

# User Manual



REJUVA FRESH

# Preface

Dear users:

We're pleased to present our MS-2173, a replacement of all treatment programs in beauty salons. It covers all the treatment from head to foot with magic effect and replaced manual treatment. MS-2173 is a specialized device for professional use, which needs to be handled by professionals with proper training. Any improper use will result in adverse outcomes. Therefore, we advise any personnel to read this guide thoroughly and follow the instructions strictly before operation.

We believe our quality product will bring in good returns on your end. Also, you can count on our worry-free after-sales service.

Thank you!

# Table of Contents

Preface
Part I
Introduction
Advantages
Working Principles & Treatments
Facial Care
Back Lymphatic Drainage
Breast Enlargement
Buttock Augmentation
Abdomen Cupping
Lymphatic Drainage
Body Care: Private Parts
Full Body Detoxification
Part II
1. Detailed Operations
2. Technical Parameters
3. Safety Precautions
4. Dos and Don'ts
5. Troubleshooting & Solutions
6. FAQs
7. Packing List
8. Operational Diagrams

# Part I

## Brief Introduction

Health maintenance machines replace the traditional programs in beauty salons, which covers all treatments from head to foot, such as facial lifting, eye bags, neck and shoulder strain, shaping breasts, prevent sagging, slimming, buttock lifting, improve constipation, stomach cold, womb cold, private part care, and body-shaping with magic effects. It replaces the traditional manual treatments, such as scrapping, massage, cupping, tuina, channels, and dredging meridians with safety treatments. This equipment requires no injection, no medication, no operation, thus having no side-effects. Vacuum health maintenance machine actively treat the breasts with suction to massage them and dredge meridians.

## Advantages

1. Multifunctional beauty machine. Select modes subjecting to different needs.
2. Easy and convenient; painless, non-invasive during the process; skipping any recovery periods without affecting any work and life plans.
3. It solves problems like fatigue, sore, flat breasts, etc.
4. Strong vacuum pump, less noise, different modes. Breast cups designed according to human body, comfortable and high quality.
5. Grease cups are for scrapping, petechiae, and removing fat, dispelling detoxification, dampness.
6. Wider treatment range and faster and more visible effects with low cost and high returns.
7. Easy and convenient; painless, non-invasive during the process; skipping any recovery periods without affecting any work and life plans.
8. Different vacuum cups for different needs.

## Facial Care

### Working Principles

#### Vacuum Cup: Face

Use vacuum suction head directly on the facial skin to achieve deep cleansing effect. (Vacuum/negative pressure: lower than normal pressure, the use of negative pressure is very common. People often make a part of the space appear negative pressure so we can use the ubiquitous atmospheric pressure. For example, when people breathe, negative pressure occurs when the lungs are in the expansion state, forming a pressure difference between the inside and outside of the lungs. Fresh air is pressed

into the lungs.) Negative pressure cleaning is the use of such a principle in the state of no pain, deep cleaning pores of black head, white head, oil, and dirt residue.

## **Grease Cup**

Massage the skin and muscles by special negative air pressure suction, which can effectively improve the fluid flow of cells, increase the movement of cells, activate cells, increase skin elasticity and reduce fine lines. Vacuum negative pressure movement can stimulate the surface and deep sympathetic nervous system, improve skin sensitivity and skin immunity.

## **Effect**

1. Unclog pores.
2. Deep clean skin.
3. Shrink large pores.
4. Improve dull skin and fine lines.
5. Improve skin hyperpigmentation.
6. Accelerate removal of dead skin cells.

## **Applicable Range**

1. Those who has excessive secretion of sebum and thick stratum corneum.
2. Those with rough skin and large pores.
3. Those with clogged pores.
4. Those with dull and glowless skin.
5. Those with skin laxity and sagging.

## **Inapplicable Range**

1. Those with severe sensitive skin or is having an allergic reaction.
2. Those with large wounds.
3. Those with skin diseases and other infectious diseases.
4. Those who have just undergone injections, such as hyaluronic acid, intradermal injection, wrinkle removal or other plastic surgeries.
5. Those who are pregnant or has severe heart disease, hyperlipidemia, hypertension, hyperglycemia or other serious diseases.

## **Notes after Operation**

1. Avoiding excessive exposure to the sun and keep skin hydrated.
2. Use sun protections and moisturizers.
3. Avoid using facial scrub, exfoliant, AHAs or other irritant skin care products.
4. Avoid smoking, drinking and staying up late; eat more vegetables, fruits and less

greasy foods.

5. Apply one facial mask in the first 3 days of treatment.

Wash face with lukewarm water in the first 3 days.

## Back Lymphatic Drainage

### Working Principles

#### Grease Cup

Through special negative pressure suction head on the skin, and muscle massage can effectively improve the cells in the body fluids liquidity, increase cell movement can activate cells to improve the effect of skin elasticity, at the same time, accelerate the blood circulation of imperceptible blood-vessel, excess toxins through the normal cycle of the lymphatic system, and reduce and improve the dark spots and hyperpigmentation of body, as well as stasis. The suction and discharge of air pressure can not only improve the capillary system, but also improve the flow between the deeper veins and the network of lymph glands, strengthen the blood vessels, and improve varicose veins.

#### Cupping

Scrapping and cupping are from the inside to the body surface, and finally distribute from the body surface. The stimulation during scraping promotes the circulation of qi and blood around the body, which in turn benefits the circulation of qi and blood throughout the body. Cupping, like acupuncture, is also a kind of physical therapy, and it is one of the best physical therapy, which uses negative pressure to make it attracted to the skin, causing congestion. Cupping cups are placed on the treatment area or acupuncture point, by doing which can slowly suck out symptoms of moisture, meanwhile promote local blood circulation, thus achieving the purpose of pain to restore function, such as clearing dampness, hotness and coldness, dredging meridians, activating blood and qi, reducing swelling and pain, detoxicating, adjusting the body balance of Yin and Yang, relieving fatigue, enhancing physique and so on.

#### Effect

1. Accelerate lymph flow.
2. Accelerate natural detoxication, and help rid the body of waste through the lymphatic system.
3. Stimulate activity in the lymphatic area.
4. Increase lymphocyte production.
5. Boost your metabolism.
6. Boost your immune system.

## **Applicable Range**

1. Those who experience neck and shoulder strain.
2. Those with symptoms of peri-arthritis of shoulders.
3. Those who experience soreness and pain of muscles.
4. Those who experience nervous breakdown, insomnia, and dreamful sleep.
5. Those who drive, sit before computer screen, or just sit for long hours.

## **Inapplicable Range**

1. Those with hypertension, hyperlipidemia, hyperglycemia and heart disease.
2. Those whose wounds are yet to be healed or recovering from a surgery.
3. Those who are in pregnancy, menstruation, and lactation.
4. Those who have skin diseases or other infectious diseases.
5. Those who appear to have lymphoma or cancer.
6. Those who are drunk, overworked, or too thirsty; those with a full or empty stomach.

## **Notes after Operation**

1. Avoid taking a shower in 4-6 hours and getting cold (capillary vessels are dilated after treatment).
2. Avoid scratching treatment areas whereon pain, pruritus, formication, or rubella was felt. The above symptoms are within the normal range.
3. Drink more lukewarm water to help with digestion.

# **Breast Enlargement**

## **Working Principle**

### **Vacuum Cup: Breasts**

Use vacuum negative pressure on the human body by special tools in the breast through the instrument internal negative pressure attraction, in the breast produce different rhythm of the negative pressure, make the breast relatively larger, achieve the effect of increasing the breast. The negative pressure in the cup can make local capillaries congested, stimulate organs, enhance cell vitality, promote functional activities, and improve the body's resistance; Negative pressure mechanical stimulation, through the reflex pathway to the central nervous system, can regulate the balance of neural activity. The inhalation and exhalation of air and negative pressure in the operation increase and disappear replacement, make the local pores continue to open and close, promote the skin to breathe, increase its oxygen intake, speed up the elimination of waste. It has the effect of warming channels and

collaterals, promoting qi and blood circulation, removing blood stasis and swelling, removing poison and exorcising evil. Combined with deep massage, it makes the blood and gas unblocked, unclogs the breast acinus, drives the invisible gas to the tangible blood, transports oxygen and nutrition to the breast, and stimulates the pituitary gland to secrete female hormones, strengthens the breast connective tissue, and stimulates the breast development and growth. Promotes uterine contraction, tightens skin elastic fibers, and prevents loose and scattered skin tissue.

