

User Manual

LY-12101J



Preface

To our valued users,

Thanks for choosing our LY-12101J laser fat-dissolving machine, which can vigorously dissolve fat and slim the body. It has an evident effect on body shaping and weight loss with fat-dissolving. And it applies high-tech and achieves body sculpting safely and effectively. A laser fat-dissolving machine is professional equipment, which needs to be operated by people with professional training. Any improper use of this 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

At present, a laser fat-dissolving machine is the most popular equipment for fat dissolving and body slimming. It can effectively replace body weight reduction programs in beauty salons, operate easily, conveniently, and swiftly, and solve body problems for people pursuing beauty. Moreover, this equipment works safely and effectively and requires no injection, medication, and surgery. It has no side effects, and is operated externally throughout, and has an instant effect. Laser is of strong penetrating power, which can effectively activate or repair fat cells, penetrate fat layer, and dissolve subcutaneous fat by heating. The treatment method is safe, painless, and has no side effects.

2. Advantages

- (1) Laser powerfully dissolves the fat and has an evident effect.
- (2) It asks for no operation and anesthesia.
- (3) It's comfortable and painless during treatment. And it requires no convalescence and will not affect work after the treatment.
- (4) It has no consumption, with low cost, but with a quick return.
- (5) Unevenness, bleeding, and swelling will not occur.
- (6) Laser lipolysis is safe and painless, dissolves fat evenly, makes skin smooth and flat, and leaves no marks.
- (7) The laser wavelength can penetrate the fat layer and dissolve subcutaneous fat by heating which then will be absorbed and discharged through natural body metabolism.

3. Working Principle

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

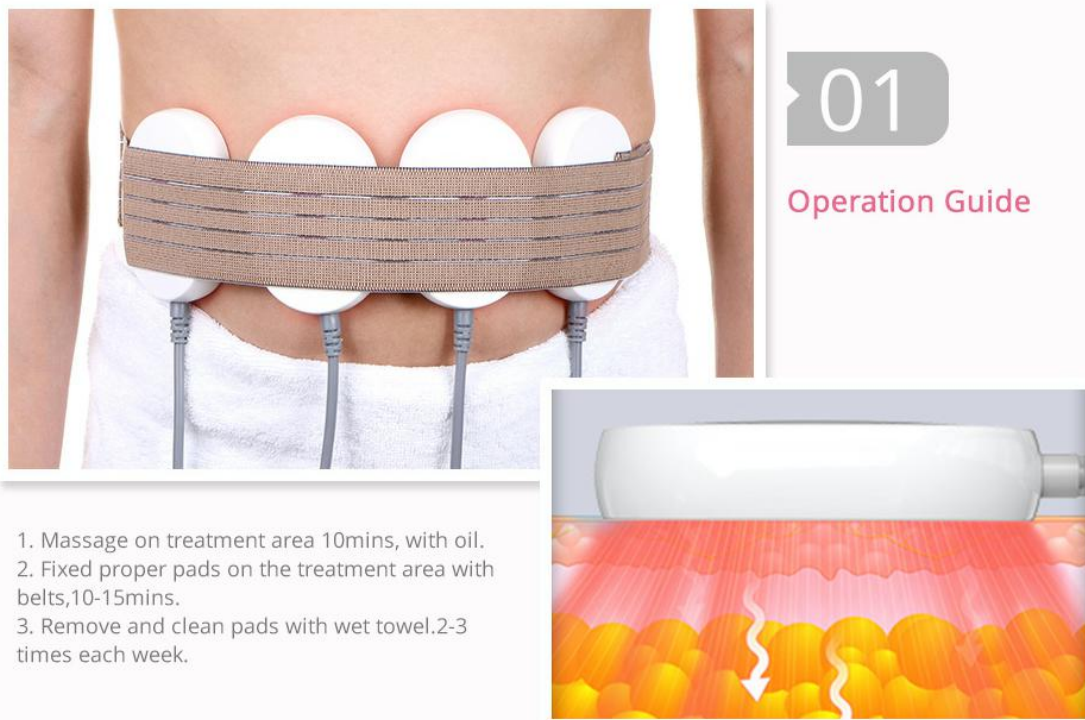
It sends the low-level chemical signals of laser energy to fat cells. It decomposes triglycerides stored in the fat layer into free fatty acids and glycerol released through the channel of cytomembrane. Fatty acids and glycerol are transported to body tissue that produces metabolic energy. The release of fatty acids is a natural response when the body needs the stored energy reserves. Thus no unnatural reaction will occur inside the body, nor does it affect or damage surrounding structures like skin, blood vessels, and peripheral nerves. After some exercise therapy, the free fatty acids inside the body will be eliminated through intact metabolism.

