

# User Manual

LY-10101J



## Preface

To our valued users,

Thanks for choosing our LY-10101J laser fat-dissolving machine, which vigorously dissolves fat and slims body. It has an evident effect on body sculpting and weight loss with lipolysis. It applies high-tech and achieves body sculpting safely and effectively. A laser fat-dissolving machine is professional beauty equipment for slimming and weight reduction, which needs to be operated by people with professional training. Any improper use of this equipment may bring adverse consequences to the body. Thus, we advise all people to read this manual thoroughly and strictly follow the instructions specified 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.

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# Part I

## 1. Introduction

A laser fat-dissolving machine is currently the most popular equipment for weight loss and slimming. It can effectively replace weight loss programs in beauty salons, operate easily, conveniently, and swiftly, and solve body problems for people pursuing beauty. Moreover, this equipment works safely and effectively and requires no injection, medication, or surgery. It's operated externally throughout, and it has no side effects and an immediate impact. The laser has mighty penetrating power. It can effectively activate or repair fat cells, penetrate the adipose layer, and dissolve subcutaneous fat by heating. The treatment method is safe and painless and has no side effects.

## 2. Advantages

- (1) Laser powerfully dissolves the fat and has an evident effect.
- (2) It requires no operation and uses no anesthetic to carry out the procedure.
- (3) It's comfortable and painless during treatment, and it requires no convalescence and will not affect work after the treatment.
- (4) It has zero consumption and is low-cost, but it gives a quick return.
- (5) Unevenness, bleeding, and swelling will not occur.
- (6) Laser lipolysis is safe and painless, dissolves fat evenly, and makes skin smooth and flat without leaving marks.
- (7) The laser's wavelength can penetrate the adipose layer and dissolve subcutaneous fat by heating, which will be absorbed and discharged through natural body metabolism.

## 3. Principle

It uses a red laser, a visible spectrum with a wavelength of 635nm-650nm. The laser has mighty penetrating power. It can effectively activate and repair fat cells, penetrate the adipose layer, and dissolve subcutaneous fat by heating. The treatment method is safe and painless and has no side effects. It sends the low-level chemical signals of laser energy to fat cells, decomposes triglycerides deposited in the fat layer into free fatty acids and glycerol, and releases them through the channel of cytomembrane. Fatty acids and glycerol are transported to body tissue that produces metabolic energy. The release of fatty acids is a natural response when the body needs the stored energy reserves. Thus, no unnatural reaction trigger inside the body, nor does it affect or damage surrounding structures like skin, blood vessels, and peripheral nerves. After some exercise therapy, the free fatty acids inside the body will be eliminated through intact metabolism.

**Biological Effect:** The LED laser uses a wavelength of 635nm to 650nm, which heats fat cells in the targeted zone to decompose them. And fat deposits are absorbed and discharged via the body's natural metabolism in a short time. The laser seals small blood vessels during the process, obviously reduces bruises, leads the heat to the treatment area, and stimulates collagen production. Thus, achieving smoothness, tightening, and body shaping.

Low-energy laser (biological stimulation) directly reaches deep fat. It stimulates biological cells and induces or strengthens a series of physiological reactions by providing a proper amount of energy, including promoting local blood circulation, regulating cell functions, enhancing immune function, and facilitating cell metabolism. It can tighten skin, remove wrinkles, reduce fat, and shape the body simultaneously. The laser has mighty penetrating power. It can effectively activate or repair fat cells, penetrate the adipose layer, and dissolve subcutaneous fat by heating. The treatment method is safe and painless and has no side effects.

It applies the latest non-surgical and non-invasive laser lipolysis technology. The device releases low-level laser energy, which produces a chemical signal among fat cells and dissolves the trioxide triene stored in the body into free fatty acid, glycerin, and water molecules. And this is a natural reaction when the body needs to utilize the reserved energy. The free fatty acids are transported into the whole body through the lymphatic system to supply energy. It's just like what the body would respond to when it's short of heat.

## No pain, Non-invasive, Safe

LED laser essentially permanently removes your excess fat however without the suction. The body fat is dissolved or liquefied (turned into liquid) using a medical laser instead of suction.



