

# User Manual

## MS-21S2



# Preface

Dear users:

We're pleased to present to you our 4-in-1 beauty machine featured with fat-blasting, skin lifting, anti-aging and so on. It is a multifunctional beauty machine, targeted at both face and body, mainly focusing on lifting and tightening of face, removing wrinkles, including fine lines and eye wrinkles, and body shaping. We aim at a safe and, at the same time, effective beauty result by using high-end technologies. RF and ultrasonic beauty machines are anti-aging, fat-dissolving machines for professional use, which needs to be handled by professionals with proper training. Any improper use will result in adverse consequences. Therefore we advise any personnel read this guide thoroughly and follow the instructions strictly before operation.

We believe our quality product will bring in good returns on your end. Also, you can count on our worry-free after-sales service.

Thank you!

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# Part I

## Brief Introduction

RF and ultrasonic beauty machines are currently the most popular beauty machines that work on tightening, body-shaping and anti-aging. It's an effective replacement of all the facial and body care programs in beauty salons. Moreover, they are convenient and easy to operate. It solves both skin and body management issues for beauty-lovers. This equipment requires no injection, no medication, no operation, thus having no side-effects. It is used externally during the whole process and has an immediate effect. RF machines heats deeper skin layers, stimulates collagen cells to reform in dermis, increases blood circulation in hypodermis, thus achieving skin tightening and anti-aging. Ultrasound of specific frequency targets at stubborn cellulites and brings surprise to your life.

## Advantages

1. 4-in-1 multifunctional beauty machine that works on both of your facial and body care.
2. 4 working probes can be replaced in different parts according to different requirements.
3. RF can stimulate the proliferation and reorganization of collagen in the dermis, accelerate the blood circulation in the bottom of the skin, tighten and plump the skin, and prevent aging.
4. Painless, non-invasive during the process. Skipping any recovery periods without affecting any work and life plans.
5. No consumption, low cost and quick returns.
6. Wider treatment range and faster and more visible effects.
7. Unevenness, bleed, swelling and stasis will not appear after treatment.

## Anti-Aging: Face

### Principles

#### Monopolar RF M/L

RF works through the circuits formed by electrodes in pair. The optimum frequency of radio frequency biothermal effect is 3 MHz, and the maximum speed of extreme change is 8 million charged particles in tissues per second. In the rapid change of electrodes, the dermal tissue naturally resists the radio frequency current and generates thermal energy. During the process, RF promotes the metabolism and

proliferation of skin collagen through high electromagnetic wave change, therefore heating up dermis layer of the skin, thus achieving effects like tightening, lifting, wrinkle removal, anti-aging and smooth skin.

### **Biological Effect:**

Radio frequency can shake millions of high frequency radio waves per second, penetrate the epidermis, directly act on the dermis, deep heat collagen cells, stimulate the growth of collagen fibers, so that it has a large number of new collagen support, making the skin more compact and elastic.

Every time energy comes into the skin, it feels a temporary sense of heat. This means that collagen has been stimulated to produce fever, resulting in tightening of the skin. While operating sliding, the radio frequency wave emitted by the therapeutic head of the super-frequency wave system, under the cold protection of the epidermis, has acted on the deep dermis through the epidermis, rapidly heating water molecules to produce safe Bio-thermal energy. When the natural friction of collagen tissue is heated up to 45°C~60°C, it will shrink immediately and stimulate the collagen to grow continuously. At the same time, bio-heat can effectively accelerate blood flow in adipocytes, and release free fatty acids (ffa), thereby increasing the dissolution of superficial fat, and achieve the purpose of tightening and lifting the sagging part of the body.

### **Effects**

1. Firmer skin. Channel nutrients deep into skin layers.
2. Whiter skin. Reduce pigmentation and dark spots.
3. Smoother skin. Improve skin elasticity.
4. Nourish skin. Improve skin absorption.
5. Accelerate blood circulation and metabolism.
6. Help with double chin and sagging skin.
7. Anti-aging. Stimulate collagen cells.

### **Applicable Range**

1. Those with facial dullness, sagging and elasticity.
2. Those with fine lines, dry lines and shallow folds.
3. Those with poor absorption of nutrients and poor metabolism.
4. Those with lax skin after birth.
5. Those who are facing facial collagen loss.
6. Those who are under long-term exposure of UV radiation at workplace.

### **Inapplicable Range**

1. Those who have just undergone plastic surgery which have implanted prostheses, metal materials and so on.

2. Those who recently experienced certain injections, such as hyaluronic acid, intradermal injection, wrinkle removal, or plastic surgery.
3. Those with hypertension, heart disease, diabetes, severe thyroid and malignant tumors.
4. Those who are having an allergic reaction, or people with severe sensitive skin or allergic to metals.
5. Those with skin trauma or wound.
6. Those who are overaging.
7. Those in menstruation, pregnancy, lactation, surgical recovery.
8. Those with skin diseases and infectious diseases.
9. Those who are unrealistic about the effects.

## Notes after Operation

1. Do not wash your face with overheated water within three days (lukewarm or cold water can be used).
2. Strengthen moisturizing and sunscreen.
3. Do not soak in hot springs, steam saunas or exercise strenuously, etc. within three days.
4. Use facial masks at least three times a week.
5. Spicy, greasy food should be avoided. Staying up late, smoking and drinking are prohibited. More vegetables, fruits, and less greasy food.
6. Avoid food that will cause 'three highs'(high blood pressure, high cholesterol and high blood sugar), less greasy food is advised.

## Anti-Aging: Eyes

### Principles

#### Monopolar RF S

Radio frequency works through the circuits formed by electrodes in pair. Radio frequency waves penetrate skin directly and produce thermal energy created by strong vibration from tissue resistance (1 MHz). During the treatment, RF device stimulates new collagen production by heating up hypodermis around eyes, which helps to tighten the skin, remove dark circles and bags, treat couperose and fine lines.

#### Biological Effects:

RF can shake millions of high frequency radio waves per second, penetrate the epidermis, directly act on the dermis, deep heat collagen cells, stimulate the growth of collagen fibers, so that it has a large number of new collagen support, make the skin more compact and elastic.

Every time energy comes into the skin, it feels a temporary sense of heat. This means that collagen has been stimulated to produce fever, resulting in tightening of the skin. While operating sliding, the radio frequency wave emitted by the therapeutic head of the super-frequency wave system, under the cold protection of the epidermis, has acted on the deep dermis through the epidermis, rapidly heating water molecules to produce safe Bio-thermal energy. When the natural friction of collagen tissue is heated up to 45°C~60°C, it will shrink immediately and stimulate the collagen to continue. At the same time, bio-heat can effectively accelerate blood flow in adipocytes, release free fatty acids (ffa), thereby increasing the dissolution of superficial fat, and achieve the purpose of tightening and lifting the sagging part of the body.