## **Effect**

1. Alleviate breast relaxation, Reduce chest expansion.
2. Improve premenstrual breast swelling and soreness.
3. Unclog and straighten breasts.
4. Prevent lactoceles.
5. Prevent breast cancer.
6. Shape up your breasts.

## **Applicable Range**

1. Those with breast relaxation.
2. Those with breasts laxity and sagging.
3. Those with asymmetrical, and east west breasts; those with a flat chest.
4. Those who have inverted nipples and look for a change; those with breast nodule, mammary hyperplasia; those who experience breast pain.
5. Those who feel they have insufficient mammary gland development; those who suffer from postpartum mammary gland atrophy.

## **Inapplicable Range**

1. Those who are in pregnancy, menstruation, and lactation.
2. Those who have hypertension, hyperlipidemia, hyperglycemia and heart disease.
3. Those with serious mammary hyperplasia, fibromatosis and cysts.
4. Those with infectious breast skin.
5. Those have had undergone surgeries on breasts.

## **Notes after Operation**

1. Drink more lukewarm water and stay warm.
2. Wear comfortable bra with support; avoid squeezing breasts.
3. Avoid getting cold (it's advised not to go out in windy days.); take showers 4-6 hours after the treatment.



# Buttock Augmentation

## Working Principle

### Vacuum Cup: Buttocks

The negative pressure in the cup can make local capillaries congested, stimulate organs, enhance cell vitality, promote functional activities, and improve the body's resistance; Negative pressure mechanical stimulation, through the reflex pathway to the central nervous system, can regulate the balance of neural activity. The inhalation and exhalation of air and negative pressure in the operation increase and disappear replacement, make the local pores continue to open and close, promote the skin to breathe, increase its oxygen intake, speed up the elimination of waste. At the same time vacuum cup can help contour buttocks, make excess fat be adsorbed at the due position of buttocks, so that your buttock looks full.

### Effect

1. Relax muscles and increase blood circulation on treatment areas.
2. Prevent muscle atrophy and relieve muscle spasm.
3. Tighten skin and improve your health.
4. Relieve skin sagging caused by muscle relaxation.
5. Stimulate muscle contraction. Build buttock muscles.

### Applicable Range

1. Those with saggy hips and fat accumulation.
2. Those with stretch marks caused by obesity or pregnancy.
3. Those whose butt shape is not good-looking, flat and soft outward expansion.
4. Those with relatively low buttock peak.
5. Those with H-shaped buttocks caused by hip fat accumulation.

### Inapplicable Range

1. Those who are in their menstruation, pregnancy and lactation.
2. Those who have unhealed wounds or are still recovering from surgery.
3. Those who have hypertension, heart disease, etc.
4. Those who have skin diseases, infectious diseases and are in their skin sensitive period.
5. Those who have weak bodies.

### Notes after Operation

1. Shower 4-6 hours after operation.

2. It is advised to wear buttock-lifting underwear to prevent from sagging.
3. Do some butt-lifting exercises after treatment.

## Abdomen Cupping

### Working Principle

#### Cupping

Abdominal cupping is to use external force to open pores so that waste can be discharged through pores outside the body, at the same time for some aging cells also have a certain update. Through the local conditioning can promote local blood and internal circulation to speed up metabolism to achieve the effect of weight loss. According to these principles, cupping the abdomen can reduce the protruding fat on the abdomen. Abdominal cupping can also help with cold, or cold womb and other diseases. It can also regulate the viscera, balance Yin and Yang, improve the immune function.

#### Effect

1. Stomach meridian drainage and detoxification.
2. Help with cold womb and body.
3. Help with digestion and constipation.
4. Tighten skin and prevent saggy skin on stomach.

#### Applicable Range

1. Those who are suffering from bad digestion and constipation.
2. Those who experience cold womb and stomach.
3. Those who have stools.
4. Those who want to lose weight and tighten muscles.
5. Those with abdominal fat accumulation and slow metabolism.

#### Inapplicable Range

1. Those are during menstruation, pregnancy and lactation.
2. Those who are still recovering from surgery or whose wounds are yet to be healed.
3. Those who have heart disease and hypertension, etc.
4. Those who have skin disease, infectious disease or during sensitive skin period.
5. Those who has a weak body.
6. Those who are drunk, full or empty-stomached, thirsty and overworked.

#### Notes after Operation

1. Avoid taking showers within 4-6 hours after treatment.
2. Avoid wearing crop tops or getting a cold.
3. Avoid eating spicy, cold food; drink more warm water.

## Lymphatic Drainage

The lymphatic system is a circulatory system, and the immune system is also the body's defense station and garbage collection station to prevent external bacterial infections and recycling of the body's waste and toxins. Lymph is also the largest body detoxification system, equivalent to the human body's scavenger, is the main body organ toxins collection medium. If lymphatic system circulates decelerate, it can bring about toxin to accumulate inside body, the person can get oedema and fat easily. The principle of lymphatic drainage weight reduction is basically through massage that passes to lymphatic gland and stimulation, unblock lymphatic circulatory system, make inside body toxin education outside the body, accelerate adipose combustion, achieve the goal of reducing weight. Another important function of lymphatic drainage is to clean blood vessels. Lymphatic vessel and vein are intercommunicated. When blood capacity is excessive, lymphatic vessel can have shunt fluid, reduce the effect of the burden inside blood vessels.

The lymphatic system of one person grows along with the age. It's circulatory rate may drop, the action of detoxification also can drop as one age. The circulatory speed of lymphatic system can be accelerated effectively through proper massage, passing toxin outside the body as soon as possible.

## Working Principles

### Grease Cup

Scraping and cupping are from the inside to the body surface, and finally distribute from the body surface. The stimulation during scraping promotes the circulation of qi and blood around the body, which in turn benefits the circulation of qi and blood throughout the body. Cupping, like acupuncture, is also a kind of physical therapy, and it is one of the best physical therapy, which uses negative pressure to make it attracted to the skin, causing congestion. Cupping cups are placed on the treatment area or acupuncture point, by doing which can slowly suck out symptoms of moisture, meanwhile promote local blood circulation, thus achieving the purpose of pain to restore function, such as clearing dampness, hotness and coldness, dredging meridians, activating blood and qi, reducing swelling and pain, detoxicating, adjusting the body balance of Yin and Yang, relieving fatigue, enhancing physique and so on.

### Cupping

Abdominal cupping is to use external force to open pores so that waste can be

discharged through pores outside the body, at the same time for some aging cells also have a certain update. Through the local conditioning can promote local blood and internal circulation to speed up metabolism to achieve the effect of weight loss. According to these principles, cupping the abdomen can reduce the protruding fat on the abdomen. Abdominal cupping can also help with cold, or cold womb and other diseases. It can also regulate the viscera, balance Yin and Yang, improve the immune function.

## **Effect**

1. Speed up the flow of lymph.
2. Speed up the natural detoxification process and help the body remove waste through the lymphatic system.
3. Stimulate the activity of lymphatic domain.
4. Increased lymphocyte productivity.
5. Improve your body's metabolism.
6. Boosts immune system function.

## **Applicable Range**

1. Those whose face lacks luster and whose skin becomes very rough.
2. Those who drink a lot and suffer from insomnia.
3. Those who have excessive fat on waist and abdomen. (Lymphatic detoxification can rapidly improve edema and consuming fat.)
4. Those with bad breath and frequent constipation.
5. Those with poor mental state, poor resistance to cold and illness.

## **Inapplicable Range**

1. Those with "3 Hs" (hypertension, hyperglycemia, hyperlipidemia) and who have heart disease.
2. Those in pregnancy, menstruation or lactation.
3. Those who have just undergone surgical wounds or convalescents.
4. Those with epilepsy and severe diabetes and hyperthyroidism.
1. Those with malignant tumors, hemophilia or severe bleeding.
2. Those with skin diseases and infectious diseases.
3. Those with severe gynecological diseases.
4. Those whose gynecological diseases are being treated.
5. Those with lymphoma or signs of cancer.
10. Those who has a weak body.
11. Those who are drunk, full or empty-stomached, thirsty and overworked.

## **Cautions after Treatment**

1. Shower 4-6 hours after treatment.
2. Avoid heat and cold.
3. Avoid spicy, greasy foods.
4. Drink plenty of hot water to boost your metabolism.
5. Avoid staying up late and smoking.
6. Set the time subjecting to your own situation. (Cupping does not achieve better results the longer you do it.)

