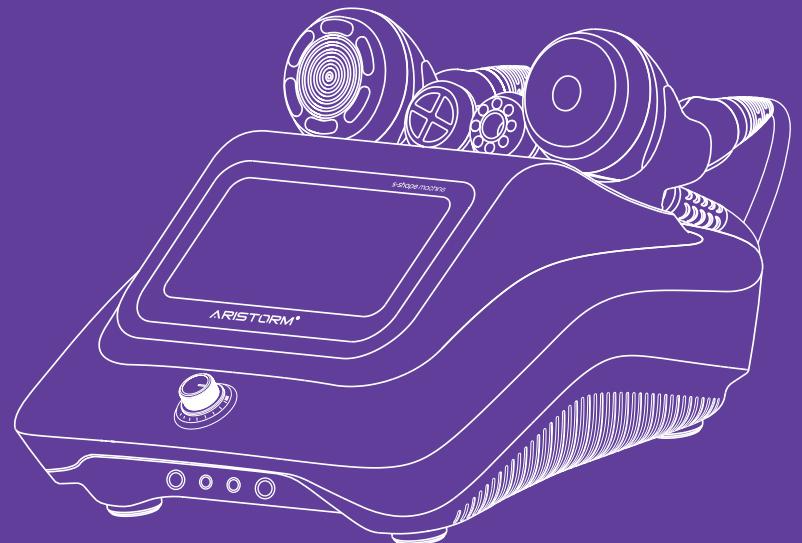


# – User Manual –

ARISTORM



Thank you for choosing ARISTORM. Please read this manual carefully before use. It's the newest instrument for slimming and skin tightening. The equipment unites RF & Suction, EMS & EL, CAVI & RF, and 30k Pro, solving skin and body problems for people pursuing beauty.

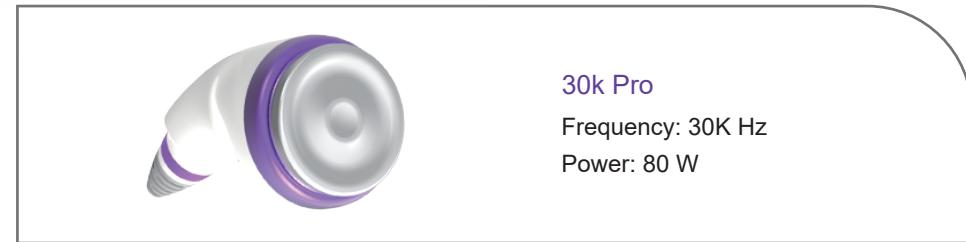
## Packing List



**Main unit\*1 | Body handpieces\*2 | Face handpieces\*2 | Power cord\*1**

## Technical Parameters

<b>Input voltage:</b> AC 110V to 240V	<b>Net Weight:</b> 5.3KG
<b>Dimensions:</b> 7.9in*12.1in*13.9in	<b>Output Power:</b> 66W
<b>Gross Weight:</b> 7KG	<b>Input Power:</b> 80W