## Effects

1. Relieve eye fatigue, dark circles, bags and edema.
2. Reduce lines around eyes and crow's feet.
3. Reduce dark spots and accelerate blood circulation.
4. Accelerate metabolism and prevent hyperpigmentation.
5. Supplement nutrition to the eyes and moisturize skin.
6. Tighten and soften skin, lift the corners of the eyes.
7. Accelerate blood circulation around eyes and help skin absorb nutrients efficiently.

## Applicable Range

1. Those with wrinkles, fine lines, bags and dark circles around the eyes.
2. Those with dry skin, dry lines and dynamic wrinkles.
3. Those with eyes prone to fatigue and dryness.
4. Those frequently face computer screens and mobile phones.
5. Those who often stay up late and have dark circles.
6. Those often stay in a dry or hot environment.

## Inapplicable Range

1. Those who had just undergone plastic surgery.
2. Those with hypertension, heart disease, diabetes, severe thyroid and malignant tumors.
3. Those who are having an allergic reaction, or people with severe sensitive skin or allergic to metals.
4. Those with skin trauma or wound.
5. Those who are overaging.
6. Those who are pregnant or convalescents.
7. Those with skin disease and contagious diseases.

## Notes after Operation

1. Avoid excessive exposure to the sun. Sun protection is encouraged.
2. After operation, the treated area is relatively dry, moisturizing and sun protection is encouraged.
3. Within 1-3 days after operation, it is better not to use alcohol, AHA or other exfoliating products.
4. Avoid facial washing with overheated water, sauna steaming, hot springs or other strenuous exercise within 7 days after operation.
5. Moisturizers and eye masks are encouraged to use, preferably 3 times or more on eye masks a week.

## Anti-Aging: Neck

### Principles

#### Monopolar RF L

RF instrument can achieve the effect of tightening skin, lifting skin and shaping face. The optimum frequency of radio frequency biothermal effect is 3 MHz, and the maximum speed of extreme change is 8 million charged particles in tissues per second. In the rapid change of electrodes, the dermal tissue naturally resists the radio frequency current and generates thermal energy.

RF radio frequency wave directly penetrates the skin and generates energy by the resistance action of the skin, which makes the temperature of the skin bottom rise, rapidly and continuously heats the tissue and promotes the growth of collagen in the skin. The principle is tightening collagen and stimulating the proliferation of collagen in the dermis and then is utilized to enhance the tightness and durability in time. After 2-6 months, collagen will gradually proliferate and recombine, making sagging or relaxed skin tight and elevated.

### Effects

1. Reduce fine lines and wrinkles on the neck.
2. Improve the flabbiness and roughness of the neck skin.
3. Remove double chin.
4. Accelerate lymphatic detoxification and improve facial skin.
5. Prevent cervical and lymphatic diseases.
6. Deeply nourish neck skin and improve the tone of neck skin.

### Applicable Range

1. Those with fine lines and wrinkles on the neck.
2. Those with neck skin is loose and inelastic.
3. Those with dark skin.
4. Those who often bow their heads.
5. Those who often experience lymphatic clogging of neck.

## **Inapplicable Range**

1. Those who have just undergone plastic surgery.
2. Those with hypertension, heart disease, diabetes, severe thyroid and malignant tumors.
3. Those who are having an allergic reaction, or people with severe sensitive skin.
4. Those with skin trauma or wound.
5. Those who are overaging.
6. Those who are pregnant or convalescents.
7. Those with skin disease and other contagious diseases.

## **Notes after Operation**

1. Sunscreen is encouraged . Keep the neck warm.
2. After operation, the treated area is relatively dry, moisturizing and sun protection is encouraged.
3. Within 1-3 days after operation, it is better not to use alcohol, AHA or other exfoliating products.
4. Avoid facial washing with overheated water, sauna steaming, hot springs or strenuous exercise within 7 days after operation.
5. Moisturizing and mask for the neck is encouraged, at least 3 times masks a week. Essence or neck cream is encouraged.
6. Avoid bowing head for a long time.

## **Age Freeze Management**

### **Effects**

1. Improve facial wrinkles, canthus lines, crow's feet, and fine lines on neck.
2. Deeply introduce nutrition, reduce dark spots and whiten skin.
3. Increase skin elasticity, firm and delicate skin, and lift canthus.
4. Relieve eye fatigue, dark circles, bags and edema.
5. Increase blood circulation and metabolism.
6. Improve flabby skin and relieve double chin.
7. Stimulate collagen hyperplasia and delay aging.
8. Accelerate lymphatic detoxification and improve facial skin quality.
9. Prevent cervical and lymphatic diseases.

## **Applicable Range**

1. Those with dark complexion, rough skin, large pores and dry skin.
2. Those whose skin is flabby, saggy and inelastic.
3. Those with fine lines, decree lines, canthus lines.
4. Those with wrinkles, fine lines, bags under the eyes, and dark circles under the eyes.
5. Those who face computer screens and cell phones for long hours.
6. Those who often stay up late with dark circles under their eyes.
7. Those who always be in a dry or hot environment.
8. Those who after giving birth to a baby has loose skin, edema or fat.
9. Those who work in the office for long hours, facing ultraviolet.
10. Those with unclear facial outline and who often bow the head.

## **Inapplicable Range**

1. Those who have just undergone plastic surgery which have implanted prostheses, metal materials and so on.
2. Those who recently experienced certain injections, such as hyaluronic acid, intradermal injection, wrinkle removal, or plastic surgery.
3. Those with hypertension, heart disease, diabetes, severe thyroid and malignant tumors.
4. Those who are having an allergic reaction, or people with severe sensitive skin or allergic to metals.
5. Those with skin trauma or wound.
6. Those who are overaging.
7. Those in menstruation, pregnancy, lactation, surgical recovery.
8. Those with skin diseases and infectious diseases.
9. Those who are unrealistic about the effects.

## **Notes after Operation**

1. Do not wash your face and neck with overheated water (with either warm or cold) within 7 days.
2. Strengthen hydrating and moisturizing, avoid overexposure to sunlight, and always apply sunscreen.
3. It is recommended to apply facial mask + eye mask + neck mask at least 3 times a week.
4. Within 1-3 days after operation, it is best not to use products such as alcohol, AHAs or exfoliating scrub and so on.
5. Avoid sauna, hot spring or strenuous exercise within 7 days after operation.
6. Avoid spicy and greasy food, staying up late, smoking and drinking; eat more fruits and vegetables, less greasy food.

7. Avoid food that will lead to “3Hs”(hypertension, hyperglycemia, hyperlipidemia), and mainly consume less greasy food.
8. Keep your neck warm.
9. Apply neck serum or cream.
10. Avoid head-bowing for long hours.

## Body Shaping: Waist & Abdomen

### Principles

#### Monopolar RF XL

RF works through the circuits formed by electrodes in pair. The optimum frequency of radio frequency biothermal effect is 3 MHz, and the maximum speed of extreme change is 8 million charged particles in tissues per second. In the rapid change of electrodes, the dermal tissue naturally resists the radio frequency current and generates thermal energy. During the process, RF promotes the metabolism and proliferation of skin collagen through high electromagnetic wave change, therefore heating up dermis layer of the skin, thus achieving effects like tightening, lifting, wrinkle removal, anti-aging and smooth skin.