Biological Effect

The LED laser uses a wavelength of 635nm to 650nm to heat fat cells in the targeted zone to decompose them. In a short period, fat deposition is absorbed and discharged via our body's natural metabolic processes. The laser seals small blood vessels during the operation, reduces the bruise significantly, leads the heat to the treatment area, and stimulates collagen production to achieve smoothness, tightening, and body sculpting.

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

LED laser essentially permanently removes your excess fat however without the suction. The body fat is dissolved or liquefied (turned into liquid) using a medical laser instead of suction.

The image is a composite graphic. On the left, a photograph shows a person's waist wearing a brown fabric belt with four white circular laser pads. On the right, a grey box contains the number '01' and the text 'Operation Guide'. Below the photograph, a diagram illustrates a white laser tube emitting red light rays that penetrate a layer of yellow and orange fat cells. A white lightning bolt symbol is shown within the fat cells, indicating the laser's effect.

01
Operation Guide

1. Massage on treatment area 10mins, with oil.
2. Fixed proper pads on the treatment area with belts,10-15mins.
3. Remove and clean pads with wet towel.2-3 times each week.

4. Main Efficacy

- (1) Dissolve fat cells and speed up metabolism.
- (2) Reduce and dissolve fat and eliminate obesity.
- (3) Improve skin's slackness and aging, and firm and sculpt the body.

- (4) Tighten the skin and make it elastic.
- (5) Dissolve fat and build a perfect body curve.
- (6) Sculpt V-shaped face, A4 waist, and slender legs and hands.

5. Indications

- (1) Those who always sit resulting in pear-shaped and obese figures.
- (2) Those with bat wings, the flab on waist and abdomen, swim ring-like belly, or thick legs.
- (3) Those whose skin starts to become slack or saggy or with an unclear jawline.
- (4) Those whose obesity is the result of eating and drinking too much.
- (5) Those with the slack abdomen, protruding small belly, obese waist, or striae atrophicae after child delivery.
- (6) Those whose buttocks show an outward expansion or with redundant fat or flab.

6. Contraindications

- (1) Women in pregnancy or lactation.
- (2) Those with heart disease or heart pacemakers.
- (3) Those with unhealed surgical wounds or in surgical recovery.
- (4) Those with epilepsy, severe diabetes, or hyperthyroidism.
- (5) Those with malignant tumors, hemophilia, or severe bleeding.
- (6) Those with skin disease or infectious disease should use it with caution.
- (7) It's prohibited to use it around body parts with metal, plastic, or silicone implants.
- (8) Those who have been taking anticoagulant drugs, vascular dilation drugs, or corticosteroids for a long time, or are taking now.
- (9) Those who have an unrealistic illusion about the effect.

