

## 3 IN 1 ULTRASONIC RADIO FREQUENCY CAVITATION DEVICE

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# User Guide

JEUNE ESSENTIALS

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# Table of Contents

Introduction.....	1
Program Settings.....	5
Treatment Procedures .....	9
Installation.....	12
Post Treatment.....	13

# Introduction

## How does ultrasonic cavitation work?

Ultrasonic cavitation is performed with non-invasive machines that target specific body areas with low-frequency sound waves (they are what put the “ultrasonic” in “ultrasonic cavitation”) and in some cases, light suction.

This process heats and vibrates the layer of fat cells below the skin’s surface. The pressure eventually causes the fat cells to liquefy and release their contents into the bloodstream. Proponents of the procedure believe that the body is then able to process these fatty acids through its proverbial waste-disposal plant: the lymphatic system.

## What kind of results can I expect?

Results can vary greatly from patient to patient. However, most proponents of ultrasonic cavitation claim that you’ll see:

- Tightening of skin and reduced cellulite (due to the production of new collagen and elastic fibers)
- Reduced circumference in the treated area (due to fat-cell release)
- An overall contoured appearance (due to a combination of the benefits listed above)

## How many treatments do I need and how often should I be treated to see results?

Between 8 and 12 sessions are needed for optimum results. The exact number of treatments needed will vary due to factors such as age, weight, and the area being treated.

## Is this procedure invasive?

No

## Is there any downtime?

No

## **What are the different types of machines used for ultrasonic cavitation? Are there major differences between them?**

“Ultrasonic cavitation” is a catchall term for noninvasive liposuction that works through low-frequency sound waves. Different spas and doctor’s offices use different devices to perform their procedures. Though similar, the machines can differ when it comes to the precise frequency and concentration of the sound waves.

## **How long do results last?**

Ultrasonic cavitation does not destroy fat cells; rather, it empties them of their contents, which means the cells are capable of storing fat again. A balanced diet is the only way to ensure lasting results. Those who take in more calories than they burn will see their improvement start to decrease over time.

## **Is it Safe?**

Ultrasound cavitation is extremely safe. During treatment, the process is comfortable and completely painless. Once the fat is released, some patients have noticed that they feel warmer or unwell temporarily. This is due to the release of thermal energy and detoxification of the body. Even though cavitation is extremely effective, women should still eat a high fiber, healthy diet. Drinking water will help the liver to metabolize fat and ensure that the procedure is successful. In addition, diet and exercise will help ensure that the procedure is not needed again.

Although side effects are rare, the most common symptoms are swelling or redness in the treated area. These side effects normally go away within a couple of days or weeks. Some people may notice more urine after treatment due to the release of toxins and waste by the body. In addition, individuals may have drier skin following their treatment. This may last for a few days and can be reduced using lotions that contain aloe vera. In general, most people can resume their normal life as soon as the treatment is complete. If there are symptoms, individuals should always discuss their concerns with a doctor or qualified medical professional.

# Safety Warnings:

## 1. Electricity & Machinery Safety

1. The machine is either 110V or 220V. So please check the machine voltage before starting the machine.

2. Please keep the voltage at stable condition.

## 2. Contraindication Safety

1. People with heart disease, high blood pressure, or configured cardiac Pacemaker.

2. People with acute inflammation, asthma, deep vein thrombosis, thyroncus, cancer.

3. People with hemorrhagic diseases, trauma or who is bleeding.

4. Pregnant women

5. Medical plastic artificial or metal parts inside the body such as metal teeth or silicone breast implants.

6. People with abnormal immune system.

7. People with numb or insensitive to heat.

8. If you are feeling unwell, prohibited in the ears, nose, eye throat and do not use this device in advance and tell your doctor.

9. Children under 12 years old are not allowed.

## 3. Treatment Safety

Using at normal temperatures and pressure. Please do not stay in too cold, too hot, too dry and too wet.

