

# User Manual

MS-2102



# Preface

To our valued users,

Thanks for choosing our body slimming equipment with ultrasonic cavitation & RF. The single operating handle of this equipment applies ultrasound and RF technology, which has a good curative effect on weight and fat reduction as well as body shaping. MS-2102 is a professional beauty equipment, which needs to be operated by people with professional training. Any improper use of this equipment may bring adverse consequences to human body, thus we advise all the people to read this manual thoroughly and follow the specified instructions specified hereby strictly before operation.

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

Thank you.



Caution: It's prohibited to use it near from head, back or chest part that next to heart.

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# Part I

## Brief Introduction

Ultrasonic cavitation and RF, under continuous improvement, combine ultrasound and RF as one, which makes it become an advanced and effective equipment for skin tightening, body shaping and fat reducing. This device can effectively replace most of the body management programs in beauty salon. Moreover, it can be operated easily, conveniently and swiftly, and solves body management problems for people pursuing beauty. And this equipment works safely and effectively, and requires no skin breaking, no anesthesia and no operation. It has no side effects, and is operated externally throughout, and has an instant effect. RF heats up deep skin, stimulates collagen hyperplasia and restructuring in skin dermis, and accelerates blood circulation in underlying skin, thus achieving the goal of skin tightening, plumpness, anti-aging, as well as senility preventing. Ultrasound of special frequency aims at body parts having difficulty in fat reduction in daily life, and brings amazing effect.

## Advantages

1. It adopts the most advanced ultrasonic cavitation technology in the world.
2. One operating head has two functions, and is of strong power, and has a more evident effect.
3. Ultrasonic cavitation strongly blasts and removes fat, and has replaced and surpassed liposuction, which brings good news to obese people.
4. The perfect match of ultrasound and RF are going to address people's concern for weight reduction. It can tighten skin, increase skin elasticity, speed up body metabolism and strengthen physique while reducing weight.
5. Two technologies unit as one can reduce consumable items as well as improving use efficiency.
6. The release of red light energy of specific mode accelerates metabolism, diminishes inflammation and do disinfection for skin while reducing fat and shaping body, which has an evident effect and a better comfort level.
7. Painlessness, no invasiveness, no injury, without convalescence, people can leave immediately, and without affecting people's normal work and life after treatment.
8. No consumption, low cost, but with quick return.
9. It has a wider treatment range, including both body and face.
10. Unevenness, bleeding and swelling will not occur.

## Working Principle

**Ultrasound:** It uses the principle of ultrasonic wave. It can effectively consume heat and cellular water as well as shrinking fat cells by gathered strong sound waves entering human body causing fat cells producing a strong strike and frictions between

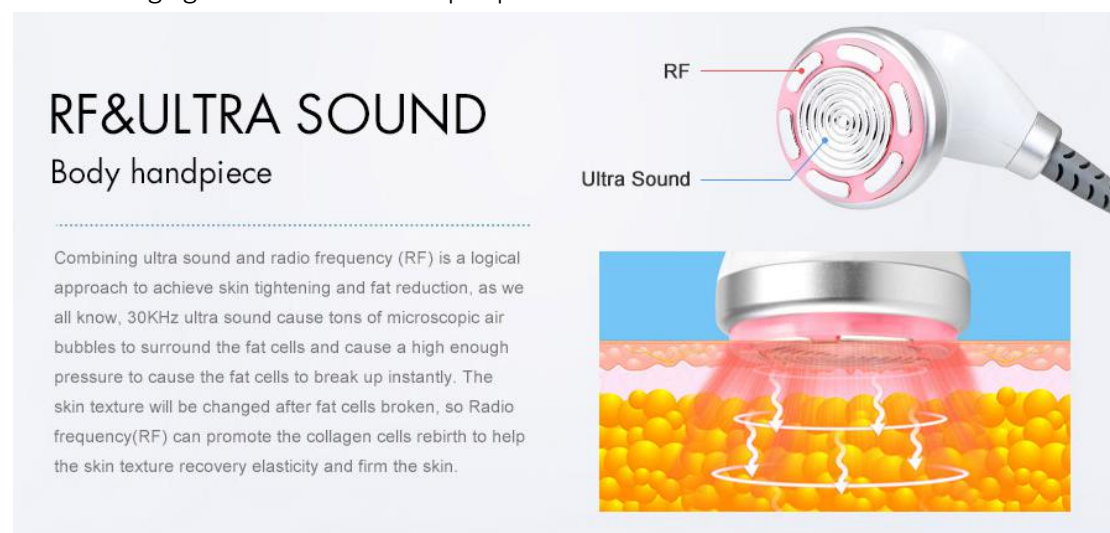
fat cells. In addition, when sound waves vibrate, it can produce strong strike among cells which make cells burst instantly and lessen fat cells so as to achieve the effect of fat removal.