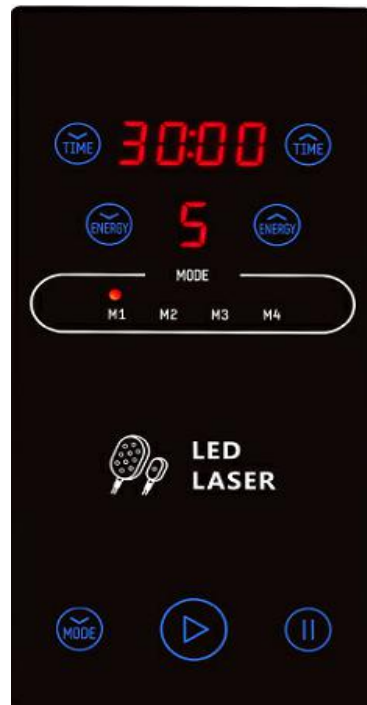
7. Matters Needing Attention After Treatment

- (1) Keep warm, don't eat cold food, and avoid exposing to a windy environment and catching a cold.
- (2) Take a shower after 4 to 6 hours.
- (3) Drink more warm water to speed up metabolism.
- (4) Refuse to eat and drink too much and stay up late.
- (5) Avoid eating raw, cold, and spicy food. But have enough sleep.
- (6) Avoid wearing a crop top, backless clothes, miniskirt, and mini-shorts.

Part II

1. Detailed Operations

Install the laser pads correctly per the photo on the left. Check the equipment and make sure it's properly connected. The following initial interface will appear after having the power switch on.



Time Setting & Display of Laser Pad (Time Range: 00: 00 to 60: 00)



Time Display



Time Setting(decrease)



Time Setting(increase)



Energy Level Setting & Display of Laser Pads (Energy Level Range: 0 to 9. The bigger the value, the lighter the laser pad, the stronger the energy, and the deeper it can penetrate.)



Energy Display



Energy Level Setting(decrease)



Energy Level Setting(increase)



Laser Pad's Four Working Modes



It's working mode when you see the red dot stay still.

M1: the lights are always on, suit first-time users and obese people

M2: the lights flash slowly with an even speed

M3: the lights flash fast

M4: the lights flash super fast

The four modes can be selected freely. The longer the laser light act on the skin, the better the effect. The speed of the flashing doesn't affect the effect.



Mode Adjustment. Press it to change the mode.




Start. Press it to start.



Pause. Press it to pause.

Fasten a band onto the parts to be treated, insert the laser pads into the band and tie

them up, have the energy level, time, and mode set, then click  to work.

2. Technical Parameter

Laser wavelength: 635nm ~650nm

Energy output : 84 x5mw

Mains power output: 100VA

Classification :Electrical Class 1, Type B applied part

Cooling requirements :Air cooled

Electrical requirements: 100v--240V

3. Precautions on Use

- (1) A plug with a ground pin must be used, and a power socket that is already grounded must be ensured before using the equipment.
- (2) Make sure the voltage of the equipment is adaptive. If the local power supply

voltage is not stable, we suggest users add a voltage regulator with matching power between the mains supply and the equipment.

- (3) To guarantee the equipment's curative effect and normal service life, please uniformly use specified parts provided or suggested by the original manufacturer.
- (4) The equipment can't be placed in damp places or near water, and it also can not be exposed to direct sunlight.
- (5) Please don't 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 use to avoid unexpected situations which may affect the curative effect.
- (7) Please refrain from using the equipment to aim at eyes, thyroid, parathyroid, testicles, pregnant woman's abdomen, pacemaker, etc.
- (8) Those suffering from an illness should use it with caution unless they get permission from a doctor.
- (9) Please turn the equipment's power switch off if no one uses it, and ensure the main power is off after everything was settled. Thus the safety of the equipment can be guaranteed.
- (10) 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 have it started immediately.
- (11) Don't use the equipment with an empty stomach, and wait for at least 1 hour after a full meal before starting the course.
- (12) When operating, fasten laser pads onto the client first, turn the equipment on, and adjust energy level(which should be set from low to high slowly to make the client feel warm and comfortable.
- (13) When using this equipment, parts to be treated must be kept moist not to damage the laser pads.
- (14) When using laser pads, its whole surface should contact the skin thoroughly and can't only touch a small area.
- (15) A better effect can be achieved with the combined use of laser pads with massage and other equipment.
- (16) Laser pads can also be used separately. Just fasten it onto the fat part for about 30 minutes. A better effect can be achieved with the combined use of the hands' technique.
- (17) After the operation, clean the equipment with normal saline to ensure its cleanliness and hygiene and extend its service life.
- (18) Use the equipment and train the operators in strict accordance with the instructions specified in the manual.