# Technical Parameters:

Power supply Input: 100V-240V

Power : 110W

Unioisetion Probe

- Power supply output: 150V
- Frequency: 40KHz
- Power: 25W

Quadrupole 3D SMART RF head for Arm/face/body

- Power supply output: 66V
- Frequency: 3MHz
- Power: 30W

Bipolar 3D SMART RF for face and eyes





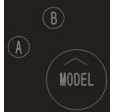

- Power supply output: 66V
- Frequency: 3MHz
- Power: 30W

# Program Settings

1. Connect the power supply.
2. Turn on the red button of power switch.



## 40 K Cavitation Handle

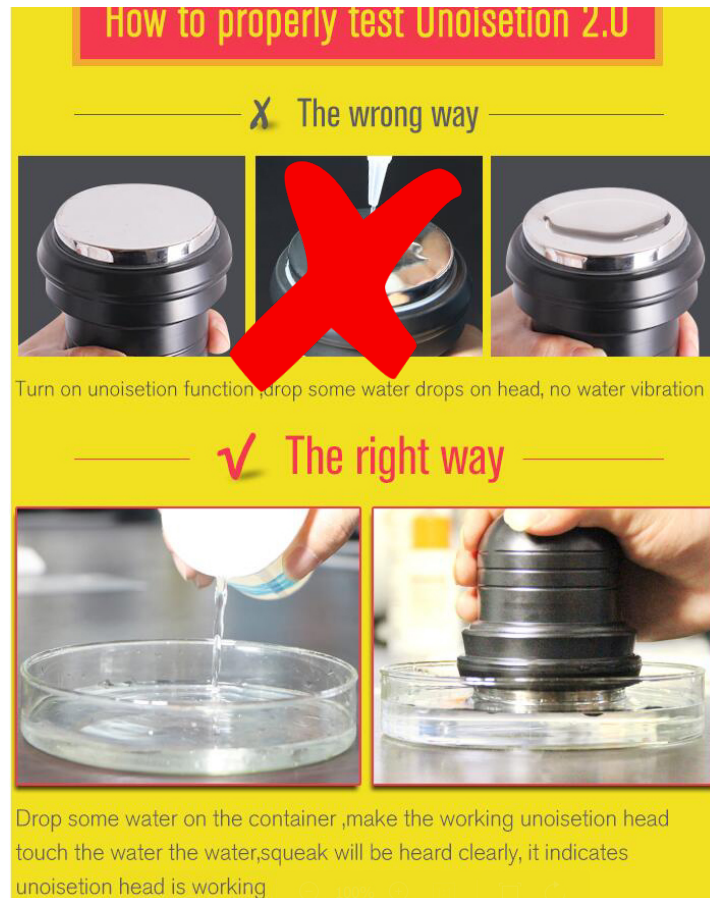
1. Press  button to start the unoisetion 40k cavitation treatment.
2. Press  to set the working time. The time range is (0-60) min. We recommend to set it 30mins.
3. Press  and  to increase or decrease the time.
4. Press  to chose the mode. A means continuous working mode, B means pulse mode, please chose the most comfortable for you.
5. Press  to start or stop








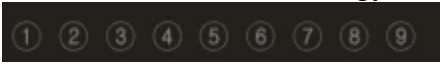

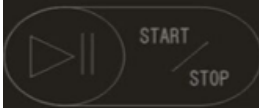
**Note:** If user is hearing a "ringing" in the ear while using the 40k head, changing the mode will help reduce and or eliminate the ringing. There is no right or wrong modes, if "A" does not present an issue, there is no need to change the modes.

**IMPORTANT:** A common misconception is that you are supposed to "feel" something with the 40k head. Some users may, some may not. The difference is between each body type. the purpose of the unit is not to heat your skin but produce ultrasonic waves to help reduce the fat cells. To ensure your 40k head is working, please test it as it's shown below.






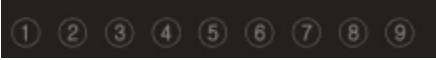
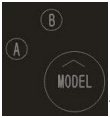
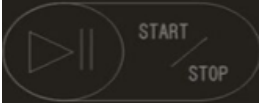
**Please do not adjust the frequency higher than 37khz. 34-37 is recommended.**



## Tripolar RF Handle

1. Press the  button to start the around-eye RF treatment
2. Press  to set the working time. By default, is 30 min
3. Press  and  to increase or decrease the time of the treatment
4. Press  to increase or decrease the energy. The energy level is show in this display  and goes from 1 to 9.
5. Press  to change from Mode A to Mode B. In Mode A the energy from level 1 to 9 will increase step by step meanwhile in Mode B, the energy will increase from 1 to 9 rapidly.
6. 5. Press  to start or stop