**30k Pro**

Frequency: 30K Hz

Power: 80 W

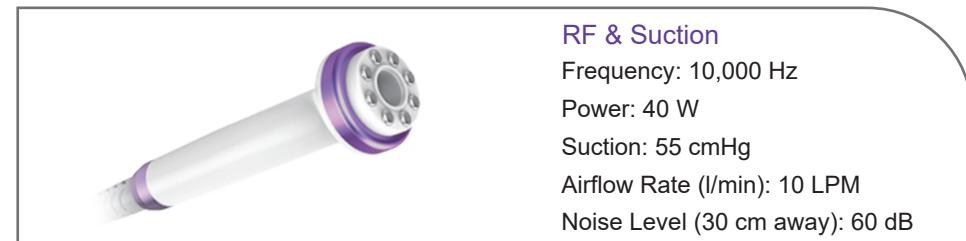


**CAVI & RF**

Frequency (CAVI): 30KHz

Frequency (RF): 5MHz

Power: 40 W



**RF & Suction**

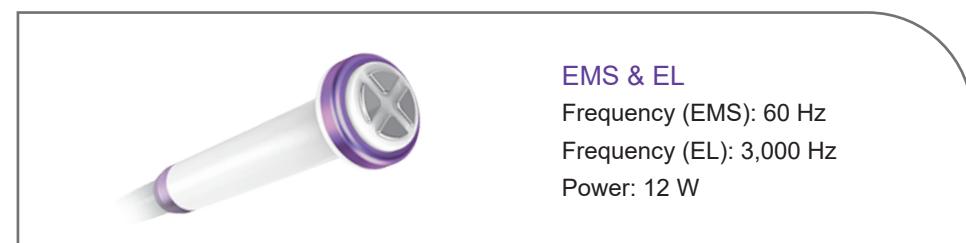
Frequency: 10,000 Hz

Power: 40 W

Suction: 55 cmHg

Airflow Rate (l/min): 10 LPM

Noise Level (30 cm away): 60 dB



**EMS & EL**

Frequency (EMS): 60 Hz

Frequency (EL): 3,000 Hz

Power: 12 W

## Diagram for Installation



Take out the four handpieces and connect to corresponding plugs on the main unit.

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- 1. Connect RF&Suction to the first plug
- 2. Connect EMS&EL to the second plug
- 3. Connect 30K Pro to the third plug
- 4. Connect CAVI&RF to the last plug

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## Precautions on Use

- 1. After-sales service is offered by designated stores.
- 2. Please use the machine in a place with a temperature between 16°C and 35°C.
- 3. Please clean the device after use and keep it properly to extend its service life.
- 4. To guarantee the device's curative effect and service life, please use the parts provided or suggested by the original manufacturer.
- 5. Please do not place the instrument near an intense heat source since this may affect its service life and regular use.
- 6. Please do not operate the equipment on the eyes, thyroid, parathyroid, testicles, a pregnant woman's abdomen, a pacemaker, etc.
- 7. Please remove all metal objects from the body before treatment; otherwise, unexpected situations may occur, affecting the curative effect.
- 8. Please turn off the equipment if no one uses it to ensure safety.
- 9. Those with implanted metal stents (not including a contraceptive ring placed inside a women's uterus) or prostheses inside breasts cannot use it.
- 10. Women in menstruation, pregnancy, or breastfeeding are not allowed to use it.
- 11. Those who did cesarean in the past six months, experienced a miscarriage in the past three months, or had natural labor in the past two months cannot use it.
- 12. Start from the lowest energy level and gradually increase it after getting used to it.
- 13. You must apply gel to a treated area during use; do not operate the instrument when the skin is dry.
- 14. Strictly use the equipment and train operators per instructions specified in the manual.
- 15. 30K Pro handpiece is not recommended to use on hands and arms because the cellulite is thin.

## Contraindications

People with the following situations should use the equipment cautiously and consult a doctor or professional before operating it. The details are as follows:

1. Women in menstruation, pregnancy, or breastfeeding.
2. With diabetes, heart diseases, cicatrix, hyperthyroidism, or other severe diseases.
3. Those who just did surgery and are in post-op recovery.
4. With malignant tumors, hemophilia, or severe bleeding.
5. With skin diseases or infectious diseases.
6. In an allergic period, with severely sensitive skin, or allergic to metals.
7. Who just had plastic surgery or implanted prostheses or metal objects inside a treated part.
8. Who just injected hyaluronic acid, did a skin booster, or had an injection for wrinkle removal or plastic surgery (do not use it on the face and neck).
9. With a heart pacemaker (or similar electric devices), stents, or metal implants.
10. The underage are prohibited from using it.



