

User Manual

LS-9XD1



Preface

Dear Users,

We ' re pleased to present to you our latest 9-in-1 beauty machine, which incorporates Ultrasonic scrubber, sextupole face RF, sextupole body RF, sextupole Vacuum&RF, 40K cavitation, face ultrasound, hot&cold and bipolar BIO for skin management. It is a professional beauty machine, which needs to be handled by professionals with proper training. Any improper use will result in adverse outcomes. Therefore, we advise any personnel to read this manual thoroughly and follow the instructions strictly before operation.

We believe our quality product will bring in good returns on your end. Also, you can count on our worry-free after-sales service.

Thank you!

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Part I

Introduction

Ultrasonic scrubber, sextupole face RF, sextupole body RF, sextupole Vacuum&RF, 40K cavitation, face ultrasound, hot&cold and bipolar BIO are widely used in beauty industry. Beauty machines based on those approaches are popular among people. And this machine LS-9XD1, which groups them together as one, can effectively help people with skin-firming, body-shaping and anti-ageing. So, this machine is an effective replacement of all the facial and body care treatments in beauty salons. Moreover, it is convenient and easy to operate. It solves both skin and body management problems for beauty-seekers. This equipment requires no injection, no medication, and no operation, for which it has no side effects. It is used externally during the whole process and has an immediate effect. The scrubber uses high-frequency vibration and cavitation to cleanse skin thoroughly to soften and remove corneum, unblock pores, minimize pore size and smooth skin. Ultrasound handpiece uses high-frequency vibration to get rid of metabolites of skin and help with skin's absorption of nutrients. RF heats deeper skin layers, stimulates collagen to regenerate and reorganize in dermis, and promotes blood circulation at skin bottom, which can achieve the results of skin firming and anti-ageing. Ultrasounds with specific frequencies target those parts in which there are stubborn fat to bring customers amazing results. The function of photonµcurrent can renew cells, promote metabolism, and relieve various skin conditions.

Advantages

1. This 9-in-1 multifunctional beauty machine provides comprehensive face and body treatments for people.
2. The ultrasonic wave can powerfully burn and remove fat, which surpasses liposuction to solve the problems for obese people.
3. RF can heat up dermis and then promote skin metabolism and collagen regeneration, thus delivering the results of skin lifting, firming and rejuvenating, wrinkle removal, and anti-ageing.
4. The perfect combination of ultrasound and radio frequency solves major problems in losing weight. It helps with weight loss and meanwhile firms skin, increases skin elasticity, promotes metabolism, and ultimately strengthens people's constitutions.
5. It adopts the advanced technology of ultrasonic wave fat-burning.
6. The BIO function can promote cell's vitality to rejuvenate skin. Based on photodynamics, the photonµcurrent can renew cells, promote metabolism, and relieve various skin conditions.
7. The specially-designed scrubber can effectively remove the stubborn dirt and impurities on the area around nose (like nose wing and the tip of nose) and lips without damaging skin for its touching skin well, offering treatment receivers safe and comfortable experience.
8. Various working handpieces can be used in different parts according to different needs.
9. One working handle has various functions. The RF handle has more powerful and even energy release.
10. It is painless and non-invasive during the process. There is no downtime, which means you can go back home as long as the treatment is finished without any inconvenience.
11. No consumption, low cost and quick returns.
12. It provides almost all facial treatments you can think of.
13. Unevenness, bleeding, and swelling will not appear after treatment.
14. Various handpieces have the energy release of red LED light, which can dissolve fat and massage body, and accelerate metabolism and sterilize skin at the same time. The effect is

remarkable with a higher comfort level.

15. The handle design is based on ergonomics. It is comfortable to hold it. And larger handles can be used to treat large-size areas.

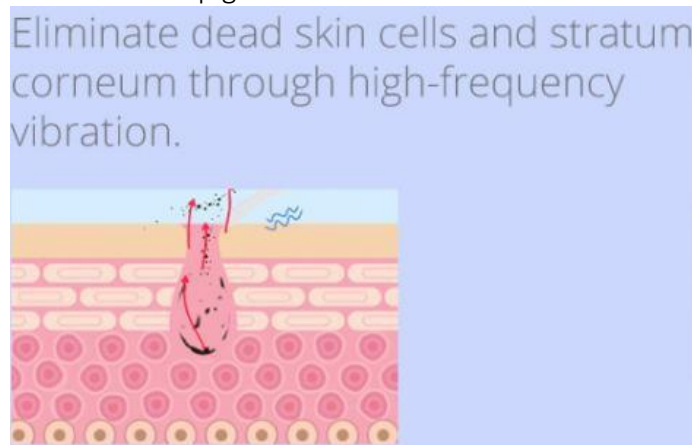
Working Principles

Scrubber

Based on ultrasonic waves, this machine can produce up to 28,000HZ mechanical vibration, the energy of which has great penetrating ability on skin. The ultrasonic cavitation can make many bubbles forms in the water. After those bubbles come into pores, harmful substances like blackheads can be destroyed into smaller particles, which then will be moved to skin surface by the high-frequency vibration of ultrasonic waves. Sebum and other skin secretions which cause pore blockage will be emulsified. The purpose of killing bacteria can be also achieved at the same time. In this way, this machine can unblock pores, minimize pore size and smooth skin.

Physical effects

The high-frequency sound waves can work together with the use of softening products or exfoliating creams, in which corneum will be softened, sound waves can open up pores and then the high-frequency vibration will help get rid of harmful substances inside.

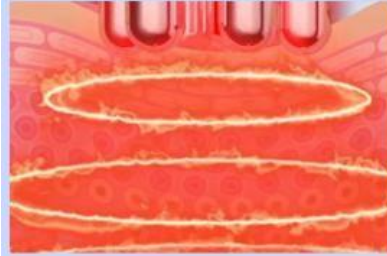


Face RF

RF wave can directly penetrates the skin and uses the resistance formed by the skin to produce energy, which raises the temperature of the bottom layer of the skin. Using the principle of dermis collagen protein tightening and stimulating collagen protein regeneration, it has two therapeutic effects: timely skin firming and lasting collagen protein regeneration.

After treatment, an obvious sense of contraction can be felt immediately at the treatment area, and the effect of skin firming and lifting can be seen about a month later, and the effect will become more and more obvious. The effect of RF treatment can last for about 18 months to 3 years depending on the area of treatment and individual maintenance methods, which, however, may be longer depending on individual maintenance methods. The latest research points out that better results can be achieved after repeated treatment.

RF stimulates collagen regeneration at hypodermis under 60-70°C and increase skin elasticity and fade wrinkles.



BIO

It stimulates the energy contained in the ATPs of cells to restore the normal operation and function of cells after its imitating human biological current enters into muscle cells through skin to provide energy for muscle and body. It can improve cell permeability to make it 30%-40% higher than usual. It can help the body better absorb nutrition, water, oxygen etc., and eliminate wastes, toxins and retained liquids as soon as possible. It can promote the synthesis of muscle fibers to make it 68% higher than usual, keep the skin moisturized, soft, firm and shiny, and increase collagen synthesis by 73% to reduce wrinkles and leave the skin softer, shinier and more elastic.

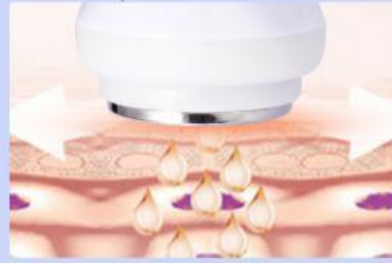
Reduce wrinkles, make skin softer, more elastic and shiny.



Ultrasound

It makes high-frequency ultrasonic wave of 1M HZ/ second penetrate into the subcutaneous tissue at a depth of 4~6mm. Ultrasonic wave has high energy and strong permeability, which can drive facial cells to vibrate accordingly. It can not only drive pore grease out, but also change the volume of cells to improve blood circulation, which can stimulate cell regeneration and make the skin shiny and elastic. Secondly, because of the heat effect caused by its high-frequency vibration, it also has the function of quickly introducing nutrition into the skin, which can make the skin better absorb the nutrients of the skin care products.

Promote the essence of the original liquid to reach the basal layer of the skin quickly, and the promotes absorption.



Hot&Cold

It is based on thermal expansion and cold contraction. Our skin reduces the metabolic rate at 5 degrees Celsius, slows down the movement of cells and slows down the sensitivity of nerve endings, which inhibits pain and swelling of skin for allergic reactions. Due to thermal expansion and cold contraction, the temperature of 5 degrees Celsius causes the blood vessels to contract, resulting in pore contraction to restrain thick pores and firm the skin. Therefore, it can smooth facial wrinkles and crow's feet.

Physiological effects of 5°C :

1. It can constrict blood vessels, resulting in tightening of pores, which can greatly improve the size of pores.
2. It can strengthen myofibril, make the skin firm and elastic, and smooth the wrinkles and crow's feet.
3. It can constrict blood vessels, and reduce varicose veins and red veins effectively. It is easier to purify and detoxify venous blood in terms of harmful substances, and it has a significant effect on reduction and elimination of spots.
4. It can reduce the metabolic rate, inhibit and slow down the cell activity, reduce the sensitivity of the peripheral nerve to play a calming and soothing effect, and relieve skin swelling and pain, especially for allergic skin.

Physiological response of 40°C treatment :

1. 40°C makes people feel warm and comfortable, which will be able to relax muscles, keep the balance of vegetative nervous system and relieve pain and soreness. It can promote blood circulation, increase the oxygen content in the blood, and open pores and extend blood vessels to make skin absorb nutrients quickly, which is a milder and more comfortable absorbing way.
2. It can increase the metabolic rate of the skin, increase the heat energy content of the tissue, and make skin naturally eliminate the waste and toxins, which has a certain effect on the elimination of bags under the eyes and dark circles.

The alternating use of cold and heat hammer has multiplying effect on skincare, and can activate cells, and improve and purify the skin, which is a good instrument for health and beauty treatment.



Photon&Micrcurrent

LED photon therapy is based on photodynamics to activate deep cells and boost skin metabolism. After light is absorbed by the skin, the light energy is transformed into intracellular energy, which expands and strengthens microvessels and produces photochemical--enzymatic reaction with the skin, increasing the activity of Catalase and superoxide dismutase (SOD), which serve as the "guard" and "cleaning worker" of cells. The breakdown of adenosine triphosphate (ATP), a source of cellular energy, increases, and glycogen and protein content increase. Therefore, it promotes cell metabolism and synthesis. It stimulates basic fibroblast growth factor(BFGF) and the epidermal growth factor (EGF) to secrete, which can rearrange collagen fibers and elastic fiber, block and eliminate the formation of melanin, accelerate cell growth and blood circulation, and stimulate fiber cells to produce collagen to increase skin elasticity. It plays an important role in skin care such as repairing the aging skin and acne skin, fading spots, firming skin and alleviating sunburns.

Biological effect

Based on photodynamics, it activates deep cells and boosts skin metabolism. After the light is absorbed by the skin, the light energy is converted into cellular energy, which can relax and strengthen the micro vessels and produce photochemical--enzymatic reactions with the skin to increase the content of glycogen and protein. In this way, it promotes the metabolism and synthesis of cells.

Red LED Light: 635NM. Red LED light of specific wavelength heats up skin bottom, promote collagen regeneration, accelerates skin's micro circulation, and increase skin elasticity, leaving skin rosy and smooth and making skin look younger and have less wrinkles.

Promote the regeneration of skin cells and activate active ingredients.

Blue LED Light: 462NM. Blue LED light of specific wavelength shrinks pores, removes skin grease, calm skin, fight acne, quickly lock in moisture and essence, leaving skin more elastic.

Relieve skin inflammation, kill bacteria, get rid of acne.

Green LED Light: 527NM. Green LED light of specific wavelength helps to calm, repair skin, relieve pain, and promote blood circulation. It is suitable for those with thin corneum, and who are prone to allergy and redness.

Purple LED Light: 600NM, dual frequency of red and blue LED lights. It combines the efficacy of two kinds of phototherapy and has a particularly good repairing effect especially for the treatment of acne and acne marks.

Yellow LED Light: 590NM. It can add energy to skin cells, promote the role of glands, assist digestion, treat skin diseases, enhance immunity, accelerate blood circulation, effectively repair red marks, red spots, and relieve swelling and pigmented spots, and is suitable for removing spots and brightening.

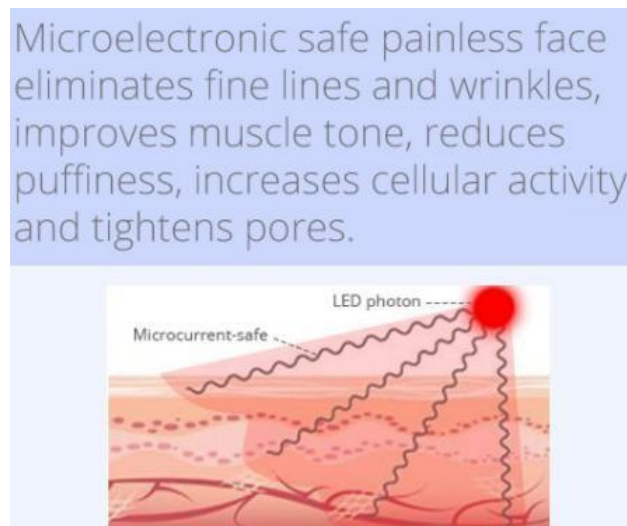
White LED Light: 670NM. It reaches deep into skin, accelerates metabolism of active cells, decomposes pigments, reduces fine lines and tightens skin. It can also relax skin, balance sebum production and control oil secretion.

Turquoise LED Light: 610NM, dual frequency of green and blue LED lights. It gradually enhances cell energy, and has positive impact on metabolism.

Ion-based Introduction

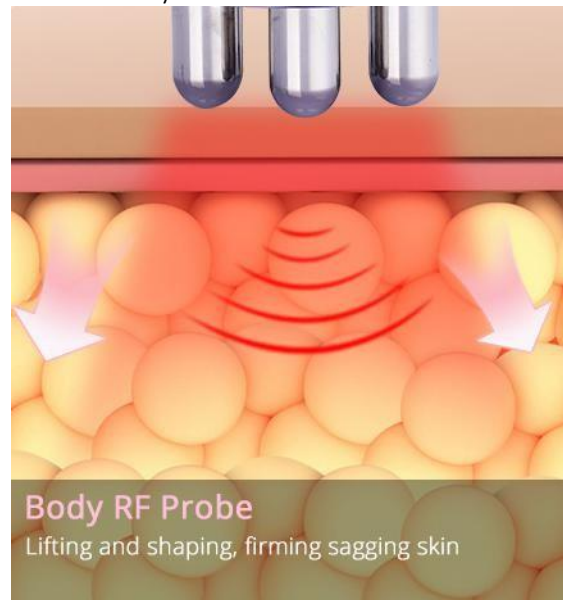
It uses direct electric current to form an electric field between skin surface and its deep layer, which will temporarily disable skin's function as a barrier to make skin absorb needed nutrients in an even way. Specifically, when the nutrients are applied to the skin in the form of dissolved substances, there will be ions. Affected by the electric field, those ions will move in specific directions. The cations will move to cathode and anions will move to anode. Ions of nutrients will permeate skin and there will be ion cluster locally so that the concentration of nutrient absorbed in the skin is several times higher than that of nutrients taken orally. In this way, its beauty effects can be delivered.

Biologic effects: it uses anions to make water-soluble nutrients permeate skin more efficiently to directly provide skin with nutrients and other needed substances through repulsion and attraction of ions



Body RF

RF waves directly penetrate the skin, making use of the resistance formed by the skin to produce energy to raise the temperature of the bottom layer of the skin, heat the tissue quickly and continuously and promote the growth of collagen, which achieves the effect of firming, lifting and smoothing skin. The perfect combination of 40K and RF can not only help people lose weight, but also increase skin elasticity and firm skin.