RF radio frequency wave directly penetrates the skin and generates energy by the resistance action of the skin, which makes the temperature of the skin bottom rise, rapidly and continuously heats the tissue and promotes the growth of collagen in the skin. The principle is tightening collagen and stimulating the proliferation of collagen in the dermis and then is utilized to enhance the tightness and durability in time. After 2-6 months, collagen will gradually proliferate and recombine, making sagging or relaxed skin tight and elevated.

#### Biological Effect:

Radio frequency can shake millions of high frequency radio waves per second, penetrate the epidermis, directly act on the dermis, deep heat collagen cells, stimulate the growth of collagen fibers, so that it has a large number of new collagen support, making the skin more compact and elastic.

Every time energy comes into the skin, it feels a temporary sense of heat. This means that collagen has been stimulated to produce fever, resulting in tightening of the skin. While operating sliding, the radio frequency wave emitted by the therapeutic head of the super-frequency wave system, under the cold protection of the epidermis, has acted on the deep dermis through the epidermis, rapidly heating water molecules to produce safe Bio-thermal energy. When the natural friction of collagen tissue is heated up to 45°C~60°C, it will shrink immediately and stimulate the collagen to grow continuously. At the same time, bio-heat can effectively accelerate blood flow in adipocytes, and release free fatty acids (ffa), thereby increasing the dissolution of

superficial fat, and achieve the purpose of tightening and lifting the sagging part of the body.

## Effects

1. Stimulate collagen regeneration in dermis.
2. Tighten skin, improve skin sagging and laxity.
3. Improve cold hands, feet, womb and body of female.
4. Accelerate blood circulation; improve stretch marks.
5. Reduce abdominal adipose.

## Applicable Range

1. Those who have lax skin on waist and abdomen.
2. Those with stretch marks after gaining weight and after birth.
3. Those with cold hands, feet, womb and body.
4. Those with loose and inelastic skin.
5. Those whose skin lack in elasticity after losing weight.

## Inapplicable Range

1. Those with "3 Hs"(hypertension, hyperglycemia, hyperlipidemia) and who have heart disease.
2. Those in pregnancy, menstruation or lactation.
3. Those who have just undergone surgical wounds or convalescents.
4. Those with epilepsy and severe diabetes and hyperthyroidism.
5. Those with malignant tumors, hemophilia or severe bleeding.
6. Those with skin diseases and infectious diseases.
7. Those with severe gynecological diseases.
8. Those whose gynecological diseases are being treated.

## Notes after Operation

1. Avoid crop top or anything exposing waist and abdomen as well as cold and windy environment.
2. Avoid binge eating or drinking. No alcohol, no spicy and greasy food. Staying up late should be avoided. Drink warm water.
3. Keep abdomen warm. Take a bath after 4-6 hours.
4. Steam sauna, hot spring or strenuous exercise should be avoided within 7 days after operation.
5. Before going to bed at night, you can knead your abdomen clockwise with your hands to make the metabolic effect of weight loss better.

# Body Shaping: Breasts

## Principles

Radio frequency heat effect produces specific radio frequency waves in a specific depth of the subcutaneous skin, which directly acts on the dermis through the skin epidermis, thus heating the tissue, promoting the catabolism of subcutaneous fat, and stimulating the proliferation and reorganization of collagen and elastic fibers. With the continuous regeneration and rearrangement of collagen in the dermis, it can be achieved. Let the flabby skin feel the effect of lifting upward and compacting immediately after the treatment. At the same time, massage can promote breast blood circulation, accelerate blood circulation, dredge congested blood clots and silt, and free fat to the chest under the condition of vibration. At the same time, more nutrients are absorbed into the breasts, which not only prevents atypical lobular hyperplasia and breast cancer, but also enables you to have natural, healthy, beautiful and strong breasts, and makes beautiful female friends more confident.

## Effects

1. Improve chest enlargement.
2. Improve postpartum breast sagging and atrophy.
3. Adjust breasts shape and reduce accessory breast.
4. Stimulate collagen regeneration, tighten breasts and increase elasticity.
5. Prevent sagging breasts.

## Applicable Range

1. Those whose breasts are not good-looking and with auxiliary breasts.
2. Those with nodules in the chest, slight hyperplasia, and breast swelling pain during menstruation.
3. Those whose breast fat is free, saggy and outward expanding.
4. Those with low immunity.
5. Those with irregular menstruation, lack of elasticity of the face long spot crowd
6. Those who feel they have inadequate breasts, postpartum breast atrophy and breast relaxation.

## Inapplicable Range

1. Those with cardiovascular and cerebrovascular diseases, diabetes, abnormal coagulation function, and impaired vital organs.
2. Those who are long-term or currently taking anticoagulant drugs, vasodilators, corticosteroids and other drugs.
3. Those whose chest skin has infection foci.
4. Those with severe fibroma and cyst of the chest.

5. Those who are during pregnancy and lactation.

## Notes after Operation

1. Drink plenty of warm water and keep warm.
2. Wear undergarments that are designed to be comfortable, and don't squeeze your breasts.
3. Avoid exposure to cold air and shower 4-6 hours later.

# Body-Sculpting

## RF

Through radio frequency heating to produce specific RF waves in the subcutaneous specific depth, through the skin epidermis direct effects on the dermis, allowing organizations to heat, promote the catabolism of subcutaneous fat, at the same time stimulate collagen and elastic fibers hyperplasia restructuring, with the newborn dermis collagen and rearrange, after treatment, can make droopy skin feel up, tight shaping effect.

### Biological Effect

Radio frequency can vibrate 1 million high-frequency radio waves per second, penetrate the epidermis layer, directly act on the dermis, deep heating collagen cells, stimulate the growth of collagen fiber, make it have a lot of new collagen support, make the skin become firmer and elastic. Acting on the deep dermis through the epidermis, water molecules are rapidly heated to produce safe biological heat. When the natural friction of collagen tissue is heated up to  $45^{\circ}\text{C}\sim 60^{\circ}\text{C}$ , it will immediately contract and stimulate the continuous growth of collagen. At the same time, biothermal energy can effectively accelerate the blood flow in fat cells and release free fatty acid (ffa), thereby increasing the dissolution of superficial fat and achieving the purpose of tightening the lifting and sagging parts of the body.

## Body-Sculpting: Arms

### Effects

1. Improve sagging and drooping skin.
2. Improve sagging and flabby arms.
3. Tighten skin, and relieve soft skin.
4. Accelerate blood circulation and dredge meridian channels.
5. Stimulate collagen regeneration in dermis.

## **Applicable Range**

1. Those with jiggly and flabby arms.
2. Those with thick arms and want to look better in clothes.
3. Those with loose arm skin.
4. Those whose arms are prone to pain and numbness.
5. Those whose arm skin needs to be tightened and prevent laxity.

