

User Manual

Microcurrent Stimulation Body Shape Machine

Model: LY-2000B



Preface

To our valued users,

Thanks for choosing our latest massager. This latest body slimming and skin tightening instrument applies EMS technology. LS-2000B is professional beauty equipment, 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

At present, beauty instruments that adopt the EMS technique are the most popular ones for tightening and body shaping. It can effectively replace all body care programs in a beauty salon, operate easily, conveniently, and swiftly, and solve body problems for people pursuing beauty. Moreover, this equipment works safely and effectively and requires no skin breaking, injection, medication, or surgery. It has no side effects. EMS micro-current stimulation makes muscles relax, enhances local blood circulation, prevents amyotrophy, and promotes body metabolism.

2. Advantages

- (1) EMS micro-current can effectively solve problems like body fatigue and swelling.
- (2) It has a broader treatment range and an evident effect. And it has zero consumption and is low-cost, but with a quick return.
- (3) The perfect match of hand techniques and EMS will address people's concerns for weight reduction. It can tighten skin, increase skin elasticity, speed up body metabolism, and strengthen the physique while reducing weight.
- (4) It's easy to operate, requires no surgery or anesthesia, is non-invasive and painless, and will not affect regular work and life.
- (5) It has a broader treatment range and can be used on various body parts.
- (6) EMS micro-current stimulates muscle contraction, makes muscles plump and muscular, and relieves sagging caused by slack muscle.

3. Body Management

(1) Principle

EMS is short for Electronic Muscle Simulation. It's called the electrostimulation technique and is also known as the muscle exercising technique. To put it simply, the muscle, under normal situations, starts to move actively after receiving signals from the brain. EMS, however, sends the signals directly to the muscle via electrical stimulation, which makes the muscle exercise passively. Thus, achieving bodybuilding.

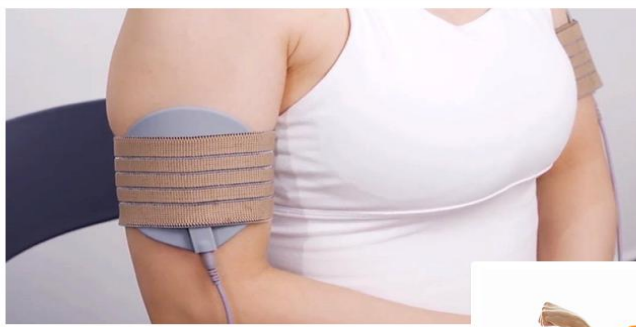
Efficacy

- Relax muscles, enhance local blood circulation, prevent amyotrophy, and relieve muscle spasms. Various conditions contribute to enhancing local circulation and

exercising muscles. It can accurately and rapidly help users firm the skin and make the body better.

- Low-intensity micro-current stimulates muscle contraction and makes muscles plump and muscular instead of decreasing them. Relieve sagging caused by slack muscles and make contour clear. It's muscle improvement.

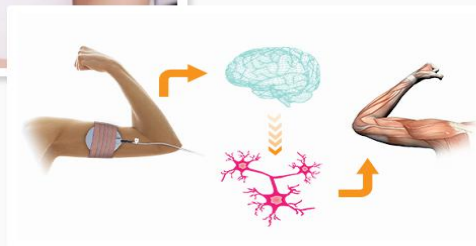
Product Description



01

DFC EMS System
Overall Body Fitness

10 pairs pad for body fitness, 1 pair for breast lifting.
EMS stimulates muscle contraction, increases
muscles, and brings slim physique.



(2)Waist & Abdomen Sculpting

1) Efficacy

- Relieve women's cold hands, feet, cold uterus, or cold-natured body.
- Relieve waist and abdomen's flabby and soft skin.
- Remove flab from waist and abdomen, and relieve swim ring-like belly and small belly.
- Tighten the skin, reduce stretch marks and striae distensae, and increase skin elasticity.
- Accelerate metabolism, alleviate constipation, and improve intestinal tract movement.

2) Indications

- Those with cold hands, feet, cold uterus, or cold-natured bodies.
- Those whose waist and abdomen have flab, protruding small belly, or flabby skin after child delivery.
- Those who sit too long or with unsightly waistlines.
- Those with striae distensae or stretch marks.
- Those with constipation or whose abdomens have obstructed channels and collaterals.

