

# User Manual

## MS-54D1S



# Preface

Dear users:

We're pleased to present to you our 6-in-1 beauty machine featured with weight loss, figure slimming, anti-aging and so on. It is a multifunctional beauty machine, targeted at both face and body, mainly focusing on lifting and tightening of face, removing wrinkles, and body shaping. We aim at a safe and, at the same time, effective beauty result by using high-end technologies. RF and ultrasonic beauty machines are anti-aging machines 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 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!

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# Part I

## Brief Introduction

RF and ultrasonic beauty machines are currently the most popular beauty machines that work on tightening, body-shaping and anti-aging. It's an effective replacement of all the facial and body care programs in beauty salons. Moreover, they are convenient and easy to operate. It solves both skin and body management issues for beauty-lovers. This equipment requires no injection, no medication, no operation, thus having no side-effects. It is used externally during the whole process and has an immediate effect. RF machines heats deeper skin layers, stimulates collagen cells to reform in dermis, increases blood circulation in hypodermis, thus achieving skin tightening and anti-aging.

## Advantages

1. 5-in-1 multifunctional beauty machine that works on both of your facial and body care.
2. Ultrasonic fat burning replaces and transcends liposuction, bringing good news for treating obesity.
3. Various work heads can be replaced in different parts according to different requirements.
4. The perfect combination of ultrasound and RF solves the dilemma of losing weight. It helps with weight loss while at the same time maintains firm skin, increases skin elasticity, metabolism, and ultimately better health.
5. Adopting the cutting-edge technology of ultrasonic fat burning.
6. Suitable for all skin types.
7. Painless, non-invasive during the process. Skipping any recovery periods without affecting any work and life plans.
8. No consumption, low cost and quick returns.
9. Wider treatment range and faster and more visible effects.
10. Unevenness, bleed, swelling and stasis will not appear after treatment.

## Facial Anti-aging

### Principles

#### RF

Radio frequency can alternates electrical polarities of biological tissues on the treated area millions of times per second and change directions in the same frequency

concurrently. In the rapid change of electrodes, the dermal tissue naturally resists the radio frequency current and generates thermal energy, which stimulates the dermis to produce more collagen and fill up the gap of the lost collagens, therefore plumping up the skin and revive elasticity.

During multipolar RF treatment, polarities alternate consecutively, which produces a higher intensity energy release, heats up the bottom layers of skin. Through fast and consecutive heating of tissues, collagen regeneration is boosted, thus having a more visible result in a shorter period of time. It also comes with a wider and more intensifies treatment scope.

### **Biological Effect**

Radio frequency can shake millions of high frequency radio waves per second, penetrate the epidermis, directly act on the dermis, deep heat collagen cells, stimulate the growth of collagen fibers, so that it has a large number of new collagen support, making the skin more compact and elastic.

Every time energy comes into the skin, it feels a temporary sense of heat. This means that collagen has been stimulated to produce fever, resulting in tightening of the skin. While operating sliding, the radio frequency wave emitted by the therapeutic head of the super-frequency wave system, under the cold protection of the epidermis, has acted on the deep dermis through the epidermis, rapidly heating water molecules to produce safe Bio-thermal energy. When the natural friction of collagen tissue is heated up to 45°C~60°C, it will shrink immediately and stimulate the collagen to grow continuously. At the same time, bio-heat can effectively accelerate blood flow in adipocytes, and release free fatty acids (ffa), thereby increasing the dissolution of superficial fat, and achieve the purpose of tightening and lifting the sagging part of the body.

## **Effects**

1. Tighten skin and channel nutrients deep into skin layers.
2. Whiten skin and reduce pigmentation and dark spots.
3. Refine skin and improve skin elasticity.
4. Nourish skin and improve skin absorption.
5. Accelerate blood circulation and metabolism.
6. Help relieve double chin and sagging skin.
7. Delay aging and stimulate collagen cells.

## **Applicable Range**

1. Those with facial dullness.
2. Those with skin relaxation and sagging.
3. Those with dark circles and under eye bags.
4. Those with fine lines, nasolabial folds, crow's feet.
5. Those with indistinct facial contour.
6. Those with rough skin and large pores.

7. Those who are under long-term exposure of UV radiation at workplace.
8. Those with lax skin, edema or obesity after birth.

## **Inapplicable Range**

1. Those who have just undergone plastic surgery which have implanted prostheses, metal materials and so on.
2. Those who have recently received certain injections, such as hyaluronic acid, intradermal injection, wrinkle removal, or plastic surgery.
3. Those with hypertension, heart disease, diabetes, severe thyroid and malignant tumors.
4. Those who are having an allergic reaction, or people with severe sensitive skin or allergic to metals.
5. Those with skin trauma or wound.
6. Those who are overaging.
7. Those in menstruation, pregnancy, lactation, surgical recovery.
8. Those with skin diseases and infectious diseases.
9. Those who are unrealistic about the effects.

## **Notes after Operation**

1. Do not wash your face with overheated water within three days (lukewarm or cold water is recommended).
2. Enhance moisturizing and sunscreen.
3. Do not soak in hot springs, steam saunas or exercise strenuously, etc. within three days.
4. Use facial masks at least three times a week.
5. Spicy, greasy food should be avoided. Staying up late, smoking and drinking are prohibited. Eat more vegetables, fruits, and less greasy food.
6. Avoid food that will cause '3 Hs'(high blood pressure, high cholesterol and high blood sugar), less greasy food is advised.

# **Neck Anti-aging**

## **Principles**

### **RF**

RF instrument can achieve the effect of tightening skin, lifting skin and shaping face. The optimum frequency of radio frequency biothermal effect is 3 MHz, and the maximum speed of extreme change is 8 million charged particles in tissues per second. In the rapid change of electrodes, the dermal tissue naturally resists the radio frequency current and generates thermal energy.

RF wave directly penetrates the skin and generates energy by the resistance action of the skin, which makes the temperature of the skin bottom rise, rapidly and continuously heats the tissue and promotes the growth of collagen in the skin. The principle is tightening collagen and stimulating the proliferation of collagen in the dermis and then is utilized to enhance the tightness and durability in time. After 2-6 months, collagen will gradually proliferate and recombine, making sagging or relaxed skin tight and elevated.

### **Biological Effect**

Radio frequency can shake millions of high frequency radio waves per second, penetrate the epidermis, directly act on the dermis, deep heat collagen cells, stimulate the growth of collagen fibers, so that it has a large number of new collagen support, making the skin more compact and elastic.

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### **Effects**

1. Reduce fine lines and wrinkles on the neck.
2. Improve the flabbiness, roughness and dullness of the neck skin.
3. Tighten skin and increase skin elasticity.
4. Remove double chin.

### **Applicable Range**

1. Those with fine lines and wrinkles on the neck.
2. Those with loose and inelastic neck skin.
3. Those with dull, dark skin.
4. Those who often bow their heads.

### **Inapplicable Range**

1. Those who have just undergone plastic surgery.
2. Those with hypertension, heart disease, diabetes, severe thyroid and malignant tumors.
3. Those who are having an allergic reaction, or people with severe sensitive skin.

4. Those with skin trauma or wound.
5. Those who are overaging.
6. Those who are pregnant or convalescents.
7. Those with skin disease and other contagious diseases.

## Notes after Operation

1. Sunscreen is encouraged . Keep the neck warm.
2. After operation, the treated area is relatively dry, moisturizing and sun protection is encouraged.
3. Within 1-3 days after operation, it is better not to use alcohol, AHA or other exfoliating products.
4. Avoid facial washing with overheated water, sauna steaming, hot springs or strenuous exercise within 7 days after operation.
5. Moisturizing and mask for the neck is encouraged, at least 3 times masks a week. Essence or neck cream is encouraged.
6. Avoid bowing head for a long time.

## Warm womb & Waist Shaping

Ovary is an important organ of women, and can stimulate the hormone secretion of women again, increase the level of hormones in the body, also known as the source of life of women. Good ovarian maintenance can make facial skin fine, smooth and fresh, always maintain toughness and elasticity. It can also promote reproduction and body health, regulate and secrete female hormones, and improve the quality of life of both sexes. Ovarian health can make a woman's bosom plump, compact, and mellow. Bad ovarian function will affect estrogen secretion, sexual function, quality and color of skin, and women BWH(bust,waist,hip) measurements, which results in yellowish face, bloated body, vaginal dryness, and advance entering to anile condition. So ovarian maintenance is very important for women. Women now have a lot of bad habits, such as dressing for grace and does not care about temperature, in addition to that they often eat some cold food. If continuous for a long time they are prone to have cold womb, which can cause symptoms such as dysmenorrhea, menstrual edema and even amenorrhoea. In a word cold womb does great harm to the health of women, so be sure to take means to warm the womb,which can also achieve the effect of body-shaping.

### Principle

### Ultrasound

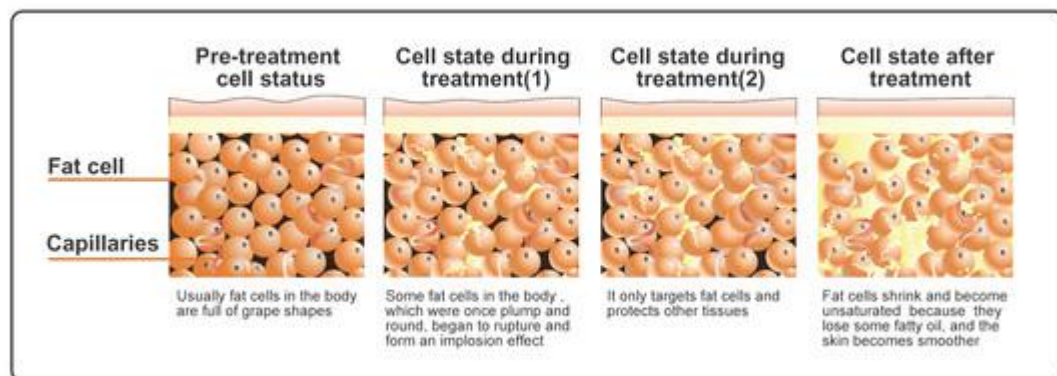
Using the sound wave with a frequency of 4 MHz emitted by the strong sound wave head gathering strong sound waves, human adipocytes can produce a strong impact and friction movement between adipocytes after entering the human body, which can



effectively consume heat, water and shrink adipocytes. In addition, when sound waves vibrate, it can make adipocytes smaller. Strong crack will come along, cells will burst instantly, adipocytes reduce, so as to achieve the effect of fat removal.

