

User Manual

LY-78J1MAX



Preface

To our valued users,

Thanks for choosing our latest integrated beauty equipment. This newest body slimming and skin tightening instrument integrates Face RF, Eye EF, Body RF, Cold & Hot Hammer, BIO, Vacuum & RF, and 40K techniques. LY-78J1MAX 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, Face RF, Eye EF, Body RF, Cold & Hot Hammer, BIO, Vacuum & RF, and 40K are the most popular equipment for improving looks, tightening, shaping, and anti-aging. It can effectively replace all the facial and body care programs in a beauty salon. And it can be operated easily, conveniently, and swiftly and solves skin and 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 and an instant effect and is operated externally throughout. Radiofrequency heats deep skin, stimulates collagen hyperplasia and recombination in the dermis, and accelerates blood circulation of the underlying skin, achieving skin tightening and plumpness, anti-aging, and senility prevention. Ultrasonic waves of a particular frequency aim at body parts having difficulty reducing fat, bringing fantastic effects.

2. Advantages

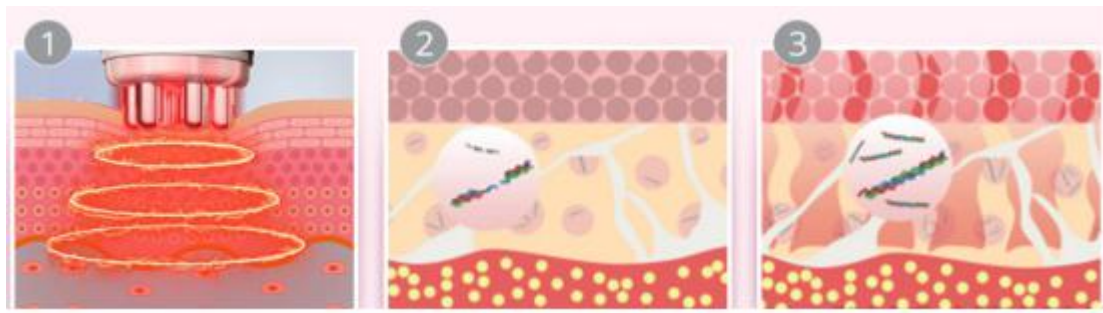
- (1) Multifunctional beauty equipment fixes facial and whole body care problems.
- (2) Ultrasonic waves strongly blast and remove fat and have replaced and surpassed liposuction, bringing good news to obese people.
- (3) It has multiple handpieces, which can be changed per the body parts to be treated and different requirements.
- (4) One handpiece has various functions and a stronger radiofrequency and a higher and more well-distributed energy.
- (5) The perfect match of the ultrasonic wave and RF 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 fat.
- (6) It adopts the most advanced ultrasonic cavitation technique in the world.
- (7) It's painless, non-invasive, and injury-free, and it asks for no convalescence, requires no stay, and will not affect regular work and life after treatment.
- (8) It has zero consumption and is low-cost. But it gives a quick return.
- (9) It has a broader treatment range and can be used all over the body.
- (10) Unevenness, bleeding, and swelling will not occur.
- (11) Its several handpieces emit intense pulsed light of red, accelerate metabolism, reduce inflammation in and disinfect the skin while massaging and dissolving fat, presenting an evident effect and better comfort level.

3. Principle

Eye RF

Radiofrequency waves directly penetrate the skin and produce energy by utilizing the electrical resistance effect formed by the skin, increasing the underlying skin's temperature. Tightening collagen in the dermis and stimulating collagen hyperplasia can timely lift and firm skin and continuously regenerate collagen.

Biological Effect: Radiofrequency can vibrate one million times of high-frequency radio waves. They penetrate the epidermis, acting directly on the dermis. And they deeply heat collagen cells, stimulate the growth of collagenous fiber, produce a tremendous amount of collagen, and make the skin more firm and elastic. During the operation, radiofrequency waves penetrate the epidermis acting on the deep dermis and generate bio-thermal energy by heating water molecules rapidly. When the temperature of collagen tissue, under natural friction and heating, reaches up to 45°C to 60°C, it will shrink instantly and stimulate the constant hyperplasia of collagen. During the treatment of the eyes, radiofrequency waves rapidly heat the underlying skin of the eyes and stimulate the production of skin collagen. Thus, firming the skin around the eyes, removing eye bags and black eyes, and relieving red blood streak and fine lines.

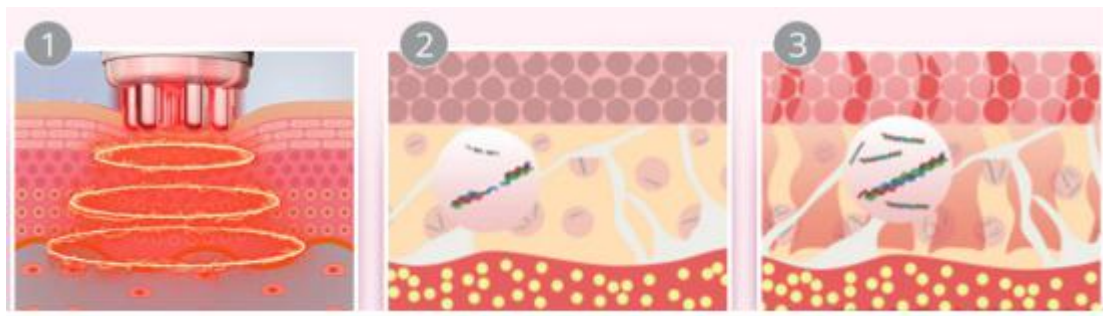


Face RF

Radiofrequency waves directly penetrate the skin and produce energy by utilizing the electrical resistance effect formed by the skin, increasing the underlying skin's temperature. Tightening collagen in the dermis and stimulating collagen hyperplasia can timely lift and firm skin and continuously regenerate collagen.

The treated parts can experience an apparent shrinkage instantly after treatment. And tightening and lifting can be seen about one month later and will become more evident. Depending on body parts to be treated and ways of maintenance, the effect of RF can be maintained about 18 months to 3 years, or varies, or extends even longer in line with ways of maintenance. According to the latest research, a better effect can be achieved after multiple times of treatments.

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Cold & Hot Hammer

It uses the principle of expansion caused by heat and contraction caused by cold. When our skin temperature stays at 5 degrees, metabolic rate reduces, cell activity inhibits and slows down, and the nerve endings' sensitivity lowers. Thus, inhibiting pain, swelling, and ache caused by skin allergy. Due to this principle, a temperature of 5 degrees contracts blood vessels and causes pores shrinkage, lessening large pores and firming skin. Thus, removing wrinkles and crow's feet on the face.

The physiological effects of cold treatment with a temperature of 5 degrees:

- It shrinks blood vessels, contracts pores, and tremendously minify large pores.
- It strengthens collagenous fiber, makes skin tightened and elastic, and removes wrinkles and crow's-feet.
- It contracts blood vessels and effectively relieves varicosity and spider veins bulging. Moreover, harmful wastes that go back to veins at any time can be easily purified and detoxed. It also has a noticeable effect on spots fading and removal.
- It reduces metabolic rate, inhibits and slows cell activity, lowers the sensitivity of nerve endings with a sedative and soothing effect, offsets skin pain, swelling, and ache. It, especially, has a good curative effect on allergic skin.

The physiological effects of hot treatment with a temperature of 40 degrees:

- It makes people feel warm and comfortable, relaxes muscles, balances autonomic nerves, and dispel pain and soreness.

- It accelerates blood circulation, increases oxygen content in blood, opens pores, expands blood vessels, speeds up nutrition absorption of the skin. It's a moderate, comfortable, and effective infusion method.
- It boosts the skin's metabolic rate, increases heat energy in tissue, discharges wastes and toxins naturally, and has a good effect on eye bags and black eyes removal. Using the cold and hot function alternately can yield twice the result with half the effort, naturally activate cells, improve and purify the skin. It's an instrument that keeps people healthy and makes people nice-looking.

Warnings:

- In case the hands get scalded, please don't touch any parts of the cold and hot hammer when it's working.
- Due to the heat transfer effect, the cold or hot hammer is still hot after turning off.
- This instrument is not designed for those with a weak physical ability, slow response, or mental disorders (including children), except it's used under the guidance or with the help of people who take responsibility for it.
- Children shall be monitored to ensure they do not play with the instrument.

Use the cold therapy hammer to shrink pore after skin moisturizing and nutrition importation, this cooling therapy can promote skin tightening and enhance acne relieving and smoothing



BIO

It adopts the photodynamic principle to activate deep cells and make the skin have better metabolism. After the skin absorbed the ray of light, light energy was transformed into intracellular energy, which expands and strengthens micro-vessels and triggers a photochemical-enzymatic reaction with the skin. And the energy boosts the activity of catalase and superoxide dismutase (SOD), the "guard" and "janitor" for cells, enhances the synthesis of adenosine triphosphate (ATP), a source of cellular energy, and increases glycogen and protein content. Thus, accelerating cells metabolism and regeneration. Besides, the energy stimulates the secretion of body alkaline synthetic fiber growth factor(BFGF) and epidermal growth factor(EGF), increases collagenous fiber's elasticity, rearranges fibers, blocks and eliminates the formation of melanin, accelerates cells growth and blood circulation, causes fibrocyte

tissue to produce collagen, and lift skin elasticity. And it plays a vital role in repairing aging and acne skin, fading spots, firming and lifting, and relieving sunburns.

Biological Effect: It adopts the photodynamic principle to activate deep cells and make the skin have better metabolism. After the skin absorbed the ray of light, light energy was transformed into intracellular energy, which expands and strengthens micro-vessels and causes a photochemical reaction-enzymatic reaction with skin, increasing glycogen and protein content to accelerate cell metabolism synthesis.

Red Light: with a wavelength of 635NM. It warms up deep skin, activates collagen's activity, speeds up skin microcirculation, builds skin elasticity, makes skin ruddy, tender, rejuvenated, and smooth, reduces wrinkles, stimulates the regeneration of skin cells, and activates active ingredients through the specific red light waveband.

Blue Light: with a wavelength of 462NM. It contracts pores, gets rid of oily skin, calms skin, removes acne, rapidly locks moisture and essence, makes skin more elastic, relieves skin's inflammation, repairs dark acne, and sterilizes through the specific blue light waveband.

Green Light: with a wavelength of 527NM. It soothes and repairs skin, eases pain, promotes blood circulation through the specific green light waveband. It suits skin with a thin stratum corneum or is prone to allergy or redness.