3) Contraindications

- Those with hypertension, hyperglycemia, hyperlipidemia, or heart disease.
- Women in pregnancy, menstruation, or lactation.
- Those whose surgical wounds are healing or in surgical recovery.
- Those with epilepsy, severe diabetes, or hyperthyroidism.
- Those with malignant tumors, hemophilia, or severe bleeding.
- Those with skin disease or infectious disease.
- Those with severe gynecological diseases.
- Those whose gynecological diseases are in treatment.

4) Matters Needing Attention After Treatment

- Avoid wearing a crop top or exposing to a windy environment and catching a cold.
- Avoid eating and drinking too much, staying up late, drinking alcohol, or eating raw, cold, spicy, or greasy food. Instead, drink more hot water.
- Keep the abdomen warm and take a shower after 4 to 6 hours.
- Avoid enjoying sauna, hot springs, or doing strenuous exercise within seven days.
- Rub the abdomen with your hands doing it clockwise before sleep at night, making weight loss and metabolism achieve a better effect.

(3) Arm Sculpting

1) Efficacy

- Stimulate collagen hyperplasia in the underlying skin, shape body, and firm skin.
- Improve flabby skin.
- Reduce the appearance of flabby and thick arms.
- Relieve soft skin.
- Tighten skin.
- Accelerate blood circulation and dredge channels and collaterals.

2) Indications

- Those with thick arms or who look unsightly in clothes.
- Those with bat wings or flabby arms.
- Those whose arms have flabby skin.
- Those whose arms are prone to soreness and numbness.
- Those who always carry the baby.

3) Contraindications

- Those who just had plastic surgery.

- Those with hypertension, heart disease, diabetes, severe thyroid, malignant tumors, etc.
- Those in the allergic period or with severely sensitive skin.
- Those with skin trauma or wound.
- Those who are overaging.
- Those in pregnancy or surgical recovery.
- Those with skin disease or infectious disease.

4) Matters Needing Attention After Treatment

- Keep warm, don't eat cold food, and avoid exposing to a windy environment and catching a cold.
- Take a shower after 4 to 6 hours.
- Drink more warm water to replenish moisture.
- Refuse to eat and drink too much and stay up late.
- Avoid enjoying sauna, hot springs, or doing strenuous exercise within seven days.

(4) Back Sculpting

1) Efficacy

- Alleviate shoulder and back soreness and relieve Dowager's Hump.
- Dredge channels and collaterals and relieve clogged channels and collaterals.
- Accelerate blood circulation and metabolism.
- Improve head blood supply and sleep.
- Regulate viscera functions and strengthen the physique.
- Tighten skin and prevent slack and soft skin.
- Remove excessive flab from the back and sculpt the back.

2) Indications

- Those with shoulder and back soreness or stiff neck.
- Those with insomnia, dreaminess, or a fading memory.
- Those prone to fatigue, drowsiness, or with the obstructed circulation of vital energy and blood.
- Those with thick backs or who look unsightly in clothes.
- Those with Dowager's Hump.

3) Contraindications

- Those with metal implants inside the body(such as a stent, pacemaker, etc.) or allergic to metals.
- Women in pregnancy, menstruation, or lactation.
- Those whose surgical wounds are healing or in surgical recovery.

- Those with hypertension, hyperglycemia, hyperlipidemia, heart disease, epilepsy, severe diabetes, or hyperthyroidism.
- Those with malignant tumors, hemophilia, or severe bleeding.
- Those with skin disease or infectious disease.
- Those who have a weak body.
- Those who are drunk, thirsty, overworked, or with a full or empty stomach.

4) Matters Needing Attention After Treatment

- Keep warm, avoid exposure to a windy environment and catch a cold, and drink more hot water.
- Take a shower after 4 to 6 hours.
- Avoid staying up late, drinking alcohol, and eating and drinking too much.
- Avoid eating raw, cold, and spicy food. But have enough sleep.
- Avoid wearing shoulder-baring and backless clothes.

(5) Buttock Sculpting

1) Efficacy

- Enhance blood circulation and speed up metabolism.
- Relieve gynecological diseases, such as menstrual pain, irregular menstruation, and abnormal leucorrhea.
- Improve sleep quality and female sexual function.
- Activate ovary function, stimulate glandular secretion, and increase intimacy between couples.
- Make complexion ruddy, fade color spots, and bring back youth.
- Shape hips, relieve the sagging and outward expansion of the hips, tighten skin, and increase elasticity.