**The Principle of Ultrasonic Cavitation:** Tens of thousands of tiny bubbles, namely cavitation bubbles, are produced by liquid vibration. These bubbles grow in negative pressure zone formed by longitudinal transmission of ultrasound, and they close rapidly in positive pressure zone. Therefore, they are being compressed and stretched under alternative positive and negative pressure. The bubbles will be compressed until they get burst, which will generate huge instantaneous pressure. Generally, the pressure can reach up to from tens of MPa to hundreds of MPa, and produce strong vibration and noise.

**Advantages:** It destroys tissue selectively, and only destroys low-density adipose tissue with a specific frequency, and protects high-density tissue, such as nervus vascularis, etc.

**RF:** Radio frequency waves penetrate skin directly, and generate energy by utilizing electrical resistance effect formed by skin, which increases the temperature of underlying skin, heats up tissue rapidly and continuously, and stimulates the growth of skin collagen so as to achieve the effect of lifting and tightening skin and making skin delicate.

The perfect match of ultrasound and RF increase skin elasticity and tighten skin while slimming body by blasting fat. It can do both weight reduction and body shaping, which brings good news to obese people.



## Main Effects

1. If treat buttocks, it can improve women's cold hands and feet, cold womb, cold-natured body, menstrual pain, irregular menstruation, abnormal leucorrhea

and other gynecological diseases.

2. Stimulate the regeneration of collagen in underlying skin, improve slack skin, tighten skin, and flatten striae distensae.
3. Reduce proud flesh on waist and abdomen, alleviate swim ring-like waist, small belly, improve jiggly or thick arms and thick legs.
4. Accelerate blood circulation, promote metabolism, dredge channels and collaterals.
5. Enhance sleep quality, activate ovary function, stimulate glandular secretion, improve female sexual function, increase intimacy between couples, fade color spots, and bring back youth.
6. Shape hips, improve the sagging and outward expansion of hips, tighten skin, and increase elasticity.
7. Stimulate legs' blood circulation, detox and metabolism, activate blood and remove stasis, dredge channels and collaterals, and prevent varicosity.

## Indications

1. People with cold hands and feet, cold womb, cold-natured body, dysmenorrhea, irregular menstruation, gynecological inflammation, etc.
2. People with proud flesh on waist and abdomen, protruding small belly, or slack skin after child delivery.
3. People sitting too long, or with ugly waistline.
4. People with striae distensae, or stretch marks.
5. People with thick, slack, or jiggly arms, or looks plain in clothes, or who are prone to have sore and numb arms.
6. People whose hips is slack, saggy, or has accumulated fat, or whose hip shape is not good-looking, flat, loose, or with outward expansion.
7. People with decreased estrogen levels, or disharmonious sexual life.
8. People with hyp immunity, or who feel uncomfortable and pain all over the body, or who are prone to catch colds.
9. People whose legs have clogged channels and collaterals, or with obstructed blood circulation of lower limbs, or with edema, obesity, unsightly leg shape.

## Contraindications

1. People with three highs(hypertension, hyperglycemia, hyperlipidemia), heart disease, diabetes, severe thyroid, malignant tumors, hemophilia, epilepsy or hyperthyroidism.
2. Women in pregnancy, menstruation, or lactation.
3. People with skin trauma or wound, surgical wounds, or whose surgical wounds is healing, or in surgical recovery.
4. People with skin disease or infectious disease.
5. People with serious gynecological diseases, or whose gynecological diseases are in treatment.

6. People who just had plastic surgery, or liposuction.
7. People in allergic period, or who have severely sensitive skin.
8. People who are under 18 years old or who are overly aging.
9. Patient with severe varicosity.
10. People with kidney or liver failure.
11. People who have unrealistic illusion about the effect.

## Matters Needing Attention After Treatment

1. Keep warm, and don't eat cold food, and avoid exposing to windy environment and catching a cold.
2. Take shower after 4 to 6 hours.
3. Drink more warm water, and replenish moisture to speed up metabolism, and get enough sleep.
4. Avoid enjoying sauna, hot springs, or doing strenuous exercise within 7 days.
5. Keep warm, avoid exposing to windy environment and catching a cold. Wear long pants as much as possible, and avoid wearing miniskirts and minishorts.
6. Avoid eating and drinking too much, staying up late, drinking alcohol, eating raw, cold, spicy or greasy food. Instead, drink more hot water.
7. Rub abdomen with hands doing it clockwise before sleep at night, which makes weight loss and metabolism achieve a better effect.