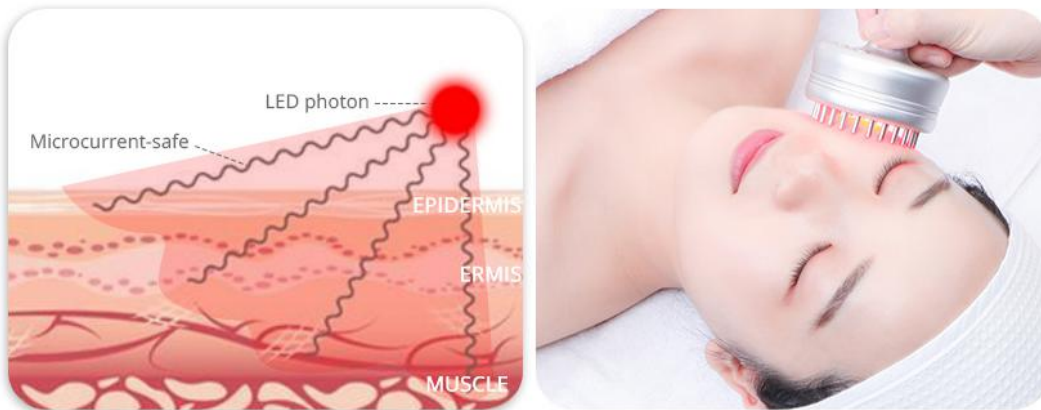
Purple Light: with a wavelength of 600NM. It's a dual-band light that consists of red and blue light. It combines the effect of two phototherapies. And it has an excellent effect on and repairing effect in curing acne and removing acne marks.

Yellow Light: with a wavelength of 590NM. It replenishes energy for skin cells, promotes gland function, helps with digestion, cures skin diseases, boosts immunity, accelerates blood circulation, effectively repairs red marks and red spots of the skin, and relieves swelling and pigment. It suits acne removal and skin brightening.

White Light: with a wavelength of 670NM. It penetrates deep skin, accelerates metabolism of active tissue, breakdowns color spots, relieves fine lines and saggy skin, relaxes skin, balances secretion, and controls grease.

Turquoise Light: with a wavelength of 610NM. It can gradually enhance cell energy and has a good curative effect on metabolism through the specific turquoise light waveband.

Microcurrent&LED Light Therapy-Fine Lines Reduction&Skin Firming

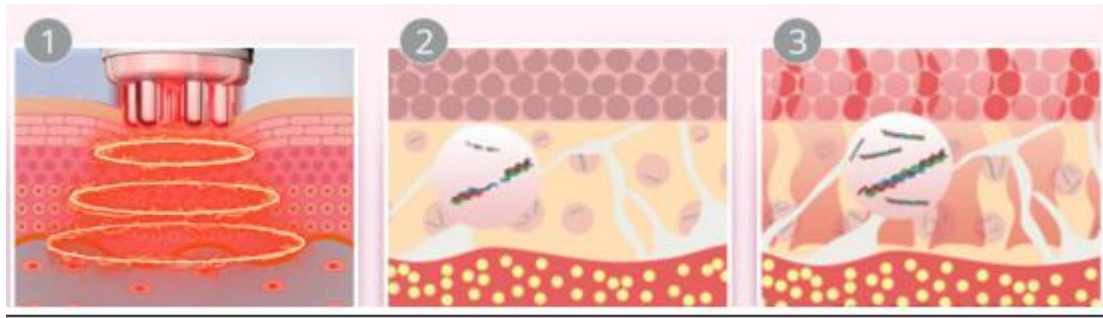


Microcurrent-safe and painless facial helps erase fine lines and wrinkles, while firming your skin and defining your features. It improves muscle tone, reduces puffiness, increases cellular activity, and tightens pores. that is why the result will be double after LED light therapy for acne, wrinkle, the overall result is a healthier and younger looking skin, no matter your age.

Body RF

The special radiofrequency waves, produced by the radiofrequency heat effect in certain depths under the skin, penetrate the epidermis and act directly on the dermis. Thus, heating tissue, accelerating metabolism and decomposition of subcutaneous fat, and stimulating hyperplasia and recombination of collagen and elastic fibers. With the continuous neogenesis and realignment of collagen in the dermis, the effect of lifting and tightening can be felt after treating flabby skin.

Biological Effect: Radiofrequency can vibrate one million times of high-frequency radio wave, which penetrates epidermis exerting its effect directly on the dermis, deeply heats collagen cells, stimulates the growth of collagenous fiber, makes it supported by an incredible amount of new collagen, and make the skin firmed and elastic. Radiofrequency waves penetrate the epidermis acting on the deep dermis and generate bio-thermal energy by heating water molecules rapidly. When the temperature of collagen tissue, under natural friction and heating, reaches up to 45°C to 60°C, it will shrink instantly and stimulate the constant hyperplasia of collagen. Meanwhile, the bio-thermal energy can effectively accelerate intracellular blood flow and release the free fatty acid to boost the dissolution of the fat on the surface layer. Thus, tightening and lifting the slack and saggy face.

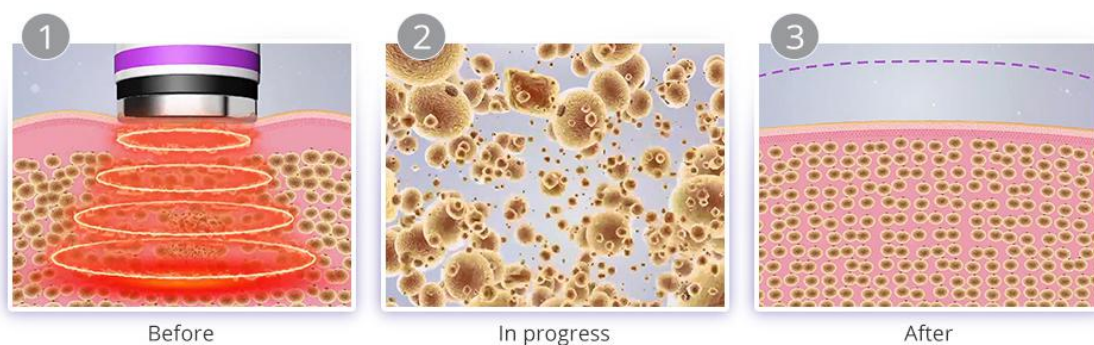


40K

It uses the principle of ultrasonic waves. It can effectively consume heat and cellular moisture and shrink fat cells by gathering strong sound waves entering the human body, causing fat cells to produce a strong strike and friction. In addition, when sound waves vibrate, it can cause cells to generate an intense impact that bursts cells instantly and decreases the number of fat cells to achieve fat removal.

The Principle of Ultrasonic Cavitation: Tens of thousands of tiny bubbles, namely cavitation bubbles, are produced by liquid vibration. These bubbles grow in the negative pressure zone formed by the longitudinal transmission of ultrasonic waves, and they close rapidly in the positive pressure zone. Therefore, they are being compressed and stretched under alternate positive and negative pressure. The bubbles will be compressed until they get burst, which will generate strong instantaneous pressure. Generally, the pressure can reach up from tens of MPa to hundreds of MPa and produces strong vibration and noise.

Advantages: It destroys tissue selectively, only breaks low-density adipose tissue with a specific frequency, and protects high-density tissue like nervous vascularis.



Vacuum & RF

Massaging skin and muscle with a special vacuum sucker can effectively enhance the mobility of the body fluids and boost cells' movement. Thus, activating cells and increasing skin elasticity. And meanwhile, it accelerates blood circulation of the micro-vessels, discharges the excess toxin through the normal circulation of the

lymphatic system, lowers the probability of adverse situations, such as color spots, pigment, and extravasated blood. The kneading effect generated by vacuum fat-sucking can increase the tissue activity of the skin and muscles. Thus, decreasing scleroid cellular tissue and increasing the elasticity of skin tissue. Therefore, both slimming and shaping can be completed simultaneously. In addition, vacuum movement can also stimulate the sympathetic nervous system on the superficial and deep layer of the skin and lowers skin sensitivity. The suction and release of air pressure can improve the capillary system, promote flow between deeper veins and lymph gland networks, strengthen blood vessels, and relieve varicosity.

Advantages: It breaks through the previous working mode of vacuum that is single and simple. Using different modes for different body parts can slim and sculpt the body more effectively and efficiently, and it causes no harm to the human body. Compared with the ordinary monopole RF handpiece, this equipment, with its unique RF and vacuum handpiece relatively independent but complementary as a whole metabolic system, can perfectly reshape the body in a more effective, rapid, and even way.

The Physical Effect of the Vacuum

Skin Layer

The suction and release of air pressure:

- It improves mobility among cells. Thus, increasing the movement of cells and curing diseases related to blood stasis and stagnation.
- Remove moisture from the lymph gland and veins.
- Effect: Water can be discharged from fibrous tissues.

Vascular Layer

The suction and release of air pressure:

- Boost blood circulation of the micro-vessels. It improves the capillary system and enhances flow between deeper veins and the lymph gland network.
- The extra toxins can be removed from the body.
- Effect: Strengthen blood vessels and relieve varicosity.

Fibrous Layer

The suction and release of air pressure:

- Promote the combination of two effects generated in different tissues (including skin, muscle tissue, etc.).
- Repair cell tissue and enhance activity among cells.
- Boost and repair skin elasticity, and resist skin stretch.
- The production of ossein helps to renew skin and recover elasticity.
- Enhance oxygen support capacity for the skin and increase the consumption of

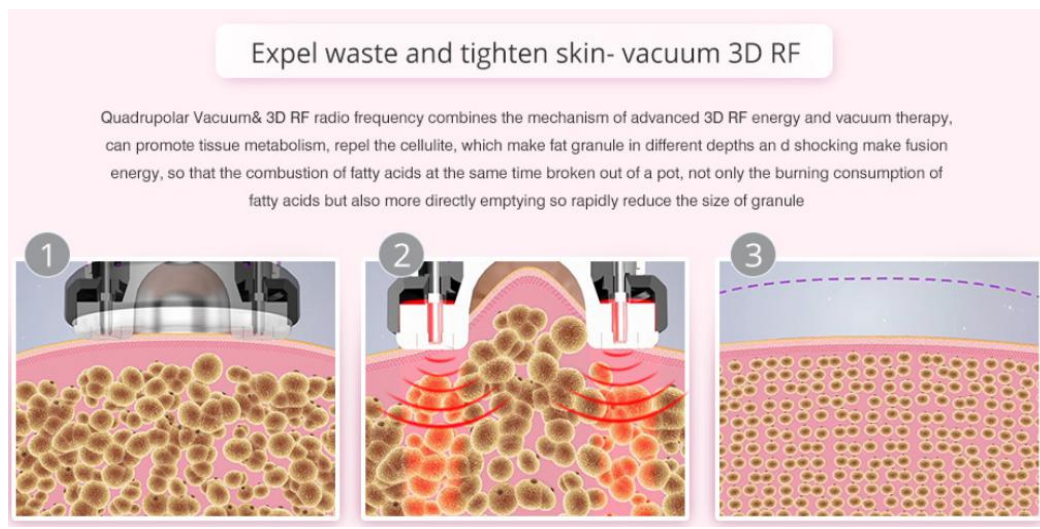
carbon dioxide.