40K

Ultrasonic wave is used to make human adipose cells take a strong impact and produce friction movement among them after strong sound waves enter into the human body, which can effectively consume heat and water of cells and shrink adipose cells. In addition, when the sound wave vibrates, it can produce a strong impact on cells. And then the adipose cells will burst instantly, and they will be reduced so as to achieve the effect of fat removal.

Ultrasonic Cavitation: Tens of thousands of tiny bubbles, namely cavitation bubbles, are produced by vibration of liquid. These bubbles grow in the negative pressure region formed by the longitudinal transmission of ultrasound, which will close rapidly in the positive pressure region to be compressed and stretched under alternating positive and negative pressures. When the bubbles burst, there will be huge instantaneous pressure of up to tens of MPa to hundreds of MPa, and strong vibration and noise will be produced.

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



Vacuum&RF

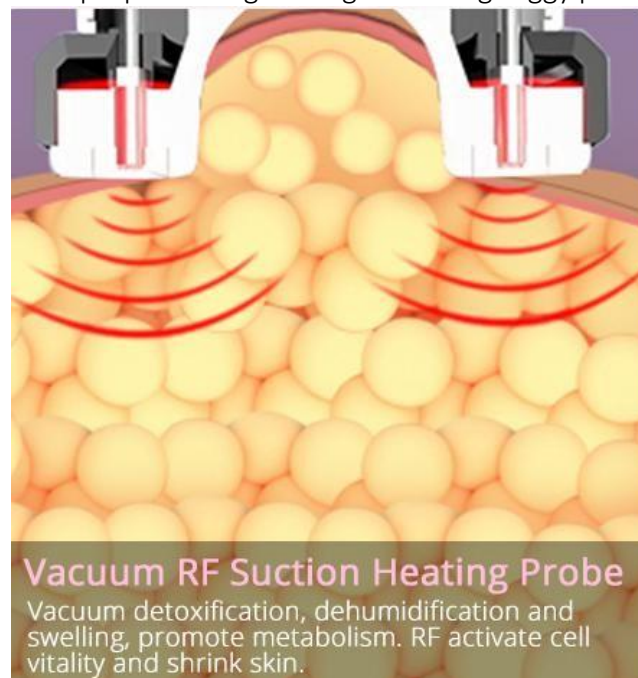
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Biological Effects

The waves vibrating millions of times per second can penetrate the epidermis and then directly act on the dermis to heat up collagen cells in a deep layer, and stimulate the growth of collagen fibers. In this way, it can make the skin firmer and more elastic. In the process of treatment, the RF waves can pass through the epidermis and act on the deep dermis to produce heat energy rapidly. When collagen tissue is heated to $45^{\circ}\text{C} \sim 60^{\circ}\text{C}$, it will contract immediately and then the collagen will be stimulated to regenerate. At the same time, biological heat can effectively accelerate the blood flow and make free fatty acid (ffa) released to promote the dissolution of superficial fat to achieve the purpose of tightening and lifting saggy part of the body.



Face/eye/neck Management

Facial Skin-firming&Anti-aging

1. Needed handpiece

Scrubber+hot&cold handpiece+Ultrasound+BIO+Face RF+Photon&Microcurrent

2. Effects

1. Activate cells and increase skin's elasticity
2. Firm skin and smooth out fine lines
3. Relieve saggy condition of skin
4. Build face contour and make face have stereoscopic appearance
5. Shrink pores and plump up cheeks
6. Moisturize skin and promote skin's absorption
7. Brighten skin tone and fade pigmentation
8. Accelerate metabolism and blood circulation

9. Stimulate collagen regeneration and slow down skin ageing

3. Applicable range

1. Those with saggy skin
2. Those with fine line on face, nasolabial folds and dynamic wrinkles
3. Those with unsatisfactory face contour and double chin
4. Those with rough skin and large pores
5. Those with saggy skin and edema after birth
6. Those with low skin metabolism and poor absorption

4. Inapplicable Range

1. Those who have just undergone plastic surgery with prostheses and metal materials, etc., implanted at the operation area.
2. Those who have experience in injection products recently, such as hyaluronic acid, or those who have mesotherapy, wrinkle removal, or plastic surgery.
3. Those who have hypertension, heart disease, diabetes, severe hyperthyroidism, malignant tumor, etc.
4. Those who are in allergic period and have severely sensitive skin and metal allergies.
5. Those who have trauma or wound on the skin.
6. Those who are of advanced years.
7. Those who are in menstruation, pregnancy, lactation, surgical recovery.
8. Those who have skin diseases and infectious diseases.
9. Those who are sensitive to electric currents.

5. Do's and Don'ts after Operation

1. Wash face with warm water within three days
2. Stay hydrated and use sunscreen
3. Do not use irritating products such as AHA, scrubbing and exfoliating products within one week
4. Do not stay up late, avoid drinking alcohol and smoking cigarettes and eat more fruits, vegetables and foods with less grease.
5. Apply face mask at least three times within a week

Facial Thorough Cleaning

1. Needed handpiece

Scrubber+hot&cold handpiece+Ultrasound+BIO+Photon&Microcurrent

2. Effects

1. Cleanse deep skin layer and unblock pores
2. Slough off corneum
3. Supply skin with moisture and nutrients
4. Improve skin texture and increase skin's elasticity
5. Make skin smoother

3. Applicable Range

1. Those who have dry skin
2. Those who have large pores and rough skin that lacks glow
3. Those who have poor skin absorption
4. Those who have dark-toned skin or uneven-toned skin
5. Those who have oily, dry skin or have excess sebum production

6. Those who follow improper cleaning procedure

4. Inapplicable Range

1. Those who have severely sensitive skin or are having allergic reactions.
2. Those who have large lesions on face
3. Pregnant women or patients with severe heart diseases, severe hypertension, hyperglycemia, hyperlipemia, major diseases and so on
4. Those who have skin diseases or contagious diseases
5. Those who have just taken skin booster, and micro-needle treatment or who have incisions on skin.
6. Those who are sensitive to electric current.

5. Do's and Don'ts after Operation

1. Wash face with warm water within three days
2. Stay hydrated and use suncream
3. Do not use irritating products such as AHA, scrubbing and exfoliating products within one week
4. Do not stay up late, avoid drinking alcohol and smoking cigarettes and eat more fruits, vegetables and foods with less grease.
5. Apply face mask at least three times within a week

Facial Soothing & Repairing

1. Needed handpiece

Ultrasound+hot&cold handpiece+Photon&Microcurrent

2. Effects

1. Relieve redness, swelling, acne and allergic reaction on face.
2. Calm and soothe skin.
3. Minimize pore size.
4. Increase skin's elasticity.
5. Promote skin's resistance and lower skin's sensitivity.

3. Applicable Range

1. Those who have sensitive, acne-prone skin or whose skin are vulnerable to redness, swelling and allergic reactions.
2. Those who have saggy skin without elasticity.
3. Those who have dark-toned, uneven-toned and dry skin and fine lines.
4. Those who have large pores, rough skin and excess grease secretion.

4. Inapplicable Range

1. Those who have severely sensitive skin or are having allergic reactions.
2. Those who have prostheses in their noses.
3. Those who have large lesions on the face.
4. Pregnant women or patients with severe heart diseases, severe hypertension, hyperglycemia, hyperlipemia, major diseases and so on.
5. Those who have skin diseases or contagious diseases.
6. Those who have just taken skin booster, and micro-needle treatment or who have incisions on skin.
7. Those who have metal implants in body such as stent and pacemaker or who are sensitive to metals.

5. Do's and Don'ts after operation

1. Wash face with warm water within 3 days.
2. Avoid sunburn and stay hydrated.
3. Do not use irritating products such as AHA, scrubbing and exfoliating products within one week.
4. Do not stay up late, avoid drinking alcohol and smoking cigarettes and eat more fruits, vegetables and foods with less oil.
5. Apply face mask three days in a row.

Facial Skin Whitening

1. Needed handpiece

Scrubber+hot&cold handpiece+ultrasound+BIO+Face RF+Photon&Microcurrent

2. Effects

1. Firm skin and smooth out fine lines
2. Relieve saggy condition of skin
3. Shrink pores and plump up cheeks
4. Moisturize skin and promote skin's absorption
5. Accelerate metabolism and blood circulation
6. Stimulate collagen regeneration and slow down skin ageing
7. Improve skin colour and make it have more clarity.

3. Applicable Range:

1. Those with saggy skin
2. Those with fine line on face, nasolabial folds and dynamic wrinkles
3. Those with dull skin and uneven skin colour
4. Those with sallowness
5. Those with rough skin and large pores
6. Those with saggy skin and edema after birth
7. Those with low skin metabolism and poor absorption

4. Inapplicable Range

1. Those who have just undergone plastic surgery with prostheses and metal materials, etc., implanted at the operation area.
2. Those who have experience in injection products recently, such as hyaluronic acid, or those who have mesotherapy, wrinkle removal, or plastic surgery.
3. Those who have hypertension, heart disease, diabetes, severe hyperthyroidism, malignant tumor, etc.
4. Those who are in allergic period and have severely sensitive skin and metal allergies.
5. Those who have trauma or wound on the skin.
6. Those who are of advanced years.
7. Those who are in menstruation, pregnancy, lactation, surgical recovery.
8. Those who have skin diseases and infectious diseases.
9. Those who are sensitive to electric currents.

5. Do's and Don'ts after Operation

1. Wash face with warm water within three days.
2. Stay hydrated and use sunscreen.

3. Do not use irritating products such as AHA, scrubbing and exfoliating products within one week.
4. Do not stay up late, avoid drinking alcohol and smoking cigarettes and eat more fruits, vegetables and foods with less grease.
5. Apply face mask at least three times within a week.

Wrinkle Removal for Eye Area

1. Needed handpiece

Face RF+BIO

2. Effects

1. Relieve eye fatigue, dark circles, eye bags and edema.
2. Reduce lines around eyes and crow's feet.
3. Reduce dark spots and accelerate blood circulation.
4. Accelerate metabolism and prevent pigmentation.
5. Supplement eyes with nutrition and moisturize skin.
6. Firm and soften skin, lift the corners of the eyes.
7. Accelerate blood circulation around eyes and help skin absorb nutrients efficiently.

3. Applicable Range

1. Those with wrinkles, fine lines, bags and dark circles around the eyes.
2. Those with dry skin, dry lines and dynamic wrinkles.
3. Those with eyes prone to fatigue and dryness.
4. Those who frequently face computer screens and mobile phones.
5. Those who often stay up late and have dark circles.
6. Those who often stay in a dry or hot environment.

4. Inapplicable Range

1. Those who had just undergone plastic surgery.
2. Those who have hypertension, heart disease, diabetes, severe hyperthyroidism and malignant tumors.
3. Those who are having an allergic reaction and have severe sensitive skin or are allergic to metals.
4. Those who have skin lesions.
5. Those who are of advanced years.
6. Those who are pregnant or convalescents.
7. Those who have skin diseases and contagious diseases.
8. Those who are sensitive to electric currents

5. Do's and Don'ts after Operation

1. Avoid excessive exposure to the sun. Suncream is encouraged to use.
2. After operation, the treated area is relatively dry and so being hydrated and protection against sunburn are encouraged.
3. Within 1-3 days after operation, it is better not to use alcohol, AHA or other exfoliating products.
4. Avoid facial washing with overheated water, taking a sauna, going for hot springs or other violent exercise within 7 days after operation.
5. Moisturizers and eye masks are encouraged to use. It will be preferable to use eye masks 3 times or more a week.

Neck Care

1. Needed handpiece

Face RF+Ultrasound+Photon&Microcurrent

2. Effects

1. Reduce the flabbiness, roughness and dullness of the neck skin.
2. Firm skin and increase skin elasticity.
3. Remove double chin.
4. Accelerate lymph detox and improve facial skin.
5. Prevent neck and lymph diseases.

3. Applicable Range

1. Those with rough and dull skin on the neck.
2. Those with lymphatic blocking
3. Those with sagging and inelastic neck skin.
4. Those who often bow their heads
5. Those who are not satisfied with their neck tone.

4. Inapplicable Range

1. Those who have just undergone plastic surgery.
2. Those with hypertension, heart disease, diabetes, severe hyperthyroidism and malignant tumors.
3. Those who are having an allergic reaction, or people with severe sensitive skin.
4. Those with skin trauma or wound.
5. Those who are of advanced years.
6. Those who are pregnant or convalescents.
7. Those with skin disease and other contagious diseases.

5. Do's and Don'ts after Operation

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

Body Management

(1). Waist&Abdomen Shaping

1. Handpieces

Body RF+40K+Vacuum&RF

2. Effects

1. Relieve cold hands and cold feet, cold womb or cold body of women.
2. Tighten the skin on the waist and abdomen.
3. Reduce lumbar and abdominal fat.
4. Tighten skin, relieve stretch marks, obesity lines and increase skin elasticity.
5. Accelerate metabolism, relieve constipation and improve intestinal peristalsis.

3. Applicable Range

1. Those with cold feet, cold hands, cold womb and cold body.
2. Those with lumbar and abdominal fat or who have sagging skin after birth.
3. Those who often sit for a long time, or have unsatisfactory waistlines.
4. Those with stretch marks.
5. Those with constipation or obstruction of abdominal meridians.

4. Inapplicable Range

1. Those with "3 Hs"(hypertension, hyperglycemia, hyperlipidemia) and who have heart disease.
2. Those in pregnancy, menstruation or lactation.
3. Those whose incisions are healing or who are on the road to recovery.
4. Those with epilepsy and severe diabetes and hyperthyroidism.
5. Those with malignant tumors, hemophilia or severe bleeding.
6. Those with skin diseases and infectious diseases.
7. Those with severe gynecological diseases.
8. Those whose gynecological diseases are being treated.

5. Do's and don'ts after Operation

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

(2). Arm Shaping

1. Handpieces

Body RF+40K+Vacuum&RF

2. Effects

1. Stimulate collagen growth in the bottom of the skin to shape and firm it.
2. Improve sagging skin.
3. Improve flabby arms and thick arms.
4. Soothe and firm sagging skin.
5. Tighten skin.
6. Accelerate blood circulation and dredge meridians and collaterals.

3. Applicable Range

1. Those with thick arms and want to look better in clothes.
2. Those with flabby arms.
3. Those with sagging arm skin.
4. Those whose arms are prone to pain and numbness.
5. Those who often hold baby or children

4. Inapplicable Range

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

5. Do's and Don'ts after Operation

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

(3). Back Shaping

1. Handpieces

Body RF+Vacuum&RF

2. Effects

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

3. Applicable Range

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

4. Inapplicable Range

1. Those with metal implants in the body, such as stents and pacemakers, are allergic to metal.
2. Those are during pregnancy, menstruation and lactation.
1. Those whose surgical wound is healing or convalescence
2. Those who has "three Hs", heart disease, epilepsy and severe diabetes and hyperthyroidism.
3. Those with malignant tumor and hemophilia or severe bleeding.
4. Those with skin diseases and infectious diseases.

5. Those who are too weak.
6. Those who are drunk, thirsty, overworked, on a full or empty stomach.

5. Do's and Don'ts after Operation

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

(4). Leg Shaping

1. Handpieces

Body RF+40K+Vacuum&RF

2. Effects

1. Tighten skin and prevent sagging.
2. Stimulate collagen regeneration and improve fat lines.
3. Increase leg circulation and detoxification, metabolism.
4. Promote blood circulation and remove blood stasis, dredge channels and collaterals, and prevent varicose veins.
5. Tighten excessive protruding fat on legs and get rid of fat on thick thighs.

3. Applicable Range

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

4. Inapplicable Range

1. Those who are in menstruation, pregnancy or lactation.
2. Those with hypertension, heart disease, diabetes, severe hyperthyroidism, malignant tumor, etc
3. Those with skin diseases or infectious diseases.
4. Those who have incisions on their bodies.
5. Patients with severe varicose veins and tumors.
6. Those who are having allergic reactions or who have severely sensitive skin.
7. People who have just had liposuction.
8. Those who are of advanced years.
9. Pregnant women or who are on the road to recovery.