**Cavitation Principle of Ultrasound:** Tens of thousands of tiny bubbles, namely cavitation bubbles, are produced by vibration of liquid. These bubbles grow in the negative pressure region formed by the longitudinal propagation of ultrasound, and close rapidly in the positive pressure region, thus being compressed and stretched under alternating positive and negative pressures. The bubbles will be compressed until burst, which will generate huge instantaneous pressure, generally up to tens of MPa to hundreds of MPa, and produce strong vibration and noise.

**Advantages:** It only aims for low-density adipose tissue in a specific frequency, and protects high-density tissue such as vascular and nerve tissue.



## RF

RF energy works directly on the dermis through the skin epidermis and heats up the body, with its temperature reaching 40 °C-60 °C. Through biothermal effect it enhances the blood circulation and lymph circulation of the cervical region, fast decompose adipose tissue metabolism, thereby to regulate the uterus, increase the period flow, which is good for inhibiting cold womb.

## Effects

1. Improve women's gynecological problems.
2. Improve women's cold hands and feet, cold womb and body.
3. Regulate the function of female reproductive system and enhance the ovarian function.
4. Promote follicular development and regulate the secretion of sex hormones (estrogen, progesterone, androgen).
5. Regulate female reproductive system (dysmenorrhea, irregular menstruation, relieve premenstrual syndrome, reduce leucorrhoea and increase vaginal secretion).

6. Maintain youthful appearance, delay the arrival of menopause and delay aging.
7. Improve belly unwanted stubborn belly fat, including beer belly and love handles.
8. Tighten skin, improve stretch marks and increase skin elasticity.

## Applicable Range

1. Those with cold hands and feet, cold womb and body.
  2. Those with gynecological inflammatory menstruation and dysmenorrhea.
  3. Those whose faces begin to sag.
  4. Those who are prone to sore and soft waist.
  5. Those with unwanted abdominal fat and loose and sagging skin.
- Those sitting for a long time, or with unideal waistlines.

## 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.
5. Those with malignant tumors, hemophilia or severe bleeding.
6. Those with skin diseases and infectious diseases.
7. Those with severe gynecological diseases.
8. Those whose gynecological diseases are being treated.

## Notes after Operation

1. Avoid crop top or anything exposing waist and abdomen as well as cold and windy environment.
2. Avoid binge eating or drinking. No alcohol, no spicy and greasy food. Staying up late should be avoided. Drink warm water.
3. Keep abdomen warm. Take a bath after 4-6 hours.
4. Steam sauna, hot spring or strenuous exercise should be avoided within 7 days after operation.
5. Before going to bed at night, you can rub your abdomen clockwise with your hands, so as to better the effect of weight loss and metabolism.

## Shaping Breasts

### Principle

RF

RF heat effect produces specific radio frequency waves in a specific depth of the subcutaneous skin, which directly acts on the dermis through the skin epidermis, thus heating the tissue, promoting the catabolism of subcutaneous fat, and stimulating the proliferation and reorganization of collagen and elastic fibers. With the continuous regeneration and rearrangement of collagen in the dermis, it can be achieved. Let the flabby skin feel the effect of lifting upward and compacting immediately after the treatment. At the same time, massage can promote breast blood circulation, accelerate blood circulation, dredge congested blood clots and silt, and free fat to the chest under the condition of vibration. At the same time, more nutrients are absorbed into the breasts, which not only prevents atypical lobular hyperplasia and breast cancer, but also enables you to have natural, healthy, beautiful and strong breasts, and makes beautiful female friends more confident.

## Effects

1. Adjust chest type and reduce accessory breast.
2. Relieve thoracic nodules, slight hyperplasia, alleviate menstrual breast pain.
3. Reduce chest expansion.
4. Alleviate irregular menstruation and reduce facial spots or skin without elasticity.
5. Alleviate postpartum breast atrophy, breast relaxation, breast duct blockage.

## Applicable Range

1. Those with bad breast shape and accessory breasts.
2. Those with nodules in the chest, slight hyperplasia and painful breast during menstruation.
3. Those with extended chest fat extended.
4. Those with low immunity.
5. Those with irregular menstruation and facial spots or whose skin is inelastic.
6. Those with improper developed mammary glands.

## Inapplicable Range

1. Those with cardiovascular and cerebrovascular diseases, diabetes mellitus, abnormal coagulation function and impaired vital organ function.
2. Those who are long-term or ongoing users of anticoagulants, vasodilators, corticosteroids and other drugs.
3. Those with infectious lesions on the chest skin.
4. Patients with severe thoracic proliferative or fibroma or cyst.
5. Those in pregnancy and lactation.

## Notes after Operation

1. Keep warm.

2. Wear styled and comfortable underwear. Don't press your chest hard.
3. Avoid getting cold. Take a bath after 4-6 hours.

## Body-Shaping

### RF

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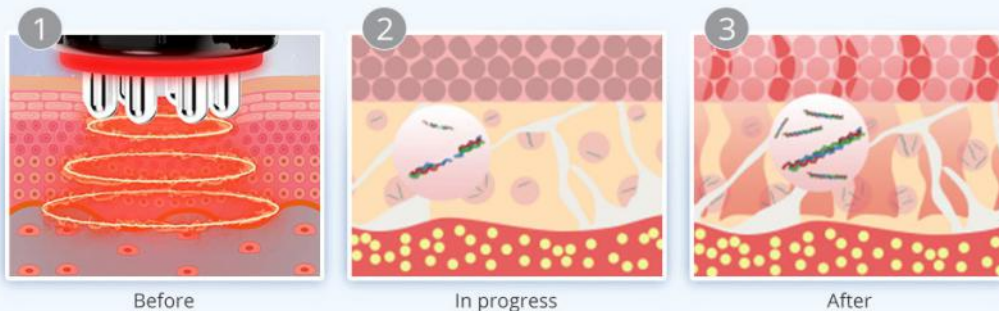
## Body sculpture & cellulite treatment

Body 8-Polar 3D SMART RF & Unoisetion cavitation 2.0 & Vacuum  
Sextupolar 3D SMART RF+ Laser Photon

# 01

### Soften Fat Cells-Body 8-Polar 3D SMART RF

Using a high power of 1MHz 8-Polar 3D SMART RF radio frequency which is the same power for professional use, with a patent pending technology that generates heat deep under the skin, promoting metabolism by its hyper-thermal effect, this procedure enhances blood/lymph flow and is used for the purpose of fat reduction.

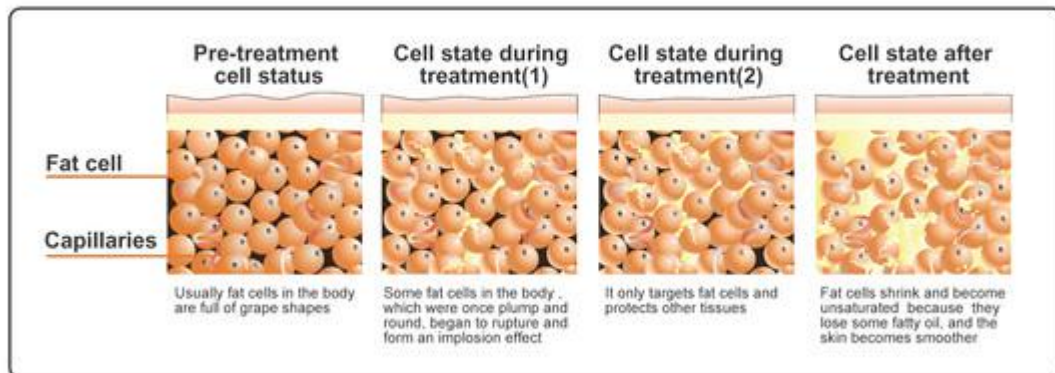


## Ultrasound

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**Advantages:** It only aims for low-density adipose tissue in a specific frequency, and protects high-density tissue such as vascular and nerve tissue.



## Vacuum Slimming

Massage skin and muscles with the special negative pressure suction head, which can effectively improve body fluid flow and increase cell activity to achieve effects like improving skin elasticity, accelerating blood circulation of capillary blood vessels, clearing out toxins through lymphatic drainage, and improving and lowering the occurrence of dark spots, hyperpigmentation and blood stasis. The kneading action generated by vacuum suction can increase the tissue activity of skin and muscle, thus helping to reduce the cellular tissue and increase the elasticity of skin tissue, so that both slimming and shaping can be completed at the same time. In addition, vacuum negative pressure movement can also stimulate the surface and deep sympathetic nervous system, improve skin sensitivity. The suction and release process of air pressure can not only improve the capillary system but also improve the flow between deeper veins and lymph network, strengthen blood vessels, and improve varicose veins.

**Advantages:** Breaking through the previous single and simple working mode of negative air pressure, using different modes for different parts can be more efficient and more effective, slimming, shaping, and will never harm human body. Unique RF function head design, RF and negative pressure are relatively independent but complementary metabolic system as a whole, RF has negative pressure, negative pressure has RF, each other as a whole. Compared to the ordinary single-stage RF can be more effective, faster and more uniform perfect remodeling body.

### Vacuum Physical Effects

#### 1. Skin layer

The suction and release of air pressure:

(1) It can improve the fluidity of cells, thus increasing the movement of cells, and can treat diseases related to blood stasis and blood stagnation.

(2) Draining lymph glands and veins.

Effects: redundant water is discharged from tissue fibers.

## 2. Vascular layer

The suction and release of air pressure:

- (1) Improve the blood circulation of microvessels, not only for the capillary system, but also the flow between the deeper veins and lymphatic networks.
- (2) Remove excess toxins in the body.

Effects: Strengthen blood vessels, eliminate toxins and relieve varicose veins.

## 3. Fibrous layer

The suction and release of air pressure:

- (1) Repair cell tissue, increase its activity.
- (2) Lift and revive skin elasticity.
- (3) Stimulate the production of bone collagen and improve skin plumpness.
- (4) Improve the oxygen support capacity of skin and increase the consumption of carbon dioxide.