- Effect: Break the stiff fiber of cellulite and make it more elastic. Thus, shaping the body.

Nervous Layer

The suction and release of air pressure:

- Stimulates the surface and deep layer of the sympathetic nervous system.
- Lower skin sensitivity.
- Repair skin elasticity and resist the fibrosis of tissue.
- Effect: Repair and reduce skin sensitivity.



4. Facial Anti-aging & Skin Tightening

(1) Handpiece

Hot Hammer + Face RF + BIO

(2) Efficacy

- 1) Tighten face and deeply infuse nutrition.
- 2) Increase skin elasticity and refine skin.
- 3) Moisten skin and enhance skin absorptivity.
- 4) Accelerate blood circulation and metabolism.
- 5) Relieve the double chin and firm skin.
- 6) Stimulate collagen hyperplasia and delay aging.

(3) Indications

- 1) Those with dark or lustreless faces.
- 2) Those with flabby or saggy skin.

- 3) Those with fine lines, nasolabial folds, or periorbital wrinkles.
- 4) Those with vague facial contour.
- 5) Those with coarse skin or large pores.
- 6) Those who are under long-term exposure to UV radiation in the workplace.
- 7) Those with flabby skin, edema, or puffiness after child delivery.

(4)Contraindications

- 1) Those who just had plastic surgery or had prostheses or metal objects implanted inside the treated parts.
- 2) Those who injected hyaluronic acid or water light or had an injection for wrinkle removal or plastic surgery recently.
- 3) Those with hypertension, heart disease, diabetes, severe thyroid, malignant tumors, etc.
- 4) Those in the allergic period, with severely sensitive skin, or who are allergic to metals.
- 5) Those with skin trauma or wound.
- 6) Those who are overaging.
- 7) Those in menstruation, pregnancy, lactation, or surgical recovery.
- 8) Those with skin disease or infectious disease.
- 9) Those who have an unrealistic illusion about the effect.

(5)Matters Needing Attention After Treatment

- 1) Do not wash face with overheated water within three days(but wash with warm and cold water).
- 2) Keep hydrating and moisturizing, and protect yourself from the sun.
- 3) Do not enjoy hot springs, saunas, or do strenuous exercise, etc., within three days.
- 4) It's advised to apply a facial mask at least three times a week.
- 5) Avoid eating spicy and greasy food, staying up late, smoking, and drinking alcohol. Instead, eat more vegetables, fruits, and light food.
- 6) Do not eat food causing hypertension, hyperlipidemia, and hyperglycemia, and mostly eat bland food.

5. Easing & Repairing

(1)Handpiece

Cold+ BIO

(2)Efficacy

- 1) Relieve symptoms like facial redness, acne, and allergy.

- 2) Calm and ease skin.
- 3) Contract pores and relieve large pores.
- 4) Increase skin elasticity.
- 5) Enhance skin's immunity and repair sensitive skin.

(3)Indications

- 1) Those with sensitive or acne skin or whose skin is prone to swelling or allergy.
- 2) Those with flabby, saggy, or inelastic skin.
- 3) Those with dry skin, fine lines, dark or uneven skin color, or lackluster skin.
- 4) Those with large pores, coarse skin, or strong grease secretion.

(4)Contraindications

- 1) Those with severely sensitive skin or in the allergic period.
- 2) Those whose noses once had a prosthesis.
- 3) Those with extensive trauma on the face.
- 4) Women in pregnancy; those with severe heart disease, serious hypertension, hyperglycemia, hyperlipidemia, other serious diseases, etc.
- 5) Those with skin disease or infectious disease.
- 6) Those who just had water light, microneedle, or with skin wound.
- 7) Those with metal implants inside the body (such as a stent, pacemaker, etc.) or allergic to metals.

(5)Matters Needing Attention After Treatment

- 1) Wash the face with warm water within three days.
- 2) Keep hydrating and protect yourself from the sun.
- 3) Don't use irritant skincare products that contain scrub, exfoliant, AHA(Alpha Hydroxyl Acid), etc.
- 4) Avoid staying up late, smoking, or drinking alcohol. Instead, eat more vegetables, fruits, and light food.
- 5) Apply a hydrating mask one time each day within three days.

6. Eye Wrinkle Removal

(1)Handpiece

Eye RF

(2)Efficacy

- 1) Relieve eye fatigue, black eyes, eye bags, and edema.
- 2) Improve periorbital wrinkles and crow's feet.

- 3) Fade pigment and accelerate blood circulation.
- 4) Accelerate metabolism and prevent hyperpigmentation.
- 5) Supply nutrition to the eyes and moisten the skin.
- 6) Tighten and refine skin and lift the corner of the eyes.
- 7) Accelerate blood circulation of the eyes and help with efficient absorption.

(3)Indications

- 1) Those with wrinkles, fine lines, eye bags, or black eyes.
- 2) Those with dry skin, dry lines, or dynamic wrinkles.
- 3) Those whose eyes are prone to fatigue or dryness.
- 4) Those who always face computer or cellphone.
- 5) Those who always stay up late or with black eyes.
- 6) Those who always expose to a dry or high-temperature environment.

(4)Contraindications

- 1) Those who just had plastic surgery.
- 2) Those with hypertension, heart disease, diabetes, severe thyroid, malignant tumors, etc.
- 3) Those in the allergic period, with severely sensitive skin, or who are allergic to metals.
- 4) Those with skin trauma or wound.
- 5) Those who are overaging.
- 6) Those in pregnancy or surgical recovery.
- 7) Those with skin disease or infectious disease.

(5)Matters Needing Attention After Treatment

- 1) Avoid being under the blazing sun and protect yourself from the sun.
- 2) Keep hydrating and moisturizing, and protect yourself from the sun since the treated parts are relatively dry.
- 3) It's better not to use products like alcohol, AHA(Alpha Hydroxyl Acid), or scrub cream within 1 to 3 days.
- 4) Avoid washing the face with overheated water, enjoying hot springs, saunas, or doing strenuous exercise within seven days.
- 5) Drink more water and apply an eye mask which should do at least three times a week.

7. Neck Anti-aging

(1)Handpiece

Face RF

(2)Efficacy

- 1) Relieve neck with slack, coarse, or lusterless skin.
- 2) Tighten skin and increase skin elasticity.
- 3) Relieve double chin.
- 4) Accelerate lymphatic detox and improve facial skin quality.
- 5) Prevent neck and lymphatic diseases.

(3)Indications

- 1) Those whose necks have coarse skin or dark skin color.
- 2) Those whose necks have clogged lymph.
- 3) Those whose necks have slack or inelastic skin.
- 4) Those who always lower their heads.
- 5) Those who are not satisfied with their necks' skin color.

(4)Contraindications

- 1) Those who just had plastic surgery.
- 2) Those with hypertension, heart disease, diabetes, severe thyroid, malignant tumors, etc.
- 3) Those in the allergic period or with severely sensitive skin.
- 4) Those with skin trauma or wound.
- 5) Those who are overaging.
- 6) Those in pregnancy or surgical recovery.
- 7) Those with skin disease or infectious disease.

(5)Matters Needing Attention After Treatment

- 1) Protect yourself from the sun and keep the neck warm.
- 2) Keep hydrating and moisturizing, and protect yourself from the sun since the treated parts are relatively dry.
- 3) It's better not to use products like alcohol, AHA(Alpha Hydroxyl Acid), or scrub cream within 1 to 3 days.
- 4) Avoid washing the face with overheated water, enjoying hot springs, saunas, doing strenuous exercise within seven days.
- 5) Drink more water, apply neck masks at least three times a week, and apply essence or neck cream.
- 6) Avoid lowering your head for a long time.

8. Body Management

(1) Waist & Abdomen Fat-dissolving & Sculpting

Handpiece: Body RF + 40K + Vacuum & RF

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.
- Those with a heart pacemaker or metal implants.

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.

(2) Arm Fat-dissolving & Sculpting

Handpiece: Body RF + 40K + Vacuum & RF

1) Efficacy

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

2) Indications

- 1) Those with thick arms or who look unsightly in clothes.
- 2) Those with bat wings or flabby arms.
- 3) Those whose arms have flabby skin.
- 4) Those whose arms are prone to soreness and numbness.
- 5) 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.
- Those with heart disease or heart pacemakers.

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.

(3) Back Sculpting

Handpiece: Body RF + Vacuum & RF

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

- 1) Those with metal implants inside the body(such as a stent, pacemaker, etc.) or allergic to metals.
- 2) Women in pregnancy, menstruation, or lactation.
- 3) Those whose surgical wounds are healing or in surgical recovery.
- 4) Those with hypertension, hyperglycemia, hyperlipidemia, heart disease, epilepsy, severe diabetes, or hyperthyroidism.
- 5) Those with malignant tumors, hemophilia, or severe bleeding.
- 6) Those with skin disease or infectious disease.
- 7) Those who have a weak body.
- 8) Those who are drunk, thirsty, overworked, or with a full or empty stomach.
- 9) Those with heart disease or heart pacemakers.

4) Matters Needing Attention After Treatment

- Keep warm, avoid exposure to a windy environment, 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.

(4) Buttock Sculpting

Handpiece: Body RF + 40K + Vacuum & RF

Buttocks, located at the middle of the human body, are the key hub for channels and collaterals and qi-blood circulation and are the main switch of six channels and collaterals and the bridge connecting upper jiao qi-blood and lower jiao qi-blood circulation of the human body. It plays a vital role in body S-curve management and feminine charm increasing.

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 with 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.
- Those with heart disease or heart pacemakers.

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.

(5) Leg Fat-dissolving & Sculpting

Handpiece: Body RF + 40K + Vacuum & RF

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 painful 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 with heart disease or heart pacemakers.

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.

(6) Breast Sculpting

Handpiece: Body RF

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 mastatophy, 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 during menstruation.
Those with hypoimmunity.
Those with irregular menstruation, spots on the face, or inelastic skin.
Those who think she has a less developed mammary gland, mastatophy, 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.
- Those with unhealed surgical wounds or in surgical recovery.
- Those with heart disease or heart pacemakers.
- 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

The detailed installations are shown in the following photo.