## **Inapplicable Range**

1. Those who have just had plastic surgery.
2. Those with hypertension, heart disease, diabetes, severe thyroid gland, malignant tumor, etc.
3. Those who are during allergic period and has severely sensitive skin.
4. Those with skin trauma or cut.
5. Those who are overly old.
6. Those who are pregnant and who are recovering from surgery.
7. Those with skin diseases and infectious diseases.

## **Notes after Operation**

1. Keep warm after operation. Do not eat cold food.
2. 4-6 hours later in the shower.
3. Drink plenty of warm water to stay hydrated.
4. Refuse to overeat or stay up late.
5. Avoid sauna, hot spring or strenuous exercise within one week after operation.

## **Body-Sculpting: Back**

### **Effects**

1. Relieve shoulder and back soreness, and improve the lump on back of the neck.
2. Improve excess fat on the back.
3. Firm skin and prevent sagging.
4. Increase blood circulation and metabolism.
5. Dredge channels and collaterals, and improve channels and collaterals blocking.

### **Applicable Range**

1. Those with sore shoulders and backs and stiff necks.
1. Those who are prone to fatigue, drowsiness and poor circulation of qi and blood.
2. Those with thick back and want to look better in clothes.
3. Those who sit for long hours or officer workers.

4. Those whose back skin are lack in elasticity and tightness.

## **Inapplicable Range**

1. Those with metal implants in the body, such as stents and pacemakers, are allergic to metal.
2. Those are during pregnancy, menstruation and lactation.
3. Those whose surgical wound is healing or convalescence
4. Those who has “three Hs” , heart disease, epilepsy and severe diabetes and hyperthyroidism.
5. Those with malignant tumor and hemophilia or severe bleeding.
6. Those with skin diseases and infectious diseases.
7. Those who are too weak.
8. Those who are drunk, full, empty, thirsty and overworked.

## **Notes after Operation**

1. Keep warm, avoid cold air and drink plenty of hot water.
2. Shower 4-6 hours after operation.
3. Avoid staying up late, drinking and overeating.
4. Avoid raw, cold and spicy foods and get enough sleep.
5. Avoid shoulder-baring and backless clothing.

## **Body-Sculpting: Buttocks**

Buttocks are located in the middle of human body, and are the key hub of meridian qi and blood operation. They are the main switch of six meridian and also the bridge connecting the upper jiao qi and blood operation of human body. They are the important factor of the body management whose S curve increases the feminine charm.

## **Effects**

1. Improve blood circulation and speed up metabolism.
2. Improve menstrual pain, irregular menstruation, abnormal leucorrhea and other female diseases.
3. Improve sleep quality, improve female sexual function and tighten the vagina.
4. Activate the warm nest function, stimulate the secretion of glands, and increase the feelings between husband and wife.
5. Make complexion ruddy, fade color spots and return to young state.
6. Shape hips, improve sagging and outward expansion of hips, tighten skin and increase elasticity.

## Applicable Range

1. Those with saggy hips and fat accumulation.
2. Those with stretch marks after gaining weight and after birth.
3. Those whose butt shape is not good-looking, flat and soft outward expansion.
4. Those with cold and cool hips with low hip temperature.
5. Those with dysmenorrhea, dysmenorrhea, irregular menstruation, gynecological inflammation and other problems.

## Inapplicable Range

1. Those who are in menstruation, pregnancy, lactation and operation recovery.
2. Those with hypertension, heart disease, diabetes, severe thyroid gland, malignant tumor, etc
3. Those with skin diseases, patients with infectious diseases and skin sensitive period.
4. Those with wounds during recovery from surgery.
5. Those with allergic and severely sensitive skin.
6. Those who have just had liposuction.
7. Those who are overly old.

## Notes after Operation

1. Keep hips warm and avoid wearing miniskirts and shorts.
2. Shower 4-6 hours after operation.
3. Drink plenty of hot water to avoid cold air.
4. Avoid staying up late, drinking and overeating.
5. Avoid eating raw, cold and spicy foods and get enough sleep.
6. Avoid sauna, hot spring or strenuous exercise for 7 days after operation.

## Body-Sculpting: Legs

### Effects

1. Stimulate collagen regeneration in dermis.
2. Reduce excessive fat on legs.
3. Tighten skin and prevent sagging.
4. Relieve leg soreness.
5. Dredge channels and collaterals, and prevent varicose veins.
6. Improve stretch marks after gaining weight and after birth.

## Applicable Range

1. Those with poor circulation of lower limbs, edema and obese people

2. Those who have low immunity and feel discomfort and pain all over the body are prone to colds.
3. Those with coarse, flabby skin.
4. Those whose leg skin is lack of elasticity and tightness.

## **Inapplicable Range**

1. Those who are in menstruation, pregnancy, lactation and operation recovery.
2. Those with hypertension, heart disease, diabetes, severe thyroid gland, malignant tumor, etc
3. Those with skin diseases, patients with infectious diseases and skin sensitive period.
4. Those with wounds during recovery from surgery.
5. Patients with severe varicose veins and tumors.
6. Those with allergic and severely sensitive skin.
7. People who have just had liposuction.
8. Those who are overly old.
9. Those who are pregnant recovering from surgery.

## **Notes after Operation**

1. Keep warm after operation. Do not eat cold food.
2. 4-6 hours later in the shower.
3. Drink more warm water to replenish water and speed up metabolism.
4. Refuse to overeat or stay up late.
5. Avoid sauna, hot spring or strenuous exercise for 7 days after operation.
6. Wear pants when you're done. Avoid miniskirts and shorts.

# **Body Sculpting&Slimming**

## **Effects**

1. Dredge channels and collaterals, and improve channels and collaterals blocking.
2. Accelerate blood circulation.
3. Promote blood circulation and remove blood stasis, strengthen metabolism.
4. Improve women's cold hands and feet, cold womb and body.
5. Stimulate collagen regeneration, firming and shaping.
6. Improve loose and soft waist and abdomen skin.
7. Improve the jiggly arm and soft skin.
8. Tighten skin and prevent sagging.
9. Improve stretch marks after gaining weight and after birth.

## Applicable Range

1. Those with cold hands, feet, womb and body.
2. Those who are sedentary and don't look good at the waist.
3. Those with unwanted fat on waist and abdomen, prominent belly, loose skin after delivery.
4. Those with fat marks, stretch marks.
5. Those with big arms, thick back, poor leg shape ratio and want to look better in clothes.
6. Those with jiggly and flabby arms.
7. Those with loose skin on arms and legs.
8. Those who are prone to fatigue, drowsiness and poor circulation of qi and blood.
9. Those who need to prevent aging and sagging skin.

## Inapplicable Range

1. Those who are during pregnancy, menstruation and lactation.
2. Those with hypertension, heart disease, diabetes, thyroid, epilepsy and severe hyperthyroidism.
3. Those with malignant tumor and hemophilia or severe bleeding.
4. Those who have just had liposuction.
5. Those with severe varicose veins and tumors.
6. Those whose surgical wound is healing or recovering.
7. Those with skin diseases and infectious diseases.
8. Those with severe gynecological diseases.
9. Those with gynecological diseases being treated.
10. Those with allergic and severely sensitive skin.
11. Those with skin trauma or cut.
12. Those who are overly old.
13. Those with metal implants in the body, such as stents and pacemakers, are allergic to metal.
14. Those who are too weak.
15. Those who overdrink, full, empty, thirsty and overworked.