1. Massage on treatment area 10mins, with oil.
2. Fixed proper pads on the treatment area with belts, 10-15mins.
3. Remove and clean pads with wet towel. 2-3 times each week.

### 4. Efficacy

- (1) Dissolve fat cells and speed up metabolism.
- (2) Reduce local weight, dissolve fat, and eliminate obesity.
- (3) Relieve skin's slackness and aging and contract and shape skin.
- (4) Tighten the skin and make it elastic.
- (5) Dissolve fat and build a perfect body curve.
- (6) Sculpt V-shaped face, A4 waist, slender legs, and sexy buttocks.

### 5. Indications

- (1) People with pear-shaped figures due to long-time sitting.
- (2) People with flabby arms.
- (3) People with extensive fat accumulation between the outer side of the buttocks and thigh.
- (4) People whose skin starts to become slack or saggy or with an unclear jawline.
- (5) People who are obese because of eating and drinking too much.
- (6) People with the slack abdomen, potbelly, obese waist, or striae atrophicae after child delivery.
- (7) People with flab on the waist and abdomen or swim-ring-like waist.

- (8) People whose buttocks show an outward expansion or with excess fat or flab.

## 6. Contraindications

- (1) Women in pregnancy or lactation.
- (2) People with heart disease or heart pacemakers.
- (3) People with unhealed surgical wounds or in surgical recovery.
- (4) People with epilepsy, severe diabetes, or hyperthyroidism.
- (5) People with malignant tumors, hemophilia, or severe bleeding.
- (6) People with skin disease or infectious disease should use it with caution.
- (7) It's prohibited to use the equipment around body parts that implant metal, plastic, or silicone.
- (8) People who have taken anticoagulants, vascular dilations, or corticosteroids for a long time or are taking them now.

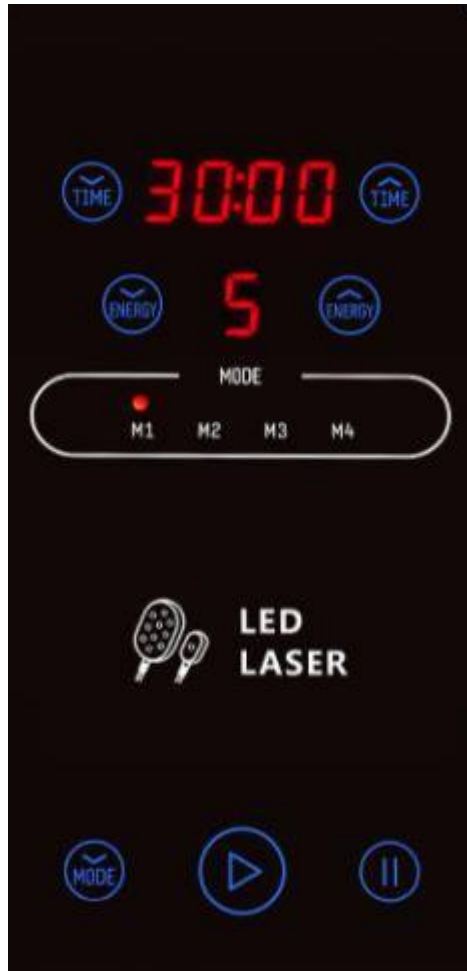
## 7. Matters Needing Attention After Treatment

- (1) Keep warm, don't eat cold food, and avoid exposing to a windy environment and catching a cold.
- (2) Take a shower after 4 to 6 hours.
- (3) Drink more warm water to replenish moisture and speed up metabolism.
- (4) Refuse to eat and drink too much and stay up late.
- (5) Avoid eating raw, cold, and spicy food. But have enough sleep.
- (6) Avoid wearing a crop top, backless clothes, miniskirt, and mini-shorts.

## Part II

### 1. Detailed Operations

Have the equipment correctly connected, and the following initial interface will appear when pressing the power switch.



Time Setting & Display



Time Setting (decrease)



Time Setting (increase)



Energy Level Setting & Display



Energy Level Setting (decrease)





Energy Level Setting (increase)



Mode Selection



Start



Pause



Mode Selection

M1: the lights are always on, suit first-time users and obese people

M2: the lights flash slowly with an even speed.

