

User Manual

SC-5000



Preface

To our valued users,

Thanks for choosing our latest product: 4-in-1 integrated beauty equipment. This newest instrument for slimming and tightening skin unites RF & Suction, EMS & EL, RF & Suction Body, and RF & Ultrasound. SD-45S2 is professional beauty equipment, which needs to be operated by people with professional training. Any improper use of this equipment may bring adverse consequences to the body. Thus we advise all people to read this manual thoroughly and strictly follow the instructions specified before operation.

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

Thank you.

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Part I

1. Introduction

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

2. Advantages

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

3. Principle

(1)RF & Suction

Massaging skin and muscle with a particular vacuum sucker can effectively enhance the mobility of cells' body fluid and boost cells' movement so that cells can be activated and skin elasticity can be increased. Meanwhile, it accelerates the microvessels' blood circulation. Vacuum movement can stimulate the sympathetic nervous system of the skin's surface and deep layer and lower skin sensitivity. The air pressure's suction and release can improve the capillary system, relieve the face's flabby and saggy skin, and lift and firm skin.

Radiofrequency can vibrate high-frequency radio waves one million times per second. The waves penetrate the epidermis and act on the dermis directly, heating collagen cells deeply and stimulating collagenous fiber growth. Thus lots of collagen is produced, making skin more firm and elastic.

Advantages: This equipment has a unique radiofrequency (RF) handpiece, and its RF handpiece and vacuum handpiece are independent and complementary. Therefore, it can perfectly reshape the body in a more efficient, rapid, and even way compared with the standard monopolar RF handpiece. Using it with infrared can diminish inflammation, sterilize, activate cells, and increase skin elasticity.



(2)EMS & EL

1) EMS

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

2) EL

EL (electroporation) is a physical method that uses an electrical pulse to shock

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



(3)RF & Suction Body

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

Advantages: It breaks through the vacuum's previous working mode featured by singleness and simpleness. Using different modes for different body parts can slim and sculpt the body more efficiently and better and cause no harm. This equipment has a unique radiofrequency (RF) handpiece, and its RF handpiece and vacuum handpiece are independent and complementary. Therefore, it can perfectly reshape the body in a more efficient, rapid, and even way compared with the standard monopolar RF handpiece.

The Physical Effect of Vacuum

Skin Layer

The suction and release of air pressure:

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

Vascular Layer

The suction and release of air pressure:

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

Fibrous Layer

The suction and release of air pressure:

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

Nervous Layer

The suction and release of air pressure:

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



(4)RF & Ultrasound

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

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

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

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



4. Anti-aging Facial & Skin Tightening

(1) Handpiece

RF & Suction, EMS & EL

(2) Efficacy

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

(3) Indications

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

(4) Contraindications

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

(5) Matters Needing Attention After Treatment

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

5. Neck Maintenance

(1) Handpiece

RF & Suction

(2)Efficacy

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

(3)Indications

- 1) People whose necks have coarse skin or dark skin color.
- 2) People whose necks have clogged lymph.
- 3) People whose necks have slack or inelastic skin.
- 4) People who always lower their heads.
- 5) People who are not satisfied with their necks' skin color.

(4)Contraindications

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

(5)Matters Needing Attention After Treatment

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

6. Body Management

(1) Waist & Abdomen Fat-dissolving & Sculpting

1) Handpiece

- RF & Suction Body, RF & Ultrasound

2) Efficacy

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

3) Indications

- People with cold hands, cold feet, cold uteruses, or cold-natured bodies.
- People with flab on waist and abdomen, potbelly, or flabby skin after child delivery.
- People with unsightly waistlines due to sitting too long.
- People with striae distensae or stretch marks.
- People with constipation or whose abdomens have obstructed channels and collaterals.

4) Contraindications

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

5) Matters Needing Attention After Treatment

- Keep the abdomen warm and avoid exposing to a windy environment and catching a cold.

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

(2) Arm Fat-dissolving & Sculpting

1) Handpiece

- RF & Suction Body, RF & Ultrasound

2) Efficacy

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

3) Indications

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

4) Contraindications

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

5) Matters Needing Attention After Treatment

- Keep warm, don't eat cold food, and avoid exposing to a windy environment and

catching a cold.

- Take a shower after 4 to 6 hours.
- Drink more warm water to replenish moisture.
- Refuse to eat and drink too much and stay up late.
- Avoid enjoying sauna or hot springs or doing strenuous exercise within seven days.

(3) Back Sculpting

1) Handpiece

- RF & Suction Body

2) Efficacy

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

3) Indications

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

4) Contraindications

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

5) Matters Needing Attention After Treatment

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

(4) Leg Fat-dissolving & Sculpting

1) Handpiece

- RF & Suction Body, RF & Ultrasound

2) Efficacy

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

3) Indications

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

4) Contraindications

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

- Overage people.
- People in pregnancy or surgical recovery.

5) Matters Needing Attention After Treatment

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

(5)Buttock Sculpting

1) Handpiece

- RF & Suction Body

2) Efficacy

- Enhance blood circulation and speed up metabolism.
- Relieve menstrual pain, irregular menstruation, and abnormal leucorrhea.
- Improve sleep quality and female sexual function.
- Activate ovary function, stimulate glandular secretion, and increase intimacy between couples.
- Make complexion ruddy, fade color spots, and bring back youth.
- Shape buttocks, relieve the sagging and outward expansion of the buttocks, tighten skin, and increase elasticity.

3) Indications

- People whose hips are slack, saggy, or have accumulated fat.
- People with striae distensae or stretch marks.
- People whose buttock shape is not good-looking, flat, loose, or with outward expansion.
- People with cold hips or low hip temperature.
- People with a cold uterus, dysmenorrhea, irregular menstruation, gynecological inflammation, etc.
- People with decreased estrogen levels or disharmonious sexual life.

4) Contraindications

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

5) Matters Needing Attention After Treatment

- Keep the buttocks warm, and avoid wearing miniskirts or mini-shorts.
- Take a shower after 4 to 6 hours.
- Drink more warm water and avoid exposing to a windy environment and catching a cold.
- Avoid staying up late, drinking alcohol, and eating and drinking too much.
- Avoid eating raw, cold, and spicy food. But have enough sleep.
- Avoid enjoying sauna or hot springs or doing strenuous exercise within seven days.

Part II

1. Detailed Operations

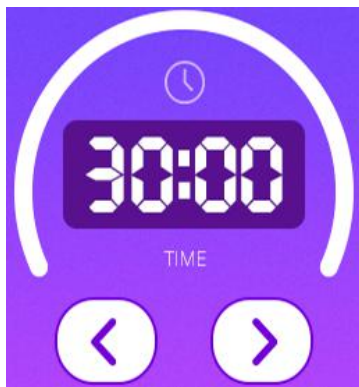
The detailed installations are as follow:



Have the equipment correctly connected, and the following initial interface will appear when pressing the power switch.