## **Body Care: Private Parts**

### **Working Principle**

#### **Vacuum Cups: Private Parts**

The negative pressure in the cup can make local capillaries congested, stimulate organs, enhance cell vitality, promote functional activities, and improve the body's resistance; Negative pressure mechanical stimulation: through the reflex pathway to the central nervous system, can regulate the balance of neural activity. The inhalation and exhalation in the operation, the increase and disappearance of negative pressure replace, make the local pores continue to open and close, promote the skin breathing, increase its oxygen intake, accelerate the elimination of waste and promote the contraction of pelvic smooth muscle, increase blood circulation, regulate the endocrine system, increase lutein and hormone secretion in the body.

### **Effect**

1. Improve vaginal lubrication.
2. Improve vaginal relaxation.
3. Regulate your hormones.
4. Improve the quality and sensitivity of your sex life.
5. Improve the color of the perineum.
6. Discharge vaginal toxins and residual metabolites, restore vaginal cleanliness and balance.

### **Applicable Range**

1. Those who are in pregnancy, birth, abortion, contraception and sexual intercourse.
2. Those with irregular menstruation (dysmenorrhea, less period flow, blood clots).
3. Those with skin spots, acne and dark yellow caused by endocrine imbalance.
4. Those with abnormal leucorrhea and peculiar smell.
5. Those with poor memory and immunity.

6. Those whose sex life isn't compatible.

## Inapplicable Range

1. Those in pregnancy, menstruation or lactation.
2. Those who are recovering from surgery or being treated.
3. Those who have heart disease and hypertension, etc.
4. Those who have skin disease, infectious disease or during sensitive skin period.

## Notes after Operation

1. Shower 4 hours after treatment.
2. Drink plenty of warm water, avoid cold water and eat raw, cold and spicy food.
3. Change and wash underwear daily. The underwear should be made of pure cotton and silk, with less chemical fiber and avoid excessive tight underwear.
4. Towels and underpants should be dried in the sun or boiled with hot water. If dried in a humid environment, it is easy to breed fungus.
5. Don't have sex immediately after you're done.

# Part II

## 1. Detailed Operation

The installations are as below:



Power Cable Receptacle



Power Button



Inlet Hole

Plug the other end of the rubber hose into inlet hole,



the other two ends



into two vacuum cup/breasts enhancement cups  
the port.

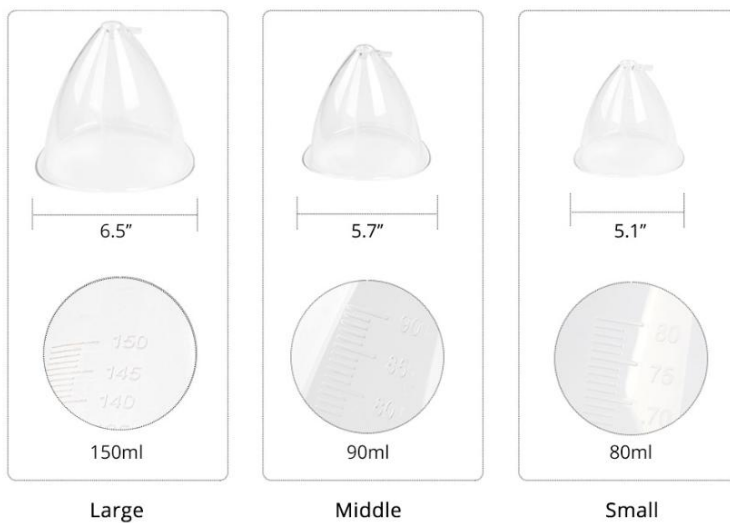
or into

Note: 1. After the device is on, the two vacuum cups has the same suction. Only when the 2 cups touching the skin, can the skin feel the suction. 2. If only one cup needed



(when walking the cup), tie the other rubber hose to a knot to avoid air leakage, then you can operate with one cup. Untie the knot if two cups are needed.

to a knot



3 pairs of breasts enhancement cups

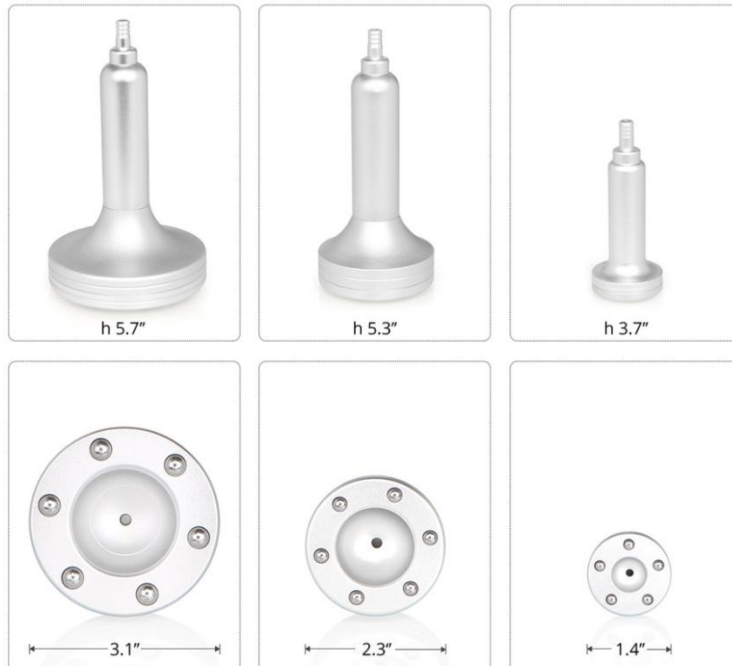


9 pairs of vacuum cups



- Cup ① is suitable for those who have big breasts and need shaping.
- Cup ② is suitable for those who need concentrate and breast enhancement.
- Cup ③ is suitable for those who need massage and relaxation.
- Cup ④ is suitable for those who need cupping, walking cups (on large treatment area such as legs, buttocks, abdomen)
- Cup ⑤ is suitable for those who need cupping, walking cups (on legs and back).
- Cup ⑥ is suitable for those who need cupping, walking cups (on small treatment area such as arms and calf).
- Cup ⑦ is suitable for those who need walking cups (on neck or arms).
- Cup ⑧ is suitable for those who need walking cups, massage (on face and neck).
- Cup ⑨ is suitable for those who need walking cups, cleaning (on face).
- Cup ⑩ is suitable for those who need private part treatment.
- Cup ⑪ is suitable for those who need facial cleaning.
- Cup ⑫ is suitable for those who need walking cups, cleaning.





3 grease cups, select cup

according to the treatment are.



The big cup is suitable for big treatment area, such as arms, abdomen, waist, buttocks, legs, and back.



The middle cup is suitable for face and body treatment, such as arms, neck, face, and calf.



The small cup is suitable for small treatment area, such as face, eyes, forehead, chin, and neck.

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



## Mode Selection



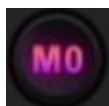
Working Time +/-



Vacuum Meter (Click "+" "-" to adjust suction). "10" is suggested for beginners. The bigger the value, the stronger the suction, the tighter the feel. Add up the suction after adaption.



Vacuum Modes. Select according to one's comfort level.



Direct Suction Mode. After clicking M0, the vacuum cup is in a state of constant suction, which is suitable for those who opt for breast enhancement,

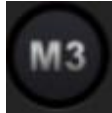
buttocks enhancement, cupping, detoxification, and body-shaping.



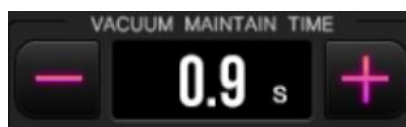
Soothing Mode. It is fast intermittent mode, suitable for those who opt to massage and relax, or the beginners.



Detoxification Mode. It is slow intermittent mode, suitable for those who opt for detoxification, dredging, or reliving muscle pain.



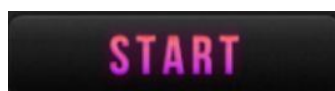
Lifting Mode. It is the slowest intermittent mode, suitable for those who opt for lifting, firming, and partial body-shaping.



Suction Time +/- . It refers to the interval period of the suction. The bigger the value, the longer the suction. It is suggested to adjust the suction at 0.5-1.5, and make it higher than release.



Release time +/- . It refers to the interval period of the release. The bigger the value, the longer the release. "0" means direct suction mode. It is suggested to adjust the suction lower than release.



