

User Manual

Aristorm 8 In 1 Cavitation 2.5

Model: LS-78D2MAX



Preface

To our valued users,

Thanks for choosing our latest 8-in-1 integrated beauty equipment. This latest body slimming and skin tightening instrument integrates RF, vacuum, ultrasonic cavitation 2.5, expansion caused by heat and contraction caused by cold, micro-current with LED techniques. LS-78D2MAX 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

At present, multipolar RF, vacuum RF, ultrasonic cavitation, micro-current with LED, and cold & hot hammer are widely used in the beauty field, and their usage rate come out top. And they are the most popular equipment for improving looks, tightening, shaping the body, and anti-aging. It can effectively replace all the facial and body care programs in a beauty salon, operate easily, conveniently, and swiftly, and solve skin and body problems for people pursuing beauty. Moreover, this equipment works safely and effectively and requires no skin breaking, injection, medication, or surgery. It has no side effects and is operated externally throughout, and has an instant effect. Radiofrequency heats deep skin, stimulates collagen hyperplasia and recombination in the dermis, and accelerates blood circulation of the underlying skin, achieving skin tightening and plumpness, anti-aging, and senility prevention. Ultrasonic waves of a particular frequency aim at body parts having difficulty reducing fat, bringing fantastic effects.

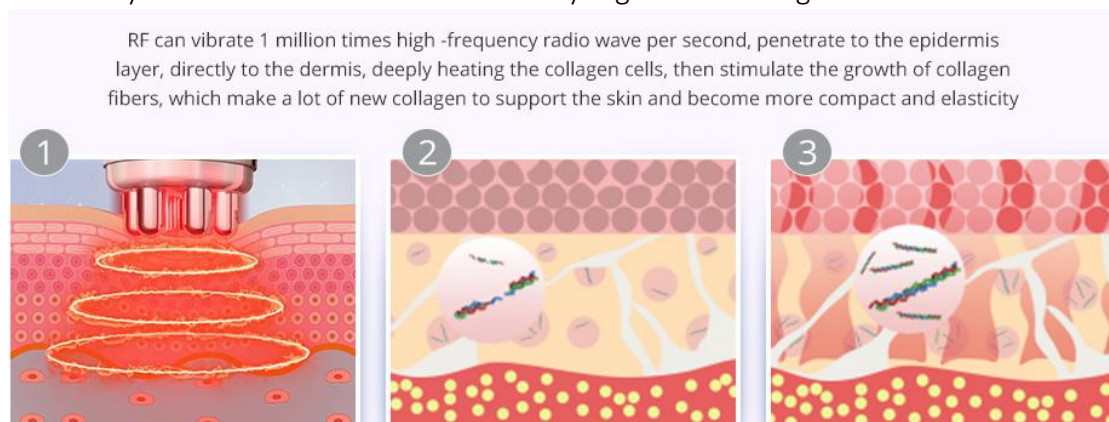
2. Advantages

- (1) The 8-in-1 multifunctional beauty equipment fixes facial and whole body care problems.
- (2) Ultrasonic waves powerfully blast and remove fat and have replaced and surpassed liposuction, bringing good news to obese people.
- (3) Radiofrequency heats deep skin, stimulates collagen hyperplasia and recombination in the dermis, and accelerates blood circulation of the underlying skin, achieving skin tightening and plumpness, anti-aging, and senility prevention.
- (4) It has multiple handpieces, which can be changed per the body parts to be treated and different requirements.
- (5) The perfect match of ultrasonic wave and RF will address people's concerns for weight reduction. It can tighten skin, increase skin elasticity, speed up body metabolism, and strengthen the physique while reducing weight.
- (6) It adopts the most advanced ultrasonic cavitation technique in the world.
- (7) It's painless, non-invasive, and injury-free, and it asks for no convalescence, requires no stay, and will not affect regular work and life after treatment.
- (8) It has zero consumption and is low-cost. But it gives a quick return.
- (9) It has a broader treatment range and can be used all over the body.
- (10) Unevenness, bleeding, and swelling will not occur.

3. Working Principle

Eye/ Face/ Body RF: For monopole, bipolar, and multipolar RF, it generates a radiofrequency effect through every two electrodes forming a loop. Monopole and bipolar RF can produce one loop, while tripolar RF can form three loops and quadrupole RF four loops. Since the human body is not a flat surface, it presents a contact surface gap when electrodes contact the body. But the contact surface of multipolar RF has the advantage of making radiofrequency output consistent.

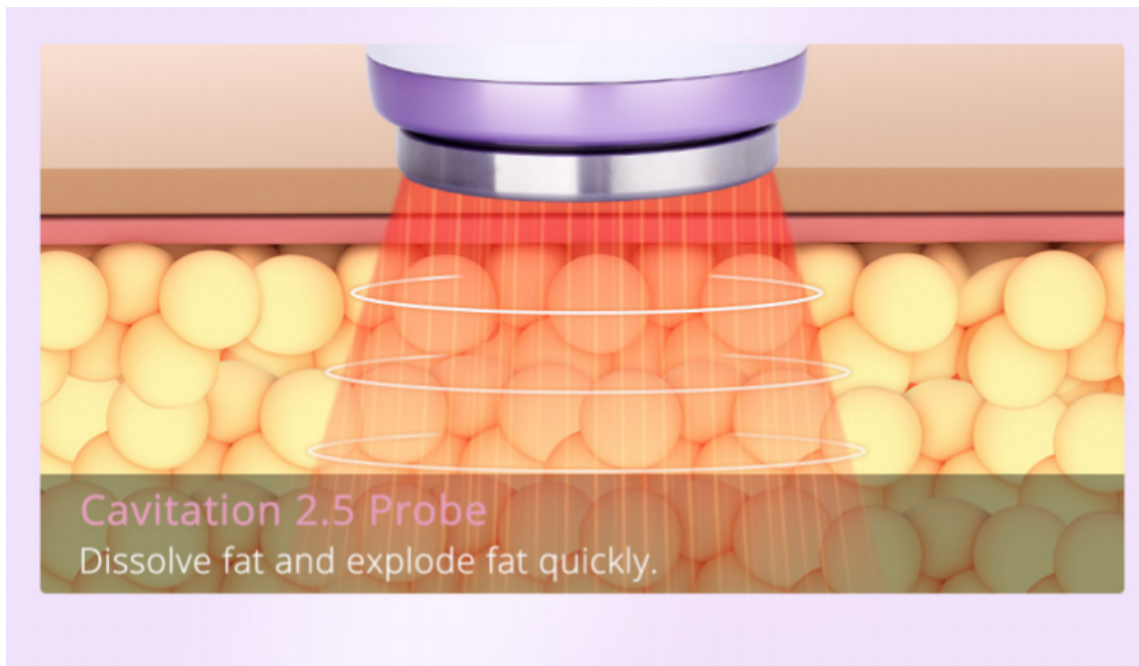
Radiofrequency waves directly penetrate the skin and produce energy by utilizing the electrical resistance effect formed by the skin, increasing the underlying skin's temperature. Tightening collagen in the dermis and stimulating collagen hyperplasia can timely lift and firm skin and continuously regenerate collagen.



Cavi: It uses the principle of ultrasonic waves. It can effectively consume heat and cellular moisture and shrink fat cells by gathering strong sound waves entering the human body, causing fat cells to produce a strong strike and friction. In addition, when sound waves vibrate, it can cause cells to generate an intense impact that bursts cells instantly and decreases the number of fat cells to achieve fat removal.

Ultrasonic Cavitation 2.5: Tens of thousands of tiny bubbles, namely cavitation bubbles, are produced by liquid vibration. These bubbles grow in the negative pressure zone formed by the longitudinal transmission of ultrasonic waves, and they 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 get burst, which will generate strong instantaneous pressure. Generally, the pressure can reach up from tens of MPa to hundreds of MPa and produces strong vibration and noise.

Advantages: It destroys tissue selectively, only breaks low-density adipose tissue with a specific frequency, and protects high-density tissue like nervus vascularis.



Body Vacuum RF: Massaging skin and muscle with a special vacuum sucker can effectively enhance the mobility of the body fluids and boost cells' movement. Thus, activating cells and increasing skin elasticity. And meanwhile, it accelerates blood circulation of the micro-vessels, discharges the excess toxin through the normal circulation of the lymphatic system, lowers the probability of adverse situations, such as color spots, pigment, and extravasated blood. The kneading effect generated by vacuum fat-sucking can increase the tissue activity of the skin and muscles. Thus, decreasing scleroid cellular tissue and increasing the elasticity of skin tissue. Therefore, both slimming and shaping can be completed simultaneously. In addition, vacuum movement can also stimulate the sympathetic nervous system on the superficial and deep layer of the skin and lowers skin sensitivity. The suction and release of air pressure can improve the capillary system, promote flow between deeper veins and lymph gland networks, strengthen blood vessels, and relieve varicosity.

Advantages: It breaks through the previous working mode of vacuum that is single and simple. Using different modes for different body parts can slim and sculpt the body more effectively and efficiently, and it causes no harm to the human body. Compared with the ordinary monopole RF, this equipment, with its unique RF probe and RF and vacuum relatively independent but complementary as a whole metabolic system, can perfectly reshape the body in a more effective, rapid, and even way.

The Physical Effect of the Vacuum
Skin Layer

The suction and release of air pressure:

- Improve mobility among cells, thus increasing the movement of cells and curing diseases related to blood stasis and stagnation.
- Remove moisture from the lymph gland and veins.
- Effect: Water can be discharged from fibrous tissues.

Vascular Layer

The suction and release of air pressure:

- Boost blood circulation of the micro-vessels. It improves the capillary system and enhances flow between deeper veins and the lymph gland network.
- The extra toxins can be removed from the body.
- Effect: Strengthen blood vessels and relieve varicosity.