## Face RF Handle

1. Press the  button to start the Face RF treatment
2. Press  to set the working time. By default is 30 min
3. Press  and  to increase or decrease the time of the treatment
4. Press  to increase or decrease the energy. The energy level is shown in this display  and goes from 1 to 9.
5. Press  to change from Mode A to Mode B. In Mode A the energy from level 1 to 9 will increase step by step meanwhile in Mode B, the energy will increase from 1 to 9 rapidly
6. Press  to start or stop

# Treatment Procedures

## Abdomen, thigh, buttocks, and arms slimming

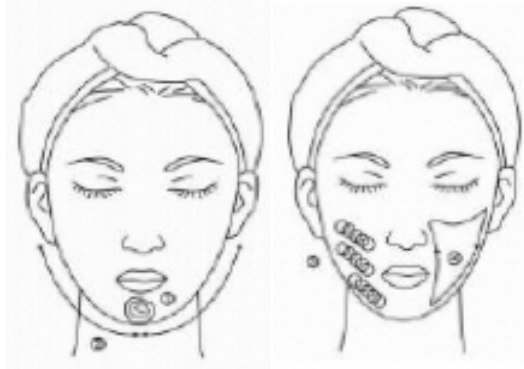
Please clean the skin and use cavitation gel on treatment area, turn on the machine, set the time and energy. Use an energy level that is most comfortable to the end user. Follow these steps

1. Use the 40k Cavitation head for 25-30 minutes.
2. Use the Face RF head for 25-30 minutes.
3. Use the Around-eye RF head for 15-20 minutes.
4. Do this for 2-3 times a week, allowing 24 hours in between for recovery.

## Face

Treated time: 30 minutes

1. Massage the mandible center in circles to produce deep heat
2. Massage lower jaw in lines
3. Massage the triangle zone of both sides of the face in a circular motion
4. Massage from jaw to angulus oris, to ear in lines



## Thighs

Treated time: 30 minutes

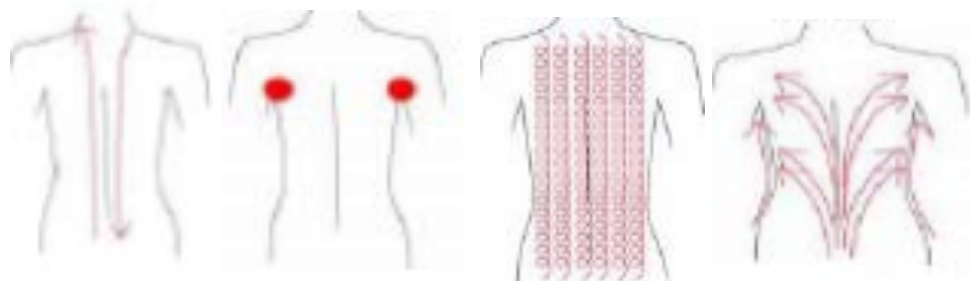
1. From lower to upper, pushing to the groin to dredge the lymph
2. From lower to upper, circling by counter-clockwise will help with decomposing fat
3. You can also use the push and release technique to help decompose fat
4. Pull from the knee and muscle to the upper thighs, will help improve the curve



## Back

Treated time: 20-30 minutes

1. Use the push and release technique, going up and down the side of the spine
2. Use counter-clockwise circles to stimulate the underarm
3. Do mini counter-clockwise circles to help decompose the fat
4. Using the lymph drainage gesture, pull the toxin to the lymph node, it can help improve the back curve



## Arm (Back Side)

Treated time: 20-30 minutes

1. From the inner elbow to the armpit
2. Circling to stimulate lymph node
3. Use the push and release technique to help decompose the fat
4. From the elbow to the shoulder blades, clinch fist and flex