(1)General Function Introduction



Time Setting & Display



Time Setting (increase & decrease)



Homepage




Return

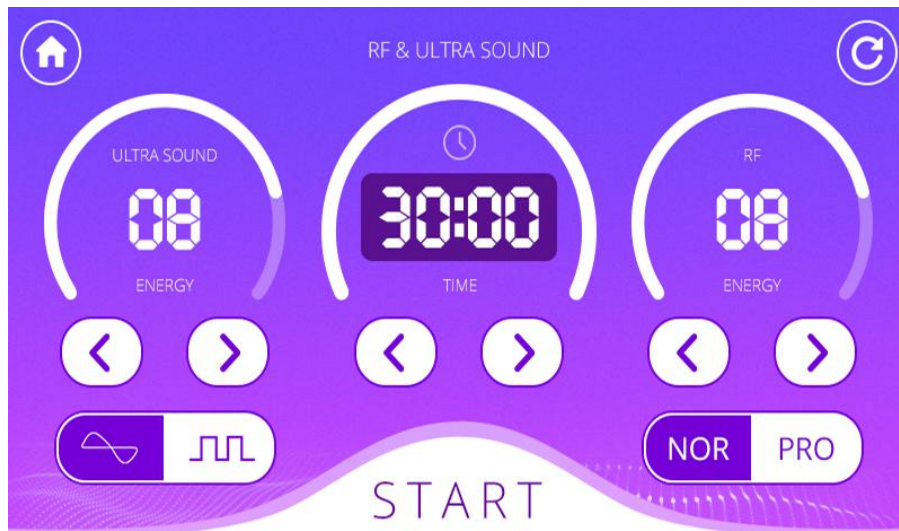
START

Start/ Pause

(2)Detailed Operations for RF & Ultrasonic Cavitation



Select  and enter the following page.



Time Setting & Display



Time Setting (increase & decrease)



Energy Level Display & Setting for Ultrasound



Energy Level Setting (increase & decrease)



Energy Level Display & Setting for RF



Energy Level Setting (increase & decrease)



Working Mode Selection



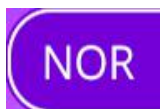
Continuous working mode, which suits those with fat accumulation or thick fat.



Discontinuous working mode, which suits those with local obesity or who want to reduce weight.



Working Mode Selection




is the default mode. The red light will always be on after clicking Start, and RF's temperature reaches the setting value directly.

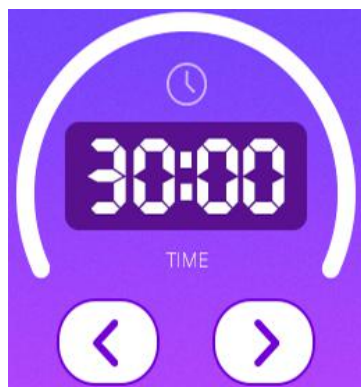


is the intelligent mode. The red light will be on after touching the skin, and the temperature for RF reaches the setting value slowly.

(3) Detailed Operations for RF & Suction Body



Select  and enter the following page.



Time Setting & Display



Time Setting (increase & decrease)



Energy Level Display & Setting for RF



Energy Level Setting (increase & decrease)



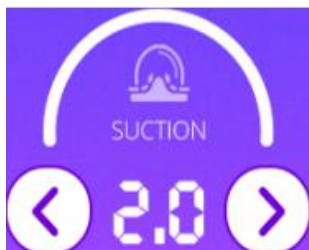
Working Mode Selection



NOR is the default mode. The red light will always be on after clicking Start, and RF's temperature reaches the setting value directly.



PRO is the intelligent mode. The red light will be on after touching the skin, and the temperature for RF reaches the setting value slowly.



Suction Time Display & Setting (suction time > release time)



Suction Time Setting (decrease)



Suction Time Setting (increase)



Release Time Display & Setting (When the time is set to zero, it's direct suction.)



Release Time Setting (decrease)




Release Time Setting (increase)



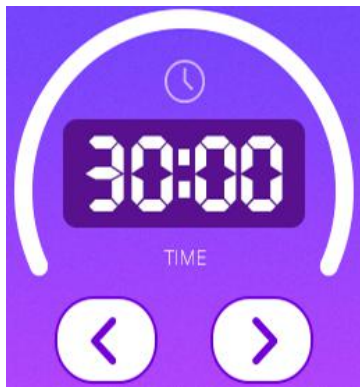
Rotating Knob for Suction Setting (Rotate to the right to increase suction and rotate to the left to decrease).

(4) Detailed Operations for RF & Suction



Select  and enter the following page.





Time Setting & Display



Time Setting (increase & decrease)



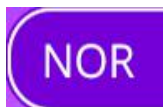
Energy Level Display & Setting for RF



Energy Level Setting (increase & decrease)



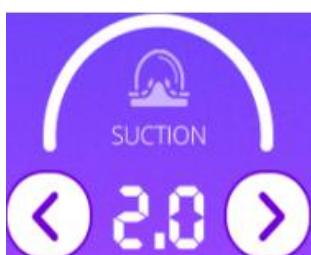
Working Mode Selection



is the default mode. The red light will always be on after clicking Start, and RF's temperature reaches the setting value directly.



is the intelligent mode. The red light will be on after touching the skin, and the temperature for RF reaches the setting value slowly.



Suction Time Display & Setting (suction time > release time)



Suction Time Setting (decrease)



Suction Time Setting (increase)



Release Time Display & Setting (When the time is set to zero, it's direct suction.)