4. Troubleshooting & Solutions

- (1) The equipment can't be started, and the buttons in its back are not lighting up?
 - A. Make sure the power cord is plugged into a suitable power socket.
 - B. Check whether the fuse in its back is loose or burnt out.

- (2) The equipment can be started, but there is no energy output from the laser pads?
- A. Please check whether the connecting wire for laser pads is correctly connected to the main machine.
 - B. If the solutions mentioned above are not working, please contact the equipment dealer for assistance.
- (3) The equipment can be started, but there is an error message on the monitor?
- A. Take out the plug in its back, wait for about 1 minute, re-plug it, and restart the equipment.
 - B. If the solutions mentioned above are not working, please contact the equipment dealer for assistance.

5. FAQs

(1) Q: Does it require repeated treatment?

A: Generally speaking, one-time treatment to a single body part can achieve the desired result. If you are not satisfied with the result six months later, you can have treatment again.

(2) Q: Does the effect can last long?

A: How long the effect can last depends on your lifestyle after treatment. The treatment destroys the accumulation of the fat in the treated area, which gives us a long-term treatment solution. Therefore, to reduce the fat continuously is depends on the food you eat and the exercise.

(3) Q: How long does it take to see the treatment effect?

A: The effect can be seen regularly. At the very beginning, you can notice some slight changes. But some significant changes can be seen in one to two months. The body will remove the processed fat naturally over a long period. Then, the ultimate effect can probably be achieved in as long as twelve months.

(4) Q: Which body parts can I operate?

A: Usually, it can treat the neck, breast, back, knee, thigh, buttocks, and lower arms. Any body parts that are diagnosed with slack fat can take the treatment.

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

A: Compared with traditional liposuction, laser lipolysis evenly scans body parts to be treated one by one with laser power. It will not cause unevenness. Instead, it makes skin smooth and firm. In addition, the laser used by laser lipolysis only acts on the given fat layer, which will not harm the epidermis and speed up self-healing of elastic fibers, and maintain the firmness, smoothness, and flatness of the treated parts' skin.

(6) Q: Does laser lipolysis get rebound?

A: The quantity of fat cells is fixed. It increases with age increasing and becomes constant until adulthood. Weight gain is the cause of the size increase of fat cells. Laser lipolysis gets rid of local fat and reduces the size of fat. It's true that seldom does laser lipolysis rebound. But it doesn't mean rebound will not occur for sure. Usually, the rebound will not happen as long as you have a rational dietary structure and don't eat and drink too much every day.

(7) Q: Does weight reduction with laser need to control eating and do exercise?

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

6. Packing List

Main Machine x1

Power Cord x1

Large Laser Pad x8(5MW)

Small Laser Pad x4(5MW)

Holder for Laser Pad x1 set

Band x1 set

7. Procedure

(1) Body Part

apply the essential oil, massage, use large laser pads, clean it with a hot towel

Remark: dry skin operation; use no medium.

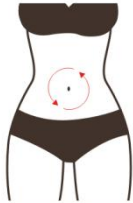
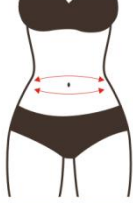
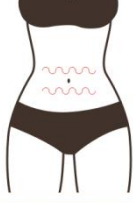

(2) Face





clean the face, massage, use small laser pads, apply a facial mask, clean, apply the essence

Matched Product: makeup remover, facial cleanser, massage cream, facial mask, toner, lotion, essence, facial cream(needed by the operation)

Remark: When operating the laser pads, make sure the skin is dry and use no medium.