## Interface Function Introduction

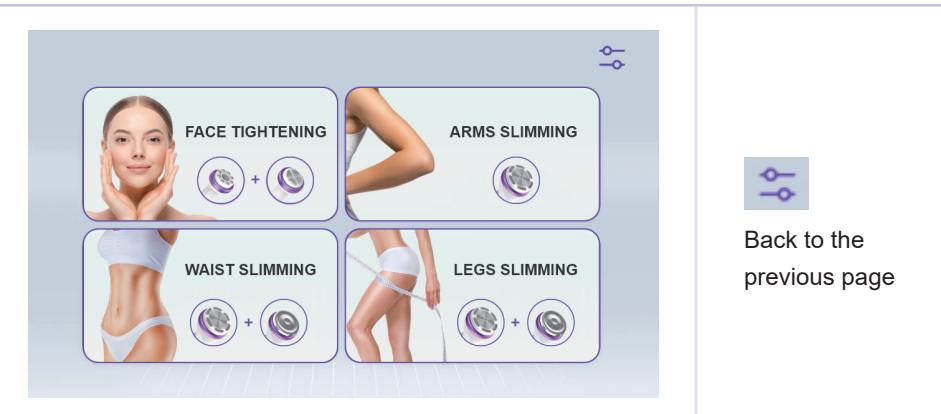
Connect the equipment, power it on, and the following initial interface will appear.



1.HOUSEHOLD | Press



enter the following page.

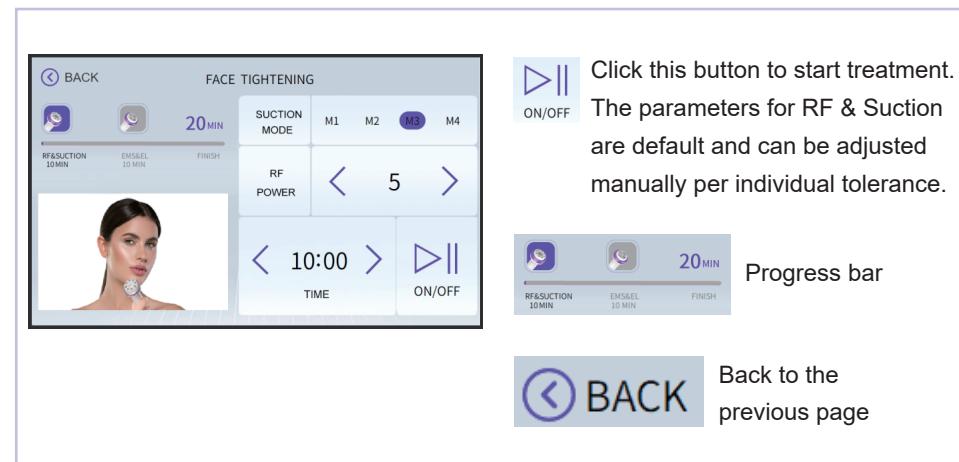


Back to the previous page

1.1 FACE TIGHTENING | Press



enter the following page.



Click this button to start treatment.  
The parameters for RF & Suction are default and can be adjusted manually per individual tolerance.

Progress bar



Back to the previous page



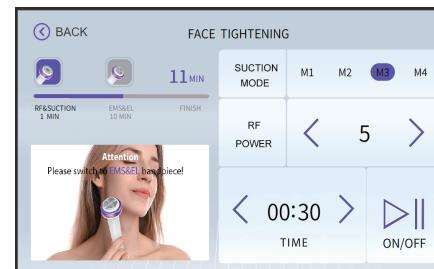
**Suction Mode (the default mode is M3; you can select the mode manually)**

**M1:** constant suction

**M2:** shorter interval between suction and release

**M3:** short interval between suction and release

**M4:** long interval between suction and release

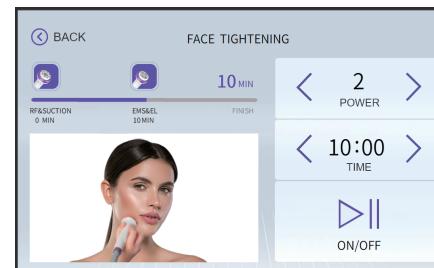


When this interface shows, RF & SUCTION stops running, and EMS & EL will launch. Please change the handpiece to EMS & EL when the red light flashes. The prompting time is 30 seconds.

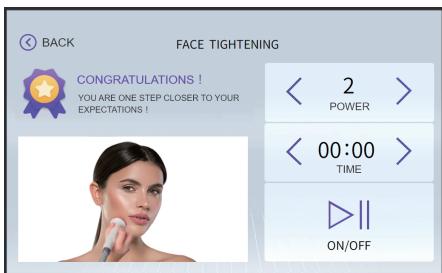
When prompting time runs out, it automatically switches to the EMS&EL page.