Start/Pause

## 2. Technical Parameters

Power: 12W

Vacuum: <-80kPa

## 3. Safety Precautions

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

as follows:

1. Those who are pregnant or lactating.
2. Those with heart disease or who are equipped with pacemaker.
3. Those whose wounds have not healed and who are recovering from the operation.
4. Those with epilepsy, severe diabetes and hyperthyroidism.
5. Those with malignant tumor, hemophilia or severe bleeding.
6. Those with skin diseases and infectious diseases.
7. Those who are sensitive to current.
8. Those with severe stomach, intestine, liver diseases, or bladder stone, kidney stone.

#### **4. Dos and Dont's**

1. Use a grounding pin and make sure the power socket of the device is properly connected before each operation.
2. Ensure that the voltage of the device is appropriate. If the voltage of the local power supply is unstable, we recommend that users increase to the matching power voltage.
3. In order to ensure the therapeutic effect and normal service life expectancy of the device, please use the specified accessories provided or recommended by the original manufacturer.
4. The device should not be placed in wet environment or near water, nor should they be directly exposed to sunlight.
5. Do not place the device near a strong heat source, because this may affect the life and normal use of the device.
6. Do not use it on those with breast implants.
7. Do not use it on those with metal implanted (IUD included).
8. Do not use it on those who are in pregnancy or lactation.
9. Do not use after drinking.
10. Do not use it on those who are in first 3 days of menstruation.
11. Do not use it on those who had an operation or cesarean within half a year.
12. Do not use it on those who had abortion within 3 months.
13. Do not use it on those who had eutocia within 2 months.
14. Pause if there's too much suction while operation, readjust the suction before operating again.
15. Do not wear any metal materials.
16. Make sure there's a cotton pad inside of grease cup before operation to avoid essential oil getting into the device and causing damage.
17. Clean the instrument with normal saline after operation to ensure its cleanliness and hygiene and prolong its service life.

#### **5. Troubleshooting & Solutions**

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

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

**2. The vacuum cup/grease cup has no suction or decreased suction?**

- A. Plug the transparent tube right if it is plugged properly.
- B. Check if there's foreign object or oil in intake and clean it.
- C. Check if the tube is broken especially at two sides, and replace it if it's broken.

## **6. FAQs**

**1. Q: Does vacuum breast enhancement have side effects?**

A. Vacuum breast enhancement has no side effects. It adopts completely physical treatment. Massage and vacuum suction are the general principles for health care and physical therapy. This device combines high technology with the traditional treatments, which brings more obvious effects with no rebound or side effects.

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

A: Under normal circumstances within that day, the skin is smooth. Treat once a week for facial treatment, and you'll see a good effect after several courses.





**3. How to detoxify with vacuum?**


A: Vacuum engorges the blood capillary, stimulates cells vitality. The suction and release while operation opens and closes the pores, which boosts the skin breath, increase skin oxygen uptake, accelerate skin metabolism, so it works on invigorating blood circulation, dispelling coldness and dampness, dredging meridians, detoxification, purging heat, etc.

## **7. Packing List**

- 1 x main machine
- 3 pairs of cups for breast
- 3 pairs of cups for cupping
- 6 Pairs gas cup for scrub
- 3\* Fingertip cups for rhythm massage
- 2 x shot connecting tubes
- 1 x long connecting tubes
- 1 x power line

## **8. Operational Diagrams**


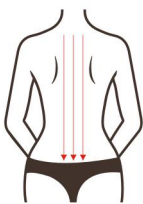


Parameter Adjustment	Product	Techniques	Diagrams
<b>Facial Care: 45 min, once/week</b>			
Facial cup: Mode: M0 Suction: 5  Grease cup: Mode: M2 Suction: 15	Makeup remover+ Cleanser+ Blackhead export liquid+ Essence+ Cold/hot steam+ Mask	<ol style="list-style-type: none"> <li>1. Remove makeup, clean the face, 5 min.</li> <li>2. Apply toner, 1 min.</li> <li>3. Apply blackhead export liquid+hot steam (Apply it on large or clogged pores, apply toner or AS3 nutrients on cheeks. For sensitive skin, apply toner+cold steam on whole face, and blackhead export liquid+hot steam is not suggested.) 5-8 min.</li> <li>4. Vacuum cup: Keep the probe at the forehead for a second, then move in lines towards hairlines (forehead-nose-chin-cheek). You can double the operation at T zone where the pores are severely clogged, 10 min.</li> <li>5. Wet cotton pad with purified water and wipe the face, 2 min.</li> <li>6. Apply toner.</li> <li>7. Apply essence evenly on face.</li> <li>8. Grease cup: Lift in lines from chin to forehead, 3 times.</li> <li>9. Combine with hand, lift from chin to ear lobe, mouth corner to ear gate, nose wings to temple, lower eyelid to</li> </ol>	<p>Technique 4</p>  <hr/> <p>Technique 4</p>  <hr/> <p>Technique 8</p>  <hr/> <p>Technique 8, 11</p>  <hr/> <p>Technique 9</p>

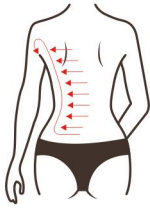
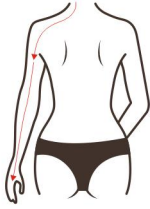
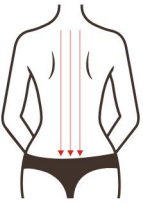
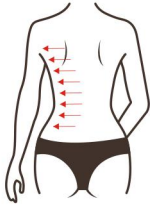
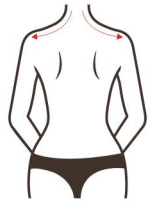
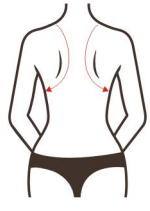
	<p>temple, lift canthus, 3 times.  10. Do the same on the other side.  11. Lift on forehead towards hairlines.  12. Apply mask, 15 min.  13. Remove mask, clean face, 2 min.  14. Apply toner, essence, cream, and sunscreen.</p>	
--	---	---

**Suggested Treatment:**

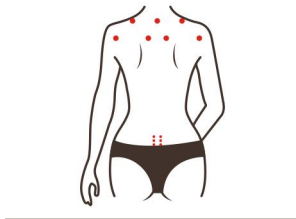
Ten treatments account for one full course. After one treatment, the skin tone will be nice, and blood circulation is accelerated. After one course, the skin starts to detoxify, and acne is improved, blackheads are reduced. Three courses help improve contour, build assistance, and the skin is glowing.

**Back Lymphatic Drainage: 60 min, once/week**

<p>Grease cup:  Mode: M0  Suction: 20</p> <p>Cupping:  Mode: M40  Suction: 25</p>	<p>Essential oil</p>	<ol style="list-style-type: none"> <li>Rub oil on the waist with both hands, and press Fengchi (Gb-20), Fengfu (Du-16) acupoint, 3 times.</li> <li>Rub Meridian GV and Bladder Meridian (BL) with both hands, 3 times.</li> <li>Rub Meridian GV and Bladder Meridian (BL) with both hands alternately, 3 times.</li> <li>Alternately push the entire Dazhui (GV-14) from Meridian GV and Bladder Meridian (BL), and lift from sides of the waist and pass behind the armpits, 3 times.</li> <li>Push scapula slot with both hands to armpits, 3 times. And then from armpits to fingers.</li> <li>Push Dazhui (Du-14) with palms, push in lines along rib from waist to armpits, 3 times.</li> </ol>	<p>Technique 1</p>  <hr/> <p>Technique 2, 3</p>  <hr/> <p>Technique 5, 11</p>  <hr/> <p>Technique 6</p> 
---	----------------------	--	--

