

# 10D Laser Body Contouring Slim System

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*BS-11V1 User Manual*



**IMPORTANT:** before starting the equipment correctly, please follow the installation instructions. Any damages caused by incorrect operations will void the warranty.

## **Safety Information:**

Thank you for choosing our products! This user instruction is specially designed for the safety of you and others. Please read the instructions carefully before installing or using the machine and follow them when using. The company does not take any responsibility for any accidents and problems caused by improper operation or mistakes, excluding quality problems.

### **Electrical Safety**

Before installing the machine, make sure that your local electric network complies with the voltage and frequency indicated on the tag on the rear panel. Otherwise, the machine may be damaged in case of excessive current or voltage rise.

Never touch the machine with damp or wet hands or feet.

It is dangerous to change or try to modify the function of this machine in anyway.

Do not attempt to operate this unit if the power cord has been frayed or broken.

Do not spill water or other liquids into or onto your unit.

During long periods of non-use, disconnect the unit's main power.

### **Safety Rules When Installing**

Place the machine on a stable and secure base. It should not be subjected to any jolts or vibrations.

Never expose the unit to too high(>40°C) nor too low temperature(<5°C).

NEVER EXPOSE THE UNIT TO RAIN OR ANY OTHER HUMIDITY.

Do not expose the unit to direct sunshine or install the unit close to a source of heat(central heating, radiator...); otherwise the screen may be damaged.

Do not cover or block the vent at or behind the unit.

### **Safety Rules When in Use**

Well clean areas to treat before treatment.

Never touch the machine with damp or wet hands or feet.

### **Operate Interface Instruction**

Treatment screen interface.

Make sure the power line has been installed correctly; make sure the hand pieces are well connected with the equipment; ensure the circuit breaker (if any) at the back of the machine is pressed to "on". The working menu will appear automatically. Choose the Language. Choose the right parameter to do the treatment according to the needs of customer.

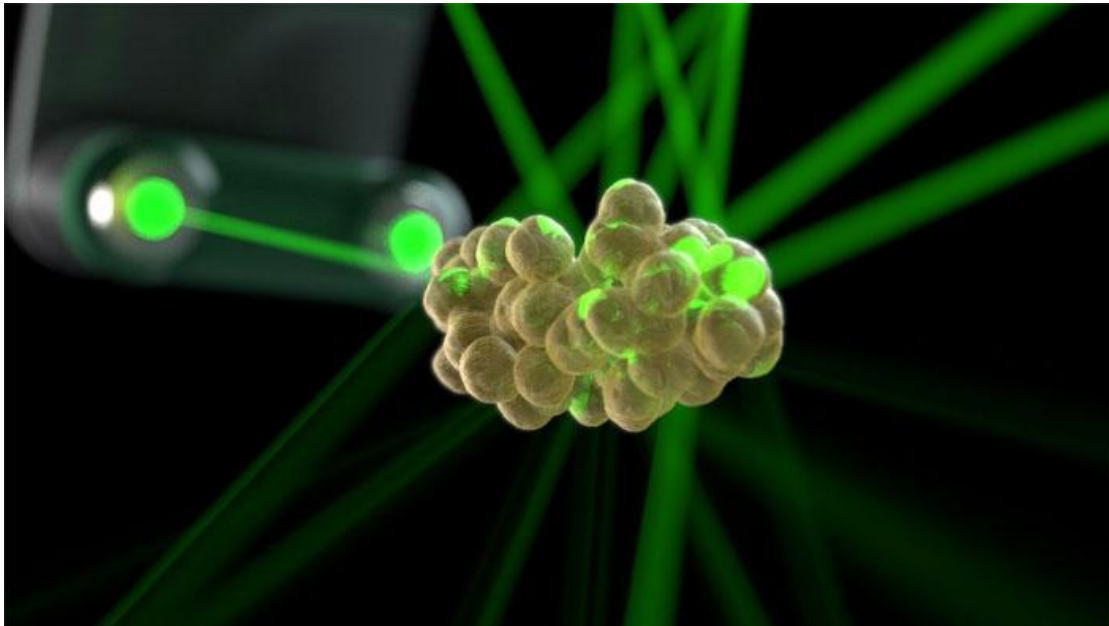
Turn on the machine and you can see the welcome screen and main selection interface.

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## 1. Theory

With the 532nm cold source laser, the 10 adjustable laser lamps target the fat cell beneath the treatment areas, creating a temporary pore within the fat cell, the fatty liquids can drain out of the cell, the volume of the fat cell is reduced. The fatty acids and glycerol will be flushed out naturally through lymphatic metabolism.