5. Do's and Don'ts after Operation

1. Keep warm after operation. Do not eat cold food.
2. Take shower in 4-6 hours later.
3. Drink more warm water to keep hydrated and speed up metabolism.
4. Do not eat and drink too much or stay up late.
5. Avoid sauna, hot spring or strenuous exercise for 7 days after operation.
6. Wear pants after operation. Avoid wearing miniskirts and shorts.

(5). Hip Shaping

1. Handpieces

Body RF+Vacuum&RF

2. Effects

1. Improve blood circulation and speed up metabolism.
2. Improve menstrual pain, irregular menstruation, abnormal leucorrhea and other female diseases.
3. Improve sleep quality, improve female sexual function and tighten the vagina.
4. Activate the warm nest function, stimulate the secretion of glands, and increase the feelings between husband and wife.
5. Make complexion ruddy, fade color spots and return to young state.
6. Shape hips, improve sagging and outward expansion of hips, tighten skin and increase elasticity.

3. Applicable Range

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

4. Inapplicable Range

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

5. Do's and Don'ts after Operation

1. Keep hips warm and avoid wearing miniskirts and shorts.
2. Take Shower in 4-6 hours after operation.
3. Drink plenty of hot water to avoid cold air.
4. Avoid staying up late, drinking and overeating.
5. Avoid eating raw, cold and spicy foods and get enough sleep.
6. Sauna, hot spring or strenuous exercise should be avoided within 7 days after operation.

(6). Breast Shaping

1. Handpieces

Body RF

2. Effects

1. Correct breast shape and relieve accessory breasts
2. Relieve nodules on breasts, slight hyperplasia and distending pain in breast

3. Relieve outward expansion of breasts
4. Relieve irregular menstruation, speckles on the face and the lack of elasticity of breasts.
5. Relieve breast atrophy, breast sagging and obstruction of lactiferous ducts

3. Applicable Range

1. Those who have accessory breast and unsatisfactory breast shape
2. Those who have nodules on breasts, slight hyperplasia and distending pain in breast during the menstruation
3. Those who have free fat, saggy breast and outward expansion of breasts
4. Those who have low immunity
5. Those who have irregular menstruation, speckles on the face and breast inelasticity
6. Those who think that their breasts are underdeveloped, or who have postpartum breast atrophy, breast relaxation, blockage of lactiferous ducts and so on.

4. Inapplicable Range

1. Patients with cardiovascular and cerebrovascular diseases, diabetes, abnormal blood coagulation and impaired function of important organs.
2. Those who are taking anticoagulants, vasodilators, corticosteroids and other drugs or who have been taking them for a long time.
3. Those with a focus of infection on the skin of the chest.
4. Patients with severe hyperplasia, fibroma and cyst of the chest
5. Those who are in pregnancy and lactation

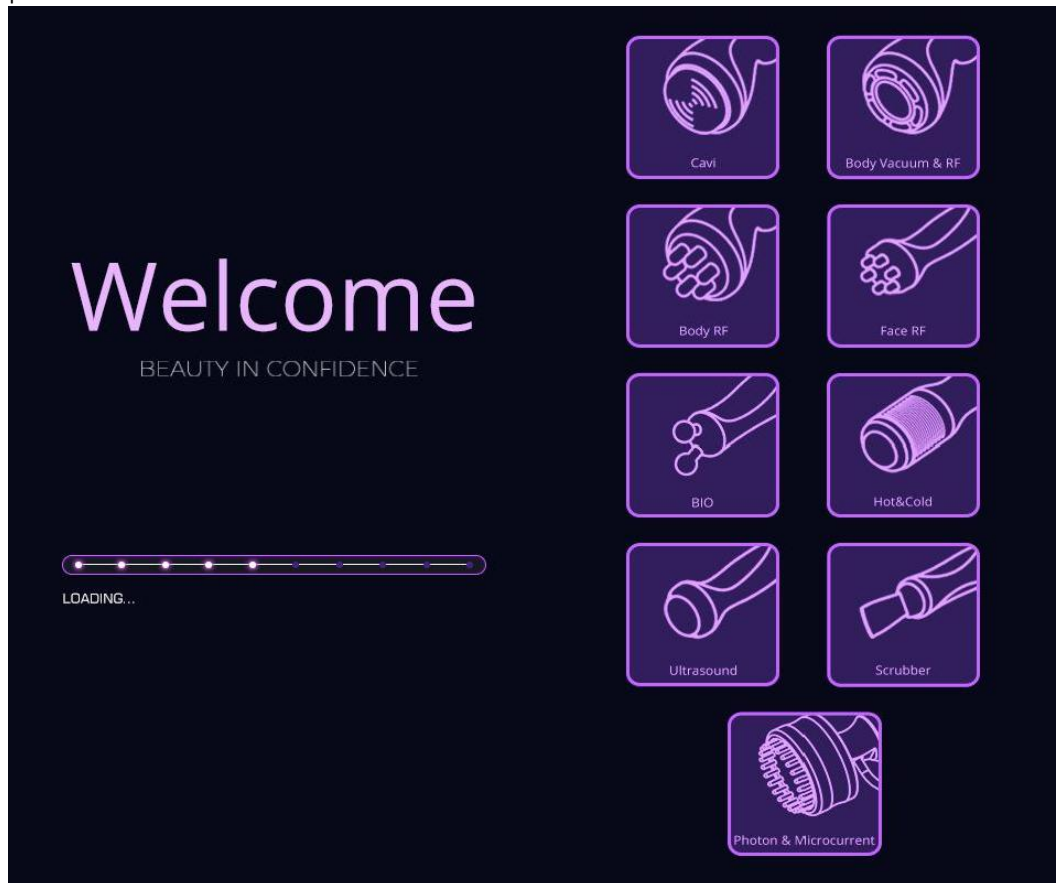
5. Do's and Don'ts after Operation

1. Keep warm after operation. Do not eat cold food.
2. Take shower in 4-6 hours later.
3. Drink more warm water to keep hydrated and speed up metabolism.
4. Do not eat and drink too much or stay up late.
5. Avoid sauna, hot spring or strenuous exercise for 7 days after operation.
6. Wear shaping and comfortable bra and don't squeeze your chest.

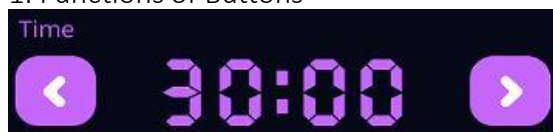
Part II

1. Detailed Operation

After all are connected properly, the following interface will appear when the power switch is pressed.



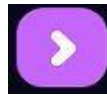
1. Functions of Buttons



time and adjusting buttons



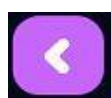
button for decreasing time



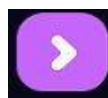
button for increasing time



button for lowering energy level



button for lowering energy level



button for raising energy level.



return button

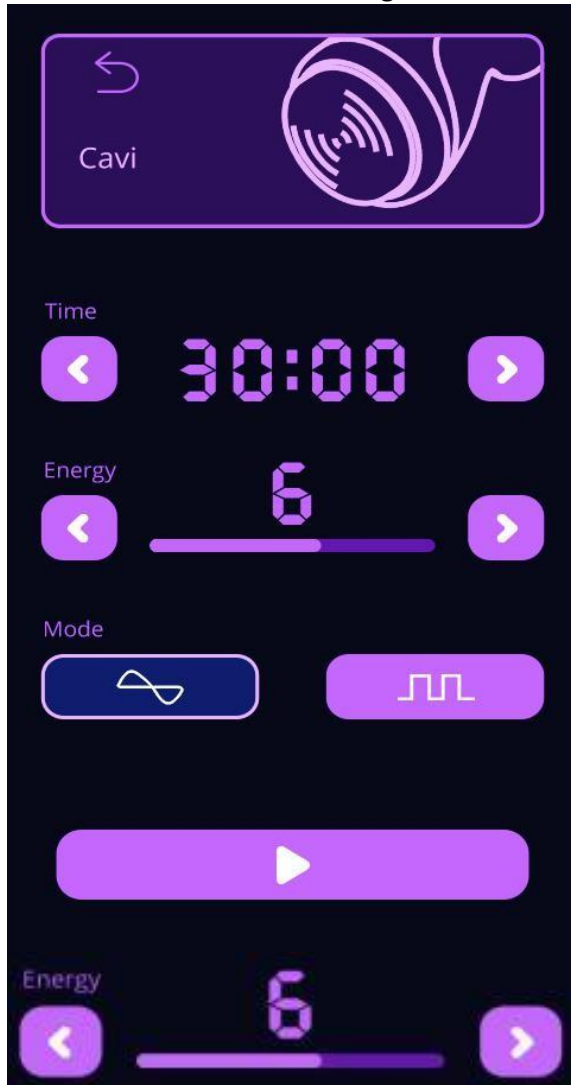


stop/start button

2. Detailed Operation of 40K



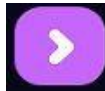
choose and then go to the following interface



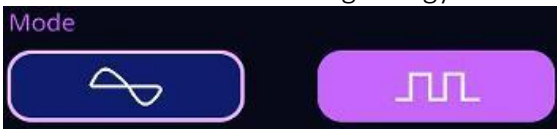
energy level and adjusting buttons



button for lowering energy level



button for raising energy level



two working modes



Constant working mode. Suitable for those with thick fat accumulation.

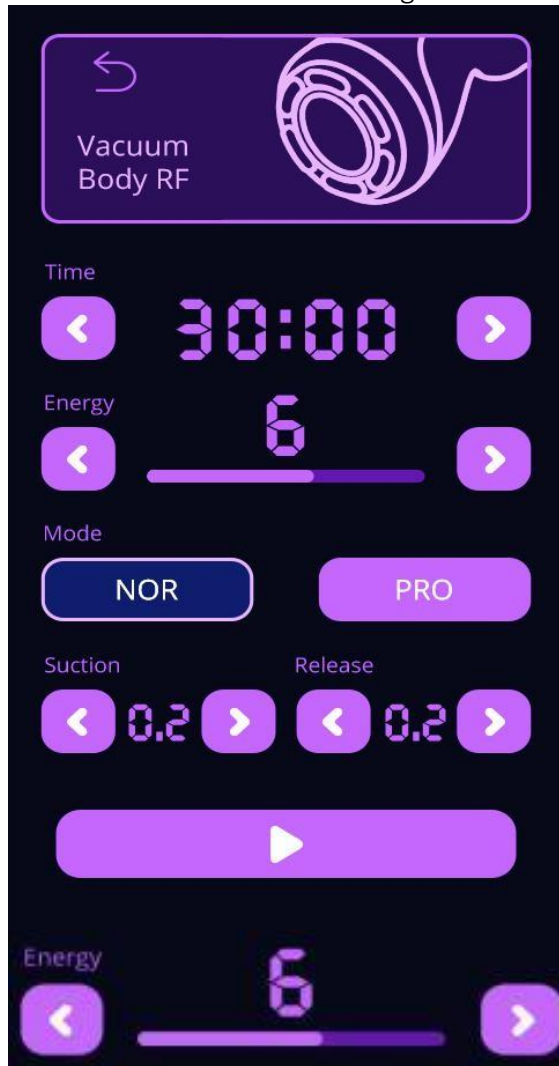


Discontinuous working mode, suitable for those who have unwanted fat on some areas and want to shaping body.

3. Detailed Operation of Vacuum&Body RF



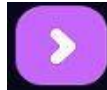
choose and then go to the following interface



energy level and adjusting buttons



button for lowering energy level



button for raising energy level



RF working mode selection



Fixed mode, the red light goes on and the the energy of the handpiece directly reaches preset level after the start button is pressed.



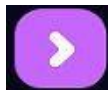
Smart mode, the red light goes on and the the energy of the handpiece slowly reaches preset level after the start button is pressed and the handpiece touches skin.



suction time and adjusting buttons(suction time should be always longer than release time during treatment)



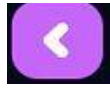
button for decreasing time



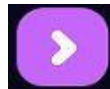
button for increasing time



Release time and adjusting buttons(when it is zero, the handpiece is at the status of Constant Suction)



button for decreasing time

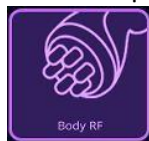


button for increasing time

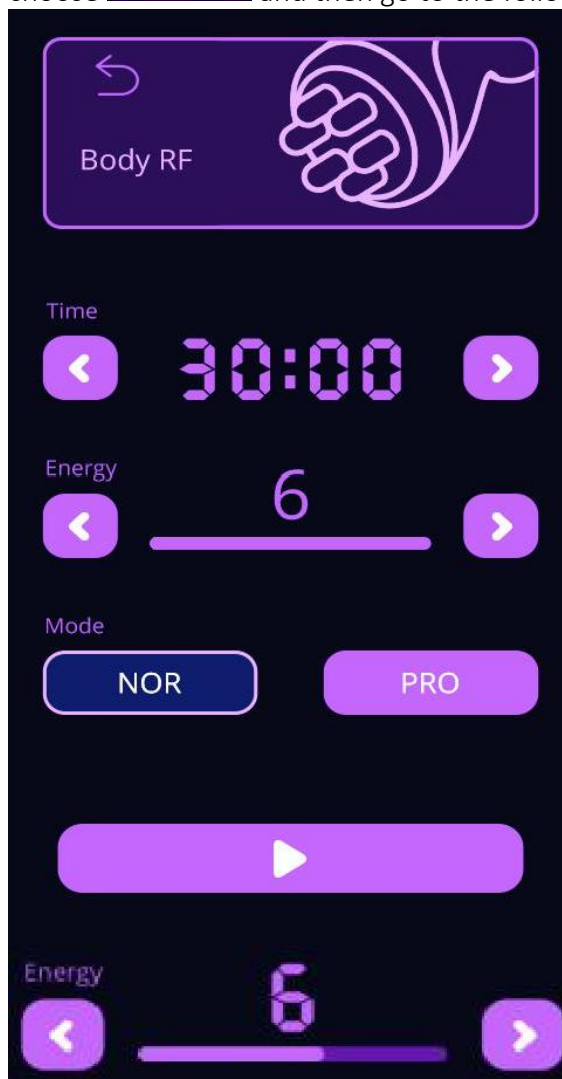


knob for adjusting suction level(turning it clockwise is to increase suction and turning it anticlockwise is to decrease suction)

4. Detailed Operation of Body RF



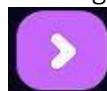
choose and then go to the following interface



energy level and adjusting buttons



button for lowering energy level



button for raising energy level



working mode selection



Fixed mode, the red light goes on and the the energy of the handpiece directly reaches preset level after the start button is pressed.



Smart mode, the red light goes on and the the energy of the handpiece slowly reaches preset level after the start button is pressed and the handpiece touches skin.

5. Detailed Operation of Face RF



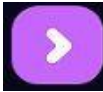
choose and then go to the following interface



energy level and adjusting buttons



button for lowering energy level



button for raising energy level



working mode selection



Fixed mode, the red light goes on and the the energy of the handpiece directly reaches preset level after the start button is pressed.