Fibrous Layer

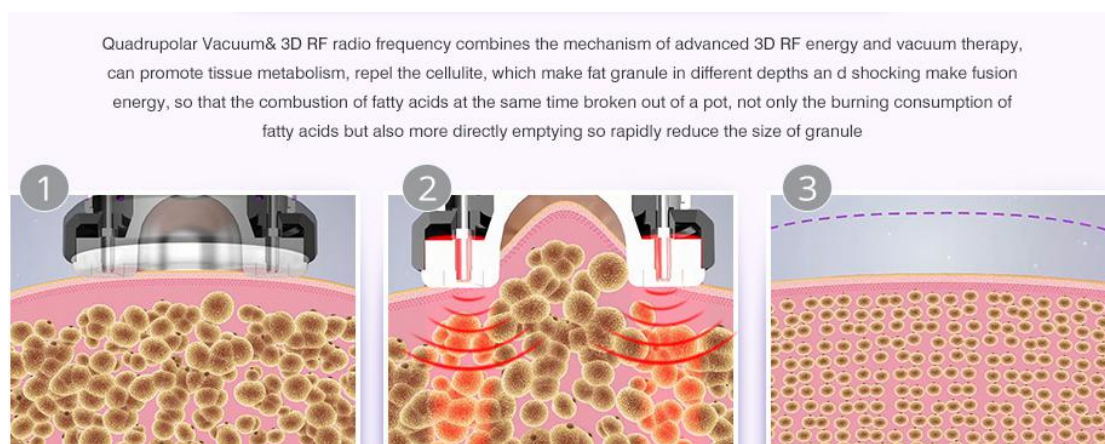
The suction and release of air pressure:

- 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 repair skin elasticity, and resist skin stretch.
- The production of ossein helps to renew skin and recover elasticity.
- Enhance oxygen support capacity for the skin and increase the consumption of carbon dioxide.
- Effect: Break the stiff fiber of cellulite and make it more elastic. Thus, shaping the body.

Nervous Layer

The suction and release of air pressure:

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



Cold & Hot Hammer: It uses the principle of expansion caused by heat and

contraction caused by cold. When our skin temperature stays at 5 degrees, metabolic rate reduces, cell activity inhibits and slows down, and the nerve endings' sensitivity lowers. Thus, inhibiting pain, swelling, and ache caused by skin allergy. Due to this principle, a temperature of 5 degrees contracts blood vessels and causes pores shrinkage, lessening large pores and firming skin. Thus, removing wrinkles and crow's feet on the face.

The physiological effects of cold treatment with a temperature of 5 degrees:

- It shrinks blood vessels, contracts pores, and tremendously minify large pores.
- It strengthens collagenous fiber, makes skin tightened and elastic, and removes wrinkles and crow's-feet.
- It contracts blood vessels and effectively relieves varicosity and spider veins bulging. Moreover, harmful wastes that go back to veins at any time can be easily purified and detoxed. It also has a noticeable effect on spots fading and removal.
- It reduces metabolic rate, inhibits and slows cell activity, lowers the sensitivity of nerve endings with a sedative and soothing effect, offsets skin pain, swelling, and ache. It, especially, has a good curative effect on allergic skin.

The physiological effects of hot treatment with a temperature of 40 degrees:

- It makes people feel warm and comfortable, relaxes muscles, balances autonomic nerves, and dispel pain and soreness.
- It accelerates blood circulation, increases oxygen content in blood, opens pores, expands blood vessels, speeds up skin nutrition absorption. It's a moderate, comfortable, and effective import method.
- It boosts the skin's metabolic rate, increases heat energy in tissue, discharges wastes and toxins naturally, and has a good effect on eye bags and black eyes removal.

Using the cold and hot function alternately can yield twice the result with half the effort, naturally activate cells, improve and purify the skin. It's an instrument that keeps people healthy and makes people nice-looking.

Use the cold therapy hammer to shrink pore after skin moisturizing and nutrition importation, this cooling therapy can promote skin tightening and enhance acne relieving and smoothing



Warnings:

- In case the hands get scalded, please don't touch any parts of the cold and hot hammer when it's working.
- Due to the heat transfer effect, the cold or hot hammer is still hot after turning off.
- This instrument is not designed for those with a weak physical ability, slow response, or mental disorders (including children), except it's used under the guidance or with the help of people who take responsibility for it.
- Children shall be monitored to ensure they do not play with the instrument.

BIO Micro-current with LED: It adopts the photodynamic principle of high-tech photorejuvenation to activate deep cells and make the skin have better metabolism. After the skin absorbed the ray of light, light energy was transformed into intracellular energy, which expands and strengthens micro-vessels and triggers a photochemical-enzymatic reaction with the skin. And the energy boosts the activity of catalase and superoxide dismutase (SOD), the "guard" and "janitor" for cells, enhances the breakdown of adenosine triphosphate (ATP), a source of cellular energy, and increases glycogen and protein content to accelerate cells metabolism and synthesis. Besides, the energy stimulates the secretion of body alkaline synthetic fiber growth factor(BFGF) and epidermal growth factor(EGF), increases collagenous fiber's elasticity, rearranges fibers, blocks and eliminates the formation of melanin, accelerates cells growth and blood circulation, causes fibrocyte tissue to produce collagen, and lift skin elasticity. And it plays a vital role in repairing aging and acne skin, fading spots, firming and lifting, and relieving sunburns.

Biological Effect: It adopts the photodynamic principle to activate deep cells and make the skin have better metabolism. After the skin absorbed the ray of light, light energy was transformed into intracellular energy, which expands and strengthens micro-vessels, triggers a photochemical-enzymatic reaction with the skin, and increases glycogen and protein content to accelerate cell metabolism and synthesis.

Red Light: with a wavelength of 635NM. It warms up deep skin, activates collagen's activity, speeds up skin microcirculation, builds skin elasticity, makes skin ruddy, tender, rejuvenated, and smooth, reduces wrinkles, stimulates the regeneration of skin cells, and activates active ingredients through the specific red light waveband.

Blue Light: with a wavelength of 462NM. It contracts pores, gets rid of oily skin, calms skin, removes acne, rapidly locks moisture and essence, makes skin more elastic, relieves skin's inflammation, repairs dark acne, and sterilizes through the specific blue light waveband.

Green Light: with a wavelength of 527NM. It soothes and repairs skin, eases pain, promotes blood circulation through the specific green light waveband. It suits skin with a thin stratum corneum or is prone to allergy or redness.

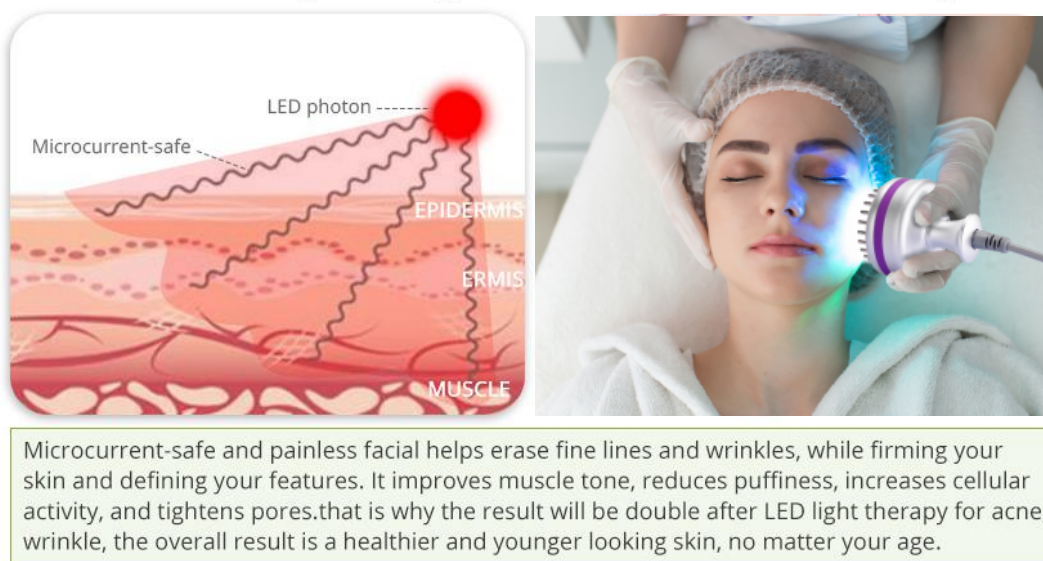
Purple Light: with a wavelength of 600NM. It's a dual-band light that consists of red and blue light. It combines the effect of two phototherapies. And it has an excellent effect on and repairing effect in curing acne and removing acne marks.

Yellow Light: with a wavelength of 590NM. It replenishes energy for skin cells, promotes gland function, helps with digestion, cures skin diseases, boosts immunity, accelerates blood circulation, effectively repairs red marks and red spots of the skin, and relieves swelling and pigment. It suits acne removal and skin brightening.

White Light: with a wavelength of 670NM. It penetrates deep skin, accelerates metabolism of active tissue, breakdowns color spots, relieves fine lines and saggy skin, relaxes skin, balances secretion, and controls grease

Turquoise Light: with a wavelength of 610NM. It can gradually enhance cell energy and has a good curative effect on metabolism through the specific turquoise light waveband.

Microcurrent&LED Light Therapy-Fine Lines Reduction&Skin Firming



4. Anti-aging & Skin Tightening

(1) Efficacy

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

(2) Indications

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

(3) Contraindications

- 1) Those who just had plastic surgery or had prostheses or metal objects implanted inside the treated parts.
- 2) Those who injected hyaluronic acid or water light or had an injection for wrinkle removal or plastic surgery recently.
- 3) Those with hypertension, heart disease, diabetes, severe thyroid, malignant tumors, etc.
- 4) Those in the allergic period, with severely sensitive skin, or who are allergic to metals.
- 5) Those who are overaging.
- 6) Those in menstruation, pregnancy, lactation, or surgical recovery.
- 7) Those with skin disease or infectious disease.
- 8) Those who have an unrealistic illusion about the effect.

