

# User Manual

LY-3000B



## Preface

Dear Users,

We ' re pleased to present to you our vacuum health massaging instrument. It is a multifunctional device, which adopts vacuum and EMS micro-current technologies to effectively solve those problems such as neck&shoulder strain, sagging breast and gynecological problems and realize the effect of dispersing damp and cold dredging meridians and detox. 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!

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# Part I

## Introduction

EMS micro-current and vacuum machines are the most popular instruments for dredging meridians, clear damp and detoxification, fitness and shaping, which can effectively replace all manual skin-scraping, manual cupping, breast enhancement and other items in beauty parlors. And the operation is simple, convenient and fast, solving various figure management problems of beauty lovers. This instrument is safe and effective with no injections, no medicine, no surgery, and no side effects. The whole process is performed externally and the effects are immediate. The vacuum massage instrument can relax muscles, promote local blood circulation, prevent muscle atrophy, relieve muscle spasm and promote metabolism through EMS micro-current stimulation. Meanwhile, the vacuum heads and cups can play a role in detoxification, dispersing damp and cold, and relieving fatigue.

## Advantages

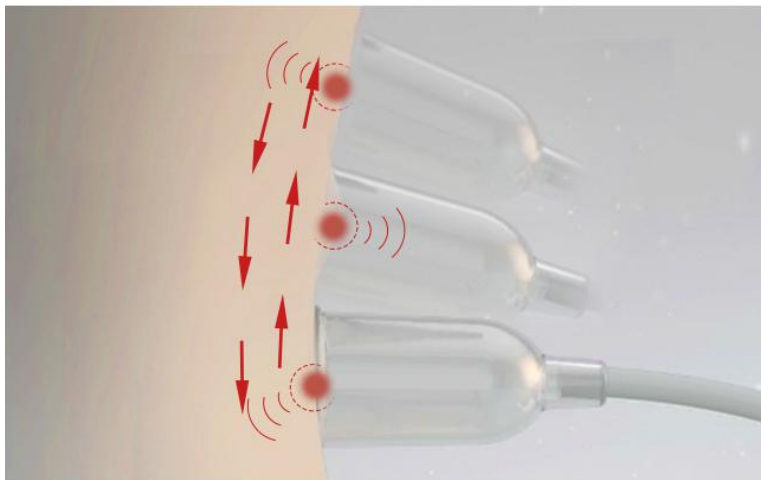
1. Multifunctional massaging instrument can effectively solve the problems such as fatigue, soreness & swelling and flat chest.
2. Powerful vacuum air pump produces little noise with several modes for choice. The cups are designed based on human's breast types, which have high quality and great comfort.
3. Professional grease cup has skin-scraping (guasha) skin-suction (xisha), fat-reducing and other functions, which can clear toxin and damp in the body.
4. It has wide range of treatment and remarkable effects with no consumption, low cost and quick return.
5. 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.
6. Various kinds of vacuum cups, which can be used based on different needs.
7. EMS micro-current stimulates muscles to constrict and makes them grow stronger, which can relieve sagging muscles.
8. Combining lymphatic detox, cupping, breast-augmentation and EMS pad, the grease head can detox and shape body in a quicker and more effective way and naturally improve one's health.

## 1. Facial Cleaning Treatment

### 1. Working Principles

#### Face Cup

The vacuum cup is directly applied to the facial skin to achieve the effect of deep cleansing. (Vacuum: lower than normal pressure. The use of vacuum is very common. People often make a certain part of the space in a state of negative pressure, and then they can use the ubiquitous atmospheric pressure to work for us. For example, when people breathe, negative pressure occurs when their lungs are contracted, during which it forms a pressure difference inside and outside and fresh air is pressed into lungs.) Vacuum cleaning is the application of this principle, which cause no pains to people. It can remove blackheads, whiteheads, grease and dirt and other residues at deep level in the pores.

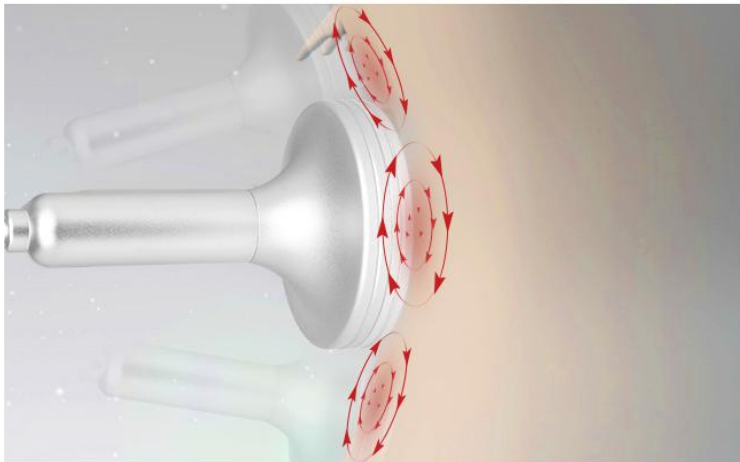


### Gas Cup (Long-necked Cup)

The cupping form a negative pressure the skin through the vacuum inside the cup to stimulate the points on face surface and then transmit to the whole body to relaxation, lymph detox, blood circulation  
Treatment area: face

## Grease Cup

Massaging skin and muscle with a special vacuum cup can effectively improve the humoral fluidity of the cells, increase the movement of the cells and activate the cells to increase the elasticity of the skin and reduce fine lines. Vacuum movement can stimulate the surface and deep level of sympathetic nervous system to lower skin sensitivity and promote skin immunity.



### Rhythm Massage Treatment (Fingertip Moving)

Fingertip comes with ball and negative suction to suck the body as well as massage the points of body, result in helping body curver and lymphatic detoxification  
Treatment area: body & face

## 2. Effects

1. Unblock pores and minimize pore size
2. Clean deep skin layer
3. Lift skin and contour face
4. Accelerate blood circulation and metabolism
5. Relieve unevenness of skin tone, fade pigmentation and smooth out fine lines.

## 3. Applicable Range

1. Those who have much grease secretions and thick stratum corneum.
2. Those who have rough skin and large pores.
3. Those who have pore blockage.
4. Those whose skin is dark and dull.
5. Those who have flabby and saggy skin.

## 4. Inapplicable Range

1. Those who have just undergone plastic surgery with prostheses and metal materials implanted at the operation area.
2. Those who have used injections recently, such as hyaluronic acid, skin booster or wrinkle removal product.

3. Those who have hypertension, heart disease, diabetes, severe hyperthyroidism, malignant tumor, etc.
4. Those who are in allergic period and have severely sensitive skin and metal allergies.
5. Those who have trauma or wound on the skin.
6. Those who are in menstruation, pregnancy, and lactation or who are recovering from operations.
7. Those who have skin diseases and infectious diseases.
8. Those who have unrealistic expectations about the effect.

## 5. Do's and Don'ts after operation

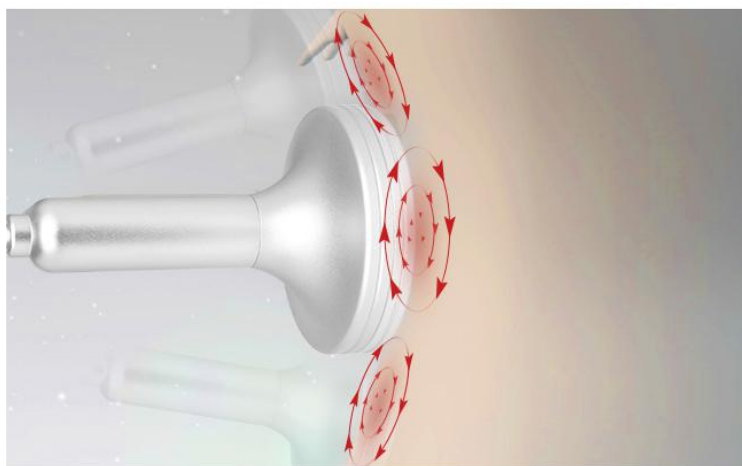
1. Wash face with hot water within 3 days
2. Keep hydrated and prevent skin damages caused by sun ray
3. Do not use irritating products within one week such as AHA, scrubbing and exfoliating products
4. Do not stay up late, smoke cigarettes and drink alcohol. Eat more fruits, vegetables and light foods.
5. Apply face mask at least 3 times in the following week.