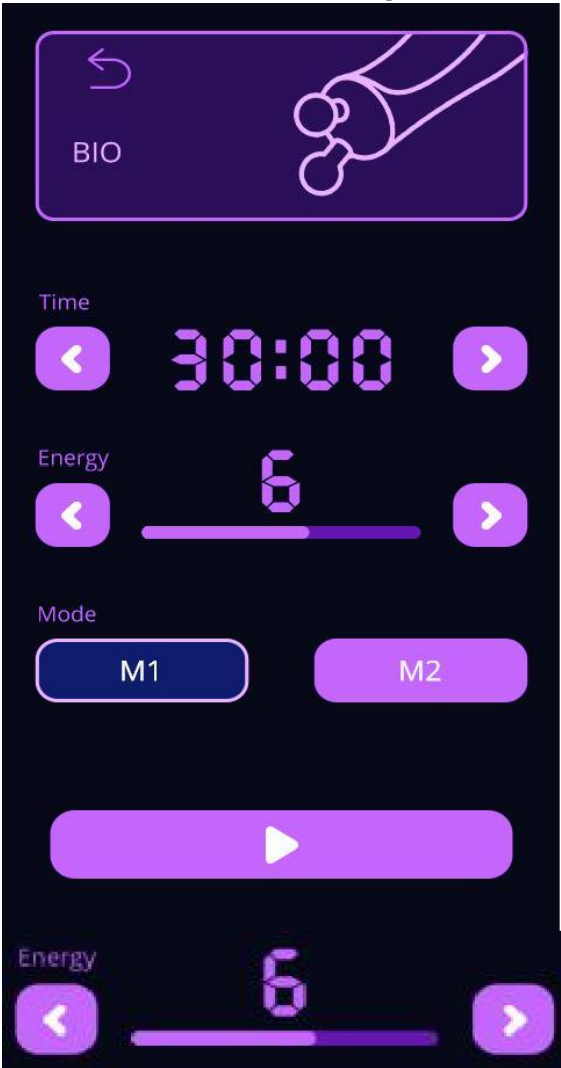


Smart mode, the red light goes on and the the energy of the handpiece slowly reaches preset level after the start button is pressed and the handpiece touches skin.

6. Detailed Operation of BIO



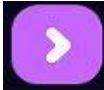
choose and then go to the following interface



energy level and adjusting buttons



button for lowering energy level



button for raising energy level



working mode selection



skin

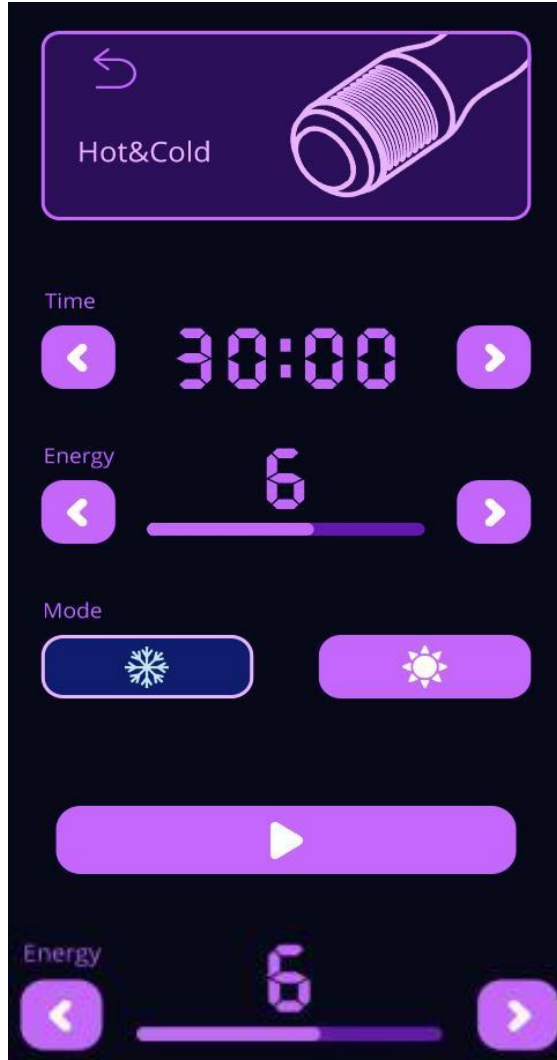


Discontinuous working mode, suitable for those with sensitive skin or first-time users.

7. Detailed Operation of Hot&Cold



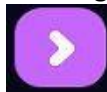
choose  and then go to the following interface



energy level and adjusting buttons



button for lowering energy level



button for raising energy level



working mode selection



Cold mode. It can soothe&calm skin, relieve acne and contract pores.

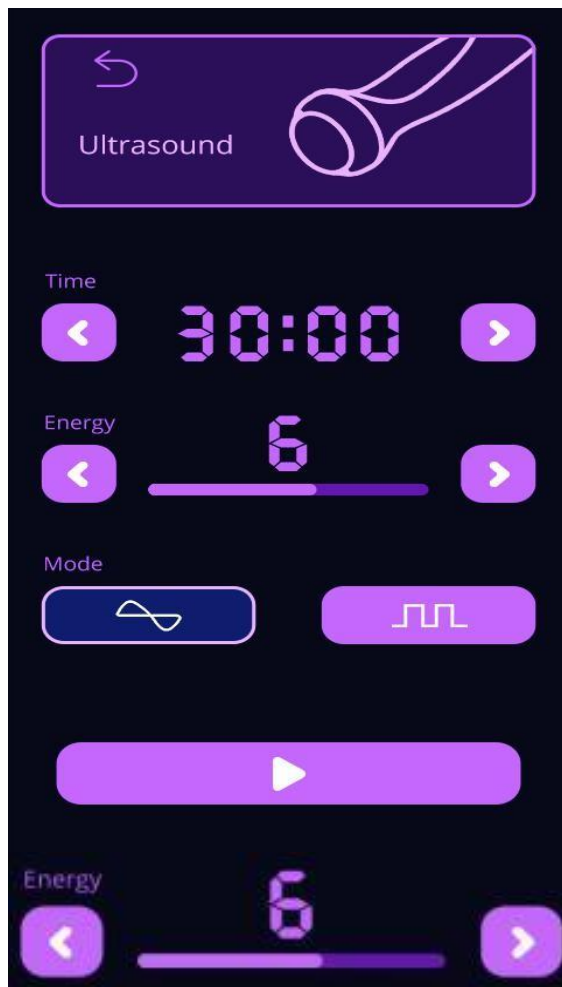


Hot mode. It can help expand pores and promote skin's absorption for nutrients.

8. Detailed Operation of Ultrasound



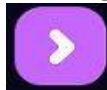
choose  and then go to the following interface



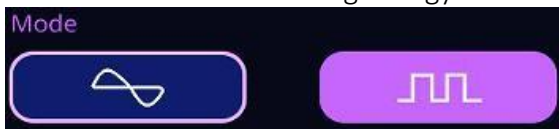
energy level and adjusting buttons



button for lowering energy level



button for raising energy level



working mode selection

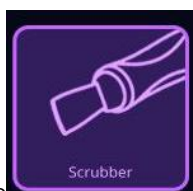


Constant working mode, suitable for those with dry, rough and dark-toned skin

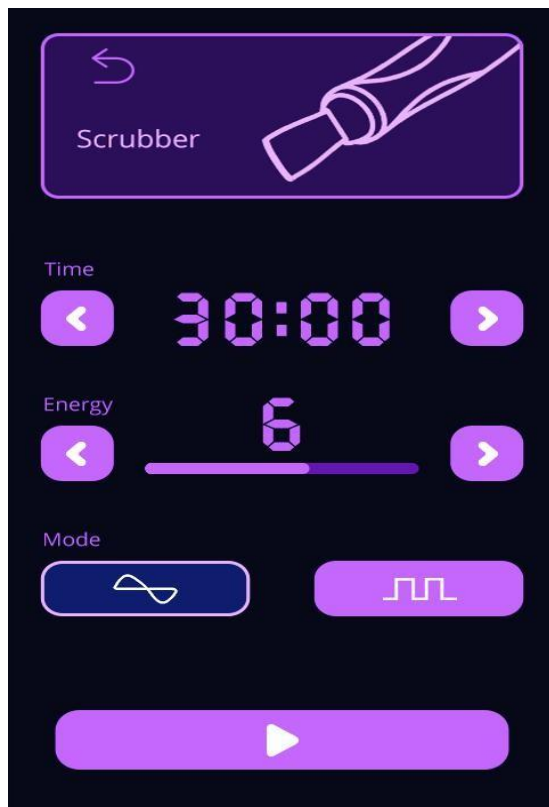


Discontinuous working mode, suitable for those with sensitive skin or first-time users.

9. Detailed Operation of Scrubber



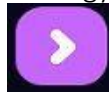
choose and then go to the following interface



energy level and adjusting buttons



button for lowering energy level



button for raising energy level



working mode selection



Constant working mode, suitable for those with large pores, blocked pores, excessive sebum secretion and oily skin.

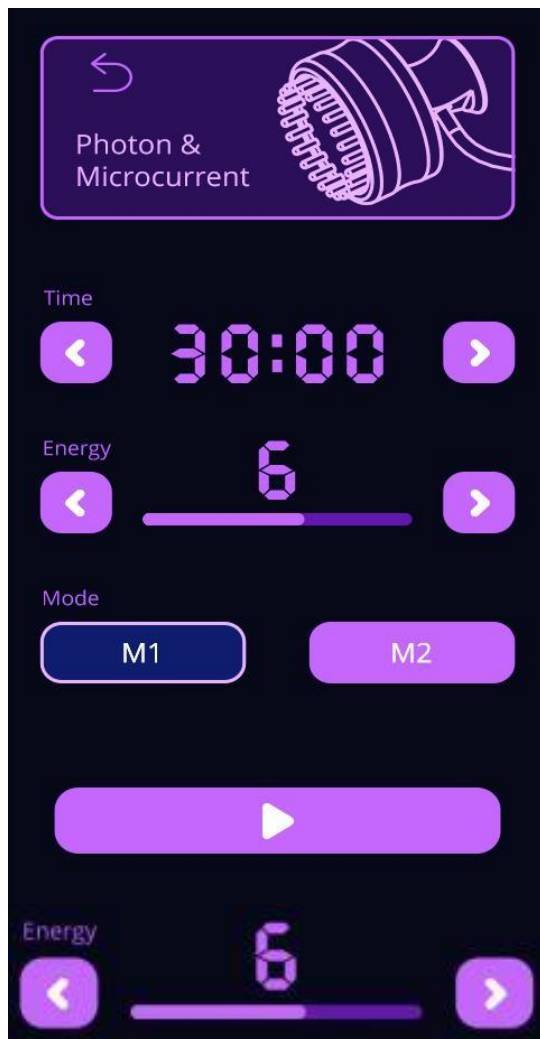


Discontinuous working mode, suitable for those with dry sensitive skin or first-time users.

10. Detailed Operation of Photon&Microcurrent



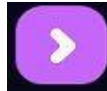
choose and then go to the following interface



energy level and adjusting buttons



button for lowering energy level



button for raising energy level



microcurrent working mode selection

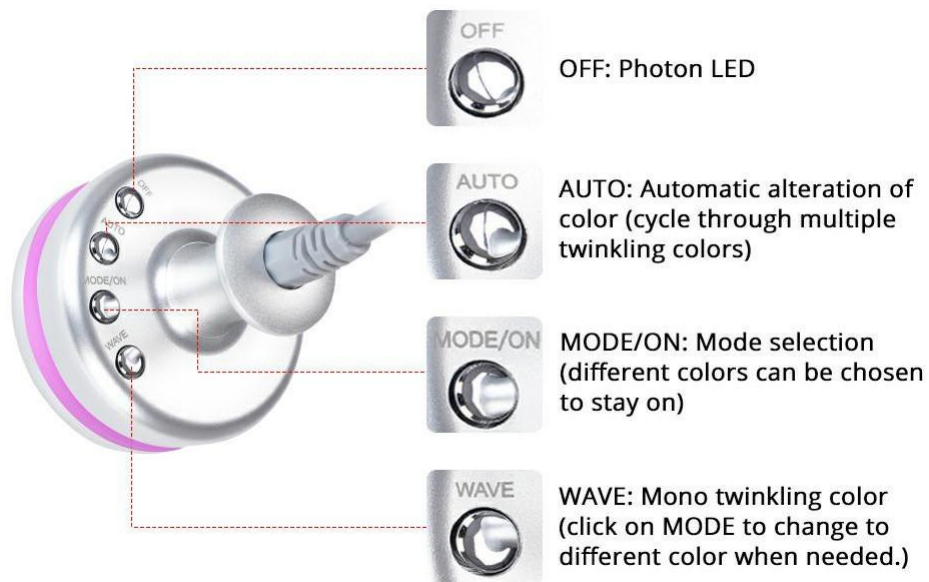


Constant working mode, suitable for those with dry, rough and dark-toned skin



Discontinuous working mode, suitable for those with sensitive skin or first-time users.

the functions of the buttons on the handpiece:



2. Dos and Don'ts

1. The plug with grounding pin must be used before the instrument is used and the power socket of the instrument is properly grounded.
2. Ensure that the voltage of the instrument is suitable. If the voltage of the local power supply is not stable, we suggest that the user add a voltage regulator with matching power between the mains and the instrument.
3. In order to ensure the treatment effect and normal service life of the instrument, please use the specified parts provided or suggested by the original manufacturer.
4. The instrument should not be placed in damp places or near water sources, and should not be directly exposed to sunlight.
5. Do not place the instrument near a strong heat source, as this may affect the life and normal use of the instrument.
6. Before treatment, please remove all metal objects from the body first, so as to avoid unexpected conditions and influence the curative effect.
7. Please do not use the instrument on eyes, thyroid, parathyroid, testicles, abdomen of pregnant women, and pacemakers.
8. Patients who are suffering from illness should consult a doctor and get permission from the doctor before using.
9. Please turn off the power switch of the device, and ensure that the total power supply of the device is turned off before the staff leaves after daily use, so as to ensure the safety of the electrical products.
10. Set the energy at the lowest level at the beginning and then increase the level slowly after

customer adapts to it.

11. Clean the instrument with normal saline after operation to ensure its cleanliness and hygiene and prolong its service life.

12. The handpiece can be used alone. Better results will be delivered if one handpiece works in conjunction with other handpieces.

13. Make sure the handle is in full contact with skin during operation in case skin is heated unevenly.

14. The treatment area should be kept moisturized during the operation and do not perform the treatment on dry skin.

15. When the treatment receiver is taking other weight-loss drugs, it is recommended to stop taking them for 1 to 2 months before treatment. Extension of the course of treatment is recommended if the treatment receiver want to use this machine immediately.

16. 40K handpiece should not be used on head, chest, breast, heart and back.

17. Use machine or train machine operators in strict accordance with instructions in the user manual.

3. Troubleshooting & Solutions

1. The instrument cannot be started, and the button light on the back of the instrument does not work?

A. Make sure the power cord is connected to the socket with normal power supply.

B. Whether the fuse on the back of the instrument is loose or blown.

2. No RF output from the machine?

A. Please check whether the cord connects the handpiece to the machine properly

B. Please check whether the treatment area has been cleaned. Grease or essential oil products may cause poor contact between the handpiece and human body to cause this problem.

3. Weakened energy output?

A. Please check whether the cord connects the handpiece to the machine properly

B. Please check whether non-conductive grease and other substances are on the treatment handpiece, which can cause poor contact between the handpiece and skin to weaken the output.

C. Please check whether the skin care product used is specified by this machine.

4. No suction or very little suction?

A. Please turn off the instrument and check whether the filter used in the instrument should be replaced

B. Please check the rubber seal in the handpiece, because the rubber seal may be worn to cause air leakage.

C. Please check whether the cup containing the filter is screwed tight and whether the rubber seal is worn, for air leakage may lead to poor air pressure.

D. If the methods above cannot solve this problem, please contact the instrument dealer for assistance.

5. I can start the instrument, but the screen shows erroneous message?

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

B. If the above method cannot solve the problem, please contact the instrument dealer for assistance.

4. FAQs

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

A: Normally, you can see the treatment results that day when you take the operation or within one week. Skin collagen tissue is heated and then contracts, and you can obviously feel the sensation of skin being tightened. Because RF works to stimulate subcutaneous tissue to promote collagen regeneration, so the more you take the treatment, the more noticeable the effects will be.

2. Q: Is RF harmful to skin?

A: RF treatment is non-surgical operation. It stimulates collagen regeneration at the skin bottom and boosts metabolism, and therefore has no damage to the skin. Local redness and hotness are the normal conditions of accelerated blood circulation, which will be relieved after a moment. So there's no need to worry about that.

