

User Manual

WL-KYDS871



Preface

Dear Users,

We're pleased to present to you our latest massaging machine, WL-KYDS871 which puts EMS technology into application for body-slimming and skin-firming. 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!

Table of Contents

Preface	
Part I	
Introduction	
Advantages	
Body Management	
1. Working Principle	
2. Waist&Abdomen Shaping	
3. Arm Shaping	
4. Back Shaping	
5. Hip Shaping	
6. Leg Shaping	
7. Breast Shaping	
Part II	
1. Detailed Operations	
2. Technical Parameters	
3. User Contraindications	
4. Dos and Don'ts	
5. Troubleshooting & Solutions	
6. FAQs	
7. Packing List	
8. Operational Diagrams	

Part I

Introduction

EMS micro-current is the most popular approach used for firming skin and shaping body, which can effectively replace all body care treatments in beauty parlors. And the operation is simple, convenient and fast, solving various figure management problems of beauty-seekers. This instrument is safe and effective with no injections, no medicine, no surgery, and no side effects. It can relax muscles, promote local blood circulation, prevent muscle atrophy, and promote body metabolism through EMS micro-current.

Advantages

1. EMS micro-current can effectively relieve the symptoms such as body fatigue and soreness.
2. It has wide range of treatment and remarkable effects with no consumption, low cost and quick return.
3. EMS, together with massaging hand techniques, can perfectly reduce fat and simultaneously firm skin, increase skin elasticity, promote body metabolism and enhance one's constitution.
4. It can be operated in a convenient and easy way without surgery and anaesthesia. There will be no wounds or pain and it will not affect one's work and life.
5. It can be used on multiple areas of human body.
6. EMS micro-current stimulates muscles to contract and makes them grow stronger, by which it can relieve the sag caused by muscle relaxation.

Body Management

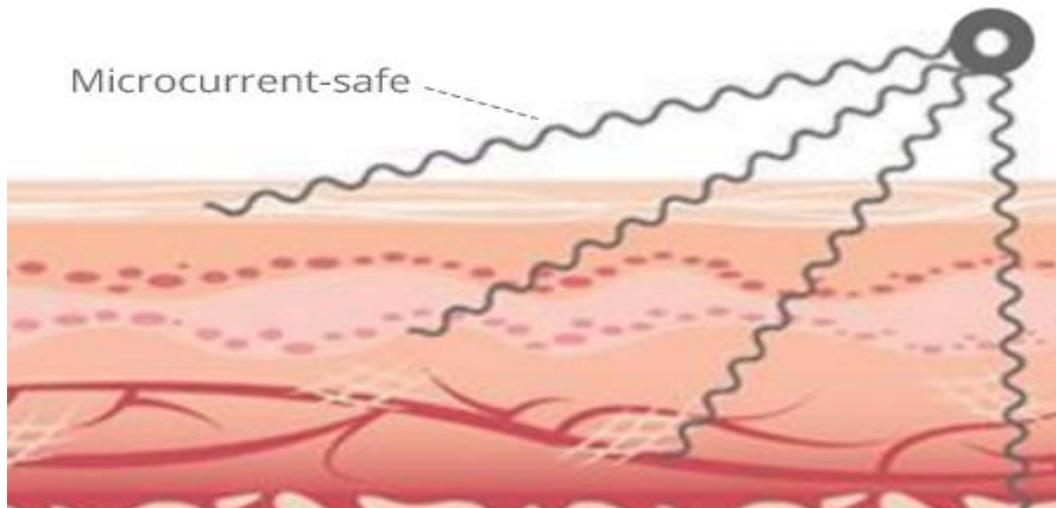
1. Working Principle

EMS

EMS is the abbreviation of electronic muscle stimulation, which is known as muscle electrical stimulation technology, and also known as muscle movement technology. The simple explanation is that under normal circumstances, muscles begin to make movements after receiving signals from the brain, while EMS directly conveys the signal to the muscle through current stimulation, and then causes the muscle to carry out passive movements so as to achieve the effect of exercise.