## Notes after Operation

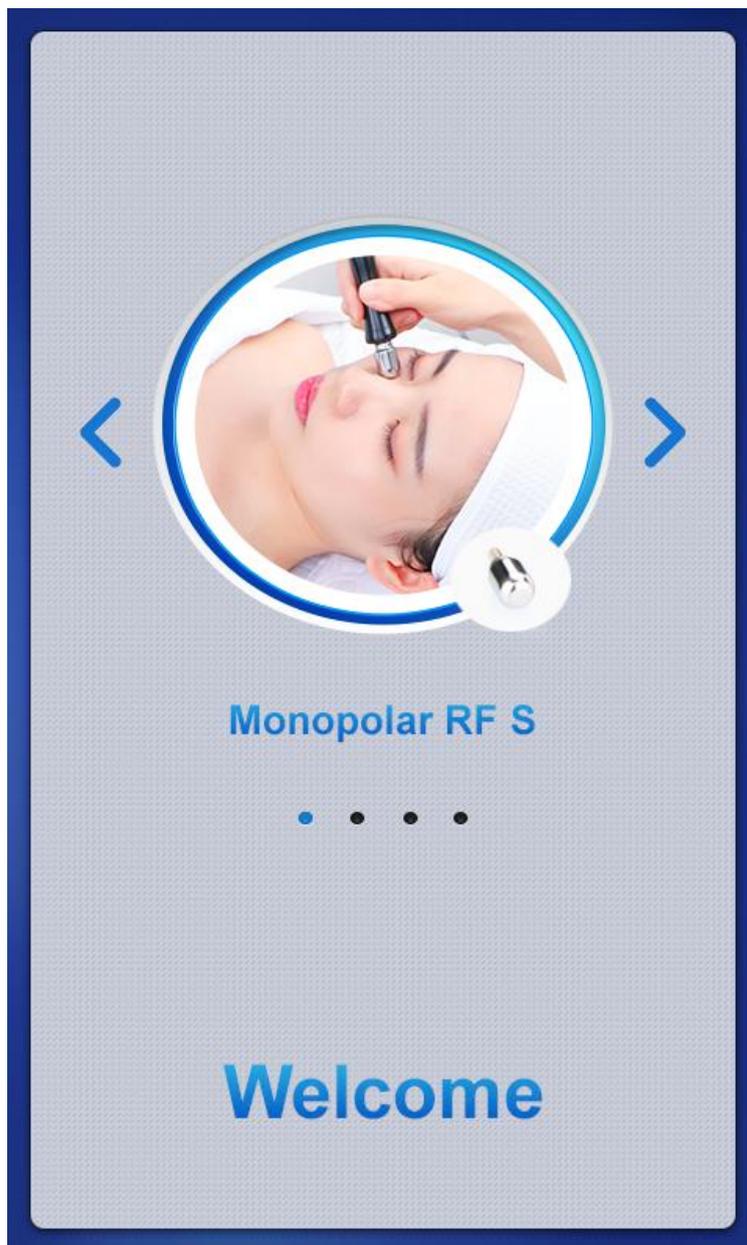
1. Avoid wearing clothes that show navel, shoulder or back, miniskirts or shorts, and avoid getting cold from the wind.
2. Avoid overeating, staying up late, drinking and eating raw, cold, spicy and greasy food.
3. Keep warm after operation, and do not bathe until 4-6 hours apart.
4. Avoid sauna, hot spring or strenuous exercise for 7 days after operation.
5. Before going to bed at night, you can knead your abdomen clockwise with your hands to make the metabolic effect of weight loss better.

6. Drink plenty of hot water to hydrate and speed up metabolism.

## Part II

### 1. Detailed Operation

After checking that the instrument is connected properly, the following starting interface will appear when the power supply is turned on.



## 1.1 Function Selection



swipe left to select monopolar RF of different sizes



swipe right to select monopolar RF of different sizes

**Monopolar RF S**

Monopolar RF S (for eyes)

**Monopolar RF M**

Monopolar RF M (for face)

**Monopolar RF L**

Monopolar RF L (for parts like arms and breasts)