8. Operational Diagrams

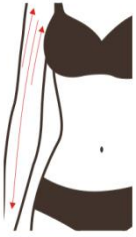
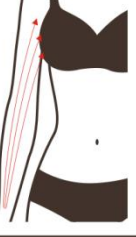

Parameter Setting	Product	Technique	Diagram
Waist & Abdomen Sculpting: 40 Minutes/ Once a Week			
<p>Large Laser Pad Advised Time: 20 minutes Advised Energy Level: 3 to 7 Advised Mode: M1</p>	<p>Essential Oil(massage cream)+ Equipment</p>	<ol style="list-style-type: none"> 1. Apply essential oil to the abdomen with hands moving circlewise. Repeat three times. 2. Rub the belly back and forth with hands. Repeat 3 to 5 times. 3. Rub abdominal fat as the way of rubbing the spine with hands doing it alternately. Repeat three times. 4. Lift belt vessels of the two sides of the waist with hands doing it alternately. Repeat 16 times. 5. Move in Arabic numeral 8-shaped motion to the part below the waist and then lift upwards from the side of the waist. Repeat three times. 6. Rub intestinal tract with hands overlapped, moving in small circles and 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), 	<p>Technique 1, 7</p>  <hr/> <p>Technique 2</p>  <hr/> <p>Technique 3</p>  <hr/> <p>Technique 4</p>  <hr/> <p>Technique 5</p>

		<p>Daheng(SP15), Qugu(RN2). Repeat two times.</p> <p>9. Push directly from Zhongji(RN3) to the belly button with the thumbs, slide to the parts below the waist along the two sides, then lift upwards to the groin. Repeat three times.</p> <p>10. Caress the treated part till groin with hands.</p> <p>11. Large Laser Pad: Fasten laser pads onto the abdomen's fat part with a band for about 20 minutes.</p> <p>12. Remove the laser pads, and clean them.</p> <p>13. Treatment is done.</p>	 <p>Technique 6</p>  <p>Technique 8</p>  <p>Technique 9</p> 
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The Recommended Course of Treatment:

A course of treatment includes ten times. After one-time treatment, the abdomen gets relaxed. After a course, fat metabolizes slowly, and slimming starts. After two courses, the effects become more and more evident. The skin turns tightened and lifted, and flabby skin takes a turn for the better. After three courses, the effects consolidate, excessive fat disappears little by little, curve of waist and abdomen shapes, and a slim waist builds.

Arm Sculpting: 40 Minutes/ Once a Week


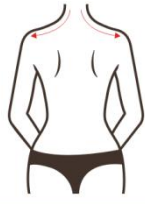
<p>Large Laser Pad Advised Time: 20 minutes Advised Energy Level: 3 to 7 Advised Mode: M1</p>	<p>Essential Oil(massage cream)+ Equipment</p>	<ol style="list-style-type: none"> 1. Do it in left-right order. Lay the arm flatwise, apply oil from the lower arm to the entire arm with hands until the hands slide out, and repeat it three times. 2. Push the entire arm with two palms doing it alternately. Repeat three times. 3. Push Large Intestine Channel[LI]-Triple Energizer Channel[TE]-Small Intestine Channel[I] of the outer arm respectively 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 respectively with kneeling fingers till it turns hot, and do it back and forth. Repeat three times. 6. Caress the treated part. Repeat three times. 7. Lay the arm upwards, and push Lung Channel[LU]-Pericardium Channel[PC]-Heart Channel[HT] of the inner arm till armpit with purlicue. Repeat three times, respectively. 	<p>Technique 1, 4, 6</p>  <hr/> <p>Technique 2, 3, 5</p>  <hr/> <p>Technique 7, 8, 9</p> 
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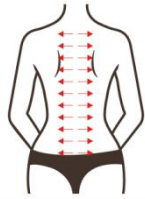
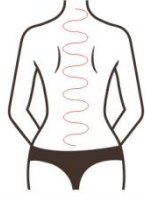
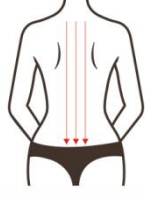
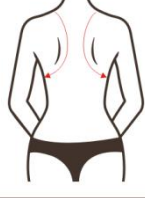