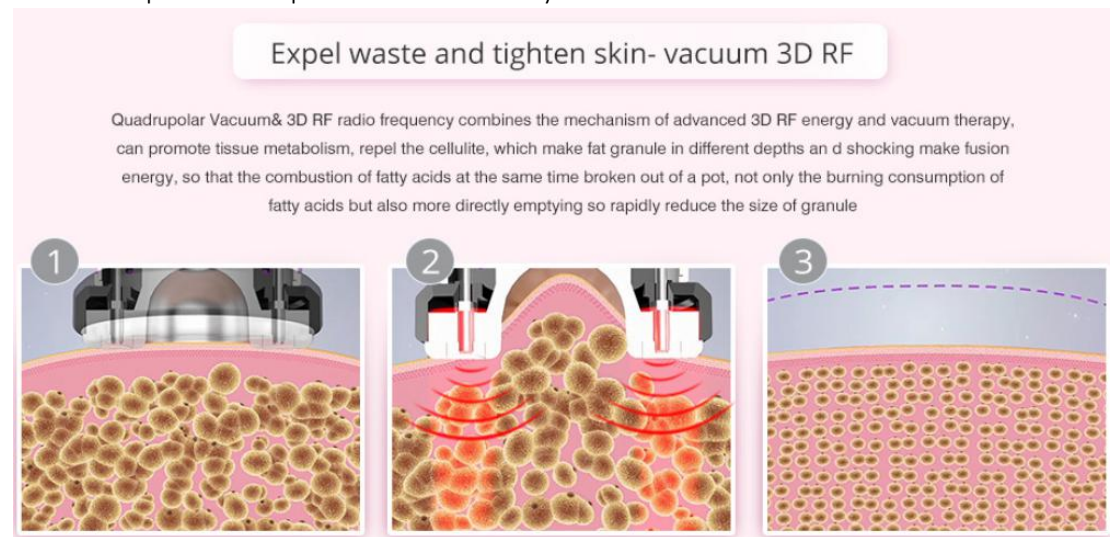
Effects: Break the hard fibers of cellulite, make it more elastic, so as to achieve the effect of body-shaping.

## 4. Nerve layer

The suction and release of air pressure:

- (1) Stimulates the surface and deep sympathetic nervous system.
- (2) Improves skin sensitivity.
- (3) Repair skin elasticity and resist tissue fibrosis.

Effects: Repair and improve skin sensitivity.



# Shaping Arms

## Effects

1. Stimulate collagen hyperplasia in the bottom of the skin to shape and firm it.
2. Improve loose skin.

3. Improve flabby arms and thick arms.
4. Soothe and firm loose skin.
5. Dissolve the fat, and say goodbye to flabby arms.
6. Accelerate blood circulation and dredge channels and collaterals.

## **Applicable Range**

1. Those with thick arms and want to look better in clothes.
2. Those with jiggly and flabby arms.
3. Those with loose arm skin.
4. Those whose arms are prone to pain and numbness.

## **Inapplicable Range**

1. Those who have just had plastic surgery.
2. Those with hypertension, heart disease, diabetes, severe thyroid gland, malignant tumor, etc.
3. Those who are during allergic period and has severely sensitive skin.
4. Those with skin trauma or cut.
5. Those who are overly old.
6. Those who are pregnant and who are recovering from surgery.
7. Those with skin diseases and infectious diseases.

## **Notes after Operation**

1. Keep warm after operation. Do not eat cold food.
2. 4-6 hours later in the shower.
3. Drink plenty of warm water to stay hydrated.
4. Refuse to overeat or stay up late.
5. Avoid sauna, hot spring or strenuous exercise within one week after operation.

## **Shaping Back**

### **Effects**

1. Relieve shoulder and back soreness, and improve the lump on back of the neck.
2. Dredge channels and collaterals, and improve channels and collaterals blocking.
3. Increase blood circulation and metabolism.
4. Improve blood supply to the head and sleep.
5. Regulate the functions of viscera and strengthen the body.
6. Firm skin and prevent sagging.
7. Improve excess fat on the back and shape the back.



## Applicable Range

1. Those with sore shoulders and backs and stiff necks.
2. Those with insomnia, dreaminess and fading memory.
3. Those who are prone to fatigue, drowsiness and poor circulation of qi and blood.
4. Those with thick back and want to look better in clothes.
5. Those who has a lump on the back of the neck.

## Inapplicable Range

1. Those with metal implants in the body, such as stents and pacemakers, are allergic to metal.
2. Those are during pregnancy, menstruation and lactation.
3. Those whose surgical wound is healing or convalescence
4. Those who has “three Hs” , heart disease, epilepsy and severe diabetes and hyperthyroidism.
5. Those with malignant tumor and hemophilia or severe bleeding.
6. Those with skin diseases and infectious diseases.
7. Those who are too weak.
8. Those who are drunk, full, empty, thirsty and overworked.

## Notes after Operation

1. Keep warm, avoid cold air and drink plenty of hot water.
2. Shower 4-6 hours after operation.
3. Avoid staying up late, drinking and overeating.
4. Avoid raw, cold and spicy foods and get enough sleep.
5. Avoid shoulder-baring and backless clothing.

## Shaping Buttocks

Buttocks are located in the middle of human body, and are the key hub of meridian qi and blood operation. They are the main switch of six meridian and also the bridge connecting the upper jiao qi and lower jiao qi blood operation of human body. They are the important factor of the body management whose S curve increases the feminine charm.

## Effects

1. Improve blood circulation and speed up metabolism.
2. Improve menstrual pain, irregular menstruation, abnormal leucorrhea and other female diseases.

3. Improve sleep quality, improve female sexual function and tighten the vagina.
4. Activate the warm nest function, stimulate the secretion of glands, and increase the feelings between husband and wife.
5. Make complexion ruddy, fade color spots and return to young state.
6. Shape hips, improve sagging and outward expansion of hips, tighten skin and increase elasticity.

## **Applicable Range**

1. Those with saggy hips and fat accumulation.
2. Those with stretch marks induced by obesity and pregnancy.
3. Those whose butt shape is not good-looking, flat and soft outward expansion.
4. Those with cold and cool hips with low hip temperature.
5. Those with dysmenorrhea, dysmenorrhea, irregular menstruation, gynecological inflammation and other problems.
6. Those with decreased estrogen levels and poor sex lives.

## **Inapplicable Range**

1. Those who are in menstruation, pregnancy, lactation and operation recovery.
2. Those with hypertension, heart disease, diabetes, severe thyroid gland, malignant tumor, etc
3. Those with skin diseases, patients with infectious diseases and skin sensitive period.
4. Those with wounds during recovery from surgery.
5. Those with allergic and severely sensitive skin.
6. Those who have just had liposuction.
7. Those who are overly old.

## **Notes after Operation**

1. Keep hips warm and avoid wearing miniskirts and shorts.
2. Shower 4-6 hours after operation.
3. Drink plenty of hot water to avoid cold air.
4. Avoid staying up late, drinking and overeating.
5. Avoid eating raw, cold and spicy foods and get enough sleep.

## **Shaping Legs**

### **Effects**

1. Tighten skin and prevent sagging.
2. Stimulate collagen regeneration and improve fat lines.
3. Increase leg circulation and detoxification, metabolism.

4. Promote blood circulation and remove blood stasis, dredge channels and collaterals, and prevent varicose veins.
5. Tighten excessive protruding fat on legs and rid thick thighs.

### **Applicable Range**

1. Those with poor circulation of lower limbs, edema and obese people.
2. Those who have low immunity and feel discomfort and pain all over the body are prone to colds.
3. Those with constipation and has coarse, flabby skin.
4. Those whose channels and collaterals of the legs are blocked, and the proportion of the legs is poor.

### **Inapplicable Range**

1. Those who are in menstruation, pregnancy, lactation and operation recovery.
2. Those with hypertension, heart disease, diabetes, severe thyroid gland, malignant tumor, etc
3. Those with skin diseases, patients with infectious diseases and skin sensitive period.
4. Those with wounds during recovery from surgery.
5. Patients with severe varicose veins and tumors.
6. Those with allergic and severely sensitive skin.
7. People who have just had liposuction.
8. Those who are overly old.
9. Those who are pregnant or recovering from surgery.

### **Notes after Operation**

1. Keep warm after operation. Do not eat cold food.
2. 4-6 hours later in the shower.
3. Drink more warm water to replenish water and speed up metabolism.
4. Refuse to overeat or stay up late.
5. Avoid sauna, hot spring or strenuous exercise for 7 days after operation.
6. Wear pants when you're done. Avoid miniskirts and shorts.

## **Part II**

### **1. Detailed Operation**

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



**Note:** The interface of each handle is the same.

### 1.1 Function Selection



Time Adjustment (Advised operation time for each handle is around 8-10 min)



Time -



Time +



Model



Energy - (Adjust the energy level subjecting to one's own comfort level; It is advised to start with 2-5 at the beginning.)



Energy+



Click Start/Stop

## 1.2 Detailed Operation: 40K



Select to go to the interface below



Time Adjustment (Advised operation time for each handle is around 8-10 min)



Time -



Time +



Model



Energy - (Adjust the energy level subjecting to one's own comfort level; It is advised to start with 2-5 at the beginning.)



Energy+/-



Click Start/Stop

### 1.3 Detailed Operation: Vacuum&RF



Select to go to the interface below



Time Adjustment (Advised operation time for each handle is around 8-10 min)



Time -



Time +



Suction Time Adjustment (Adjust the suction time subjecting to one's own comfort level; It is advised to start with the lowest amount and add up slowly after adaptation.)



Suction Time -



Suction Time +



Release Time Adjustment (Select release time subjecting to your comfort level. Release time refers to the interval period between suction and release. 0 means direct suction.)



Release Time -



Release Time +



Click Start/Stop

### 1.4 Detailed Operation: Body RF



Select to go to the interface below



Time Adjustment (Advised operation time for

each handle is around 8-10 min)



Time -



Time +



Model



Energy - (Adjust the energy level subjecting to one's own comfort level; It is advised to start with 2-5 at the beginning.)



Energy+/-



Click Start/Stop

## 1.5 Detailed Operation: Eye RF



Select to go to the interface below



Time Adjustment (Advised operation time for each handle is around 8-10 min)



Time -



Time +



Model



Energy - (Adjust the energy level subjecting to one's own comfort level; It is advised to start with 2-5 at the beginning.)



Energy+/-



Click Start/Stop

## 1.6 Detailed Operation: Face RF



Select to go to the interface below





Time Adjustment (Advised operation time for each handle is around 8-10 min)



Time -



Time +



Model



Energy - (Adjust the energy level subjecting to one's own comfort level; It is advised to start with 2-5 at the beginning.)



Energy+/-



Click Start/Stop

### 1.7 Detailed Operation: Big Laser Paddle



Select to go to the interface below



Time Adjustment (Advised operation time for each handle is around 8-10 min)



Time -



Time +



Model



Energy - (Adjust the energy level subjecting to one's own comfort level; It is advised to start with 2-5 at the beginning.)



Energy+/-



Start/Stop

## 1.8 Detailed Operation: Small Laser Paddle



Select to go to the interface below



Time Adjustment (Advised operation time for each handle is around 8-10 min)



Time -



Time +



Model



Energy - (Adjust the energy level subjecting to one's own comfort level; It is advised to start with 2-5 at the beginning.)