Click this icon to enter the page of EMS & EL in advance, and press the start button to operate it.



The parameters are default and can be adjusted manually per individual tolerance.



When you see this interface, you finish the operation.

## 1.2 ARMS SLIMMING | Press



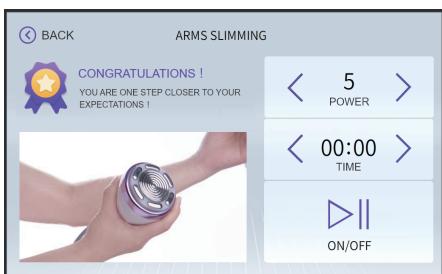
enter the following page.



Click this button to start treatment. The parameters for CAVI & RF are default and can be set manually per individual tolerance.



Progress bar

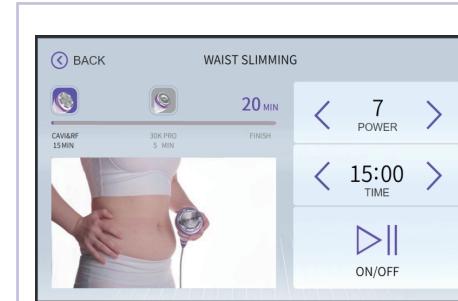


When you see this interface, you finish the operation.

## 1.3 WAIST SLIMMING | Press



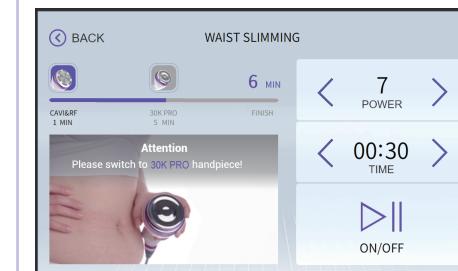
enter the following page.



Click this button to start treatment. The parameters for CAVI & RF are default and can be set manually per individual tolerance.



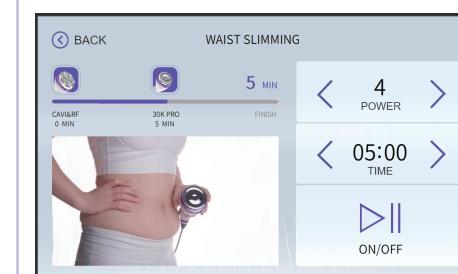
Progress bar



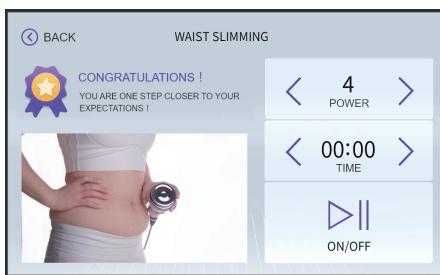
When this interface shows, CAVI & RF stops running, and 30k Pro is going to launch. Please change the handpiece to 30k Pro. The prompting time: 30 seconds. When prompting time runs out, it automatically switches to the 30k Pro page.



Click this icon to enter the interface of 30k Pro in advance, and press the start button to operate it.



The parameters are default and can be adjusted manually per individual tolerance.

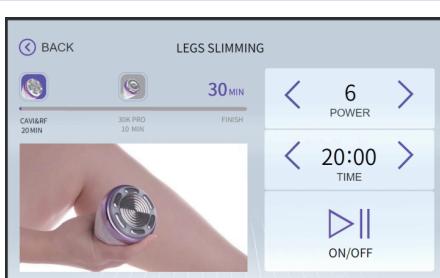


When you see this interface, you finish the operation.

#### 1.4 LEGS SLIMMING | Press

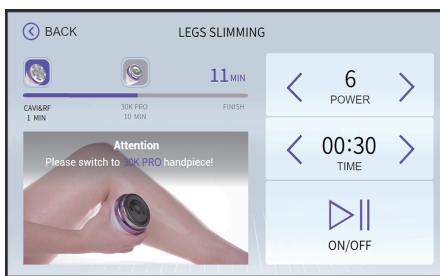


enter the following page.