Release Time Setting (decrease)




Release Time Setting (increase)

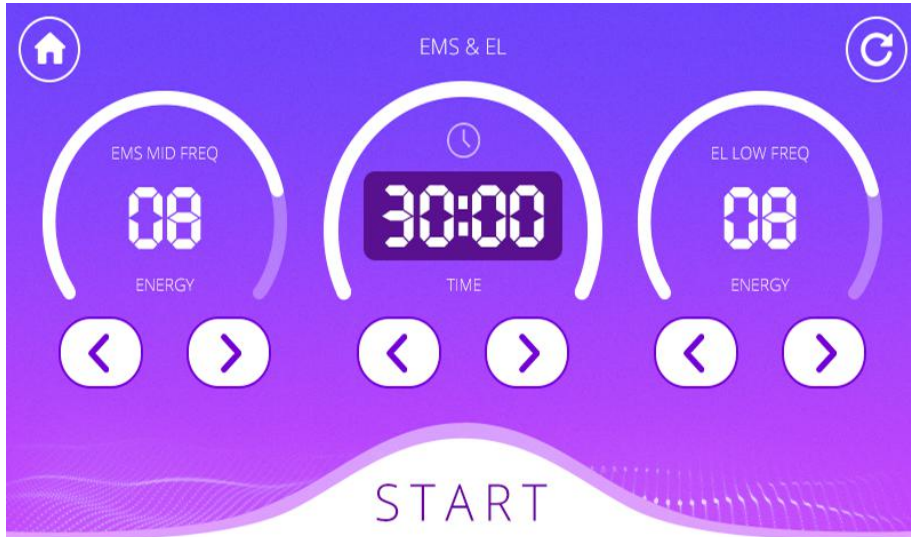


Rotating Knob for Suction Setting (Rotate to the right to increase suction and rotate to the left to decrease).

(5)Detailed Operations for EMS & EL



Select  and enter the following page.



Time Setting & Display



Time Setting (increase & decrease)



Energy Level Display & Setting for EMS



Energy Level Setting (increase & decrease)



Energy Level Display & Setting for EL



Energy Level Setting (increase & decrease)

2. Technical Parameters

Ultrasound Cavitation 2.5 & RF Body Shape Handle

Ultrasound Cavitation

Frequency: 30kHz

Power: 50W

Suction & RF Body Sculpture Handle

RF

Frequency: 5MHz

Power: 85W

Suction

Vacuum: <-80kPa

Pressure: >250kPa

Air Flow: >10L/minute

Noise Level: <70dB (30cm away)

Power: 20W

Suction & RF Facial Slimming Handle

Frequency: 5MHz

Power: 85W

Suction

Vacuum: <-80kPa

Pressure: >250kPa

Air Flow: >10L/minute

Noise Level: <70dB (30cm away)

Power: 20W

EMS & EL (Electroporation) Facial Anti-aging Handle

EMS

Frequency: 4.5kHz
Power: 10W
EL (Electroporation)
Frequency: 65Hz
Power: 10W

Input Power: AC 110V/220V 50/60Hz
Power Consumption: MAX 150W
Display: Touch Screen

3. Precautions on Use

- (1) You must use a plug with a ground pin and ensure the power socket is already grounded before using the equipment.
- (2) Make sure the voltage of the equipment is adaptive. If the local voltage is unstable, we suggest users add a voltage regulator with matching power between the main supply and the equipment.
- (3) Please uniformly use specified parts provided or suggested by the original manufacturer to guarantee the equipment's curative effect and expected service life.
- (4) Please do not put the equipment near a water source, in a damp place, or in sites that expose it to sunlight directly.
- (5) Please do not place the equipment near an intense heat source since this may affect its service life and everyday use.
- (6) Please remove all the metal objects from the body before treatment to shun unexpected situations that may affect the curative effect.
- (7) Please refrain from using the equipment aiming at the eyes, thyroid, parathyroid, testicles, pregnant woman's abdomen, pacemaker, etc.
- (8) If you are suffering from an illness, you should use it with caution unless you get permission from a doctor.
- (9) Please turn off the equipment's power switch if no one uses it, and ensure the main power is off before the exit of related personnel to guarantee the equipment's safety.
- (10) When operating the equipment, start from the lowest energy level and gradually increase it after the client gets used to it.
- (11) After the operation, clean the equipment with normal saline to ensure its cleanliness and hygiene to extend its service life.
- (12) You can use the handpieces separately, but you can use them together to achieve a better effect.
- (13) When operating the instrument, it should contact the skin thoroughly to avoid uneven heating.
- (14) You must keep the treated parts moist and avoid operating the instrument in dry skin conditions.
- (15) It's advised to stop taking other weight-loss medicines for 1 to 2 months before

treatment if you are taking them now. The course of treatment shall be extended if you want to start it immediately.

(16) Do not use RF & Ultrasound on the head, chest, breast, heart, and back.

(17) Use the equipment and train the operators in strict accordance with the instructions specified in the manual.

4. Troubleshooting

(1) I can't start the equipment, and the indicator lamp doesn't light up.

- A. Make sure you plug the power cord into a good power socket.
- B. Check whether the fuse tube in the back is loose or burnt out.

(2) The equipment doesn't have radiofrequency output.

- A. Check whether the handpiece and the plug connecting to the machine body are closely linked.
- B. Please check whether the treated parts are cleaned. Grease and oily product or essential oil may cause poor contact between the handpiece and the body, resulting in no output.

(3) The radiofrequency's output becomes weak.

- A. Check whether the handpiece and the plug connecting to the machine body are closely linked.
- B. Please check whether there is non-conductive grease on the handpiece, which may cause bad contact, resulting in a weakened output.
- C. Check whether the products in use are the adaptive ones specified by the equipment

(4) The equipment doesn't have suction, or the suction becomes weak.

- A. Please turn off the equipment and check its specialized filter, which may need to be replaced.
- B. Please check the rubber ring of the handpiece plug because a worn rubber ring may cause air leakage.
- C. Please check whether the oil filter is tightened and whether the rubber ring is worn out. Air leakage in this place may cause insufficient air pressure.
- D. If the solutions mentioned above doesn't work, please contact the distributor for assistance.

(5) I can start the equipment, but an error message shows on the monitor.

- A. Take out the power plug from the back, wait about one minute, reinsert the plug, and restart the pacemakers.
- B. If the solution mentioned above doesn't work, please contact the distributor for assistance.

5. FAQs

(1) Q: How long does it take to see the effect of a radiofrequency treatment?

A: Usually, you can see the effect on the same day or within a week. When collagen tissue is heated, it contracts, resulting in an evident skin tightening. Since radiofrequency stimulates subcutaneous tissue, the collagen regenerates continuously. Therefore, the more times you take the treatment, the more noticeable the effect will be.

(2) Q: Is radiofrequency harmful to the skin?

A: Tightening and anti-wrinkle treatment with radiofrequency is a non-surgical program. Radiofrequency stimulates collagen regeneration and metabolism of the underlying skin. Therefore, it doesn't harm the skin. Local skin will only experience redness and burning after treatment, which is a normal phenomenon caused by accelerated blood circulation and will disappear after a moment. Thus you don't have to worry.

(3) Q: How long does a body firming and shaping treatment take?

A: The operating time for one treatment is about 60 minutes. We will combine professional techniques and instruments to deliver a noticeable effect.

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

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

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

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

(6) Q: Will I experience a rebound after treatment?