Energy+/-



Start/Stop

## 2. Technical Parameters

Power supply Input:100V-240V

Power :190W

Uoisetion 40K Cavitation Handle

Frequency:40KHz

Power:20W

Sextupolar 3D RF Handle for Body

Frequeuncy:1MHz

Power:50W

Quadrupole 3D RF Handle for Face and Body

Frequeuncy:1MHz

Power:50W

Three pole 3D RF Handle for face

Frequeuncy:1MHz

Power:30W

Vacuum Biploar 3D RF Handle

Frequeuncy:1MHz

Power:10W

Vacuum: <-80kPa

Pressure: >250kPa

Air flow: >10L/minute

Noise level: <70dB (30cm away)

Light wavelength: 635nm ~650nm

Power of each light: 5mw

Energy output :64 x 5mW =320mw ( 6 big pads \*10 light/each+2 small pads \* 2 light/each)

Mains power output: 100VA

Dimensions: 26\*24\*33 CM

Net Weight: 7.45 kg

Gross Weight : 8.15 kg

Input Power: AC 110V/220V 50/60Hz

Display: finger click Screen

### **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.

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

1. Please detach the probes, clean with water and store in place after each use.
2. Use a grounding pin and make sure the power socket of the device is properly connected before each operation.
3. 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.
4. 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.
5. The device should not be placed in wet environment or near water, nor should they be directly exposed to sunlight.
6. Do not place the device near a strong heat source, because this may affect the life and normal use of the device.
7. Before treatment, please remove all metal objects from the body first, so as to avoid unexpected conditions and influence the curative effect.

8. Please refrain from using the device on eyes, thyroid, parathyroid, testicles, abdomen of pregnant women, and pacemakers.
9. Patients who are suffering from illness should consult with a doctor and gain permission from the doctor before using.
10. Please turn off the power switch of the device, and ensure that the total power supply of the device is turned off before the staff leaves after daily use, so as to ensure the safety of the electrical products.
11. Use device or train device operators in strict accordance with instructions in the user manual.
12. When taking other weight-loss drugs, it is recommended to stop taking them for 1 to 2 months before treatment. Extension of the course of treatment is recommended if you wish to lose weight immediately.
13. Don't use the instrument with an empty stomach. After a full meal, wait at least 1 hour before a course of weight loss treatment.
14. When operating, the instrument should fully touch the skin to avoid uneven heat.
15. Start from the lowest energy level and slowly add up.
16. When using this device, the operating parts must be kept moist and dry skin should be avoided.
17. Clean the instrument with normal saline after operation to ensure its cleanliness and hygiene and prolong its service life.
18. Laser paddle can be used alone. Each operation time is around 45 min, 3-5 times per week.

## **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. No RF output of the instrument?**

- A. Please check whether the plug connecting the instrument handle and the body is tightly connected.
- B. Please check whether the treatment area has been cleaned. Grease or oil essential oil products may cause poor contact between the treatment handle of the instrument and human body, resulting in no rf output.

### **3. Weakened RF output?**

- A. Please check whether the plug connecting the instrument handle and the body is tightly connected.
- B. Please check whether non-conductive grease and other substances are stained on the treatment handle, which will cause poor contact and weaken the output.

C. Please check whether the product used is the adaptive product specified by the instrument.

#### **4. No suction or very little suction?**

A. Please turn off the instrument and check the filter element specially used for the instrument, which may need to be replaced.

B. Please check the rubber ring of the handle plug, because the rubber ring may be worn and cause air leakage.

C. Please check whether the oil filter cup outside the filter is tightened and whether the rubber ring is worn. It is possible that air leakage at this position may lead to poor air pressure.

D. If the above methods cannot address the issue, please contact the instrument dealer for assistance.

#### **5. I can start the instrument, but the screen show's error message?**

A. Please unplug the power plug behind the instrument and wait for about 1 minute before restarting the instrument.

B. If the above methods cannot be handled, please contact the instrument dealer for assistance.

## **6.FAQs**

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

A: Under normal circumstances within that day or a week. Skin collagen tissue is heated and produces contractions, and you can obviously feel skin tightening. Because RF works by stimulating subcutaneous tissue and bring about sustainable collagen regeneration, so the more you do it, the more visible effects you shall receive.

### **2. Q: Is RF harmful to skin?**

A: RF treatment falls under the category of non-surgery operation. It stimulates collagen regeneration at the skin bottom and boosts metabolism, therefore has no damage to the skin. Partial redness and fever is the normal phenomenon of accelerated blood circulation, and will be resolved by oneself after a moment, so there's no need to worry.

### **3.Q: How long does the body firming treatment take?**

A: One operation time is 60 minutes. We will combine professional techniques and instruments to achieve remarkable results.

### **4.Q: What are all the functions of this instrument?**

A: Dissolve fat, body shaping, smooth skin, firming, lifting, and anti-aging. It can be operated all over the body. In terms of facial care, it can contour facial outline, alleviate wrinkles and saggy skin. In terms of body care, it can reduce regional fatness

and build S curve, promote the metabolism and detoxification of the whole body. Meanwhile, it can also enhance the functions of viscera and regulate the sub-health of the body.

**5.Q: Which one is better in terms of weight loss, liposuction or this machine?**

A: The principle of liposuction is to suck out the excess fat in one part of the body through the method of negative pressure suction, so as to achieve the purpose of rapid weight loss on parts of the body. It achieves fast results, requires anesthesia, recovery period. It falls under the category of surgery operation and comes with risks. However, our machine is risk-free and has no side effects. While losing weight, it can stimulate collagen regeneration to lift and tighten skin. By lifting, it can also shape perfect curves and accentuate women's natural charm.

**6.Q: Will I experience rebound after operation?**

A: RF works by dissolving fat to reduce weight, and are not prone to rebound. Because what's dissolved through RF treatment is fat, not water. The formation of fat needs a longer period of time to accumulate, so it is not prone to rebound.

**7.Q: Do I need to be on a diet?**

A: Pay attention to what you eat. Because radio frequency and ultrasonic treatment end with blasting adipose and accelerated metabolism. It's best to avoid eating spicy, oily, or fried food, to avoid affecting regular metabolism. Also proper workout and sweating help with the process, in a way weight loss will be more visible as well.

**8.Q: Does it have any side effects on the body?**

A: RF beauty treatment is non-invasive and so far the most safe and effective method to remove wrinkles and shape body. Generally speaking side effects won't appear. A small number of people may experience transient redness or swelling that will disappear after a few hours. Those with dry skin may experience atrophy after the initial treatment. The skin will lose moisture due to RF heat. However, the skin will become plump at the beginning of collagen regeneration and these symptoms will disappear after three days. There are no side effects on health.

**9.Q: Can RF instrument be used for chest shaping?**

A: As the growth of age and female physiology period, sub-health state, gravity, stimulation during lactation, a large number of nutrition loss... All the above will cause collagen loss, decreased blood flow, damaged elastic tissue, flabby ligament gland, and prolapsed breasts. Through RF energy conduction, collagen protease can be promoted to repair elastic tissue and ligament glands, thus achieving the effect of chest lifting and shaping.

**10. Q: Can ultrasound be operated all over the body?**

A: Ultrasonic cavitation ruptures fat cells and causes mechanical disruption of fat cell membrane. Liquefied fat cells then cleared away by metabolic pathways. Our heart is

a hollow organ, and sensitive to high frequency sound waves. Back and forth reflex occur due to the fact that 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 muscles. If directed at the eye, it can cause retinal detachment. In a word, avoid eye and heart area when using ultrasonic beauty device. (It is also advised not to use it on waist, back and chest.)

**11.Q: Does ultrasound have side effects on human body?**

A: Ultrasonic beauty machine requires no surgery, no opening up and no anesthesia, therefore is indeed non-invasive. It relies on ultrasound (mechanical sound wave) - blast fat through cavitation - ultrasound focusing. And the results are fat smash - fat dissolving - skin firming and body sculpting respectively. It only targets at low density fat cells while leaving high density tissues like blood vessels intact, therefore having no side effects on human body. Slight tinnitus might appear to happen during the treatment, which is within normal range so there's no need to worry.

**12.Q: Why does tinnitus occur?**

A: It's because ultrasound comes with a high frequency vibration, which could go up to 20kHz. It also goes deep into skin fat layers, which could go down to 20mm below epidermis. Highly intensifies ultrasound cause high speed friction among fat cells, resulting in them bursting and heating up, and eventually emulsified. And during the process, ultrasound can cause microvibration to the tissue that make us feel like as "tinnitus".

**13.Q: What is collagen?**

A: Collagen is a kind of biological macromolecule substance, a kind of white, opaque and non-branched fibrous protein. It can supplement the nutrition needed by all layers of the skin, enhance the collagen activity in the skin, lock moisture, nourish the skin, delay aging, beautify, relieve facial relaxation, provide nutrients for the hair and so on. Collagen is a nutrient that human body must replenish to delay aging. With the growth of age, collagen will gradually be lost. At the age of 20, women have begun to age, collagen gradually decrease. At the age of 25, collagen loss reaches its peak. At the age of 40, the content is less than half of which one has at age 18. It is the loss of collagen and water that causes the wrinkles on the face of the elderly. The breakage of collagen fibers and elastic mesh will cause skin tissue to be oxidized, atrophied and collapsed. The skin will be dry, wrinkled, flabby and inelastic etc,. Therefore, in order to delay aging, collagen must be supplemented.

**14. Q: Why do I need breast maintenance?**

A: The lymph nodes of bosom rank the top among other parts of the body, which also lead to toxin accumulation very easily, and urbanite life rhythm is very fast now, working pressure is very big, which can bring about the hyperplasia of different level. The saying goes that bosom is the cradle of children, the garden of the woman, the symbol of female identity! Breast maintenance can make your figure more beautiful,



add scores for your whole temperament, thus turn head rate increases 10 times certainly! Good figure and temperament will also ensure husband's loyalty!

The evolution of breast cancer: breast milk residual , secretions, toxins -- nodules and blockages -- lobular hyperplasia, ductal hyperplasia, breast hyperplasia -- duct blockage and adhesion -- fibroma, breast cyst -- breast cancer.

**15.Q: Why do I need hip maintenance?**

A: Because it can help the body lymphatic system discharge poison, improve the gynaecological disease, and avoid harm brought by buttock blockage. Hip impassability surely bring about gynaecological issues. What's inside buttocks is pelvic cavity, bowel. It connects daimai, lumbar vertebra, sciatic nerve from above, uterus ovary, uterine adenexa in front, anus, vagina, inguinal lymphatic from below.

If suffering from squeeze of shangjiao and xiaojiao meridian channels, hip would be most vulnerable to cold, wet and blood stasis. When hip is affected by cold, it can cause meridian contraction of hips, dysmenorrhea, irregular menstruation, dark menstruation color , clot, deterred blood flow and meridian channels. It also affects fertility.