(4) Matters Needing Attention After Treatment

- 1) Do not wash the face with overheated water within three days (but wash with warm and cold water).
- 2) Keep hydrating and moisturizing, and protect yourself from the sun.
- 3) Do not enjoy hot springs, saunas, or do strenuous exercise, etc., within three days.
- 4) It's advised to apply a facial mask at least three times a week.
- 5) Avoid eating spicy and greasy food, staying up late, smoking, and drinking alcohol. Instead, eat more vegetables, fruits, and light food.
- 6) Do not eat food causing hypertension, hyperlipidemia, and hyperglycemia, and mostly eat bland food.

5. Eye Anti-aging

(1) Efficacy

- 1) Relieve eye fatigue, black eyes, eye bags, and edema.

- 2) Improve periorbital wrinkles and crow's feet.
- 3) Fade pigment and accelerate blood circulation.
- 4) Accelerate metabolism and prevent hyperpigmentation.
- 5) Supply nutrition to the eyes and moisten the skin.
- 6) Tighten and refine skin and lift the corner of the eyes.
- 7) Accelerate blood circulation of the eyes and help with efficient absorption.

(2)Indications

- 1) Those with wrinkles, fine lines, eye bags, or black eyes.
- 2) Those with dry skin, dry lines, or dynamic wrinkles.
- 3) Those whose eyes are prone to fatigue or dryness.
- 4) Those who always face computer or cellphone.
- 5) Those who always stay up late or with black eyes.
- 6) Those who always expose to a dry or high-temperature environment.

(3)Contraindications

- 1) Those who just had plastic surgery.
- 2) Those with hypertension, heart disease, diabetes, severe thyroid, malignant tumors, etc.
- 3) Those in the allergic period, with severely sensitive skin, or who are allergic to metals.
- 4) Those with skin trauma or wound.
- 5) Those who are overaging.
- 6) Those in pregnancy or surgical recovery.
- 7) Those with skin disease or infectious disease.

(4)Matters Needing Attention After Treatment

- 1) Avoid being under the blazing sun and protect yourself from the sun.
- 2) Keep hydrating and moisturizing, and protect yourself from the sun since the treated parts are relatively dry.
- 3) It's better not to use products like alcohol, AHA(Alpha Hydroxyl Acid), or scrub cream within 1 to 3 days.
- 4) Avoid washing the face with overheated water, enjoying hot springs, saunas, or doing strenuous exercise within seven days.
- 5) Drink more water and apply an eye mask which should do at least three times a week.

6. Neck Maintenance

(1)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.

(2)Indications

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

(3)Contraindications

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

(4)Matters Needing Attention After Treatment

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

7. Body Management

(1)Waist & Abdomen Sculpting

1) Efficacy

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

2) Indications

- Those with cold hands, feet, cold uterus, or cold-natured bodies.
- Those whose waist and abdomen have flab, protruding small belly, or flabby skin after child delivery.
- Those who sit too long or with unsightly waistlines.
- Those with striae distensae or stretch marks.
- Those with constipation or whose abdomens have obstructed channels and collaterals.

3) Contraindications

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

4) Matters Needing Attention After Treatment

- Avoid wearing a crop top or 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.
- Keep the abdomen warm and take a shower after 4 to 6 hours.
- Avoid enjoying sauna, hot springs, or doing strenuous exercise within seven days.
- Rub the abdomen with your hands doing it clockwise before sleep at night,

making weight loss and metabolism achieve a better effect.

(2) Arm Sculpting

1) Efficacy

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

2) Contraindications

- Those who just had plastic surgery.
- Those with hypertension, heart disease, diabetes, severe thyroid, malignant tumors, etc.
- Those in the allergic period or with severely sensitive skin.
- Those with skin trauma or wound.
- Those who are overaging.
- Those in pregnancy or surgical recovery.
- Those with skin disease or infectious disease.

3) 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, hot springs, or doing strenuous exercise within seven days.

4) Indications

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

(3) Back Sculpting

1) 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 excessive flab from the back and sculpt the back.

2) Indications

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

3) Contraindications

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

4) Matters Needing Attention After Treatment

- Keep warm, avoid exposure to a windy environment, catch 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) Buttock Sculpting

Buttocks, located at the middle of the human body, are the key hub for channels and collaterals and qi-blood circulation and are the main switch of six channels and collaterals and the bridge connecting upper jiao qi-blood and lower jiao qi-blood circulation of the human body. It plays a vital role in body S-curve management and feminine charm increasing.

1) Efficacy

- Enhance blood circulation and speed up metabolism.
- Relieve gynecological diseases, such as 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 hips, relieve the sagging and outward expansion of the hips, tighten skin, and increase elasticity.

2) Indications

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

3) Contraindications

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

4) 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, hot springs, or doing strenuous exercise within seven days.

(5) Leg Sculpting

1) Efficacy

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

2) Indications

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

3) Contraindications

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

4) 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, hot springs, or doing strenuous exercise within seven days.
- Wear long pants as far as possible after treatment, and avoid wearing miniskirts and mini-shorts.

Part II

1. Detailed Operations

Check the equipment and make sure it's properly connected. The following initial interface on the left will appear after having the power switch on. It enters the function selection page on the right after the loading finishes.



(1)Function Selection



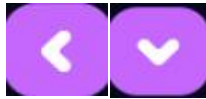
Time Setting & Display(Time Range: 00:00 to 60: 00)



Energy Intensity Display & Setting(Energy Intensity Range: 0 to 10)



Mode Icons



Time & Energy Intensity Setting(decrease)



Time & Energy Intensity Setting(increase)



Start/ Pause

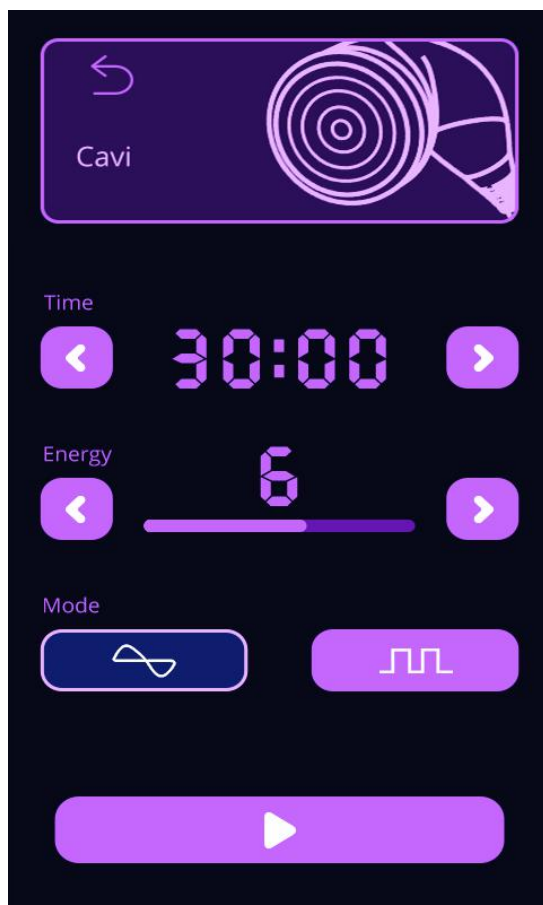


Return

(2)Detailed Operations for Cavi



Select and enter the following page.



Time Setting & Display



Energy Intensity Setting & Display




Two Working Modes for Cavi



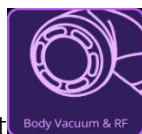
Continuous Working Mode

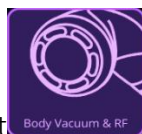


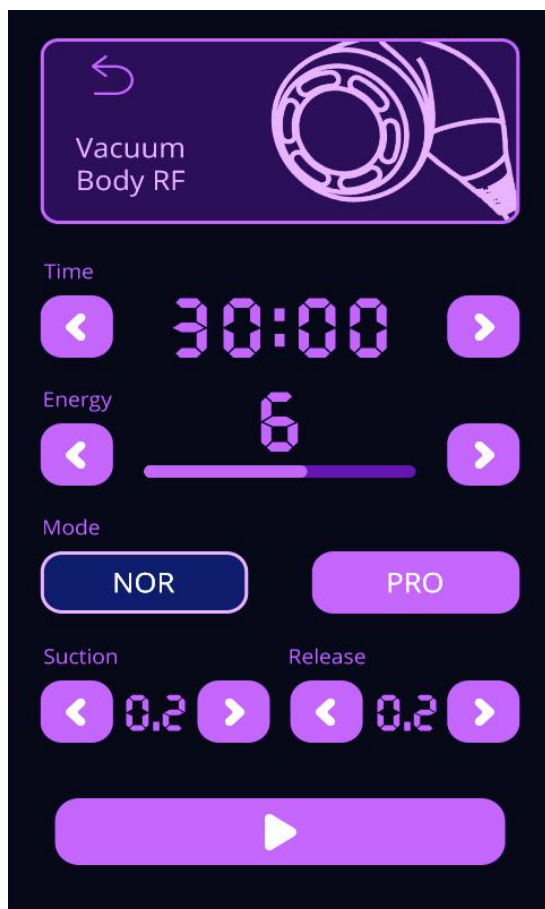
Discontinuous Working Mode

Have the time, energy intensity, and mode set, and then click  to start.

(3)Detailed Operations for Body Vacuum RF



Select  and enter the following page.

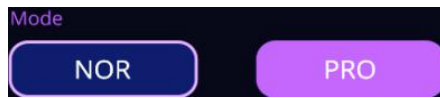




Time Setting & Display



Energy Intensity Setting & Display



Two Working Modes for RF



After clicking Start, the light of the handpiece will be on, and the energy reaches the setting value directly.




After clicking Start, the light will be on, and the energy reaches the setting value slowly after the handpiece touching the skin.