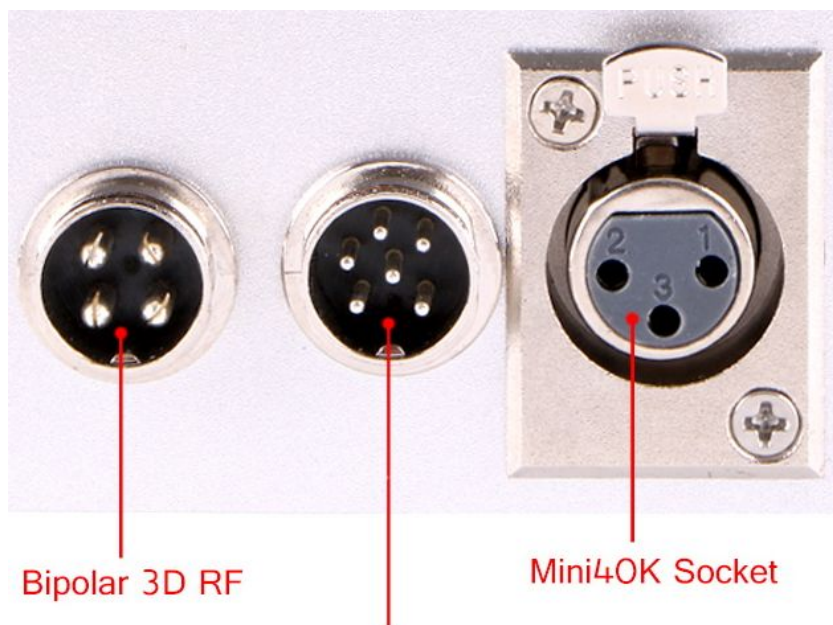
## Abdomen

Treated time: 20-30 minutes

1. From small to large, use a clockwise direction, circling around the navel. Can help with peristalsis of the large intestine
2. From small to large, use a counter-clockwise direction and pushing down
3. From the belly, pull to the groin
4. Through lymph drainage gesture, taking the toxin out



# Installation





# Post Treatment

## What happens to your skin after your RF treatment



As the radio frequency energy enters your skin and penetrates deep down the epidermis and dermis, you could expect that the heat generated could cause typical reactions.

Usually, post RF procedure reactions of the skin may include redness, sensitivity, swelling, heated sensations, and in some cases, mild pain. If the radio frequency skin tightening session comes with a peel treatment, tiny scabs might also appear.

These effects naturally occur and are generally considered as normal. However, RF-treated skin demands a specific list of the things you should or shouldn't do. This is to achieve the best results possible and avoid worst-case scenarios that could happen to your skin.

## Things not to do after a RF session

### Sunbathing or anything that has something to do with direct exposure to sunlight



When you have undergone a radiofrequency treatment, your skin was already exposed to a high amount of heat which causes burning sensations. Sunbathing or prolonged exposure to sunlight could add further irritation or even damage your rf treated skin.

So, if you do not want burnt skin, avoid staying too much under the scorching heat of the sun. If you have no choice and you really need to go out, you should apply sunscreen that has at least SPF 30. Bonus tip: Stay fashionable while at the same time protecting your skin from sun rays by wearing different kinds of hats or by using hip umbrellas.



## Tanning



Since you are not allowed to stay out in the sun too much, you might think that tanning can be an alternative. Well, just in case you're wondering, the answer is definitely NO. Tanning beds, or tanning procedures of all sorts use ultraviolet rays, just like the natural sunlight.

Radiofrequency energy plus UV rays would be too much for your skin to absorb. Tanning after radiofrequency tightening could cause your skin to be more sensitive and increases the likelihood of damaged cells.

True, sun-kissed looking skin is nice, but no to tanning for now. You should rather eat foods rich in vitamin A, such as carrots. Vitamin A helps in the production of new skin cells and if you take more vitamin A, your skin may as well recover fast.

## Scratching or Skin Picking



Do not scratch scabs if they are formed. Even if scabs can be itchy, control the urge to scratch them and refrain from skin picking. Scabs are indicators that the skin beneath isn't fully healed.

If you keep on trying to remove them, the newly forming cells will be exposed. Your skin might also bleed. This can lead to further skin damage and deep scarring. If itching persists, gently apply an antimicrobial ointment on the scabs to relieve the unpleasant feeling. Allow them to fall off naturally.

You wouldn't wish for a larger scar after all, right?

### **Drinking even a little alcohol**



Perhaps, you happen to be invited to a party. This is fine, but remember, do not drink alcoholic beverages if you've just undergone a radiofrequency procedure. The treatment will be useless if you do this.