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 & Display



Time Setting(decrease)



Time Setting(increase)



Energy Intensity Setting & Display



Energy Intensity Setting(decrease)



Energy Intensity Setting(increase)



Start/ Pause



Button for entering function selection interface



Selecting the mode of Vacuum

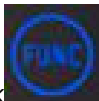


Function Selection



Selecting the mode of Vacuum RF

(2)Detailed Operations for 40K



Click , select 40K, and enter the following interface.



Time Setting & Display

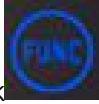


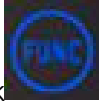
Energy Intensity Setting & Display



Start/ Pause

(3)Detailed Operations for Vacuum & RF



Click , select Vacuum & RF, and enter the following interface.



Time Setting & Display



Energy Intensity Setting & Display



Start/ Pause



Selecting the mode of Vacuum & RF

M0: Vacuum does not work, but RF works.

M1: Direct Suction. Vacuum & RF is under suction all the time.

M2: Slower Interval Frequency

M3: Fast Interval Frequency

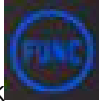
M4: Faster Interval Frequency

M5: The Fastest Interval Frequency



Rotating knob for suction level setting. Rotate to the left to decrease suction and to the right to increase. Please adjust it per individual tolerance. It's advised not to set the suction too high when just start to avoid discomfort.

(4)Detailed Operations for Body RF



Click , select Body RF, and enter the following interface.



Time Setting & Display

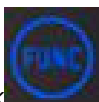


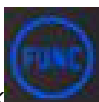
Energy Intensity Setting & Display



Start/ Pause

(5)Detailed Operations for Face RF



Click , select Face RF, and enter the following interface.



Time Setting & Display

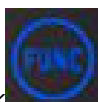


Energy Intensity Setting & Display



Start/ Pause

(6)Detailed Operations for Eye RF



Click , select Eye RF, and enter the following interface.





Time Setting & Display

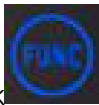


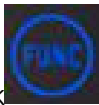
Energy Intensity Setting & Display



Start/ Pause

(7) Detailed Operations for Cold Hammer



Click , select Cold Hammer, and enter the following interface.



Time Setting & Display

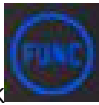


Energy Intensity Setting & Display

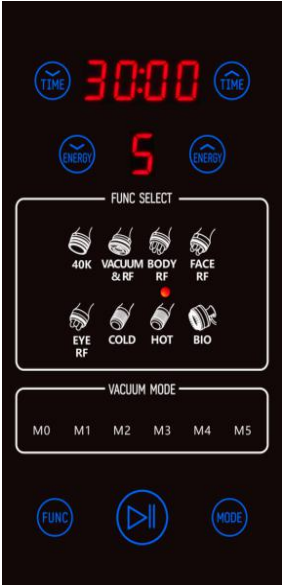


Start/ Pause

(8)Detailed Operations for Hot Hammer



Click , select Hot Hammer, and enter the following interface.



Time Setting & Display

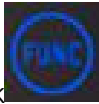


Energy Intensity Setting & Display



Start/ Pause

(9)Detailed Operations for BIO



Click , select BIO, and enter the following interface.



Time Setting & Display



Energy Intensity Setting & Display

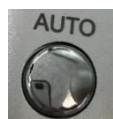


Start/ Pause

Light adjustments are as follows:



Off button for polychromatic light



Button for making the lights flash cyclically. Namely, the lights start to flash circularly after clicking the button. It suits those who want to rejuvenate, whiten, or ease the skin.



Mode Selection & On Button. Click it to launch the polychromatic light, and click it one more time to select different colors, which can be chosen per the skin

conditions.



Button for making the monochromatic light flash. Namely, only light of single



color flashes. Click to switch to other colors of light.

2. Technical Parameters

Power Supply Input: 100V-240V

Power: 190W

40K Unoisetion Cavitation 2.0 Handle

Frequency: 40KHz

Power: 20W

Sextupolar RF Handle with Photon for Body

Frequency: 1MHz

Power: 50W

Vacuum & Bipolar RF Handle with Photon

Frequency: 1MHz

Power: 50W

Vacuum: <-80kPa

Pressure: >250kPa

Air Flow: >10L/minute

Noise Level: <70dB (30cm away)

Quadrupole RF Handle with Photon for Face

Frequency: 1MHz

Power: 30W

Tripolar RF Handle With Photon

Frequency: 1MHz

Power: 10W

Cold Hammer for Body and Face

Temperature: 0 to 5 degree centigrade

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) Please remove all the metal objects from the body before use to avoid unexpected situations which may affect the curative effect.
- (7) Please refrain from using the equipment to aim at eyes, thyroid, parathyroid, testicles, pregnant woman's abdomen, pacemaker, etc.
- (8) Those suffering from an illness should use it with caution unless they get permission from a doctor.
- (9) Please turn the equipment's power switch off if no one uses it, and ensure the main power is off after everything was settled. Thus the safety of the equipment can be guaranteed.
- (10) Use the equipment and train the operators in strict accordance with the instructions specified in the manual.
- (11) It's advised to stop taking other weight-loss medicines for 1 to 2 months before treatment if you are taking them now. The course of treatment shall be extended if you want to have it started immediately.
- (12) Don't use the equipment with an empty stomach, and wait for at least one hour after a full meal before starting the course for weight reduction.
- (13) The equipment should contact the skin thoroughly to avoid uneven heat when in use.
- (14) Start from the lowest energy level when start and increase the level gradually after the client got used to it.
- (15) The device should contact the skin fully when in use. Otherwise, it may not be attached to the skin.
- (16) 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 the back is loose or burnt out.
- (2) The equipment can be started, but the RF doesn't output energy, or the energy is weakened?
 - A. Please check whether the handpiece and the plug connecting to the equipment body are closely linked.

B. The wire inside is loose or burnt out.

(3) The equipment doesn't have suction, or the suction is weak?

- A. Please check whether the handpiece and the plug connecting to the equipment body are closely linked.
- B. Please check whether the oil filter outside is tightened and whether the rubber ring is worn out. Air leakage in this place may cause insufficient air pressure.
- C. If the solutions mentioned above are not working, please contact the equipment dealer for assistance.

(4) The equipment can be started, but there is an error message on the monitor?

- A. Take out the plug in the back, wait for about one minute, re-plug it, and restart the equipment.
- B. If the solutions mentioned above are not working, please contact the equipment dealer for assistance.

5. FAQs

(1) Q: How long does it take to see the effect of RF treatment?

A: Usually, the effect can be seen on the same day or within a week. Skin's collagen tissue, under heating, produces contraction, resulting in an evident skin tightening. RF regenerates collagen continuously because it stimulates subcutaneous tissue. Therefore, the more you use it, the better the effect.

(2) Q: Is RF harmful to the skin?

A: Skin tightening and anti-wrinkle with RF is a non-surgical program. It stimulates collagen regeneration and metabolism in the underlying skin. Therefore, it causes no harm to the skin. Only local redness and heating will occur after treatment. It's an everyday phenomenon caused by accelerated blood circulation and will disappear after a moment. Thus, there's no need to worry.

(3) Q: How long does the body firming and shaping treatment take?

A: The time for one treatment is 60 minutes. We will combine the use of professional massage techniques and instruments to deliver a noticeable effect.

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

A: It can shape the body with fat-dissolving, rejuvenate skin and make it smooth, do tightening and lifting, restore youth, and do anti-aging. And it can be operated all over the body. For the face, it can sculpt contour, reduce wrinkles, and relieve loosening and sagging. For the body, it can reduce the weight of local body parts, build an S curve, and accelerate the whole body's metabolism and detox. Meanwhile, it can also enhance viscera functions and relieve the sub-health condition of the body.

(5) Q: In terms of weight reduction, which one is better, liposuction or this equipment?

A: The principle of liposuction is to suck out excess fat from a specific body part through vacuum suction, achieving rapid local body slimming. It has an instant effect, requires an anesthetic during the operation, and has a recovery phase. There is a risk since it's an operation. However, this equipment is risk-free and has no side effects. It can stimulate collagen regeneration to lift and tighten skin while reducing weight. It can also sculpt perfect curves by lifting and boost feminine charm.

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

A: For weight loss with ultrasonic lipolysis, it's hard for the weight to rebound after reduction. Ultrasonic lipolysis removes fat rather than moisture, and it takes a long time for the fat to be accumulated. Thus, the weight will not get rebound easily.

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

A: You need to keep on a diet to some extent because radiofrequency and ultrasonic treatment are followed by fat-blasting and accelerated metabolism. Avoid eating spicy, oily, or fried food so as not to affect metabolism. Have a proper amount of exercise to sweat and make the metabolin discharge successfully. In this way, the effect of weight loss will be more obvious.

(8) Q: Does RF have any side effects on the body?

A: Improving the appearance and shaping the body with RF is a non-invasive treatment and is currently the safest and most effective way to remove wrinkles, tighten skin, and sculpt the body. Generally speaking, there are no side effects. A few people may experience transient redness or swelling that will disappear after a few hours. Those with dry skin may experience dryness and atrophy after initial treatment. The skin will lose moisture due to radiofrequency heat. However, the skin will turn plump at the initial stage of collagen regeneration, and all those symptoms will disappear after three days. Thus, there are no side effects on the body.

(9) Q: Can ultrasonic waves be used all over the body?

A: Ultrasonic waves break fat cells, burst the cell wall, and then fat in the cells flows out and is absorbed and metabolized by lymph. The ultrasonic wave has strong power. The heart is sensitive to sound waves since it's a hollow organ. The back and forth reflex occurs because muscle tissue and blood in the heart do not conduct sound waves in the same way after the sound waves vibrate the heart. The reflex force can detach cardiac valves from cardiac muscles. If the waves are directed at the eyes, it can cause retinal detachment. Therefore, shunning eyes and heart when using ultrasonic waves. (Don't use it on the waist, back, and breast.)

(10) Q: Do ultrasonic waves have side effects on the body?

A: Ultrasonic wave is non-surgical, non-invasive, and requires no anesthetic and operation. The operating techniques for ultrasonic wave: ultrasonic wave(mechanical

sound wave)--blast fat with cavitation--ultrasonic focusing.

Effect: fat smashing--fat-dissolving--skin firming and body sculpting. It only targets fat cells of low density while protecting tissue of high density, such as blood vessels and nerves. Therefore, it has no side effects on the body. Only slight drumming in the ears may appear during the treatment, which is normal; you don't have to worry about it.