	<p>7. Move both hands alternately along Da Ban Jin from hairlines to fingers with hukou pointing upwards, 3 times.</p> <p>8. Do the same on the other side.</p> <p>9. Device operation: Push grease cup from Dazhui (Du-14) to caudal vertebra, 3 times.</p> <p>10. Move the probe from Bladder Meridian (BL) to caudal vertebra in left-right order, 3 times.</p> <p>11. Move the probe from scapula slot to armpits, 3 times.</p> <p>12. Push the probe in lines towards rib to waist, 3 times.</p> <p>13. Move the probe from neck to Da Ban Jin, 3 times.</p> <p>14. Operate the other side.</p> <p>15. Walk cup with transparent cups: Walk cup for those who with dampness, move back and forth on Bladder Meridian (BL) and Meridian GV, 3 times.</p> <p>16. Move back and forth on scapula slot, 3 times.</p> <p>17. Move on the whole back towards rib, 3 times. (Operate subjecting to one's comfort level).</p> <p>18. Walk cup back and forth from neck to Da Ban Jin, 3-5 times.</p> <p>19. Fix cups: Dazhui (Du-14), Jianjing (Gb-21), Tianzong (SI-11), Feishu (BL-13), the 8 Crevice area, 5-10 min. (Operate subjecting to one's comfort level).</p> <p>20. Remove cups, wipe clean</p>	 <hr/> <p>Technique 7</p>  <hr/> <p>Technique 9, 10, 15</p>  <hr/> <p>Technique 12, 17</p>  <hr/> <p>Technique 13, 18</p>  <hr/> <p>Technique 16</p>  <hr/> <p>Technique 19</p>
--	--	--

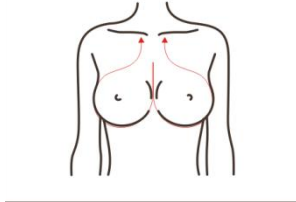
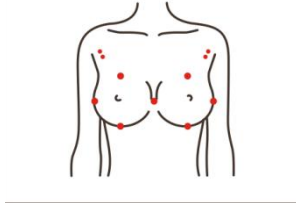
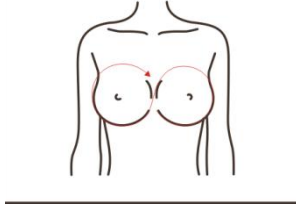
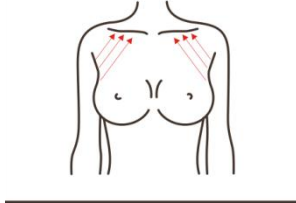


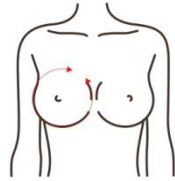
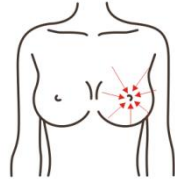
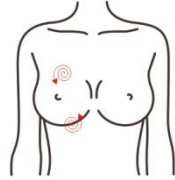
		the treatment area with towel.	
--	--	--------------------------------	---

**Suggested Treatment:**

10 treatments account for a full course. Once done, it helps dispel the dampness, and there's petechiae on the body. After one course, shoulder sore is relieved. Three courses help improve ease the lump on the nape of the back, blood circulation is good, sleep quality is nice, and become healthier.

**Breasts Enlargement: 60 min, 1-2 times/week**


<p>Breasts enhancement cups: Mode: M0 Suction: 30</p>	<p>Essence</p>	<ol style="list-style-type: none"> <li>Stand at the head of the bed, both hands from Shanzhong (Ren-17), zhong point began to rub oil to armpit up at the same time lift the suspension ligament (this is to caress treatment area) 3 times.</li> <li>Both hands thumb point: Shanzhong (Ren-17), Rugen (St-18), Dabao (SP-21), Yingchuang (St-16), Zhongfu (LU-1), Yunmen (LU-2), 3 times.</li> <li>Caress the treatment area, 3 times.</li> <li>Overlap both palms from Shanzhong (Ren-17) point to chest both sides back and forth as if writing an "8" number, 3 times.</li> <li>Lift the accessory breast to the suspensory ligament alternately with both hands, first left, then right, 10 times.</li> <li>Caress the treatment area, 3 times.</li> <li>Sit beside the customer, first left, then right, with both</li> </ol>	<p>Technique 1</p>  <hr/> <p>Technique 2</p>  <hr/> <p>Technique 4</p>  <hr/> <p>Technique 5</p>  <hr/> <p>Technique 7, 10</p>
---	----------------	--	---

		<p>hands to soothe and lift the chest, 3-5 times.</p> <p>8. Alternately push the breast duct around the chest (one circle of the chest), 3-5 times.</p> <p>9. Use the thumb to dredge the nodules in the chest, 3 times.</p> <p>10. Lift the whole chest with hands, 3-5 times.</p> <p>11. The technique on the other side is the same as above.</p> <p>12. Wipe clean the breasts with towel, 2 min.</p> <p>13. <b>Breasts enhancement cups:</b> Choose the fit cup, fix on the breasts, 20 min.</p> <p>14. Operate facial cup on invaginated nipple as needed, 5-10 min.</p> <p>14. Remove breasts enhancement cup.</p>	 <hr/> <p>Technique 8</p>  <hr/> <p>Technique 9</p>  <hr/>
--	--	---	---

**Suggested Treatment:**

10 times account for a course of treatment. Once done, the breasts are lifted. After a full course, breasts will be firmed and concentrated, and a certain improvement effect will be seen. After three courses of treatment, the breasts will be enhanced and lifted. A long-term treatment helps consolidate shaping effect.

**Buttock Augmentation: 60 min, 1-2 times/week**

<p>Vacuum Cup: Mode: M3 Suction: 35</p>	<p>Essential oil</p>	<p>1. Standing on the side, accumulate oil on hands and then slide from 8 <i>Crevice</i> area to the waist and then lift up along the hips from the waist, 3 times (to caress the treatment area.)</p> <p>2. Repeatedly push 8 <i>Crevice</i> area with two thumbs.</p> <p>3. Caress the treatment area for 3 times and then press on the following points: <i>Shenshu</i></p>	<p>Technique 1</p>  <hr/> <p>Technique 2</p>
---	----------------------	--	---

(BL-23), 8 Crevice area, Changqiang (DU-1), Huantiao (GB-30) and Chengfu (BL-36), 3 times.

4. Caress the treatment area, 3 times.

5. First left, then right, with both hands extending from the root of the thigh from bottom to top - *Bladder Meridian (BL)* - *Kidney Meridian (KI)* - *Liver Meridian (LV)* - *Gallbladder Meridian (GB)* - *Governing Vessel (GV)*, 3 times each.

6. Both hands follow from the root of thigh from bottom to top - *Bladder Meridian (BL)* - *Kidney Meridian (KI)* - *Liver Meridian (LV)* - *Gallbladder Meridian (GB)* - *Governing Vessel (GV)*, 3 times each.

7. Overlap both palms and push up together from thigh root to *Governing Vessel (GV)* to lift the treatment area, 3 times.

8. Push your hands from bottom to top from both sides of your hips to the top of your hips, 3 times.

9. Repeat the previous operation.

10. Caress the treatment area.

11. The technique on the other side is the same as above.

12. Rub 8 Crevice area with hands till it's hot.

13. Select fit cups to move the cups: start from thigh root and move upwards to lift the buttocks, 3-5 times.

14. From two sides of hips to



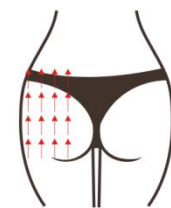
Technique 3



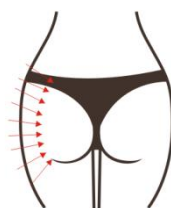
Technique 5



Technique 6



Technique 8

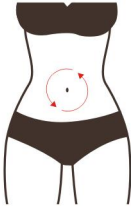
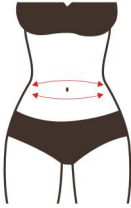
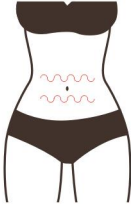




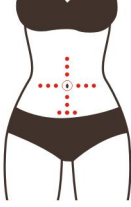

		<p>center of buttocks to lift them, 3-5 times.</p> <p>15. Fixated Cupping: select fit cups, fixate them on buttocks and adjust to proper energy level, 5-15 min.</p> <p>16. Take off the cups and wipe buttocks with hot towel, 2 min.</p>	
--	--	--	--

**Suggested Treatment:**

10 treatments account for a full course. After a treatment, hips achieve the effect of lifting. After a course of treatment, excess fat on hips begin to disappear, the surrounding fat begin to concentrate. After 3 courses of treatment to shape hip curve, increase hip elasticity, improve gynecological cold womb and other problems.