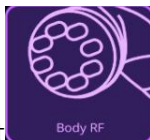
Suction Time Setting & Display(Range: 0.0 to 2.0)



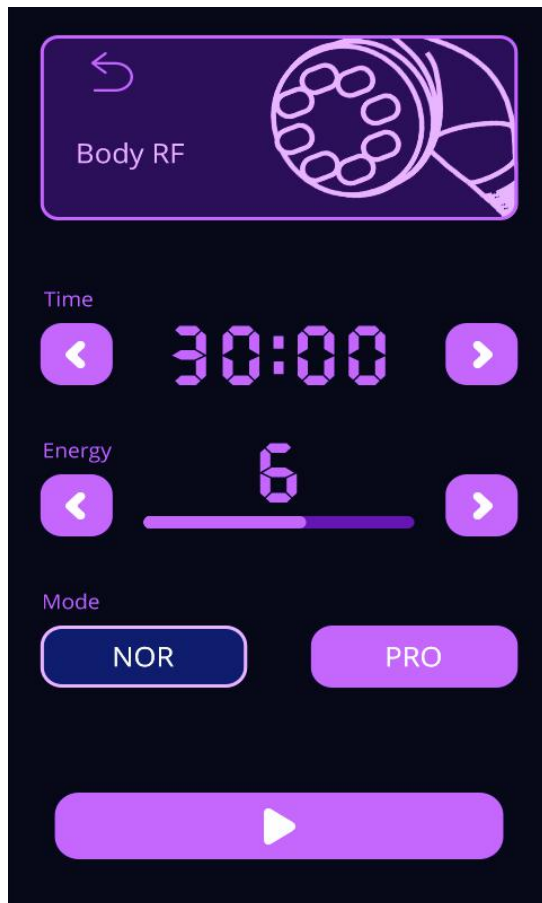
Release Time Setting & Display(Range: 0.0 to 2.0)

Have the time, energy intensity, mode, time for suction and release set, and then click  to start.

(4)Detailed Operations for Body RF



Select  and enter the following page.



Time Setting & Display



Energy Intensity Setting & Display




Two Working Modes for Body RF



After clicking Start, the light of the handpiece will be on, and the energy reaches the setting value directly.




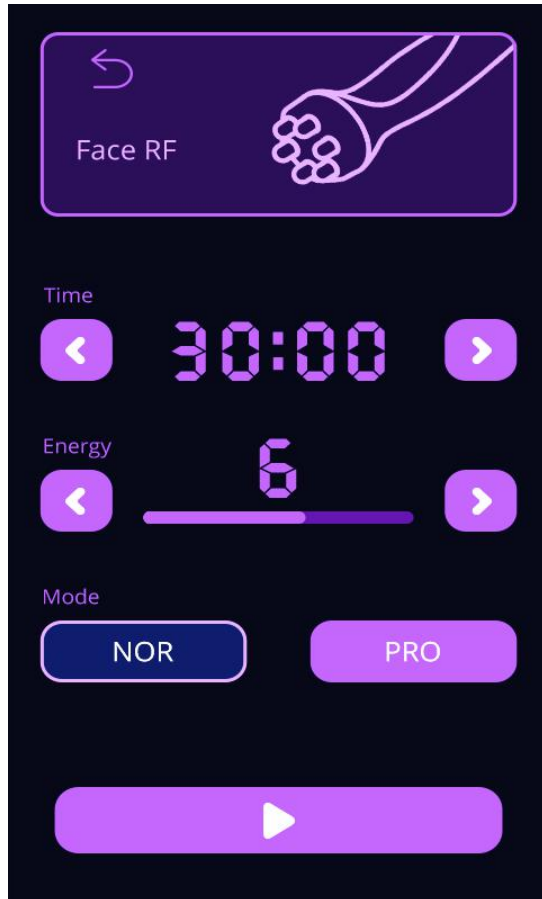
After clicking Start, the light will be on, and the energy reaches the setting value slowly after the handpiece touching the skin.

Have the time, energy intensity, and mode set, and then click  to start.

(5)Detailed Operations for Face RF



Select  and enter the following page.



Time Setting & Display



Energy Intensity Setting & Display




Two Working Modes for Face RF



After clicking Start, the light of the handpiece will be on, and the energy reaches the setting value directly.




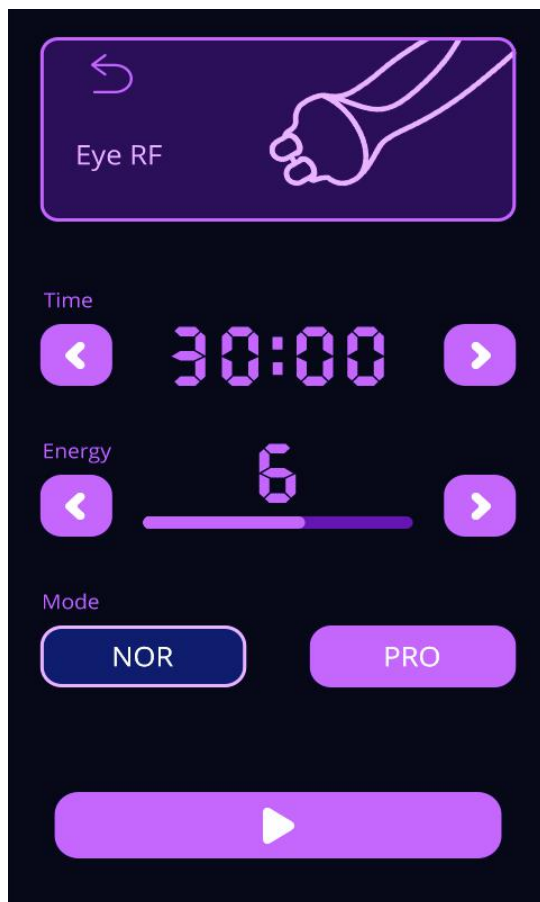
After clicking Start, the light will be on, and the energy reaches the setting value slowly after the handpiece touching the skin.

Have the time, energy intensity, and mode set, and then click  to start.

(6) Detailed Operations for Eye RF



Select  and enter the following page.



Time Setting & Display



Energy Intensity Setting & Display



Two Working Modes for Eye RF




After clicking Start, the light of the handpiece will be on, and the

energy reaches the setting value directly.



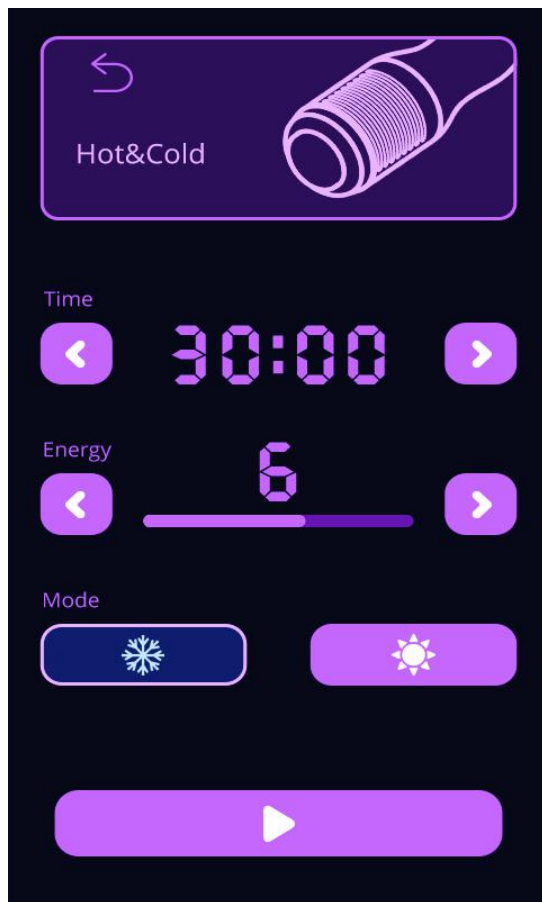
After clicking Start, the light will be on, and the energy reaches the setting value slowly after the handpiece touching the skin.

Have the time, energy intensity, and mode set, and then click  to start.

(7)Detailed Operations for Cold & Hot Hammer



Select  and enter the following page.



Time Setting & Display



Energy Intensity Setting & Display




Mode Selection for Cold & Hot Hammer



Cooling Mode (for calming and repairing sensitive, swelling, or heating skin)




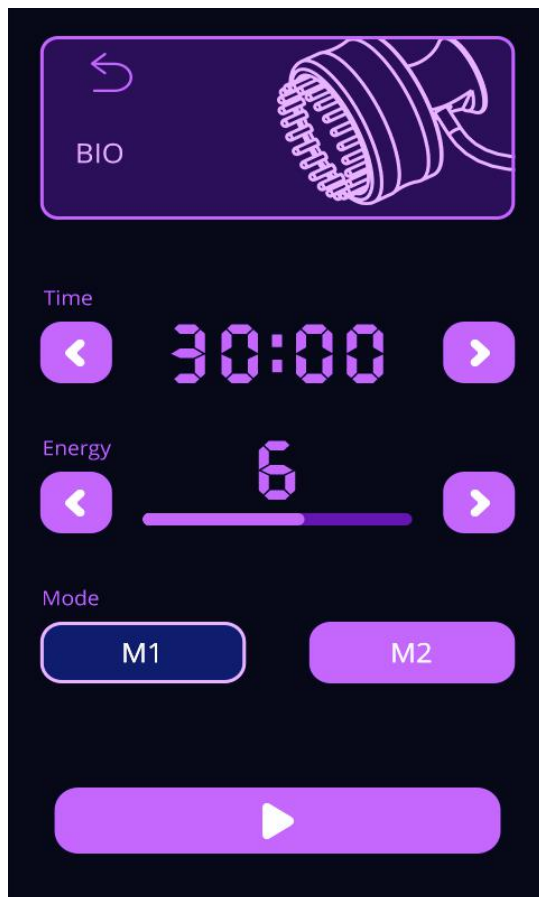
Heating Mode (for skin infusion and absorption)

Have the time, energy intensity, and mode set, and then click  to start.

(8) Detailed Operations for BIO



Select  and enter the following page.



Time Setting & Display



Energy Intensity Setting & Display



Two Working Modes for BIO



Continuous Working Mode



Discontinuous Working Mode


Handpiece Adjustment:

OFF: Photon LED

AUTO: Change color automatically (cycle through multiple twinkling colors)

MODE/ON: Mode Selection (different colors can be chosen to stay on)

WAVE: Mono Twinkling Color (click MODE to switch to a different color when needed)

Have the time, energy intensity, and mode set, choose the proper IPL per the light effect, and then click  to start.