Effects

1. It can relax muscles, promote local blood circulation, prevent muscle atrophy, and relieve muscle spasm to exercise muscles. It can accurately and quickly help treatment receivers firm skin and enhance constitution.
2. The low-intensity micro electric current can stimulate muscles to contract, making muscles stronger instead of reducing them. So, it can relieve the sag caused by muscle relaxation and make face contour clearer, which aims to improve muscles.



2. Waist & Abdomen Shaping

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 and increase skin elasticity.
5. Accelerate metabolism, relieve constipation and improve intestinal peristalsis.

Applicable Range

1. Those with cold feet and cold womb.
2. Those with lumbar and abdominal fat or who have sagging skin after birth.
3. Those sitting for a long time, or with bad waistlines.
4. Those with striae due to obesity and pregnancy.
5. Those with constipation or obstruction of abdominal meridians.

Inapplicable Range

1. Those with "3 Hs" (hypertension, hyperglycemia, hyperlipidemia) and who have heart disease.
2. Those in pregnancy, menstruation or lactation.
3. Those who have just undergone surgical wounds or convalescents.
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.

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. 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 promote metabolism for weight loss.

3. Arm Shaping

Effects

1. Stimulate collagen growth in the bottom of the skin for shaping body and firming skin.
2. Relieve the condition of sagging skin.
3. Relieve the condition of flabby arms and thick arms.
4. Tighten skin.
5. Accelerate blood circulation and dredge meridians and collaterals.

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

Inapplicable Range

1. Those who have just had plastic surgery.
2. Those with hypertension, heart disease, diabetes, severe thyroid diseases, malignant tumor, etc.
3. Those who are during allergic period and has severely sensitive skin.
4. Those with skin traumas or wounds.
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.

Do's and Don'ts after Operation

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

4. Back Shaping

Effects

1. Relieve shoulder and back soreness, and alleviate the lump on back of the neck.
2. Dredge meridians and collaterals to relieve blockage.
3. Promote blood circulation and metabolism.
4. Improve blood supply to the head and promote sleep quality.
5. Regulate the functions of viscera and enhance constitution.
6. Firm skin and prevent skin from sagging.
7. Reduce excess fat on the back to shape back.

Applicable Range

1. Those with sore shoulders and backs and stiff necks.
2. Those who suffer from insomnia and loss of memory or who have a lot of dreams in sleep.
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.

Inapplicable Range

1. Those with metal implants in the body, such as stents and pacemakers, or who are allergic to metals.
2. Those are in pregnancy, menstruation and lactation.
1. Those whose surgical incisions are healing or who are on the road to recovery.
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, or on a full or empty stomach.

Do’s and Don’ts after Operation

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

5. Hip Shaping

Effects

1. Promote blood circulation and accelerate metabolism
2. Relieve the pain in menstruation, menstrual disorder, abnormal leucorrhea and other gynecological diseases.
3. Improve sleep quality, and promote female sexual functions.
4. Activate ovarian functions,stimulate the secretion of glands and make couple’s relationship closer.
5. Make face look ruddy and reduce speckles to restore facial vitality.
6. Shape buttocks, relieve sagging and outward expansion of buttocks, tighten skin and increase its elasticity

Applicable Range

1. Those who have saggy buttocks and accumulated fat
2. Those with stretch marks.
3. Those who have the buttocks that are flat and saggy with unsatisfactory shape and outward expansion.
4. Those with cold buttocks.
5. Those with cold womb, dysmenorrhea, irregular menstruation, gynecological inflammation and other problems.
6. Those with decreased estrogen levels and poor sex lives.

Inapplicable Range

1. Those who are in menstruation, pregnancy, and lactation or who are recovering from operations
2. Those who have the diseases such as hypertension , heart disease, diabetes, severe thyroid diseases and malignant tumour.
3. Those who have skin diseases and infectious diseases or who are having allergic reactions.
4. Those who have cuts or wounds
5. Those who have severely sensitive skin
6. Those who have just taken liposuction

7. Those who are of advanced years

Do's and Don'ts after Operation

1. Keep buttocks warm and avoid wearing miniskirt and hot pants
2. Take a shower in 4-6 hours after the operation
3. Drink more hot water and avoid getting a cold
4. Avoid staying up late, drinking alcohol, and eating and drinking too much
5. Avoid eating raw, cold and spicy food, and have good sleep
6. Avoid sauna, hot spring and violent exercises within one week after the operation