(11) Q: Why does drumming in the ears occur?

A: It's because the ultrasonic wave has a strong vibration and a frequency above 20kHz. It acts on the subcutaneous fat layer that is 20mm below through ultrasonic focusing. Ultrasonic wave with concentrated energy causes high-speed friction among fat cells, resulting in heating and eventually breaking and emulsifying, during which there is sound. Therefore, slight tinnitus will accompany during the treatment.

(12) Q: What is collagen?

A: Collagen is a biological macromolecule substance and is a white, opaque, and non-branched fibrous protein. It can supplement the needed nutrition to skin layers and enhance the activity of skin collagen. And it can lock moisture, nourish skin, delay aging, improve looks, relieve slack face, and care hair. Collagen is a nutrient that the body must be supplemented with to delay aging. With increasing age, the collagen will drain gradually. After the age of 20, women have got old, and their collagen has depleted, and the collagen content has decreased little by little. At the age of 25, collagen loss reaches its peak. At the age of 40, collagen content is less than half of that of 18. Collagen and water loss leads to the breakage of collagen fibers and elastic mesh that support the skin, which is the exact cause of the wrinkles on the face of the elderly. It causes the oxidation, atrophy, and collapse of skin tissues, making the skin dry, wrinkled, slack, and inelastic. Therefore, collagen must be supplemented to delay aging.

(13) Q: Why do I need buttocks maintenance?

A: Hip maintenance can help with lymphatic detox, improve gynecological diseases, and avoid harm caused by buttocks blockage. Hips' impassability will surely bring about gynecological diseases. There is a pelvic cavity and intestinal tract inside the buttocks. It connects to the belt vessel, lumbar vertebra, and sciatic nerve from above, uterus, ovary, and adnexa in front, anus, vagina, groin, and lymph from below. Under the squeeze of upper-jiao(the parts above the diaphragm) and lower-jiao(the parts underneath enterocoelia) channels and collaterals, the hips are most prone to coldness, dampness, and blood stasis. When the hip is cold, it causes contraction of the hips' channels and collaterals, dysmenorrhea, irregular menstruation, dark menstrual blood, blood clot, and obstructed blood flow. It also affects ingravitation.

6. Packing List

Sextupolar RF Handle with Photon for Body x 1
40K Unoisetion Cavitation 2.0 Handle x 1

Vacuum & Bipolar RF Handle with Photon x1
Tripolar RF Handle with Photon for Face and Eyes' Around x 1
Quadrupole RF Handle with Photon for Face and Body
Microcurrent with Photon Handle x 1
Cold & Hot Hammer x1
Power Cord x 1

7. Operating Steps

(1)Facial Anti-aging & Skin Tightening

remove makeup, clean the face, apply toner, massage, use the Hot Hammer and Face RF, apply a facial mask, use the BIO, apply water, essence, facial cream, and sunblock

Matched Product: RF cream/ massage cream

(2)Easing & Repairing

remove makeup, clean the face, apply toner, use the Hot Hammer and BIO, apply water, essence, facial cream, and sunblock

Matched Product: essence/ stoste

(3)Eye Wrinkle Removal/ Neck Maintenance

remove makeup, clean the face, apply toner, massage, use the Eye RF/ Face RF, apply an eye mask/ neck mask, apply water, essence, facial/ eye/ neck cream, and sunblock

Matched Product: RF cream/ massage cream

(4)Waist & Abdomen, Arm, Leg, or Buttock Fat-dissolving & Sculpting

massage, use the Body RF, 40K, and Vacuum & RF, clean the treated parts

Matched Product: gel, RF cream/ essential oil

(5)Back Sculpting

massage, use the Body RF and Vacuum & RF, clean the treated parts






Matched Product: RF cream/ essential oil


(6)Breast Sculpting

massage, use the Body RF, clean the treated parts

Matched Product: RF cream/ essential oil

8. Operational Diagrams

| Parameter Setting | Matched Product | Technique | Diagram |
|--|---|--|---|
| Facial Anti-wrinkle & Skin Tightening: 60 Minutes/ Once a Week | | | |
| Cold Hammer Advised Time: 10 to 15 minutes Advised Energy Level: 3 to 7 Face RF Advised Time: 10 to 15 minutes Advised Energy Level: 3 to 7 BIO Advised Time: 10 to 15 minutes Advised Energy Level: 3 to 7 | Makeup Remover + Facial Cleanser + Cold & Hot Steam + Massage Cream + Moisturizing Mask + Essence + Facial Mask | 1. Remove makeup and clean the face, 5 minutes. 2. Apply a moisturizing mask and use hot steam, 10 minutes. 3. Clean the face, 2 minutes. 4. Apply toner, 1 minute. 5. Apply massage cream evenly to the face, and caress it three times. 6. Press Chengjiang (RN-24), Renzhong (DU-26), Dicang (ST-4), Jiache (ST-6), Yingxiang (LI-20), Jingming (BL-1), Cuanzhu (BL-2), Yuyao (EX-HN4), Sizhukong (SJ-23), Taiyang (EX-HN5), Tongziliao (GB-1), Chengqi (ST-1), and Sibai(ST-2). Repeat three times. 7. Caress the whole face three times. 8. Lift in three lines with hands doing it alternately, from the chin to earlobe, from the corner of the mouth to Ermen(SJ21), from the wing of the nose to Taiyang (EX-HN5), and from the lower eyelid to Taiyang (EX-HN5), and lift the corner of the eye. Repeat three times. 9. Do the same on the other side. 10. Lift from the forehead | Technique 5, 7  Technique 6  Technique 8, 17, 20  Technique 10, 12, 19, 22  Technique 15  |



| | | |
|--|---|---|
| | <p>towards the hairline. Repeat three times.</p> <p>11. Flip and lift the face with rotating fingers. Repeat 3 to 5 times.</p> <p>12. Flip the forehead towards the hairline direction with one hand. Repeat 3 to 5 times.</p> <p>13. One Side-Flip and lift the face with hands doing it alternately. Do it for 2 to 3 minutes.</p> <p>14. Do the same on the other side.</p> <p>15. Move zigzag on the whole forehead with middle and ring fingers, slide to the front of the ear and lift to and fro for three times, and slide out from the back of the ear.</p> <p>16. Treatment ends.</p> <p>17. Hot Hammer: Lift one line after another from the chin to the part below the ear, from the corner of the mouth to ear center, and from the wing of the nose to Taiyang (EX-HN5). Repeat three times.</p> <p>18. Do the same on the other side.</p> <p>19. Lift the forehead towards the hairline. Repeat three times.</p> <p>20. Face RF: Lift one line after another from the chin to the part below the ear, from the corner of the mouth to ear center, and from the wing of the nose to Taiyang (EX-HN5). Repeat three times.</p> <p>21. Do the same on the other side.</p> <p>22. Lift the forehead towards the hairline. Repeat three</p> |  |
|--|---|---|



| | | | |
|--|--|--|--|
| | | <p>times.</p> <p>23. Clean the face, 2 minutes.</p> <p>24. Apply a facial mask and wait for 15 minutes.</p> <p>25. BIO: Along the chin to the part below the ear, the corner of the mouth to ear center, the wing of the nose to Taiyang (EX-HN5), and the forehead to the hairline, treating the whole face orderly with the fixed-point stamp method.</p> <p>26. Clean the face, 2 minutes.</p> <p>27. Apply toner, essence, facial cream, and sunscreen.</p> <p>28. Treatment ends.</p> | |
|--|--|--|--|

The Recommended Course of Treatment:

A course of treatment includes ten times treatment. After one treatment, the skin becomes tightened and rejuvenated and is supplemented with the needed nutrition. After a course, the skin improves and turns shiny. After two courses, the skin gets smooth and plump, and its outline becomes clearer gradually. After three courses, the skin's metabolism and detox enhance. And it helps to fade the pigment, lightens dark skin, prevents and delays skin aging, loosening, and sagging, and stimulates collagen hyperplasia in the underlying skin, making the skin tender, smooth, firm, and shiny.

Easing & Repairing: 45 Minutes/ Once a Week



| | | | |
|---|---|--|--|
| <p>Cold Hammer</p> <p>Advised Time: 10 to 15 minutes</p> <p>Advised Energy Level: 2 to 7</p> <p>BIO</p> <p>Advised Time: 10 to 15 minutes</p> <p>Advised Energy Level: 3 to 7</p> | <p>Cleansing Oil + Facial Cleanser + Base Mask + Essence + Cold Steam + Cold Hammer + Repairing Facial Mask</p> | <ol style="list-style-type: none"> 1. Remove makeup and clean the face, 5 minutes. 2. Apply hydrating mask and use cold steam, 10 minutes. 3. Cold Hammer: Lift one line after another from the chin to the part below the ear, from the corner of the mouth to ear center, and from the wing of the nose to Taiyang (EX-HN5). Repeat 3 to 5 times. 4. Do the same on the other side. 5. Treat the forehead with the device moving transversely and circlewise. Repeat 3 to 5 times. 6. Apply a facial mask and wait for 15 minutes. | <p>Technique 4</p>  <hr/> <p>Technique 5</p>  <hr/> <p>Technique 3</p> |
|---|---|--|--|




| | | | |
|--|--|---|--|
| | | <p>7. BIO: Along the chin to the part below the ear, the corner of the mouth to ear center, the wing of the nose to Taiyang (EX-HN5), and the forehead to the hairline, treating the whole face orderly with the fixed-point stamp method. 10 to 15 minutes.</p> <p>8. Clean the face, 2 minutes.</p> <p>9. Apply toner, essence, facial cream, and sunscreen.</p> <p>10. Treatment ends.</p> |  <p>Technique 5</p>  |
|--|--|---|--|

The Recommended Course of Treatment:

A course of treatment includes ten times treatment. After one treatment, the skin becomes moisturized, plump, and smooth. After a course, the skin returns to normal, which will not change due to season change, makeup contacting, and allergy caused by skin hydropenia. After two courses, the skin turns smooth, soft, and white touched with red, blood circulation improves, and it feels like velvet.