**▷||** Click this button to start treatment. The parameters for CAVI & RF are default and can be set manually per individual tolerance.

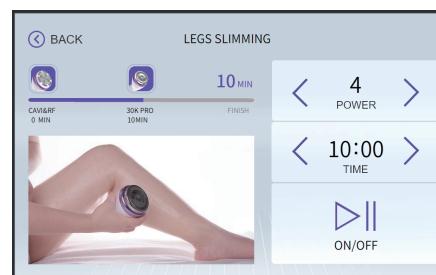
Progress bar



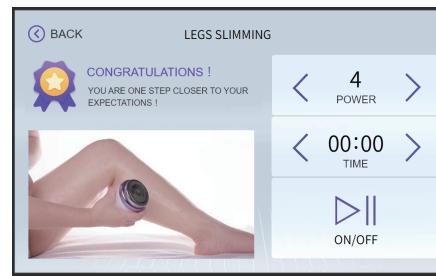
When this interface shows, CAVI & RF stops running, and 30k Pro is going to launch. Please change the handpiece to 30k Pro. The prompting time: 30 seconds. When prompting time runs out, it automatically switches to the 30k Pro page.



Click this icon to enter the interface of 30k Pro in advance, and press the start button to operate it.



The parameters are default and can be adjusted manually per individual tolerance.

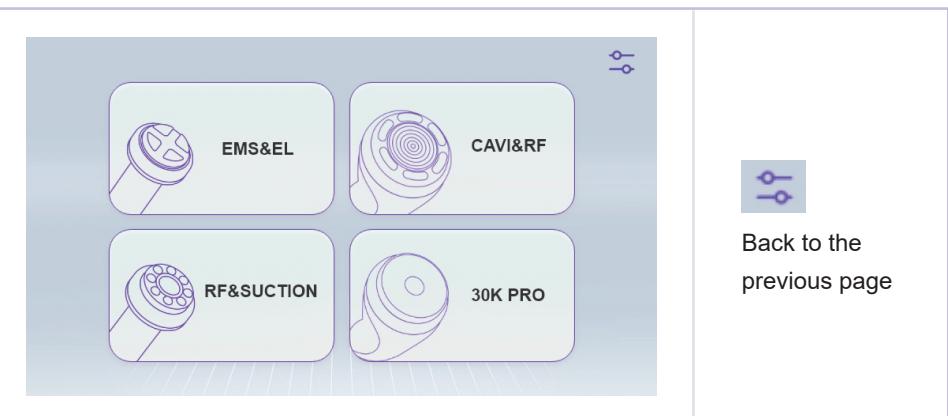


When you see this interface, you finish the operation.

#### 2.SPECIALIZED | Press

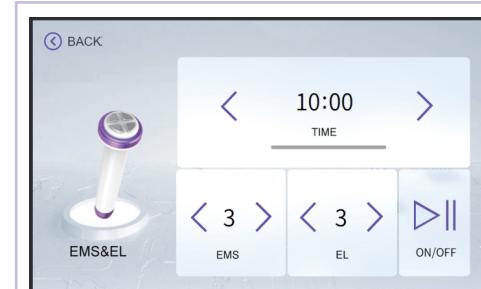


enter the following page.