## Part II

### 1. Detailed Operations



Jack for Handle Connecting Wire



Jack for Power Cord



Fuse(there are two fuses inside)



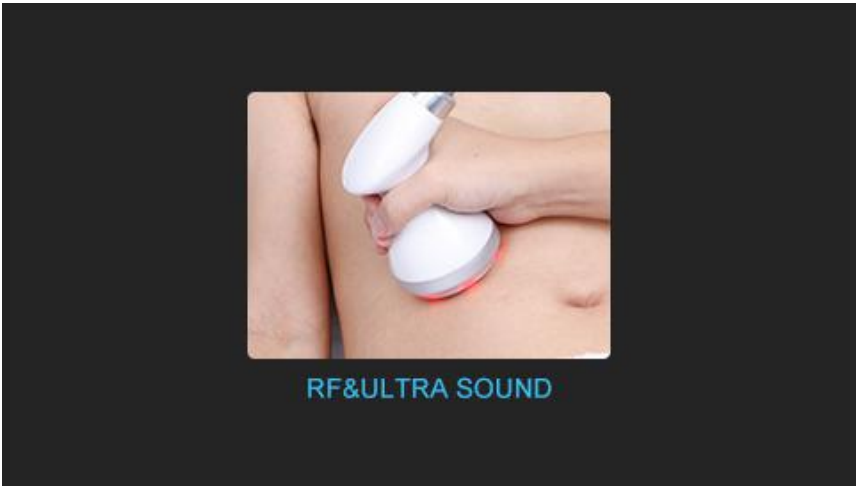
Power Switch



Check the equipment and make sure it's properly connected. The following initial page will appear after having the power switch on.



Then the following page.



Press it and enter the following page.





Homepage



Pause



Working



Return



Energy Level Setting & Display for Ultrasound(Energy Level Range: 0 to 10)



Two Working Modes for Ultrasound.

M1: Release energy continuously(continuous working)

M2: Release energy discontinuously(discontinuous working)



Energy Level Setting & Display for RF(Energy Level Range: 0 to 10)



Two Working Modes for RF

NOR: When set to this mode, the red light will always on, and the temperature for RF will reach the setting value directly.

PRO: When set to this mode, the red light will always on, and the temperature for RF will reach the setting value slowly.



Time Setting & Display(Time Range: 0 to 60)

Ultrasound and RF function can be used separately or simultaneously. To use one of the functions separately you just have to set the energy value of the other one to zero. If you want to use the two functions at the same time, set the energy value of the two to above zero.

## 2. Technical Parameters

Power Supply Input: AC110V-220V 50Hz/60Hz

Power: 85W

Dimensions: 9.8 x 6.7 x 10 inches

Net Weight: 3.3KG

Gross Weight: 4KG

RF & Ultrasound  
40K Frequency: 30KHz  
RF Frequency: 5MHz  
Power: 85W

### 3. Contraindications

People with the following situations should use the equipment with caution. Please consult a doctor or professional before using this equipment. The details are as follow:

- (1) People with three highs(hypertension, hyperglycemia, hyperlipidemia), heart disease, diabetes, severe thyroid, malignant tumors, hemophilia, epilepsy or hyperthyroidism.
- (2) Women in pregnancy, menstruation, or lactation.
- (3) People with skin trauma or wound, surgical wounds, or whose surgical wounds is healing, or in surgical recovery.
- (4) People with skin disease or infectious disease.
- (5) People with serious gynecological diseases, or whose gynecological diseases are in treatment.
- (6) People who just had plastic surgery, or liposuction.
- (7) People in allergic period, or who have severely sensitive skin.
- (8) People who are under 18 years old or who are overly aging.
- (9) Patient with severe varicosity.
- (10) People with kidney or liver failure.