Eye Wrinkle Removal: 30 Minutes/ 2 to 3 Times a Week



| | | | |
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| <p>Eye RF</p> <p>Advised Time: 10 to 15 minutes</p> <p>Advised Energy Level: 3 to 7</p> | <p>Cleansing Oil + Facial Cleanser + Essence/ Eye Cream + Instrument + Eye Mask</p> | <p>1. Remove makeup and clean the face, 5 minutes.</p> <p>2. Apply toner, 1 minute.</p> <p>3. Apply essence (Eye Cream) evenly to the eyes with hands moving circlewise. Repeat three times.</p> <p>4. Eye RF: Set energy parameters, mode, and time (about 10 minutes).</p> <p>5. Lift the device from the lower eyelid to the corner of the eye. Repeat 3 to 6 times.</p> <p>6. Lift the device from the lower eyelid to Taiyang (EX-HN5). Repeat 3 to 6 times.</p> <p>7. Lift the device from the lower eyelid moving in small circles to Taiyang (EX-HN5). Repeat 3 to 6 times.</p> <p>8. Lift the device from the lower eyelid to Taiyang (EX-HN5).</p> | <p>Technique 3</p>  |
| | | | <p>Technique 5</p>  |
| | | | <p>Technique 6</p> |

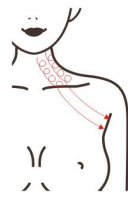

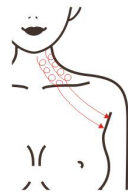

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| | | <p>Repeat 3 to 6 times.</p> <p>9. Lift the device from the brow ridge to the hairline. Repeat 3 to 6 times.</p> <p>10. Do the same on the other side.</p> <p>11. Clean the eyes, 1 minute.</p> <p>12. Apply an eye mask and wait for 15 minutes.</p> <p>13. Remove the mask and clean the eyes, 2 minutes.</p> <p>14. Apply eye essence and eye cream.</p> <p>15. Treatment ends.</p> |  <p>Technique 7</p>  <p>Technique 8, 9</p>  |
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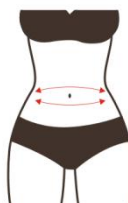

The Recommended Course of Treatment:

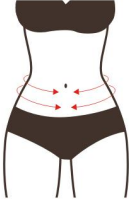


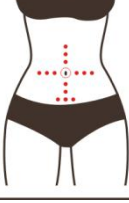

It's advised to use it 2 to 3 times a week. After one treatment, the eye lifts and firms to some extent, and the eye blood circulation accelerates. After a month, the fine lines and black eyes fade, and the skin color lightens. After three months, the eyes turn tightened, rejuvenated, and shiny. If you stick to using it, it can relieve and prevent eye aging.

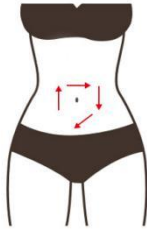
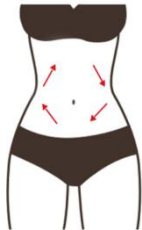

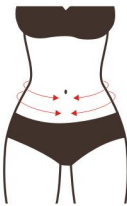
Neck Anti-aging: 60 Minutes/ Once a Week

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| <p>Face RF</p> <p>Advised Time: 10 to 15 minutes</p> <p>Advised Energy Level: 3 to 7</p> | <p>Makeup Remover + Facial Cleanser + Massage Cream + Essence + Neck Mask</p> | <p>1. Remove makeup and clean the face, 5 minutes.</p> <p>2. Apply toner, 1 minute.</p> <p>3. Massage the neck, lift on the chest with hands applying oil, move to the back of the neck, and press Fengchi (GB20) and Fengfu (DU16). Repeat three times.</p> <p>4. Lift the lower jaw and double chin with hands doing it alternately, lift to the armpit via the back of the ear, and slide out from there. Repeat three times.</p> <p>5. Stroke the three channels</p> | <p>Technique 3</p>  <p>Technique 4</p>  <p>Technique 5, 6, 7</p> |
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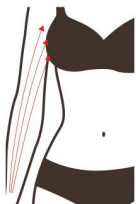

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| | | <p>and collaterals of the side of the neck with purlicue doing it circlewise and till the armpit and slide out from there. Repeat three times.</p> <p>6. Stroke the three channels and collaterals of the side of the neck with four fingers and till the armpit and slide out from there. Repeat three times.</p> <p>7. Rub the side of the neck with kneeling fingers until it turns hot and till the armpit and slide out from there. Repeat three times.</p> <p>8. Stroke the external collarbone with purlicue and till the armpit. Repeat 3 to 5 times.</p> <p>9. Do the same on the other side.</p> <p>10. Treatment ends.</p> <p>11. Face RF: Coupled with hands, lifting the double chin till the armpit via the back of the ear. Repeat three times.</p> <p>12. Move the equipment circlewise on the side of the neck till the armpit in three lines, and slide out from there. Repeat three times.</p> <p>13. Slide the equipment from the internal and external collarbones to the armpit, and slide out from there. Repeat 3 to 5 times.</p> <p>14. Move the equipment circlewise around the neck. Repeat three times.</p> <p>15. Do the same on the other side.</p> <p>16. Clean the neck with a hot towel, 2 minutes.</p> <p>17. Apply a neck mask and wait for 15 minutes.</p> <p>18. Clean the neck with a hot towel and use a hot compress</p> |  <p>Technique 11</p>  <p>Technique 12</p>  <p>Technique 14</p>  |
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| | | for 5 minutes. 19. Apply toner, neck essence, neck cream, and sunscreen. 20. Treatment ends. | |
| The Recommended Course of Treatment: A course of treatment includes ten times treatment. After one treatment, the skin becomes rejuvenated and delicate. After a course, the neck skin turns smooth, and the circulation of neck lymph accelerates. After two courses, the skin becomes tightened, the cervical stripe fades, and the double chin improves. After three courses, the skin turns delicate, shiny, firm, plump, and lymphatic detox speeds up, and dark face and acne improve. It also delays skin aging and rejuvenates the skin. | | | |
| Waist & Abdomen Fat-dissolving & Sculpting: 70 Minutes/ Once a Week | | | |
| Body RF Advised Time: 15 to 20 minutes Advised Energy Level: 3 to 7 40K Advised Time: 15 to 20 minutes Advised Energy Level: 3 to 7 Vacuum & RF Advised Time: 15 to 20 minutes Advised Energy Level: 3 to 7 Mode: M0/ M1/ M2/ M3/ | Massage Cream (Essential Oil) + Gel + Instrument | 1. Rub essential oil into the abdomen with hands moving circlewise. Repeat three times. 2. Rub the belly back and forth with hands. Repeat three times. 3. Rub abdominal fat as the way of rubbing the spine with hands doing it alternately. Repeat three times. 4. Lift Daimai (GB26) of the two sides of the waist with hands doing it alternately. Repeat 16 times. 5. 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. 6. Rub intestinal tract with hands overlapped, moving in small circles and clockwise. Repeat three times. 7. Caress the treated parts with hands moving circlewise. Repeat three times. 8. Press Shangwan (RN13), Zhongwan (RN12), Xiawan (RN10), Shenque (RN8), Qihai (RN6), Guanyuan (RN4), Zhongji | Technique 1, 7, 10  <hr/> Technique 2  <hr/> Technique 3  <hr/> Technique 4 |

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| M4/ M5 | <p>(RN3), Tianshu (ST25), and Daheng (SP15). Repeat two times.</p> <p>9. Push from Zhongji (RN3) to the belly button with the thumbs, slide to the parts below the waist along the two sides, and lift upwards to the groin. Repeat three times.</p> <p>10. Caress the treated part till groin with hands.</p> <p>11. Body RF: Along ascending colon, transverse colon, and descending colon, moving from the abdomen to rectum slowly. Repeat 3 to 5 times.</p> <p>12. Shape the waist with hands moving in rhombus-shaped motions. Repeat 3 to 5 times.</p> <p>13. Sculpt up and down on the waist. Repeat 3 to 5 times.</p> <p>14. Lift Daimai (GB26) of the two sides. Repeat 16 times.</p> <p>15. Coupled with hands, lifting Daimai (GB26) of the two sides. Repeat 16 times.</p> <p>16. 40K: Along ascending colon, transverse colon, and descending colon, moving from the abdomen to rectum slowly. Repeat 3 to 5 times.</p> <p>17. Shape the waist with hands moving in rhombus-shaped motions. Repeat 3 to 5 times.</p> <p>18. Sculpt up and down on the waist. Repeat 3 to 5 times.</p> <p>19. Lift Daimai (GB26) of the two sides. Repeat 16 times.</p> <p>20. Coupled with hands, lifting Daimai (GB26) of the two sides. Repeat 16 times.</p> <p>21. Vacuum & RF: One Side-Lift from the side of the waist to the belly, and lift one line after</p> |  <hr/> <p>Technique 5</p>  <hr/> <p>Technique 6</p>  <hr/> <p>Technique 8</p>  <hr/> <p>Technique 9</p>  <hr/> <p>Technique 11, 16</p> |
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| | | <p>another to the groin. Repeat three times.</p> <p>22. Lift the other side. Repeat three times.</p> <p>23. Set the vacuum to interval mode and move slowly on the abdomen. Repeat three times.</p> <p>24. Set the vacuum to direct suction and sculpt up and down on the waist. Repeat 3 to 5 times.</p> <p>25. Coupled with hands, lifting Daimai (GB26) of the two sides. Repeat 16 times.</p> <p>26. Clean the treated parts with a towel. Treatment ends.</p> |  <p>Technique 12, 17</p>  <p>Technique 13, 18, 24</p>  <p>Technique 14, 15, 19, 20, 25</p>  |
| <p>The Recommended Course of Treatment:</p> <p>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.</p> | | | |
| <p>Arm Sculpting: 70 Minutes/ Once a Week</p> | | | |
| <p>Body RF</p> <p>Advised Time:</p> | <p>Essential Oil (Massage</p> | <p>1. Do it in left-right order. Lay the arm flatwise, apply oil from</p> | <p>Technique 1</p> |