6. Leg Shaping

Effects

1. Tighten skin and prevent saggy skin
2. Stimulate collagen regeneration and smooth out stretch marks.
3. Promote circulation, detox and metabolism of legs
4. Relieve blood stasis, remove the obstruction of meridians and channels, and prevent varicose veins
5. Reduce excess fat on legs to shape legs

Applicable Range

1. Those with poor circulation of lower limbs and edema, and obese people.
2. Those who have low immunity and feel discomfort and pain all over the body and those who are prone to colds.
3. Those who suffer from constipation and have rough and flabby skin.
4. Those who have clogged meridians and collaterals on legs, and have unsatisfactory leg proportion.

Inapplicable Range

1. Those who are in menstruation, pregnancy, and lactation
2. Those who have the diseases such as hypertension, heart disease, diabetes, severe thyroid diseases and malignant tumour.
3. Those who have skin diseases and infectious diseases or who are having allergic reactions.
4. Those who have cuts or wounds or who are recovering from operation
5. Those who have severe varicose veins
6. Those who have severely sensitive skin
7. Those who have just taken liposuction
8. Those who are of advanced years
9. Pregnant women or those who are recovering from operation

Do's and Don'ts after Operation

1. Keep warm, avoid eating cold food and getting a cold
2. Take a shower in 4-6 hours after the operation
3. Drink more hot water to keep hydrated and help with metabolism
4. Avoid eating and drinking too much and avoid staying up late
5. Avoid sauna, hot spring and violent exercises in one week after the operation
6. Wear long pants as possible as one can and avoid wearing miniskirt and hot pants

7. Breast Shaping

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 breast inelasticity
5. Relive breast atrophy, breast sagging and obstruction of lactiferous ducts

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.

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 pregnancy and lactation

Do's and Don'ts after Operation

1. Drink more hot water and keep warm.
2. Wear shaping and comfortable bra and don't squeeze your chest.
3. Avoid getting cold and take a bath after 4-6 hours.

Part II

1. Detailed Operation

The control panel is as follows



1. Function Selection



time display and adjustment



button for increasing time



button for decreasing time



start/stop button



button for adjusting energy output frequency



“S” : low frequency of energy output, the speed for stimulating muscular movement is slow during the treatment, suitable for first-time users or those who are sensitive to electric current.

“M”: medium frequency of energy output, the speed for stimulating muscular movement is medium during the treatment, suitable for those who have used this machine and feel this frequency is proper.

“F” high frequency of energy output, the speed for stimulating muscular movement is fast during the treatment, suitable for those who take exercise very often and can take high-frequency stimulation.



alert light for error

Please note: turn the corresponding energy knob of the patches you have used to “off” status after treatment, otherwise the alert light will be on when you use the machine next time. When you find that error light, it means you should turn the corresponding energy knob to “off” status.



Press this button to select working mode, the default mode is F1, press this button once and you will select the next mode, there are four working modes.

F1: thumping&pressing, stimulate muscular movement and firm skin, suitable for those who don't have too much unwanted fat but have saggy skin.

F2: kneading&massaging, unblock meridians and regulate metabolism, suitable for those who are prone to muscular stiffness, pains, numbness and fatigue.

F3: kneading&knocking, suitable for those who have some unwanted fat and want to reduce fat and shape body.

F4: knocking&thumping, stimulate muscular movement and tighten muscles, suitable for those who have saggy skin and want to exercise muscles.



Press this button to switch this machine into Cyclical Mode

When you press the AUTO button, the EMS patches will work under F1~F4 mode in sequence at the frequency of "S" first, which will repeat at the frequency of "M" and then "F".



Turn the energy knob of a certain pair of EMS patches and press start button, the light above corresponding knob will be on.