2) Indications

- Those whose hips are slack, saggy, or have accumulated fat.
- Those with striae distensae or stretch marks.
- Those whose buttock shape is not good-looking, flat, loose, or with outward expansion.
- Those with cold hips or low hip temperature.
- Those with a cold uterus, dysmenorrhea, irregular menstruation, gynecological inflammation, etc.
- Those with decreased estrogen levels or disharmonious sexual life.

3) Contraindications

- Those in menstruation, pregnancy, lactation, or surgical recovery.

- Those with hypertension, heart disease, diabetes, severe thyroid, malignant tumors, etc.
- Those with skin disease, infectious disease, or whose skin is in a sensitive period.
- Those with surgical wounds or in surgical recovery.
- Those in the allergic period or with severely sensitive skin.
- Those who just had liposuction.
- Those who are overaging.

4) Matters Needing Attention After Treatment

- Keep the buttocks warm, and avoid wearing miniskirts or mini-shorts.
- Take a shower after 4 to 6 hours.
- Drink more warm water and avoid exposing to a windy environment and catching a cold.
- Avoid staying up late, drinking alcohol, and eating and drinking too much.
- Avoid eating raw, cold, and spicy food. But have enough sleep.
- Avoid enjoying sauna, hot springs, or doing strenuous exercise within seven days.

(6) Leg Sculpting

1) Efficacy

- Tighten skin and prevent slack and soft skin.
- Stimulate collagen production, and flatten striae distensae.
- Increase legs' blood circulation, detox, and metabolism.
- Activate blood and remove stasis, dredge channels and collaterals, and prevent varicosity.
- Tighten the excessive flab of the legs and get rid of the thick thigh.

2) Indications

- Those with the obstructed blood circulation of the lower limbs, edema, or obesity,
- Those with hyp immunity, feel uncomfortable and pain all over the body, or are prone to catch colds.
- Those with constipation or with coarse and slack skin.
- Those whose legs have clogged channels and collaterals or with disproportionate and unsightly legs.

3) Contraindications

- Women in menstruation, pregnancy, or lactation.
- Those with hypertension, heart disease, diabetes, severe thyroid, malignant tumors, etc.
- Those with skin disease, infectious disease, or whose skin is in a sensitive period.

- Those with surgical wounds or in surgical recovery.
- Those with severe varicosity or tumors.
- Those in the allergic period or with severely sensitive skin.
- Those who just had liposuction.
- Those who are overaging.
- Those in pregnancy or surgical recovery.

4) Matters Needing Attention After Treatment

- Keep warm, don't eat cold food, and avoid exposing to a windy environment and catching a cold.
- Take a shower after 4 to 6 hours.
- Drink more warm water to replenish moisture and speed up metabolism.
- Refuse to eat and drink too much and stay up late.
- Avoid enjoying sauna, hot springs, or doing strenuous exercise within seven days.
- Wear long pants as far as possible after treatment, and avoid wearing miniskirts and mini-shorts.

(7) Breast Sculpting

1) Efficacy

- Adjust breast shape and improve accessory breast.
- Relieve breast nodules, slight hyperplasia, and distending pain in the breast during menstruation.
- Reduce the appearance of the outward expansion of the breast.
- Improve irregular menstruation, spots on the face, and inelastic skin.
- Relieve mastatrophly, slack breast, and blocked lactiferous ducts after child delivery.

2) Indications

- Those whose breast shape is not good-looking or who has accessory breast.
- Those with breast nodules, slight hyperplasia, or who have distending pain in the breast during menstruation)
- Those whose breast has free fat, or is saggy, with outward expansion.
- Those with hypoimmunity.
- Those with irregular menstruation, spots on the face, or inelastic skin.
- Those who think she has a less developed mammary gland, mastatrophly, loose breast, or blocked lactiferous ducts after giving birth.

3) Contraindications

- Those with cardiovascular and cerebrovascular diseases, diabetes, abnormal

coagulation function, or impaired major organs.

- Those who have been taking the anticoagulant, vascular dilation, or corticosteroids for a long time, or are taking them now.
- Those with infected skin on the breast.
- Those with severe breast hyperplasia, fibroma, or cyst.
- Women in pregnancy or lactation.