		<p>8. Rub the three channels and collaterals back and forth with kneeling fingers till it becomes hot. Repeat three times.</p> <p>9. Caress the treated part till the hands slide out. Repeat three times.</p> <p>10. Do the same on the other side.</p> <p>11. Large Laser Pad: Fasten laser pads onto the arm's fat part with the band for about 20 minutes.</p> <p>12. Remove the laser pads, and clean them.</p> <p>13. Treatment is done.</p>	
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The Recommended Course of Treatment:

A course of treatment includes ten times. A arms get relaxed. After a course, arms' redundant fat starts to decrease, and skin begins to become tightened. After two courses, body shaping starts, and the effect strengthens. After three courses, the effect consolidates and stabilizes, and rebound gets prevented.

Back Sculpting: 40 Minutes/ Once a Week




<p>Large Laser Pad</p> <p>Advised Time: 20 minutes</p> <p>Advised Energy Level: 3 to 7</p> <p>Advised Mode: M1</p>	<p>Essential Oil(massage cream)+ Equipment</p>	<p>1. Apply oil to the back, and press Fengchi(GB20) and Fengfu(DU16).</p> <p>2. Stroke the area connecting neck and shoulder(start with hairline) with the thumb. Repeat 3 to 5 times.</p> <p>3. Stroke Bladder Meridian (BL) outward to the sacral region(BL31-BL34) with thumb and caress till Fengchi(GB20) and Fengfu(DU16). Repeat three times.</p> <p>4. Move circlewise and in S-shaped motion from the neck to the caudal vertebra with hands. Repeat three times.</p>	<p>Technique 1, 10</p> 
			<p>Technique 2</p> 
			<p>Technique 3</p>


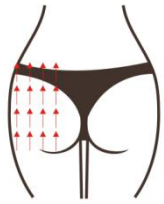
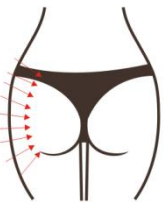
		<p>5. Push Bladder Meridian(BL) in a left-right order with thumbs doing it alternately. Repeat three times.</p> <p>6. Push Bladder Meridian(BL) to the sacral region(BL31-BL34) with hands doing it simultaneously. Repeat three times.</p> <p>7. Push Bladder Meridian(BL) with kneeling fingers of hands in three lines, respectively. Repeat three times.</p> <p>8. Push the medial border of the scapula in left-right order with hands doing it alternately. Repeat 3 to 6 times.</p> <p>9. Stroke transversely the medial border of the scapula with hands. Repeat 3 to 6 times.</p> <p>10. Caress the whole back with hands and press Fengchi(GB20) and Fengfu(DU16). Repeat three times.</p> <p>11. Press Tianzong(SI11) with thumbs overlapped, slide to the arm, and slide out. Repeat three times.</p> <p>12. Operate the other side, press Tianzong(SI11) till the arm, and slide out from there. Repeat three times.</p> <p>13. Rub Du Meridian(DU) and Bladder Meridian(BL) with hands till it turns hot.</p> <p>14. Large Laser Pad: Fasten laser pads onto the fat parts of the two sides of the back</p>	 <p>Technique 4</p>  <p>Technique 5, 6, 7, 13</p>  <p>Technique 8</p>  <p>Technique 9</p>  <p>Technique 11, 12</p>
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		<p>with a band for about 20 minutes.</p> <p>15. Remove the laser pads, and clean them.</p> <p>16. Treatment is done.</p>	
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The Recommended Course of Treatment:
 A course of treatment includes ten times. After one-time treatment, the back gets relaxed. After a course, the fat on the back lessens, and the outlines of the back become nice. After two courses, the effect consolidates, and fat on the back disappears slowly. After three courses, the back turns thinner, and outlines become good-looking. (one course with size reduced, two courses with effects consolidated, and three courses with effects strengthened without a rebound.)