2. Technical Parameters

Voltage: 240V/50Hz or 220V/50Hz or 120V/60Hz

Rated power: $\leq 40W$

Working current: $\leq 50MA$

Pulse output: 10 channels

Maximum treatment time: 90 minutes

Pulse waveforms: 5 modes

Pulse frequency: 30Hz/s ~ 800Hz/s

Pulse power: 0 ~ 270 angels adjustable

Pulse speed: 3 levels adjustable

Shink time: 0.1 ~ 5s

Loose time: 0.1 ~ 5s

Machine dimension: 40cm*27cm*13cm

Packing size: 47cm*35cm*23cm

3. User Contraindications

People described as follows should be cautious about using this instrument. Please consult a doctor or a professional before using the instrument. The details are as follows:

1. Those who are in pregnancy or lactation.
2. Those with heart disease or who are equipped with pacemaker.
3. Those whose wounds have not healed and who are recovering from the operation.
4. Those with epilepsy, hypertension, severe diabetes and hyperthyroidism.
5. Those with malignant tumor, hemophilia or severe bleeding.
6. Those with skin diseases and infectious diseases.

7. Those who are sensitive to current.
8. Those who have severe gastric, intestinal and liver diseases as well as bladder stones and kidney stones should not use this machine.

4. Dos and Dont's

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. Do not use this instrument if there is a prosthesis in your chest.
7. It cannot be used if there is metal stent in the body (excluding female's IUD).
8. It cannot be used during pregnancy and lactation.
9. You can't use it after drinking.
10. It can not be used when people experience excessive menses.
11. People who are sensitive to electric currents can not use this machine.
12. It can not be used for the people who have cesarean section within half a year.
13. It cannot be used for the people who have abortion within 3 months.
14. It can not be used for the people who have easy delivery within 2 months.
15. Those who are sensitive to current should be cautious about using it.
16. Do not wear metal ornaments during operation
17. EMS should not be operated on the abdomen within 1 hour after a meal.
18. Do not place the EMS patches on the inflamed muscle due to injury.
19. Please do not place the EMS patches on the scar caused by recent surgery (within 10 months).
20. Clean the machine with normal saline after operation to ensure its cleanliness and hygiene and prolong its service life.

5. Troubleshooting & Solutions

1. The instrument cannot be started?

- A. Make sure the power cord is connected to the socket with normal power supply.
- B. The fuse on the back of the instrument is loose or blown.

4. There is no sensation of electric current during the EMS operation?

- A: Please check whether the connection is loose.
- B: Please check whether you press the corresponding button to control the specific pair of patches.

6. FAQs

1. Can the EMS treatment help reduce fat?

- A: Yes, it can. It can deliver better results in building body than in reducing fat. EMS is the abbreviation of electronic muscle stimulation, which is known as muscle electrical stimulation technology, and also known as muscle movement technology. The simple explanation is that

under normal circumstances, muscles begin to make movements after receiving signals from the brain, while EMS directly conveys the signal to the muscle through current stimulation, and then causes muscles to carry out passive movements so as to achieve the effect of exercise.

2. Will pain be caused during the EMS treatment?

A: There will be no pain. EMS treatment uses micro electric current to stimulate human cells, simulating folk tuina techniques such as knocking, pressing and pushing. Treatment receivers will feel comfortable because there will be the sensations of numbness and limpness.

3. What effects can this machine bring to treatment receivers?

A: It can dissolve fat to shape body. For example, you can use it to reduce local fat to have S-shaped figure. It can also promote body metabolism and detox, enhance visceral functions and relieve sub-health problems.

4. Will the treatment receivers regain weight after the operation?

A: No. EMS treatment helps reduce fat instead of water in the body. And fat accumulation takes a relatively long time. So, they will not regain weight easily.

5. Does the treatment receiver need to be on a diet?

A: Yes, they need to be careful about their diets. For the fact that this treatment can promote body metabolism, they should avoid eating spicy, greasy or fried foods in case their metabolism can be disrupted. They can take some exercise to sweat, which will help fat metabolism to deliver better fat-reducing results.