## 2. Application

Eliminate excess fat in the abdomen, waist, back, buttocks, thighs, butterfly sleeves, double chin, and more, reduce the circumference of the treatment area to create an overall slimming effect.

There is no need to use anesthesia, there is no pain, numbness, will not cause scar, trauma, no need to recover. Due to specific wavelength, laser only acts on the subcutaneous fat cell layer, other cells such as skin and capillary blood vessels will not be damaged during this process, safe and reliable way to reduce fat.

### 3. Parts Introduction

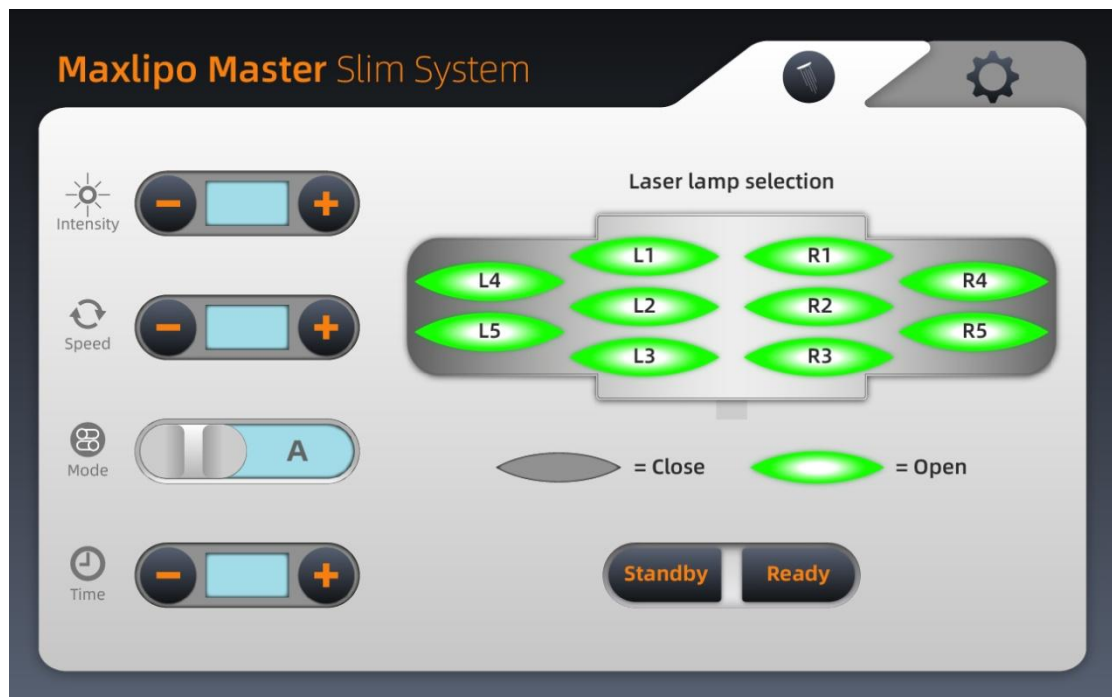





- 1. Touch Screen
- 2. Power Button
- 3. Laser Heads
- 4. Handrail

### 4. Operation




#### (1) Operation




- ① Press the power button.



- ②  press the button   to adjust the intensity.

The intensity should be started from the weakest.

- ③  press the button   to adjust the speed.

- ④  press the button   to adjust the treatment time.

- ⑤  Continuous mode and Pulse mode.

- ⑥ laser lamps: L1-L5; R1-R5, can be worked independently and simultaneously according to the treatment.

- ⑦ press  to start treatment,  to pause. The machine will stop automatically if the setting time is over.

## Setting Interface



Select language and adjust the brightness of the screen.

## (2) Treatment Course

Treatment time for each session is 40minutes. 3 times a week, 4 weeks as a treatment course.

No downtime or recovery period is needed after treatment.

## (3) Health Management

### ① 21 days recipe

<b>Breakfast</b>	Protein	egg (various boiled methods); shrimp, all kinds of soy products, etc. milk / soy milk / yogurt / bean flower
	Staple food	Corn/sweet potato/ oatmeal or other coarse grains/ mixed grain porridge / whole wheat bread, etc.
	Veg & Fruit	Qilua/tomato/vegetables/bean, etc. Apple/pear/banana/papaya, etc.
<b>Lunch</b>	Staple food	Miscellaneous grain / miscellaneous noodle/ potato/ sweet potato, etc.
	Meat	Beef / fresh shrimp / chicken breast / lamb / fish, etc
	Veg	Green leafy vegetables
<b>Supper</b>	Staple food	Same as lunch (recommended for 70%)
	Protein	Same as breakfast
	Veg	Same as lunch
<b>Snack</b>		proper nuts, fruits, low-sugar yoghurt, etc

Note:

- It is recommended that daily intake is equal to the basic metabolic rate.
- Category in the frame cannot be less, such as lunch, must contain staple food, meat and

vegetables.