M3: the lights flash fast

M4: the lights flash super fast

## 2. Technical Parameters

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

Power: 10W

InputPower: 10W

Dimensions: 11.1 \* 13.5 \* 8.2 inches

Net Weight: 3kg

Gross Weight: 4.3kg

Lipo laser

Wave Length: 635-650nm

Power: 5 mw

## 3. Precautions on Use

- (1) You must use a plug with a ground pin and ensure the power socket is already grounded before using the equipment.
- (2) Make sure the voltage of the equipment is adaptive. If the local power supply voltage is not stable, we suggest users add a voltage regulator with matching power between the main supply and the equipment.
- (3) Please uniformly use specified parts provided or suggested by the original manufacturer to guarantee the equipment's curative effect and expected service life.
- (4) Please do not put the equipment in a damp place, near a water source, or sites

that expose it to direct sunlight.

- (5) Please don't place the equipment near an intense heat source since this may affect its service life and everyday use.
- (6) Please remove all the metal objects from the body before treatment to avoid unexpected situations that may affect the curative effect.
- (7) Please do not use the equipment on the eyes, thyroid, parathyroid, testicles, a pregnant woman's abdomen, pacemaker, etc.
- (8) If you are suffering from an illness, you should use it with caution unless you get permission from a doctor.
- (9) Please turn off the equipment's power switch if no one uses it, and ensure the main power is off before the exit of related personnel to guarantee the equipment's safety.
- (10) Use the equipment and train the operators in strict accordance with the instructions specified in the manual.
- (11) 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 take it immediately.
- (12) Do not use the equipment with an empty stomach, and wait at least one hour after a full meal before starting a weight reduction treatment.
- (13) After the operation, clean the equipment with normal saline to ensure its cleanliness and hygiene so that its service life can be extended.
- (14) When operating, fasten laser pads onto the client first, then turn the equipment on, and adjust energy level (which should be set from low to high slowly to make the client feel warm and comfortable..
- (15) When using the laser pads, their whole surface should contact the skin thoroughly; they can not only touch a small area.
- (16) Laser pads can be used together with massage and other beauty equipment to achieve a better effect, or they also can be used separately. Fasten them onto fat parts directly with the band. It takes about 30 minutes for one treatment. A better effect can be achieved with the combined use of the hands' technique.

## 4. Troubleshooting

- (1) I can't start the equipment, and the indicator lamp doesn't light up.
  - A. Make sure you plug the power cord into a good power socket.
  - B. Check whether the fuse tube in the back is loose or burnt out.
- (2) Laser pads don't have energy output?
  - A. Please check whether the connecting wire is correctly connected to the main machine.
  - B. If the solutions mentioned above are not working, please contact the equipment dealer \_\_\_\_\_ for \_\_\_\_\_ assistance.  
There is an error message on the monitor after starting the equipment.
  - C. Take out the plug from the back, wait about one minute, reinsert the plug, and restart the equipment.
  - D. If the solutions mentioned above are not working, please contact the equipment dealer for assistance.

## 5. FAQs

(1) Q: Which one is better, laser lipolysis or liposuction?

A: Compared with traditional liposuction, laser lipolysis evenly scans body parts to be treated one by one with laser power. It will not cause unevenness instead, it makes skin smooth and firm. In addition, the laser used by laser lipolysis only acts on the given fat layer, which will not harm the epidermis and speed up self-healing of elastic fibers, and maintain the firmness, smoothness, and flatness of the treated parts' skin.

(2) Q: Does laser lipolysis get rebound?

A: The quantity of fat cells is fixed. It increases with age increasing and becomes constant until adulthood. Weight gain is the cause of the size increase of fat cells. Laser lipolysis gets rid of local fat and reduces the size of fat. It's true that seldom does laser lipolysis rebound. But it doesn't mean rebound will not occur for sure. Usually, the rebound will not happen as long as you have a rational dietary structure and don't eat and drink too much every day.

(3) Q: Does weight reduction with laser need to control eating and do exercise?