7. Packing List

- 1 x 2 in 1 EMS Body Slimming Machine Host
- 1 x Accessories Holder
- 10 pcs x Electrode Patches
- 1 x Breast Patches
- 1 x Electrode Lines
- 1 x Elastic Bandage
- 1 x Power Cord

8. Operational Diagrams

Parameter Adjustment	Product	Techniques	Diagrams
Waist&Abdomen Shaping: 60 min once a week			
EMS patch Energy level: turn the knob based on individual endurance. Set the energy	Massage Cream(Essential oil+Gel+WL -KYDS871	1. Massage techniques 2. Rub oil into abdomen with hands moving in circular motion, 3 times. 3. Rub abdomen back and forth with both hands, 3-5 times.	Technique2, 8, 11  Technique3, 19

<p>level at relatively low level at the beginning in case there is discomfort. Time: 20 min.</p>		<p>4. Knead abdomen with both hands using chiropractic technique, 3 times. 5. Lift Meridian BV(Belt Vessel) on both sides of waist with both hands alternately, 16 times. 6. Move hands in 8-shaped motion with right hand and left hand moving clockwise and anti-clockwise respectively on waist, 3 times. 7. Overlap hands and message the intestinal canal clockwise, 3 times. 8. Move hands in circular motion to soothe the treatment area, 3 times. 9. Apply digital pressing technique on the following acupoints: RN13, RN12, RN10, RN8, RN6, RN4, RN3, ST25, SP15. 2 times. 10. Starting from RN3 point, push to belly navel, slide to waist and then lift upwards to groin with both thumbs, 3 times. 11. Soothe the treatment area with hands and then slide to groin. 12. The end 13. EMS patch operation: apply some gel evenly to the patches and fix them on waist and abdomen, about 20 minutes 14. Remove the patches and wipe the gel off abdomen with warm towel 15. The end</p>	 <p>Technique4</p>  <p>Technique5</p>  <p>Technique6</p>  <p>Technique7</p>  <p>Technique9</p>  <p>Technique10</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, 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, and skin collagen will be increased. Stretch marks and flabby skin are also alleviated. Three courses will help consolidate the effects. Unwanted fat will gradually disappear, and waist and abdomen curves will start to take shape.

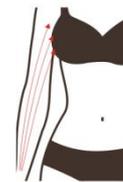
Arm Shaping: 60 min once a week

EMS patch
Energy level: turn the knob based on individual endurance. Set the energy level at relatively low level at the beginning in case there is discomfort.
Time: 20 min.

Massage Cream(Essential Oil+Gel+WL -KYDS871

1. Techniques
2. 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.
3. Push the entire arm with both palms, 3 times.
4. Push hands upwards tracing three main collateral channels: Large Intestine Meridian(LI) - Triple Energizer Meridian(TE) - Small Intestine Meridian(SI) to armpits with thumbs and index fingers splaying, 3 times.
5. Soothe the area, 3 times
6. Rub three main collateral channels on arms with kneeling finger back and forth till they turn hot, 3 times.
7. Soothe the area, 3 times
8. 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.
9. Rub three channels back and forth with kneeling

Technique 2, 3, 4, 5, 6, 7



Technique 8, 9



Technique 10



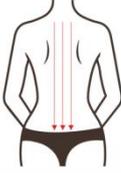
		<p>fingers till they turn hot, 3 times.</p> <p>10. Soothe the area and slide to fingers</p> <p>11. Repeat above techniques on the other arm.</p> <p>12. The end</p> <p>13. EMS patch operation: apply some gel evenly to the patches and fix them on the fat of arms, about 20 minutes</p> <p>14. Remove the patches and wipe the gel off arms with warm towel</p> <p>15. The end</p>	
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Treatment Suggestions

A course of treatment consists of ten treatment sessions. After one treatment session, there will be sensation of tightness, 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 the constitution to strengthen the effects. 3 courses will help consolidate effects and prevent arms from regaining fat.