### 4. Precautions for Use

- (1) Plug with ground pin must be used, and power socket that already factually grounded must be ensured before using the equipment.
- (2) To make sure equipment's voltage is adaptive. If voltage of local power supply is unstable, we suggest users add voltage regulator with matching power between the mains supply and the equipment.
- (3) To guarantee curative effect and normal service life of the equipment, please uniformly use specified parts provided or suggested by original manufacturer.
- (4) The equipment can't be placed in damp places or near water, and also can't be exposed to direct sunlight.
- (5) Don't place the equipment near a strong heat source since this may affect its service life and normal use.
- (6) Please remove all the metal objects from body before treatment so as to avoid unexpected situations which may affect curative effect.
- (7) Please restrain from using the equipment aiming at eyes, head, chest, back, thyroid, parathyroid, testicles, pregnant woman's abdomen, pacemaker, etc.
- (8) People who are suffering from illness should use with caution unless he gets permission from a doctor.
- (9) Please turn off power switch of the equipment if no one uses it, and ensure main power is off after someone used it and before he left, thus safety of the

equipment can be guaranteed.

- (10) Start with the lowest energy level when just started, and increase the level gradually after the client got used to it, and avoid setting the energy level too high.
- (11) The equipment should contact skin fully so as to avoid uneven heating when in use.
- (12) When using this equipment, parts to be treated must be kept moist, and dry skin treatment should be avoided.
- (13) It's advised to stop taking other weight-loss medicines for 1 to 2 months before treatment if you are taking them now. The course of treatment shall be extended if you want to have it started immediately.
- (14) Clean the equipment with normal saline after operation so as to ensure its cleanliness and hygiene, as well as extending its service life..
- (15) Please use the equipment in strictly accordance with the instructions specified in the manual.

## 5. Troubleshooting & Solutions

- (1) The equipment can't be started, and the lights in its back are not working?
  - A. Make sure the power cord is plugged into a good power socket.
  - B. Check whether the fuse tube in the back is loose or burnt out.
- (2) The equipment can be started but the handle doesn't have output?
  - A. Please check whether the equipment handle and the plug connecting to equipment body are closely connected.
  - B. The handle get damaged that results in no output.
- (3) The equipment can be started but there is error message on the monitor?
  - A. Take out the plug in the back of the equipment, and wait for about 1 minute and re-plug and restart it.
  - B. If the above-mentioned solutions are not working, please contact the equipment dealer for assistance.

## 6. FAQs

- (1) Q: How long does the effect of RF treatment can be seen?
  - A: Normally the effect can be seen on the same day or within a week. The skin collagen tissue, under heating, produces contraction, which results in an obvious skin tightening. RF can regenerate collagen continuously because it stimulates subcutaneous tissue. Therefore, the more you treat it, the more obvious the effect would be.
- (2) Q: Is RF harmful to skin?
  - A: RF for tightening and anti-wrinkles is a non-surgical program. It stimulates

collagen regeneration on underlying skin and accelerates metabolism. Therefore, it causes no harm to skin. Only local redness and heating will occur after treatment, which is a normal phenomenon caused by accelerated blood circulation, and it will disappear itself after a moment. Thus, there's no need to worry.

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

A: The time for one treatment is about 60 minutes. To have an obvious effect, we will combine the use of professional techniques and instruments.

(4) Q: What are the main effects of this equipment?

A: It can lose weight, sculpt body, build S curve while reducing the weight of local parts, accelerate body metabolism and detox. Meanwhile, it can also enhance viscera functions and regulate sub-health of body.

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

A: The principle of liposuction is sucking out excessive fat from a certain body part through vacuum suction so as to achieve the purpose of making local parts lose weight quickly. It has an instant effect, requires anesthesia during the operation, and has recovery period. It's an operation and there is risk. However, this equipment is risk-free and has no side effects. It can stimulate collagen regeneration so as to lift and tighten skin while reducing weight. It can also shape perfect curves by lifting, and boost feminine charm.

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

A: For weight loss with ultrasonic cavitation and RF, the weight will not rebound easily after reduction. It's removing fat instead of moisture, and it takes a long time for the fat to be accumulated, thus the weight will not get rebound easily.

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

A: You need to keep on a diet a bit because radio frequency and ultrasonic treatment are followed by fat blasting and accelerated metabolism. Avoid eating spicy, oily, or fried food so as not to affect metabolism. You can have proper workout for sweating, and make it discharge successfully from your body, In this way the effect of weight loss will be more obvious.

(8) Q: Can ultrasound be operated all over the body?

A: Ultrasound breaks fat cells, which leads to the burst of cell wall. Then fat in the cells flow out and absorbed and metabolized by lymph. Therefore, it has a strong power. The heart is very sensitive to sound wave since our heart is a hollow organ. Back and forth reflex occurs due to the fact that muscle tissue and blood in the heart do not conduct sound waves in the same way after the heart is vibrated by the sound wave. The reflex force can detach cardiac valves from cardiac muscles. If directed it at eyes, it can cause retinal detachment. Therefore, shun eyes and heart when using

ultrasound. (Don't use it on waist, back and chest.)