Since your liver is involved in the process, it needs to fully cooperate after the treatment. Taking in alcohol is never a good idea because your liver will first remove the alcohol from your body instead of the deactivated fat cells. Drink more water instead.

### **Drinking coffee, tea or soda**



You've been advised to increase your water consumption to at least three liters per day. When we say water, that's none other than H<sub>2</sub>O. Coffee, juices, tea, and carbonated drinks are excluded from the list.

It is important to keep your body hydrated to help your skin recover fast and make it more young- looking. Drinking coffee and other beverages that have caffeine can dehydrate the body rather than rehydrate it.

On the other hand, water helps in reducing excess fat in the body, thus making the rf treatment results more visible and achievable. So, after your session, stay away from fast food chains or coffee shops no matter how alluring they may seem. You know that looks can be deceiving. So, be loyal to water.

### **Hot Shower or Hot Baths and Saunas**

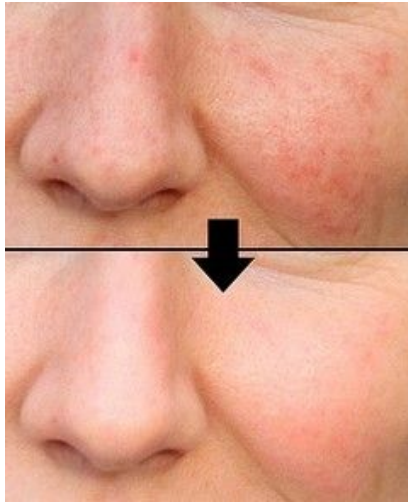


We definitely understand that hot shower, hot bath, spa and sauna are all relaxing. However, instead of offering your rf treated skin with relaxation, these things might rather cause trauma or irritation on the body parts treated.

It is advisable that you shower with cool water. But if you really want something warm to rinse your body, a lukewarm bath is okay.

Keep in mind that the water's temperature shouldn't be too high. Hot temperature could aggravate the condition of the skin that has been through intense radio frequencies and delay its recovery.

### **Touching or manipulating the affected area too much**



If you checked yourself in the mirror and you notice that your skin is reddish or there's mild swelling, avoid touching the affected area. Touching or manipulating it could cause infection and this may spell more trouble instead of the desirable results you're aiming for. Meanwhile, to ease the swelling, you may apply a clean icepack to the affected area for 15 minutes three to four times a day. To relieve the redness of your skin, you can apply soothing gels or creams. Your doctor may also advise that you use cool moisturizing mists on the irritated areas.

If there are open sores, gently put an antibiotic ointment. On your face, you may also use a hydrating mask.

### **Keeping your sedentary lifestyle**



Now that you lose cellulite, the appearance of stretch marks, and eased your sagging skin, just sit back and relax. Oops, that's what you might be thinking right now. Once you're done with your Rf session, the effort doesn't end there. You need to stay active and drop that sedentary lifestyle, otherwise, your treatment will be no use after all.

You would likely experience the same problem over and over if you don't exercise for at least 20 minutes after your session. Brisk walking is one form of exercise that's recommended for patients who underwent RF treatment.

### **Eating more fatty and unhealthy food**



Giant hamburgers, freshly cooked French fries, popcorns, chips- they are all tempting if you're a fast food junkie. But, it's completely a no-no to eat fatty and unhealthy food right after your radio frequency skin tightening session.

**Please do not use the machine if:**

3. You are pregnant or going through menopause,
4. Epileptic,
5. Have malignancy,
6. Recent operation with unhealed wounds,
7. Acute inflammation or epidemical,
8. Have heart disease or using a pacemaker,
9. Kidney (gallstone),
10. Embedded with metal object or silica gel,
11. Genetic Hypersensitivity

**Notice**

12. Be sure to use cavitation or ultrasonic gel
13. Avoid knocking or dropping the head of the handles
14. To avoid getting burnt, please use gel. The more the better
15. Don't stay in one area during treatment, keep moving and avoid the bones
16. Don't use a disinfectant product on the head, a wet towel is sufficient
17. Please remove all jewelry before using the machine
18. If using the machine for more than an hour, please allow a 10 minute cool down period.