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

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

4. Q: What functions does this instrument have?

A: It has the functions of dissolving fat and shaping body, smoothing&rejuvenating skin, soothing&repair skin, firming &lifting skin and anti-aging. It can be operated on every part of the body. In terms of facial care, it can form face contour, alleviate wrinkles and saggy skin. In terms of body care, it can reduce regional fatness and build S-shaped curve, and promote metabolism and detoxification of the whole body. Meanwhile, it can also enhance the functions of viscera and solve sub-health problems.

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

A: The principle of liposuction is to suck out the excess fat in one part of the body through negative pressure suction so as to achieve the purpose of rapid weight loss. It's a surgical treatment requiring anesthesia and so there is recovery period, which has risks despite its immediate results. However, our instrument is risk-free without side effects. It can not only help you reduce fat but also stimulate collagen regeneration to lift and tighten skin. It can also build perfect curves by lifting skin, and accentuate women's sexual charm.

6. Q: Will I regain weight after operation?

A: Ultrasound works to dissolve fat to reduce weight, and users are not prone to regain their weight. Because what's dissolved through ultrasonic treatment is fat, not water. Fat needs a longer period of time to accumulate, so normally people will not regain weight.

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

A: Pay attention to what you eat. Because radio frequency and ultrasonic treatment work to dissolve fat and accelerate metabolism. It's best to avoid eating spicy, oily, or fried food in case they affect regular metabolism. Proper workout for sweating helps with fat metabolism process. In such way, the results will be more noticeable.

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

A: RF beauty treatment is non-invasive and is one of the most effective and the safest approach to remove wrinkles and shape body. Generally speaking, side effects won't appear. A small number of people may experience transient redness or swelling that will disappear after a few hours. Those with dry skin may experience atrophy after treatment, which will disappear after three days because collagen regeneration will make skin plump up though RF heat can cause moisture loss of skin. Overall, there are no side effects on people's health.

9. Q: Can ultrasound treatment be performed on every part of the body?

A: Ultrasound treatment works to rupture fat cells, by which fat is released from cells and then metabolized through lymphatic system. So its power is very high. Heart is sensitive to high frequency sound waves since it is a hollow organ. After being vibrated by sound waves, the heart will reflect the waves due to the different transmission of sound waves by the muscle tissue and the blood in the heart. This force can pull valves away from the heart muscle. If you use the instrument on eyes, it can lead to retinal detachment, so the ultrasound treatment should not be performed on the areas of eyes and heart. (not on the areas of waist, back and chest).

10. Q: Does ultrasound treatment have side effects on human body?

A: Ultrasonic beauty treatment is non-surgical and non-invasive program without anaesthesia. It relies on ultrasound (mechanical sound wave) - dissolve fat through cavitation - ultrasound focusing. And the results are fat smash - fat dissolving - skin firming and body sculpting respectively. It only targets low-density fat cells but leaves high-density tissue like blood vessels intact, and therefore has no side effects on human body. Slight tinnitus will probably occur during the treatment, which is within normal range. So there's no need to worry about that.

11. Q: Why does tinnitus occur?

A: It's because ultrasound comes with a high frequency vibration, which could go up to 20kHz. It penetrates into 20mm-deep skin fat layers through ultrasound focusing. Highly intensified ultrasound can cause high-speed friction among fat cells, which can heat and dissolve them. And during the process, sound may be produced so that customer will have the sensation of tinnitus.

12. Q: What is collagen?

A: Collagen is a kind of Photon&Microcurrentlogical macro molecule substance, a kind of white, opaque and non-branched fibrous protein. It can supplement the nutrients needed by all layers of the skin, enhance the collagen activity in the skin, retain moisture, nourish skin, slow down ageing, relieve facial relaxation, provide nutrients for the hair and so on. Collagen is a nutrient that human body must replenish to delay ageing. With the growth of age, collagen will gradually be lost. For women, collagen will begin to decrease since the age of 20. At the age of 25, collagen loss will reach its peak. At the age of 40, the collagen content is less than half of that one has at age of 18. It is the loss of collagen and water that causes the wrinkles on the face of the elderly. The breakage of collagen fibers and elastic fibers will cause skin tissue to be oxidized, atrophied and collapsed. The skin will be dry, wrinkled, flabby and inelastic. Therefore, in order to delay ageing, there must be plenty of collagen.

13. Q: How does vacuum detoxify?

A: Vacuum can cause capillary congestion, stimulate cell to increase vitality. The suction and release of pressure during operation can make local pores continue to open and close, which can promote skin breathing, increase the amount of skin oxygen, and speed up waste removal. So it achieves the effects of promoting qi and blood circulation, dispelling cold and damp, dredging meridians and collaterals, clearing toxins, dissipating heat and so on.

14. Q: Why do we need to exfoliate skin?

A: The stratum corneum is a layer above the epidermis, on which the cells have completely died. Depending on different parts of the body, the stratum corneum is composed of 15 to 20 layers of dead cells. Human skin has a metabolic cycle, normally 28 days, which is the metabolic cycle of people in adolescence. If you are an adult, your metabolic cycle should be 10 days more than your age value. However, due to various reasons, it is possible that the aging and dead cells can not fall off in time, resulting in corneum hypertrophy, and the skin has no sense of transparency,

which affects the skin color and the metabolic renewal of the skin. Therefore, in the case that there is no way to normally complete this normal metabolic process, it is necessary to use artificial methods to achieve the goal.

15. Q: Why can the ultrasonic cleansing spatula (scrubber) work to cleanse deep skin layer?

A: The cleansing spatula uses high-frequency vibration of ultrasonic waves to atomize beauty liquids, which can come into pores and then emulsify unwanted substances. In this way, it can help cleanse skin.

16. Q: Does the ultrasonic introduction help relieve acne scarring?

A: ultrasonic introduction can take advantage of the high-frequency vibration of the sound waves to introduce whitening nutrients into skin, inhibit the production of melanin and fade spots, thus effectively relieving the dark tone of skin and pigmentation spots caused by acne to restore skin's fairness. This treatment is safe and reliable without side effects. After-treatment care is simple and outdoor activities are allowed.

5. Packing List

- 1 x Ultrasonic Cavitation 2.5 Handle
- 1 x 6-polar RF Vacuum Photon Handle
- 1 x 6-polar 3D Smart Body RF Handle
- 1x Hot&Cold Hammer Handle
- 1x bio&phonton Handle
- 1x Ultrasonic Handle
- 1x Skin scrubber Handle
- 1x Microcurrent Photon Handle
- 1 x Power Supply Cord

Technical Parameters

Power Supply Input: 110V-220V 50HZ/60HZ
Power: 66W

Cavi:
Frequency: 40KHz
Power: 35W

Face RF:
Frequency: 1MHz
Power: 35W

Body RF:
Frequency: 1MHz
Power: 55W

BIO:
Frequency: 62.5Hz
Power: 9W

Vacuum Body RF:
Frequency: 1MHz
Power: 66W

Vacuum: -73KPa
Air Flow: 10LPM
Noise Level: <60dB(30cm away)

Ultrasound:
Frequency:1MHz
Power: 18W

Scrubber:
Frequency:28KHz
Power: 20W

Photon & Microcurrent:
Frequency:90KHz
Power: 12W

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

Dimensions:13.8*13.4*11.4" 35*34*29CM
Net Weight: 6.7kg
Gross Weight: 7.6kg

6. Simplified Treatment Steps

(1). Face/eye/neck management

1. Face skin-firming&anti-aging(90 min)

Remove makeup--clean face--apply hot steam and blackhead-removing liquid--use scrubber--
"cold"handpiece--massage techniques--ultrasound--BIO--RF--"cold"handpiece--apply face mask--
photonµcurrent--apply toner, essence, lotion/face cream, suncream.

Needed skincare products: essence, gel, RF cream, massage cream

2. Thorough cleansing(60 min)

Remove makeup--clean face--apply hot steam+blackhead-removing liquid--use scrubber--
"cold"handpiece--ultrasound--BIO--apply face mask--photonµcurrent--apply toner,
essence, lotion/face cream, suncream.

Needed skincare products: serum, gel

3. Facial soothing&repairing(50 min)

Remove makeup--clean face--apply toner--ultrasound--"cold"handpiece--apply face mask--
photonµcurrent--apply toner, essence, lotion/face cream, suncream.

Needed skincare products: essence

4. Face tightening&whitening(80min)

Remove makeup--clean face--apply hot steam+blackhead-removing liquid--use scrubber--
"cold"handpiece--ultrasound--BIO--RF--"cold"handpiece--apply face mask--

photonµcurrent--apply toner, essence, lotion/face cream, suncream.
 Needed skincare products: essence, RF cream

5. Wrinkle removal for Eye area(45 min)

Remove makeup--clean eye area--apply toner--massage techniques--BIO--RF--apply face eye mask--apply toner, essence, lotion/face cream, suncream.

Needed skincare products: essence, RF cream, massage cream

6. Neck care(50 min)

Remove makeup--clean neck--apply toner--massage techniques--ultrasound--RF--apply neck mask--photonµcurrent--apply toner, essence, lotion/face cream, suncream.

Needed skincare products: essence, RF cream, massage cream

(2). Body management

1. Waist&abdomen shaping/arm shaping/leg shaping(90 min)

Massage techniques--Body RF--40K--vacuum RF--wipe the area clean

Needed skincare products: gel, RF cream/essential oil

2. Back shaping/hip shaping

Massage techniques--Body RF--Vacuum&RF--wipe the area clean


Needed skincare products: RF cream/essential oil








3. Breast shaping(45 min)


Massage techniques--Body RF--wipe the area clean

Needed skincare products: RF cream/essential oil

7. Operational Diagrams

Parameter Adjustment	Product	Techniques	Diagrams
Facial Skin Firming&Anti-ageing: 90 min once a week			
Scrubber Energy Level:3-7 Time: 8-10 min Mode: discontinuous/constant Hot&Cold Energy level: 3-7 Time: 8-10	Makeup remover+facial cleanser+blackhead- removing liquid+cold&hot steam+essence+RF cream+face mask+LS-9XD1	1. Remove makeup and clean face, 5 minutes. 2. Apply toner, 1 minute 3. Apply blackhead removing liquid and hot steam(to the area where there are large pores or severe blockage. Toner can be applied to cheeks. If you have sensitive skin, apply toner and cold steam on the whole face instead of blackhead removing liquid and hot steam), 5-8 min	Technique5, 15  Technique7, 17

<p>min Mode: cold</p> <p>Ultrasound Energy Level:3-7 Time: 10-15 min Mode: discontinuous/constant</p> <p>BIO Energy Level:3-7 Time: 10-15 min Mode: M1/M2</p> <p>Face RF Energy Level:3-7 Time: 10-15 min Mode: NOR/PRO</p> <p>Photon&Microcurrent Energy Level:3-7 Time: 10-15 min Mode: M1/M2 Choose the light with specific colour based on individual needs.</p>		<p>4. Scrubber treatment: use cotton pad to wet face, move the scrubber slowly on face at an inclination of 45°. Repeat the technique on nose area, 3-6 times.</p> <p>5. Lift upwards from jaw to earlobe, mouth corner to ear center, and nose wing to temple, 3 times.</p> <p>6. Do the same on the other side.</p> <p>7. Lift towards hairlines on forehead, 3 times.</p> <p>8. Wash face clean and apply essence evenly, 3 minutes.</p> <p>9. "Cold" handpiece treatment: move the handpiece upwards in circular motion from jaw to the back of ear, mouth corner to ear center and nose wing to temple line by line, 3-5 times.</p> <p>10. Repeat the technique on the other side.</p> <p>11. Move the handpiece in circular motion horizontally on forehead, 3 -5 times.</p> <p>12. Massage techniques: apply massage cream evenly to face and soothe face, 3 times.</p> <p>13. Apply digital pressing technique on the following acupoints (RN-24, DU-26, ST-4, ST-6, LI-20, BL-1, BL-2, EM3, TE-23, the temple, GB-1, ST-1, ST-2), 3 times.</p> <p>14. Soothe face, 3 times</p> <p>15. Alternately apply lifting technique from chin to ear lobe, mouth corner to Ermen(SJ21), and nose wing to temple, lift eye corner from lower eyelid to temple with both hands, 3 times.</p> <p>16. Repeat the technique on the other side.</p> <p>17. Apply lifting technique towards hairline on forehead, 3 times</p> <p>18. Apply plucking technique</p>	 <p>Technique 9, 24, 33</p>  <p>Technique 11, 26, 35</p>  <p>Technique 12, 14</p>  <p>Technique 13</p>  <p>Technique 22</p>  <p>Technique 28, 29, 36, 37</p>  <p>Technique 31, 39</p>
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	<p>with fingers alternately to lift face.</p> <p>19. Apply plucking technique with one hand towards hairline on forehead.</p> <p>20. One side, apply plucking technique with both hands alternately to lift face, 2-3 minutes</p> <p>21. Repeat the technique on the other side.</p> <p>22. Move in a zigzag motion on forehead with middle and ring fingers, slide to the front side of ears and lift back and forth for 3 times and then slide to the back of ears.</p> <p>23. Wash face clean and apply essence evenly.</p> <p>24. Ultrasound treatment: move the handpiece upwards in circular motion from jaw to earlobe, mouth corner to ear center and nose wing to temple, 3-5 times.</p> <p>25. Repeat the technique on the other side.</p> <p>26. Move the handpiece in circular motion horizontally on forehead, 3 -5 times.</p> <p>27. Wash face clean and apply RF cream evenly, 3 minutes.</p> <p>28. BIO treatment: move the handpiece upwards from jaw to the back of ear, mouth corner to ear center, and nose wing to temple, 3-5 times.</p> <p>29. Lift upwards from jaw to the back of ear, mouth corner to ear center, and nose wing to temple with one hand and the handpiece, 3-5 times.</p> <p>30. Repeat the techniques above on the other side.</p> <p>31. Move the handpiece from forehead to hairline, 3-5 times.</p> <p>32. Clean face and apply toner evenly, 2 minutes.</p> <p>33. Face RF treatment: move the handpiece upwards in circular motion from jaw to</p>	
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		<p>earlobe, mouth corner to ear center and nose wing to temple, 3-5 times.</p> <p>34. Repeat the technique on the other side.</p> <p>35. Move the handpiece in circular motion horizontally on forehead, 3 -5 times.</p> <p>36. Move the handpiece upwards from jaw to the back of ear, mouth corner to ear center, and nose wing to temple, 3-5 times.</p> <p>37. Lift upwards from jaw to the back of ear, mouth corner to ear center, and nose wing to temple with one hand and the handpiece, 3-5 times.</p> <p>38. Repeat the techniques above on the other side.</p> <p>39. Move the handpiece from forehead to hairline, 3-5 times.</p> <p>40. Clean face and apply toner evenly, 2 minutes.</p> <p>41. "Cold" handpiece: the techniques are the same with the Face RF</p> <p>42. Apply face mask, 15 minutes.</p> <p>43. Photon&microcurrent treatment: use the handpiece in stamping technique from jaw to earlobe, mouth corner to ear center, nose wing to temple and forehead to hairline, 5-8 minutes.</p> <p>44. Wash face clean, 2 minutes.</p> <p>45. Apply toner, essence, face cream and suncream.</p> <p>46. The end.</p>	
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Treatment Suggestions



One course of treatment consists of ten treatment sessions. After one treatment session, skin will be firmed and rejuvenated as the nutrients it needs are absorbed. After one course of treatment, skin will be lifted with glow. Two courses will make skin smooth and plump, leaving face contour clearer. Three courses will promote skin metabolism and detox processes, help fade pigmentation and skin darkness, slow down skin ageing and prevent skin from sagging, and stimulate collagen regeneration to leave skin smooth and firm with glow.