A: Losing weight with the laser has a noticeable effect, but we can't rely on it alone to achieve this. A rebound may occur if we don't control what we eat and instead eat and drink too much after reducing our weight to an ideal range. Bear in mind that there are no such weight loss products that can guarantee permanent effect. Therefore, weight loss with the laser is just a supplement. We still have to be on a diet and do the exercise properly after reaching the weight reduction target and stopping weight loss with the laser.

## 6. Packing List

6 x Big LED Laser Pad

4 x Small LED Laser Pad

1 x Holder for Laser Pad

1 x Power Supply Cord (Both 110V and 220V [Frequency: 50/60Hz] are available. We also stock USA, UK, AU, EU plugs to meet the needs of countries all over the world.)

## 7. Operating Steps

### (1)Waist & Abdomen/ Arm/ Back/ Buttock/ Leg Sculpting

Apply essential oil, massage, clean the treated parts, and use big LED laser pads.

Auxiliary tool: strap






### (2)V-shaped Face Tightening





Remove makeup, clean the face, apply toner, massage, use small LED laser pads, apply a sheet mask, and apply water, essence, lotion/facial cream, and sunblock.

Matched product: massage cream

Auxiliary tool: strap

## 8. Operational Diagrams

Parameter Setting	Matched Product	Technique	Diagram
<b>Waist &amp; Abdomen Sculpting: 40 Minutes/ Once a Week</b>			
<b>Big LED Laser Pad</b> Advised Time: 20 to 30 minutes  Advised Energy Level: 3 to 7  Advised Mode: M1	Essential Oil (Massage Cream) + Instrument	<ol style="list-style-type: none"> <li>1. Rub essential oil into the abdomen with hands moving circlewise. Repeat three times.</li> <li>2. Rub the belly back and forth with hands. Repeat 3 to 5 times.</li> <li>3. Rub abdominal fat as the way of rubbing the spine with hands doing it alternately. Repeat three times.</li> <li>4. Lift Daimai (GB26) of the two sides of the waist with hands doing it alternately. Repeat 16 times.</li> <li>5. Draw Arabic numeral eight till the part below the waist with hands, and then lift upwards from the side of the waist. Repeat three times.</li> <li>6. Rub intestinal tract with overlapped hands drawing small circles clockwise. Repeat three times.</li> <li>7. Caress the treated parts with hands moving circlewise. Repeat three times.</li> <li>8. Press Shangwan (RN13), Zhongwan (RN12), Xiawan (RN10), Shenque (RN8), Qihai (RN6), Guanyuan (RN4), Zhongji (RN3), Tianshu (ST25), and Daheng</li> </ol>	<p>Technique 1, 7</p>  <hr/> <p>Technique 2</p>  <hr/> <p>Technique 3</p>  <hr/> <p>Technique 4</p>  <hr/> <p>Technique 5</p> 

		<p>(SP15). Repeat two times.</p> <p>9. Push from Zhongji (RN3) to belly button with thumbs, slide to parts below the waist along the two sides, and lift upwards to groin. Repeat three times.</p> <p>10. Caress the treated parts till groin with hands.</p> <p>11. Clean the treated part.</p> <p>12. Big LED Laser Pad: Fasten laser pads onto the abdomen's fatty part with a strap for 20 minutes.</p> <p>13. Remove the laser pads.</p> <p>14. Treatment ends.</p>	 <hr/> <p>Technique 6</p>  <hr/> <p>Technique 8</p>  <hr/> <p>Technique 9</p>  <hr/>
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**The Recommended Course of Treatment:**

A course of treatment includes ten treatment cycles. When you accomplish a treatment cycle, your abdomen gets relaxed. After a course, fat metabolizes slowly, and slimming starts. When you complete two courses, the effects become more apparent, skin turns tightened and lifted, and flabby skin takes a turn for the better. If you finish three courses, the effects consolidate, excess fat disappears gradually, and waist and abdomen curve and a slim waist form.