Back Shaping: 60 min once a week

<p>EMS patch: Energy level: turn the knob based on individual endurance. Set the energy level at relatively low level at the beginning in case there is discomfort. Time: 20 min.</p>	<p>Massage Cream(Essential Oil+Gel+Water)-KYDS871</p>	<ol style="list-style-type: none"> 1. Techniques 2. Apply oil to back and press GB-20 and DU-16 acupoints. 3. Apply plucking technique on Dabanjing(the area connecting neck and shoulder) (from hairline), 3-5 times 4. Move thumb outwards from Bladder Meridian(BL) to the sacral region and then to GB-20 and DU-16 points. 5. Starting from neck to caudal vertebra, move hands in S-shaped motion, 3 times. 6. Apply pushing technique along Bladder Meridian(BL) with thumb in left-right order, 3 times. 	<p>Technique2, 11</p>  <hr/> <p>Technique3</p>  <hr/> <p>Technique4</p>  <hr/> <p>Technique5</p>
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		<p>7. Apply pushing technique along Bladder Meridian(BL) to sacral region with both thumbs at the same time, 3 times.</p> <p>8. Apply pushing technique along Bladder Meridian(BL) by three bending fingers, 3 times.</p> <p>9. Apply pushing technique along the medial border of scapula with both hands alternately in left-right order, 3-6 times.</p> <p>10. Apply plucking technique on the medial border of scapula with both hands horizontally, 3-6 times.</p> <p>11. Soothe back with both hands and apply digital pressing technique on GB-20 and DU-16 points, 3 times.</p> <p>12. Overlap both thumbs and apply digital pressing technique on SI-11 point and slide to the arm, 3 times.</p> <p>13. Do the same on the other side, 3 times</p> <p>14. Rub Meridian GV and Bladder Meridian(BL) with hands to warm them up.</p> <p>15. The end</p> <p>16. EMS patch operation:apply some gel evenly to the patches and fix them on the fat area of back, about 20 minutes</p> <p>17. Remove the patches and wipe the gel off back with warm towel</p> <p>18. The end.</p>	 <hr/> <p>Technique6, 7, 8, 14</p>  <hr/> <p>Technique9</p>  <hr/> <p>Technique10</p>  <hr/> <p>Technique12, 13</p>  <hr/>
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Treatment Suggestions

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 the back line. After two courses, the lump will appear to be smaller, meridians will be dredged, sub-health problems will be solved, and sleep quality will be 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 back from regaining fat.)

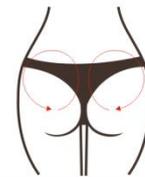
Hip Shaping: 60 min once a week

EMS patch:
Energy level: turn the knob based on individual endurance. Set the energy level at relatively low level at the beginning in case there is discomfort.
Time: 20 min.

Massage Cream(Essential Oil+Gel+Water)-KYDS871

1. Massage techniques
2. Standing on the side, rub oil into skin by sliding to the waist from the sacral region and then lift up along the hips from the waist, 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 press point: BL-23, 8 Crevice area, 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 the thigh along Bladder Meridian(BL) - Kidney Meridian(KI) - Liver Meridian(LV) - Gallbladder Meridian(GB) respectively to Meridian BV with both hands, 3 times each.
7. Apply pushing technique along Bladder Meridian(BL) - Kidney Meridian(KI) - Liver Meridian(LV) - Gallbladder Meridian(GB) from the top of thigh to Meridian BV upwards with both hands alternately, 3 times each.
8. Overlap both palms and apply pushing technique upwards from the top of thigh to Meridian BV (lifting), 3 to 5 times.
9. Apply pushing technique from both sides of your hips to the top of your

Technique 2,5,11



Technique 3



Technique 4



Technique 6



Technique 7,10



		<p>hips(shaping) line by line back and forth, 3 times.</p> <p>10. Repeat step 7</p> <p>11. Soothe the treatment area.</p> <p>12. The technique on the other side is the same as above.</p> <p>13. The end</p> <p>14. EMS patch operation: apply some gel evenly to the patches and fix them on the treatment area, about 20 minutes</p> <p>15. Remove the patches and wipe the gel off hips with warm towel</p> <p>16. The end</p>	
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Treatment Suggestions

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, hips will start to show obvious curve lines, excessive fat will begin to disappear slowly, and skin will appear to be tightened. 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 increase female attractiveness.