**16.Q: How does negative pressure detoxify?**

A: Negative pressure can congest capillary, stimulate cell to increase vitality. The suction and release of pressure during operation can make local pores continue to open and close, therefore promote skin breathing, increase the amount of skin oxygen, speed up the elimination of waste. So it achieves the effects of promoting qi and blood circulation, dispelling coldness and dampness, dredging channels and collaterals, clearing toxins,heat and so on.

## **7. Packing List**

1 x 40KHz Unoisetion Cavitation Handle

1 x Vacuum Bipolar RF Handle

1 x Three pole RF Handle for Face and Eyes' Around

1 x Quadrupole RF Handle for Face and Body




1 x Multipolar RF Handle for Body

6 x Big LED Laser Paddles

2 x Small LED Laser Paddles

1 x Power cord Power Supply Cord( Both 110v and 220v voltage (frequency: 50/60Hz) version are available. Also we stock the USA, UK, AU, EU plug to suit for the country all over the world.)

## 8.Operational Diagrams



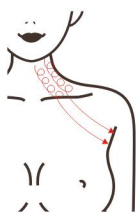


Parameter Adjustment	Product	Techniques	Diagrams
<b>Facial Anti-aging: 60 min, once/week</b>			
RF Energy: 3-8	Makeup remover oil+ Face wash+ Massage cream+ Essence+ Device+ Facial mask	<ol style="list-style-type: none"> <li>1. Remove makeup and cleanse face, 5 min.</li> <li>2. Apply toner, 2 min.</li> <li>3. Face massage: Alternate both palms to lift face, starting from chin to forehead, 3 times.</li> <li>4. Do the same on the other side.</li> <li>5. Clean face, 2 min.</li> <li>6. Apply gel or essence evenly on face, 1 min.</li> <li>7. Select RF face probe, combined with hand to lift, moving in circles from double chin to the back of the ear, 3 times.</li> <li>8. Move from chin to ear gate in circles, 3 times.</li> <li>9. Move from mouth corner to temple in circles, 3 times.</li> <li>10. Move from nose wing to temple in circles, 3 times.</li> <li>11. Move from lower eyelid to temple, 3 times.</li> <li>12. Move in circles towards hairline on forehead, 3 times.</li> <li>13. Brace the skin and lift in lines on one side of the face, 3-5 times.</li> <li>14. Do the same on the</li> </ol>	<p>Technique3</p>  <hr/> <p>Technique7</p>  <hr/> <p>Technique8</p> 

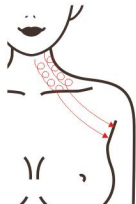


		<p>other side. You can double the operation on fine lines or wrinkles.</p> <p>15. Clean face, 2 min.</p> <p>16. Apply facial mask, 15 min.</p> <p>17. Take of the mask and wash face clean, 2 min.</p> <p>18. Apply toner, essence, cream and sunscreen.</p>	
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**Suggested Treatment:**

10 treatments account for one full course. After one time, the skin will be firm and tender, providing the skin with needed nutrition. After a course of treatment, the skin is lifted and shiny. After 2 courses, the skin is smooth and plump, and the outline gradually becomes clear. After 3 courses, it can achieve effects such as prevent and delay skin aging, improve sagging and loose skin, and increase collagen in the bottom of skin, making skin smooth, firm and glowing.

## Neck Anti-aging: 60 min, once/week

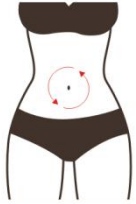
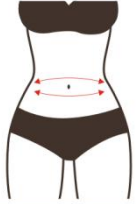
<p>RF Energy: 3-8</p>	<p>Makeup remover oil+ Face wash+ Massage cream+ Essence+ Device+ Neck mask</p>	<ol style="list-style-type: none"> <li>1. Remove makeup and cleanse face, 5 min.</li> <li>2. Apply toner, 1 min.</li> <li>3. Neck massage: apply and rub oil on the chest with both hands to the back of the neck and point to feng chi and feng fu acupoint, 3 times.</li> <li>4. Alternately lift the lower jaw and double chin to pass behind the ear and under the armpit, 3 times.</li> <li>5. Push downwards with hand spread and hukou pointing down, tracing 3 meridian channels from the neck side to the armpit, 3 times.</li> <li>6. Push downwards with 4 fingers, tracing 3 meridian channels from neck side to the armpit, 3 times.</li> <li>7. Push downwards with kneeling fingers till the neck turns hot and slide to the armpit, 3 times.</li> <li>8. Push downwards with hand spread and hukou pointing down from external collarbone to armpit, 3-5 times.</li> <li>9. Do the same on the other side.</li> <li>10. Select RF probe for neck, adjust the modal(1-5), and start the operation, combined with hand to lift the treatment surface.</li> <li>11. Coupled with hand</li> </ol>	<p>Technique3</p>  <hr/> <p>Technique4,6,7</p>  <hr/> <p>Technique5</p>  <hr/> <p>Technique8</p>  <hr/> <p>Technique11</p>  <hr/> <p>Technique12</p>
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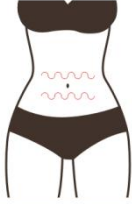
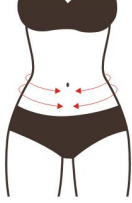

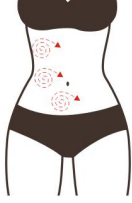
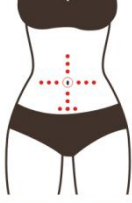

		<p>massage, lift double chin to pass behind the ear and under the armpit, 3 times.</p> <p>12. Move the probe in circles, tracing 3 collaterals on sides of the neck, and slide to the armpit, 3 times.</p> <p>13. Move the device in circles on the whole neck area, 3 times.</p> <p>14. Lift neck in lines, 3 times.</p> <p>15. Do the same on the other side.</p> <p>16. Wash neck clean, 2 min.</p> <p>17. Apply neck mask, 15 min.</p> <p>18. Apply essence.</p>	 <p>Technique13</p>  <p>Technique14</p> 
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**Suggested Treatments:**

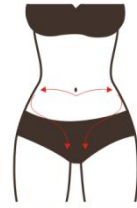
10 treatments account for one full course. After one treatment, neck skin is tightened and lifted. After a full course, neck skin is hydrated with faded fine lines. After 3 course, skin is fine, firm and smooth.

**Warm Womb&Waist Shaping: 60 min, once/week**

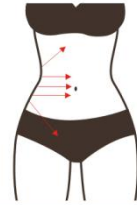
<p>RF Energy: 3-8</p> <p>Ultrasonic energy: 3-8</p> <p>Mode: Intermittent</p> <p>Laser Paddle Energy: 3-8</p> <p>Mode: Consecutive</p>	<p>Massage cream+ Ultrasonic gel+ Device</p>	<ol style="list-style-type: none"> <li>1. Apply and rub oil on abdomen with hands, 3 times.</li> <li>2. Rub stomach back and forth with both hands, 3-5 times.</li> <li>3. Knead abdomen with both hands using chiropractic techniques, 3 times.</li> <li>4. Lift daimai on both sides of waist with both hands alternately, 16 times.</li> <li>5. Move hands as if writing an "8" number on waist, 3 times.</li> </ol>	<p>Technique1</p>  <p>Technique2</p>  <p>Technique3</p>
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		<p>6. Overlap hands and message the intestinal canal clockwise, 3 times.</p> <p>7. Move hands in circular motion and caress the treatment area, 3 times.</p> <p>8. Push on the following acupoints: shangwan zhongwan xiawan shenque qihai guanyuan zhongji tianshu dasheng qugu, 2 times.</p> <p>9. Move hands in circular motion and caress the treatment area, 3 times.</p> <p>10. Push collaterals alternately from top to bottom (ren meridian - 2 inches away kidney meridian - 4 inches away stomach meridian - 6 inches away spleen meridian - 8 inches away liver meridian - bile meridian on both sides), 3 times.</p> <p>11. Starting from zhongji point, 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 with hands, 3 times.</p> <p>13. Slide to groin, 3 times. RF operation: starting from one side of the waist, lift the device to abdomen and groin, 3 times.</p> <p>14. Repeat the previous operation on the other side, 3 times.</p> <p>15. Move the device on abdomen in small circular motions, 3 times.</p> <p>16. Move the device on</p>	 <hr/> <p>Technique4</p>  <hr/> <p>Technique5</p>  <hr/> <p>Technique6</p>  <hr/> <p>Technique8</p>  <hr/> <p>Technique10</p>  <hr/> <p>Technique11</p>
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abdomen in big circular motions, 3-5 times.  
 17. Move the probe to shape the waist as if writing "8", 3-5 times.  
 18. Combined with hand, lift daimai on both sides of the waist, 16 times.  
 19. Repeat the same technique with ultrasonic operation.  
 20. Lipo laser operation: fixate the laser paddle on the waist and abdomen. Wait for 20 min or so.  
 21. Take off the paddles and clean abdomen with hot towel.



Technique14



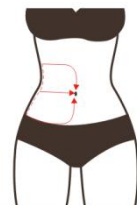
Technique16



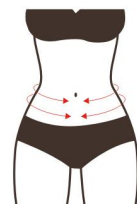
Technique16



Technique17



Technique18





**Suggested treatment:**

10 treatments account for a full course. After one treatment, waistline and constipation are improved. After a full course, skin is tightened and lifted. It also improves constipation, and accelerates the circulation of the abdomen effectively promote digestion and intestinal peristalsis, abdominal fat free slowly and metabolism, the skin collagen regeneration. After three courses, skin wrinkles, stretch marks slowly fade. Perfect waistline and s curve start to show. (One course of treatment reduces the size, two courses of treatment strengthen the effect, three courses of treatment consolidate the effect without rebound.)