Facial Thorough Cleaning: 60 min once a week


<p>Scrubber Energy Level:3-7 Time: 8-10 min Mode: discontinuous/constant</p> <p>Hot&Cold Energy level: 3-7 Time: 8-10 min Mode: cold</p> <p>Ultrasound Energy Level:3-7 Time: 10-15 min Mode: discontinuous/constant</p> <p>BIO Energy Level:3-7 Time: 10-15 min Mode: M1/M2</p> <p>Photon&Microcurrent Energy Level:3-7 Time: 10-15 min</p>	<p>Makeup remover+facial cleanser+blackhead-removing liquid+cold&hot steam+essence+RF cream+face mask+LS-9XD1</p>	<ol style="list-style-type: none"> 1. Remove makeup and clean face, 5 minutes. 2. Apply toner, 1 minute. 3. Apply blackhead removing liquid and hot steam(to the area where there are large pores or severe blockage. Toner can be applied to cheeks. If you have sensitive skin, apply toner and cold steam on the whole face instead of black head-removing liquid and hot steam)5-8 minutes. 4. Scrubber treatment: use cotton pad to wet face, move the scrubber slowly on face at an inclination of 45°. Repeat the technique on nose area, 3-6 times. 5. Lift upwards from jaw to earlobe, mouth corner to ear center, and nose wing to temple, 3 times. 6. Do the same on the other side. 7. Lift towards hairlines on forehead, 3 times. 8. Wash face clean and apply essence evenly, 3 minutes. 9. "Cold" handpiece treatment: move the handpiece upwards in circular motion from jaw to the back of ear, mouth corner to ear center and nose wing to temple line by line, 3-5 times. 10. Repeat the technique on the other side. 11. Move the handpiece in circular motion horizontally on 	<p>Technique5</p>  <p>Technique7</p>  <p>Technique9, 13</p>  <p>Technique11, 15</p>  <p>Technique17, 18</p>  <p>Technique20</p>
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<p>Mode: M1/M2 Choose the light with specific colour based on individual needs.</p>		<p>forehead, 3 -5 times. 12. Apply essence evenly, 1 minute. 13. Ultrasound treatment: move the handpiece upwards in circular motion from jaw to earlobe, mouth corner to ear center and nose wing to temple, 3-5 times. 14. Repeat the technique on the other side. 15. Move the handpiece in circular motion horizontally on forehead, 3 -5 times. 16. Clean face and apply gel evenly, 3 minutes 17. BIO treatment: move the handpiece upwards from jaw to the back of ear, mouth corner to ear center, and nose wing to temple, 3-5 times. 18. Lift upwards from jaw to the back of ear, mouth corner to ear center, and nose wing to temple with one hand and the handpiece, 3-5 times. 19. Repeat the techniques above on the other side. 20. Move the handpiece from forehead to hairline, 3-5 times. 21. Clean face, 2 minutes. 22. Apply face mask, 15 minutes. 23. Photon&microcurrent treatment: use the handpiece in stamping technique from jaw to earlobe, mouth corner to ear center, nose wing to temple and forehead to hairline, 5-8 minutes. 24. Wash face clean, 2 minutes. 25. Apply toner, essence, face cream and suncream. 26. The end.</p>	
<p>Treatment Suggestions One course of treatment consists of ten treatment sessions. After one treatment session, pores will be visibly cleaned and skin will be hydrated and firmed. After one course of treatment, skin will become even-toned and condition of pores will be much improved. Three courses of treatment will leave skin moisturized and rejuvenated with glow and elasticity, which can make skin retain moisture for 24 hours.</p>			

Facial Soothing&Repairing: 50 min once a week

<p>Ultrasound Energy level: 3-7 Time: 10-15 min Mode: discontinuous working mode</p> <p>Hot&Cold Energy level: 3-7 Time: 8-10 min Mode: cold</p> <p>Photon&Micr ocurrent Time: 10-15 min The colour of the light: green(no need for Microcurrent function)</p>	<p>Makeup remover+face cleanser+base mask+hot&c old steam+seru m for skin soothing&re pairing+LS- 9XD1</p>	<ol style="list-style-type: none"> 1. Remove makeup and clean face, 5 minutes. 2. Apply toner, 1 minute. 3. Apply serum for skin soothing&repairing evenly, 1 minute. 4. Ultrasound treatment: move the handpiece upwards in circular motion from jaw to earlobe, mouth corner to ear center and nose wing to temple, 3 times. 5. Repeat the technique above on the other side. 6. Move the handpiece slowly and horizontally on forehead in a back-and forth manner, 3 times. 7. Move the handpiece in small spiral curve on the area around nose, 3-5 times. 8. Clean face, 2 minutes. 9. Apply some serum for skin soothing&repairing to face, 1 minute. 10. "Cold" handpiece treatment: move the handpiece upwards in circular motion from jaw to forehead line by line, 3times. 11. Repeat the technique on the other side. 12. Move the handpiece in circular motion horizontally on forehead, 3 times. 13. Clean face, 2 minutes. 14. Apply skin-repairing facial mask , 15 minutes. 15. Photon&microcurrent treatment: use the handpiece in stamping technique from jaw to earlobe, mouth corner to ear center, nose wing to temple and forehead to hairline, 5-8 minutes. 16. Wash face clean, 2 minutes. 	<p>Technique 4, 10</p>  <p>Technique 6, 12</p> 
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		17. Apply toner, essence, face cream and suncream. 18. The end.	
<p>Treatment Suggestion</p> <p>One course of treatment consists of ten treatment sessions. After one treatment, skin will be moisturized and smoothed. One course of treatment will help skin restore normal functions, which will not suffer from allergic reactions due to seasonal changes, exposure to cosmetic products and skin dryness. After two courses of treatments, skin blood circulation will be improved and you will see velvety skin.</p>			
<h2>Facial Firming&Whitening: 80 min once a week</h2>			
<p>Scrubber</p> <p>Energy Level:3-7</p> <p>Time: 8-10 min</p> <p>Mode: discontinuous /constant</p> <p>Hot&Cold</p> <p>Energy level: 3-7</p> <p>Time: 8-10 min</p> <p>Mode: cold</p> <p>Ultrasound</p> <p>Energy level: 3-7</p> <p>Time: 10-15 min</p> <p>Mode: discontinuous working mode</p> <p>BIO</p> <p>Energy Level:3-7</p> <p>Time: 10-15 min</p> <p>Mode: M1/M2</p> <p>Face RF</p> <p>Energy Level:3-7</p> <p>Time: 10-15</p>	<p>Makeup remover+facial cleanser+blackhead-removing liquid+cold&hot steam+essence+RF cream+face mask+LS-9XD1</p>	<ol style="list-style-type: none"> 1. Remove makeup and clean face, 5 minutes. 2. Apply toner, 1 minute. 3. Apply blackhead removing liquid and hot steam(to the area where there are large pores or severe blockage. Toner can be applied to cheeks. If you have sensitive skin, apply toner and cold stem on the whole face instead of black head-removing liquid and hot steam)5-8 minutes. 4. Scrubber treatment: use cotton pad to wet face, move the scrubber slowly on face at an inclination of 45°. Repeat the technique on nose area, 3-6 times. 5. Lift upwards from jaw to earlobe, mouth corner to ear center, and nose wing to temple, 3 times. 6. Do the same on the other side. 7. Lift towards hairlines on forehead, 3 times. 8. Wash face clean and apply essence evenly, 3 minutes. 9. "Cold" handpiece treatment: move the handpiece upwards in circular motion from jaw to the back of ear, mouth corner to ear center and nose wing to temple line by line, 3-5 times. 10. Repeat the technique on the other side. 11. Move the handpiece in 	<p>Technique5</p>  <p>Technique7</p>  <p>Technique9, 13, 22</p>  <p>Technique11, 15, 24</p>  <p>Technique17, 18, 25, 26</p>  <p>Technique20, 28</p>

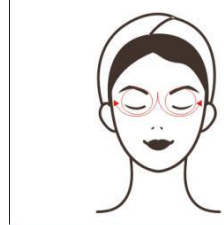
<p>min Mode: NOR/PRO</p> <p>Photon&Micr ocurrent Energy Level:3-7 Time: 10-15 min Mode: M1/M2 Choose the light with specific colour based on individual needs.</p>		<p>circular motion horizontally on forehead, 3 -5 times.</p> <p>12. Clean face and apply essence evenly, 3 minutes.</p> <p>13. Ultrasound treatment: move the handpiece upwards in circular motion from jaw to earlobe, mouth corner to ear center and nose wing to temple, 3-5 times.</p> <p>14. Repeat the technique above on the other side.</p> <p>15. Move the handpiece in circular motion horizontally on forehead, 3 -5 times.</p> <p>16. Clean face and apply gel evenly, 3 minutes.</p> <p>17. BIO treatment: move the handpiece upwards from jaw to the back of ear, mouth corner to ear center, and nose wing to temple, 3-5 times.</p> <p>18. Lift upwards from jaw to the back of ear, mouth corner to ear center, and nose wing to temple with one hand and the handpiece, 3-5 times.</p> <p>19. Repeat the techniques above on the other side.</p> <p>20. Move the handpiece from forehead to hairline, 3-5 times.</p> <p>21. Clean face and apply RF cream evenly, 2 minutes.</p> <p>22. Face RF treatment: move the handpiece upwards in circular motion from jaw to earlobe, mouth corner to ear center and nose wing to temple, 3-5 times.</p> <p>23. Repeat the technique on the other side.</p> <p>24. Move the handpiece in circular motion horizontally on forehead, 3 -5 times.</p> <p>25. Move the handpiece upwards from jaw to the back of ear, mouth corner to ear center, and nose wing to temple, 3-5 times.</p> <p>26. Lift upwards from jaw to the back of ear, mouth corner</p>	
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		<p>to ear center, and nose wing to temple with one hand and the handpiece, 3-5 times.</p> <p>27. Repeat the techniques above on the other side.</p> <p>28. Move the handpiece from forehead to hairline, 3-5 times.</p> <p>29. Clean face and apply toner evenly, 2 minutes.</p> <p>30. "Cold" handpiece: the techniques are the same with the Face RF</p> <p>31. Apply face mask, 15 minutes.</p> <p>32. Photon&microcurrent treatment: use the handpiece in stamping technique from jaw to earlobe, mouth corner to ear center, nose wing to temple and forehead to hairline, 5-8 minutes.</p> <p>33. Wash face clean, 2 minutes.</p> <p>34. Apply toner, essence, face cream and sunscreen.</p> <p>35. The end.</p>	
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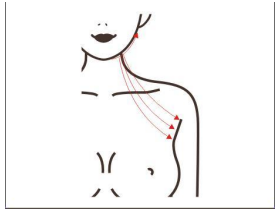
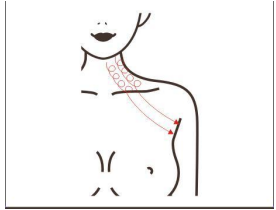
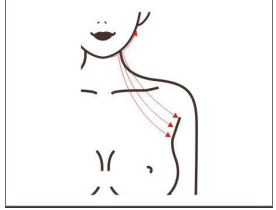
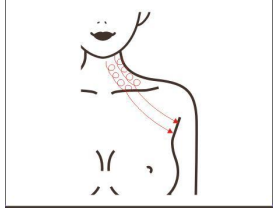

Treatment Suggestions

One course of treatment consists of ten treatment sessions. After one treatment session, skin will be firmed and rejuvenated as the nutrients it needs are absorbed. After one course of treatment, skin will be lifted with glow. Two courses will make skin smooth and plump, leaving face contour clearer. Three courses will promote skin metabolism and detox processes, help fade pigmentation and skin darkness, slow down skin ageing and prevent skin from sagging, and stimulate collagen regeneration to leave skin smooth and firm with glow.

Wrinkle Removal for Eye area: 45 min 2-3 times a week

<p>BIO</p> <p>Energy Level: 3-7</p> <p>Time: 10-15 min</p> <p>Mode: M1/M2</p> <p>Face RF</p> <p>Energy Level: 3-7</p> <p>Time: 10-15 min</p>	<p>Makeup remover+face cleanser+essence/eye cream+LS-9XD1+eye mask</p>	<p>1. Remove makeup and clean face, 5 minutes</p> <p>2. Apply toner, 1 minute</p> <p>3. Apply massage cream evenly to eye area, soothe the area 3 times.</p> <p>4. Apply digital pressing technique on the following acupoints(BL-1, BL-2, EM3, TE-23, the temple, GB-1, ST-1, ST-2), 3 times.</p> <p>5. Use middle finger to lift from inner eye corner to temple</p>	<p>Technique3, 8</p>  <p>Technique5, 11, 19</p>
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<p>Mode: NOR/PRO</p>	<p>back and forth, 3 times. 6. Use middle finger and ring finger to lift from inner eye corner to temple along eyebrow, 3 times. 7. Clean eye area clean. 8. Apply essence(eye cream) evenly to eye area in circular motion, 3 minutes. 9. BIO operation: adjust energy level, mode and time: 10 minutes. 10. Move the handpiece to lift skin from lower eyelid to eye corner, 3-6 times. 11. Move the handpiece to lift skin from lower eyelid to temple, 3-6 times. 12. Move the handpiece to lift skin from lower eyelid to temple in small circles, 3-6 times. 13. Move the handpiece to lift skin from lower eyelid to temple, 3-6 times. 14. Lift from brow bone to hairline. 15. Repeat the operation on the other side. 16. Wash eye area clean, 1 minute 17. Face RF operation: adjust energy level, mode and time: 10 minutes. 18. Move the instrument to lift skin from lower eyelid to eye corner, 3-6 times. 19. Move the instrument to lift skin from lower eyelid to temple, 3-6 times. 20. Lift from brow bone to hairline, 3-6 times. 21. Repeat the operation on the other side. 22. Wash eye area clean, 1 minute 23. Apply eye mask, 15 minutes 24. Remove mask and wash the area clean, 2 minutes 25. Apply eye essence and eye</p>	<div data-bbox="1077 188 1374 423">  </div> <p>Technique10, 18</p> <div data-bbox="1077 423 1374 692">  </div> <p>Technique12</p> <div data-bbox="1077 692 1374 963">  </div> <p>Technique14, 20</p> <div data-bbox="1077 963 1374 1247">  </div>
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		cream.	
<p>Treatment Suggestions</p> <p>It is recommended to take this treatment 2-3 times per week. After one treatment, eye area is lifted and firmed and blood circulation is accelerated. After one month, fine wrinkles and black circles are reduced and skin colour is brightened. After three months, skin in eye area is totally firmed and rejuvenated with glossiness. If the customers keep using this machine, eye aging can be relieved and prevented.</p>			
<h2>Neck Care: 50 min once a week</h2>			
<p>Ultrasound Energy Level: 3-7 Time: 10-15 min Mode: discontinuous /constant</p> <p>Face RF Energy Level:3-7 Time: 10-15 min Mode: NOR/PRO</p> <p>Photon&Microcurrent Time: 10-15 min The colour of the light: red(no need for Microcurrent function)</p>	<p>Makeup remover+face cleanser+massage cream+essence+neck mask</p>	<ol style="list-style-type: none"> 1. Remove makeup and clean neck, 5 min. 2. Apply toner, 1 min. 3. Neck massage, rub oil into chest with both hands towards the back of the neck and press Gb-20 and Du-16 acupoint, 3 times. 4. Alternately lift the lower jaw and double chin area to pass the back of ear to the armpit, 3 times. 5. Push downwards with thumb and index finger splaying, tracing 3 meridians from the neck side to the armpit, 3 times. 6. Push downwards with 4 fingers, tracing 3 meridians from neck side to the armpit, 3 times. 7. Push downwards with bending fingers till the neck turns hot and slide to the armpit, 3 times. 8. Push downwards with thumb and index finger splaying from external collarbone to armpit, 3-5 times. 9. Do the same on the other side. 10. The end. 11. Ultrasound treatment, use one hand and the handpiece to lift double chin area and then pass the back of ear to armpit, 3 times. 12. Move the handpiece in circles along three lines on one 	<p>Technique3</p>  <p>Technique4</p>  <p>Technique5, 6, 7</p>  <p>Technique11, 18</p>  <p>Technique12, 19</p>  <p>Technique14, 21</p> 