## 2. Lymphatic Detox

### 1. Working Principles

#### Grease Cup

Massaging skin and muscles with a special vacuum suction handle can effectively improve the humoral fluidity of human cells, and increase the movement of cells to improve skin elasticity. Meanwhile, it can accelerate the blood circulation of microvessels, expel toxins from the body through the normal circulation of the lymphatic system, and reduce the probability of occurrence of adverse conditions such as spots, pigmentation and congestion in various parts of the body. The kneading sensation generated by vacuum suction can increase the tissue activity of skin and muscle, and therefore help to reduce tough tissue and increase the elasticity of skin tissue, so that both body slimming and shaping can be realized at the same time. In addition, the movement of vacuum cup can also stimulate sympathetic nervous system to lower skin sensitivity. The suction and release process of air pressure can not only improve capillary system but also promote the flow between deeper veins and lymphoid gland network to strengthen blood vessels and alleviate the condition of varicose veins.



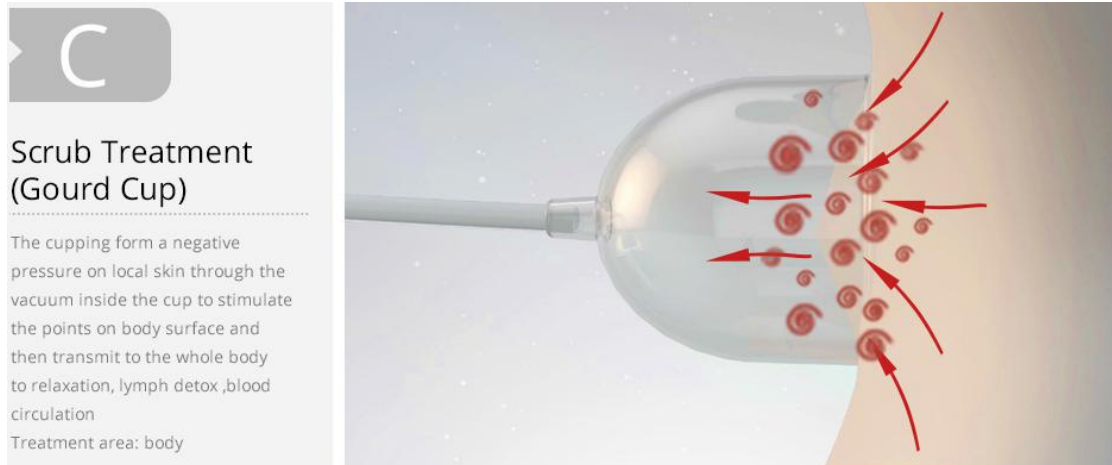
#### Rhythm Massage Treatment (Fingertip Moving)

Fingertip comes with ball and negative suction to suck the body as well as massage the points of body, result in helping body curver and lymphatic detoxification  
Treatment area: body & face

#### Vacuum Cup

Vacuum cup uses drawing force to open pores so that the waste in the body can be excreted out of the body, and it also has a certain renewal effect on some aging cells. Through local treatment, it can promote blood and lymphatic circulation to accelerate metabolism so as to

achieve the effect of detoxification. Naturally, one's immunity can also be improved in the end.



## 2. Effect

1. Stimulate the activity of lymph area
2. Accelerate lymph flow
3. Accelerate natural detoxification and help body remove waste through lymphatic system
4. Increase the productivity of lymphatic cells
5. Improve bodily metabolism
6. Promote the function of immune system

## 3. Applicable Range

1. Those who have dull and rough face skin
2. Those who often drink alcohol and suffer from insomnia
3. Those who have much fat on waist and abdomen. Through lymphatic detox, edema and fat can be reduced
4. Those who have halitosis and often suffer from constipation
5. Those who have poor mental state and poor resistance and are easy to catch cold and get sick

## 4. Inapplicable Range

1. Those who have high blood pressure, high cholesterol and high blood sugar and who have heart diseases.
2. Those who are in pregnancy and lactation and who have periods.
3. Those whose operation wounds are healing and who is being in recovery.
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 whose gynecological diseases are being treated.
8. Those who have lymphatic cancer or show the signs of cancer.
9. Those who is too weak.
10. Those who is drunk, too thirsty, on a full/empty stomach or overworked.

## 5. Do's and Don'ts after Operation

1. Take a shower in 4-6 hours after treatment
2. Avoid getting a cold
3. Avoid eating spicy and greasy foods
4. Drink more hot water to help with metabolism
5. Avoid staying up late, smoking cigarettes and drinking alcohol.

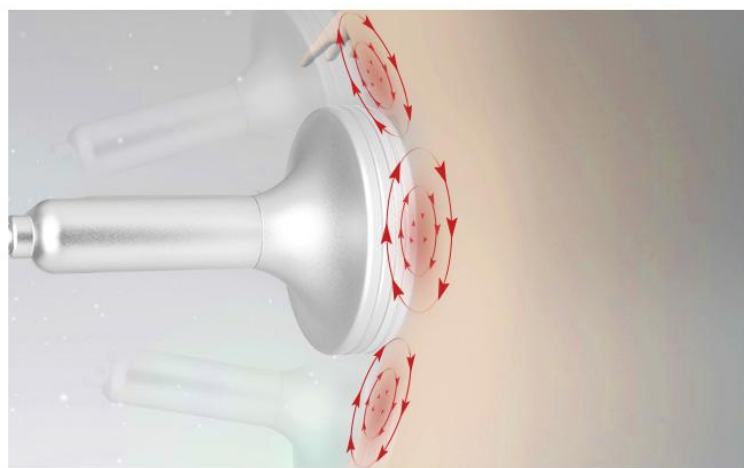
6. It is not the case that taking cupping treatment longer will be better, which should be performed based on actual situation.

### 3. Body Detox

#### 1. Working Principles

##### Grease Cup

Massaging skin and muscles with a special vacuum suction handle can effectively improve the humoral fluidity of human cells, and increase the movement of cells to improve skin elasticity. Meanwhile, it can accelerate the blood circulation of microvessels, expel toxins from the body through the normal circulation of the lymphatic system, and reduce the probability of occurrence of adverse conditions such as spots, pigmentation and congestion in various parts of the body. The kneading sensation generated by vacuum suction can increase the tissue activity of skin and muscle, and therefore help to reduce tough tissue and increase the elasticity of skin tissue, so that both body slimming and shaping can be realized at the same time. In addition, the movement of vacuum cup can also stimulate sympathetic nervous system to lower skin sensitivity. The suction and release process of air pressure can not only improve capillary system but also promote the flow between deeper veins and lymphoid gland network to strengthen blood vessels and alleviate the condition of varicose veins.



B

##### Rhythm Massage Treatment (Fingertip Moving)

Fingertip comes with ball and negative suction to suck the body as well as massage the points of body, result in helping body curver and lymphatic detoxification  
Treatment area: body & face

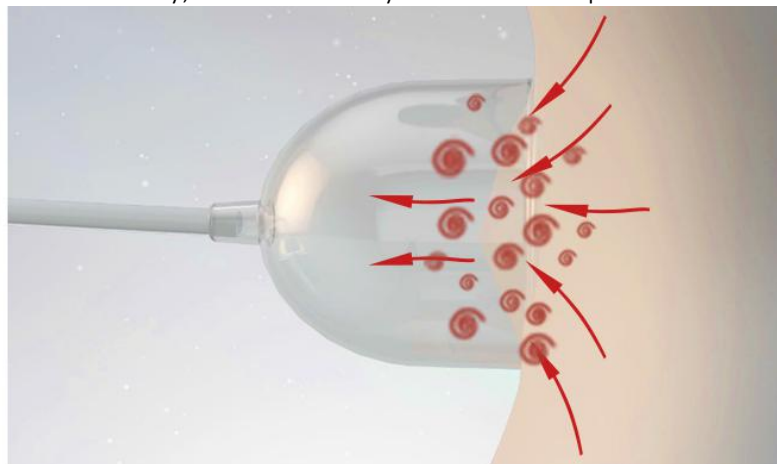
##### Vacuum Cup

Vacuum cup uses drawing force to open pores so that the waste in the body can be excreted out of the body, and it also has a certain renewal effect on some aging cells. Through local treatment, it can promote blood and lymphatic circulation to accelerate metabolism so as to achieve the effect of detoxification. Naturally, one's immunity can also be improved in the end.



##### Scrub Treatment (Gourd Cup)

The cupping form a negative pressure on local skin through the vacuum inside the cup to stimulate the points on body surface and then transmit to the whole body to relaxation, lymph detox ,blood circulation  
Treatment area: body





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 make 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.

## 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. Effects

1. Help reduce lumbar and abdominal fat.
2. Accelerate metabolism, relieve constipation and improve intestinal peristalsis.
3. Relieve the condition of flabby and thick arms.
4. Relieve shoulder and back soreness, and relieve the lump on back of the neck.
5. Dredge meridians and collaterals to relieve blockage.
6. Promote blood circulation and metabolism.
7. Improve sleep quality and blood supply to the head.
8. Circulate blood and relieve stasis, prevent the condition of varicose veins.