Buttocks Sculpting: 40 Minutes/ Once a Week

<p>Large Laser Pad Advised Time: 20 minutes Advised Energy Level: 3 to 7 Advised Mode: M1</p>	<p>Essential Oil(massage cream)+ Equipment</p>	<ol style="list-style-type: none"> 1. Stand sideways and with hands applying oil, slide from the sacral region(BL31-BL34) to the waist, and lift upwards along the buttocks. Repeat three times. 2. Push sacral region(BL31-BL34) with thumbs. Repeat three times. 3. Caress the treated part 3 times, then press Shenshu(BL23), sacral region(BL31-BL34), Changgqian(DU1), Huantiao(GB30), and Chengfu(BL36). Repeat three times. 4. Caress the treated part. Repeat three times. 5. Do it in left-right order. Push upwards from thigh root to belt vessel with two hands along Bladder Meridian(BL), Kidney Meridian(KI), Liver Meridian(LI), and Gallbladder Meridian. Repeat three 	<p>Technique 1, 4, 10</p>  <hr/> <p>Technique 2</p>  <hr/> <p>Technique 3</p>  <hr/> <p>Technique 5, 7, 9</p>
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		<p>times, respectively.</p> <p>6. Push upwards from thigh root to belt vessel with two hands doing it severally along Bladder Meridian(BL), Kidney Meridian(KI), Liver Meridian (LI), and Gallbladder Meridian. Repeat three times, respectively.</p> <p>7. Lift from the thigh root to the belt vessel with the palms overlapped. Repeat 3 to 5 times.</p> <p>8. Push directly(for sculpting) and one line after another from the two sides of buttocks to the highest point on it with two hands, and push back and forth. Repeat three times.</p> <p>9. Lift from the thigh root to the belt vessel with the palms overlapped. Repeat 3 to 5 times.</p> <p>10.Caress the treated part.</p> <p>11.Do the same on the other side.</p> <p>12.Large Laser Pad: Fasten laser pads onto the fat part of the buttocks' flab with a band for about 20 minutes.</p> <p>13.Remove the laser pads, and clean them.</p> <p>14.Treatment is done.</p>	 <p>Technique 6</p>  <p>Technique 8</p> 
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The Recommended Course of Treatment:

A course of treatment includes ten times. After one-time treatment, buttock lifts. After a course, buttock outlines start to show themselves, and excessive fat disappears slowly. After two courses, bloated proud flesh of buttocks vanish, and skin turns firm. After three courses, the effect consolidates, which boosts feminine charm.

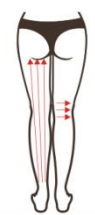
Leg Sculpting: 60 Minutes/ Once a Week

Large Laser Pad
 Advised Time: 20 minutes
 Advised Energy Level: 3 to 7
 Advised Mode: M1

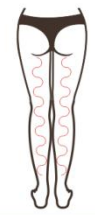
Essential Oil(massage cream)+ Equipment

1. Rear-leg: Let the client lie on his front and treat the left first and the right after. Apply oil from the lower leg to thigh, then back to heel, and repeat it three times.
2. Push the entire leg from the bottom up with palms doing it by turns, and then back to the heel till the palms slide out. Repeat three times.
3. Push Bladder Meridian[BL]-Kidney Meridian[KI]-Liver Meridian[LV]-Gallbladder Meridian[GB] from the bottom up with hands' purlicue doing it by turns. Repeat three times.
4. Push popliteal fossa with hands doing it alternately. Repeat three times.
5. Twist the leg from the bottom up and back and forth with hands doing it alternately. Repeat three times.
6. Caress the treated part. Repeat three times.
7. Push the four channels and collaterals from the bottom up with kneeling fingers of hands. Repeat three times.
8. Caress the treated part. Repeat three times.