2. Technical Parameters

Power Supply Input: 110V-220V 50HZ/60HZ

Power: 78W

Dimensions: 16.5 x 13.8 x 14.6 inches

Net Weight: 6.2KG

Gross Weight: 7KG

CAVI

Frequency: 40KHZ

Power: 30W

Body Vacuum & RF

Frequency: 1MHZ

Power: 78W

Suction Vacuum: -73KPa

Air Flow: 10L/min

Noise Level: <60dB(30cmaway)

Body RF

Frequency: 1MHZ

Power: 68W

Face RF

Frequency: 1MHZ

Power: 57W

Eye RF
Frequency: 1MHZ
Power: 32W

Hot & Cold
Power: 20W
COLD: 32-39.2°F
HOT: 113°F

BIO
Frequency: 62.5HZ
Power: 10W

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 one hour after a full meal before starting the course for weight reduction.
- (12) The equipment should contact the skin thoroughly to avoid uneven heat when in use.
- (13) Start from the lowest energy level when start and increase the level gradually after the client got used to it.

- (14) The device should contact the skin fully when in use. Otherwise, it may not be attached to the skin.
- (15) When operating the cold hammer, try to stay away from the air outlet as much as possible. Otherwise, the handpiece may get burnt out due to inadequate heat dissipation.
- (16) Do not set the suction of the Body Vacuum & RF too high. Otherwise, the skin may feel pain due to drag force.
- (17) Remember that Cavi can't be used around the chest or body parts with many skeletons as the head, back, and breast.
- (18) To not scare the client, inform him of the feelings when operating BIO.
- (19) After the operation, clean the equipment with normal saline to ensure its cleanliness and hygiene and extend its service life.
- (20) Use the equipment and train the operators in strict accordance with the instructions specified in the manual.

4. Common Malfunction & Troubleshooting Solutions

- (1) The equipment can't be started?
 - A. Make sure the power cord is plugged into a good power socket.
 - B. Check whether the fuse in the back is loose or burnt out.
- (2) The equipment can be started, but the RF doesn't output energy, or the energy is weakened?
 - A. Please check whether the handpiece and the plug connecting to the equipment body are closely linked.
 - B. The wire inside is loose or burnt out.
- (3) The equipment can be started, but there is an error message on the monitor?
 - A. Take out the plug in the back, wait for about one minute, re-plug it, and restart the equipment.
 - B. If the solutions mentioned above are not working, please contact the equipment dealer for assistance.
- (4) The Body Vacuum RF doesn't have suction, or its suction is weakened?
 - A. Check whether the filter is installed correctly.
 - B. Check whether the connecting wire of the handle is installed correctly.
 - C. Check whether the connecting wire of the handle is damaged.
 - D. There is foreign matter or oil dirt inside the air inlet of the main machine. Please check and clean it.
- (5) The equipment can be started, but the BIO doesn't have current output?
 - A. Check whether the connecting wire of the handpiece is installed correctly.
 - B. Check whether the energy intensity is set or the handpiece is turned on.
 - C. Please check whether the products used are the adaptive ones specified by the

equipment (this handpiece is most suited to be used with liquid-state products).

(6) The equipment can be started, but the Cold Hammer is not working?

- A. The cooling fan is damaged.
- B. The chipboard inside is loose or burnt out.
- C. If the situations mentioned above apply, the handpiece should be replaced.

5. FAQs

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

A: Usually, the effect can be seen on the same day or within a week. Skin's collagen tissue, under heating, produces contraction, resulting in an evident skin tightening. RF regenerates collagen continuously because it stimulates subcutaneous tissue. Therefore, the more you use it, the better the effect.

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

A: Skin tightening and anti-wrinkle with RF is a non-surgical program. It stimulates collagen regeneration and metabolism in the underlying skin. Therefore, it causes no harm to the skin. Only local redness and heating will occur after treatment. It's an everyday phenomenon caused by accelerated blood circulation and will disappear after a moment. Thus, there's no need to worry.

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

A: The time for one treatment is 60 minutes. We will combine the use of professional massage techniques and instruments to deliver a noticeable effect.

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

A: It can shape the body with fat-dissolving, rejuvenate skin and make it smooth, do tightening and lifting, restore youth, and do anti-aging. And it can be operated all over the body. For the face, it can sculpt contour, reduce wrinkles, and relieve loosening and sagging. For the body, it can reduce the weight of local body parts, build an S curve, and accelerate the whole body's metabolism and detox. Meanwhile, it can also enhance viscera functions and relieve the sub-health condition of the body.

(5) Q: In terms of weight reduction, which one is better, liposuction or this equipment?

A: The principle of liposuction is to suck out excess fat from a specific body part through vacuum suction, achieving rapid local body slimming. It has an instant effect, requires anesthesia during the operation, and has a recovery period. There is a risk since it's an operation. However, this equipment is risk-free and has no side effects. It can stimulate collagen production to lift and tighten skin while reducing weight. It can also sculpt perfect curves by lifting and boost feminine charm.

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

A: For weight loss with Cavi, the weight will not rebound easily after reduction. Cavi removes fat instead of moisture, and it takes a long time for the fat to be accumulated. Thus the weight will not get rebound quickly.

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

A: You need to keep on a diet to some extent because radiofrequency and ultrasonic treatment are followed by fat-blasting and accelerated metabolism. Avoid eating spicy, oily, or fried food so as not to affect metabolism. Have a proper amount of exercise to sweat and make the metabolin discharge successfully to have a more evident effect.

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

A: Improving the appearance and shaping the body with the vacuum is a non-invasive treatment and is currently the safest and most effective way to remove wrinkles, tighten skin, and sculpt the body. Generally speaking, there are no side effects. A few people may experience transient redness or swelling that will disappear after a few hours. Those with dry skin may experience dryness and atrophy after initial treatment. The skin will lose moisture due to radiofrequency heat. However, the skin will turn plump at the initial stage of collagen regeneration, and all those symptoms will disappear after three days. Thus, there are no side effects on the body.

(9) Q: Can ultrasonic waves be used all over the body?

A: Ultrasonic waves break fat cells, burst the cell wall, and then fat in the cells flows out and is absorbed and metabolized by lymph. The ultrasonic wave has strong power. The heart is sensitive to sound waves since it's a hollow organ. The back and forth reflex occurs because muscle tissue and blood in the heart do not conduct sound waves in the same way after the sound waves vibrate the heart. The reflex force can detach cardiac valves from cardiac muscles. 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: Do ultrasonic waves have side effects on the body?

A: Ultrasound is non-surgical, non-invasive, and requires no anesthesia and operation. The techniques for ultrasound: ultrasound (mechanical sound wave)-blast fat through cavitation-ultrasound focusing. Effect: fat smashing--fat-dissolving--skin firming and body sculpting. It only targets fat cells of low density while protecting tissue of high density, such as blood vessels and nerves. Therefore, it has no 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: It's because the ultrasonic wave has a strong vibration and a frequency above 20kHz. It acts on the subcutaneous fat layer that is 20mm below through ultrasonic focusing. Ultrasonic wave with concentrated energy causes high-speed friction among

fat cells, resulting in heating and eventually breaking and emulsifying, during which there is sound. Therefore, slight tinnitus will accompany during the treatment.

(12) Q: What is collagen?

A: Collagen is a biological macromolecule substance and is a white, opaque, and non-branched fibrous protein. It can supplement the needed nutrition to skin layers and enhance the activity of skin collagen. And it can lock moisture, nourish skin, delay aging, improve looks, alleviate slack face, and care for hair. Collagen is a nutrient that the body must be supplemented with to delay aging. With increasing age, the collagen will drain gradually. Women have started to aging, and their collagen has depleted, and the content of collagen has decreased little by little after the age of 20. At the age of 25, collagen loss reaches its peak. At the age of 40, collagen content is less than half of that of 18. Collagen and water loss leads to the breakage of collagen fibers and elastic mesh that support the skin, which is the exact cause of the wrinkles on the face of the elderly. It causes the oxidation, atrophy, and collapse of skin tissues, making the skin dry, wrinkled, slack, and inelastic. Therefore, collagen must be supplemented to delay aging.

(13) Q: Why do I need buttocks maintenance?

A: Hip maintenance can help with lymphatic detox, improve gynecological diseases, and avoid harm caused by buttocks blockage. Hips' impassability will surely bring about gynecological diseases. There is a pelvic cavity and intestinal tract inside the buttocks. It connects to the belt vessel, lumbar vertebra, and sciatic nerve from above, uterus, ovary, and adnexa in front, anus, vagina, groin, and lymph from below. Under the squeeze of upper-jiao(the parts above the diaphragm) and lower-jiao(the parts underneath enterocoelia) channels and collaterals, the hips are most prone to coldness, dampness, and blood stasis. When the hip is cold, it causes contraction of the hips' channels and collaterals, dysmenorrhea, irregular menstruation, dark menstrual blood, blood clot, and obstructed blood flow. It also affects ingravitation.