## 3. Applicable Range

1. Those who suffer from back&shoulder soreness, neck stiffness and lump on the back of neck.
2. Those who suffer from insomnia, have lots of dream in sleep or have worsening memory.
3. Those who are prone to fatigue&drowsiness or have poor circulation of blood and qi.
4. Those who have unwanted fat on abdomen and waist or have saggy skin after giving birth.
5. Those who suffer from constipation and blocked meridians on abdomen.
6. Those whose arms are prone to soreness and numbness.
7. Those who are suffer from poor circulation of lower limbs, edema or obesity.
8. Those who have poor immunity, feel discomfort & pain on their body or are vulnerable to a cold

9. Those who have unwanted fat on some areas of their body.

#### **4. Inapplicable Range**

1. Those who have high blood pressure, high cholesterol and high blood sugar and who have heart diseases.
2. Those who are in pregnancy lactation or menstruation.
3. Those whose operation incisions are healing and who is being in recovery.
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 whose gynecological diseases are being treated.
8. Those who have lymphatic cancer or show the signs of cancer.
9. Those who is too weak.
10. Those who is drunk, too thirsty, on a full/empty stomach or overworked.

#### **5. Do's and Don'ts after Operation**

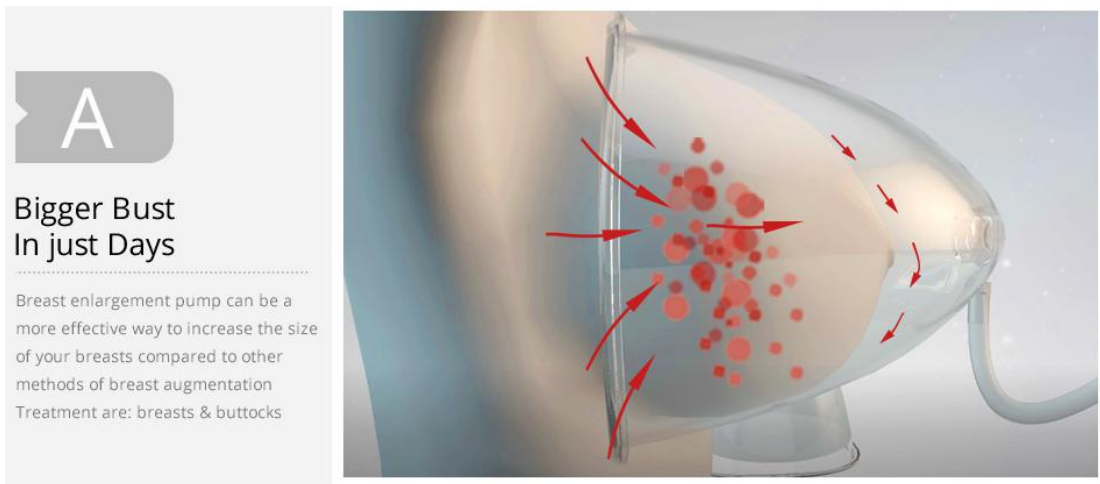
1. Take a shower in 4-6 hours after treatment
2. Avoid getting a cold
3. Avoid eating spicy and greasy foods
4. Drink more hot water to help with metabolism
5. Avoid staying up late, smoking cigarettes and drinking alcohol.
6. It is not the case that longer cupping treatment can ensure better effects , which should be performed based on actual situation.

### **4. Breast-augmentation Treatment**

#### **1. Working principles**

##### **Breast-augmentation Cup**

Using vacuum to act on human body, the special tool attracts breasts so that they are relatively lifted to achieve the effect of augmenting breasts. The vacuum in the cup can lead to the congestion of local capillaries, stimulate organs, enhance cell vitality, promote the functional activity, and improve the resistance of the body. The mechanical stimulation of vacuum can be transmitted to the central nervous system through the reflex pathway, which can adjust the neural activity to keep its balance. During the operation, the presence and absence of vacuum can make local pores open and close continuously, promote skin respiration, increase the amount of oxygen absorbed, and speed up the removal of waste. It has the effect of warming meridians and dredging collaterals, circulating qi and blood, opening orifices and relaxing tendons, dispelling blood stasis and reduce swelling, detoxifying body and clearing pathogenic factors. Combined with deep massage, it can smooth blood and qi, dredge breast blockage, help transport oxygen and nutrients to the breast, stimulate the pituitary gland to secrete female hormones, strengthen breast connective tissue, and stimulate breast growth. It can also promote uterine contraction, tighten skin's elastic fibers and prevent skin tissue from sagging.



## 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 make 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. Effect

1. Relieve breast sagging and outward expansion
2. Relieve premenstrual breast pain.
3. Dredge and correct the breasts.
4. Prevent breast cyst.
5. Prevent breast cancer.
6. Shape breasts

## 3. Applicable Range

1. Those who have saggy chest.
2. Those who have dilated chest, flat chest, asymmetric chest, etc.
3. Those whose nipples are sunken and who pursue perfect and healthier breasts.
4. Those who have chest nodules, slight hyperplasia and breast pain during menstruation.
5. Those who feel that their own breast is underdeveloped and who have postpartum breast atrophy and so on.

## 4. Inapplicable Range

1. Those who are in pregnancy, menstruation or lactation.
2. Those who have high blood pressure, high cholesterol and high blood sugar and who have heart diseases.
3. Those who have severe breast hyperplasia, fibroma or cyst.

4. Those who have infection in the chest skin.
5. Those who have surgery on the chest.

## **5. Do's and Don'ts after Operation**

1. Take a shower in 4-6 hours.
2. Avoid getting a cold
3. Do not eat spicy and greasy foods
4. Drink more hot water to accelerate metabolism
5. Do not stay up late, smoking cigarettes and drink alcohol.
6. Wear bras that are comfortable and conducive to fix breasts. Do not squeeze breasts too hard.

## **5. Hip-augmentation Treatment**

### **1. Working Principle**

#### **Breast-augmentation Cup**

Using vacuum to act on human body, the special tool attracts hips so that they are relatively lifted to achieve the effect of augmenting hips. The vacuum in the cup can lead to the congestion of local capillaries, stimulate organs, enhance cell vitality, promote the functional activity, and improve the resistance of the body. The mechanical stimulation of vacuum can be transmitted to the central nervous system through the reflex pathway, which can adjust the neural activity to keep its balance. During the operation, the presence and absence of vacuum can make local pores open and close continuously, promote skin respiration, increase the amount of oxygen absorbed, and speed up the removal of waste. It has the effect of warming meridians and dredging collaterals, circulating qi and blood, opening orifices and relaxing tendons, dispelling blood stasis and reduce swelling, detoxifying body and clearing pathogenic factors. Combined with deep massage, it can smooth blood and qi, dredge acupuncture blockage on hips, tighten skin's elastic fibers and prevent skin tissue from sagging.

### **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 make passive movements so as to achieve the effect of exercise.

#### **Effects**

3. 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.
4. 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. Effect**

1. Relax muscles and improve local blood circulation.
2. Prevent muscle atrophy and relieve muscle spasm.
3. Tighten the skin and strengthen the body.
4. Relieve prolapse caused by muscle relaxation.

5. Stimulate muscle contraction, make muscle stronger, and make buttocks voluptuous.

### **3. Applicable Range**

1. Those whose buttocks are sunken, flat, and not sexy enough.
2. Those whose buttocks are flat and not well-shaped with insufficient fat.
3. Those who need to have a more perfect figure psychologically or professionally.
4. Those who have satisfactory size of buttocks, but without enough plumpness, or who have no noticeable contour of buttocks.
5. Those who have fat accumulating in the waist and buttocks to form "square buttocks".

### **4. Inapplicable Range**

1. Those who are in pregnancy and lactation and who have periods.
2. Those whose operation wounds are healing and who is being in recovery.
3. Patients who have heart diseases, hypertension and so on.
4. Those who have skin diseases, infectious diseases or sensitive skin.
5. Those who are too weak.

### **5. Do's and Don'ts after Operation**

1. Take a shower in 4-6 hours.
2. Avoid getting a cold
3. Do not eat spicy and greasy foods
4. Drink more hot water to accelerate metabolism
5. Do not stay up late, smoking cigarettes and drink alcohol.
6. Wear knickers that can help lift hips.
7. Take some exercise to lift hips after treatment.

## **6. Treatment for Private Parts**

### **1. Working Principles**

#### **Cupping for Private parts**

The negative pressure in the cup can make the local capillaries congested, stimulate the organs, enhance cell vitality, promote the functional activity, and improve the resistance of the body. The mechanical stimulation of negative pressure can be transmitted to the central nervous system through the reflex pathway, which can adjust the neural activity to keep its balance. During the operation, the suction and release, and the increase and disappearance of negative pressure make local pores open and close continuously, promote skin respiration and increase the amount of oxygen absorbed, which can speed up the removal of waste, promote the contraction of pelvic smooth muscles, promote blood circulation, balance the endocrine system, increase progesterone, and force the secretion of hormones in the body.