Technique 1, 2, 3, 4, 6, 7, 8



Technique 5



Technique 10, 11, 12, 13







		<p>9. Do the same on the other side.</p> <p>10. Fore-leg: Apply oil from leg to thigh root with hands(namely caressing). Repeat three times.</p> <p>11. Push from leg to thigh root with the base of palms doing it by turns. Repeat three times.</p> <p>12. 12. Push Spleen Meridian[SP]-Stomach Meridian[ST]-Liver Meridian[LV]-Gallbladder Meridian[GB] of the leg till thigh root with hands' purlicue doing it alternately. Repeat three times.</p> <p>13. Push the four channels and collaterals with kneeling fingers of hands. Repeat three times.</p> <p>14. Large Laser Pad: Fasten laser pads onto the leg's fat part with a band for about 20 minutes.</p> <p>15. Remove the laser pads, and clean them.</p> <p>16. Treatment is done.</p>	
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The Recommended Course of Treatment:

A course of treatment includes ten times. After one-time treatment, the legs get relaxed. After a course, excessive fat of legs decreases slowly, and legs become thinner. After two courses, the legs' fat vanishes gradually, turning slender and firm, which has an evident effect. After three courses, the effects consolidate and rebound can be prevented.

V-shaped Face Tightening: 60 Minutes/ Once a Week

<p>Small Laser Pad</p> <p>Advised Time: 20 minutes</p> <p>Advised Energy Level: 3 to 7</p>	<p>Makeup Remover + Facial Cleanser + Toner + Massage Cream +</p>	<p>1. Remove makeup and clean the face, 5 minutes.</p> <p>2. Clean the face, 2 minutes.</p> <p>3. Apply toner, 1 minute.</p> <p>4. Apply massage cream evenly to the face, and</p>	<p>Technique 5</p> 
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<p>Advised Mode: M1</p>	<p>Essence + Facial Mask</p>	<p>caress it three times.</p> <p>5. Lift from chin to Yifeng(SJ-17) with middle and ring finger of two hands. Press Yifeng(SJ-17) with the left hand, and lift to and fro jawline with the right hand. Press Yifeng(SJ-17) with the right hand and lift to and fro jawline with the left hand. Repeat three times, respectively.</p> <p>6. Lift in three lines with hands doing it alternately, from the chin to earlobe, from the corner of the mouth to Ermen(SJ21), from the wing of the nose to Temple, from the lower eyelid to Temple, and lift the corner of the eyes. Repeat three times.</p> <p>7. Do the same on the other side.</p> <p>8. Lift the forehead towards the hairline direction. Repeat three times.</p> <p>9. Do the same on the other side. Then move to the front and back of the ear, and slide out from the side of the neck.</p> <p>10. Clean the face and apply toner.</p> <p>11.Small Laser Pad: Fasten the laser pads onto the fat part of the chin with a band, 20 minutes.</p> <p>12.Remove the laser pads.</p> <p>13. Clean the face, 2 minutes.</p> <p>14. Apply a facial mask and</p>	<p>Technique 6, 7</p>  <hr/> <p>Technique 8</p>  <hr/> <p>Technique 9</p> 
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		wait for 15 minutes. 15. Clean the face, 2 minutes. 16. Apply toner, essence, facial cream, and sunscreen. 17. Treatment is done.	
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The Recommended Course of Treatment:

A course of treatment includes ten times. After one-time treatment, facial circulation accelerates, and skin gets tightened. After a course, the fat part of the double chin metabolizes and decreases slowly, and the skin becomes firm. After two courses, the double chin gets tightened, and facial contour shows it. After three courses, the effect consolidates skin firms, v-shaped face builds.