on the two sides of the thigh. Repeat three times.
- 44. Do the same on the other side.
- 45. Clean the treated part.
- 46. Large Laser Pad: Fasten a strap onto the thigh root, insert the pads inside, tie them up, and wait 20 minutes.
- 47. Treatment ends.

#### The Recommended Course of Treatment:

A course of treatment includes ten treatment cycles. When you accomplish a treatment cycle, your legs get relaxed, and blood circulation accelerates. After a course, legs become thinner, and you can feel an evident sense of tightening due to the contraction effect generated by collagen tissue. When you complete two courses, your legs turn slim and firm, which presents a noticeable effect. If you finish three courses, the result reinforces.