**Abdomen Cupping: 60 min, once every 2 weeks**

<p>Vacuum Cup: Mode: M0 Suction: 35</p>	<p>Essential oil</p>	<ol style="list-style-type: none"> <li>1. Apply and rub oil on abdomen with hands, 3 times.</li> <li>2. Rub stomach back and forth with both hands, 3 times.</li> <li>3. Knead abdomen with both hands using chiropractic techniques, 3 times.</li> <li>4. Lift <i>Belt Vessel</i> (BV) on both sides of waist with both hands alternately, 16 times.</li> <li>5. Move hands as if writing figure "8" on waist, 3 times.</li> <li>6. Overlap hands and massage the intestinal canal clockwise, 3 times.</li> <li>7. Move hands in circular motion and caress the treatment area, 3 times.</li> <li>8. Push on the following acupoints: <i>Shangwan</i> (Ren-13), <i>Zhongwan</i> (Ren-12), <i>Xiawan</i> (Ren-10), <i>Shenque</i> (Ren-8), <i>Qihai</i> (Ren-6), <i>Guanyuan</i> (Ren-4), <i>Zhongji</i> (Ren-3), <i>Tianshu</i> (ST-25),</li> </ol>	<p>Technique 1</p>  <hr/> <p>Technique 2</p>  <hr/> <p>Technique 3</p>  <hr/> <p>Technique 5</p>
---	----------------------	--	--

		<p><i>Daheng (SP-15), Qugu (Ren-2), 2 times.</i></p> <p>9. Move hands in circular motion and caress the treatment area, 3 times.</p> <p>10. Alternate hands in pushing the following meridians: <i>Conception Vessel (CV) - 2 cun away, Kidney Meridian (KI)- 4 cun away, Stomach Meridian (ST)- 6 cun away, Spleen Meridian (SP)- 8 cun away, Liver Meridian (LV)- two sides, Gallbladder Meridian (GB), 3 times.</i></p> <p>11. Starting from <i>Zhongji (Ren-3)</i>, push both thumbs to belly navel, slide them to waist and the lift upwards to groin, 3 times.</p> <p>12. Caress the treatment area in circles with hands, 3 times.</p> <p>13. Caress and slide to groin.</p> <p>14. Choose the appropriate cup to fix the cup on the abdomen, and it will last for about 5-10 minutes on <i>Xiawan (Ren-10), Tianshu (ST-25), Daheng (SP-15), Guanyuan (Ren-4)</i>, waist side (according to the customer's situation).</p> <p>15. Take off the cup and wipe abdomen with hot towel.</p>	 <hr/> <p>Technique 6</p>  <hr/> <p>Technique 8</p>  <hr/> <p>Technique 10</p>  <hr/> <p>Technique 11</p>
--	--	---	--

**Suggested Treatment:**





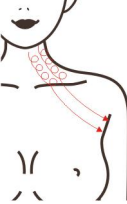
10 times for a course of treatment, one time after finishing the waist abdomen will have a slight measles phenomenon, constipation will be improved, a course of treatment can improve the palace cold, abdominal obesity, improve the digestive system. After two courses of treatment, the effect was strengthened to improve the blockage of abdominal channels and collaterals, damp, constipation, and unplug the intestinal tract. Three courses of treatment consolidated the effect and prevented abdominal and gastrointestinal diseases.






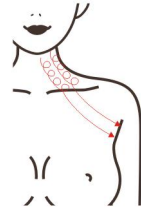
Cupping: It can be done once every two weeks in the early stage, once every 20 days

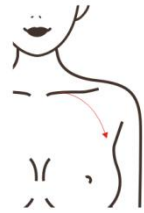
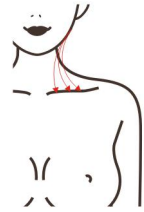




after three times. It can be done once a month after one course of treatment, and once a month and a half after two courses of treatment.

Note: Treat every two weeks if no petechiae appears afterwards or treat under low suction intensity during the process.

## Lymphatic Drainage: 120 min, once/week

<p>Grease Cup Suction: Mode: M0 Suction: 30</p> <p>Vacuum Cup Suction: Mode: M0 Suction: 35</p>	<p>Essential oil</p>	<ol style="list-style-type: none"> <li>1. Face+neck lymphatic drainage:</li> <li>2. Remove makeup and clean face and neck.</li> <li>3. Apply toner.</li> <li>4. Press on the following acupoints on the whole face with both hands: <i>Chengjiang (Ren-24)</i>, <i>Dicang (ST-4)</i>, <i>Daying (ST-5)</i>, <i>Jiache (ST-6)</i>, <i>Xiaguan (ST-7)</i>, <i>Yingxiang (LI-20)</i>, <i>Quanliao (SI-18)</i>, the temple, <i>Jingming (BI-1)</i>, <i>Cuanzhu (BI-2)</i>, <i>Yuyao (EM3)</i>, <i>Sizhukong (TE-23)</i>, <i>Tongziliao (Gb-1)</i>, <i>Chengqi (St-1)</i>, <i>Sibai (St-2)</i>, 3 times.</li> <li>5. Lift face in three lines to armpit with both hands alternately.</li> <li>6. Operate the other side</li> <li>7. Neck: apply and rub oil on the chest with both hands to the back of the neck and press Fengchi (Gb-20) and Fengfu (Du-16) acupoints, 3 times.</li> <li>8. First left, then right, with both hands extending from ear to armpit, 3 times.</li> <li>9. Push downwards with hand spread and hukou pointing down, tracing 3 meridian channels from the neck side to the armpit, 3 times.</li> <li>10. Push downwards with kneeling fingers till the neck</li> </ol>	<p>Technique 3</p>  <hr/> <p>Technique 4</p>  <hr/> <p>Technique 6</p>  <hr/> <p>Technique 7</p>  <hr/> <p>Technique 8</p>  <hr/> <p>Technique 9</p>
---	----------------------	--	--

		<p>turns hot and slide to the armpit, 3 times.</p> <p>11. Press Fengchi (Gb-20), Fengfu (Du-16) acupoint and caress with both hands, 3 times.</p> <p>12. Do the same on the other side.</p> <p>13. Select the small probe, move in lines and lift one line after another from jaw to pass behind the ear and under the armpit, 3 times.</p> <p>14. Select the right probe and slide on the forehead upwards and to the temple, 1-2 times (according to the customer's situation)</p> <p>15. Combine with hand, alternately lift the device from the chin to pass behind the ear and under the armpit, 3 times.</p> <p>16. Move the device in circles on the neck side in three lines to armpit, 3 times.</p> <p>17. Detoxify the internal clavicle to the armpit, 3-5 times.</p> <p>18. Move the small probe from behind the ears to the armpit, 2-3 times (Adjust based on the customer's condition).</p> <p>19. Do the same on the other side.</p> <p>20. Armpit technique: from left to right, rub oil at armpits with both hands, 3 times.</p> <p>21. Knead <i>Jiquan (HT-1)</i> with one palm root, 3-5 times.</p> <p>22. Alternately push the Gallbladder Meridian (GB) through the armpit to the</p>	 <hr/> <p>Technique 12</p>  <hr/> <p>Technique 13</p>  <hr/> <p>Technique 13</p>  <hr/> <p>Technique 14</p>  <hr/> <p>Technique 15</p>  <hr/> <p>Technique 16</p>
--	--	---	--

	<p>finger, 3 times.</p> <p>23. Push inner clavicle lymph nodes to fingers alternately with both hands, 3 times.</p> <p>24. Alternate both <i>Tiger Mouth</i> (the area where the thumb meets the index finger) in pushing the three following meridians: <i>Lung Meridian (LU)</i>, <i>Pericardium Meridian (PC)</i>, <i>Heart Meridian (HT)</i>, 3 times.</p> <p>25. Caress the entire arm to the fingers, 3 times.</p> <p>26. Rub the arm with keeling fingers till it turns hot.</p> <p>27. Knead <i>Jiquan (HT-1)</i> with one palm root, 3-5 times.</p> <p>28. Caress the entire arm to the fingers, 3 times.</p> <p>29. Move the device in left-right order.</p> <p>30. Push the <i>Gallbladder Meridian (GB)</i> from the chest side to the armpit and caress with hands for 3 times.</p> <p>31. Push three meridians from elbow to armpit, 3 times.</p> <p>32. Do the same on the other side.</p> <p>33. Slide cup from Liver Meridian (LV) with transparent vacuum cups, 3 times.</p> <p>34. Select the fit vacuum cup to walk the cup on the arm in lines, 1-2 times (according to the customer's situation).</p> <p>35. Select the fit vacuum cups to fixate them in and out of the arm, <i>Liver Meridian (LV)</i> and <i>Gallbladder Meridian (GB)</i>, about 5-10 minutes (adjust subjecting to the</p>	 <hr/> <p>Technique 17</p>  <hr/> <p>Technique 20, 26</p>  <hr/> <p>Technique 21, 29, 32</p>  <hr/> <p>Technique 22</p>  <hr/> <p>Technique 23, 30, 33</p>  <hr/> <p>Technique 24, 27</p>
--	---	--



customer's situation).