### **2. Effect**

1. Improve vaginal lubrication.
2. Improve vaginal tightness.
3. Balance endocrine system.
4. Improve the quality of sex life and sexual sensitivity.
5. Lighten the color of perineum.
6. Discharge vaginal toxin and residual metabolites, restore vaginal cleanliness and balance.

### **3. Applicable Range**

1. Those who have experience in pregnancy, childbirth, abortion, contraception, sex, etc.
2. Those who have irregular menstruation (dysmenorrhea, small amount of menses, blood clots).
3. Those who have skin problems caused by endocrine disorders such as spot, acne, dark and sallow skin and so on .
4. Those whose leucorrhea is abnormal with an awful smell.
5. Those who have decreased memory and immunity.
6. Those who have disharmonious sex life.

### **4. Inapplicable Range**

1. Those who are in pregnancy and lactation and who have periods
2. Those who are taking operation treatment or recovering from operation
3. Patients who have heart diseases, hypertension and so on
4. Those who have skin diseases, infectious diseases or sensitive skin.

### **5. Do's and Don'ts after Operation**

1. Take a shower in four hours after treatment.
2. Drink plenty of warm water, avoid drinking cold water and eating raw, cold and spicy food.
3. Change underwear on a daily basis. Underwear should be made of soft material such as pure cotton and silk. The underwear made of chemical fiber should be less used as possible as one can. Avoid wearing overly tight underwear.
4. Towels and underwear should be dried in the sun or sterilized in boiling water. Drying them in a humid environment can cause fungal growth.
5. Do not sex life immediately after taking the treatment.

## Part II

### 1. Detailed Operation

The details are shown below.



power switch and power cord socket



suction hole

Open the lid and put the filter cotton inside and screw the lid tight

Please note:

1. Make sure there is filter cotton in the suction hole to avoid essential oil coming in and damaging the machine.
2. Replace the filter cotton after every treatment to keep the machine in good condition.



Connect one end of the Y-shaped hose to the suction hole of the machine body, and the other two ends of the Y-shaped hose to two vacuum cups



or breast cups

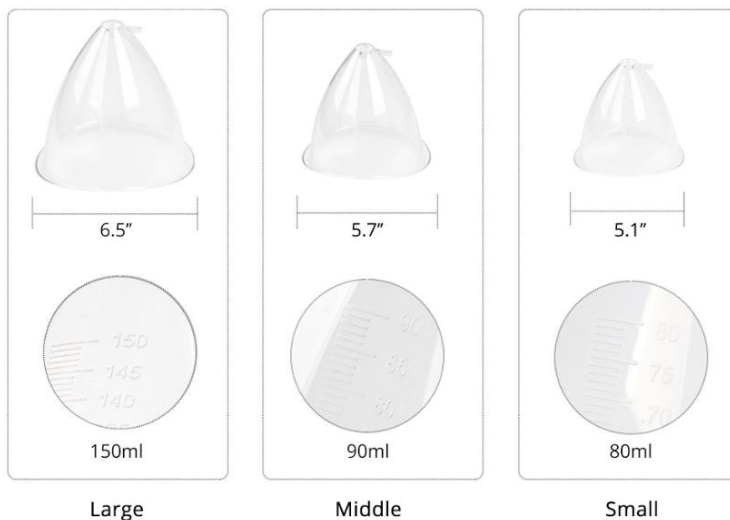


Please note:

1. After starting the machine, the two vacuum cups work with suction at the same time only when they touch skin simultaneously. If only one cup touches skin, there will be no suction.
2. When only one cup is needed (cup moving), you can tie a knot at one end of the



hose. When two are needed, untie the hose.



Large

Middle

Small

3 pairs of breast cup



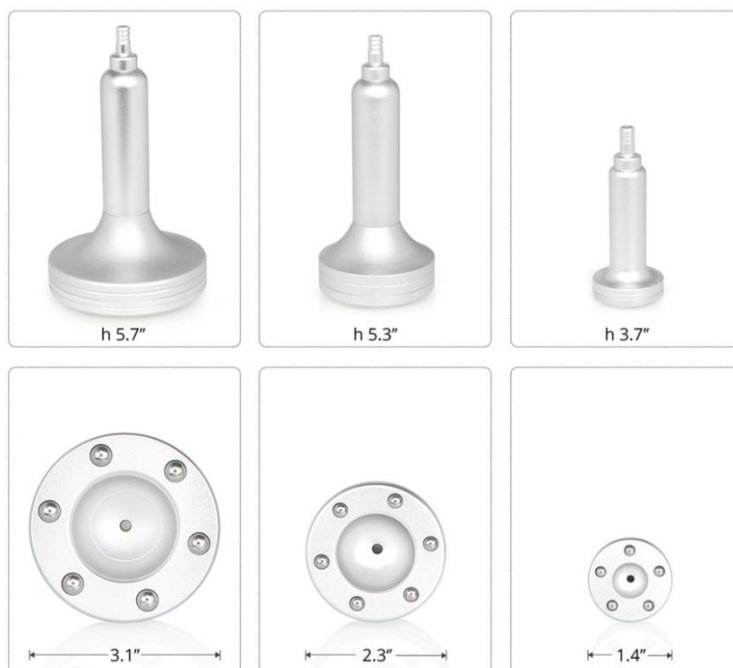
9 pairs of vacuum cup



- ① is suitable for those who have big-size breasts and need to shape and lift them.
- ② is suitable for those who have medium-size breasts and need to lift and augment breasts
- ③ is suitable for those who have small-size breasts and need to be massaged and relaxed



- ④ is suitable for cup-fixing and cup-moving therapies (big areas, such as thigh, hip and abdomen)
- ⑤ is suitable for cup-fixing and cup-moving therapies (leg and back)
- ⑥ is suitable for cup-fixing and cup-moving therapies (small area, such as arm and calf)
- ⑦ is suitable for cup-moving therapy (neck and arm)
- ⑧ is suitable for cup-moving therapy and massage (face and neck)
- ⑨ is suitable for cup-moving therapy and cleaning (face)
- ⑩ is suitable for private parts
- ⑪ is suitable for face cleaning
- ⑫ is suitable for cup-moving treatment and cleaning purpose.



a total of 3 grease cups, choose the proper one according to the size of treatment area.



The large one is suitable for big area in the body such as arms, abdomen, waist buttocks, legs and back.



The medium-size is suitable for face or some parts in the body, such as arms, neck, face and calf.



The small-size is suitable for face, such as cheeks, eye, forehead, jaw and neck.

After checking all are connected properly, the following interface will appear after power switch is pressed.



## 1. Function Selection



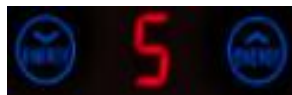
time display and adjustment



button for decreasing time



button for increasing time



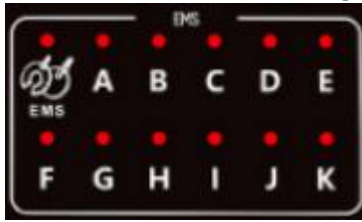
energy level display and adjustment



button for lowering energy level



button for raising energy level



panel for displaying the working status of the EMS patches



working modes of VACUUM CUPPING



button for selecting function



start/stop button



Button for choosing the EMS patches you want to use and choosing the working mode of vacuum

## 2. Detailed Operation of EMS patches



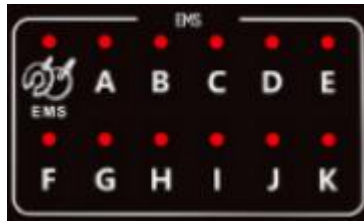
Press and choose EMS function to enter the following interface



time display and adjustment



energy level display and adjustment



panel for displaying the working status of the EMS patches



Press to choose the EMS patch you want to use. When all lights are on, all EMS patches are working. When a certain light is on, the corresponding EMS patch is working



start/stop button

### 3. Detailed Operation of VACUUM CUPPING



Press and choose VACUUM CUPPING function to enter the following interface



time display and adjustment



working modes of VACUUM CUPPING



Press to choose the working mode of VACUUM CUPPING

M1: constant suction mode, the cup has constant suction during treatment.