(9) Q: Does ultrasound have side effects on human body?

A: Ultrasound is not surgery, non-invasive, and requires no anesthesia and operation. The techniques for ultrasound: ultrasound (mechanical sound wave) -blast fat through cavitation -ultrasound focusing. Effect: fat smashing--fat dissolving--skin firming and body sculpting. It only targets at fat cells of low density while protecting tissue of high density, such as blood vessel and nerve, therefore it has no side effects on human body. Slight drumming in the ears may appear during the treatment, which is normal and you don't have to worry about it.

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

A: It's because ultrasonic wave has a strong vibration and with a frequency above 20KHZ. It acts on subcutaneous fat layer that is 20mm below through ultrasound focusing. Ultrasonic wave with concentrated energy causes high speed friction among fat cells, resulting in heating and eventually in breaking and emulsifying, during which there is sound. Therefore, slight tinnitus will accompany during the treatment.

(11) Q: What is collagen?

A: Collagen is a biological macromolecule substance, and a fibrous protein that is white, opaque and non-branched. It can supplement the nutrition needed by all the skin layers, and enhance collagen activity in the skin, and with the effects of locking moisture, nourishing skin, delaying aging, beautifying looks, relieving facial relaxation, and caring hair. Collagen is a nutrient that the human body must be supplemented for delaying aging. With increasing age, the collagen will drain gradually. Women have started to aging, and their collagen have drained, and the content of collagen have decreased little by little after the age of 20. At the age of 25, collagen loss reaches its peak. At the age of 40, the content of collagen is less than half of that of the age of 18. Collagen and water loss leads to the breakage of collagen fibers and elastic mesh that support the skin, which is the exact cause for the wrinkles on the face of the elderly. It causes the oxidation, atrophy and collapse of skin tissues, which makes the skin dry, wrinkled, slack and inelastic and etc. Therefore, collagen must be supplemented for aging delaying.

## 7. Packing List

Main Machine x1

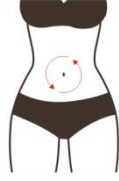
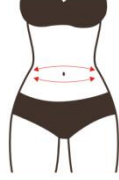
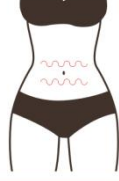


Ultrasonic Cavitation & RF Handle x1




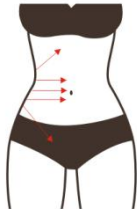


Power Cord x1

Parts Rack x1


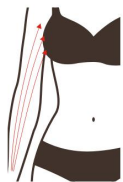


Fuse x2

## 8. Operational Diagrams

Parameter Setting	Product	Technique	Diagram
Waist & Abdomen Sculpting: 45 Minutes/ Once a Week			
<b>Function:</b> Ultrasound and RF can be used at the same time.  Ultrasound Function:  Mode: M1(default)  Advised Energy Level: between 2 and 7  RF Function:  Mode: NOR(default)  Advised Energy Level: between 2 and 7  Advised Time: 30 minutes	Gel + Equipment	1. Techniques. 2. Move circlewise on abdomen with two hands applying oil. Repeat 3 times. 3. Rub belly back and forth with two hands. Repeat 3 to 5 times. 4. Rub the fat on abdomen as the way of rubbing spine with both hands doing it alternately. Repeat 3 times. 5. Lift belt vessels of both sides of the waist with hands doing it alternately. Repeat 16 times. 6. Move in Arabic numeral 8-shaped motion to the part below waist and then lift upwards from the side of waist. Repeat 3 times. 7. Rub intestinal tract with two hands overlapped moving in small circles and clockwise. Repeat 3 times. 8. Caress the treated parts with two hands moving circlewise. Repeat 3 times. 9. Press Shangwan(RN13), Zhongwan(RN12), Xiawan(RN10), Shenque(RN8), Qihai(RN6), Guanyuan(RN4), Zhongji(RN3), Tianshu(ST25), Daheng(SP15), and Qugu(RN2). Repeat 2 times. 10. Push directly from	Technique 2, 8, 11  Technique 3  Technique 4  Technique 5  Technique 6  Technique 7