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

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

A: You need to keep on a diet to some extent since radiofrequency and ultrasound

treatments are followed by fat-blasting and accelerated metabolism. Therefore, you have to avoid eating spicy, greasy, or fried food so as not to affect metabolism. But you can have a proper amount of exercise to sweat and discharge it from the body to have a more evident effect.

(8) Q: Does the treatment have any side effects on the body?

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

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

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

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

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

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

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

(12) Q: What is collagen?

A: Collagen is a biological macromolecule substance and a white, opaque, and non-branched fibrous protein. It can supply the needed nutrition to various skin layers

and enhance collagen activity. Its function includes locking moisture, nourishing skin and hair, delaying aging, improving looks, and relieving slack face. Collagen is a nutrient that the body must be supplemented with to delay aging. As age increases, collagen drains gradually. Women's skin starts to age, and collagen losses and decreases slowly after 20. When they turn 25, collagen loss reaches its peak. When they are 40, the collagen content is less than half of that of 18. The loss of collagen and moisture breaks collagen fibers and elastic mesh that support the skin, which is the exact cause of folds on the elderly's faces. The loss causes skin tissue to oxidize, atrophy, and collapse, making the skin dry, wrinkled, slack, and inelastic. Therefore, we must replenish collagen to delay aging.

(13) Q: How to detox with the vacuum?

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

6. Packing List

- 1 x Main Machine
- 1 x Vacuum & RF Facial Slimming Handle
- 1 x EMS & EL (Electroporation) Facial Anti-aging Handle
- 1 x 40K Cavitation Body Shape Handle
- 1 x Vacuum & RF Body Sculpture Handle
- 1 x Power Supply Cord
- 1 x Holder

7. Operating Steps

(1) Anti-aging Facial & Skin Tightening

Remove makeup, clean the face, apply toner, massage, use EMS & EL and RF & Suction, apply a facial mask, and apply water, essence, eye/ neck essence, facial/ eye/ neck cream, and sunblock.

Matched Product: serum, radiofrequency cream/ massage cream

(2) Neck Maintenance

Remove makeup, clean the neck, apply toner, massage, use RF & Suction, apply a neck mask, and apply water, essence, neck essence, neck cream, and sunblock.

Matched Product: radiofrequency cream/ massage cream


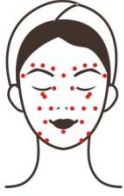

(3)Waist & Abdomen, Arm, & Leg Fat-dissolving & Sculpting

Massage, use RF & Ultrasound and RF & Suction Body, and clean the treated parts.
Matched Product: gel, radiofrequency cream/ essential oil

(4)Back & Buttock Sculpting

Massage, use RF & Suction Body, and clean the treated parts.
Matched Product: radiofrequency cream/ essential oil

8. Operational Diagrams

Parameter Setting	Matched Product	Technique	Diagram
Anti-aging Facial & Skin Tightening: 60 Minutes/ Once a Week			
EMS & EL Advised Energy Level for EMS: 3 to 7 Advised Energy Level for EL: 3 to 7 Time: 10 to 15 minutes RF & Suction Advised Energy Level for RF: 3 to 7 Advised Time: 15 to 20 minutes Mode: NOR/PRO Suction Time: 0.5 to 1.5	Makeup Remover + Facial Cleanser + Hot & Cold Steamer + Massage Cream + Moisturizing Mask + Essence + Radiofrequency Cream+ Sheet Mask	<ol style="list-style-type: none"> Remove makeup and clean, 5 minutes. Apply the hydrating cream mask to the face and use hot steam, 10 minutes. Clean the face, 2 minutes. Apply toner, 1 minute. Apply massage cream evenly to the face, and caress it three times. Press Chengjiang (RN-24), Renzhong (DU-26), Dicang (ST-4), Jiache (ST-6), Yingxiang (LI-20), Jingming (BL-1), Cuanzhu (BL-2), Yuyao (EX-HN4), Sizhukong (SJ-23), Taiyang (EX-HN5), Tongziliao (GB-1), Chengqi (ST-1), and Sibai (ST-2). Repeat three times. Caress the whole face three times. Lift from chin to earlobe, corner of the mouth to Ermen (SJ21), wing of the nose to Taiyang 	Technique 5, 7  Technique 6  Technique 8, 17, 22, 23  Technique 10, 12, 19,

seconds

Release Time: 0 to 1 second

Suction can be adjusted per the user's tolerance.

(EX-HN5), and the lower eyelid to Taiyang (EX-HN5) with hands doing it by turns, and lift the corner of the eye. Repeat three times.

9. Do the same on the other side.

10. Lift forehead towards the hairline direction. Repeat three times.

11. Flip and lift the face with rotating fingers. Repeat 3 to 5 times.

12. Flip the forehead towards the hairline direction with one hand. Repeat 3 to 5 times.

13. One Side-Flip and lift the face with hands doing it alternately, 2 to 3 minutes.

14. Do the same on the other side.

15. Move zigzag on the whole forehead with middle and ring fingers, slide to the front of the ear and lift to and fro for three times, and slide out from the back of the ear.

16. Clean the treated part and apply essence (for fighting against aging, whitening & hydrating) evenly to it, 3 minutes.

17. EMS & EL: Lift one line after another from chin to the part below the ear, corner of the mouth to ear center, and wing of the nose to Taiyang (EX-HN5). Repeat three times.

18. Do the same on the other side.

19. Lift the forehead towards the hairline direction. Repeat 3 to 5 times.

20. Clean the face, 2 minutes.

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Technique 15





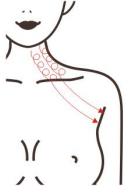

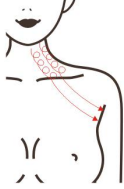

		<p>21. Apply radiofrequency cream evenly to the face, 1 minute.</p> <p>22. RF & Suction: Lift one line after another from chin to the part below the ear, corner of the mouth to ear center, and wing of the nose to Taiyang (EX-HN5). Repeat 3 to 5 times.</p> <p>23. Lift one line after another from chin to the part below the ear, corner of the mouth to ear center, and wing of the nose to Taiyang (EX-HN5) with the instrument and a hand. Repeat 3 to 5 times.</p> <p>24. Do the same on the other side.</p> <p>25. Lift the forehead towards the hairline direction. Repeat 3 to 5 times.</p> <p>26. Apply a sheet mask, and wait 15 minutes.</p> <p>27. Clean the face, 2 minutes.</p> <p>28. Apply toner, essence, facial cream, and sunscreen.</p> <p>29. Treatment ends.</p>	
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The Recommended Course of Treatment:

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

Neck Maintenance: 60 Minutes/ Once a Week

<p>RF & Suction</p> <p>Advised Energy Level for RF: 3 to 7</p> <p>Advised Time:</p>	<p>Makeup Remover + Facial Cleanser + Massage Cream +</p>	<p>1. Remove makeup and clean, 5 minutes.</p> <p>2. Apply toner, 1 minute.</p> <p>3. Massage the neck, apply essential oil to the chest with hands, move to the back of</p>	<p>Technique 3</p> 
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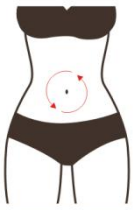
<p>15 to 20 minutes</p> <p>Mode: NOR/ PRO</p> <p>Suction Time: 0.5 to 1.5 seconds</p> <p>Release Time: 0 to 1 second</p> <p>Suction can be adjusted per the user's tolerance.</p>	<p>Essence + Neck Mask</p>	<p>the neck, and press Fengchi (GB20) and Fengfu (DU16). Repeat three times.</p> <p>4. Lift the lower jaw and double chin with hands doing it alternately and to the armpit via the back of the ear, and slide out from there. Repeat three times.</p> <p>5. Stroke the three channels and collaterals of the side of the neck with purlicue doing it circlewise and till the armpit, and slide out from there. Repeat three times.</p> <p>6. Stroke the three channels and collaterals of the side of the neck with four fingers and till the armpit, and slide out from there. Repeat three times.</p> <p>7. Rub the side of the neck with kneeling fingers until it turns hot and till the armpit, and slide out from there. Repeat three times.</p> <p>8. Stroke the external collarbone with purlicue and till the armpit. Repeat 3 to 5 times.</p> <p>9. Do the same on the other side.</p> <p>10. Treatment ends.</p> <p>11. RF & Suction: Lift from double chin to armpit via the back of the ear with the instrument and a hand, and slide out from there. Repeat three times.</p> <p>12. Move the equipment circlewise on the neck side till the armpit in three lines, and slide out from there. Repeat three times.</p>	<p>Technique 4</p>  <hr/> <p>Technique 5, 6, 7</p>  <hr/> <p>Technique 11</p>  <hr/> <p>Technique 12</p>  <hr/> <p>Technique 14</p> 
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		<p>13. Slide the equipment from internal and external collarbones to the armpit, and slide out from there. Repeat 3 to 5 times.</p> <p>14. Move the equipment circlewise on the neck. Repeat three times.</p> <p>15. Do the same on the other side.</p> <p>16. Clean the neck with a hot towel, 2 minutes.</p> <p>17. Apply a neck mask and wait 15 minutes.</p> <p>18. Clean the neck with a hot towel and use a hot compress for 5 minutes.</p> <p>19. Apply toner, neck essence, neck cream, and sunscreen.</p> <p>20. Treatment ends.</p>	
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The Recommended Course of Treatment:

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

Waist & Abdomen Fat-dissolving & Sculpting: 60 Minutes/ Once a Week

<p>RF & Ultrasound</p> <p>Advised Time: 15 to 20 minutes</p> <p>Advised Energy Level: 3 to 7</p> <p>Mode Selection for</p>	<p>Essential Oil (Massage Cream) + Gel + Instrument</p>	<p>1. Rub essential oil into the abdomen with hands moving circlewise. Repeat three times.</p> <p>2. Rub the belly back and forth with hands. Repeat 3 to 5 times.</p> <p>3. Rub abdominal fat as the way of rubbing the spine with hands doing it alternately. Repeat three times.</p>	<p>Technique 1, 7, 10</p>  <p>Technique 2</p>
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Ultrasound:
continuous
working
discontinuous
working

Mode
Selection for
RF: NOR/ PRO

**RF & Suction
Body**
Advised Time:
10 to 15
minutes

Advised
Energy Level:
3 to 7

Mode
Selection:
NOR/ PRO

Suction Time:
0.5 to 1.5
seconds

Release Time:
0 to 1 second
Suction can be
adjusted per
the user's
tolerance.

4. Lift Daimai (GB26) of the two sides of the waist with hands doing it alternately. Repeat 16 times.

5. Draw Arabic numeral eight till the part below the waist with hands, and then lift upwards from the side of the waist. Repeat three times.

6. Rub intestinal tract with overlapped hands drawing small circles clockwise. Repeat three times.

7. Caress the treated parts with hands moving circlewise. Repeat three times.

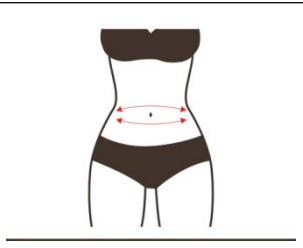
8. Press Shangwan (RN13), Zhongwan (RN12), Xiawan (RN10), Shenque (RN8), Qihai (RN6), Guanyuan (RN4), Zhongji (RN3), Tianshu (ST25), and Daheng (SP15). Repeat two times.

9. Push from Zhongji (RN3) to the belly button with the thumbs, slide to the part below the waist along the two sides, and lift upwards to the groin. Repeat three times.

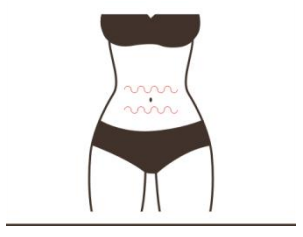
10. Caress the treated parts till groin with hands.

11. RF & Ultrasound: Along ascending colon, transverse colon, and descending colon, moving from the abdomen to rectum slowly. Repeat 3 to 5 times.

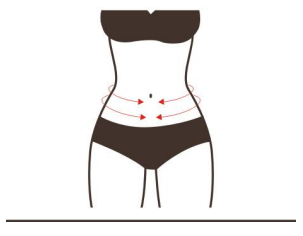
12. Shape the waist with hands moving rhombus-shaped motion. Repeat 3 to 5 times.