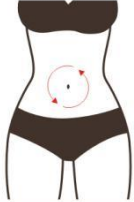
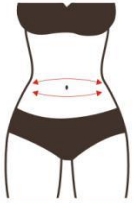
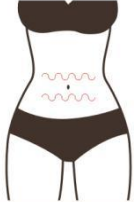
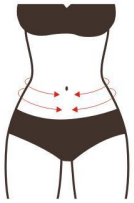


		<p>side of neck to armpit, 3 times.</p> <p>13. Slide the handpiece from inner and outer sides of clavicle to the armpit, 3-5 times.</p> <p>14. Move the handpiece in circles on the whole neck area, 3 times.</p> <p>15. Do the same on the other side.</p> <p>16. Clean neck, 1 minute.</p> <p>17. Apply essence evenly, 1 minute.</p> <p>18. Face RF treatment, use one hand and the handpiece to lift double chin area and then pass the back of ear to armpit, 3 times.</p> <p>19. Move the handpiece in circles along three lines on one side of neck to armpit, 3 times.</p> <p>20. Slide the handpiece from inner and outer sides of clavicle to the armpit, 3-5 times.</p> <p>21. Move the handpiece in circles on the whole neck area, 3 times.</p> <p>22. Do the same on the other side.</p> <p>23. Clean neck, 1 minute.</p> <p>24. Apply neck mask, 15 minutes.</p> <p>25. Photon&microcurrent treatment: use the handpiece in stamping technique from jaw to earlobe, mouth corner to ear center, nose wing to temple and forehead to hairline, 5-8 minutes.</p> <p>26. Wash neck clean, 2 minutes.</p> <p>27. Apply toner, neck essence, neck cream and sunscreen.</p> <p>28. The end.</p>	
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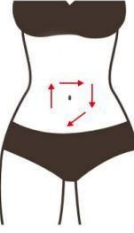



Treatment Suggestions

A course of treatment consists of ten treatment sessions. After one treatment, skin becomes rejuvenated and smooth. After a full course, neck skin becomes smooth, and the neck lymphatic circulation is accelerated. After 2 courses of treatment, skin will be tightened, neck lines will be reduced, and the condition of double chin will be relieved. After 3 courses of treatment, skin will be firmed with glow, lymphatic detox will

be accelerated and some problems will be resolved such as acne and skin dullness. Moreover, skin aging will be prevented and skin will remain in a young state.

Waist&Abdomen Shaping: 90 min once a week

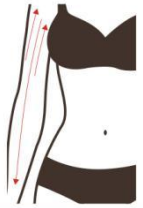
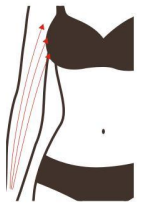



<p>Body RF Energy level: 3-7 Time: 15-20 min Mode: NOR/PRO</p> <p>40K Energy level: 3-7 Time: 15-20 min Mode: constant working mode/disconti nuous working mode</p> <p>Vacuum&RF Energy level: 3-7 Time: 15-20 min Mode: NOR/PRO Suction time: 0.5-1.5 release time: 0-1.0 Adjust suction level based on individual endurance.</p>	<p>RF cream/massage cream+LS-9XD1</p>	<ol style="list-style-type: none"> 1. Rub oil into abdomen with hands moving in circular motion, 3 times. 2. Rub abdomen back and forth with both hands, 3-5 times. 3. Knead abdomen with both hands using chiropractic technique, 3 times. 4. Lift Meridian BV(Belt Vessel) on both sides of waist with both hands alternately, 16 times. 5. Move hands in 8-shaped motion with right hand and left hand moving clockwise and anti-clockwise respectively on waist, 3 times. 6. Overlap hands and message the intestinal canal clockwise, 3 times. 7. Move hands in circular motion to soothe the treatment area, 3 times. 8. Apply digital pressing technique on the following acupoints: RN13, RN12, RN10, RN8, RN6, RN4, RN3, ST25, SP15. 2 times. 9. Starting from RN3 point, push to belly navel, slide to waist and then lift upwards to groin with both thumbs, 3 times. 10. Wipe the area clean and apply RF cream evenly. 11. Body RF operation: move the handpiece slowly along ascending colon, transverse colon and descending colon to rectum,3-5 times. 12. Move the handpiece in 	<p>Technique1,7,10</p>  <p>Technique2</p>  <p>Technique3</p>  <p>Technique4</p>  <p>Technique5</p>  <p>Technique6</p>  <p>Technique8</p>
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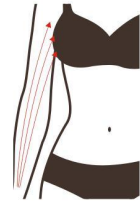
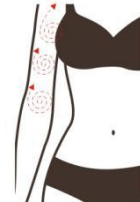
		<p>rhombus-shaped motion on abdomen, 3-5 times</p> <p>13. Move the handpiece up and down on waist side, 3-5 times.</p> <p>14. Use the handpiece to lift Meridian BV(Belt Vessel) on both sides of waist 16 times.</p> <p>15. Use one hand and the handpiece to lift Meridian BV(Belt Vessel) on both sides of waist 16 times.</p> <p>16. 40K operation: move the handpiece slowly along ascending colon, transverse colon and descending colon to rectum,3-5 times.</p> <p>17. Move the handpiece in rhombus-shaped motion on abdomen, 3-5 times</p> <p>18. Move the handpiece up and down on waist side, 3-5 times.</p> <p>19. Use the handpiece to lift Meridian BV(Belt Vessel) on both sides of waist 16 times.</p> <p>20. Use one hand and the handpiece to lift Meridian BV(Belt Vessel) on both sides of waist 16 times.</p> <p>21. Vacuum&RF operation: starting from one side of the waist, lift the handpiece to abdomen and groin, 3 times.</p> <p>22. Repeat the previous operation on the other side, 3 times.</p> <p>23. Suction&release mode, move the handpiece slowly on abdomen, 3 times.</p> <p>24. Constant suction mode, move the handpiece up and down to shape waist, 3-5 times.</p> <p>25. Use one hand and the handpiece to lift Meridian BV(Belt Vessel) on both sides of waist 16 times.</p> <p>26. Wipe the area clean.</p> <p>27. The end.</p>	 <p>Technique9</p>  <p>Technique11,16</p>  <p>Technique12,17</p>  <p>Technique13,18,24</p>  <p>Technique14,15,19,20,25</p> 
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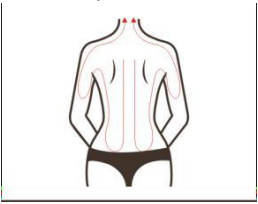
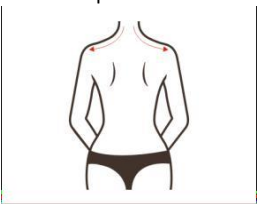
Treatment Suggestions



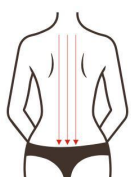
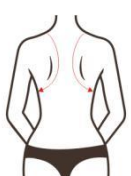

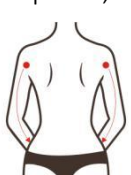
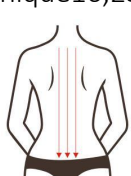
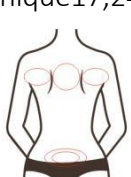
A course of treatment consists of ten treatment sessions. After one treatment session, metabolism will be accelerated. After one course, fat will be slowly metabolized and body will start to slim down. Constipation and other issues will be relieved at the same time. After two courses, the effects will gradually become obvious, skin will be tightened and lifted. Three courses will help consolidate the effects. Unwanted fat will gradually disappear, and waist and abdomen curves will start to take shape.

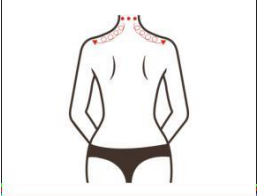
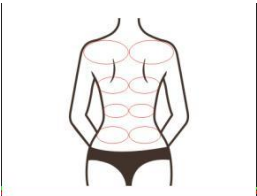
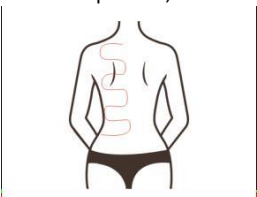
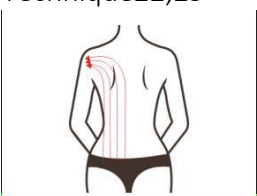
Arm Shaping: 90 min once a week

<p>Body RF</p> <p>Energy level: 3-7</p> <p>Time: 15-20 min</p> <p>Mode: NOR/PRO</p> <p>40K</p> <p>Energy level: 3-7</p> <p>Time: 15-20 min</p> <p>Mode: constant working mode/discontinuous working mode</p> <p>Vacuum&RF</p> <p>Energy level: 3-7</p> <p>Time: 15-20 min</p> <p>Mode: NOR/PRO</p> <p>Suction time: 0.5-1.5</p> <p>release time: 0-1.0</p> <p>Adjust suction level based on individual endurance.</p>	<p>RF cream/massage cream+LS-9XD1</p>	<ol style="list-style-type: none"> 1. Left-right order: lay the arm flat, rub oil into skin from lower arm to the entire arm and slide to the fingers(soothing technique), 3 times. 2. Push the entire arm with both palms, 3 times. 3. Push hands upwards tracing three meridians: Large Intestine Meridian(LI) - Triple Energizer Meridian(TE) - Small Intestine Meridian(SI) to armpits with thumbs and index fingers splaying, 3 times. 4. Soothe the area, 3 times 5. Rub three meridians on arms with bending fingers back and forth to warm them up, 3 times. 6. Soothe the area, 3 times 7. Lay inner arm upwards, and push hands tracing three yin meridians on inner arm: Lung Meridian(LU) - Pericardium Meridian(PC) - Heart Meridian(HT) to armpit with thumbs and index fingers splaying, 3 times respectively. 8. Rub three meridians back and forth with bending fingers to warm them up, 3 times. 9. Soothe the area and slide to fingers. 10. Repeat the techniques on the other arm. 	<p>Technique1</p>  <p>Technique2,3,4,5,6</p>  <p>Technique7</p>  <p>Technique8,16,18,24,26</p>  <p>Technique9</p>  <p>Technique12,15,20,23</p>
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		<p>11. Wipe the area clean and apply RF cream evenly.</p> <p>12. Body RF operation: lay customer's arm flat, push from fat part of lower arm along three meridians to armpit, 5-8 times.</p> <p>13. Move the handpiece in spiral curve on upper arm towards armpit, 5-8 times.</p> <p>14. Repeat the operation on flabby area, 3 times.</p> <p>15. Move the handpiece along three meridians to armpit, 3 times.</p> <p>16. Let inner side of arm face upwards and push three meridians on upper arm to armpit, 3 times.</p> <p>17. Move the handpiece in spiral curve on fat area of upper arm towards armpit, 3 times.</p> <p>18. Move the handpiece back and forth on the fat area of upper arm, 5-8 times.</p> <p>19. Repeat the techniques above on the other arm.</p> <p>20. 40K operation: lay customer's arm flat, push from fat part of lower arm along three meridians to armpit, 5-8 times.</p> <p>21. Move the handpiece in spiral curve on upper arm towards armpit, 5-8 times.</p> <p>22. Repeat the operation on flabby area, 3 times.</p> <p>23. Move the handpiece along three meridians to armpit, 3 times.</p> <p>24. Let inner side of arm face upwards and push three meridians on upper arm to armpit, 3 times.</p> <p>25. Move the handpiece in spiral curve on fat area of upper arm towards armpit, 3 times.</p> <p>26. Move the handpiece</p>	 <p>Technique 13, 14, 21, 22, 32</p> 
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		<p>back and forth on the fat area of upper arm, 5-8 times.</p> <p>27. Repeat the techniques above on the other arm.</p> <p>28. Vacuum&RF operation:</p> <p>29. Let customer lay her arm flat, move the handpiece back and forth on upper arm, 5-8 times.</p> <p>30. Move the handpiece in spiral curve on upper arm, 5-8 times.</p> <p>31. Let the inner side of arm face upwards, move the handpiece on the inner side of upper arm up and down, 5-8 times.</p> <p>32. Move the handpiece in small spiral curve on the the inner side of upper arm, 5-8 times.</p> <p>33. Wipe the area clean.</p> <p>34. The end.</p>	
<p>Treatment Suggestions</p> <p>A course of treatment consists of ten treatment sessions. After one treatment session, it will feel warm and tight, and the arms will be relaxed. After one course of treatment, excessive fat on arms will be reduced and the skin will appear to be tight and plump. Two courses of treatment will help shape arms, dredge meridians, and enhance constitution to strengthen the effects. 3 courses will help consolidate effects and prevent arms from regaining fat.</p>			
<h2>Back Shaping: 70 min once a week</h2>			
<p>Body RF</p> <p>Energy level: 3-7</p> <p>Time: 15-20 min</p> <p>Mode: NOR/PRO</p> <p>Vacuum&RF</p> <p>Energy level: 3-7</p> <p>Time: 15-20 min</p> <p>Mode: NOR/PRO</p> <p>Suction time:</p>	<p>RF</p> <p>cream/massage cream+LS-9XD1</p>	<ol style="list-style-type: none"> 1. Massage techniques 2. Apply oil to back and press GB-20 and DU-16 acupoints. 3. Pluck Dabanjing(the area connecting neck and shoulder) (from hairline), 3-5 times 4. Move thumb outwards from Bladder Meridian(BL) to the Baliao area and then to GB-20 and DU-16 points. 5. Starting from neck to caudal vertebra, move hands in an undulating line, 3 times. 	<p>Technique2,11</p>  <p>Technique3</p>  <p>Technique4</p>


<p>0.5-1.5 release time: 0-1.0 Adjust suction level based on individual endurance.</p>		<p>6. Push Bladder Meridian(BL) with thumb in left-right order, 3 times. 7. Push Bladder Meridian(BL) to the Baliao Area with both thumbs, at the same time, 3 times. 8. Push Bladder Meridian(BL) in three lines with bending fingers, 3 times. 9. Push along medial border of scapula with both hands alternately in left-right order, 3-6 times. 10. Push along medial border of scapula with both hands horizontally, 3-6 times. 11. Soothe the back with both hands and push GB-20 and DU-16 points, 3 times. 12. Overlap both thumbs and push SI-11 point and slide to the arm, 3 times. 13. Do the same on the other side,3 times 14. Rub Meridian GV and Bladder Meridian(BL) with hands to warm them up. 15. Wipe the area clean and apply RF cream evenly. 16. Body RF operation: move handpiece along Meridian GV and Bladder Meridian(BL) respectively from neck to the Baliao area, 3-5 times. 17. Move handpiece in circles on DU-14 point and on the Baliao area, 3-5 times respectively. 18. Move handpiece back and forth on Dabanjing(the area connecting neck and shoulder)from neck, 3-5 times. 19. Lift the handpiece along the medial border of scapula back and forth in left-right order, 3-5 times.</p>	<div data-bbox="1098 185 1356 383">  </div> <p>Technique5</p> <div data-bbox="1098 421 1356 618">  </div> <p>Technique6,7,8,14</p> <div data-bbox="1098 656 1356 853">  </div> <p>Technique9,19</p> <div data-bbox="1098 891 1356 1088">  </div> <p>Technique10</p> <div data-bbox="1098 1126 1356 1323">  </div> <p>Technique12,13</p> <div data-bbox="1098 1361 1356 1559">  </div> <p>Technique16,23</p> <div data-bbox="1098 1597 1356 1794">  </div> <p>Technique17,24</p> <div data-bbox="1098 1832 1356 2029">  </div> <p>Technique18,25</p>
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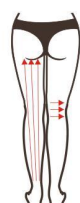

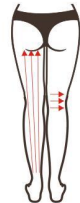


		<p>20. Move the handpiece in an 8-shaped motion downwards to Baliao area, 3 times.</p> <p>21. Move the handpiece in an undulating line upwards from left side of waist first and then the right side to armpit, 3 times.</p> <p>22. Move the handpiece upwards from waist side to armpit, 3-5 times.</p> <p>23. Vacuum&RF operation: move handpiece along Meridian GV and Bladder Meridian(BL) respectively from neck to the Baliao area, 3-5 times.</p> <p>24. Move handpiece in circles on DU-14 point and on the Baliao area, 3-5 times respectively.</p> <p>25. Move handpiece back and forth on Dabanjing(the area connecting neck and shoulder)from neck, 3-5 times.</p> <p>26. Lift the handpiece along the medial border of scapula back and forth in left-right order, 3-5 times.</p> <p>27. Move the handpiece in an 8-shaped motion downwards to Baliao area, 3 times.</p> <p>28. Move the handpiece in an undulating line upwards from left side of waist first and then the right side to armpit, 3 times.</p> <p>29. Move the cup upwards from waist side to armpit, 3-5 times</p> <p>30. Wipe the area clean.</p> <p>31. The end.</p>	 <p>Technique20,27</p>  <p>Technique21,28</p>  <p>Technique22,29</p> 
<p>Treatment Suggestions</p> <p>A course of treatment consists of 10 treatment sessions. After one treatment session, back will be significantly relaxed, neck stiffness will also be alleviated, and skin will be lifted. A course will help relax shoulder, reduce back fat, relieve the lump on the nape of the back, and shape back line. After two courses, the lump will appear to be smaller, meridians will be dredged, sub-health problems will be relieved and sleep quality will be</p>			



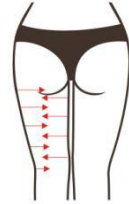


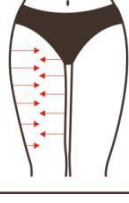

improved. 3 courses will help with back thinning, back line refinement, strengthening visceral function, improving digestion, detoxification and metabolism(one course of treatment is to reduce fat, two courses are to strengthen effects, and three courses help consolidate effects and prevent reappearance of above conditions).