		<p>Zhongji(RN3) to belly button with thumbs of both hands, and slide to the parts below waist along the two sides, then lift upwards to groin. Repeat 3 times.</p> <p>11. Caress the treated part till groin with both hands.</p> <p>12. Treatment done.</p> <p><b>13. Ultrasonic Cavitation &amp; RF Technique:</b></p> <p>14. Move in small circles on abdomen. Repeat 3 times.</p> <p>15. Move in big circles on abdomen. Repeat 3 times.</p> <p>16. One Side, lift one line after another from the side of waist to belly. Repeat 3 times.</p> <p>17. Lift the other side.</p> <p>18. Treat abdomen back and forth and transversely. Repeat 3 times.</p> <p>19. Sculpt up and down on waist. Repeat 3 times.</p> <p>20. Clean it with towel and treatment done.</p>	
			<p>Technique 9</p> 
			<p>Technique 10</p> 
			<p>Technique 16</p> 
			<p>Technique 14</p> 
			<p>Technique 15</p> 



			Technique 18 
<b>Course of Treatment Recommended:</b> A course consists of ten treatments. After one treatment, abdomen is heated which expedites metabolism. After a course, fat metabolizes slowly, slimming starts, and meanwhile problems, such as constipation, improve. After two courses, the effects become more and more obvious. Skin turns tightened and lifted, collagen in underlying skin increases, and stretch marks and slack skin take a turn for the better. After three courses, the effects consolidate, excessive fat disappears little by little, curve of waist and abdomen shapes, and a slim waist builds.			
<b>Arms Sculpting: 45 Minutes/ Once a Week</b>			
<b>Function:</b> Ultrasound and RF can be used at the same time.  Ultrasound Function:  Mode: M1(default)  Advised Energy Level: between 2 and 7  RF Function:  Mode: NOR(default)  Advised Energy Level: between 2 and 7  Advised Time: 30 minutes(15 minutes for each	Gel + Equipment	1. Techniques 2. Do it in a left-right order. Lay the arms flatwise, and apply essential oil from the lower arm to the upper arm with two hands till the hands slide out, and repeat it for 3 times. 3. Push the entire arm with two palms doing it alternately. Repeat 3 times. 4. Push Large Intestine Channel[LI]-Sanjiao Channel[SJ]-Small Intestine Channel[SI] of the outer arm respectively till armpit with the V-shaped webbed area between thumb and index finger of two hands. Repeat 3 times. 5. Caress the treated part. Repeat 3 times. 6. Rub the three channels and collaterals back and forth with kneeling fingers till it becomes hot. Repeat 3 times.	Technique 2, 3, 4, 5, 6, 7   Technique 8, 9   Technique 10   Technique 13, 16



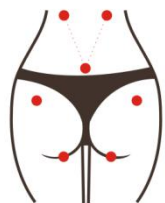
side)		<p>7. Caress the treated part. Repeat 3 times.</p> <p>8. Lay the arm upwards, and push Lung Channel[LU]-Pericardium Channel[PC]-Heart Channel[HT] of the inner arm till armpit with the V-shaped webbed area between thumb and index finger. Repeat 3 times.</p> <p>9. Rub the three channels and collaterals back and forth with kneeling fingers till it becomes hot. Repeat 3 times.</p> <p>10. Caress the treated part till the hands slide out. Repeat 3 times.</p> <p>11. Do the same on the other side.</p> <p>12. Apply gel evenly to the whole arms.</p> <p>13. <b>Ultrasonic Cavitation &amp; RF Technique:</b> Lay the arms flatwise, and push from the fat part of lower arm to armpit along the three channels and collaterals. Repeat 3 times.</p> <p>14. Move circlewise till armpit along the three channels and collaterals. Repeat 3 times.</p> <p>15. Flabby arms can be treated more. Repeat 3 times.</p> <p>16. Push till armpit along the three channels and collaterals. Repeat 3 times.</p> <p>17. Lay the arms upwards, and push the three channels and collaterals of arms to armpit. Repeat 3 times.</p>	<div data-bbox="1177 203 1299 383"> </div> <p>Technique 14, 15</p> <div data-bbox="1177 490 1299 669"> </div> <p>Technique 17</p> <div data-bbox="1169 786 1353 987"> </div> <p>Technique 19</p> <div data-bbox="1161 1111 1313 1290"> </div>
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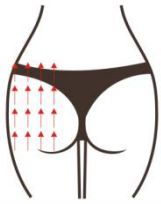



		<p>18. Move in small circles till armpit along the three channels and collaterals of the upper arms. Repeat 3 times.</p> <p>19. Push from upper arm to armpit along the three channels and collaterals.</p> <p>20. Do the same on the other side.</p> <p>21. Clean it with towel and treatment done.</p>	
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#### Course of Treatment Recommended:



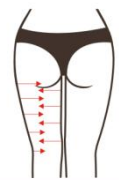



Ten treatments is a course. After one treatment, a sense of heating and tightening can be felt, and the arms get relaxed. After a course, extra fat on the arms starts to decrease, and skin begins to become tightened and plump. After two courses, body shaping starts, and the effects strengthens, channels and collaterals dredges, and physique enhances. After three courses, the effect consolidate and , stabilize, and rebound can be , prevented.