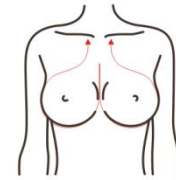
**Shaping Breasts: 60 min, once/week**

RF Energy:  
3-8

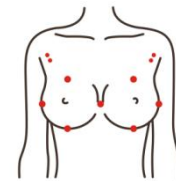
Massage cream  
(essential oil)+  
Device

1. Stand at the head of the bed, both hands from shan 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.
2. Both hands thumb point: shanzhong, rugen, dabao, yingchuang, zhongfu, yunmen, 3 times.
3. Caress the treatment area, 3 times.
4. Overlap both palms from shan zhong point to chest both sides back and forth as if writing an "8" number, 3 times
5. Lift the accessory breast to the suspensory ligament alternately with both hands, first left, then right, 10 times.
6. Caress the treatment area, 3 times.
7. Sit beside the customer, first left, then right, with both hands to soothe and lift the chest, 3-5 times.
8. Alternately push the breast duct around the

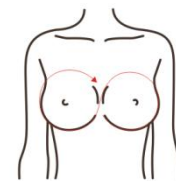
Technique1



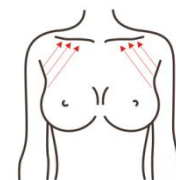
Technique2



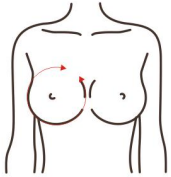
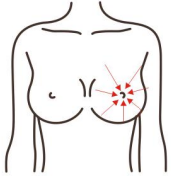
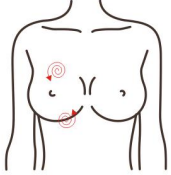
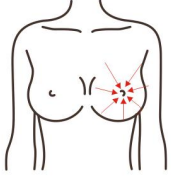
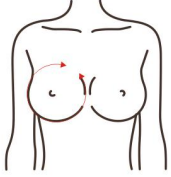
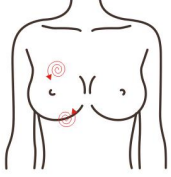
Technique4





Technique5



Technique7

		<p>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. RF operation: first left, then right, from the bottom to the top along the direction of the chest to the nipple, combined with hand pacification, 5-8 times.</p> <p>13. Draw half a circle along the chest to lift and pull from the bottom to the collarbone, combining with hand comfort, 5-8 times.</p> <p>14. Make small circles to clear the nodule site for 3-5 times.</p> <p>15. The customer lies on his side and stands up with his arms. The device burns fat in circles at the position of auxiliary breast, 5-8 times.</p> <p>16. The instrument is pushed from the position of underarm auxiliary breast to the chest (shaping and receiving auxiliary breast), 5-8 times</p> <p>17. The technique on the other side is the same as above.</p>	 <hr/> <p>Technique8</p>  <hr/> <p>Technique9</p>  <hr/> <p>Technique12</p>  <hr/> <p>Technique13</p>  <hr/> <p>Technique14</p>  <hr/> <p>Technique15</p>
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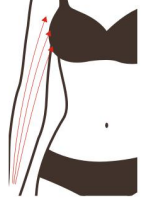

			 <hr/> <p>Technique16</p>  <hr/>
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**Suggested Treatment:**

10 times account for a course of treatment. After a full course, breasts will experience heat, blood circulation is boosted, and a certain improvement effect will be seen. After a course of treatment the effect is more obvious, nodules are improved. 3 courses help tighten the skin and consolidate shaping effect, and increase the elasticity of the breasts. Regulating endocrine makes women more attractive.

**Shaping Arms: 60 min, once/week**

RF Energy: 3-8	Essential oil (massage cream)+ Ultrasonic gel+ Device	<ol style="list-style-type: none"> <li>1. Left-right order: lay the arm flatwise, apply and rub oil in from lower arm to the entire arm and slide to the fingers, 3 times.</li> <li>2. Push the entire arm with both palms, 3 times.</li> <li>3. Push hands upwards tracing three main collateral channels(dachangjing-sanjiaojing-xiaochangjing) to armpits with fingers spread and hukou pointing upwards, 3 times.</li> <li>4. Caress the treatment area, 3 times.</li> </ol>	Technique1
Ultrasonic energy: 3-8			Technique2,3,5
Mode: Intermittent			Technique7
Lipo Laser Energy: 3-8			
Mode: Consecutive			



		<p>5. Trace and rub three main collateral channels on arms with kneeling finger back and forth till them turn hot, 3 times.</p> <p>6. Caress the treatment area, 3 times.</p> <p>7. Lay inner arm upwards, and push hands tracing three yin channel on inner arm(feijing-xinbaojing-xinjin g) to armpit, with hukou pointing upwards, 3 times respectively.</p> <p>8. Rub three channels back and forth with kneeling fingers, 3 times.</p> <p>9. Caress the treatment area and slide to fingers.</p> <p>10. The end of massage techniques.</p> <p>11. Repeat the previous operation on another side.</p> <p>12. RF device operation: lay arms flatwise and start from fat part of lower arm, tracing three channels to armpit, 3 times.</p> <p>13. Move the device in annular motion, tracing three channels to armpit, 3 times.</p> <p>14. You may double the operation on flabby arms, 3 times.</p> <p>15. Trace three channels to armpit, 3 times.</p> <p>16. Lay inner arm flatwise and push three channels on upper arm to armpit, 3 times.</p> <p>17. Trace three channels on upper arm and move the device in circles to armpit, 3</p>	 <hr/> <p>Technique8</p>  <hr/> <p>Technique9</p>  <hr/> <p>Technique12</p>  <hr/> <p>Technique13</p>  <hr/>
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		<p>times.</p> <p>18. Trace three channels from upper arm to armpit.</p> <p>19. Repeat the previous operation with ultrasonic operation.</p> <p>20. Repeat the previous operation on another side.</p> <p>21. Lipo laser operation: Fixate the laser paddle on the fat part of the arms. Wait for 20 min.</p> <p>22. Remove the paddles and clean arm with hot towel.</p>	
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**Suggested Treatment:**

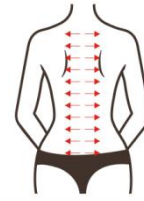
10 treatments account for a full course. Once done, it will feel warm and tight, and the arms will be relaxed. A course of treatment help reduce excessive arm fat and the skin appear to be tight and plump. 2 courses of treatment began to shape the arms, strengthen the effect, dredge meridians, and enhance the physique. 3 courses help consolidate stability and prevent rebound.

**Shaping Back: 60 min, once/week**

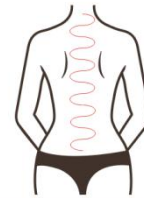
<p>RF energy: 3-8</p> <p>Vacuum&amp;RF energy: 3-8</p> <p>Suction: 0.3-1.5</p> <p>Release: 0-1.0</p> <p>Mode: M1</p> <p>Lipo Laser Energy: 3-8</p>	<p>Essential oil+ Device</p>	<ol style="list-style-type: none"> <li>1. Apply oil on back and press Fengchi and fengfu points.</li> <li>2. (Starting from hairline) stroke badanjin with thumb, 3-5 times.</li> <li>3. Move thumb outwards from pangguangjin to baliao area and then to fengchi and fengfu point.</li> <li>4. Starting from neck to caudal vertebra, move hands in S-shape, 3 times.</li> <li>5. Push pangguangjin with thumb in left-right order, 3 times.</li> <li>6. Push pangguangjin to baliao area with both thumbs, at the same time, 3</li> </ol>	<p>Technique1</p>  <hr/> <p>Technique2</p>  <hr/> <p>Technique3</p>
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Mode:  
Consecutive

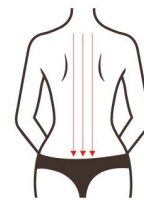
- times.
7. Push pangguangjin in three kneeling fingers, 3 times.
  8. Push scapula slot with both hands alternately in left-right order, 3-6 times.
  9. Push scapula slot with both hands horizontally, 3-6 times.
  10. Caress the back with both hands and push fengchi and fengfu points, 3 times.
  11. Overlap both thumbs and push tianzong point and slide to the arm, 3 times.
  12. Repeat the previous action on another arm, 3 times.
  13. Rub dumai and pangguangjin with hands until they turned hot.
  14. Vacuum RF Operation: Starting from dumai to pangguangjin, move the device from neck to baliao area, 3-5 times.
  15. Move the device in circles on dazhui point, and baliao area, 3-5 times respectively.
  16. From dabanjin to neck, move the device back and forth, 3-5 times.
  17. Lift the device on scapula slot in left-right order, 3-5 times.
  18. Move the device horizontally as if writing an "8" number to baliao area, 3 times.
  19. Move the device



Technique4



Technique5,6,7



Technique8



Technique10

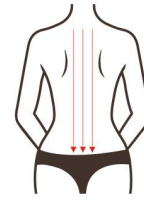


Technique11

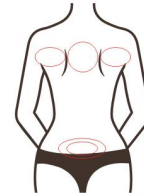


Technique13,14

upwards in annular motion to armpit in left-right order on both sides, 3 times.  
20. Starting from neck, slide the device from dumai and panguangjin to baliiao area, 3-5 times.  
21. Repeat the same technique with Vacuum&RF Operation.  
22. Lipo laser operation: Fixate the laser paddles on the fat part of the back. Wait for 20 min.  
23. Take off the paddles and clean the back with hot towel.



Technique15



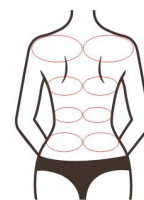
Technique16



Technique17




Technique18



Technique19





Technique20

			
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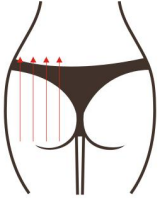
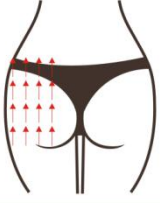
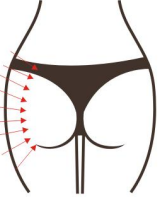
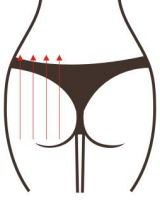
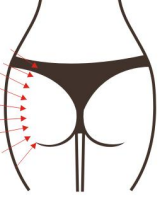
**Suggested Treatment:**


10 treatments account for a full course. Once done, back feel significantly relaxed, and it can also alleviate neck stiffness, and lift skin. A course help relax shoulder, reduce back fat, ease the lump on the nape of the back, and shape the back line. After two courses, the lump appears to be smaller, and it help dredge meridians, regulate sub-health, and improve sleep. 3 courses help with back thinning, define back line, strengthen viscera function, improve digestion, detoxification and metabolism, (a period of treatment is to reduce size, two courses is to strengthen effect, three courses help with consolidation and avoid rebound.)