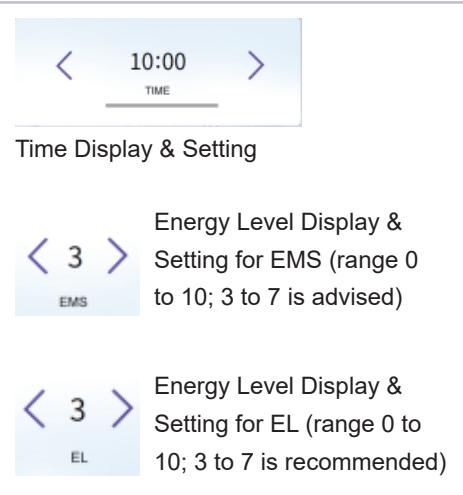


**⬅➡**  
Back to the previous page

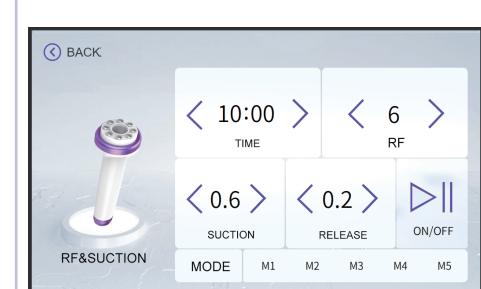
## 2.1 EMS & EL | Press



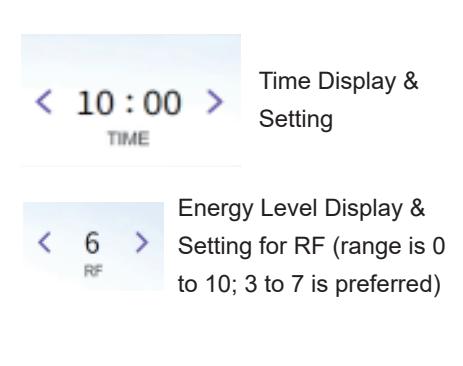
enter the following page.



## 2.2 RF & SUCTION | Press



enter the following page.



**< 0.6 >**

SUCTION

Suction Time Display & Setting (range is 0.0 to 2.0; 0.2 to 1.0 is suggested)

**< 0.2 >**

RELEASE

Release Time Display & Setting (range is 0.0 to 2.0; 0.0 to 0.5 is suggested)

**Note:** Please set the suction time longer than the release time. When the release time is set to zero, it's constant suction.

MODE	M1	M2	M3	M4	M5
------	----	----	----	----	----

**Mode selection for suction and release (you do not need to adjust the suction and release time when you select among the modes here)**

**M1:** constant suction

**M2:** the shortest interval between suction and release

**M3:** shorter interval between suction and release

**M4:** short interval between suction and release

**M5:** long interval between suction and release



ON/OFF



Back to the previous page



Knob for setting suction (Rotate to the right to increase suction and to the left to decrease it).

2.3 CAVI & RF | Press 

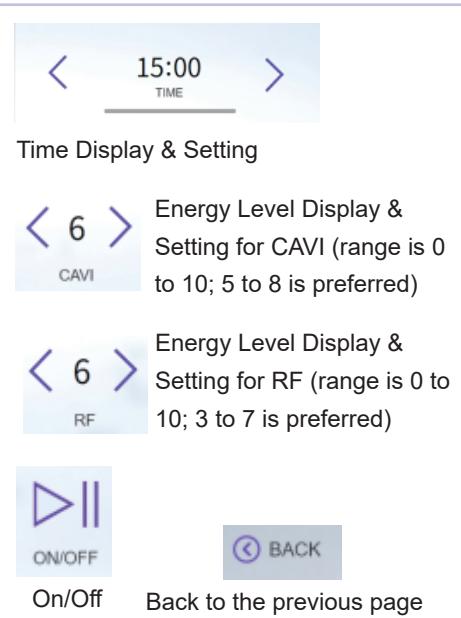
enter the following page.



Mode selection for CAVI

**M1:** Continuous working that suits those with excess or thick fat accumulation.

**M2:** Discontinuous working fits people who want to reduce or with localized fat.



2.4 30k Pro | Press 

enter the following page.



MODE M1 M2

#### Mode selection

**M1:** Continuous working that suits those with excess or thick fat accumulation.

**M2:** Discontinuous working fits people who want to reduce or with localized fat.

< 6 >  
POWER

Energy Level Display & Setting (range is 0 to 10; 5 to 8 is preferred)

>  
ON/OFF

BACK

On/Off Back to the previous page

## HOUSEHOLD

### Face Tightening

**Operating time: 40 minutes.**

#### Efficacy:

1. Infuse nutrition into deep skin, increase skin absorptivity, and moisturize skin.
2. Increase skin elasticity and tighten skin.
3. Accelerate blood circulation and metabolism.
4. Make the facial outline clear and relieve the double chin.
5. Stimulate collagen production, flatten striae distensae, and reduce wrinkles.