4) Matters Needing Attention After Treatment

- Drink more warm water and keep warm.
- Wear fixed-shape and comfortable underwear, and don't squeeze the breast too hard.
- Avoid exposing yourself to a windy environment and catching a cold, and take a shower after 4 to 6 hours.

Part II

1. Detailed Operations

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



(1)Function Selection



Time Setting and Display



Time Setting(decrease)



Time Setting(increase)



Energy Intensity Setting & Display



Energy Intensity Setting(decrease)



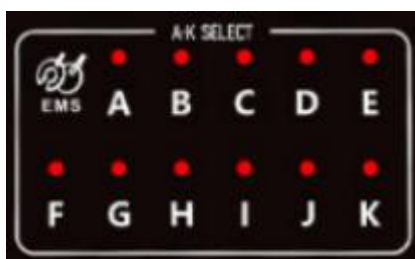
Energy Intensity Setting(increase)



Start



Pause



Pad Selection



Button for selecting the corresponding pad. Click it to choose the corresponding pad(A to K). When the lights are all on, it means all pads are working. If only one of them lights up, it means only the corresponding pad is working.

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 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

3. Precautions on Use

- (1) A plug with a ground pin must be used, and a power socket that is already grounded must be ensured 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 mains supply and the equipment.

- (3) To guarantee the equipment's curative effect and normal service life, please uniformly use specified parts provided or suggested by the original manufacturer.
- (4) The equipment can't be placed in damp places or near water, and it also can not be exposed 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) Those with a prosthesis inside the breast can not use it.
- (7) Those with metal stents (not including a contraceptive ring) inside the body are prohibited from using it.
- (8) Women in pregnancy or lactation can not use it.
- (9) Those who drink alcohol can not use it.
- (10) Those with heavy menstrual blood can not use it.
- (11) Those who are sensitive to electric current can not use it.
- (12) Those who did cesarean in the past six months can not use it.
- (13) Those who experienced a miscarriage in the past three months can not use it.
- (14) Those who had natural labor in the past two months can not use it.
- (15) Do not wear metal jewelry during the treatment.
- (16) Don't use EMS on the abdomen within one hour after a meal.
- (17) Don't place the EMS pads on inflamed muscles caused by injury.
- (18) Don't place the EMS pads on body parts with scars from a recent operation (within ten months).
- (19) After the operation, clean the equipment with normal saline to ensure its cleanliness and hygiene and extend its service life.

4. Common Malfunction & Troubleshooting Solutions

- (1) The equipment can't be started, and the buttons in its back are not lighting up?
 - A. Make sure the power cord is plugged into a good power socket.
 - B. Check whether the fuse in its back is loose or burnt out.
- (2) There is no electric current when operating EMS?
 - A. Check whether the jack that connects to the wire is loose or not.
 - B. Check whether the button on the screen is consistent with the used pad.

5. FAQs

- (1) Q: Can EMS be used for weight loss?
A: Yes. It can achieve a better effect on bodybuilding than on weight reduction. It's called the electrostimulation technique and is also known as the muscle exercising technique. To put it simply, the muscle, under normal situations, starts to move actively after receiving signals from the brain. EMS, however, sends the signals directly to the muscle via electrical stimulation, which makes the muscle exercise passively. Thus, achieving bodybuilding.

(2) Q: Does it hurt when using EMS?

A: No. EMS uses the micro-current to stimulate body cells and achieve massage techniques like pounding, pressing, and pushing. You will feel tingling and comfortable during the treatment.

(3) Q: What functions does this equipment include?

A: It can dissolve fat, shape the body, reduce the weight of local body parts, build an S curve, and accelerate body metabolism and detox. Meanwhile, it can also enhance viscera functions and relieve the sub-health condition of the body.

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

A: For weight loss with EMS lipolysis, the weight will not rebound easily after reduction. EMS lipolysis removes fat instead of moisture, and it takes a long time for the fat to be accumulated. Thus the weight will not get rebound quickly.

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

A: You need to keep on a diet to some extent since lipolysis with EMS micro-current can accelerate metabolism. Avoid eating spicy, oily, or fried foods so as not to affect metabolism. Have a proper amount of exercise to sweat and make the metabolin discharge successfully to have a more evident effect.