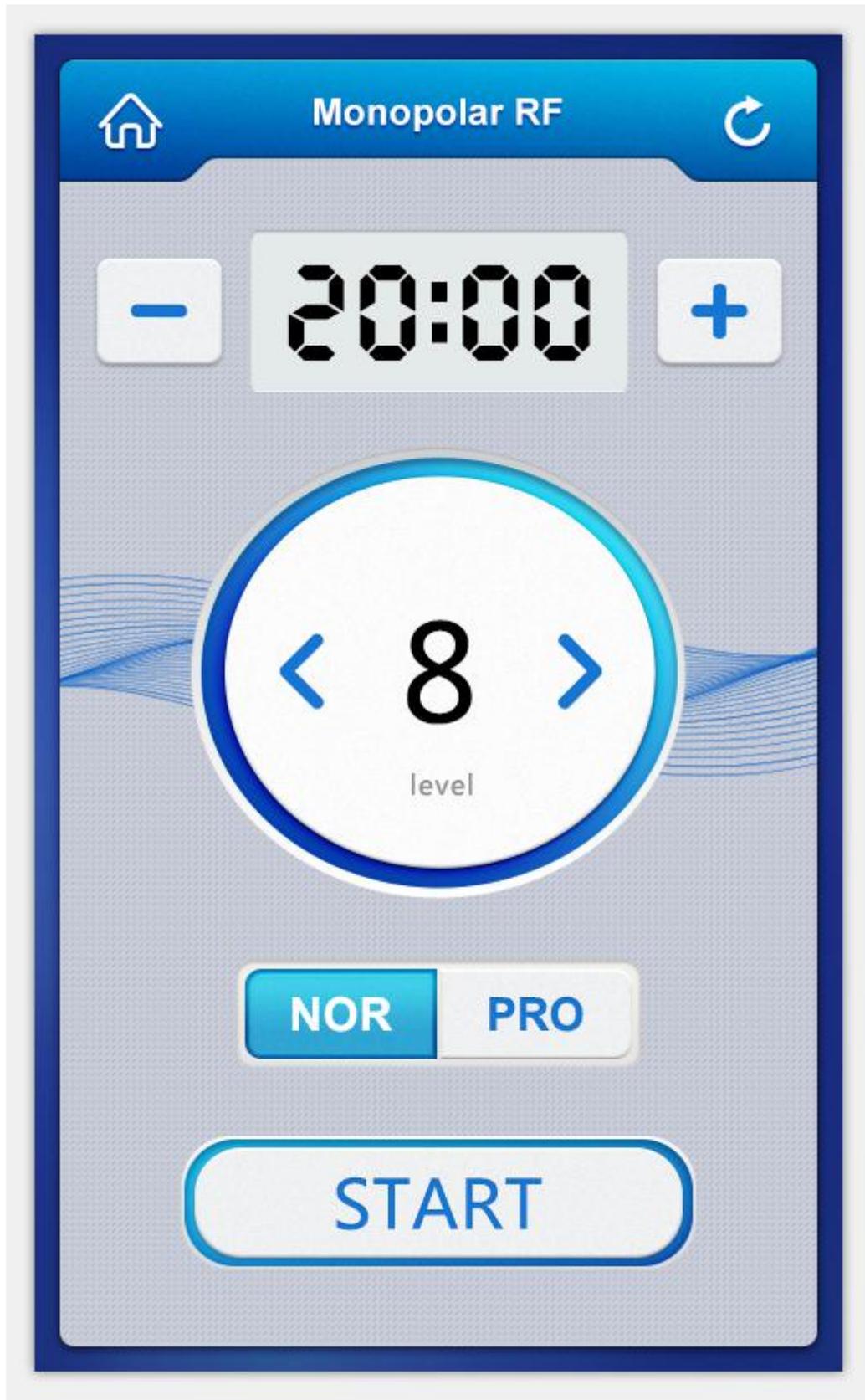
**Monopolar RF XL**

Monopolar RF XL (for parts like waist, abdomen, legs and back)

## 1.2 Detailed Operation Display



Click to select Monopolar RF S/M/L/XL, the following interface will appear



home button



reverse button



time adjustment



time: decrease



time: increase



energy adjustment



energy: decrease



energy: increase



Mode selection



NOR is the set mode. The red LED is on and energy is at the set level

and stay at the set level after turning on the device. It is suitable for those with strong adaptability and those who opt for skin tightening, lifting and defying aging.



PRO is the smart mode. RF releases energy slowly to the set level and red LED turns on after the probe come into contact with the skin. It is suitable for first-time users and those with facial fine lines and saggy and loose skin.



start/pause

## 2. Technical Parameters

Power: 120W

Frequency of RF: 0.3-0.5Mhz

## 3. Safety Precautions

Please consult your doctor or professionals before using the device if you have the following symptoms:

1. Those who are pregnant or lactating.
2. Those with heart disease or pacemaker equipped.
3. Those whose wounds have not healed and who are recovering from the operation.
4. Those with epilepsy, severe diabetes and hyperthyroidism.
5. Those with malignant tumor, hemophilia or severe bleeding.
6. Those with skin diseases and infectious diseases.

## 4. Dos and Dont's

1. Use a grounding pin and make sure the power socket of the device is properly connected before each operation.
2. Ensure that the voltage of the device is appropriate. If the voltage of the local power supply is unstable, we recommend that users increase to the matching power voltage.
3. In order to ensure the therapeutic effect and normal service life expectancy of the device, please use the specified accessories provided or recommended by the original manufacturer.
4. The device should not be placed in wet environment or near water, nor should they be directly exposed to sunlight.
5. Do not place the device near a strong heat source, because this may affect the life and normal use of the device.
6. Before treatment, please remove all metal objects from the body first, so as to avoid unexpected conditions and influence the curative effect.
7. Please restrain from using the device on eyes, thyroid, parathyroid, testicles, abdomen of pregnant women, and pacemakers.
8. Patients who are suffering from illness should consult with a doctor and gain permission from the doctor before using.

9. Please turn off the power switch of the device, and ensure that the total power supply of the device is turned off before the staff leaves after daily use, so as to ensure the safety of the electrical products.
10. Use device or train device operators in strict accordance with instructions in the user manual.
11. When taking other weight-loss drugs, it is recommended to stop taking them for 1 to 2 months before treatment. Extension of the course of treatment is recommended if you wish to lose weight immediately.
12. Don't use the instrument with an empty stomach. After a full meal, wait at least 1 hour before a course of weight loss treatment.
13. When operating, the instrument should fully touch the skin to avoid uneven heat.
14. Start from the lowest energy level and slowly add up.
15. When using this device, the operating parts must be kept moist and dry skin should be avoided.
16. Clean the instrument with normal saline after operation to ensure its cleanliness and hygiene and prolong its service life.

## **5. Troubleshooting & Solutions**

### **1. The instrument can't start and the key lamp on the back of the instrument doesn't work?**

- A. Ensure that the power cord is connected to a working power outlet.
- B. Ensure the fuse tube on the back of the instrument is not loose or being burnt.

### **2. No RF output of the instrument?**

- A. Please check whether the plug connecting the instrument handle and the body is tightly connected.
- B. Please check whether the treatment area has been cleaned. Grease or oil essential oil products may cause poor contact between the treatment handle of the instrument and human body, resulting in no RF output.

### **3. Weakened RF output?**

- A. Please check whether the plug connecting the instrument handle and the body is tightly connected.
- B. Please check whether non-conductive grease and other substances are stained on the treatment handle, which will cause poor contact and weaken the output.
- C. Please check whether the product used is the adaptive product specified by the instrument.

### **4. The device can be activated, but the wrong information appears on the screen?**

- A. Please unplug the power plug behind the device and wait about 1 minute before restarting the device.
- B. If the above method did not work, please contact the device distributor for

assistance.

## 6. FAQs

### 1. Q: How long before I can start seeing results/effects of RF operation ?

A: Under normal circumstances that day of operation or within a week. Skin collagen tissue is heated and produce contractions. Visible tightness of skin can be felt. RF stimulates subcutaneous tissue, promote sustainable collagen regeneration, so more operation comes with more visible effects.

### 2. Q: Is RF harmful to the skin?

A: RF tightening and anti-wrinkle fall into the non-surgery category. It is the collagen regeneration that stimulates skin bottom and metabolism, thus has no harm to the skin. Partial redness and fever after operation is normal, which is the regular acceleration of blood circulation. It should go away after a while so there's no need to worry.

### 3. Q: Does it have any side effects on the body?

A: RF beauty device is a non-invasive treatment. It is at present a most safe, effective beauty instrument that works on wrinkle removal, skin tightening and body sculpting. Generally speaking side effects won't appear. A small number of people may have transient redness or swelling but that will disappear after a few hours. People with dry skin may also experience atrophy after the initial treatment. It's because the skin will lose moisture due to RF heat. However, the skin will become plump at the beginning of collagen regeneration and these symptoms will disappear after three days. In a word, there are no side effects on health.

### 4. Q: Can RF instrument be used for breasts shaping?

A: As the growth of age and female physiology period influence, the influence of inferior health state, and gravity reason, outside stimulation during lactation , a large number of nutrients loss etc, they can cause collagen loss, decrease of blood flow, elastic tissue damage, flabby ligament gland and breast prolapse. Through RF energy conduction, collagen protease can be promoted to repair elastic tissue and ligament glands, thus achieving the effect of breasts lifting and shaping.