**Shaping Buttocks: 60 min, once/week**

RF energy: 3-8	Essential oil+ Device	<ol style="list-style-type: none"> <li>1. Standing on the side, accumulate oil on hands and then slide to the waist and then lift up along the hips from the waist, 3 times (this is to caress the treatment area.)</li> <li>2. Repeatedly push ba liao zone with two thumbs.</li> <li>3. Caress the treatment area for 3 times and then point: "shenyu", "ba liao", "chang qiang", "huan tiao" and "cheng fu", 3 times.</li> <li>4. Caress the treatment area, 3 times.</li> </ol>	Technique1
Vacuum&RF energy: 3-8			
Suction: 0.3-1.5			Technique2
Release: 0-1.0			
Mode: M1			Technique3
Lipo Laser			



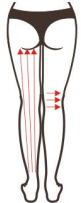

<p>Energy: 3-8</p> <p>Mode: Consecutive</p>		<p>5. First left, then right, with both hands extending from the root of the thigh from bottom to top -- bladder tendon -- kidney -- liver -- gallbladder -- vein, 3 times each.</p> <p>6. Both hands follow from the root of thigh from bottom to top -- bladder channel, kidney channel, liver channel and gallbladder channel to the vein, 3 times each.</p> <p>7. Overlap both palms and push up together from thigh root to pulse (ascension), 3 to 5 times.</p> <p>8. Push your hands from bottom to top from both sides of your hips to the top of your hips, 3 times.</p> <p>9. Repeat the previous operation.</p> <p>10. Caress the treatment area.</p> <p>11. The technique on the other side is the same as above.</p> <p>12. RF Operation: lift from the thigh root to daimai in lines, 3 times.</p> <p>13. Lift 3 times from bottom to top on both sides of the buttocks to the highest point of the buttocks.</p> <p>14. Circle your hips, 3 to 5 times.</p> <p>15. Lift 3 times from thigh root to vein.</p> <p>16. Lift from bottom to top on both sides of the buttocks to the highest point of the buttocks, 3</p>	 <p>Technique5</p>  <p>Technique6</p>  <p>Technique8</p>  <p>Technique12,15</p>  <p>Technique13,16</p>  <p>Technique14</p>
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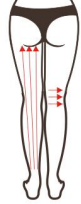


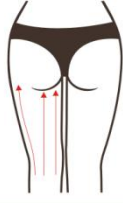

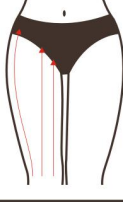
		<p>times.</p> <p>17. Do the same on the other side.</p> <p>18. Vacuum&amp;RF operation method is the same as above.</p> <p>19. Lipo laer operation: Fixate the laser paddles on the fat part of the buttocks. Wait for 20 min.</p> <p>20. Take off the paddle and clean buttocks with hot towel.</p>	
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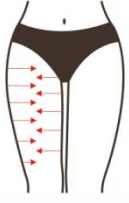
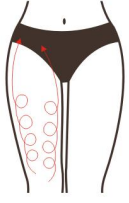
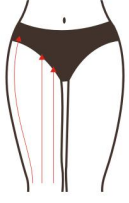
**Suggested Treatment:**

10 treatments account for a full course. After one treatment, buttocks will experience lifting and heat. After a course of treatment buttocks start to show obvious curve lines, and excessive fat begin to disappear slowly, and skin appear to be tight. After 3 courses, the conditions of cold body and uterus, other gynecological problems such as irregular menstruation are improved. It also help consolidate the effect, and increase the female charm.

### Shaping Legs: 70 min, once/week

<p>Vacuum&amp;RF Energy: 3-8</p> <p>Suction: 0.3-1.5</p> <p>Release: 0-1.0</p> <p>Mode: M1</p> <p>Ultrasonic Energy: 3-8</p> <p>Mode: Intermittent</p>	<p>Essential oil (massage cream)+ Ultrasonic gel+ Device</p>	<ol style="list-style-type: none"> <li>1. Rear leg, left-right order: apply and rub oil in from calf to thigh to heel, 3 times.</li> <li>2. Alternately push the entire leg from bottom to top and wrap back into the heel, 3 times</li> <li>3. Move hands upwards to four main collateral channels(panguangjin-she njin-ganjin-danjin) with fingers spread and hukou pointing upwards.</li> <li>4. Push hands alternately to popliteal fossa, 3 times.</li> <li>5. Twist both hands upwards alternately as if twisting a fried dough, 3</li> </ol>	<p>Technique1,2,3,4</p>  <hr/> <p>Technique5</p>  <hr/> <p>Technique7,10</p>
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<p>Lipo Laser Energy: 3-8</p> <p>Mode: Consecutive</p>		<p>times.</p> <p>6. Caress the treatment area, 3 times.</p> <p>7. Push four main collateral channels upwards with kneeling fingers of both hands, 3 times.</p> <p>8. Caress the treatment area, 3 times.</p> <p>9. Do the same on the other side.</p> <p>10. Vacuum&amp;RF operation: move the device from popliteal fossa to pangguangjin-shenjin-ganjin-danjin, 3 times.</p> <p>11. Move the device in small circular motion on calf, 3 times.</p> <p>12. Move the device upwards to popliteal fossa and caress the treatment area with hands, 3 times.</p> <p>13. Push from popliteal fossa tracing 4 main collateral channels to the end of thigh, 3 times.</p> <p>14. Move the device in circular motion from popliteal fossa to the end of thigh, 3 times.</p> <p>15. Push from popliteal fossa tracing main collateral channels to the end of thigh, 3 times.</p> <p>16. Repeat the same techniques with ultrasonic operation.</p> <p>17. Do the same on the other side.</p> <p>18. Foreleg: rub oil with both hands from heel to the thigh root (namely to caress the treatment area), 3</p>	 <p>Technique11</p>  <p>Technique12</p>  <p>Technique13,15</p>  <p>Technique14</p>  <p>Technique18,19,20,21</p>  <p>Technique24</p>
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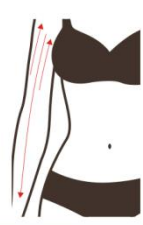
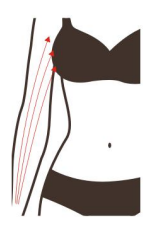
		<p>times.</p> <p>19. Alternately push the entire leg from bottom to top and wrap back into the heel, 3 times.</p> <p>20. Move hands upwards to four main collateral channels (pijing-weijing-ganjing-danjing) with fingers spread and hukou pointing upwards, 3 times.</p> <p>21. Push four main collateral channels upwards with kneeling fingers of both hands, 3 times.</p> <p>22. Vacuum&amp;RF operation: Lift the device towards knee while tracing 3 collaterals, 3 times (start from thigh if there's not enough unwanted fat on calf).</p> <p>23. Move the device on two sides of calf in annular motion, 3 times (start from thigh if there's not enough unwanted fat on calf).</p> <p>24. Lift the device from knee to thigh root in lines, 3 times.</p> <p>25. Move the device in small circles on thigh, 3 times.</p> <p>26. Coupled with hand, lift from 2 sides of leg to the middle, 3 times.</p> <p>27. Lift the device from knee to thigh root in annular motion, 3 times.</p> <p>28. Lift the device from knee to thigh root in lines, 3 times.</p> <p>29. Repeat the same techniques with ultrasonic operation.</p>	 <hr/> <p>Technique25</p>  <hr/> <p>Technique26</p>  <hr/> <p>Technique27</p>  <hr/> <p>Technique28</p>  <hr/>
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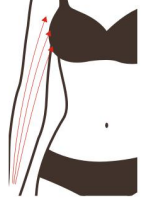
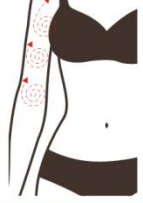

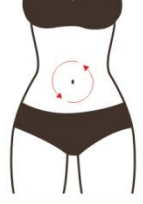
		<p>30. Do the same on the other side.</p> <p>31. Lipo laer operation: Fixate the laser paddles on the fat part of the legs. Wait for 20 min.</p> <p>32. Take off the paddles and clean the legs with hot towel.</p>	
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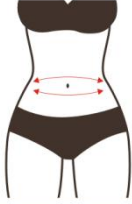
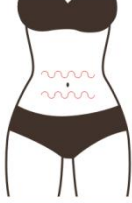
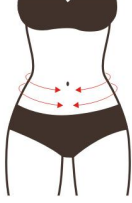



**Suggested Treatment:**


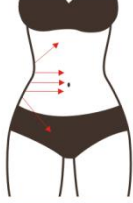


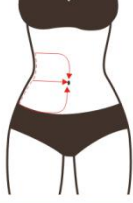

10 treatments account for a full course. After one treatment, leg is relaxed, and circulation is accelerated. After a course of treatment, leg becomes thin, skin collagen tissue experience contraction due to heat effect, and tightening effect can obviously be felt on the skin. After 2 courses, leg is tight and slim, and obvious results are seen. 3 courses help consolidate the effect. Super RF + super ultrasound is to stimulate the dermis of the skin, which can sustain collagen regeneration, so the treatment effect will be more and more obvious.

**Body-Sculpting&Slimming: 120 min, once/week**

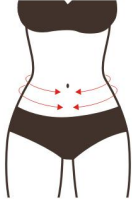

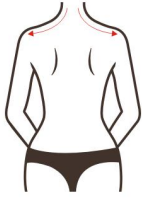
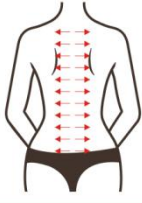
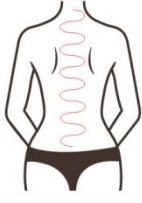
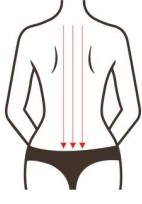
<p>RF Energy: 3-8</p> <p>Vacuum RF Energy: 3-8</p> <p>Suction time: 0.3-1.5</p> <p>Release time: 0-1.0</p> <p>Mode: M1</p> <p>Ultrasonic Energy:</p>	<p>Essential oil (massage cream) + Ultrasonic gel+ Device</p>	<p><b>Arms</b></p> <p>1. Left-right order: lay the arm flatwise, apply and rub oil in from lower arm to the entire arm and slide to the fingers, 3 times.</p> <p>2. Push the entire arm with both palms alternately, 3 times.</p> <p>3. Push hands upwards tracing three main collateral channels(dachangjing-sanjia ojing-xiaochangjing) to armpits with fingers spread and hukou pointing upwards, 3 times.</p> <p>4. Trace and rub three main collateral channels on arms with kneeling finger back</p>	<p>Technique1</p>  <hr/> <p>Technique2,3,4</p>  <hr/> <p>Technique5,6</p>
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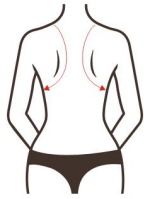