**Arm Sculpting: 40 Minutes/ Once a Week****Big LED Laser Pad**

Advised Time:  
20 to 30  
minutes

Advised Energy  
Level:  
3 to 7

Advised Mode:  
M1

Essential Oil  
(Massage  
Cream) +  
Instrument

1. Do it in left-right order. Lay the arm flatwise, apply essential oil from lower arm to upper arm with hands until the hands slide out. Repeat three times.
2. Push the entire arm with palms doing it alternately. Repeat three times.
3. Push Large Intestine Channel-Triple Energizer Channel-Small Intestine Channel of the outer arm successively till armpit with hands' purlicue. Repeat three times.
4. Caress the treated part. Repeat three times.
5. Rub the three channels and collaterals of the upper arm separately and back and forth with kneeling fingers until they turn hot. Repeat three times.
6. Caress the treated part. Repeat three times.
7. Lay the arm upwards, and push Lung Channel-Pericardium Channel-Heart Channel of the inner arm till armpit with purlicue. Repeat three times, respectively.
8. Rub the three channels

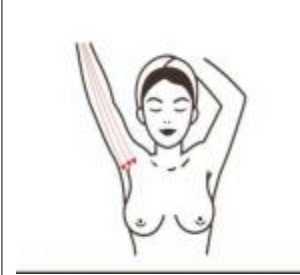
Technique 1, 4, 6










Technique 2, 3, 5




Technique 7, 8, 9



		<p>and collaterals back and forth with kneeling fingers until they turn hot. Repeat three times.</p> <p>9. Caress the treated parts till the hands slide out. Repeat three times.</p> <p>10. Do the same on the other side.</p> <p>11. Clean the treated part.</p> <p>12. Big LED Laser Pad: Fasten laser pads onto the arm's fatty part with a strap for 20 minutes.</p> <p>13. Remove the laser pads.</p> <p>14. Treatment ends.</p>	
<p><b>The Recommended Course of Treatment:</b></p> <p>A course of treatment includes ten treatment cycles. When you accomplish a treatment cycle, your arms get relaxed. After a course, the arms' excess fat decreases, and the skin starts to turn firm. When you complete two courses, body shaping starts, and the effect strengthens. If you finish three courses, the effect consolidates and stabilizes. Thus rebounds can be prevented.</p>			
<p><b>Back Sculpting: 40 Minutes/ Once a Week</b></p>			
<p><b>Big LED Laser Pad</b></p> <p>Advised Time: 20 to 30 minutes</p> <p>Advised Energy Level: 3 to 7</p> <p>Advised Mode: M1</p>	<p>Essential Oil (Massage Cream) + Instrument</p>	<p>1. Rub essential oil into the back and press Fengchi (GB20) and Fengfu (DU16).</p> <p>2. Stroke the area connecting neck and shoulder (start with hairline) with the thumb. Repeat 3 to 5 times.</p> <p>3. Stroke Bladder Meridian (BL) outward to the sacral region (BL31-BL34) with thumb and caress till Fengchi (GB20) and Fengfu (DU16). Repeat three times.</p> <p>4. Move circlewise and S-shaped motion from the neck to the caudal vertebra with hands. Repeat three</p>	<p>Technique 1, 10</p>  <hr/> <p>Technique 2</p>  <hr/> <p>Technique 3</p>

		<p>times.</p> <p>5. Push Bladder Meridian (BL) in left-right order with thumbs doing it alternately. Repeat three times.</p> <p>6. Push Bladder Meridian (BL) to the sacral region (BL31-BL34) with hands doing it simultaneously. Repeat three times.</p> <p>7. Push Bladder Meridian (BL) with the hands' kneeling fingers in three lines, respectively. Repeat three times.</p> <p>8. Push the medial border of the scapula in left-right order with hands doing it alternately. Repeat 3 to 6 times.</p> <p>9. Stroke transversely the medial border of the scapula with hands. Repeat 3 to 6 times.</p> <p>10. Caress the whole back with hands and back to press Fengchi (GB20) and Fengfu (DU16). Repeat three times.</p> <p>11. Press Tianzong (SI11) with thumbs overlapped, slide to the arm, and slide out from there. Repeat three times.</p> <p>12. Treat the other side. Press Tianzong (SI11) till the arm, and slide out from there. Repeat three times.</p> <p>13. Rub Du Meridian and Bladder Meridian with hands till they turn hot.</p> <p>14. Clean the treated part.</p> <p>15. Big LED Laser Pad: Fasten laser pads onto the</p>	 <hr/> <p>Technique 4</p>  <hr/> <p>Technique 5, 6, 7, 13</p>  <hr/> <p>Technique 8</p>  <hr/> <p>Technique 9</p>  <hr/> <p>Technique 11, 12</p>
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		fatty part of the back's two sides with a strap for 20 minutes. 16. Remove the laser pads. 17. Treatment ends.	
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### The Recommended Course of Treatment:

A course of treatment includes ten treatment cycles. When you accomplish a treatment cycle, your back gets relaxed. After a course, the back's excess fat lessens slowly, and back outlines become clearer. When you complete two courses, the effect consolidates, and fat on the back disappears gradually. If you finish three courses, the back turns thinner, and its outlines become good-looking. (One course reduces the size, two courses consolidate the effect, and three courses strengthen the effect without a rebound.)

### Buttock Sculpting: 40 Minutes/ Once a Week




<b>Big LED Laser Pad</b> Advised Time: 20 to 30 minutes  Advised Energy Level: 3 to 7  Advised Mode: M1	Essential Oil (Massage Cream) + Instrument	1. Stand sideways with hands applying essential oil, slide from the sacral region (BL31-BL34) to the waist, and lift upwards along the buttocks. Repeat three times. 2. Push the sacral region (BL31-BL34) with thumbs. Repeat three times. 3. Caress the treated part three times, and then press Shenshu (BL23), sacral region (BL31-BL34), Changqiang (DU1), Huantiao (GB30), and Chengfu (BL36). Repeat three times. 4. Caress the treated part. Repeat three times. 5. Do it in left-right order; push upwards from thigh root to Daimai (GB26) with hands along Bladder Meridian, Kidney Meridian, Liver Meridian, and Gallbladder Meridian. Repeat three times,	Technique 1, 4, 10 
			Technique 2 
			Technique 3 
			Technique 5, 7, 9 

		<p>respectively.</p> <p>6. Push upwards from the thigh root to Daimai (GB26) with hands along Bladder Meridian, Kidney Meridian, Liver Meridian, and Gallbladder Meridian. Repeat three times, respectively.</p> <p>7. Push from thigh root to Daimai (GB26) with the palms overlapped (for lifting). Repeat 3 to 5 times.</p> <p>8. Push one line after another and back and forth from the two sides of the buttocks to the highest point on them with hands (for shaping). Repeat three times.</p> <p>9. Push from thigh root to Daimai (GB26) with the palms overlapped (for lifting). Repeat 3 to 5 times.</p> <p>10. Caress the treated part.</p> <p>11. Do the same on the other side.</p> <p>12. Clean the treated part.</p> <p>13. Big LED Laser Pad: Fasten laser pads onto the buttocks' fatty part with a strap for 20 minutes.</p> <p>14. Remove the laser pads.</p> <p>15. Treatment ends.</p>	 <p>Technique 6</p>  <p>Technique 8</p> 
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**The Recommended Course of Treatment:**

A course of treatment includes ten treatment cycles. When you accomplish a treatment cycle, buttocks lift to some extent. After a course, buttock outlines start to show themselves, and excess fat decreases slowly. When you complete two courses, buttocks' flab vanishes, and skin turns firm. If you finish three courses, the effect consolidates, boosting feminine charm.