### 5. Q: What is collagen?

A: Collagen is a kind of biological macro-molecule substance, a kind of white, opaque and non-branched fibrous protein. It can supplement the nutrition needed by all layers of the skin, enhance the collagen activity in the skin, lock moisture, nourish the skin, delay aging, beautify, relieve facial relaxation, provide nutrients for the hair and so on. Collagen is a nutrient that human body must replenish to delay aging. With the growth of age, collagen will gradually be lost. At the age of 20 , women have begun to

age, collagen gradually decrease. At the age of 25, collagen loss reaches its peak. At the age of 40, the content is less than half of which one has at age 18. It is the loss of collagen and water that causes the wrinkles on the face of the elderly. The breakage of collagen fibers and elastic mesh will cause skin tissue to be oxidized, atrophied and collapsed. The skin will be dry, wrinkled, flabby and inelastic etc.,. Therefore, in order to delay aging, collagen must be supplemented.

#### **6. Q: Why do you need breast maintenance?**

A: The lymph nodes of bosom rank the top among other parts of the body, which also lead to toxin accumulation very easily, and urbanite life rhythm is very fast now, working pressure is very big, which can bring about the hyperplasia of different level. The saying goes that bosom is the cradle of children, the garden of the woman, the symbol of female identity! Breast maintenance can make your figure more beautiful, add scores for your whole temperament, thus turn head rate increases 10 times certainly! Good figure and temperament will also ensure husband's loyalty!

The evolution of breast cancer: breast milk residual, secretions, toxins -- nodules and blockages -- lobular hyperplasia, ductal hyperplasia, breast hyperplasia -- duct blockage and adhesion -- fibroma, breast cyst -- breast cancer.

#### **7. Q: Why do you need hip maintenance?**

A: Because it can help the body lymphatic system discharge poison, improve the gynaecological disease, and avoid harm brought by buttock blockage. Hip impassability surely bring about gynaecological issues. What's inside buttocks is pelvic cavity, bowel. It connects daimai, lumbar vertebra, sciatic nerve from above, uterus ovary, uterine adenexa in front, anus, vagina, inguinal lymphatic from below.

If suffering from squeeze of shangjiao and xiaojiao meridian channels, hip would be most vulnerable to cold, wet and blood stasis. When hip is affected by cold, it can cause meridian contraction of hips, dysmenorrhea, irregular menstruation, dark menstruation color, clot, deterred blood flow and meridian channels. It also affects fertility.

## **7.Packing List**

1. Main machine\*1
2. Monopolar paddle\*1
3. Operation handle\*1
4. Monopolar RF probes\*4
5. Power cord\*1
6. Bracket\*1
7. Fuse\*2

## **8. Operational Diagrams**

Parameter Adjustment	Product	Techniques	Diagrams
<b>Anti-aging on Face: 60 min, once a week</b>			
RF energy Level: 30%-80%  Mode: RF M	Makeup remover+ Cleanser+ Toner+ Cleansing facial mask+ Massage cream+ Essence+ Facial mask+ Device	<ol style="list-style-type: none"> <li>1. Remove makeup and cleanse face, 5 min.</li> <li>2. Apply toner, 1 min.</li> <li>3. Apply cleansing facial mask, 10 min.</li> <li>4. Massage face, and apply massage cream evenly and caress face, 3 times.</li> <li>5. Push the following acupoints (chengjiang point, dicang point, renzhong point, yingxiang point, jiache point, temple), 3 times.</li> <li>6. Caress face, 3 times.</li> <li>7. One side of face: alternate hands to lift face in 3 lines and 6 meridians (chengjiang acupoint to yifeng acupoint behind ear, yingxiang acupoint to tingkong acupoint at middle ear, bitong acupoint to temple), 3 times.</li> <li>8. Do the same on the other side.</li> <li>9. Move towards hairline on forehead, 3 times.</li> <li>10. Move hands as if playing the guitar to lift face, 1 min.</li> <li>11. One side of face: alternate hands to lift face as if playing guitar, 2-3 min.</li> <li>12. Do the same on the</li> </ol>	<p>Technique 4、 6</p>  <hr/> <p>Technique 5</p>  <hr/> <p>Technique 7、 17、 19</p>  <hr/> <p>Technique 9、 21</p>  <hr/> <p>Technique 13</p>

	<p>other side.</p> <p>13. Trace 'Z' on forehead using middle and ring finger, slide to front of ear; do it back and forth to lift face and slide to back of the ear.</p> <p>14. Wash face clean, 2 min.</p> <p>15. Place paddle on the back of the customer and ensure its full contact with skin.</p> <p>16. Apply (anti-aging) essence evenly on face, 1 min.</p> <p>17. RF device operation: move the device from chin to earlobe, mouth corner to ear gate, nose wing to temple to lift face, 2 times.</p> <p>18. Move the device from chin to ear gate and to temple to lift face upwards, from mouth corner to nose wing in circles to lift face upwards, 2 times.</p> <p>19. Coupled with hand, move the device from chin to earlobe, mouth corner to ear gate, nose wing to temple to lift face, 3 times.</p> <p>20. Do the same on the other side.</p> <p>21. Move the device towards hairline to lift face, 3-5 times.</p> <p>22. Apply facial mask, 15 min.</p> <p>23. Take off the paddle.</p> <p>24. Wash face clean, 2 min.</p> <p>25. Apply toner, essence, cream and sunscreen.</p>	 <hr/> <p>Technique 18</p>  <hr/>
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**Suggested Treatment:**  
 10 treatments account for one full course. After one time, the skin will be firm and tender, providing the skin with needed nutrition. After a course of treatment, the skin is lifted and shiny. After 2 courses, the skin is smooth and plump, and the outline

gradually becomes clear. After 3 courses, it can achieve effects such as prevent and delay skin aging, improve sagging and loose skin, and increase collagen in the bottom of skin, making skin smooth, firm and glowing.