6. Packing List

1 x Microcurrent Main Machine

1x Pair Breast Massage Pads

10 x pair Body Slimming Pads

1 x set Bandage

11 x Wires for Pads

1 x Power Cord

1 1 x Handpiece Holder

7. Operating Steps

(1)Waist & Abdomen Sculpting/ Arm Sculpting/ Back Sculpting/

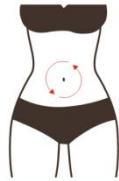
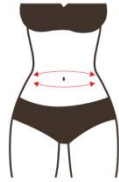
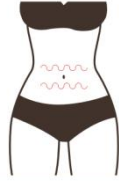


Leg Sculpting/ Buttock Sculpting




massage, use the EMS pads, clean the treated part

(2)Breast Sculpting

massage, use the breast pads, clean the treated part

8. Operational Diagrams


Parameter Setting	Matched Product	Technique	Diagram
Waist & Abdomen Sculpting: 45 Minutes/ Once a Week			
EMS Pad Advised Time: 20 to 30 minutes Advised Energy Level: 3 to 7	Massage Cream (Essential Oil) + Gel + Instrument	<ol style="list-style-type: none"> 1. Massage. 2. Rub essential oil into the abdomen with hands moving circlewise. Repeat three times. 3. Rub the belly back and forth with hands. Repeat 3 to 5 times. 4. Rub abdominal fat as the way of rubbing the spine with hands doing it alternately. Repeat three times. 5. Lift Daimai (GB26) of the two sides of the waist with hands doing it alternately. Repeat 16 times. 6. Draw Arabic numeral 8-shaped motions to the part below the waist, and then lift upwards from the side of the waist. Repeat three times. 7. Rub intestinal tract with hands overlapped, moving in small circles and clockwise. Repeat three times. 8. Caress the treated parts with hands moving circlewise. Repeat three times. 9. Press Shangwan (RN13), Zhongwan (RN12), Xiawan (RN10), Shenque (RN8), Qihai (RN6), Guanyuan (RN4), Zhongji (RN3), Tianshu (ST25), Daheng(SP15), Qugu(RN2, Repeat two times. 10. Push from Zhongji (RN3) to the belly button with the 	<p>Technique 2, 8, 11</p>  <hr/> <p>Technique 3</p>  <hr/> <p>Technique 4</p>  <hr/> <p>Technique 5</p>  <hr/> <p>Technique 6</p>  <hr/>



		<p>thumbs, slide to the parts below the waist along the two sides, and lift upwards to the groin. Repeat three times.</p> <p>11. Caress the treated part till groin with hands.</p> <p>12. Treatment ends.</p> <p>13. EMS Pad: Apply gel to the pads.</p> <p>14. Fasten the pads onto the waist and abdomen's fatty part with a strap for 20 minutes.</p> <p>15. Remove the pads and the strap.</p> <p>16. Clean the treated parts with a towel. Treatment ends.</p>	<p>Technique 7</p>  <p>Technique 9</p>  <p>Technique 10</p> 
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The Recommended Course of Treatment:

A course of treatment includes ten times treatment. After one treatment, the abdomen is heated, which expedites metabolism. After a course, fat metabolizes slowly, slimming starts. Meanwhile, problems like constipation relieve. After two courses, the effects become more apparent, the skin turns tightened and lifted, collagen in the underlying skin increases, and stretch marks and flabby skin take a turn for the better. After three courses, the effects consolidate, excessive fat disappears little by little, the curve of the waist and abdomen shapes, and a slim waist builds.