36. Lnguinal lymphatic drainage technique: first left, then right: rub oil on legs with both hands, 3-5 times.

37. Press *Chongmen (SP-12)*, 3-5 times.

38. Move hands upwards to four main collateral channels: *Bladder Meridian (BL)*-*Kidney Meridian (KI)* -*Liver Meridian (LV)*-*Gallbladder Meridian (GB)* with fingers spread and *hukou* pointing upwards, 3 times.

39. Caress the whole treatment area, 3 times.

40. Push to the groin with *hukou*, 3-5 times.

41. Overlap both thumbs to push groin, 3-5 times.

42. Twist both hands upwards alternately as if twisting a fried dough, 3 times.

43. Rub the end of thigh with kneeling fingers till it turns hot.

44. Move the device from 4 meridians till groin, 3 times.

45. Move in circles back and forth at groin area, 3 times.

46. Coupled with hand, push groin alternately, 3 times.

47. Push from the middle of thigh to groin, and caress with hand, 3 times.

48. Do the same on the other side.

49. walk the cup on the leg in lines, 1-2 times (according to the customer's situation).

50. Fixate the cups on following points: *Zusanli (ST-36)*, *Sanyinjiao (SP-6)*, 10



Technique 36



Technique 37, 43, 46, 48



Technique 39, 40, 45




Technique 41



Technique 44



Technique 49

		min. 51. Remove the cups and clean the treatment area with hot towel.	
--	--	--	---

**Suggested Treatment:**

Ten treatments account for one full course. Once done, body is relaxed and blood circulation is smooth. After a full course, blood circulation and lymphatic drainage is accelerated. Blockage and acne is also improved. After two courses, armpit lymph blockage is bettered, and immunity is boosted. Three courses help enhance the effect, accelerate lymph circulation, strength physique and prevent diseases.

**Body Care on Private Parts: 60 min, once/week**


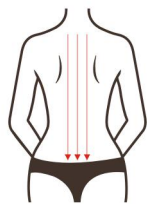
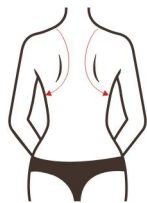
Vacuum cup: Mode: M0 Suction: 15	Oil for Private part use	<ol style="list-style-type: none"> <li>1. Private part massage: Pour drips of oil on palm and rub until it's hot; From left to right, alternate <i>hukou</i>, starting from hairline to <i>Da Ban Jin</i> (start from <i>Fengchi</i> (GB-20) and <i>Fengfu</i> (DU-16), tracing <i>shoulder fascia</i>) to push groin, 3-5 times.</li> <li>2. From left to right, push to the groin upwards with both hands, 3-5 times.</li> <li>3. Press and rub acupoints around labia with both hands, 3 times.</li> <li>4. Slide from groin to labia in lines with both hands, 3-5 times.</li> <li>5. From left to right, push to the groin upwards with both hands, 3-5 times.</li> <li>6. Slide from groin to labia in lines with both hands, 3-5 times.</li> <li>7. Device operation: Select fit vacuum cups to fixate on three points of the groin, 3 min each.</li> </ol>	
--	--------------------------	--	--

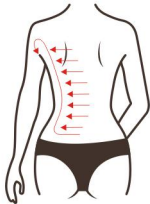
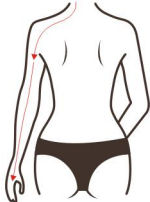
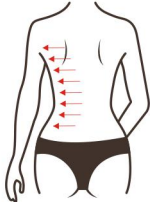
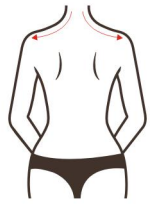
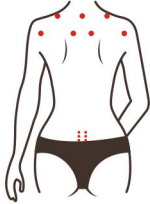
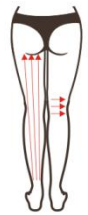
		<p>8. Vacuum cup operation: From left to right, push to the groin upwards with both hands, 3-5 times.</p> <p>9. From left to right, push labia majora and labium minus upwards with both hands, 3-5 times.</p> <p>10. Stimulate <i>Huiyin (Ren-1)</i> acupoint (stay for 3 seconds), 3-5 times.</p>	
--	--	---	--


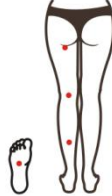
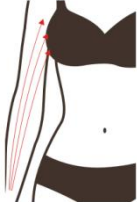
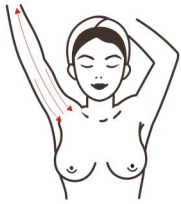
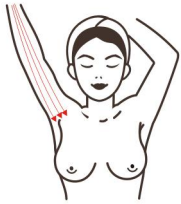
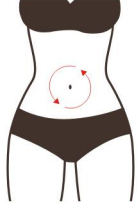
**Suggested Treatment:**

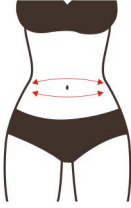
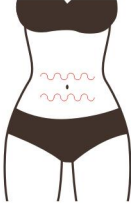
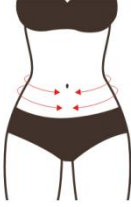


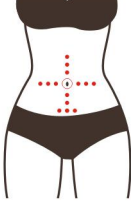
10 times for a course of treatment, after a course of treatment can feel some compact, after a course of treatment groin and labia part color began to fade, slowly began to compact, three courses of treatment down the private parts began to rosy compact, menstruation began to return to normal, dysmenorrhea symptoms improve, restore a happy life.

**Full Body Detoxification: 160 min, once every 2 weeks**

<p>Vacuum Cup: Mode: M0 Suction: 30</p> <p>Grease cup suction: Mode: M0 Suction: 25</p>	Essential oil	<p><b>Back</b></p> <p>1. Massage Operation: apply oil on back till waist and push down on <i>Fengchi (GB-20)</i> and <i>Fengfu (DU-16)</i> acupoints, 3 times.</p> <p>2. Rub Governing Vessel (GV) and <i>Bladder Meridian (BL)</i> with hands with both hands, 3 times.</p> <p>3. Push alternately Governing Vessel (GV) and <i>Bladder Meridian (BL)</i> with hands, 3 times.</p> <p>4. The roots of both palms start from the major vertebra and alternate in pushing Governing Vessel (GV) and <i>Bladder Meridian (BL)</i>; Lift from the lumbar side through the armpits in left-right order, 3 times.</p> <p>5. Push thumbs between</p>	<p>Technique 1</p>  <hr/> <p>Technique 2, 3, 9, 10</p>  <hr/> <p>Technique 5, 11</p>  <hr/> <p>Technique 6</p>
---	---------------	--	---

	<p>shoulder blades to armpits, 3 times; and then pass through armpits to fingers.</p> <p>6. Alternate both palms, starting from <i>Dazhui (DU-14)</i> acupoint in rib direction towards waist and slide to armpit in lines; make sure a line is next to another, 3 times</p> <p>7. Alternate <i>Tiger Mouth</i> (the area where the thumb meets the index finger), starting from hairline to <i>Da Ban Jin</i> (start from <i>Fengchi (GB-20)</i> and <i>Fengfu (DU-16)</i>, tracing shoulder fascia) and slide to fingers, 3 times.</p> <p>8. Do the same on the other side.</p> <p>9. Device operation: move the lymphatic detoxification instrument from the big vertebra to the tail vertebra, 3 times.</p> <p>10. Push from <i>Bladder Meridian (BL)</i> to tail vertebra (first left, then right), 3 times</p> <p>11. Push from shoulder blade seam to armpit, 3 times.</p> <p>12. Push to waist following ribs in lines, 3 times.</p> <p>13. Push <i>Da Ban Jin</i> (start from <i>Fengchi (GB-20)</i> and <i>Fengfu (DU-16)</i>, tracing shoulder fascia), starting from neck, 3 times.</p> <p>14. Do the same on the other side.</p> <p>15. Cupping: if the moisture inside the body is heavy, you can walk the cups; walk through <i>Bladder Meridian (BL)</i> and <i>Governing Vessel (GV)</i> back and forth for 3 times.</p>	 <hr/> <p>Technique 7</p>  <hr/> <p>Technique 12</p>  <hr/> <p>Technique 13, 16</p>  <hr/> <p>Technique 17</p>  <hr/> <p>Technique 20, 21, 22, 25, 28</p>  <hr/> <p>Technique 23</p>
--	---	--