**Leg Sculpting: 60 Minutes/ Once a Week**

<b>Big LED Laser Pad</b> Advised Time: 20 to 30 minutes  Advised Energy Level: 3 to 7  Advised Mode: M1	Essential Oil (Massage Cream) + Instrument	<ol style="list-style-type: none"><li>1. Rear-leg: Do it in left-right order; apply essential oil from lower leg to thigh, and return to heel. Repeat three times.</li><li>2. Push the entire leg from the bottom up with palms doing it by turns, and back to the heel till the palms slide out. Repeat three times.</li><li>3. Push Bladder Meridian-Kidney Meridian-Liver Meridian-Gallbladder Meridian from the bottom up with hands' purlicue doing it by turns. Repeat three times.</li><li>4. Push popliteal fossa with hands doing it alternately. Repeat three times.</li><li>5. Twist the leg from the bottom up and back and forth with hands doing it alternately. Repeat three times.</li><li>6. Caress the treated part. Repeat three times.</li><li>7. Push the four channels and collaterals from the bottom up with hands' kneeling fingers. Repeat three times.</li><li>8. Caress the treated part.</li></ol>	Technique 1, 2, 3, 4, 6, 7, 8   Technique 5   Technique 10, 11, 12, 13 
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		<p>Repeat three times.</p> <p>9. Do the same on the other side.</p> <p>10. Fore-leg: Apply essential oil from lower leg to thigh root with hands (caressing). Repeat three times.</p> <p>11. Push from leg to thigh root with the base of palms doing it by turns. Repeat three times.</p> <p>12. Push the leg's Spleen Meridian-Stomach Meridian-Liver Meridian-Gallbladder Meridian till thigh root with hands' purlicue doing it alternately. Repeat three times.</p> <p>13. Push the four channels and collaterals with hands' kneeling fingers. Repeat three times.</p> <p>14. Clean the treated part.</p> <p>15. Big LED Laser Pad: Fasten laser pads onto the leg's fatty part with a strap for 20 minutes.</p> <p>16. Remove the laser pads.</p> <p>17. Treatment ends.</p>	
<p><b>The Recommended Course of Treatment:</b></p> <p>A course of treatment includes ten treatment cycles. When you accomplish a treatment cycle, your legs get relaxed. After a course, the legs' excess fat decreases slowly, and they become thin. When you complete two courses, the legs' fat vanishes gradually, and they turn slender and firm, showing an evident effect. If you finish three courses, the results consolidate without rebounds</p>			
<p><b>V-shaped Face Tightening: 60 Minutes/ Once a Week</b></p>			
<p><b>Small LED Laser Pad</b></p> <p>Advised Time: 20 to 30</p>	<p>Makeup Remover + Facial Cleanser +</p>	<p>1. Remove makeup and clean, 5 minutes.</p> <p>2. Clean the face, 2 minutes.</p>	<p>Technique 5</p>

<p>minutes</p> <p>Advised Energy Level: 3 to 7</p> <p>Advised Mode: M1</p>	<p>Toner +</p> <p>Massage Cream +</p> <p>Essence +</p> <p>Facial Mask</p>	<p>3. Apply toner, 1 minute.</p> <p>4. Apply massage cream evenly to the face, and caress it three times.</p> <p>5. Lift from chin to Yifeng (SJ-17) with the hands' middle and ring finger; press Yifeng (SJ-17) with the left hand, and lift to and fro jawline with the right hand; press Yifeng (SJ-17) with the right hand, and lift to and fro jawline with the left hand. Repeat three times, respectively.</p> <p>6. Lift from chin to earlobe, corner of the mouth to Ermen (SJ21), wing of the nose to Taiyang (EX-HN5), and lower eyelid to Taiyang (EX-HN5); lift the corner of the eyes; do them alternately with hands. Repeat three times.</p> <p>7. Do the same on the other side.</p> <p>8. Lift forehead towards the hairline direction. Repeat three times.</p> <p>9. Do the same on the other side. Then move to the front and back of the ear, and slide out from the side of the neck.</p> <p>10. Clean the face and apply toner.</p> <p>11. Small LED Laser Pad: Fasten laser pads onto the chin's fatty part with a strap for 20 minutes.</p> <p>12. Remove the laser pads.</p> <p>13. Clean the face, 2 minutes.</p> <p>14. Apply a sheet mask and</p>	<div data-bbox="1134 210 1267 416"></div> <p>Technique 6, 7</p> <div data-bbox="1134 546 1267 752"></div> <p>Technique 8</p> <div data-bbox="1134 882 1267 1088"></div> <p>Technique 9</p> <div data-bbox="1134 1196 1267 1402"></div>
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		wait 15 minutes. 15. Clean the face, 2 minutes. 16. Apply toner, essence, facial cream, and sunscreen. 17. Treatment ends.	
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**The Recommended Course of Treatment:**

A course of treatment includes ten treatment cycles. When you accomplish a treatment cycle, the face's circulation accelerates, and the skin tightens to some extent. After a course, double chin's fat metabolizes and decreases slowly, and skin firms. When you complete two courses, double chin gets tightened, and facial contour appears. If you finish three courses, the effect consolidates, skin turns firm, and v-shaped face forms.