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

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

6. Packing List

Main Machine x1

Eye RF Handpiece x1

Face RF Handpiece x1

Body RF Handpiece x1

Body Vacuum & RF Handpiece x1
Cavi Handpiece x1
Cold & Hot Hammer x1
BIO Handpiece x1
Power Cord x1
Fuse x2
Filter x1

7. Operating Steps

(1)Anti-aging & Skin Tightening

Remove makeup, clean the face, apply a hydro mask, use the hot steam, clean, apply toner, massage, use Face RF, clean, apply a gel mask, clean, apply essence, use Cold & Hot Hammer, apply a facial mask, use BIO micro-current with LED, remove the mask, clean the face, apply toner, essence, and facial cream

Matched Product: makeup remover, facial cleanser, hydro mask, massage cream, gel mask, facial mask, toner, lotion, essence, facial cream

(2)Eye Anti-aging

remove makeup, clean the face, apply toner, massage, use Eye RF, clean, apply an eye mask, clean, apply toner, eye essence, and eye cream

Matched Product: makeup remover, facial cleanser, massage cream, eye mask, toner, eye essence, eye cream

(3)Neck Maintenance

remove makeup, clean the face, apply toner, massage, use Face RF, clean, apply toner, apply a neck mask, clean, apply toner, lotion, and facial cream

Matched Product: makeup remover, facial cleanser, massage cream, neck mask, toner, neck essence, neck cream

(4)Waist & Abdomen/ Buttock/ Leg

Massage, use Cavi, use Body Vacuum & RF, clean the treated parts

Matched Product: essential oil, gel, massage cream/ RF cream

(5)Back

Massage, use Body RF, use Body Vacuum & RF, clean the treated parts

Matched Product: essential oil, massage cream/ RF cream

(6)Hand

Massage, use Cavi, use Body RF, clean the treated parts

Matched Product: essential oil, gel, massage cream/ RF cream

Remarks: Cavi can be used all over the body except for the back. For those operating steps, only two handpieces are used to treat one body part. If needed, three handpieces can be used for a single treatment of a body part except for the body. If you want to use three handpieces, the sequence should be Cavi, Body RF, and Body Vacuum & RF.

8. Operational Diagrams

Parameter Setting	Matched Product	Technique	Diagram
Anti-aging & Skin Tightening: 70 Minutes/ Once a Week			
Face RF Advised Time: 15 minutes Advised Energy Intensity: 3 to 7 Advised Mode: NOR (default)	Makeup Remover + Facial Cleanser + Cold & Hot Steam + Massage Cream + Hydromask + Essence + Facial Mask	1. Remove makeup and clean the face, 5 minutes. 2. Apply the hydro mask and use hot steam, 10 minutes. 3. Clean the face, 2 minutes. 4. Apply toner, 1 minute. 5. Apply massage cream evenly to the face, and caress it three times. 6. 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. 7. Caress the whole face three times. 8. Lift from the chin to the earlobe, from the corner of	Technique 5, 7
Cold & Hot Hammer Advised Time: 8 to 10 minutes Advised Energy Intensity: 3 to 7 Advised Mode: Cooling			Technique 6
			Technique 8, 9, 13
BIO			Technique 10





<p>Advised Time: 15 minutes</p> <p>Advised Energy Intensity: 3 to 7</p> <p>Advised Mode: M1 (default)</p> <p>IPL Selection: Choose the proper IPL per their therapeutic effects.</p>		<p>the mouth to Ermen (SJ21), from the wing of the nose to Taiyang (EX-HN5), and from the lower eyelid to Taiyang (EX-HN5) with hands doing it alternately, and lift the corner of the eyes. Repeat three times.</p> <p>9. Do the same on the other side.</p> <p>10. Lift the forehead towards the hairline direction. Repeat three times.</p> <p>11. Flip and lift the face with rotating fingers. Repeat 3 to 5 times.</p> <p>12. Flip the forehead towards the hairline direction with one hand. Repeat 3 to 5 times.</p> <p>13. One Side-Flip and lift the face with hands doing it alternately, 2 to 3 minutes.</p> <p>14. Do the same on the other side.</p> <p>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.</p> <p>16. Treatment ends.</p> <p>17. Face RF</p> <p>18. Lift one line after another from the chin to the part below the ear, from the corner of the mouth to the ear center, and from the wing of the nose to Taiyang (EX-HN5). Repeat three times.</p> <p>19. Do the same on the</p>	<div data-bbox="1165 212 1300 414"></div> <p>Technique 15</p> <div data-bbox="1165 548 1300 750"></div> <p>Technique 18, 19, 20, 25, 26, 27</p> <div data-bbox="1165 907 1300 1108"></div> <p>20, 27</p> <div data-bbox="1165 1220 1300 1422"></div>
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		<p>other side.</p> <p>20. Lift the forehead towards the hairline direction with the device moving circlewise. Repeat three times.</p> <p>21. Clean the face, 2 minutes.</p> <p>22. Apply the gel mask evenly to the face, 10 minutes.</p> <p>23. Cleanup the mask, 2 minutes.</p> <p>24. Apply essence evenly to the face, 1 minute.</p> <p>25. Cold & Hot Hammer: Lift circlewise and one line after another from the chin to the forehead. Repeat three times.</p> <p>26. Do the same on the other side.</p> <p>27. Treat the forehead with the device moving transversely and circlewise. Repeat three times.</p> <p>28. Apply a facial mask and wait for 15 minutes.</p> <p>29. Treat the whole face with BIO micro-current with LED using the fixed-point stamp method while applying a facial mask.</p> <p>30. Remove the mask and clean the face, 2 minutes.</p> <p>31. Apply toner, essence, facial cream, and sunscreen.</p> <p>32. Treatment ends.</p>	
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The Recommended Course of Treatment:

A course of treatment includes ten times treatment. After one treatment, the skin becomes tightened and rejuvenated and is supplemented with the needed nutrition. After one course, the skin lifts and turns shiny. After two courses, the skin becomes smooth and plump, and its outlines get clearer gradually. After three courses, the skin's metabolism and detox enhance. And it helps to fade pigment and brighten dark skin, prevents and delays skin aging, loosening, and sagging, and stimulates collagen hyperplasia in the underlying skin, making the skin tender, smooth, firm, and shiny.

Eye Anti-aging: 45 Minutes/ Once a Week

Eye RF Advised Time: 10 minutes Advised Energy Intensity: 3 to 7 Advised Mode: NOR (default)	Cleansing Oil + Facial Cleanser + Essence/ Eye Cream + Instrument + Eye Mask	1. Remove makeup and clean the face, 5 minutes. 2. Apply toner, 1 minute. 3. Apply essence (Eye Cream) evenly to the eyes with hands moving circlewise. Repeat three times. 4. Press Jingming (BL-1), Chengqi (ST-1), Sibai (ST-2), Tongziliao (GB-1), Sizhukong (SJ-23), Yuyao (EX-HN4), and Cuanzhu (BL-2). 5. Caress eyes with hands drawing outward Arabic numeral 8-shapes. Repeat three times. 6. Caress eyes with hands in scissor gestures. Repeat three times. 7. With one hand in a scissor gesture and the other moving circlewise from the inner corner of the eye to the outer corner of the eye, and move until the back of the ear and slides out from there. Repeat three times. 8. Eye RF 9. Lift the device from the lower eyelid to the corner of the eye. Repeat 3 to 6 times.	Technique 3, 5
			
			Technique 4
			
			Technique 6
			
			Technique 7
			
			Technique 9

		<p>10. Lift the device from the lower eyelid to Taiyang (EX-HN5). Repeat 3 to 6 times.</p> <p>11. Lift the device from the lower eyelid moving in small circles to Taiyang (EX-HN5). Repeat 3 to 6 times.</p> <p>12. Lift the device from the lower eyelid to Taiyang (EX-HN5). Repeat 3 to 6 times.</p> <p>13. Lift the device from the brow ridge to the hairline. Repeat 3 to 6 times.</p> <p>14. Do the same on the other side.</p> <p>15. Clean the eyes, 1 minute.</p> <p>16. Apply an eye mask and wait for 15 minutes.</p> <p>17. Remove the mask and clean the eyes, 2 minutes.</p> <p>18. Apply eye essence.</p> <p>19. Treatment ends.</p>	 <p>Technique 10</p>  <p>Technique 11</p>  <p>Technique 12, 13</p> 
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The Recommended Course of Treatment:

A course of treatment includes ten times. After one treatment, metabolism accelerates, the eyes firm, and fine lines fade. After a course, the fine lines fade clearly and continue to fade. After two courses, the effect becomes evident, the skin tightens and lifts, collagen in the underlying skin increases, the outer corner of the eyes lifts evidently, and the eyes turn more confident and fiery. After three courses, the effect consolidates, the fine lines vanish. And wrinkles will not rebound as long as the daily maintenance is in place.

Neck Maintenance: 50 Minutes/ Once a Week



<p>Face RF</p> <p>Advised Time: 15 minutes</p>	<p>Makeup Remover + Facial Cleanser + Massage</p>	<p>1. Remove makeup and clean the face, 5 minutes.</p> <p>2. Apply toner, 1 minute.</p> <p>3. Massage the neck, lift on</p>	<p>Technique 3</p>
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<p>Advised Energy Intensity: 3 to 7</p> <p>Advised Mode: NOR (default)</p>	<p>Cream + Essence + Neck Mask</p>	<p>the chest with hands applying oil, move to the back of 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, lift 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. Face RF: Lift from the double chin to the armpit via the back of the ear. Repeat three times.</p> <p>12. Move the equipment circlewise on the side of the neck till the armpit in three lines, and slide out from</p>	<div data-bbox="1163 199 1294 389"> </div> <p>Technique 4, 6, 7</p> <div data-bbox="1163 490 1294 680"> </div> <p>Technique 8</p> <div data-bbox="1163 781 1294 972"> </div> <p>Technique 5, 11, 12, 13</p> <div data-bbox="1163 1117 1294 1308"> </div>
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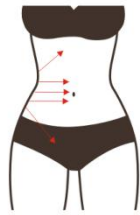


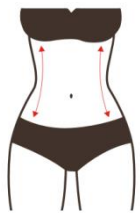
		<p>there. Repeat three times.</p> <p>13.Lift the equipment around the neck to the armpit, and slide out from there. Repeat three times.</p> <p>14.Clean the neck with a hot towel, 2 minutes.</p> <p>15.Apply a neck mask and wait for 15 minutes.</p> <p>16.Clean the neck with a hot towel and use a hot compress for 1 minute.</p> <p>17.Apply toner, neck essence, neck cream, and sunscreen.</p> <p>18.Treatment ends.</p>	
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The Recommended Course of Treatment:

A course of treatment includes ten times treatment. After one treatment, the skin becomes moisturized and delicate. After a course, the neck skin turns smooth, and the circulation of the neck lymph accelerates. After two courses, the skin becomes tightened, the cervical stripe fade, and the double chin improves. After three courses, the skin turns delicate, shiny, firm, and plump, lymphatic detox speeds up, and dark face and acne improve. It also delays skin aging and rejuvenates the skin.