M2: suction&release mode with low frequency of release

M3: suction&release mode with higher frequency of release than M2

M4: suction&release mode with higher frequency of release than M3

M5: suction&release mode with highest frequency of release



Knob for adjusting suction level. Adjust suction level based on individual endurance. Set it at the lowest level at the beginning and then raise it slowly after treatment receiver adapts.



start/stop button

## 2. Technical Parameters

Muscle Stimulator

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  $\sim$  800Hz/s

Pulse power: 0  $\sim$  270 angels adjustable

Pulse speed: 3 levels adjustable

Shink time: 0.1  $\sim$  5s

Loose time: 0.1  $\sim$  5s

Vacuum Therapy Parameters

Power: 60W

Pressure:  $>250kPa$

Air flow:  $>10L/minute$

Noise level:  $<70dB$  (30cm away)

## 3. 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. Before treatment, please remove all metal objects from the body first, so as to avoid unexpected conditions and influence the curative effect.
7. Please do not use this machine on eyes, thyroid, parathyroid, testicles, abdomen of pregnant women, and pacemakers.
8. Please turn off the power switch of the device, and ensure that the total power supply of the device is turned off before the staff leaves after daily use, so as to ensure the safety of the electrical products.
9. Do not use this instrument if there is a prosthesis in your chest. It cannot be used if there is metal stent in the body (excluding female's IUD).
10. Women in pregnancy, lactation or menstruation can not use this machine.
11. People who are drunk can not use this machine.
12. Those who have cesarean section within half a year or those who have abortion within 3 months or natural delivery within 2 months can not use this machine.
13. If the suction is set at too high level accidentally during the treatment, you should stop the treatment immediately and reset the energy level.
14. Please use filter cotton before using grease cup in case essential oil causes damages to the machine.
15. EMS should not be operated on the abdomen within 1 hour after a meal.
16. Do not place the EMS patches on the inflamed muscle due to injury.
17. Please do not place the EMS patches on the scar caused by recent surgery(within 10 months).
18. Clean the instrument with normal saline (do not use ethyl alcohol) after operation to ensure its cleanliness and hygiene and prolong its service life.

## 4. Troubleshooting & Solutions

- 1. The instrument cannot be started, and the button light on the back of the machine does not work?**
  - A. Make sure the power cord is connected to the socket with normal power supply.
  - B. Whether the fuse on the back of the instrument is loose or blown.
- 2. There is weak or no drawing force when you use the vacuum cup or grease cup?**
  - A. Please turn off the machine and check whether the dedicated filter should be replaced.
  - B. Please check the hose connecting cup to machine body, which may be broken.
  - C. Please check whether the container of the filter is screwed tight and rubber rings are worn down. The case can occur if the area is not airtight.
  - D. If methods above can not solve such problem, please contact machine distributor for help.
- 3. I can start the instrument, but the screen shows erroneous message?**
  - A. Please unplug the power plug behind the instrument and wait for about 1 minute before restarting the instrument.
  - B. If the above method cannot solve the problem, please contact the instrument dealer for assistance.

## 5. FAQs

- 1. Q: Does vacuum breast augmentation treatment have side effects?**

A: There will be no side effects. The vacuum breast augmentation completely adopts the pure physical breast enhancement method. Massage and vacuum suction and release are all common

principles that health care physiotherapy instruments use. However, this instrument uses high technologies to integrate a variety of principles to achieve better effect with no rebound and no side effects.

**2. Q: How long can I see the effect after using this machine for facial care?**

A: Under normal circumstances, you can feel that the pores are cleansed and skin is smooth on the same day. In general, facial care should be done at least once a week, and the effect will become better and better if you take more treatments.

**3. Q: How does vacuum detoxify?**

A: Vacuum can cause capillary congestion, stimulate cell to increase vitality. The suction and release of pressure during operation can make local pores continue to open and close, which can promote skin breathing, increase the amount of skin oxygen, and speed up waste removal. So it achieves the effects of promoting qi and blood circulation, dispelling cold and damp, dredging meridians and collaterals, clearing toxins, dissipating heat and so on.

## **6. Packing List**

- 1 x Machine Body
- 2 x Accessory Holder
- 10 x EMS Patches
- 11 x Connecting Cord
- 2 x Breast patch
- 2 x Large Breast-augmentation Cup
- 2 x Medium Breast-augmentation Cup
- 2 x Small Breast-augmentation Cup
- 2 x Large Cup for Cupping
- 2 x Medium Cup for Cupping
- 2 x Small Cup for Cupping
- 2 x No.1 Face Cup
- 2 x No.2 Face Cup
- 2 x No.3 Face Cup
- 2 x No.4 Face Cup
- 2 x No.5 Face Cup
- 2 x Cup for Private Parts
- 1 x Large Grease Cup
- 1 x Medium Grease Cup
- 1 x Small Grease Cup
- 1 x (parcel)filter cotton
- 2 x Transparent Hose
- 2 x Fuse
- 1 x Filter
- 1 x Strap
- 1 x Power Cord

## **7. Simplified Treatment Steps**

**Face cleansing treatment**

Remove makeup--clean face--apply blackhead-removing liquid and hot steam--apply face cup--  
 apply face grease cup--apply face mask--apply water, essence, lotion/face cream and suncream.  
 Needed skincare products: massage cream/essence

### Lymphatic detox

(remove makeup and clean face before treatment) massage techniques-- apply grease cup--cup-  
 moving therapy--cup-fixing therapy--wipe the treated area clean.

Needed skin products: essential oil/massage cream

### Body detox

Massage techniques--grease cup--cup-moving therapy--cup-fixing therapy--EMS patches--wipe  
 the treated area clean.

Needed skin products: essential oil/massage cream+gel

### Hip-augmentation treatment

Massage techniques--cup-moving therapy--cup-fixing therapy--EMS patches--wipe the treated  
 area clean.

Needed skin products: essential oil/massage cream+gel

### Breast-augmentation treatment

Massage techniques--apply breast-augmentation cups--apply EMS patches--wipe the treated  
 area clean.

Needed skin products: essential oil/massage cream+gel

### Treatment for private parts

Massage techniques--cup-fixing therapy--cup-moving therapy--wipe the treated area clean.

Needed skin products: essential oil/massage cream

## 8. Operational Diagrams

Parameter Adjustment	Product	Techniques	Diagrams
<b>Face cleansing Treatment: 45 min once a week</b>			
<b>Face Vacuum Cup</b> Time: 5-10 min Mode: M1/M2/M3 /M4/M5  <b>Grease Cup</b> Time:10-15 min	Makeup Remover+ Face Wash+Blackhead removing liquid+Essence+Hot&Cold Steam+ Facial mask+LY-3000B	1. Remove makeup and clean face, 5 minutes. 2. Apply toner,1 minute 3. Apply blackhead removing liquid and hot stream(to the area where there are large pores and severe pore blockage. Toner or AS3 nutrient can be applied to cheeks. Toner and cold stream can be applied to sensitive skin of face instead of blackhead removing liquid and hot stream)5-8 minutes.	Technique4  Technique4



Mode: M1/M2/M3 /M4/M5		<p>4. <b>Face vacuum cup</b> operation: put the cup on the forehead tightly for one second and then move gently towards hairline line by line.</p> <p>The operation in the area with severe pore blockage in T area (forehead-nose-chin-cheek) can be strengthened, about 10 minutes.</p> <p>5. Wipe face clean with cotton pads and pure water for 2 minutes.</p> <p>6. Apply toner.</p> <p>7. Apply essence evenly to face.</p> <p>8. <b>Grease cup</b> operation: lift from jaw to forehead line by line, 3 times.</p> <p>9. Starting from the chin, lift from chin to the earlobe, mouth corner to Ermen(SJ-21), nose wing to the temple, and lower eyelid to the temple, lift the corner of the eye.</p> <p>10. Repeat the operation on the other side.</p> <p>11. Lift from forehead to hairline, about 10 minutes</p> <p>12. Apply face mask, 15 minutes.</p> <p>13. Remove mask and wash face clean, 2 minutes.</p> <p>14. Apply toner, essence, cream and sunscreen.</p> <p>15. The end.</p>	<div data-bbox="1209 197 1342 405"></div> <div data-bbox="1129 421 1286 456">Technique8</div> <div data-bbox="1209 472 1342 680"></div> <div data-bbox="1129 696 1334 732">Technique8, 11</div> <div data-bbox="1209 748 1342 956"></div> <div data-bbox="1129 972 1286 1008">Technique9</div> <div data-bbox="1209 1023 1342 1232"></div>
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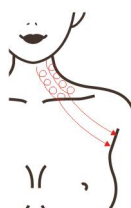




### Treatment Suggestions



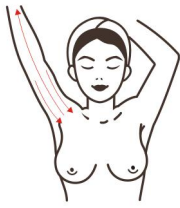




A course of treatment consists of 10 treatment sessions. After one treatment, the face is ruddy and the blood circulation is accelerated. After one course of treatment, the skin begins to metabolize harmful substances, the acne on the skin is relieved, and the blackheads are slowly reduced. After three courses of treatment, the skin contour is accentuated, one's resistance is enhanced and the skin is healthily alabaster.