Hip Shaping: 70 min once a week

<p>Body RF Energy level: 3-7 Time: 15-20 min Mode: NOR/PRO</p> <p>Vacuum&RF Energy level: 3-7 Time: 15-20 min Mode: NOR/PRO Suction time: 0.5-1.5 release time: 0-1.0 Adjust suction level based on individual endurance.</p>	<p>RF cream/massage cream+LS-9XD1</p>	<ol style="list-style-type: none"> 1. Massage techniques. 2. Standing on the side, rub oil into skin by moving both hands clockwise and anticlockwise respectively from sacral region on hips , 3 times (this is soothing technique.) 3. Apply pushing technique on the sacral region with two thumbs, 3 times. 4. Soothe the treatment area for 3 times and then apply digital pressing technique on the following points: BL-23, Baliao points(BL31-34), Du-1, Gb-30, BL-36, 3 times. 5. Soothe the treatment area, 3 times. 6. Left-right order, apply pushing technique from the top of thigh along the four meridians -- Bladder Meridian(BL) - Kidney Meridian(KI) - Liver Meridian(LV) - Gallbladder Meridian(GB) to Meridian BV respectively with both hands, 3 times each. 7. Alternately apply pushing technique with both hands along Bladder Meridian(BL) - Kidney Meridian(KI) - Liver Meridian(LV) - Gallbladder Meridian(GB) from the top of thigh to Meridian BV respectively, 3 times each. 8. Overlap both palms and then apply pushing technique from the top of thigh to Meridian BV (lifting), 3 to 5 times. 	<p>Technique2,5,11</p>  <p>Technique3</p>  <p>Technique4</p>  <p>Technique6,14,17,20,23</p>  <p>Technique7,10</p>  <p>Technique9,15,21,18,24</p>  <p>Technique16,22</p> 
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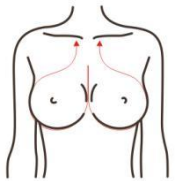
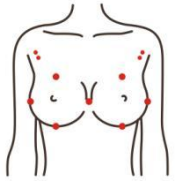
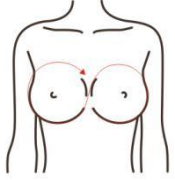
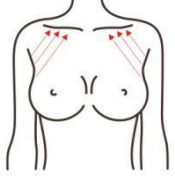
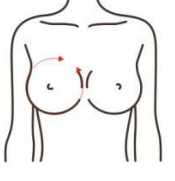
		<p>9. Apply pushing technique from both sides of hips to the top of hips(shaping) back and forth, 3 times.</p> <p>10. Repeat technique 7</p> <p>11. Soothe the treatment area.</p> <p>12. Repeat the techniques above on the other side.</p> <p>13. Wipe the area clean and apply RF cream evenly</p> <p>14. Body RF operation: lift from the top of thigh to Meridian BV line by line, 3 times.</p> <p>15. Lift upwards from both sides of the buttocks to the highest point of the buttocks 3 times.</p> <p>16. Move the handpiece in small spiral curve on hip, 3-5 times</p> <p>17. Lift from the top of thigh to Meridian BV line by line, 3 times.</p> <p>18. Lift upwards from both sides of the buttocks to the highest point of the buttocks 3 times.</p> <p>19. Do the same on the other side.</p> <p>20. Vacuum&RF operation: lift from the top of thigh to Meridian BV line by line, 3 times.</p> <p>21. Lift upwards from both sides of the buttocks to the highest point of the buttocks 3 times.</p> <p>22. Move the handpiece in small spiral curve on hip, 3-5 times</p> <p>23. Lift from the top of thigh to Meridian BV line by line, 3 times.</p> <p>24. Lift upwards from both sides of the buttocks to the highest point of the buttocks 3 times.</p> <p>25. Do the same on the other side.</p>	
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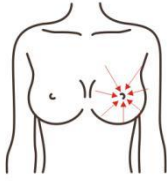
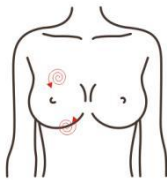


		26. Wipe the area clean, 2 min. 27. The end.	
<p>Treatment Suggestions</p> <p>One course of treatment consists of 10 treatment sessions. After one treatment, buttocks will experience the sensations of being heated and lifted. After one course of treatment, buttocks start to show obvious curve lines, excessive fat begin to disappear slowly, and skin appear to be tight. After 3 courses, the conditions of cold body and uterus, other gynecological problems such as irregular menstruation are relieved, which can help consolidate the effect to make females more attractive.</p>			
<h2 style="text-align: center;">Leg Shaping: 90 min once a week</h2>			
<p>Body RF</p> <p>Energy level: 3-7</p> <p>Time: 15-20 min</p> <p>Mode: NOR/PRO</p> <p>40K</p> <p>Energy level: 3-7</p> <p>Time: 15-20 min</p> <p>Mode: constant working mode/discontinuous working mode</p> <p>Vacuum&RF</p> <p>Energy level: 3-7</p> <p>Time: 15-20 min</p> <p>Mode: NOR/PRO</p> <p>Suction time: 0.5-1.5</p> <p>release time: 0-1.0</p> <p>Adjust suction level based on individual endurance.</p>	<p>RF cream/massage cream+LS-9XD1</p>	<ol style="list-style-type: none"> Customer lies on his front, back side of the leg, left-right order: rub oil into the skin from calf to thigh and then move back to heel, 3 times Alternate the heels of both palms to push the entire leg upwards and move back to heel, 3 times Move hands upwards to push four meridians: Bladder Meridian(BL) - Kidney Meridian(KI) - Liver Meridian(LV) - Gallbladder Meridian(GB) with thumb and index finger splaying. Push popliteal fossa with both hands alternately, 3 times. Move both hands upwards alternately in undulating motion, 3 times. Soothe the area, 3 times Push four meridians upwards with bending fingers of both hands, 3 times. Soothe the area, 3 times Repeat the operation on the other side. Wipe the treatment area clean with hot towel, 2 minutes. Apply RF cream evenly, 2 minutes. Body RF operation: push 	<p>Technique1,2,3,4,7</p>  <p>Technique5</p>  <p>Technique12,18</p>  <p>Technique13,19</p>  <p>Technique14,18,24</p>  <p>Technique15,17,21,23,25</p>

		<p>Bladder Meridian(BL) - Kidney Meridian(KI) - Liver Meridian(LV) - Gallbladder Meridian(GB) upwards to popliteal fossa respectively, 3 times.</p> <p>13. Move in small spiral curve on calf to dissolve fat, 3 times</p> <p>14. Move the instrument upwards to popliteal fossa and soothe the treatment area with hand, 3 times.</p> <p>15. Push 4 meridians from popliteal fossa to the top of thigh respectively, 3 times.</p> <p>16. Move the handpiece in small spiral curve from popliteal fossa to the top of thigh to dissolve fat, 3 times.</p> <p>17. Push meridians from popliteal fossa to the top of thigh, 3 times.</p> <p>18. 40K operation: push Bladder Meridian(BL) - Kidney Meridian(KI) - Liver Meridian(LV) - Gallbladder Meridian(GB) upwards to popliteal fossa respectively, 3 times.</p> <p>19. Move in small spiral curve on calf to dissolve fat, 3 times</p> <p>20. Move the instrument upwards to popliteal fossa and soothe the treatment area with hand, 3 times.</p> <p>21. Push 4 meridians from popliteal fossa to the top of thigh respectively, 3 times.</p> <p>22. Move the handpiece in small spiral curve from popliteal fossa to the top of thigh to dissolve fat, 3 times.</p> <p>23. Push meridians from popliteal fossa to the top of thigh, 3 times</p> <p>24. Vacuum&RF operation: push Bladder Meridian(BL) -</p>	
			Technique16,22,26
			
			Technique27
			
			Technique28,29,30, 31,32
			
			Technique33,35,40, 42,47
			
			Technique36,43,48
			
			Technique37,44,49
			
			Technique38,45,50

		<p>Kidney Meridian(KI) - Liver Meridian(LV) - Gallbladder Meridian(GB) upwards to popliteal fossa respectively, 3 times.</p> <p>25. Push 4 meridians from popliteal fossa to the top of thigh respectively, 3 times.</p> <p>26. Move the handpiece in small spiral curve from popliteal fossa to the top of thigh to dissolve fat, 3 times.</p> <p>27. Use the handpiece and one hand to lift from both sides of thigh to the middle line by line, 3-5 times.</p> <p>28. The front of leg, customer lies on her back: rub oil into skin from foot to the top of thigh (soothing technique), 3 times.</p> <p>29. Alternate heels of both palms to push leg towards the top of thigh, 3 times</p> <p>30. Push four meridians: Spleen Meridian (SP) - Stomach Meridian (ST) - Liver Meridian(LV) - Gallbladder Meridian(GB) to the top of thigh with thumb and index finger splaying.</p> <p>31. Push four meridians with bending fingers of both hands, 3 times.</p> <p>32. Body RF operation: lift along the four meridians from calf to knee, 3 times(if there is not too much unwanted fat on calf, perform the operation from thigh)</p> <p>33. Move in annular motion from the two sides of calf to knee, 3 times(if there is not too much unwanted fat on calf, perform the operation from thigh)</p> <p>34. Lift from knee to the top of thigh line by line, 3 times</p> <p>35. Move in small circles on</p>	
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		<p>thigh, 3 times.</p> <p>36. Lift from the two sides of thigh to the middle with one hand and the handpiece, 3 times</p> <p>37. Lift from knee to the top of thigh in annular motion, 3 times.</p> <p>38. Lift from knee to the top of thigh line by line, 3 times.</p> <p>39. 40K operation: lift along the four meridians from calf to knee, 3 times(if there is not too much unwanted fat on calf, perform the operation from thigh)</p> <p>40. Move in annular motion from the two sides of calf to knee, 3 times(if there is not too much unwanted fat on calf, perform the operation from thigh)</p> <p>41. Lift from knee to the top of thigh line by line, 3 times</p> <p>42. Move in small circles on thigh, 3 times.</p> <p>43. Lift from the two sides of thigh to the middle with one hand and the handpiece, 3 times</p> <p>44. Lift from knee to the top of thigh in annular motion, 3 times.</p> <p>45. Lift from knee to the top of thigh line by line, 3 times.</p> <p>46. Vacuum&RF operation: lift from knee to the top of thigh line by line, 3 times.</p> <p>47. Move in small circles on thigh, 3 times.</p> <p>48. Lift from the two sides of thigh to the middle with one hand and the handpiece, 3 times</p> <p>49. Lift from knee to the top of thigh in annular motion, 3 times.</p> <p>50. Lift by moving the handpiece from knee to the top of thigh line by line, 3 times.</p>	
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		<p>51. Do the same on the other side.</p> <p>52. Wipe the area clean.</p> <p>53. The end.</p>	
<p>Treatment Suggestions</p> <p>A course of treatment consists of ten treatment sessions. After one treatment, leg will be relaxed, and circulation will be accelerated. After one course of treatment, leg will become thin, there will be contraction of skin collagen due to heat effect, and tightening effect can be obviously felt on the skin. After 2 courses of treatment, there will be obvious results with the slimness and firmness of legs promoted. 3 courses will help consolidate the effects. This treatment can stimulate dermis to promote constant collagen regeneration. So the treatment results will be more obvious.</p>			
<h2 style="text-align: center;">Breast Shaping: 45 min once a week</h2>			
<p>Body RF</p> <p>Energy level: 3-7</p> <p>Time: 15-20 min</p> <p>Mode: NOR/PRO</p>	<p>RF</p> <p>cream/massage cream+LS-9XD1</p>	<ol style="list-style-type: none"> 1. Standing at the bedside, use both hands to rub oil into skin from Shanzhong(RN17) to armpit and then lift the suspensory ligament (massage) for 3 times. 2. Use both thumbs to press acupoints: Shanzhong(RN17), Rugen(ST18), Dabao(SP21), Yingchuang(ST16), Zhongfu(LU1), Yunmen(LU2) 3 times 3. Massage the area, 3 times 4. Overlap two palms and move from Shanzhong(RN17) in a 8-shaped motion back and forth, 3 times 5. Alternate hands to push from accessory breast towards suspensory ligament, in left-right order 6. Massage the area, 3 times 7. Sit beside the customer, use both palms to massage and lift breasts in a left-right order, 3-5 times 8. Alternately push the lactiferous ducts (around the breast) with thumbs and index fingers splaying 3-5 times 	<p>Technique1</p>  <p>Technique2</p>  <p>Technique4</p>  <p>Technique5</p>  <p>Technique7,13</p>  <p>Technique8,12</p>

		<p>9. Alternately move in circles with two thumbs to dredge nodules on the chest, 3 times</p> <p>10. Massage and lift breast with both hands</p> <p>11. Repeat the techniques on the other breast.</p> <p>12. Body RF operation: left-right order, lift towards nipple around breast in conjunction with soothing technique of the other hand, 5-8 times</p> <p>13. Lift in circles on the breast towards collarbone in conjunction with soothing technique of the other hand, 5-8 times</p> <p>14. Move in small circles to dredge the area where nodules exist, 3-5 times</p> <p>15. Treatment receiver lies on her side and lift up her arm, move the handpiece in circular motion on accessory breast to burn fat, 5-8 times.</p> <p>16. Push the handpiece from the accessory breast in the armpit to breast(shaping and narrowing the accessory breast) 5-8 times</p> <p>17. Repeat the techniques on the other side.</p> <p>18. Wipe breasts clean.</p> <p>19. The end.</p>	 <p>Technique9,14</p>  <p>Technique15</p>  <p>Technique16</p> 
<p>Treatment Suggestions</p> <p>One course of treatment consists of ten treatment sessions. After one treatment, there will be sensation of heat on the breast, blood circulation will be promoted and there will be some degree of lifting effect. After one course, the effect will be more obvious and the nodules will be relieved. After three courses, the skin will be firmed and the breast will be well shaped with increased elasticity. The functions of endocrine system will be improved to make females more attractive.</p>			