Arm Sculpting: 50 Minutes/ Once a Week



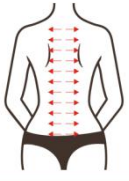
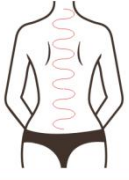
<p>EMS Pad</p> <p>Advised Time: 20 to 30 minutes</p> <p>Advised Energy Level: 3 to 7</p>	<p>Massage Cream (Essential Oil) + Gel + Instrument</p>	<p>1. Technique.</p> <p>2. Do it in left-right order. Lay the arm flatwise, apply oil from the lower arm to the entire arm with hands until the hands slide out, and repeat it three times.</p> <p>3. Push the entire arm with palms doing it alternately. Repeat three times.</p> <p>4. Push Large Intestine Channel-Triple Energizer Channel-Small Intestine Channel of the outer arm separately till</p>	<p>Technique 2, 3, 4, 5, 6, 7</p>  <p>Technique 8, 9</p>
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		<p>armpit with hands' purlicue. Repeat three times.</p> <p>5. Caress the treated part. Repeat three times.</p> <p>6. Rub the three channels and collaterals of the upper arm separately and back and forth with kneeling fingers until it turns hot. Repeat three times.</p> <p>7. Caress the treated part. Repeat three times.</p> <p>8. Lay the arm upwards, and push Lung Channel-Pericardium Channel-Heart Channel of the inner arm till armpit with purlicue. Repeat three times, respectively.</p> <p>9. Rub the three channels and collaterals back and forth with kneeling fingers and till it becomes hot. Repeat three times.</p> <p>10. Caress the treated part till the hands slide out. Repeat three times.</p> <p>11. Do the same on the other side.</p> <p>12. EMS Pad: Apply gel to the pads.</p> <p>13. Fasten the pads onto the arm's fatty part with a strap for 20 minutes.</p> <p>14. Remove the pads and the strap.</p> <p>15. Clean the treated parts with a towel. Treatment ends.</p>	 <hr/> <p>Technique 10</p>  <hr/>
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The Recommended Course of Treatment:

A course of treatment includes ten times treatment. After one treatment, a sense of heating and tightening can be felt, and the arms get relaxed. After a course, the excess fat of the arms begins to decrease, and the skin starts to turn firm and plump. After two courses, body shaping starts, and the effect strengthens, channels and collaterals dredges, and physique enhances. After three courses, the effect consolidates and stabilizes, and rebound can be prevented.

Back Sculpting: 45 Minutes/ Once a Week

EMS Pad Advised Time: 20 to 30 minutes Advised Energy Level: 3 to 7	Massage Cream (Essential Oil) + Gel + Instrument	<ol style="list-style-type: none">1. Technique.2. Rub essential oil into the back and press Fengchi (GB20) and Fengfu (DU16).3. Stroke the area connecting neck and shoulder (start with hairline) with the thumb. Repeat 3 to 5 times.4. Stroke Bladder Meridian outward to the sacral region (BL31-BL34) with the thumb, and caress it till Fengchi (GB20) and Fengfu (DU16). Repeat three times.5. Move circlewise and S-shaped motions from the neck to the caudal vertebra with hands. Repeat three times.6. Push Bladder Meridian in left-right order with thumbs doing it alternately. Repeat three times.7. Push Bladder Meridian to the sacral region (BL31-BL34) with thumbs doing it simultaneously. Repeat three times.8. Push Bladder Meridian with kneeling fingers of the hands in three lines, respectively. Repeat three times.9. Push the medial border of the scapula in left-right order with hands doing it alternately. Repeat 3 to 6 times.10. Stroke transversely the	Technique 2, 11  Technique 3  Technique 4  Technique 5  Technique 6, 7, 8, 14
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		<p>medial border of the scapula with hands. Repeat 3 to 6 times.</p> <p>11. Caress the whole back with hands and back to press Fengchi (GB20) and Fengfu (DU16). Repeat three times.</p> <p>12. Press Tianzong (SI11) with thumbs overlapped, slide to the arm, and slide out from there. Repeat three times.</p> <p>13. Operate the other side. Press Tianzong (SI11) till the arm, and slide out from there. Repeat three times.</p> <p>14. Rub Du Meridian and Bladder Meridian with hands till it turns hot.</p> <p>15. Treatment ends.</p> <p>16. EMS Pad: Apply gel to the EMS pads.</p> <p>17. Fasten the pads onto the back's fatty part with a strap for 20 minutes.</p> <p>18. Remove the pads and the strap.</p> <p>19. Clean the treated parts with a towel. Treatment ends.</p>	 <p>Technique 9</p>  <p>Technique 10</p>  <p>Technique 12, 13</p> 
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The Recommended Course of Treatment:

A course of treatment includes ten times treatment. After one treatment, the back gets relaxed, stiffness of the shoulder and neck relieves, and the skin lifts. After a course, the back and shoulder become relaxed, back fat lessens, Dowager's Hump relieves, and the back outlines become good-looking. After two courses, Dowager's Hump improves, channels and collaterals dredges, and the sub-health conditions and sleep take a turn for the better. After three courses, back get thinner, outlines become nice, viscera function enhances, and digestion, detox, and metabolism boost. (One course can reduce the size, two courses consolidate the effect, and three courses strengthen the effect without a rebound.)