- About similar food: can be replaced with each other between the same type of food, such as protein.
- Walking instead of standing, standing instead of sitting, sitting instead of lying.

## ② Living habits

- Develop the habit of daily defecation, which can make the toxins in the body to discharge smoothly. Sometimes the accumulation of toxins is also the reason why weights are not delayed.
- Sleep should be regular and sufficient. It is recommended to get up 6:00-7:30 daily, sleep at 22:00-23:00. Taking a little intensity activity to help awake the body function and sleeping.
- A bath or foot bath (soilet) or massage, at least three times a week to promote blood circulation and strengthen metabolism.
- Keep away from fried food, try eat to steam or boiled food, because greasy food contains not only super calories, but also a healthy number killer.
- Don't eat snacks while watching TV (reading), because it will make people eat more than three times the food.
- Don't barely eat the food that you can't eat.
- Never eat after 9:00 pm, if you have always had a habit of eating late, replace with fruits, greens or high fiber biscuits. The heat storage of one late dinner is equal to the sum of three meals a day.
- Please don't resist pressure in eating, not only is not good for health, but also a major obstacle to slimming.
- Replace the beverage with boiled water.
- Develop habits of exercise. Some relaxed stretching is easy to persist than violent movements. Timed walk, early exercise, etc. will not only slim, but also greatly benefit health.
- Don't bare yourself, or quit dessert. Reducing the number of times and the components to avoid overeating.

## 5. Cautions

### (1) Cautions before Treatment

Before using this machine, be sure to check if the parts are connected correctly.

Insert the power supply first, turn on the total switch of the instrument to avoid current reflow phenomena.

The accessory cable must be aligned with the socket when accessing the host, avoiding the accessory jack interruption caused by the accessories.

Carefully move the machine, organic glass cannot wipe with alcohol.

When adjusting the intensity, it is necessary to have a flexible adjustment (suitable for the mainstay) according to the customer's ability, so as not to cause discomfort in the skin.

### (2) Cautions after Treatment

Customer is advised to take a 30 minutes walk or exercise everyday.



Drink 2 litres of water a day.

Avoid too greasy/oily food and sweets. Make dinner a smaller meal.

Reduce intake of caffeine and alcohol.

It is recommended to take VC 1000mg / time, 2 times a day after treatment.

## 6. Contraindications

- (1) Female "three phases" (physiological period, pregnancy, lactation).
- (2) Customers with use hormones during treatment.
- (3) Customers with blood system disease.
- (4) Customers with the use of excessive exercises within 2 months in the treatment site.
- (5) Implanted cardiac pacemakers or other implanted electronic devices.
- (6) Life-sustaining artificial heart-lung machines and other equipment.
- (7) Portable ECG measurement equipment;
- (8) The following patients should be agreed by the professional doctors before using the equipment:

Patients with acute disease;

Malignancy;

Patients with Infectious diseases;

Patients with heart diseases;

Patients with fever;

Patients are receiving treatment or those with abnormal body phenomenon.

## 7. Maintenance

(1) Warranty: one year from the date of purchase for the main unit. We are responsible for the maintenance in our factory in GZ. After the warranty period has expired, we will charge a service fee or component fee.

(2) Prohibited to use in the following environments:

Hot and humid environment;

Dusty environment;

Environment with much smoke or steam.

(3) Be sure to wipe the probe to avoid oxidation and damage to the machine.

(4) If there comes a failure, shut down the power immediately, and send it to the distributors or contact manufacturer for maintenance, Do not repair by yourself without guidance.

(5) Exclusion of liability:

① if fire, earthquake or war occurred;

② The fault of user, operator error;

③ Damage caused by using other purpose (not included in the use manual);

④ Operate without manual's guide;

⑤ Do not make the machine close to the wall, keeping a 30cm space around for cooling.

## 8. Parameters

Power	800W
Wavelength	532nm (green light)
Mode	Continuous; Pulse
Energy Output	1-200mW(Continuous); 1-300mW(Pulse)
Screen	12.1inch Touch Colour Screen
Treatment Area	About 30mm*800mm
Intensity	Level 1-3 (adjustable)
Rotation Speed	Level 1-3 (adjustable)
Fuse	5A
Cooling System	Air cooled
Package Size	118cm*58cm*60cm
N. W./G. W.	39KG/58KG