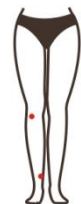
## Lymphatic detox: 120 min once a week

<b>Vacuum Cup</b> Time: 60-70 min(total time) 30-35 min on each area is recommended. Mode: M1/M2/M3	Makeup remover+face cleanser+essential oil+LY-3000B	<ol style="list-style-type: none"> <li>1. Face and neck lymphatic detox</li> <li>2. Remove makeup and clean face and neck.</li> <li>3. Apply toner to face</li> <li>4. Press acupuncture points:Chengjiang(RN24), Dicang(ST4), Daying(ST5), Jiache(ST6), Xiaguan(ST7), Yingxiang(LI20), Quanliao(SI18), temple(EX-HN5), Jingming(BL1), Cuanzhu(BL2), Yuyao(EX-HN4), Sizhukong(SJ23),</li> </ol>	<div data-bbox="1209 1783 1342 1991"></div> <div data-bbox="1129 1736 1286 1771">Technique3</div> <div data-bbox="1209 2007 1342 2215"></div> <div data-bbox="1129 2007 1286 2042">Technique4</div>
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<p>/M4/M5</p> <p><b>Grease Cup</b> Time:20-30 min Mode: M1/M2/M3 /M4/M5</p>		<p>Tongziliao(GB1), Chengqi(ST1), Sibai(ST2), 3 times.</p> <p>5. Alternate hands to lift face in 3 lines and slide to the armpit.</p> <p>6. Repeat the operation on the other side.</p> <p>7. Neck: rub oil into the chest with both hands and massage Fengchi (GB20) and Fengfu (DU16), 3 times</p> <p>8. Left-to-right order: alternate hands to pass the back of ear from lymphatic area of jaw to armpit, 3 times</p> <p>9. One side, push downwards with thumb and index finger splaying, tracing 3 meridians from the neck to the armpit, 3 times.</p> <p>10. One side, push downwards with bending fingers till the lymphatic area of neck turns hot and slide to the armpit, 3 times.</p> <p>11. Massage the area and press Fengchi (Gb-20) and Fengfu (Du-16)</p> <p>12. Repeat the operation on the other side.</p> <p>13. Use <b>grease cup</b> to lift upwards on face line by line from jaw and then pass the back of ear to armpit, 1-2 times (based on customer's situation)</p> <p>14. Use proper cup to slide on the forehead upwards or laterally 1-2 times (based on customer's situation)</p> <p>15. One side, use cup and the other hand to alternately lift from lymphatic area of jaw and then pass the back of ear to armpit.</p> <p>16. Use the cup to move in circles downwards along the 3 meridians of neck respectively to the armpit, 3 times.</p> <p>17. Slide the cup from inner clavicle to armpit for detox.</p> <p>Use proper small cup to slide from the back of ear to armpit(based on customer's situation)</p> <p>18. Repeat the operation on the other side</p> <p>19. Detox for the lymphatic area of armpit: left side first and then the</p>	<div data-bbox="1209 197 1340 405"></div> <p>Technique6</p> <div data-bbox="1209 465 1340 674"></div> <p>Technique7</p> <div data-bbox="1209 734 1340 943"></div> <p>Technique8</p> <div data-bbox="1209 1003 1340 1211"></div> <p>Technique9</p> <div data-bbox="1209 1272 1340 1480"></div> <p>Technique12</p> <div data-bbox="1209 1541 1340 1749"></div> <p>Technique13</p> <div data-bbox="1209 1809 1340 2018"></div> <p>Technique13</p>
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		<p>right side, rub oil into the armpit, 3 times</p> <p>20. Use heel of one palm to knead Jiquan(HT-1), 3-5 times.</p> <p>21. Alternately push Gallbladder Meridian (GB) and pass armpit to finger with thumb and index finger splaying, 3 times.</p> <p>22. Alternately push the lymphatic area of inner clavicle and slide to finger with both hands, 3 times.</p> <p>23. Alternately push the three meridians on arms (Lung Meridian, Pericardium Meridian, Heart Meridian) with thumb and index finger splaying, 3 times.</p> <p>24. Massage the whole arm and slide to finger, 3 times.</p> <p>25. Rub arms with bending fingers till they turn hot</p> <p>26. Use heels of palms to knead Jiquan(HT-1), 3-5 times</p> <p>27. Generally massage arm and slide to finger, 1 time.</p> <p>28. Use the <b>vacuum cup</b> on the left side first and then the right side.</p> <p>29. Push Gallbladder Meridian (GB) on the chest towards armpit, massage the area, 3 times.</p> <p>30. Push the three meridians from elbow towards armpit, 3 times</p> <p>31. Repeat the operation on the other side</p> <p>32. Perform the cup-moving treatment from Liver Meridian (LV) and Gallbladder Meridian (GB) towards armpit with transparent tube, 3 times.</p> <p>33. Choose proper cup to perform the cup-moving treatment on arms, 1-2 times (based on customer's situation)</p> <p>34. Choose proper cups to fix them on the two sides of arm, Liver Meridian (LV) and Gallbladder Meridian (GB), 5-10 minutes (based on customer's situation)</p> <p>35. Lymphatic detox of groin: left-to-right order, rub oil into the whole leg with both hands 3-5 times</p> <p>36. Press Chongmen(SP-12), 3-5</p>	 <p>Technique14</p>  <p>Technique15</p>  <p>Technique16</p>  <p>Technique17</p>  <p>Technique20. 26</p>  <p>Technique21. 29. 32</p>  <p>Technique22</p>
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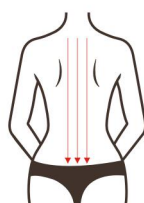
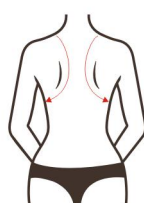
		<p>times</p> <p>37. Move hands upwards, tracing four meridians: Spleen Meridian (SP) - Stomach Meridian (ST) - Liver Meridian (LV) - Gallbladder Meridian (GB) with thumb and index finger splaying, 3 times.</p> <p>38. Generally massage the area.</p> <p>39. Stroke groin with thumb and index finger splaying, 3-5 times</p> <p>40. Stroke groin by alternating thumbs of both hands 3-5 times</p> <p>41. Move both hands back and forth in undulating motion, 3 times.</p> <p>42. Rub the top of thigh till it turns hot with bending fingers of both hands</p> <p>43. Use the cup to push the four meridians towards groin, 3 times</p> <p>44. Move in circles on groin back and forth, 3 times</p> <p>45. Alternately push groin with the cup and hands, 3 times</p> <p>46. Push from the middle of thigh towards groin line by line and massage the area simultaneously, 3 times</p> <p>47. Repeat the operation on the other side</p> <p>48. Perform the cup-moving treatment on thigh(line by line)1-2 times (based on customer's situation)</p> <p>49. Fix cups on leg, thigh, Zusanli(ST36), Sanyinjiao(SP6), about 10 minutes</p> <p>50. Remove cups and wipe the treatment area clean, the end.</p>	 <p>Technique23. 30. 33</p>  <p>Technique24. 27</p>  <p>Technique36</p>  <p>Technique37. 43. 46. 48</p>  <p>Technique39. 40. 45</p>  <p>Technique41</p>  <p>Technique44</p>
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			<p>Technique49</p> 

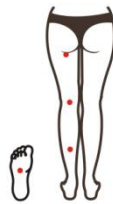
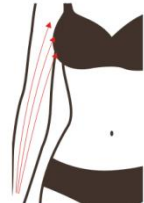


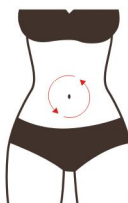
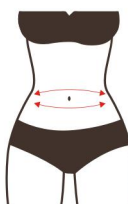
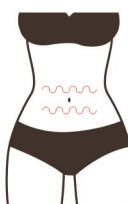
### Treatment Suggestions

One course of treatment consists of ten treatment sessions. After one treatment, blood circulation will be accelerated and you will feel totally relaxed. After one course of treatment, body detox process will be promoted with body blockage relieved. Two courses will help relieve nodules on lymphatic areas and enhance one's immunity. After three courses, effects will be consolidated, the circulation of lymphatic system will be accelerated, and one's constitution will be so strengthened that he will be less prone to diseases.