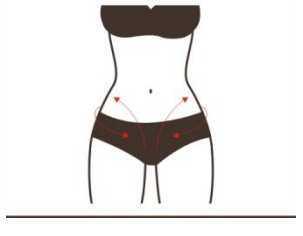
Technique 3



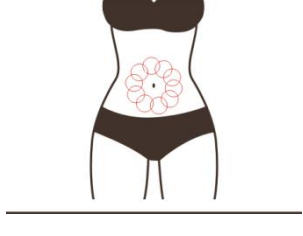
Technique 4





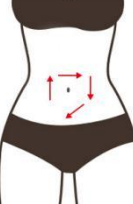
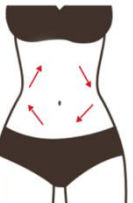

Technique 5



Technique 6



Technique 8

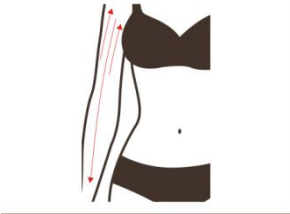
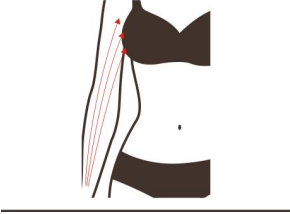

		<p>13. Sculpt up and down on the waist. Repeat 3 to 5 times.</p> <p>14. Lift Daimai (GB26) of the two sides. Repeat 16 times.</p> <p>15. Lift Daimai (GB26) of the two sides with the instrument and hands. Repeat 16 times.</p> <p>16. RF & Suction Body: One Side-Lift from the side of the waist to the belly and one line after another to the groin. Repeat three times.</p> <p>17. Lift the other side. Repeat three times.</p> <p>18. Set the vacuum to interval mode and move it slowly on the abdomen. Repeat three times.</p> <p>19. Set the vacuum to direct suction and sculpt up and down on the waist. Repeat 3 to 5 times.</p> <p>20. Lift Daimai (GB26) of the two sides with the instrument and hands. Repeat 16 times.</p> <p>21. Clean the treated part.</p> <p>22. Treatment ends.</p>	 <hr/> <p>Technique 9</p>  <hr/> <p>Technique 11</p>  <hr/> <p>Technique 12</p>  <hr/> <p>Technique 13, 19</p>  <hr/> <p>Technique 14, 15, 16, 18, 20</p>
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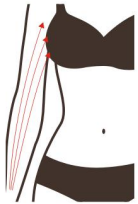
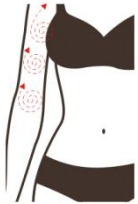


The Recommended Course of Treatment:

A course of treatment includes ten treatment cycles. When you accomplish a treatment cycle, the abdomen is heated, which expedites metabolism. After a course, fat metabolizes slowly, and the belly holds in. Meanwhile, problems like constipation relieve. When you complete two courses, the effect becomes more apparent, and the skin turns tightened and is lifted. If you finish three courses, the effect consolidates, excess fat disappears gradually, the waist and abdomen's curves sculpt, and a slim waist forms.

Arm Fat-dissolving & Sculpting: 60 Minutes/ Once a Week

<p>RF & Ultrasound Advised Time: 15 to 20 minutes Advised Energy Level: 3 to 7 Mode Selection for Ultrasound: continuous working discontinuous working Mode Selection for RF: NOR/ PRO RF & Suction Body Advised Time: 10 to 15 minutes Advised Energy</p>	<p>Essential Oil (Massage Cream) + Gel + Instrument</p>	<ol style="list-style-type: none"> 1. Do it in left-right order. Lay the arm flatwise, apply essential oil from lower arm to upper arm with hands until the hands slide out. Repeat three times. 2. Push the entire arm with palms doing it alternately. Repeat three times. 3. Push Large Intestine Channel-Triple Energizer Channel-Small Intestine Channel of the outer arm successively till armpit with hands' purlicue. Repeat three times. 4. Caress the treated part. Repeat three times. 5. Rub the three channels and collaterals of the upper arm separately and back and forth with kneeling fingers until they turn hot. Repeat three times. 6. Caress the treated 	<p>Technique 1</p>  <p>Technique 2, 3, 4, 5, 6</p>  <p>Technique 7</p>  <p>Technique 8, 16, 18</p>
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<p>Level: 3 to 7</p> <p>Mode Selection: NOR/ PRO</p> <p>Suction Time: 0.5 to 1.5 seconds</p> <p>Release Time: 0 to 1 second</p> <p>Suction can be adjusted per the user's tolerance.</p>		<p>part. Repeat three times.</p> <p>7. Lay the arm upwards, and push Lung Channel-Pericardium Channel-Heart Channel of the inner arm till armpit with purlicue. Repeat three times, respectively.</p> <p>8. Rub the three channels and collaterals back and forth with kneeling fingers until they turn hot. Repeat three times.</p> <p>9. Caress the treated parts till the hands slide out. Repeat three times.</p> <p>10. Treatment ends.</p> <p>11. Do the same on the other side.</p> <p>12. RF & Ultrasound: Lay the arms flatwise, and push from the fatty part of the lower arm to the armpit along the three channels and collaterals. Repeat 5 to 8 times.</p> <p>13. Move circlewise on the upper arm till the armpit. Repeat 5 to 8 times.</p> <p>14. You can treat flabby arms more. Repeat three times.</p> <p>15. Push till the armpit along the three channels and collaterals. Repeat three times.</p> <p>16. Lay the arms upwards, and push the three channels and collaterals of the upper arm till the armpit. Repeat three times.</p>	 <hr/> <p>Technique 9</p>  <hr/> <p>Technique 12, 15, 20, 23</p>  <hr/> <p>Technique 13, 14, 21, 22</p> 
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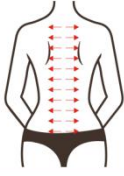

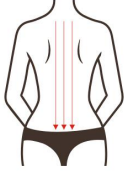
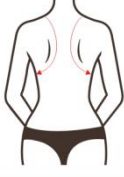
		<p>17. Along the fatty part of the upper arm, moving circlewise and back and forth till the armpit. Repeat three times.</p> <p>18. Move up and down on the upper arm. Repeat 5 to 8 times.</p> <p>19. Do the same on the other side.</p> <p>20. RF & Suction Body:</p> <p>21. Lay the arms flatwise, and move up and down on the upper arm. Repeat 5 to 8 times.</p> <p>22. Move circlewise on the upper arm. Repeat 5 to 8 times.</p> <p>23. Lay the arms upwards, and sculpt up and down on the inner side of the upper arm. Repeat 5 to 8 times.</p> <p>24. Draw small circles on the inner side of the upper arm. Repeat 5 to 8 times.</p> <p>25. Do the same on the other side.</p> <p>26. Clean the treated part.</p> <p>27. Treatment ends.</p>	
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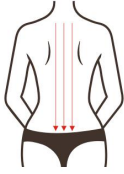



The Recommended Course of Treatment:



A course of treatment includes 10 Times times. When you accomplish a treatment cycle, the arms get hot, tightened, and relaxed. After a course, the excess fat of the arms begins to decrease, and the skin starts to turn firm and plump. When you complete two courses, body shaping starts, the effect strengthens, channels and collaterals dredges, and the physique enhances. If you finish three courses, the effect consolidates and stabilizes. Thus, the rebound can be prevented.