**Matched products:** face wash, gel, sheet masks, toner, essence, lotion/ facial cream

#### Procedure:

1. Clean the face.
2. Apply gel evenly to it.
3. Turn off the machine, select **HOUSEHOLD-Face Tightening**, and press the start button.
4. **RF & SUCTION (10 minutes)**

**Note:** The parameters are default, and you can manually adjust the energy level, suction, and release time.

- a. Set the vacuum per a person's tolerance.
- b. Move the device to the back of the ear along the lower jaw, and slide it to the neck side.
- c. Move the instrument slowly from the chin to the part below the ear, the corner of the mouth to the middle ear, the wing of the place above the ear, and the part below the eye to Taiyang (EX-HN5); repeat 3 to 5 times.
- d. Lift the device from the brow ridge towards the hairline; repeat 3 to 5 times.
- e. Do the same on the other side.



## 5. EMS & EL (10 minutes)

- a. Move the device slowly to the back of the ear along the lower jaw; repeat 3 to 5 times.
- b. Move the instrument slowly from the chin to the part below the ear, the corner of the mouth to the middle ear, the wing of the place above the ear, and the part below the eye to Taiyang (EX-HN5); repeat 3 to 5 times.
- c. Lift the device from the brow ridge towards the hairline; repeat 3 to 5 times.
- d. Do the same on the other side.



## 6. Clean the face.

- 7. Apply a sheet mask and wait for 10 to 15 minutes.
- 8. Remove the mask and clean the face.
- 9. Apply toner, essence, and lotion or facial cream.

## Recommended Course of Treatment:

Please take the treatment 1 to 2 times a week. The skin will turn firm, moisturized, and shiny after one month. After two months of treatment, the skin becomes smooth and plump, the facial contour gets more apparent, and wrinkles are flattened. You can achieve the best outcomes after three months: the face is lifted, tightened, and becomes plumper, and wrinkles and smile lines are relieved.

## Matters Needing Attention After Treatment:

1. Wash the face with warm water.
2. Keep hydrating and moisturizing, and protect yourself from the sun.
3. Don't use skincare products that contain scrub, exfoliant, AHA (Alpha Hydroxyl Acid), etc., within three days.
4. Apply a sheet mask three times a week.

## Arms slimming

### Operating Time: 20 minutes

#### Efficacy:

1. Dissolve the fat and reduce the appearance of flabby and thick arms.
2. Relieve flabby or soft skin, tighten skin, and increase skin elasticity.
3. Accelerate blood circulation and dredge channels and collaterals.

#### Matched products: gel

#### Procedure:

1. Clean the arms with a towel.
2. Measure the arms' size and keep a record.
3. Apply gel evenly to the treated part.
4. Turn off the machine, select HOUSEHOLD-Arms Slimming, and press the start button.
5. CAVI & RF (20 minutes)

a. Push the lower arm with the device; 2 minute.

- b.Draw small circles on the lower arm's fatty part; 2 minutes.
- c.Push the upper arm with the handpiece; 2 minutes.
- d.Draw small circles on the upper arm; 4 minutes.
- e.Do the same on the other side.

#### **6.Clean the treated parts.**

#### **Recommended Course of Treatment:**

Please take the treatment at least two times a week. The arm circumference is reduced considerably, the arm's excess fat begins to decrease, and the skin gets tightened after one month. After two months of treatment, the arm becomes slender, its line turns nice looking, and the skin turns elastic. A better, stable result can be achieved after three months.

#### **Matters Needing Attention After Treatment:**

- 1.Avoid eating and drinking too much, staying up late, or drinking alcohol.
- 2.Drink more warm water to facilitate metabolism (you are advised to drink 250 to 300 ml of warm water immediately after treatment and the same amount one hour later and daily)
- 3.Consume less oil and salt; eat less but with more meals; avoid high-oil, high-calorie food; decrease the intake of carbohydrates to some extent but increase the intake of protein.
- 4.You can achieve better fat removal and body slimming matched with arm exercise.