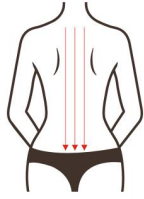
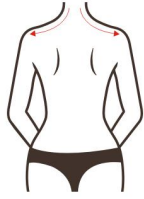
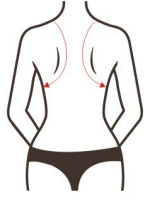
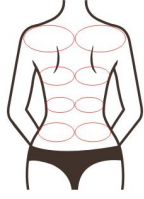
<p>3-8</p> <p>Mode: Intermittent</p> <p>Lipo Laser Energy: 3-8</p> <p>Mode: Consecutive</p>		<p>and forth till they turn hot, 3 times.</p> <p>5. Lay inner arm upwards, and push hands tracing three yin channel on inner arm(feijing-xinbaojing-xinjin g) to armpit, with hukou pointing upwards, 3 times respectively.</p> <p>6. Rub three channels back and forth with kneeling fingers, 3 times.</p> <p>7. Caress the treatment area and slide to fingers.</p> <p>8. RF device operation: lay arms flatwise and start from fat part of lower arm, tracing three channels to armpit, 3 times.</p> <p>9. Move the device in annular motion, tracing three channels to armpit, 3 times.</p> <p>10. You may double the operation on flabby arms, 3 times.</p> <p>11. Trace three channels to armpit, 3 times.</p> <p>12. Lay inner arm flatwise and push three channels on upper arm to armpit, 3 times.</p> <p>13. Trace three channels on upper arm and move the device in circles to armpit, 3 times.</p> <p>14. Repeat the previous operation with ultrasonic operation.</p> <p>15. Do the same on the other side.</p> <p>16. Lipo laser operation: Fixate the laser paddles on the fat part of the back.</p>	 <p>Technique7</p>  <p>Technique8,10</p>  <p>Technique9</p>  <p>Technique11,13</p>  <p>Technique19</p>  <p>Technique20</p>
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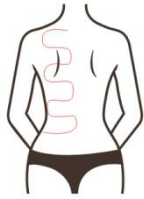

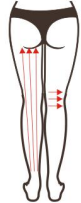



		<p>Wait for 20 min.</p> <p>17. Take off the paddles and clean the back with hot towel.</p> <p>18. The end of arm treatment.</p> <p><b>Waist&amp;Abdomen</b></p> <p>19. Apply and rub oil on abdomen with hands, 3 times.</p> <p>20. Rub stomach back and forth with both hands, 3 times.</p> <p>21. Knead abdomen with both hands using chiropractic techniques, 3 times.</p> <p>22. Lift daimai on both sides of waist with both hands alternately, 3 times.</p> <p>23. Move hands as if writing an “8” number on waist, 3 times.</p> <p>24. Overlap hands and massage the intestinal canal clockwise, 3 times.</p> <p>25. Push on the following acupoints: shangwan zhongwan xiawan shenque qihai guanyuan zhongji tianshu dasheng qugu, 2 times.</p> <p>26. Starting from zhongji point, push both thumbs to belly navel, slide them to waist and the lift upwards to groin, 3 times.</p> <p>27. Vacuum&amp;RF operation: starting from one side of the waist, lift the device to abdomen and groin, 3 times.</p> <p>28. Repeat the previous</p>	 <p>Technique21</p>  <p>Technique22</p>  <p>Technique23</p>  <p>Technique24</p>  <p>Technique25</p>  <p>Technique26</p>
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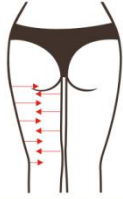
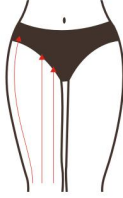

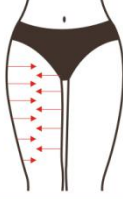
		<p>operation on the other side, 3 times.</p> <p>29. Move the device on abdomen in small circular motions, 3 times.</p> <p>30. Move the device on abdomen in big circular motions, 3 times.</p> <p>31. Move the probe to shape the waist as if writing "8", 3-5 times.</p> <p>32. Move the probe up and down to shape the waist, 3-5 times.</p> <p>33. Combined with hand, lift daimai on both sides of the waist, 16 times.</p> <p>34. Repeat the same technique with ultrasonic operation.</p> <p>35. Lipo laser operation: fixate the laser paddle on the waist and abdomen. Wait for 20 min or so.</p> <p>36. Take off the paddles and clean abdomen with hot towel.</p> <p>37. The end of abdomen treatment.</p> <p><b>Back</b></p> <p>38. Apply oil on back and press Fengchi and fengfu points.</p> <p>39. (Starting from hairline) stroke badanjin with thumb, 3-5 times.</p> <p>40. Move thumb outwards from panguangjin to baliiao area and then to fengchi and fengfu point.</p> <p>41. Starting from neck to caudal vertebra, move hands in S-shape, 3 times.</p>	 <hr/> <p>Technique27</p>  <hr/> <p>Technique29</p>  <hr/> <p>Technique30</p>  <hr/> <p>Technique31</p>  <hr/> <p>Technique32</p>  <hr/> <p>Technique33</p>
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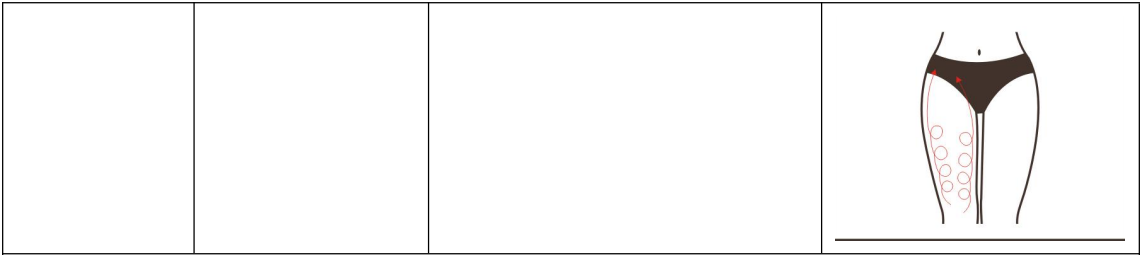


		<p>42. Push pungguangjin with thumb in left-right order, 3 times.</p> <p>43. Push pungguangjin to baliao area in three kneeling fingers, 3 times.</p> <p>44. Push scapula slot with both hands alternately in left-right order, 3-6 times.</p> <p>45. Push scapula slot with both hands horizontally, 3-6 times.</p> <p>46. Overlap both thumbs and push tianzong point and slide to the arm, 3 times.</p> <p>47. RF Operation: Starting from dumai to pungguangjin, move the device from neck to baliao area, 3-5 times.</p> <p>48. From dabanjin to neck, move the device back and forth, 3-5 times.</p> <p>49. Lift the device on scapula slot in left-right order, 3-5 times.</p> <p>50. Move the device horizontally as if writing an "8" number to baliao area, 3 times.</p> <p>51. Move the device upwards in annular motion to armpit in left-right order on both sides, 3 times.</p> <p>52. Lift from sides of the waist in bottom-up order to armpits, 3-5 times.</p> <p>53. Repeat the same technique with Vacuum RF operation.</p> <p>54. The end of back treatment.</p> <p>55. Lipo laser operation:</p>	 <hr/> <p>Technique38</p>  <hr/> <p>Technique39</p>  <hr/> <p>Technique40</p>  <hr/> <p>Technique41</p>  <hr/> <p>Technique42,43</p>  <hr/> <p>Technique44</p>
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		<p>Fixate the laser paddles on the fat part of the back. Wait for 20 min.</p> <p>56. Take off the paddles and clean the back with hot towel.</p> <p>57. The end of arm treatment.</p> <p><b>Legs</b></p> <p>58. Legs:in left-right order, apply and rub oil in from calf to thigh to heel, 3 times.</p> <p>59. Move hands upwards to four main collateral channels(panguangjin-she njin-ganjin-danjin) with fingers spread and hukou pointing upwards.</p> <p>60. Push hands alternately to popliteal fossa, 3 times.</p> <p>61. Twist both hands upwards alternately as if twisting a fried dough, 3 times.</p> <p>62. Push four main collateral channels upwards with kneeling fingers of both hands, 3 times.</p> <p>63. Repeat the same operation on the other side.</p> <p>64. Vacuum operation: move the device from popliteal fossa to panguangjin-shenjin-ganjin-danjin, 3 times.</p> <p>65. Move the device in circular motion on calf, 3 times.</p> <p>66. Push from popliteal fossa tracing 4 main collateral channels to the end of thigh, 3 times.</p>	 <hr/> <p>Technique46</p>  <hr/> <p>Technique47</p>  <hr/> <p>Technique48</p>  <hr/> <p>Technique49</p>  <hr/> <p>Technique50</p>  <hr/> <p>Technique51</p>
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		<p>67. Move the device in small circular motion from popliteal fossa to the end of thigh, 3 times.</p> <p>68. Coupled with hand, lift from 2 sides of leg to the middle, 3 times.</p> <p>69. Repeat the same treatment with ultrasonic operation.</p> <p>70. Do the same on the other side.</p> <p>71. Foreleg: rub oil with both hands from heel to the thigh root (namely to caress the treatment area), 3 times.</p> <p>72. Alternately push the entire leg from bottom to top and wrap back into the heel, 3 times.</p> <p>73. Move hands upwards to four main collateral channels(pijing-weijing-ganjing-danjing) with fingers spread and hukou pointing upwards, 3 times.</p> <p>74. Push four main collateral channels upwards with kneeling fingers of both hands, 3 times.</p> <p>75. Vacuum&amp;RF operation: Lift the device towards knee while tracing 3 collaterals, 3 times(start from thigh if there's not enough unwanted fat on calf).</p> <p>76. Move the device on two sides of calf in annular motion, 3 times(start from thigh if there's not enough unwanted fat on calf).</p> <p>77. Lift the device from knee to thigh root in lines, 3</p>	 <hr/> <p>Technique52</p>  <hr/> <p>Technique58,59,60,62</p>  <hr/> <p>Technique61</p>  <hr/> <p>Technique64</p>  <hr/> <p>Technique65</p>  <hr/> <p>Technique66</p>
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		<p>times.</p> <p>78. Move the device in small circles on thigh, 3 times.</p> <p>79. Coupled with hand, lift from 2 sides of leg to the middle, 3 times.</p> <p>80. Lift the device from knee to thigh root in annular motion, 3 times.</p> <p>81. Lift the device from knee to thigh root in lines, 3 times.</p> <p>82. Repeat the same techniques with ultrasonic operation.</p> <p>83. Do the same on the other side.</p> <p>84. Lipo laer operation: Fixate the laser paddles on the fat part of the legs. Wait for 20 min.</p> <p>85. Take off the paddles and clean the legs with hot towel.</p> <p>86. The end of leg treatment.</p>	 <hr/> <p>Technique67</p>  <hr/> <p>Technique68</p>  <hr/> <p>Technique71,72,73,74</p>  <hr/> <p>Technique78</p>  <hr/> <p>Technique97</p>  <hr/> <p>Technique80</p>
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**Suggested Treatment:**

10 times account for a full course of treatment. After one treatment, your body will feel relaxed, blood circulation boosted, and skin tightened. After a course you will see less fat on different parts of the body, collagen regenerated, and firm skin. After 2 courses fat reduces, and curve lines begin to show. 3 courses will help with enhance the effects and shape up, and S curve will appear.