Leg Shaping: 60 min once a week

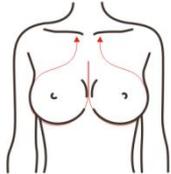
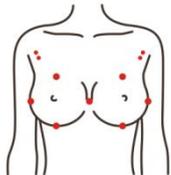
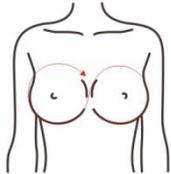
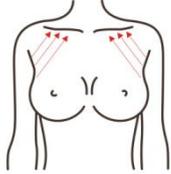
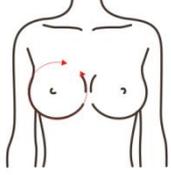
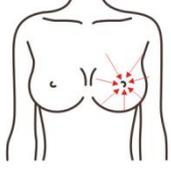
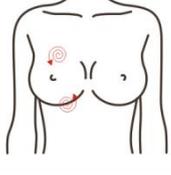
<p>EMS patch Energy level: turn the knob based on individual endurance. Set the energy level at relatively low level at the beginning in case there is discomfort. Time: 20 min.</p>	<p>Massage Cream(Essential oil+Gel+WL -KYDS871</p>	<ol style="list-style-type: none"> 1. Massage techniques 2. left-right order: rub oil into the skin from calf to thigh and then move back to heel, 3 times 3. Alternate the heels of both palms to push the entire leg upwards and move back to heel, 3 times 4. Move hands upwards to push four main meridians: Bladder Meridian(BL) - Kidney Meridian(KI) - Liver Meridian(LV) - Gallbladder Meridian(GB) with thumbs and index fingers splaying. 5. Push popliteal fossa with both hands alternately, 3 times. 6. Move both hands upwards alternately in an 	<p>Technique2, 3, 4, 5, 7, 8, 9</p>  <p>Technique6</p>  <p>Technique13, 14</p> 
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		<p>undulating motion, 3 times.</p> <p>7. Soothe the area, 3 times</p> <p>8. Push four meridians upwards with bending fingers of both hands, 3 times.</p> <p>9. Soothe the area, 3 times</p> <p>10. Repeat the operation on the other side.</p> <p>11. The end</p> <p>12. Massage the front side of legs: rub oil into skin from feet to the top of thigh (soothing technique), 3 times</p> <p>13. Push four meridians: Bladder Meridian(BL) - Kidney Meridian(KI) - Liver Meridian(LV) - Gallbladder Meridian(GB) to the top of thigh with thumbs and index fingers splaying.</p> <p>14. Push four meridians with bending fingers of both hands, 3 times</p> <p>15. The end</p> <p>16. Do the same on the other leg.</p> <p>17. EMS patch operation: apply some gel evenly to the patches and fix them on the fat area of legs, about 15 minutes</p> <p>18. Remove the patches and wipe the gel off legs with warm towel</p> <p>19. The end.</p>	
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Treatment Suggestions

A course of treatment consists of ten treatment sessions. After one treatment, legs will be relaxed, and circulation will be accelerated. After one course of treatment, legs will become thin, there will be contraction of skin collagen due to heat effect, and tightening effect can obviously be felt on the skin. After 2 courses of treatment, legs will be obviously tight and slim. 3 courses will help consolidate the effects. EMS micro current can stimulate dermis to promote constant regeneration of collagen. So the treatment results will be more obvious.

Breast Shaping: 45 min once a week

<p>EMS patch Energy level: turn the knob based on individual endurance. Set the energy level at relatively low level at the beginning in case there is discomfort. Time: 20 min.</p>	<p>Massage Cream(Essential oil+Gel+WL -KYDS871</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 (soothing technique) 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. Soothe the area, 3 times 4. Overlap two palms and move from Shanzhong(RN17) in 8-shaped motion back and forth, 3 times 5. Alternate hands to push from accessory breast towards suspensory ligament, in a left-right order 6. Soothe 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 9. Alternately move in circles with two thumbs to dredge nodules on the breast, 3 times 10. Soothe and lift breast with both hands, 3-5 times 11. Repeat the techniques on the other side 12. Breast patch operation: apply some gel evenly to the patches and fix them on nipples, about 20 minutes 	<p>Technique1</p>  <hr/> <p>Technique2</p>  <hr/> <p>Technique4</p>  <hr/> <p>Technique5</p>  <hr/> <p>Technique7</p>  <hr/> <p>Technique8</p>  <hr/> <p>Technique9</p>  <hr/>
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		13. Remove the patches and wipe the gel off breasts with warm towel 14. The end	
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Treatment Suggestions

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. Moreover, the functions of endocrine system will be improved to make females more attractive.