Buttocks Sculpting: 45 Minutes/ Once a Week

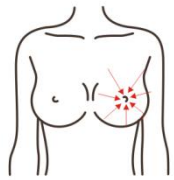
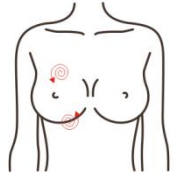
EMS Pad Advised Time: 20 to 30 minutes	Massage Cream (Essential Oil) + Gel + Instrument	1. Massage. 2. Stand sideways with hands applying oil, slide from the sacral region (BL31-BL34) to the waist, and lift upwards along the	Technique 2, 5, 11
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<p>Advised Energy Level: 3 to 7</p>	<p>buttocks. Repeat three times.</p> <p>3. Push the sacral region (BL31-BL34) with thumbs. Repeat three times.</p> <p>4. Caress the treated part 3 times, and then press Shenshu (BL23), sacral region (BL31-BL34), Changqiang (DU1), Huantiao (GB30), and Chengfu (BL36). Repeat three times.</p> <p>5. Caress the treated part. Repeat three times.</p> <p>6. Do it in left-right order. 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 upwards from the thigh root to Daimai (GB26) with hands doing it severally along Bladder Meridian, Kidney Meridian, Liver Meridian, and Gallbladder Meridian. Repeat three times, respectively.</p> <p>8. Lift from the thigh root to the Daimai (GB26) with the palms overlapped. Repeat 3 to 5 times.</p> <p>9. Push (for sculpting) directly and one line after another from the two sides of the buttocks to the highest point on it with hands, and do it back and forth. Repeat three times.</p> <p>10. Repeat technique No.7.</p> <p>11. Caress the treated part.</p> <p>12. Do the same on the other side.</p> <p>13. Treatment ends.</p> <p>14. EMS Pad: Apply gel to the pads.</p> <p>15. Fasten the pads onto the buttocks' fatty part with a strap</p>	<div data-bbox="1163 203 1310 383"></div> <p>Technique 3</p> <div data-bbox="1163 495 1310 674"></div> <p>Technique 4</p> <div data-bbox="1163 786 1310 965"></div> <p>Technique 6</p> <div data-bbox="1163 1077 1310 1256"></div> <p>Technique 7, 10</p> <div data-bbox="1163 1368 1310 1547"></div>
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		<p>for 20 minutes.</p> <p>16. Remove the pads and the strap.</p> <p>17. Clean the treated parts with a towel. Treatment ends.</p>	
<p>The Recommended Course of Treatment:</p> <p>A course of treatment includes ten times treatment. After one treatment, the buttocks lift and become hot. After a course, buttocks outlines start to show themselves, excess fat decreases slowly, and the skin turns tightened. After three courses, cold-natured body, cold uterus, and gynecological diseases relieve, menstruation returns to normal, and the effect consolidates, boosting feminine charm.</p>			
<p>Leg Sculpting: 60 Minutes/ Once a Week</p>			
<p>EMS Pad</p> <p>Advised Time: 20 to 30 minutes</p> <p>Advised Energy Level: 3 to 7</p>	<p>Massage Cream (Essential Oil) + Gel + Instrument</p>	<ol style="list-style-type: none"> 1. Massage. 2. Rear-leg: Let the client lie on his front and treat the left first and the right after. Apply oil from the lower leg to thigh, then back to heel, and repeat it three times. 3. Push the entire leg from the bottom up with palms doing it by turns, and then back to the heel till the palms slide out. Repeat three times. 4. Push Bladder Meridian-Kidney Meridian-Liver Meridian-Gallbladder Meridian from the bottom up with hands' purlicue doing it by turns. Repeat three times. 5. Push popliteal fossa with hands doing it alternately. Repeat three times. 6. Twist the leg from the bottom up and back and forth with hands doing it alternately. Repeat three times. 7. Caress the treated part. Repeat three times. 8. Push the four channels and collaterals from the bottom up with kneeling fingers of hands. Repeat three times. 	<p>Technique 2, 3, 4, 5, 7, 8, 9</p>  <hr/> <p>Technique 6</p>  <hr/> <p>Technique 13, 14</p> 