Back Sculpting: 60 Minutes/ Once a Week

<p>RF & Suction Body Advised Time:</p>	<p>Essential Oil (Massage Cream) +</p>	<p>1. Technique. 2. Rub essential oil into the back and press Fengchi</p>	<p>Technique 2, 11</p>
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<p>10 to 15 minutes</p> <p>Advised Energy Level: 3 to 7</p> <p>Mode Selection: NOR/ PRO</p> <p>Suction Time: 0.5 to 1.5 seconds</p> <p>Release Time: 0 to 1 second</p> <p>Suction can be adjusted per the user's tolerance.</p>	<p>Instrument</p>	<p>(GB20) and Fengfu (DU16).</p> <p>3. Stroke the area connecting neck and shoulder (start with hairline) with the thumb. Repeat 3 to 5 times.</p> <p>4. Stroke Bladder Meridian outward to the sacral region (BL31-BL34) with the thumb, and caress it till Fengchi (GB20) and Fengfu (DU16). Repeat three times.</p> <p>5. Move circlewise and S-shaped motion from the neck to the caudal vertebra with hands. Repeat three times.</p> <p>6. Push Bladder Meridian in left-right order with thumbs doing it alternately. Repeat three times.</p> <p>7. Push Bladder Meridian to the sacral region (BL31-BL34) with thumbs doing it simultaneously. Repeat three times.</p> <p>8. Push Bladder Meridian with hands' kneeling fingers in three lines, respectively. Repeat three times.</p> <p>9. Push the medial border of the scapula in left-right order with hands doing it alternately. Repeat 3 to 6 times.</p> <p>10. Stroke transversely the medial border of the scapula with hands. Repeat 3 to 6 times.</p> <p>11. Caress the whole back with hands and back to</p>	 <p>Technique 3</p>  <p>Technique 4</p>  <p>Technique 5</p>  <p>Technique 6, 7, 8, 14</p>  <p>Technique 9, 19</p>  <p>Technique 10</p>
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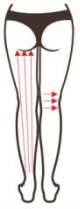

	<p>press Fengchi (GB20) and Fengfu (DU16). Repeat three times.</p> <p>12. Press Tianzong (SI11) with thumbs overlapped, slide to the arm, and slide out from there. Repeat three times.</p> <p>13. Treat the other side. Press Tianzong (SI11) till the arm, and slide out from there. Repeat three times.</p> <p>14. Rub Du Meridian and Bladder Meridian with hands till they turn hot.</p> <p>15. Treatment ends.</p> <p>16. RF & Suction Body: Treat Du Meridian first and Bladder Meridian after. Slide from the neck to the sacral region (BL31-BL34). Repeat 3 to 5 times.</p> <p>17. Move circlewise on Dazhui (DU-14) and sacral region (BL31-BL34). Repeat 3 to 5 times, respectively.</p> <p>18. Start with the neck, moving to and fro the area connecting neck and shoulder. Repeat 3 to 5 times.</p> <p>19. Lift to and fro the medial border of the scapula in left-right order. Repeat 3 to 5 times.</p> <p>20. For the whole back, draw Arabic numeral eight transversely and from top to down to the sacral region (BL31-BL34). Repeat three times.</p> <p>21. Move from the bottom up and circlewise till armpit from the two sides,</p>	 <hr/> <p>Technique 12, 13</p>  <hr/> <p>Technique 16</p>  <hr/> <p>Technique 17</p>  <hr/> <p>Technique 18</p>  <hr/> <p>Technique 20</p>  <hr/> <p>Technique 21</p>
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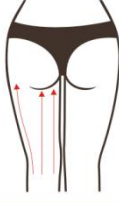

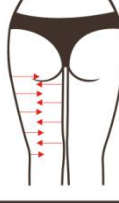
		<p>and do it in left-right order. Repeat three times.</p> <p>22.Lift upwards from the side of the waist to the armpit. Repeat 3 to 5 times.</p> <p>23.Clean the treated part.</p> <p>28. Treatment ends.</p>	 <p>Technique 22</p> 
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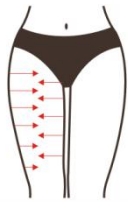


The Recommended Course of Treatment:

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

Leg Fat-dissolving & Sculpting: 90 Minutes/ Once a Week

<p>RF & Ultrasound</p> <p>Advised Time: 15 to 20 minutes</p> <p>Advised Energy Level: 3 to 7</p> <p>Mode Selection for Ultrasound: continuous working discontinuous working</p> <p>Mode Selection for RF: NOR/ PRO</p>	<p>Essential Oil (Massage Cream) + Gel + Instrument</p>	<ol style="list-style-type: none"> 1. Rear-leg: Do it in left-right order; let the client lie on his front, apply essential oil from lower leg to thigh, and return to heel. Repeat three times. 2. Push the entire leg from the bottom up with palms doing it by turns, and back to the heel till the palms slide out. Repeat three times. 3. Push Bladder Meridian-Kidney Meridian-Liver Meridian-Gallbladder Meridian from the bottom up with hands' purlicue doing it by turns. Repeat three times. 4. Push popliteal fossa with hands doing it alternately. 	<p>Technique 1, 2, 3, 4, 7</p>  <p>Technique 5</p>  <p>Technique 11, 13, 18</p>
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<p>RF & Suction Body Advised Time: 10 to 15 minutes</p> <p>Advised Energy Level: 3 to 7</p> <p>Mode Selection: NOR/ PRO</p> <p>Suction Time: 0.5 to 1.5 seconds</p> <p>Release Time: 0 to 1 second</p> <p>Suction can be adjusted per the user's tolerance.</p>		<p>Repeat three times.</p> <p>5. Twist the leg from the bottom up and back and forth with hands doing it alternately. Repeat three times.</p> <p>6. Caress the treated part. Repeat three times.</p> <p>7. Push the four channels and collaterals from the bottom up with hands' kneeling fingers. Repeat three times.</p> <p>8. Caress the treated part. Repeat three times.</p> <p>9. Do the same on the other side.</p> <p>10. Clean the treated part with a hot towel and apply gel evenly to it, 2 minutes.</p> <p>11. RF & Ultrasound: Push Bladder Meridian-Kidney Meridian-Liver Meridian-Gallbladder Meridian successively from the bottom to the popliteal fossa. Repeat three times.</p> <p>12. Draw small circles on the lower leg to dissolve fat. Repeat three times.</p> <p>13. Push from the bottom up to popliteal fossa successively, and caress it with hands. Repeat three times.</p> <p>14. Start from the popliteal fossa, pushing the four channels and collaterals till the thigh root. Repeat three times.</p> <p>15. Draw small circles from the popliteal fossa to the thigh root to dissolve fat. Repeat three times.</p>	 <p>Technique 12</p>  <p>Technique 14, 16, 19</p>  <p>Technique 15, 20</p>  <p>Technique 21</p>  <p>Technique 22, 23, 24, 25, 28, 35</p>
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		<p>16. Start from popliteal fossa, pushing the channels and collaterals till the thigh root. Repeat three times.</p> <p>17. Clean the treated part and apply radiofrequency cream evenly to it, 3 minutes.</p> <p>18. RF & Suction Body: Push Bladder Meridian-Kidney Meridian-Liver Meridian-Gallbladder Meridian successively from the bottom to the popliteal fossa. Repeat three times.</p> <p>19. Start from the popliteal fossa, pushing the four channels and collaterals till the thigh root. Repeat three times.</p> <p>20. Draw small circles from the popliteal fossa to the thigh root to dissolve fat. Repeat three times.</p> <p>21. Lift one line after another from the two sides of the thigh to the middle with the instrument and a hand. Repeat 3 to 5 times.</p> <p>22. Fore-leg: Let the client lie flat and apply essential oil from the lower leg to the thigh root with hands (caressing). Repeat three times.</p> <p>23. Push from the lower leg to thigh root with the base of the palms doing it by turns. Repeat three times.</p> <p>24. Push Spleen Meridian-Stomach Meridian-Liver Meridian-Gallbladder Meridian of the leg till the</p>	 <hr/> <p>Technique 29, 36</p>  <hr/> <p>Technique 30, 37</p>  <hr/> <p>Technique 31, 38</p>  <hr/> <p>Technique 32, 39</p> 
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		<p>thigh root with hands' purlicue doing it alternately. Repeat three times.</p> <p>25. Push the four channels and collaterals with hands' kneeling fingers. Repeat three times.</p> <p>26. RF & Ultrasound: Lift from the lower leg to the knee along the four channels and collaterals. Repeat three times. (If the lower legs don't have excess fat, you can treat the thigh directly.)</p> <p>27. Move circlewise from the two sides of the lower leg to the knee. Repeat three times. (If the lower legs don't have excess fat, you can treat the thigh directly.)</p> <p>28. Lift one line after another from the knee to the thigh root. Repeat three times.</p> <p>29. Draw small circles on the whole thigh. Repeat three times.</p> <p>30. Lift from the two sides of the thigh to the middle with the instrument and a hand. Repeat three times.</p> <p>31. Lift circlewise from the knee to the thigh root. Repeat three times.</p> <p>32. Lift one line after another from the knee to the thigh root. Repeat three times.</p> <p>33. RF & Suction Body: Lift from the lower leg to the knee along the four channels and collaterals. Repeat three times. (If the lower legs don't have excess fat, you can treat</p>	
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		<p>the thigh directly.)</p> <p>34. Move circlewise from the two sides of the lower leg to the knee. Repeat three times. (If the lower legs don't have excess fat, you can treat the thigh directly.)</p> <p>35. Lift one line after another from the knee to the thigh root. Repeat three times.</p> <p>36. Draw small circles on the whole thigh. Repeat three times.</p> <p>37. Lift from the two sides of the thigh to the middle with the instrument and a hand. Repeat three times.</p> <p>38. Lift circlewise from the knee to the thigh root. Repeat three times.</p> <p>39. Lift one line after another from the knee to the thigh root. Repeat three times.</p> <p>40. Clean the treated part.</p> <p>41. Treatment ends.</p>	
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The Recommended Course of Treatment:

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

Buttock Sculpting: 60 Minutes/ Once a Week

<p>RF & Suction Body</p> <p>Advised Time: 10 to 15 minutes</p>	<p>Essential Oil (Massage Cream) + Gel + Instrument</p>	<p>1. Massage.</p> <p>2. Stand sideways with hands applying essential oil, slide from the sacral region (BL31-BL34) to the waist, and lift upwards</p>	<p>Technique 2, 5, 11</p> 
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<p>Advised Energy Level: 3 to 7</p> <p>Mode Selection: NOR/ PRO</p> <p>Suction Time: 0.5 to 1.5 seconds</p> <p>Release Time: 0 to 1 second</p> <p>Suction can be adjusted per the user's tolerance.</p>		<p>along the buttocks. Repeat three times.</p> <p>3. Push the sacral region (BL31-BL34) with thumbs. Repeat three times.</p> <p>4. Caress the treated part three times, and then press Shenshu (BL23), sacral region (BL31-BL34), Changqiang (DU1), Huantiao (GB30), and Chengfu (BL36). Repeat three times.</p> <p>5. Caress the treated part. Repeat three times.</p> <p>6. Do it in left-right order; push from thigh root to Daimai (GB26) with hands along Bladder Meridian, Kidney Meridian, Liver Meridian, and Gallbladder Meridian. Repeat three times, respectively.</p> <p>7. Push upwards from the thigh root to Daimai (GB26) with hands along Bladder Meridian, Kidney Meridian, Liver Meridian, and Gallbladder Meridian. Repeat three times, respectively.</p> <p>8. Push from thigh root to Daimai (GB26) with the palms overlapped (for lifting). Repeat 3 to 5 times.</p> <p>9. Push one line after another and back and forth from the two sides of the buttocks to the highest point on them with hands (for shaping). Repeat three times.</p> <p>10. Repeat technique No.7.</p>	<p>Technique 3</p>  <hr/> <p>Technique 4</p>  <hr/> <p>Technique 6, 14</p>  <hr/> <p>Technique 7, 10, 17</p>  <hr/> <p>Technique 9, 15, 18</p>  <hr/> <p>Technique 16</p>  <hr/>
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		<p>11. Caress the treated part.</p> <p>12. Do the same on the other side.</p> <p>13. Treatment ends.</p> <p>14. RF & Suction Body: Lift one line after another from the thigh root to Daimai (GB26). Repeat three times.</p> <p>15. Lift upwards and one line after another from the two sides of the buttocks to the highest point on them. Repeat three times.</p> <p>16. Draw small circles on the whole buttocks. Repeat 3 to 5 times.</p> <p>17. Lift one line after another from the thigh root to Daimai (GB26). Repeat three times.</p> <p>18. Lift upwards and one line after another from the two sides of the buttocks to the highest point on them. Repeat three times.</p> <p>19. Do the same on the other side.</p> <p>20. Clean the treated part.</p> <p>21. Treatment ends.</p>	
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The Recommended Course of Treatment:

A course of treatment includes ten treatment cycles. When you accomplish a treatment cycle, the buttocks lift and become hot. After a course, buttock outlines start to get clear, excess fat decreases slowly, and the skin turns tightened. If you finish three courses, cold-natured body, cold uterus, and gynecological diseases relieve, menstruation returns to normal, and the effect consolidates, boosting feminine charm.