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| <p>15 to 20 minutes</p> <p>Advised Energy Level: 3 to 7</p> <p>40K</p> <p>Advised Time: 15 to 20 minutes</p> <p>Advised Energy Level: 3 to 7</p> <p>Vacuum & RF</p> <p>Advised Time: 15 to 20 minutes</p> <p>Advised Energy Level: 3 to 7</p> <p>Mode: M0/ M1/ M2/ M3/ M4/ M5</p> | <p>Cream) + Gel+ Equipment</p> | <p>the lower arm to the entire arm with hands until the hands slide out, and repeat it three times.</p> <p>2. Push the entire arm with palms doing it alternately. Repeat three times.</p> <p>3. Push Large Intestine Channel-Triple Energizer Channel-Small Intestine Channel of the outer arm separately till armpit with hands' purlicue. Repeat three times.</p> <p>4. Caress the treated part. Repeat three times.</p> <p>5. Rub the three channels and collaterals of the upper arm separately and back and forth with kneeling fingers, and rub till it turns hot. Repeat three times.</p> <p>6. Caress the treated part. Repeat three times.</p> <p>7. Lay the arm upwards, and push Lung Channel-Pericardium Channel-Heart Channel of the inner arm till armpit with purlicue. Repeat three times, respectively.</p> <p>8. Rub the three channels and collaterals back and forth with kneeling fingers, and rub till it becomes hot. Repeat three times.</p> <p>9. Caress the treated part till the hands slide out. Repeat three times.</p> <p>10. Treatment ends.</p> <p>11. Do the same on the other side.</p> <p>12. Body RF: Lay the arms flatwise, and push from the fatty part of the lower arm to the armpit along the three channels and collaterals. Repeat 5 to 8 times.</p> | <div data-bbox="1181 212 1324 421"> </div> <p>Technique 2, 3, 4, 5, 6</p> <div data-bbox="1181 548 1324 757"> </div> <p>Technique 7</p> <div data-bbox="1161 884 1343 1079"> </div> <p>Technique 8, 16, 18, 24, 26</p> <div data-bbox="1161 1254 1343 1449"> </div> <p>Technique 9</p> <div data-bbox="1161 1585 1343 1780"> </div> <p>Technique 12, 15, 20, 23</p> |
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| | | <p>13. Move circlewise on the entire arm till the armpit. Repeat 5 to 8 times.</p> <p>14. Flabby arms can be treated more. Repeat three times.</p> <p>15. Push till armpit along the three channels and collaterals. Repeat three times.</p> <p>16. Lay the arms upwards, and push the three channels and collaterals of the upper arms to the armpit. Repeat three times.</p> <p>17. Along the fatty part of the upper arms, moving circlewise and back and forth till the armpit. Repeat three times.</p> <p>18. Move up and down on the upper arm. Repeat 5 to 8 times.</p> <p>19. Do the same on the other side.</p> <p>20. 40K: Lay the arms flatwise, and push from the fatty part of the lower arm to the armpit along the three channels and collaterals. Repeat 5 to 8 times.</p> <p>21. Move circlewise on the entire arm till the armpit. Repeat 5 to 8 times.</p> <p>22. Flabby arms can be treated more. Repeat three times.</p> <p>23. Push till armpit along the three channels and collaterals. Repeat three times.</p> <p>24. Lay the arms upwards, and push the three channels and collaterals of the upper arms to the armpit. Repeat three times.</p> <p>25. Along the fatty part of the upper arms, moving circlewise and back and forth till the armpit. Repeat three times.</p> <p>26. Move up and down on the upper arm. Repeat 5 to 8 times.</p> <p>27. Do the same on the other</p> |  <hr/> <p>Technique 13, 14, 21, 22, 32</p>  |
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| | | <p>side.</p> <p>28. Vacuum & RF:</p> <p>29. Lay the arms flatwise, and move up and down on the upper arm. Repeat 5 to 8 times.</p> <p>30. Move circlewise on the upper arm. Repeat 5 to 8 times.</p> <p>31. Lay the arms upwards, and sculpt up and down on the inner side of the upper arm. Repeat 5 to 8 times.</p> <p>32. Move circlewise on the inner side of the upper arm. Repeat 5 to 8 times.</p> <p>33. Clean the treated parts with a towel. Treatment ends.</p> | |
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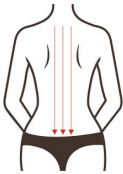





The Recommended Course of Treatment:

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 the physique enhances. After three courses, the effect consolidates and stabilizes, and rebound can be prevented.

Back Sculpting: 60 Minutes/ Once a Week

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| <p>Body RF</p> <p>Advised Time: 15 to 20 minutes</p> <p>Advised Energy Level: 3 to 7</p> <p>Vacuum & RF</p> <p>Advised Time: 15 to 20 minutes</p> <p>Advised Energy Level: 3 to 7</p> <p>Mode: M0/</p> | <p>Essential Oil + RF Cream + Instrument</p> | <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 | <p>Technique 2, 11</p>  <p>Technique 3</p>  <p>Technique 4</p> |
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| <p>M1/ M2/ M3/ M4/ M5</p> | <p>left-right order with thumbs doing it alternately. Repeat three times.</p> <p>7. Push Bladder Meridian to the sacral region (BL31-BL34) with thumbs doing it simultaneously. Repeat three times.</p> <p>8. Push Bladder Meridian with kneeling fingers of the hands in three lines, respectively. Repeat three times.</p> <p>9. Push the medial border of the scapula in left-right order with hands doing it alternately. Repeat 3 to 6 times.</p> <p>10. Stroke transversely the 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. Body RF: Treat Du Meridian first and Bladder Meridian after. Slide from the neck to the sacral region (BL31-BL34). Repeat 3 to 5 times.</p> <p>17. Move circlewise on Dazhui (DU-14) and sacral region (BL31-BL34). Repeat 3 to 5 times for each.</p> <p>18. Start with neck, moving to</p> | <div data-bbox="1177 208 1300 383"></div> <p>Technique 5</p> <div data-bbox="1177 501 1300 676"></div> <p>Technique 6, 7, 8, 14</p> <div data-bbox="1177 792 1300 967"></div> <p>Technique 9, 19</p> <div data-bbox="1177 1084 1300 1258"></div> <p>Technique 10</p> <div data-bbox="1177 1375 1300 1550"></div> <p>Technique 12, 13</p> <div data-bbox="1177 1666 1300 1841"></div> <p>Technique 16, 23</p> |
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| | | <p>and fro the area connecting neck and shoulder. Repeat 3 to 5 times.</p> <p>19.Lift to and fro the medial border of the scapula in left-right order. Repeat 3 to 5 times.</p> <p>20.Move transversely and from top to down to the sacral region (BL31-BL34) in an Arabic numeral 8-shaped motions. Repeat three times.</p> <p>21.Move from the bottom up and circlewise till armpit from the two sides, and do it in left-right order. Repeat three times.</p> <p>22.Lift upwards from the side of the waist to the armpit. Repeat 3 to 5 times.</p> <p>23.Vacuum & RF: Treat Du Meridian first and Bladder Meridian after. Slide from the neck to the sacral region (BL31-BL34). Repeat 3 to 5 times.</p> <p>24.Move circlewise on Dazhui (DU-14) and sacral region (BL31-BL34). Repeat 3 to 5 times for each.</p> <p>25.Start with neck, moving to and fro the area connecting neck and shoulder. Repeat 3 to 5 times.</p> <p>26.Lift to and fro the medial border of the scapula in left-right order. Repeat 3 to 5 times.</p> <p>27.Move transversely and from top to down to the sacral region (BL31-BL34) in an Arabic numeral 8-shaped motions. Repeat three times.</p> <p>28.Move from the bottom up</p> |  <hr/> <p>Technique 17, 24</p>  <hr/> <p>Technique 18, 25</p>  <hr/> <p>Technique 20, 27</p>  <hr/> <p>Technique 21, 28</p>  <hr/> <p>Technique 22, 29</p>  <hr/> |
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| | | <p>and circlewise till armpit from the two sides, and do it in left-right order. Repeat three times.</p> <p>29. Lift upwards from the side of the waist to the armpit. Repeat 3 to 5 times.</p> <p>30. Clean the treated parts with a towel. Treatment ends.</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: 70 Minutes/ Once a Week

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| <p>Body RF Advised Time: 15 to 20 minutes</p> <p>Advised Energy Level: 3 to 7</p> <p>40K Advised Time: 15 to 20 minutes Advised Energy Level: 3 to 7</p> <p>Vacuum & RF Advised Time: 15 to 20 minutes Advised Energy Level:</p> | <p>Essential Oil + RF Cream + Gel+ Instrument</p> | <ol style="list-style-type: none"> 1. Massage. 2. Stand sideways with hands applying oil, slide from the sacral region (BL31-BL34) to the waist, and lift upwards along the buttocks. Repeat three times. 3. Push the sacral region (BL31-BL34) with thumbs. Repeat three times. 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. 5. Caress the treated part. Repeat three times. 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 | <p>Technique 2, 5, 11</p>  <p>Technique 3</p>  <p>Technique 4</p>  <p>Technique 6, 14, 17, 20, 23</p> |
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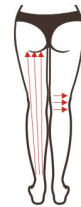
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| <p>3 to 7 Mode: M0/ M1/ M2/ M3/ M4/ M5</p> | <p>three times, respectively.</p> <p>7. Push upwards from the thigh root to Daimai (GB26) with hands doing it severally along Bladder Meridian, Kidney Meridian, Liver Meridian, and Gallbladder Meridian. 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.Body RF: Lift one line after another from the thigh root to Daimai (GB26). Repeat three times.</p> <p>15.Lift upwards and one line after another from the two sides of the buttocks to the highest point on it. Repeat three times.</p> <p>16.Draw small circles on the whole buttocks. Repeat 3 to 5 times.</p> <p>17.Lift one line after another from the thigh root to Daimai (GB26). Repeat three times.</p> <p>18.Lift upwards and one line after another from the two sides of the buttocks to the highest point on it. Repeat three times.</p> <p>19.Do the same on the other side.</p> <p>20.40K: Lift one line after another from the thigh root to</p> | <div data-bbox="1163 203 1310 383"></div> <p>Technique 7, 10</p> <div data-bbox="1163 495 1310 674"></div> <p>Technique 9, 15, 21, 18, 24</p> <div data-bbox="1163 824 1310 1003"></div> <p>Technique 16, 22</p> <div data-bbox="1163 1115 1310 1294"></div> |
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| | | <p>Daimai (GB26). Repeat three times.</p> <p>21.Lift upwards and one line after another from the two sides of the buttocks to the highest point on it. Repeat three times.</p> <p>22.Draw small circles on the whole buttocks. Repeat 3 to 5 times.</p> <p>23.Lift one line after another from the thigh root to Daimai (GB26). Repeat three times.</p> <p>24.Lift upwards and one line after another from the two sides of the buttocks to the highest point on it. Repeat three times.</p> <p>25.Do the same on the other side.</p> <p>26.The techniques of Vacuum & RF are the same as 40K.</p> <p>27.Clean the treated parts with a towel. Treatment ends.</p> | |
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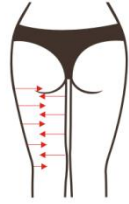
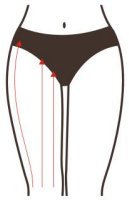

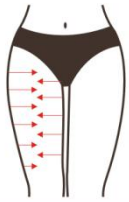
The Recommended Course of Treatment:


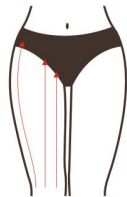
A course of treatment includes ten times treatment. After one treatment, the buttocks lift and become hot. After a course, buttocks outlines start to show themselves, excess fat decreases slowly, and the skin turns tightened. After three courses, cold-natured body, cold uterus, and gynecological diseases relieve, menstruation returns to normal, and the effect consolidates, boosting feminine charm.