		<p>9. Caress the treated part. Repeat three times.</p> <p>10. Do the same on the other side.</p> <p>11. Treatment ends.</p> <p>12. Fore-leg: Apply oil from the lower leg to the thigh root with hands (namely caressing). Repeat three times.</p> <p>13. Push Spleen Meridian-Stomach Meridian-Liver Meridian-Gallbladder Meridian of the leg till the thigh root with hands' purlicue doing it alternately. Repeat three times.</p> <p>14. Push the four channels and collaterals with kneeling fingers of the hands. Repeat three times.</p> <p>15. Treatment ends.</p> <p>16. Do the same on the other side.</p> <p>17. Treatment ends.</p> <p>18. EMS Pad: Apply gel to the pads.</p> <p>19. Fasten the pads onto the thigh's fatty part with a strap for 20 minutes.</p> <p>20. Remove the pads and the strap.</p> <p>21. Clean the treated parts with a towel. Treatment ends.</p>	
<p>The Recommended Course of Treatment:</p> <p>A course of treatment includes ten times. After one treatment, the legs get relaxed, and blood circulation accelerates. After a course, the legs become thinner, and a sense of tightening can be felt evidently due to the contraction effect generated by skin collagen tissue. After two courses, the legs turn slim and tightened, and it presents an evident effect. After three courses, the effect reinforces. EMS stimulates skin dermis and produces collagen continuously. Thus the curative effect becomes clearer.</p>			
Breast Sculpting: 45 Minutes/ Once a Week			
Breast Pad Advised Time:	Massage Cream	1. Stand close to the head of a bed, with hands applying oil	Technique 1

<p>20 to 30 minutes</p> <p>Advised Energy Level: 3 to 7</p>	<p>(Essential Oil) + Gel + Instrument</p>	<p>moving from Danzhong(RN17) to the armpit and simultaneously lift the suspensory ligament. Repeat three times.</p> <p>2. Press Danzhong (RN17), Rugen (ST18), Dabao (SP21), Yinchuang (ST16), Zhongfu (LU1), and Yunmen (LU2) with thumbs. Repeat three times.</p> <p>3. Caress the treated part. Repeat three times.</p> <p>4. Stroke Arabic numerals 8-shaped motions between Danzhong (RN17) and the breast with palms overlapped. Repeat three times.</p> <p>5. Lift from the accessory breast to the suspensory ligament of the breast with hands, and do it in left-right order. Repeat ten times.</p> <p>6. Caress the treated part. Repeat three times.</p> <p>7. Sit next to the client. With the left first and the right after, and caress and lift the breast with palms. Repeat 3 to 5 times.</p> <p>8. Push the lactiferous ducts around the breast with hands' pulicue. Repeat 3 to 5 times.</p> <p>9. Dredge the nodule parts of the breast with the thumb moving circlewise and alternately. Repeat three times.</p> <p>10. Caress and lift the whole breast with hands. Repeat 3 to 5 times.</p> <p>11. Do the same on the other side.</p> <p>12. Breast Pad: Apply gel to the pads.</p> <p>13. Fasten the pads onto the nipple with a strap for 20 minutes.</p>	<div data-bbox="1169 226 1342 405"></div> <div data-bbox="1110 488 1267 521">Technique 2</div> <div data-bbox="1169 562 1342 734"></div> <div data-bbox="1110 817 1267 851">Technique 4</div> <div data-bbox="1169 891 1342 1064"></div> <div data-bbox="1110 1146 1267 1180">Technique 5</div> <div data-bbox="1169 1220 1342 1393"></div> <div data-bbox="1110 1478 1267 1512">Technique 7</div> <div data-bbox="1169 1552 1342 1724"></div> <div data-bbox="1110 1809 1267 1843">Technique 8</div>
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		<p>14. Remove the pads and the strap.</p> <p>15. Clean the treated parts with a towel. Treatment ends.</p>	<div data-bbox="1169 226 1342 405">  </div> <hr/> <div data-bbox="1110 488 1267 521"> <p>Technique 9</p> </div> <div data-bbox="1169 562 1342 734">  </div>
<p>The Recommended Course of Treatment:</p> <p>A course of treatment includes ten times treatment. After one treatment, the breast is heated, accelerating blood circulation. And the breast is lifted to a certain level. After a course, the effects become more evident, and the nodule relieves. After three courses, the skin becomes tightened, the shaping reinforces, the breast elasticity boosts, and the internal secretion regulates, making women more charming.</p>			