Waist & Abdomen Sculpting: 45 Minutes/ Once a Week			
<p>Cavi</p> <p>Advised Time: 15 minutes</p> <p>Advised Energy Intensity: 3 to 7</p> <p>Advised Mode: Continuous Output Mode (default)</p> <p>Body Vacuum & RF</p> <p>Advised Time: 15 minutes</p> <p>Advised Energy</p>	<p>Massage Cream (Essential Oil) + Gel + Instrument</p>	<ol style="list-style-type: none"> 1. Massage. 2. Rub essential oil into the abdomen with hands moving circlewise. Repeat three times. 3. Rub the belly back and forth with hands. Repeat 3 to 5 times. 4. Rub abdominal fat as the way of rubbing the spine with hands doing it alternately. Repeat three times. 5. Lift Daimai (GB26) of the two sides of the waist with hands doing it alternately. Repeat 16 times. 6. Draw Arabic numeral 	<p>Technique 2, 8</p>  <p>Technique 3, 17</p>  <p>Technique 4</p>

<p>Intensity: 3 to 7</p> <p>Advised Mode: NOR (default)</p> <p>Advised Suction Time: The time should not be zero and be longer than the release time.</p> <p>Advised Release Time: The time should be shorter than suction time, and it's direct suction when the time is set to zero.</p>		<p>8-shaped motions to the part below the waist, and then lift upwards from the side of the waist. Repeat three times.</p> <p>7. Rub intestinal tract with hands overlapped, moving in small circles and clockwise. Repeat three times.</p> <p>8. Caress the treated parts with hands moving circlewise. Repeat three times.</p> <p>9. Press Shangwan (RN13), Zhongwan (RN12), Xiawan (RN10), Shenque (RN8), Qihai (RN6), Guanyuan (RN4), Zhongji (RN3), Tianshu (ST25), Daheng (SP15), and Qugu (RN2). Repeat two times.</p> <p>10. Slide to the parts below the waist along the two sides with thumbs, and lift upward to the groin. Repeat three times.</p> <p>11. Caress the treated part till groin with hands.</p> <p>12. Treatment ends.</p> <p>13. Cavi: One Side-Lift from the side of the waist to the belly, and lift one line after another to the groin. Repeat three times.</p> <p>14. Lift the other side. Repeat three times.</p> <p>15. Draw small circles on the abdomen. Repeat three times.</p> <p>16. Draw big circles on the abdomen. Repeat three times.</p> <p>17. Body Vacuum & RF: Set</p>	<div data-bbox="1161 203 1283 383"></div> <p>Technique 5</p> <div data-bbox="1161 495 1283 674"></div> <p>Technique 6</p> <div data-bbox="1161 786 1283 965"></div> <p>Technique 7</p> <div data-bbox="1161 1077 1283 1256"></div> <p>Technique 9</p> <div data-bbox="1161 1368 1283 1547"></div> <p>Technique 10</p> <div data-bbox="1161 1659 1283 1839"></div> <p>Technique 13, 14, 18, 23</p>
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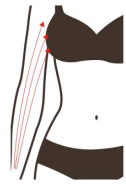


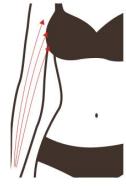


		<p>it to suction & release mode. Slide from the left side to the other side of the waist along the top of the belly button, and then slide from the bottom of the belly button to the left side. Repeat three times.</p> <p>18. Set it to direct suction. One Side-Lift one line after another from the side of the waist to the belly. Repeat three times.</p> <p>19. Lift the other side.</p> <p>20. Lift Daimai (GB26) back and forth and transversely. Repeat three times.</p> <p>21. Sculpt up and down on the waist. Repeat three times.</p> <p>22. Draw big circles on the abdomen. Repeat three times.</p> <p>23. One Side-Lift one line after another from the side of the waist to the belly. Repeat three times.</p> <p>24. Wipe out the essential oil with a dry towel.</p> <p>25. Treatment ends.</p>	   
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The Recommended Course of Treatment:

A course of treatment includes ten times treatment. After one treatment, the abdomen heats, and metabolism accelerates. After a course, fat metabolizes slowly, slimming starts, and problems like constipation relieve. After two courses, the effects become more and more apparent, the skin turns tightened and lifted, collagen in the underlying skin increases, and stretch marks and flabby skin take a turn for the better. After three courses, the effects consolidate, excess fat disappears little by little, waist curve and abdomen shapes, and a slim waist builds.

Arm Sculpting: 50 Minutes/ Once a Week

Cavi Advised Time: 20 minutes (10 minutes for	Massage Cream (Essential Oil) + Gel + Instrument	1. Technique. 2. Do it in left-right order. Lay the arm flatwise, apply oil from the lower arm to	Technique 2, 3, 4, 5, 6, 7
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<p>each side)</p> <p>Advised Energy Intensity: 3 to 7</p> <p>Advised Mode: Continuous Output Mode (default)</p> <p>Body RF</p> <p>Advised Time: 20 minutes (10 minutes for each side)</p> <p>Advised Energy Intensity: 3 to 7</p> <p>Advised Mode: NOR (default)</p>		<p>the entire arm with hands until the hands slide out, and repeat it three times.</p> <p>3. Push the entire arm with palms doing it alternately. Repeat three times.</p> <p>4. Push Large Intestine Channel-Triple Energizer Channel-Small Intestine Channel of the outer arm separately till armpit with hands' purlicue. Repeat three times.</p> <p>5. Caress the treated part. Repeat three times.</p> <p>6. Rub the three channels and collaterals of the upper arm separately and back and forth with kneeling fingers until it turns hot. Repeat three times.</p> <p>7. Caress the treated part. Repeat three times.</p> <p>8. 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>9. Rub the three channels and collaterals back and forth with kneeling fingers and till it becomes hot. Repeat three times.</p> <p>10. Caress the treated part till the hands slide out. Repeat three times.</p> <p>11. Do the same on the other side.</p> <p>12. Treatment ends.</p> <p>13. Cavi: Lay the arms flatwise, and push from the fatty part of the lower arm</p>	<div data-bbox="1161 203 1286 387"></div> <p>Technique 8, 9</p> <div data-bbox="1145 501 1302 672"></div> <p>Technique 10</p> <div data-bbox="1145 790 1302 960"></div> <p>Technique 13, 16</p> <div data-bbox="1161 1077 1286 1261"></div> <p>Technique 14, 15, 21, 22</p> <div data-bbox="1161 1402 1286 1585"></div> <p>Technique 17</p> <div data-bbox="1155 1704 1340 1910"></div> <p>Technique 19, 24</p>
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		<p>to the armpit along the three channels and collaterals. Repeat three times.</p> <p>14. Move circlewise till armpit along the three channels and collaterals. Repeat three times.</p> <p>15. Flabby arms can be treated more. Repeat three times.</p> <p>16. Push till armpit along the three channels and collaterals. Repeat three times.</p> <p>17. Lay the arms upwards, and push the three channels and collaterals of the arms to the armpit. Repeat three times.</p> <p>18. Draw small circles till armpit along the three channels and collaterals of the upper arms. Repeat three times.</p> <p>19. Push from the upper arm to the armpit along the three channels and collaterals.</p> <p>20. Do the same on the other side.</p> <p>21. Body RF: Lay the arms flatwise, and move circlewise from the fatty part of the lower arm to the armpit along the three channels and collaterals. Repeat three times.</p> <p>22. Flabby arms can be treated more. Repeat three times.</p> <p>23. Lay the arms upwards, and move circlewise from the three channels and</p>	 <p>The diagram illustrates a female torso from the neck to the waist. The arms are raised upwards. On the right upper arm, three red dots are marked along the length of the arm, representing the 'three channels and collaterals' mentioned in the text. The diagram is positioned in the top right corner of the table, above a horizontal line.</p>
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		collaterals of the arms to the armpit. Repeat three times. 24. Slide from the upper arm to the armpit along the three channels and collaterals. Do the same on the other side. 25. Treatment ends.	
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The Recommended Course of Treatment:

A course of treatment includes ten times treatment. After one treatment, a sense of heating and tightening can be felt, and the arms get relaxed. After a course, the excess fat of the arms begins to decrease, and the skin starts to turn firm and plump. After two courses, body shaping starts, and the effect strengthens, channels and collaterals dredges, and physique enhances. After three courses, the effect consolidates and stabilizes, and rebounds get prevented.

Back Sculpting: 45 Minutes/ Once a Week

Body RF Advised Time: 15 minutes Advised Energy Intensity: 3 to 7 Advised Mode: NOR (default)	Massage Cream (Essential Oil) + Instrument	1. Technique. 2. Rub essential oil into the back and press Fengchi (GB20) and Fengfu (DU16). 3. Stroke the area connecting neck and shoulder (start with hairline) with the thumb. Repeat 3 to 5 times. 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. 5. Move circlewise and S-shaped motions from the neck to the caudal vertebra with hands. Repeat three times. 6. Push Bladder Meridian in left-right order with thumbs doing it alternately. Repeat three times. 7. Push Bladder Meridian to the sacral region	Technique 2, 11  Technique 3  Technique 4  Technique 5
Body Vacuum & RF Advised Time: 15 minutes Advised Energy Intensity: 3 to 7 Advised Mode: NOR (default) Advised Suction Time: The time			



<p>should not be zero and be longer than the release time.</p> <p>Advised Release Time: The time should be shorter than suction time, and it's direct suction when the time is set to zero.</p>		<p>(BL31-BL34) with thumbs doing it simultaneously. Repeat three times.</p> <p>8. Push Bladder Meridian with kneeling fingers of the hands 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 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. Operate 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 it turns hot.</p> <p>15. Treatment ends.</p> <p>16. Body RF: 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</p>	<div data-bbox="1161 208 1289 383"></div> <p>Technique 6, 7, 8, 14</p> <div data-bbox="1161 539 1289 714"></div> <p>Technique 9, 19</p> <div data-bbox="1161 826 1289 1001"></div> <p>Technique 10</p> <div data-bbox="1161 1120 1289 1294"></div> <p>Technique 12, 13</p> <div data-bbox="1161 1406 1289 1581"></div> <p>Technique 16</p> <div data-bbox="1161 1693 1289 1868"></div> <p>Technique 17</p>
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		<p>3 to 5 times for each.</p> <p>18.Start with 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.Lift upwards from the side of the waist to the armpit. Repeat 3 to 5 times.</p> <p>21.The operating techniques of Body Vacuum & RF are the same as Body RF.</p> <p>22.Clean it with a dry towel.</p> <p>23.Treatment ends.</p>	 <p>Technique 18</p>  <p>Technique 20</p> 
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The Recommended Course of Treatment:

A course of treatment includes ten times treatment. After one treatment, the back gets relaxed, stiffness of the shoulder and neck relieves, and the skin lifts. After a course, the back and shoulder become relaxed, back fat lessens, Dowager's Hump relieves, and the back outlines become good-looking. After two courses, Dowager's Hump improves, channels and collaterals dredges, and the sub-health conditions and sleep take a turn for the better. After three courses, back get thinner, outlines become nice, viscera function enhances, and digestion, detox, and metabolism boost. (One course can reduce the size, two courses consolidate the effect, and three courses strengthen the effect without a rebound.).