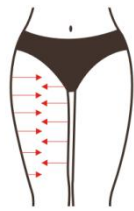
#### Buttocks Sculpting: 60 Minutes/ Once a Week

<p><b>Function:</b> Ultrasound and RF can be used at the same time.</p> <p>Ultrasound Function:</p> <p>Mode: M1(default)</p> <p>Advised Energy Level: between 2 and 7</p> <p>RF Function:</p> <p>Mode: NOR(default)</p> <p>Advised Energy Level: between 2 and 7</p>	Gel + Equipment	<p>1. Stand sideways and with both hands applying oil, and slide from sacral region(BL31-BL34) to waist, then lift upwards from waist along buttocks. Repeat 3 times.</p>	<p>Technique 1, 4</p> 
		<p>2. Push sacral region(BL31-BL34) with both thumbs. Repeat 3 times.</p> <p>3. Caress the treated part for 3 times, then press Qihai(BL23), Baliao(eight sacral foramina), Changgqian(DU1), Huantiao(GB30), and Chengfu(BL36). Repeat 3 times.</p>	<p>Technique 2</p> 
		<p>4. Caress the treated part for 3 times.</p> <p>5. With the left first and the right after. Push upwards from thigh root to belt vessel with two hands along Bladder</p>	<p>Technique 3</p> 

<p>Advised Time: 30 minutes(15 minutes for each side)</p>	<p>Meridian(BL), Kidney Meridian(KI), Liver Meridian (LI), and Gallbladder Meridian. Repeat 3 times respectively.</p> <p>6. Push upwards from thigh root to belt vessel with two hands doing it severally along Bladder Meridian(BL), Kidney Meridian(KI), Liver Meridian (LI), and Gallbladder Meridian. Repeat 3 times respectively.</p> <p>7. Lift upwards from thigh root to belt vessel with the two palms overlapped. Repeat 3 to 5 times.</p> <p>8. Push directly (for sculpting) and one line after another from the two sides of buttocks to the highest point on it with two hands, and push back and forth. Repeat 3 times.</p> <p>9. Repeat technique No.7.</p> <p>10. Caress the treated part.</p> <p>11. Do the same on the other side.</p> <p>12. Apply gel evenly to the treated part.</p> <p>13. <b>Ultrasonic Cavitation &amp; RF Technique:</b> Lift one line after another from thigh root to belt vessel. Repeat 3 times.</p> <p>14. Lift upwards and one line after another from the two sides of buttocks to the highest point on it. Repeat 3 times.</p> <p>15. Move in small circles on the whole buttocks. Repeat 3 to 5 times.</p> <p>16. Lift one line after</p>	<p>Technique 6, 13</p>  <p>Technique 7, 16</p>  <p>Technique 8, 14</p>  <p>Technique 15</p> 
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		<p>another from thigh root to belt vessel. Repeat 3 times.</p> <p>17. Do the same on the other side.</p> <p>18. Clean it with towel and treatment done.</p>	
<p><b>Course of Treatment Recommended:</b></p> <p>Ten treatments is a course. After one treatment, buttock lifts and becomes hot. After a course, buttock outlines start to show itself, and excessive fat disappears slowly, and skin turns tightened. After 3 courses, gynecological diseases improves, such as cold body and cold , womb, menstruation returns to normal, and the effect consolidate, which boosts feminine charm.</p>			
<p><b>Legs Sculpting: 60 Minutes/ Once a Week</b></p>			
<p><b>Function:</b></p> <p>Ultrasound and RF can be used at the same time.</p> <p>Ultrasound Function:</p> <p>Mode: M1(default)</p> <p>Advised Energy Level: between 2 and 7</p> <p>RF Function:</p> <p>Mode: NOR(default)</p> <p>Advised Energy Level: between 2 and 7</p> <p>Advised Time: 40 minutes(10 minutes for each side of the leg)</p>	<p>Gel + Equipment</p>	<p>1. Massage Techniques</p> <p>2. Treat the left leg first and the right after. Massage from the lower leg to the thigh with two hands applying oil, then back to the heel. Repeat 3 times.</p> <p>3. Push the entire leg from the bottom up with the base of two palms doing it alternately, then back to the heel till the palms slide out.</p> <p>4. Push Bladder menstruation[BL]-Kidney Meridian[KI]-Liver Meridian[LV]-Gallbladder Meridian[GB] from the bottom up with the V-shaped webbed area between thumb and index finger of both hands doing it alternately. Repeat 3 times.</p> <p>5. Push popliteal fossa with two hand doing it alternately. Repeat 3 times.</p> <p>6. Twist from the bottom up and back and forth with two hand doing it alternately. Repeat 3 times.</p>	<p>Technique 2, 3, 4, 5, 7, 8, 9</p>  <p>Technique 6</p>  <p>Technique 12, 14</p>  <p>Technique 13</p> 