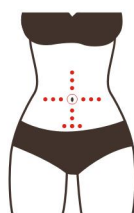

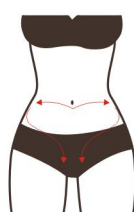

## Body Detox: 220 minutes once a week

<p><b>Vacuum Cup</b> Time: 60-80 min(total time) 15-20 min on each area is recommended. Mode: M1/M2/M3 /M4/M5</p> <p><b>Grease Cup</b> Time:40-60 min 13-20 min on each area is recommended. Mode: M1/M2/M3 /M4/M5</p>	<p>Essential oil+LY-3000B</p>	<ol style="list-style-type: none"> <li>1. Back Detox: technique--rub oil into the skin and press Fengchi (Gb-20) and Fengfu (Du-16), 3 times</li> <li>2. Push Meridian GV and Bladder Meridian (BL) with both hands, 3 times.</li> <li>3. Push Meridian GV and Bladder Meridian (BL) with both hands alternately, 3 times.</li> <li>4. Alternately push from Dazhui (Du-14) to the Meridian GV and Bladder Meridian (BL) with heels of palms and lift from sides of the waist to the armpit, in left-right order, 3 times.</li> <li>5. Use thumbs of both hands to push along the medial border of scapula towards armpit, 3 times. And then slide from armpit to finger.</li> <li>6. Use two palms to alternately push from Dazhui (Du-14) in the direction parallel to ribs towards waist line by line and then slide from waist to armpit</li> <li>7. Alternately push from hairline</li> </ol>	<p>Technique1</p>  <p>Technique2. 3. 9. 10</p>  <p>Technique5. 11</p>  <p>Technique6</p>
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<p><b>EMS</b> Time: 40-60 min(total) 10-15 on each area is recommended. Energy level: 3-7</p>		<p>with with thumb and index finger splaying and pass Dabanjing(the area connecting neck and shoulder) to finger, 3 times</p> <p>8. Repeat the operation on the other side</p> <p>9. <b>Grease cup</b> operation: push the cup for lymphatic detox from Dazhui (Du-14) to coccygeal vertebra, 3 times</p> <p>10. Use the cup to push Bladder Meridian (BL) towards coccygeal vertebra (left-to-right order) 3 times</p> <p>11. Use cup to push along the medial border of scapula towards armpit, 3 times</p> <p>12. Use the cup to push in the direction parallel to rib in a line-by-line way to waist, 3 times</p> <p>13. Use the cup to push Dabanjing( the area connecting neck and shoulder) from neck</p> <p>14. Repeat the operation on the other side</p> <p>15. <b>Vacuum cup</b> for cup-moving treatment: if there is heavy damp in the body, cup-moving treatment can be performed from Bladder Meridian (BL) to DU meridians 3 times, along the medial border of scapula back and forth 3 times, and on the whole back in the direction parallel to rib 3 times(based on customer's situation).</p> <p>16. Use proper cups to perform cup-moving treatment from neck to Dabanjing(the area connecting neck and shoulder) back and forth, 3-5 times</p> <p>17. Fix cups: on Dazhui (Du-14), Jianjing (Gb-21), Tianzong (SI-11), Feiyu(BL-13), 8 Crevice area, 5-10 minutes (based on customer's situation)</p> <p>18. Remove cups and wipe the area clean with towel</p> <p>19. Apply gel to the patches.</p> <p>20. Fix the <b>EMS patches</b> on back muscle with strap, 10-15 minutes</p> <p>21. Remove strap and patches, and wipe the treatment area clean</p>	<div data-bbox="1204 197 1356 405"> </div> <p>Technique7</p> <div data-bbox="1204 472 1356 680"> </div> <p>Technique12</p> <div data-bbox="1204 748 1356 956"> </div> <p>Technique13. 16</p> <div data-bbox="1204 1023 1356 1232"> </div> <p>Technique17</p> <div data-bbox="1204 1299 1356 1507"> </div> <p>Technique23. 24. 25. 31</p> <div data-bbox="1204 1574 1356 1805"> </div> <p>Technique26</p> <div data-bbox="1204 1872 1356 2080"> </div> <p>Technique35</p>
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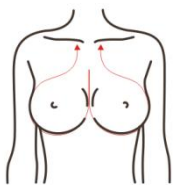
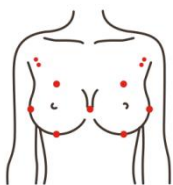
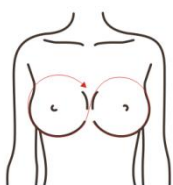
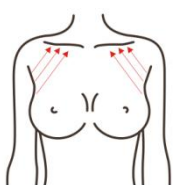

	<p>22. The end</p> <p>23. Leg detox: left-right order: rub oil into skin from calf to thigh and then to heel, 3 times.</p> <p>24. Move hands upwards to four main collateral channels: Bladder Meridian (BL) - Kidney Meridian (KI) - Liver Meridian (LV) - Gallbladder Meridian (GB) with thumb and index finger splaying.</p> <p>25. Alternate hands to push popliteal fossa, 3 times</p> <p>26. Move both hands upwards alternately as if twisting cords, 3 times.</p> <p>27. Massage the treatment area, 3 times.</p> <p>28. Push four main collateral channels upwards with kneeling fingers of both hands, 3 times.</p> <p>29. Massage the treatment area, 3 times.</p> <p>30. Do the same on the other side.</p> <p>31. <b>Grease cup</b> operation: move the cup from below to popliteal fossa to push Bladder Meridian (BL) - Kidney Meridian (KI) - Liver Meridian (LV) - Gallbladder Meridian (GB), 3 times.</p> <p>32. Push from popliteal fossa tracing 4 main collateral channels to the end of thigh, 3 times.</p> <p>33. <b>Vacuum cup</b> treatment techniques are the same with the above</p> <p>34. Do the same on the other side</p> <p>35. Choose proper cups to fix them on popliteal fossa, thigh, Chengshan(BL57), the middle of calf), 10 minutes.</p> <p>36. Remove cups, wipe the treated area clean, 2 minutes.</p> <p>37. <b>EMS patches</b> operation: apply gel to the patches and fix it on leg with strap, 10-15 minutes.</p> <p>38. Remove strap and patches, and wipe the treatment area clean</p> <p>39. The end</p> <p>40. Arm detox: lay the arm flat, apply essential oil evenly to arms with both hands and slide to fingers, 3 times</p>	 <p>Technique41. 46. 48</p>  <p>Technique43</p>  <p>Technique43. 47. 49</p>  <p>Technique55</p>  <p>Technique56</p>  <p>Technique57</p>  <p>Technique58</p>
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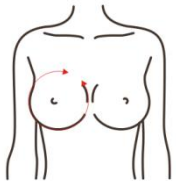
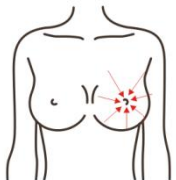
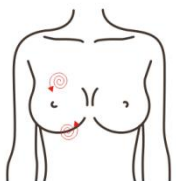