## **Waist Slimming**

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#### **Operating Time: 20 minutes**

#### **Efficacy:**

- 1.Powerfully dissolve fat and remove flab from the waist & abdomen.
- 2.Tighten the skin, increase skin elasticity, and relieve flabby and soft skin.
- 3.Accelerate metabolism, alleviate constipation, and improve the intestinal tract.
- 4.Reduce striae distensae, stretch marks, and cellulite.

#### **Matched products: gel**

#### **Procedure:**

- 1.Clean the waist and abdomen with a towel.**
- 2.Measure its size.**
- 3.Apply gel evenly to the treated part.**
- 4.Turn off the machine, select HOUSEHOLD-Waist Slimming, and press the start button.**
- 5.CAVI & RF (15 minutes)**
  - a.Move the device from the waist side to the belly button; 3 minutes.
  - b.Do the same on the other side.
  - c.Draw small circles around the belly button; 3 minutes.
  - d.Draw big circles around the belly button; 3 minutes.
  - e.Move back and forth on the waist; 3 minutes.
- 6.30k Pro (5 minutes)**
  - Circulate on cellulite for 5 minutes.
- 7.Clean the treated parts.**

#### **Recommended Course of Treatment:**

Please have the treatment at least two times a week. The waist size is reduced after four weeks, the flab on the waist and abdomen gets less and less, striae distensae fade away slowly, and the skin tightens. After two months of treatment, the outcome will be doubled, the intestinal tract becomes unhindered, and the waistline will stand out. An optimal result can be secured when finishing three months of treatment.

#### **Matters Needing Attention After Treatment:**

- 1.Avoid eating and drinking too much, staying up late, or drinking alcohol.
- 2.Drink more warm water to facilitate metabolism (you are advised to drink 250 to 300 ml of warm water immediately after treatment and the same amount one hour later and daily)

3. Consume less oil and salt; eat less but with more meals; avoid high-oil, high-calorie food; decrease the intake of carbohydrates to some extent but increase the intake of protein.

4. A better fat removal can be acquired matched with adequate exercise.

## Legs Slimming

**Operating Time: 30 minutes**

**Efficacy:**

1. Tighten skin and prevent slack skin.
2. Stimulate collagen production and reduce striae distensae.
3. Enhance the circulation of the leg and eliminate edema.
4. Activate blood, remove stasis, dredge channels and collaterals, and prevent varicosity.
5. Firm legs' excess flab and eliminate thick thighs.

**Matched products: gel**

**Procedure:**

1. Clean the leg with a towel.
2. Measure the size of the lower leg and thigh and keep a record.
3. Apply gel evenly to the treated part.
4. Turn off the machine, select HOUSEHOLD- Legs Slimming, and press the start button.

**5. CAVI & RF (20 minutes)**

- a. Draw small circles on the lower leg; 1 minutes.
- b. Move it back and forth between the knee and the thigh root; 2 minutes.
- c. Draw circles from the knee to the thigh root; 3 minutes.
- d. Push crossly and one line after another from the thigh's outer side to the middle; 2 minutes.
- e. Push crossly and one line after another from the thigh's inner side to the middle; 2 minutes.
- f. Do the same on the other side.

**6.30k Pro (10 minutes)**

- a. Circulate on lower leg cellulite for 2 minutes.
- b. Circulate on leg cellulite for 3 minutes.
- c. The same to the other leg.

**7. Clean the treated parts.**

**Recommended Course of Treatment:**

Please take it at least two times a week. The leg's size will be reduced after four weeks, striae distensae fade away gradually, and the skin becomes tightened obviously. After two months, the leg's areolar tissue is relieved and turns slim and firm. The leg becomes slenderer and more tightened with three months of treatment.

**Matters Needing Attention After Treatment:**

1. Avoid eating and drinking too much, staying up late, or drinking alcohol.
2. Drink more warm water to facilitate metabolism (you are advised to drink 250 to 300 ml of warm water immediately after treatment and the same amount one hour later and daily)
3. Consume less oil and salt; eat less but with more meals; avoid high-oil, high-calorie food; decrease the intake of carbohydrates to some extent but increase the intake of protein.