		<p>7. Caress the treatment area. Repeat 3 times.</p> <p>8. Push the four channels and collaterals with kneeling fingers doing it from the bottom up. Repeat 3 times.</p> <p>9. Caress the treatment area. Repeat 3 times.</p> <p>10. Do the same on the other side.</p> <p>11. Apply gel evenly to the some</p> <p>12. <b>Ultrasonic Cavitation &amp; RF Technique:</b> From the bottom to popliteal fossa, pushing</p> <p>Bladder Meridian(BL)-Kidney Meridian(KI)-Liver Meridian(LV)-Gallbladder Meridian(GB) successively. Repeat 3 times.</p> <p>13. Move in small circles on the lower leg to dissolve fat. Repeat 3 times.</p> <p>14. Push from the bottom up to popliteal fossa successively, and meanwhile caress it with hands.</p> <p>15. Start with popliteal fossa, pushing the four channels and collaterals till thigh root. Repeat 3 times.</p> <p>16. Start with popliteal fossa, moving in small circles till thigh root to dissolve fat. Repeat 3 times.</p> <p>17. Start with popliteal fossa, pushing the four channels and collaterals successively till thigh root. Repeat 3 times.</p> <p>18. Moving in small circles on the whole thigh to dissolve fat. Repeat 3 to 5</p>	<p>Technique 15, 17</p> 
			<p>Technique 16, 18</p> 
			<p>Technique 19</p> 
			<p>Technique 16</p> 
			<p>Technique 22, 23, 24, 28, 30, 33</p> 
			<p>Technique 29, 32</p> 

		<p>times.</p> <p>19. Treat from the two sides of leg to the middle. Repeat 3 to 5 times.</p> <p>20. Do the same on the other side.</p> <p>21. Clean it with towel.</p> <p>22. Fore-leg Massage: Apply essential oil from the lower leg to the thigh with two hands. Repeat 3 times.</p> <p>23. Push Spleen Meridian (SP)-Stomach Meridian (ST)-Liver Meridian(LV)-Gallbladder Meridian(GB) of the leg with the V-shaped webbed area between thumb and index finger of both hands doing it alternately, and till thigh root. Repeat 3 times.</p> <p>24. Push the four channels and collaterals with kneeling fingers. Repeat 3 times.</p> <p>25. Treatment done.</p> <p>26. Do the same on the other side.</p> <p>27. Apply gel evenly to the treated part.</p> <p>28. <b>Ultrasonic Cavitation &amp; RF Technique:</b> Lift from the lower leg towards the knee along the four channels and collaterals. Repeat 3 times. (The thigh can be treated directly if the lower leg doesn't have excessive fat.)</p> <p>29. Move circlewise from the two sides of lower leg to the knee. Repeat 3 times. (The thigh can be treated directly if the lower leg doesn't have excessive fat.)</p>	<p>Technique 31</p> 
			<p>Technique 34</p> 

		<p>30. Lift one line after another from knee to thigh root. Repeat 3 times.</p> <p>31. Move in small circles on the whole thigh. Repeat 3 times</p> <p>32. Lift circlewise from knee to thigh root. Repeat 3 times.</p> <p>33. Lift one line after another from knee to thigh root. Repeat 3 times.</p> <p>34. Treat from the two sides of leg to the middle. Repeat 3 to 5 times.</p> <p>35. Clean it with towel.</p> <p>36. Treatment done.</p>	
<p><b>Course of Treatment Recommended:</b></p> <p>Ten treatments is a course. After one treatment, legs get relaxed, and blood circulation accelerates. After a course, legs become thinner, and a sense of tightening can be felt obviously due to contraction effect generated by skin collagen tissue. After two courses, legs turn slim and tightened, and it presents an evident effect. After three courses, the effect reinforces. Super RF and super ultrasound stimulate skin dermis and regenerate collagen continuously, thus the curative effect becomes more and more clear.</p>			