		<p>41. Push hands upwards tracing three outer collateral channels: Triple Energizer Meridian (TE) - Large Intestine Meridian (LI) - Small Intestine Meridian (SI) to armpits with thumb and index finger splaying, 3 times.</p> <p>42. Rub the upper arm with kneeling finger of both hands until it turns hot.</p> <p>43. Make inner arm face upwards, apply oil evenly to arm with both hands and slide to fingers, 3 times</p> <p>44. Push hands upwards tracing three inner collateral channels: Large Intestine Meridian (LI) - Triple Energizer Meridian (TE) - Small Intestine Meridian (SI) to armpits with thumb and index finger splaying, 3 times.</p> <p>45. Rub the upper arm with kneeling finger of both hands until it turns hot, 3 times</p> <p>46. Choose proper <b>grease cup</b>, adjust energy level, lay arm flat, push the three meridians on outer arm respectively, 3 times.</p> <p>47. Make inner arm face upwards, push the three meridians on inner arm respectively towards armpit, 3 times.</p> <p>48. Choose proper <b>vacuum cup</b>, adjust energy level, push the three meridians on outer side of arm towards armpit respectively, 3 times.</p> <p>49. Make inner arm face upwards, push the three meridians on inner arm respectively towards armpit, 3 times.</p> <p>50. Choose proper cups to fix them on outer side of arm, 5-10 minutes</p> <p>51. Remove cups, wipe the treatment area clean.</p> <p>52. <b>EMS patches</b> operation: apply gel evenly to the patches and fix them on the fat area of arm with strap, 10-15 minutes</p> <p>53. Remove the strap and patches, and wipe the treatment clean.</p> <p>54. The end.</p>	 <p>Technique59</p>  <p>Technique60</p>  <p>Technique62</p>  <p>Technique64</p>  <p>Technique65</p>  <p>Technique68</p> 
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		<p>55. Abdomen: rub oil into skin in circular motion with both hands 3 times</p> <p>56. Rub abdomen with both hands back and forth 3 times</p> <p>57. Knead abdomen with both hands using chiropractic techniques, 3 times.</p> <p>58. Lift Meridian BV(Belt Vessel) on both sides of waist with both hands alternately, 16 times.</p> <p>59. Move right hand and left hand clockwise and anticlockwise respectively to waist and then lift from waist to belly button, 3 times.</p> <p>60. Overlap hands and massage the intestinal canal clockwise in small circles, 3 times.</p> <p>61. Move hands in circular motion and massage the treatment area.</p> <p>62. Press on the following acupoints: RN-13, RN-12, RN-10, RN-8, RN-6, RN-4, RN-3, ST-25, SP-15, 2 times</p> <p>63. Move hands in circular motion to massage the treatment area 3 times.</p> <p>64. Alternate hands to push meridians from top to bottom (Ren Meridian- Kidney Meridian-stomach Meridian- spleen Meridian-liver Meridian-gallbladder Meridian on both sides) 3 times</p> <p>64.Starting from Ren-3 point, push both thumbs to belly navel, slide them to waist and then lift upwards to groin, 3 times.</p> <p>65. Massage the area in circular motion with both hands 3 times</p> <p>66. and then slide to groin, the end</p> <p>67. Choose proper cups to fix them on the abdomen, RN-13, ST-25, SP-15, RN-4 and waist, 5-10 minutes(based on customer's situation)</p> <p>68. Remove cups, wipe the treated area clean, 2 minutes.</p> <p>69. <b>EMS patches</b> operation: apply gel to the patches, fix the patches on treatment area with strap, 10-15 minutes</p> <p>71. Remove strap and patches, and wipe the treatment area clean</p>	
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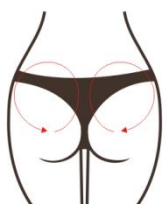
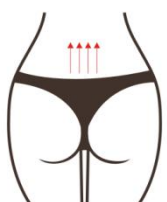
		72. The end.	
<b>Treatment Suggestions</b> One course of treatment consists of 6 treatment sessions. After one treatment session, the body will be relaxed, and red marks caused by cupping will gradually disappear in about 3-5 days. If red marks are severe, this treatment should be performed once a month, and if there is slight red marks, it can be performed every two weeks. After one course of treatment, the metabolism of the body is accelerated, the blockage and constipation of the body are relieved. After two courses of treatment, the muscle stiffness and soreness are relieved , and the local blockage of the body will be dredged and metabolized. After three courses of treatment, you will have good sleep quality, ruddy complexion, and healthy body and stronger constitution.			
<b>Breast-augmentation treatment: 60 min 1-2 times a week</b>			
<b>Breast-augmentation on Cup</b> Time: 20-30 min Mode: M1/ M2/M3/M4 /M5  <b>Breast Patches:</b> Time: 15-20 min Energy level: 3-7	Essence+gel+ LY-3000B	1. Standing at the bedside, use both hands to rub oil into skin from Shanzhong(RN17) to armpit and then lift the suspensory ligament (massage) 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. Massage the area, 3 times 4. Overlap two palms and move from Shanzhong(RN17) in a 8-shaped motion back and forth, 3 times. 5. Alternate hands to push from accessory breasts towards suspensory ligament, in left-right order. 6. Massage 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 chest, 3 times 10. Massage and lift breast with	Technique1  <hr/> Technique2  <hr/> Technique4  <hr/> Technique5  <hr/> Technique7. 10 



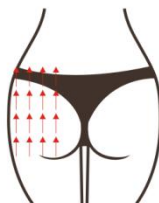
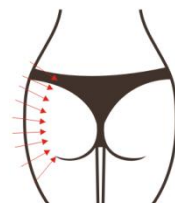
		<p>both hands.</p> <p>11. Repeat the techniques on the other breast.</p> <p>12. Wipe breasts clean with hot towel, 2 minutes.</p> <p><b>13. Breast-augmentation cup</b> operation: choose proper cups and fix them on customer's breasts, about 20 minutes.</p> <p>14. For the people who have sunken nipples, face cup can also be used on the nipple area, about 5-10 minutes.</p> <p>15. Remove cups.</p> <p>16. Wipe the treated area clean, the end.</p>	 <p>Technique8</p>  <p>Technique9</p> 
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#### Treatment Suggestion

One course of treatment consists of ten treatment sessions. After one treatment, breasts will be lifted to some degree. After one course of treatment, breasts will be firmed and augmented to some degree. Conditions of accessory breasts, breast outward expansion and saggy breasts will be relieved. Three courses of treatments will help make breasts plump and firm. The more treatments you take, the more noticeable the effect will be.

### Hip-augmentation treatment: 60 min 1-2 times a week

<p><b>Hip-augmentation on Cup</b> Time: 15-20 min Mode: M1/M2/M3/M4/M5</p> <p><b>EMS</b> Time: 15-20 min Energy level: 3-7</p>	<p>Essence+gel+ LY-3000B</p>	<p>1. Standing on the side, rub oil into skin by sliding to the waist from the Baliao area and then lift up along the hips from the waist, 3 times (this is soothing technique.)</p> <p>2. Push the Baliao area with two thumbs, 3 times.</p> <p>3. Soothe the treatment area for 3 times and then press point: BL-23, Baliao area, DU-1, GB-30, BL-36, 3 times.</p> <p>4. Soothe the treatment area, 3 times.</p> <p>5. Left-right order, both hands push from the root of the thigh in bottom-to-top way -- Bladder Meridian(BL) - Kidney Meridian(KI) - Liver Meridian(LV) - Gallbladder</p>	<p>Technique1</p>  <p>Technique2</p>  <p>Technique3</p>
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		<p>Meridian(GB) to Meridian BV, 3 times each.</p> <p>6. Push Bladder Meridian(BL) - Kidney Meridian(KI) - Liver Meridian(LV) - Gallbladder Meridian(GB)from thigh root to Meridian upwards, 3 times each.</p> <p>7. Overlap both palms and push up together from thigh root to pulse (lifting), 3 to 5 times.</p> <p>8. Push your hands upwards from both sides of your hips to the top of your hips(shaping) back and forth, 3 times.</p> <p>9. Repeat step 6</p> <p>10. Soothe the treatment area.</p> <p>11. The techniques on the other side is the same as above.</p> <p>12. Use both hands to warm the Baliao area up.</p> <p>13. Choose proper <b>hip-augmentation cups</b> to perform cup-moving treatment: lift by moving cup from the top of thigh to the top of hip, 3-5 times.</p> <p>14. Lift from two sides of hip to the middle, 3-5 times.</p> <p>15. Cup-fixing treatment: choose proper cups and fix them on hips, set suction at proper level, about 5-15 minutes.</p> <p>16. Remove cups and wipe hips clean, 2 minutes.</p> <p>17. <b>EMS patches</b> operation:apply gel evenly to the patches, and fix them on the treatment area for about 20 min.</p> <p>18. Remove the patches, and wipe the treatment area clean, the end.</p>	 <p>Technique5</p>  <p>Technique6</p>  <p>Technique8</p> 
<p><b>Treatment Suggestions</b></p> <p>One course of treatment consists of ten treatment sessions. After one treatment, hips will be lifted to some degree. After one course of treatment, unwanted fat on hips will gradually disappear and hips will be firmed. Three courses will help build attractive hip curve and increase hips' elasticity. Gynecological conditions like cold womb will be relieved.</p>			
<p><b>Treatment for private parts: 60 min once a week</b></p>			

<p><b>Vacuum Cup</b> Time: 9-15 minutes Mode: M1 is recommended.</p> <p><b>Cups for private parts</b> Time: 15-20 min Mode: M1/ M2/M3/M4 /M5</p>	<p>Oil for private parts+LY3000 B</p>	<ol style="list-style-type: none"> <li>1. Massage private parts: pour some oil on palms and rub hands to warm them up. Push groin alternately by both hands with thumb and index finger splaying, 3-5 times. Perform the technique from left side first and then right side.</li> <li>2. Push groin upwards alternately with both hands, 3-5 times. Perform the technique from left side first and then right side.</li> <li>3. Apply digital pressing technique on the acupuncture points around labia, 3 times</li> <li>4. Push from groin towards labia line by line with both hands, 3-5 times.</li> <li>5. Push groin upwards alternately with both hands, 3-5 times. Perform the technique from left side first and then right side.</li> <li>6. Push from groin towards labia line by line with both hands, 3-5 times.</li> <li>7. <b>Vacuum Cup</b> operation, choose proper cups and fix them on three areas of groin, 3 minutes on each area.</li> <li>8. Use the cups for private parts to push groin upwards, 3-5 times. Perform the technique from left side first and then right side.</li> <li>9. Use cup to move upwards on the lesser and greater lips of pudendum, 3-5 times. Perform the technique from left side first and then right side.</li> <li>10. Stimulate Huiyin(RN1)(stay on the area for 3 seconds), 3-5 times</li> <li>11. Wipe the treatment area clean, the end.</li> </ol>	<p>No diagrams</p>
<p><b>Treatment Suggestions</b> One course of treatment consists of ten treatment sessions. After one treatment, private parts will be tightened to some degree. After one course of treatment, groin and labia will become less dark. Three courses will help tighten private parts dramatically and make the area take on reddish colour. Abnormal menstruation and menstrual pain will be relieved. So, you can live a happier life.</p>			