	<p>Walk through the shoulder blade seam back and forth for 3 times. Walk through the whole back to the rib direction for 3 times. (subjecting to the customer's acceptability).</p> <p>16. Select fit cups and walk them on neck to <i>Da Ban Jin</i> (start from <i>Fengchi</i> (GB-20) and <i>Fengfu</i> (DU-16), tracing shoulder fascia) back and forth, 3-5 times.</p> <p>17. Fixate the cups: on <i>Dazhui</i> (DU-14), <i>Jianjing</i> (GB-21), <i>Tianzong</i> (SI-11), <i>Feishu</i> (BL-13), and 8 Crevice area (including pairs of <i>Shangliao</i> (BL-31), <i>Ciliao</i> (BL-32), <i>Zhongliao</i> (BL-33), <i>Xialiao</i> (BL-34) and then to <i>Fengchi</i> (GB-20), around 5-10 min (subjecting to the customer's acceptability).</p> <p>18. Take off the cups and wipe clean with towel.</p> <p>19. The end of back treatment.</p> <p><b>Leg</b></p> <p>20. Leg massage technique: first left, then right, rub oil on legs with both hands, 3 times.</p> <p>21. Move hands upwards to four main collateral channels: <i>Bladder Meridian</i> (BL)-<i>Kidney Meridian</i> (KI) -<i>Liver Meridian</i> (LV)-<i>Gallbladder Meridian</i> (GB) with fingers spread and <i>Tiger Mouth</i> (the area where the thumb meets the index finger) pointing upwards, 3 times.</p> <p>22. Push hands alternately to</p>	 <hr/> <p>Technique 32</p>  <hr/> <p>Technique 36, 41, 43</p>  <hr/> <p>Technique 38</p>  <hr/> <p>Technique 39, 42, 44</p>  <hr/> <p>Technique 47</p>  <hr/> <p>Technique 48</p>
--	--	---

		<p>popliteal fossa, 3 times.</p> <p>23. Twist both hands upwards alternately as if twisting a fried dough, 3 times.</p> <p>24. Caress the treatment area, 3 times.</p> <p>25. Push the 4 main meridians upwards with kneeling fingers of both hands, 3 times.</p> <p>26. Caress the treatment area, 3 times.</p> <p>27. Do the same on the other side.</p> <p>28. Vacuum metal head operation: Push <i>Bladder Meridian (BL)</i>-Kidney Meridian (KI) -Liver Meridian (LV)-Gallbladder Meridian (GB) accordingly to popliteal fossa, 3 times.</p> <p>29. Start from popliteal fossa, pushing the 4 meridians to the end of thigh, 2-3 times.</p> <p>30. Repeat the same techniques with vacuum cup walking.</p> <p>31. Do the same on the other side.</p> <p>32. Fixate the cups on the following acupoints: Weizhong (BI-40), Chengfu (BI-36), Chengshan (BI-57), Yongquan (KD-1), 10 min (Adjust according to the customer's condition).</p> <p>33. Remove the cups and clean the treatment area with hot towel.</p> <p>34. The end of leg treatment.</p> <p><b>Arm</b></p> <p>35. Arm massage technique: Lay the arm flatwise, apply and rub oil in from lower arm</p>	 <p>Technique 49</p>  <p>Technique 50</p>  <p>Technique 51</p>  <p>Technique 52</p>  <p>Technique 54</p>  <p>Technique 56</p>
--	--	---	--

to the entire arm and slide to the fingers, 3 times.

36. Push hands upwards tracing three main collateral channels: *Large Intestine Meridian (LI)*-*Triple Energizer (TE)*-*Small Intestine Meridian (SI)* to armpits with fingers spread and *Tiger Mouth* (the area where the thumb meets the index finger) pointing upwards, 3 times.

37. Trace and rub three main collateral channels on arms with kneeling finger back and forth till them turn hot, 3 times.

38. Lay the arm flatwise, apply and rub oil in from lower arm to the entire arm and slide to the fingers, 3 times.

39. Push hands tracing three yin channel on inner arm: *Lung Meridian (LU)*-*Pericardium (PC)*-*Heart Meridian (HT)* to armpit, with *Tiger Mouth* (the area where the thumb meets the index finger) pointing upwards, 3 times respectively

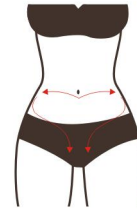
40. Trace and rub three main collateral channels on arms with kneeling finger back and forth till them turn hot, 3 times.

41. Select the fit grease cups, adjust the parameters. Lay the arm flatwise and push the 3 main meridians on outer arm, 3 times.

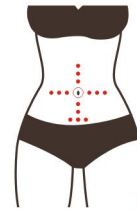
42. Lay the arm flatwise and push the 3 main meridians on inner arm till the underarm, 3 times.



Technique 57



Technique 60



		<p>43. Select the fit vacuum cup and push the 3 main meridians on outer arm, 3 times.</p> <p>44. Lay the arm flatwise and push the 3 main meridians on inner arm till the underarm, 3 times.</p> <p>45. Select the fit cup to fixate on outer arm, 5-10 min.</p> <p>46. Remove the cups and clean the treatment area with towel.</p> <p><b>Abdomen</b></p> <p>47. Abdomen massage technique: Apply and rub oil on abdomen with hands, 3 times.</p> <p>48. Rub abdomen back and forth with both hands, 3 times.</p> <p>49. Knead abdomen with both hands using chiropractic techniques, 3 times.</p> <p>50. Lift <i>Belt Vessel (BV)</i> on both sides of waist with both hands alternately, 16 times.</p> <p>51. Move hands as if writing figure "8" on waist, 3 times.</p> <p>52. Overlap hands and message the intestinal canal clockwise, 3 times.</p> <p>53. Move hands in circular motion and caress the treatment area.</p> <p>Push on the following acupoints: <i>Shangwan (Ren-13)</i>, <i>Zhongwan (Ren-12)</i>, <i>Xiawan (Ren-10)</i>, <i>Shenque (Ren-8)</i>, <i>Qihai (Ren-6)</i>, <i>Guanyuan (Ren-4)</i>, <i>Zhongji (Ren-3)</i>, <i>Tianshu (ST-25)</i>, <i>Daheng (SP-15)</i>, <i>Qugu</i></p>	
--	--	---	--



		<p>(Ren-2), 2 times.</p> <p>55. Move hands in circular motion and caress the treatment area, 3 times.</p> <p>56. Alternate hands in pushing the following meridians: <i>Conception Vessel (CV)</i> - 2 inches away, <i>Kidney Meridian (KI)</i>- 4 inches away, <i>Stomach Meridian (ST)</i>- 6 inches away, <i>Spleen Meridian (SP)</i>- 8 inches away, <i>Liver Meridian (LV)</i>- two sides, <i>Gallbladder Meridian (GB)</i>, 3 times.</p> <p>57. Starting from <i>Zhongji (Ren-3)</i>, push both thumbs to belly navel, slide them to waist and the lift upwards to groin, 3 times.</p> <p>58. Move hands in circular motion and caress the treatment area, 3 times.</p> <p>59. Caress and slide to the groin, 3 times.</p> <p>60. Select the fit cup to fix the cup on the abdomen, and it will last for about 5-10 minutes on <i>Xiawan (Ren-10)</i>, <i>Tianshu (ST-25)</i>, <i>Daheng (SP-15)</i>, <i>Guanyuan (Ren-4)</i>, waist side (according to the customer's situation).</p> <p>61. Remove the cups and clean abdomen with hot towel, 2 times.</p>	
--	--	--	--

**Suggested Treatment:**

6 treatments account for one full course. Once done, body is relaxed and there will be slight petechiae, which should disappear 3-5 days gradually. It is advised to receive one treatment per month for those with heavy petechiae and once every two weeks for those with slight petechiae. After a full course, body metabolism is accelerated. Body blockage such as constipation is reduced. After two courses, muscle stiffness and soreness will be improved. Body local blockage will be dredged as well. After three courses, sleep quality is bettered. Skin tends to be rosy. Body health and physique is strengthened overall.