Buttocks Sculpting: 45 Minutes/ Once a Week

<p>Cavi</p> <p>Advised Time: 15 minutes</p> <p>Advised Energy Intensity: 3 to 7</p> <p>Advised Mode: Continuous Output Mode (default)</p>	<p>Massage Cream (Essential Oil) + Instrument</p>	<p>1. Massage.</p> <p>2. Stand sideways with hands applying oil, slide from the sacral region (BL31-BL34) to the waist, and lift upwards 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</p>	<p>Technique 2, 5, 11</p>  <p>Technique 3</p> 
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<p>Body Vacuum & RF</p> <p>Advised Time: 15 minutes</p> <p>Advised Energy Intensity: 3 to 7</p> <p>Advised Mode: NOR (default)</p> <p>Advised Suction Time: The time should not be zero and be longer than the release time.</p> <p>Advised Release Time: The time should be shorter than suction time, and it's direct suction when the time is set to zero.</p>		<p>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 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>7. Push upwards from the thigh root to Daimai (GB26) with hands doing it severally along Bladder Meridian, Kidney Meridian, Liver Meridian, and Gallbladder Meridian. Repeat three times, respectively.</p> <p>8. Lift from the thigh root to Daimai (GB26) with the palms overlapped. Repeat 3 to 5 times.</p> <p>9. Move one line after another from the two sides of the buttocks to the highest point of it with hands. Repeat three times.</p> <p>10. Repeat technique No.7.</p> <p>11. Caress the treated part.</p> <p>12. Do the same on the other side.</p> <p>13. Treatment ends.</p> <p>14. Cavi: Lift one line after another from the thigh root to Daimai (GB26). Repeat three times.</p>	<p>Technique 4</p>  <hr/> <p>Technique 6, 14, 17</p>  <hr/> <p>Technique 7, 10</p>  <hr/> <p>Technique 9, 15, 18</p>  <hr/> <p>Technique 16</p>  <hr/>
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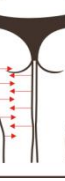
		<p>15.Lift upwards and one line after another from the two sides of the buttocks to the highest point of it. Repeat three times.</p> <p>16.Draw small circles on the whole buttocks. Repeat 3 to 5 times.</p> <p>17.Lift one line after another from the thigh root to Daimai (GB26). Repeat three times.</p> <p>18.Lift upwards and one line after another from the two sides of the buttocks to the highest point of it. Repeat three times.</p> <p>19.Do the same on the other side.</p> <p>20.The operating techniques of Body Vacuum & RF are the same as Cavi.</p> <p>21.Clean the buttocks with a hot towel, 2 minutes.</p> <p>22.Treatment ends.</p>	
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The Recommended Course of Treatment:

A course of treatment includes ten times treatment. After one treatment, the buttocks lift and become hot. After a course, buttocks outlines start to show themselves, excess fat decreases slowly, and the skin turns tightened. After three courses, cold-natured body, cold uterus, and gynecological diseases relieve, menstruation returns to normal, and the effect consolidates, boosting feminine charm.

Leg Sculpting: 80 Minutes/ Once a Week

<p>Cavi</p> <p>Advised Time: 20 minutes (5 minutes for each side)</p> <p>Advised Energy Intensity: 3 to 7</p> <p>Advised Mode:</p>	<p>Massage Cream (Essential Oil) + Gel + Instrument</p>	<p>1. Massage.</p> <p>2. Do it in left-right order: Apply oil from the lower leg to the thigh and then back to the heel. Repeat three times.</p> <p>3. 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</p>	<p>Technique 2, 3, 4, 5, 7, 8, 9</p>  <p>Technique 6</p>
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<p>Continuous Output Mode (default)</p> <p>Body Vacuum & RF</p> <p>Advised Time: 20 minutes (5 minutes for each side)</p> <p>Advised Energy Intensity: 3 to 7</p> <p>Advised Mode: NOR (default)</p> <p>Advised Suction Time: The time should not be zero and be longer than the release time.</p> <p>Advised Release Time: The time should be shorter than suction time, and it's direct suction when the time is set to zero.</p>		<p>three times.</p> <p>4. Push Bladder Meridian-Kidney Meridian-Liver Meridian-Gallbladder Meridian from the bottom up with hands' purlicue doing it by turns. Repeat three times.</p> <p>5. Push popliteal fossa with hands doing it alternately. Repeat three times.</p> <p>6. Twist the leg from the bottom up and back and forth with hands doing it alternately. Repeat three times.</p> <p>7. Caress the treated part. Repeat three times.</p> <p>8. Push the four channels and collaterals from the bottom up with kneeling fingers of hands. Repeat three times.</p> <p>9. Caress the treated part. Repeat three times.</p> <p>10. Do the same on the other side.</p> <p>11. Treatment ends.</p> <p>12. Cave: From the bottom to popliteal fossa, pushing Bladder Meridian-Kidney Meridian-Liver Meridian-Gallbladder Meridian successively. Repeat three times.</p> <p>13. Draw small circles on the lower leg to dissolve fat. Repeat three times.</p> <p>14. Push from the bottom up to popliteal fossa successively, and caress it with hands. Repeat three times.</p>	 <p>Technique 12, 14, 20</p>  <p>Technique 13, 21</p>  <p>Technique 15, 17, 23</p>  <p>Technique 16, 18, 24</p>  <p>Technique 25</p> 
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		<p>15. Start from the popliteal fossa, pushing the four channels and collaterals till the thigh root. Repeat three times.</p> <p>16. Start from popliteal fossa, moving in small circles till the thigh root to dissolve fat. Repeat three times.</p> <p>17. Start from popliteal fossa, pushing the channels and collaterals till the thigh root. Repeat three times.</p> <p>18. Draw small circles on the whole thigh to dissolve fat. Repeat 3 to 5 times.</p> <p>19. Do the same on the other side.</p> <p>20. Body Vacuum & RF: Coupled with hands, lifting one line after another from the heel to the popliteal fossa. Repeat three times.</p> <p>21. Draw small circles on the lower leg. Repeat three times.</p> <p>22. Move up and down on the lower leg. Repeat 3 to 5 times.</p> <p>23. Lift one line after another from the popliteal fossa to the thigh root. Repeat three times.</p> <p>24. Draw small circles on the thigh. Repeat three times.</p> <p>25. Lift one line after another from the two sides of the thigh to the middle. Repeat 3 to 5 times.</p> <p>26. Lift upwards and circlewise on the two sides of the thigh. Repeat three</p>	<p>Technique 26</p> 
			<p>Technique 29, 30, 35, 38, 40</p> 
			<p>Technique 34, 37, 43</p> 
			<p>Technique 36, 41</p> 
			<p>Technique 42</p> 

		<p>times.</p> <p>27. Do the same on the other side.</p> <p>28. Fore-leg: Apply oil from the lower leg to the thigh root with hands (namely caressing). Repeat three times.</p> <p>29. Push Spleen Meridian-Stomach Meridian-Liver Meridian-Gallbladder Meridian of the leg till the thigh root with hands' purlicue doing it alternately. Repeat three times.</p> <p>30. Push the four channels and collaterals with kneeling fingers of the hands. Repeat three times.</p> <p>31. Treatment ends.</p> <p>32. Do the same on the other side.</p> <p>33. Cavi: Lift from the lower leg towards the knee along the four channels and collaterals. Repeat three times. (The thigh can be treated directly if the lower leg doesn't have excess fat.)</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 too much fat, we 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>	
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		<p>37. Lift circlewise from the knee to the thigh root. Repeat three times.</p> <p>38. Lift one line after another from the knee to the thigh root. Repeat three times.</p> <p>39. Body Vacuum & RF: Treat the lower legs with the techniques mentioned above. (The thigh can be treated directly if the lower leg doesn't have excess fat.)</p> <p>40. Lift one line after another from the knee to the thigh root. Repeat three times.</p> <p>41. Draw small circles on the thigh. Repeat three times.</p> <p>42. Lift one line after another from the two sides of the thigh to the middle. Repeat 3 to 5 times.</p> <p>43. Lift upwards and circlewise on the two sides of the thigh. Repeat three times.</p> <p>44. Do the same on the other side.</p> <p>45. Treatment ends.</p>	
<p>The Recommended Course of Treatment:</p> <p>A course of treatment includes ten times. After one treatment, the legs get relaxed, and blood circulation accelerates. After a course, the legs become thinner, and a sense of tightening can be felt evidently due to the contraction effect generated by skin collagen tissue; After two courses, the legs turn slim and tightened, and it presents an evident effect. After three courses, the effect reinforces.</p>			

The advised parameters, operating steps, and operating techniques are for reference only. The operation can be adjusted per individual skin conditions or physical needs. Please note that Cavi can be used all over the body except for the back and chest. Enjoy using the machine!