Leg Sculpting: 100 Minutes/ Once a Week

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| <p>Body RF</p> <p>Advised Time: 5 to 10 minutes</p> <p>Advised Energy Level: 3 to 7</p> <p>40K</p> <p>Advised Time: 10 to 15 minutes</p> | <p>Essential Oil (Massage Cream) + Gel+ Equipment</p> | <p>1. 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 the thigh, back to the heel, and repeat it three times.</p> <p>2. 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.</p> <p>3. Push Bladder Meridian-Kidney Meridian-Liver Meridian-Gallbladder Meridian</p> | <p>Technique 1, 2, 3, 4, 7</p>  <p>Technique 5</p> |
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| <p>Advised Energy Level: 3 to 7</p> <p>Vacuum & RF Advised Time: 10 to 15 minutes</p> <p>Advised Energy Level: 3 to 7</p> <p>Mode: M0/ M1/ M2/ M3/ M4/ M5</p> | <p>from the bottom up with hands' purlicue doing it by turns. Repeat three times.</p> <p>4. Push popliteal fossa with hands doing it alternately. Repeat three times.</p> <p>5. Twist the leg from the bottom up and back and forth with hands doing it alternately. Repeat three times.</p> <p>6. Caress the treated part. Repeat three times.</p> <p>7. Push the four channels and collaterals from the bottom up with kneeling fingers of hands. Repeat three times.</p> <p>8. Caress the treated part. Repeat three times.</p> <p>9. Do the same on the other side.</p> <p>10. Clean the treated part with a hot towel, 2 minutes.</p> <p>11. Apply gel evenly to the treated part, 2 minutes.</p> <p>12. Body RF: From the bottom to popliteal fossa, pushing Bladder Meridian-Kidney Meridian-Liver Meridian-Gallbladder Meridian successively. Repeat three times.</p> <p>13. Draw small circles on the lower leg to dissolve fat. Repeat three times.</p> <p>14. Push from the bottom up to popliteal fossa successively, and caress it with hands. Repeat three times.</p> <p>15. Start from the popliteal fossa, pushing the four channels and collaterals till the thigh root. Repeat three times.</p> <p>16. Start from popliteal fossa, moving in small circles till the thigh root to dissolve fat. Repeat</p> | <div data-bbox="1212 208 1292 416" data-label="Image"> </div> <p>Technique 12, 18</p> <div data-bbox="1212 544 1292 752" data-label="Image"> </div> <p>Technique 13, 19</p> <div data-bbox="1206 880 1299 1075" data-label="Image"> </div> <p>Technique 14, 18, 24</p> <div data-bbox="1206 1209 1299 1406" data-label="Image"> </div> <p>Technique 15, 17, 21, 23, 25</p> <div data-bbox="1190 1581 1315 1778" data-label="Image"> </div> <p>Technique 16, 22, 26</p> |
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| | | <p>three times.</p> <p>17. Start from popliteal fossa, pushing the channels and collaterals till the thigh root. Repeat three times.</p> <p>18. 40K: From the bottom to popliteal fossa, pushing Bladder Meridian-Kidney Meridian-Liver Meridian-Gallbladder Meridian successively. Repeat three times.</p> <p>19. Draw small circles on the lower leg to dissolve fat. Repeat three times.</p> <p>20. Push from the bottom up to popliteal fossa successively, and caress it with hands. Repeat three times.</p> <p>21. Start from the popliteal fossa, pushing the four channels and collaterals till the thigh root. Repeat three times.</p> <p>22. Start from popliteal fossa, moving in small circles till the thigh root to dissolve fat. Repeat three times.</p> <p>23. Start from popliteal fossa, pushing the channels and collaterals till the thigh root. Repeat three times.</p> <p>24. Vacuum & RF: From the bottom to popliteal fossa, pushing Bladder Meridian-Kidney Meridian-Liver Meridian-Gallbladder Meridian successively. Repeat three times.</p> <p>25. Start from the popliteal fossa, pushing the four channels and collaterals till the thigh root. Repeat three times.</p> <p>26. Start from popliteal fossa, moving in small circles till the thigh root to dissolve fat. Repeat three times.</p> <p>27. Coupled with hands, lifting</p> |  <hr/> <p>Technique 27</p>  <hr/> <p>Technique 28, 29, 30, 31, 32</p>  <hr/> <p>Technique 33, 35, 40, 42, 47</p>  <hr/> <p>Technique 36, 43, 48</p>  <hr/> <p>Technique 37, 44, 49</p> |
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| | | <p>one line after another from the two sides of the thigh to the middle. Repeat 3 to 5 times.</p> <p>28. Fore-leg: Let the client lie flat. Apply oil from the lower leg to the thigh root with hands (namely caressing). Repeat three times.</p> <p>29. Push from the lower leg to thigh root with the base of the palms doing it by turns. Repeat three times.</p> <p>30. 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>31. Push the four channels and collaterals with kneeling fingers of the hands. Repeat three times.</p> <p>32. Body RF: Lift from the lower leg to the knee along the four channels and collaterals. Repeat three times. (If the lower legs don't have too much fat, we can treat the thigh directly.)</p> <p>33. Move circlewise from the two sides of the lower leg to the knee. Repeat three times. (If the lower legs don't have too much fat, we can treat the thigh directly.)</p> <p>34. Lift one line after another from the knee to the thigh root. Repeat three times.</p> <p>35. Draw small circles on the whole thigh. Repeat three times.</p> <p>36. Coupled with hands, lifting from the two sides of the thigh to the middle. Repeat three times.</p> |  <hr/> <p>Technique 38, 45, 50</p>  <hr/> |
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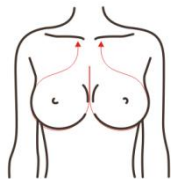
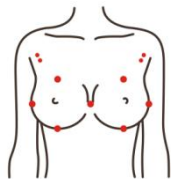
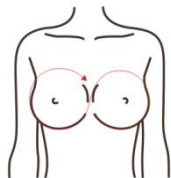
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| | | <p>37. Lift circlewise from the knee to the thigh root. Repeat three times.</p> <p>38. Lift one line after another from the knee to the thigh root. Repeat three times.</p> <p>39. 40K: Lift from the lower leg to the knee along the four channels and collaterals. Repeat three times. (If the lower legs don't have too much fat, we can treat the thigh directly.)</p> <p>40. Move circlewise from the two sides of the lower leg to the knee. Repeat three times. (If the lower legs don't have too much fat, we can treat the thigh directly.)</p> <p>41. Lift one line after another from the knee to the thigh root. Repeat three times.</p> <p>42. Draw small circles on the whole thigh. Repeat three times.</p> <p>43. Coupled with hands, lifting from the two sides of the thigh to the middle. Repeat three times.</p> <p>44. Lift circlewise from the knee to the thigh root. Repeat three times.</p> <p>45. Lift one line after another from the knee to the thigh root. Repeat three times.</p> <p>46. Vacuum & RF: Lift one line after another from the knee to the thigh root. Repeat three times.</p> <p>47. Draw small circles on the whole thigh. Repeat three times.</p> <p>48. Coupled with hands, lifting from the two sides of the thigh to the middle. Repeat three times.</p> <p>49. Lift circlewise from the knee</p> | |
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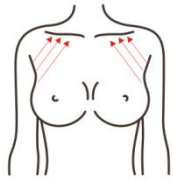
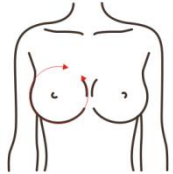
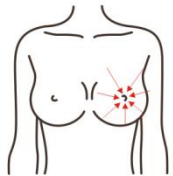
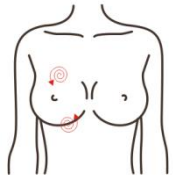

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| | | <p>to the thigh root. Repeat three times.</p> <p>50. Lift one line after another from the knee to the thigh root. Repeat three times.</p> <p>51. Do the same on the other side.</p> <p>52. Clean the treated parts with a towel. Treatment ends.</p> | |
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The Recommended Course of Treatment:

A course of treatment includes ten times treatment. After one treatment, legs get relaxed, and blood circulation accelerates. After a course, legs become thinner, and a sense of tightening can be felt due to the contraction effect generated by skin collagen tissue. After two courses, legs turn slim and tightened, and it presents an evident effect. After three courses, the effect reinforces. RF and ultrasound stimulate skin dermis and produce collagen continuously. Thus the curative effect becomes clearer.

Breast Sculpting: 60 Minutes/ Once a Week

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| Body RF Advised Time: 15 to 20 minutes Advised Energy Level: 3 to 7 | Massage Cream (Essential Oil) + Instrument | <ol style="list-style-type: none"> 1. Stand next to the head of a bed, apply essential oil to the hands, move from Danzhong(RN17) to the armpit, and lift the suspensory ligament of the breast. Repeat three times. 2. Press Danzhong (RN17), Rugen (ST18), Dabao (SP21), Yinchuang (ST16), Zhongfu (LU1), and Yunmen (LU2) with thumbs. Repeat three times. 3. Caress the treated part. Repeat three times. 4. Stroke Arabic numerals 8-shaped motions between Danzhong (RN17) and the breast with palms overlapped. Repeat three times. 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. 6. Caress the treated part. Repeat three times. | Technique 1 |
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| | | <p>7. Sit next to the client. Do it in left-right order. 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. Body RF: Do it in left-right order. Coupled with hands, lifting from the bottom up to the nipple along the breast. Repeat 5 to 8 times.</p> <p>13. Caressing with hands, lifting downwards to the collarbone along breast drawing semi-circle. Repeat 5 to 8 times.</p> <p>14. Draw small circles, dredging the parts with the nodule. Repeat 3 to 5 times.</p> <p>15. Let the client lie on his side and with his arms lift. Move the equipment circlewise on the accessory breast to dissolve fat. Repeat 5 to 8 times.</p> <p>16. Push from the accessory breast of the armpit to the breast (for sculpting and contracting accessory breast). Repeat 5 to 8 times.</p> <p>17. Do the same on the other side.</p> <p>18. Clean the treated parts with a towel. Treatment ends.</p> |  <hr/> <p>Technique 7, 13</p>  <hr/> <p>Technique 8, 12</p>  <hr/> <p>Technique 9, 14</p>  <hr/> <p>Technique 15</p>  <hr/> <p>Technique 16</p> |
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The Recommended Course of Treatment:
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.