## Anti-aging on Eyes: 60 min, once a week

<p>RF energy Level: 30%-80%</p> <p>Mode: RF S</p>	<p>Makeup remover+ Cleanser+ Toner+ Essence+ Eye mask+ Device</p>	<ol style="list-style-type: none"> <li>1. Remove makeup and cleanse face, 5 min.</li> <li>2. Apply toner, 1 min.</li> <li>3. Apply eye essence evenly on eyes in circular motion, 1 min.</li> <li>4. Push the following acupoints(jingming point, cuanzhu point, yuyao point, sizhukong point, temple, tongziliao point, chengqi point) using middle and ring fingers, 3 times.</li> <li>5. Move hands in circular motion on eyes and push temples, 3 times.</li> <li>6. Move middle and ring fingers horizontally below lower eyelids and slide to back of the ear, 3 times.</li> <li>7. Lift middle and ring fingers from inner eye corner to upper eyelids and slide to back of the ear, 3 times.</li> <li>8. Lift eye corners with "scissor" hand gesture, 3-5 times.</li> <li>9. Repeat the previous operation on another side.</li> <li>10. Move hands in circular motion on eyes and push temples, 3-5 times.</li> <li>11. Place paddle on the back of the customer and ensure its full contact with skin.</li> <li>12. Device operation: move the device in small circles</li> </ol>	<p>Technique 3、5、10</p>  <hr/> <p>Technique 4</p>  <hr/> <p>Technique 6</p>  <hr/> <p>Technique 7</p>  <hr/> <p>Technique 8</p>  <hr/> <p>Technique 12</p>
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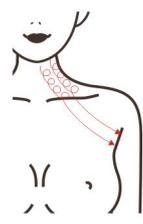
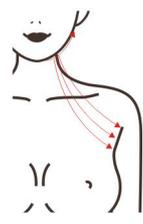
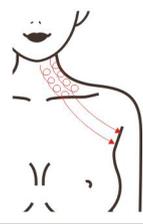
		<p>from lower eyelids to temple, 3-5 times.</p> <p>13. Combined with hands: lift from lower eyelids to temple, 3-5 times.</p> <p>14. Lift the device from beginning till the end of eyebrow, 3-5 times.</p> <p>15. Coupled with hand, lift canthus towards hairline, 3-5 times.</p> <p>16. Do the same on the other side.</p> <p>17. Apply eye mask, 15 min.</p> <p>18. Take off the paddle.</p> <p>19. Wash eyes and face clean, 2 min.</p> <p>20. Apply toner, face essence, eye essence, cream, and sunscreen.</p>	 <p>Technique 13、15</p>  <p>Technique 14</p> 
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**Suggested Treatment:**

10 treatments account for one full course. After one treatment, the eyes are lifted and tightened, increasing blood circulation of the eyes. After one course, it lightens fine lines, dark circles and brightens the skin. After 3 courses, the skin around the eyes is firm, tender and shiny, improving and preventing the aging of the eyes.

**Anti-aging on Neck: 60 min, once a week**

<p>RF energy Level: 30%-80%</p> <p>Mode: RF L</p>	<p>Makeup remover+ Cleanser+ Toner+ Mssage cream+ Essence+ Neck mask+ Device</p>	<ol style="list-style-type: none"> <li>1. Remove makeup and cleanse face, 5 min.</li> <li>2. Apply toner, 1 min.</li> <li>3. Neck massage: apply and rub oil on the chest with both hands to the back of the neck and point to feng chi and feng fu acupoint, 3 times.</li> <li>4. Alternately lift the lower jaw and double chin to pass behind the ear and under the armpit, 3 times.</li> <li>5. Push downwards with</li> </ol>	<p>Technique 3</p>  <p>Technique 4</p> 
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	<p>hand spread and hukou pointing down, tracing 3 meridian channels from the neck side to the armpit, 3 times.</p> <p>6. Push downwards with 4 fingers, tracing 3 meridian channels from neck side to the armpit, 3 times.</p> <p>7. Push downwards with kneeling fingers till the neck turns hot and slide to the armpit, 3 times.</p> <p>8. Push downwards with hand spread and hukou pointing down from external collarbone to armpit, 3-5 times.</p> <p>9. Do the same on the other side.</p> <p>10. Wash neck clean. 2 min.</p> <p>11. Place paddle on the back of the customer and ensure its full contact with skin, 1 min.</p> <p>12. Apply (aging/whitening)essence evenly on neck, 1 min.</p> <p>13. Device operation: coupled with hand massage, lift double chin to pass behind the ear and under the armpit, 3 times.</p> <p>14. Move the device in circles on one side of neck to pass under armpit, 3 times.</p> <p>15. Slide the device from internal and external clavicle to the armpit, 3-5 times.</p> <p>16. Move the device in circles on the whole neck area, 3 times.</p> <p>17. Coupled with hand, lift neck in lines, 3-5 times.</p>	<p>Technique 5、 6、 7、 8</p>  <hr/> <p>Technique 13</p>  <hr/> <p>Technique 14</p>  <hr/> <p>Technique 16</p>  <hr/> <p>Technique 17</p> 
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		<p>18. Do the same on the other side.</p> <p>19. Apply neck mask, 15 min.</p> <p>20. Take off the paddle.</p> <p>21. Wash neck clean, 2 min.</p> <p>22. Apply essence and neck cream.</p>	
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**Suggested Treatments:**

10 treatments account for one full course. After one treatment, skin becomes tender, smooth. After a full course, neck skin becomes smooth, speed up the neck lymphatic circulation. After 2 courses it tightens skin, fade neck lines, improve the double chin. After 3 course, skin is fine, firm and glowing, which also promote lymph drainage, improve facial dullness, some problems such as acne, and delay the aging of the skin, make skin restore young state.

**Age Freeze Management: 60 min, once a week**

RF Level: 30%-80%	Energy	Makeup remover+ Cleanser+ Toner+ Cleansing facial mask+ Massage cream+ Essence+ Facial mask+ Eye mask+ Neck mask+ Device	<p>1. Remove makeup and wash face, neck clean, 5-8 min.</p> <p>2. Apply toner, 2 min.</p> <p>3. Applying cleansing facial mask, 10 min.</p> <p>4. Take off the mask and wash it clean, 3 min.</p> <p>5. Massage face and apply massage cream evenly and caress face, 3 times.</p> <p>6. Push the following acupoints (chengjiang point, dicang point, renzhong point, yingxiang point, jiache point, temple) , 3 times.</p> <p>7. Caress face, 3 times.</p> <p>8. One side of face: alternate hands to lift face in 3 lines and 6 meridians (chengjiang acupoint to yifeng acupoint behind ear, yingxiang acupoint to tingkong acupoint at middle ear, bitong acupoint to</p>	Technique 5、 7、 15、 21 
Mode:	Face: RF M		Technique 6 	
Eyes: RF S	Neck: RF L		Technique 8、 33、 35 	
			Technique 10、 37 	

temple), 3 times.

9. Do the same on another side.

10. Lift towards hairlines on forehead, 3 times.

11. Use both hands to lift face as if playing the guitar, 1 min.

12. On one side of face: use both hands to lift face as if playing the guitar, 2-3 min.

13. Do the same on another side.

14. Use one hand to lift the forehead as if playing the guitar, 3 times.

15. Caress the face, 3 times.

16. Move hands in circular motion on eyes and push temples, 3 times.

17. Move middle and ring fingers horizontally below lower eyelids and slide to back of the ear, 3 times.

18. Lift middle and ring fingers from inner eye corner to upper eyelids and slide to back of the ear, 3 times.

19. Lift eye corners with "scissor" hand gesture, 3-5 times.

20. Repeat the previous operation on another side, 3 times.

21. Caress the face, 3 times.

22. Draw 'Z' on forehead with middle fingers and ring fingers, slide to the front of the ear. Do it back and force to lift and slide to the back of the ear, 3 times.

23. Neck massage: apply and rub oil on the chest with both hands to the back of



Technique 16



Technique 17



Technique 18



Technique 19



Technique 22



Technique 23

the neck and point to feng chi and feng fu acupoint, 3 times.

24. Alternately lift the lower jaw and double chin to pass behind the ear and under the armpit, 3 times.

25. Push downwards with hand spread and hukou pointing down, tracing 3 meridian channels from the neck side to the armpit, 3 times.

26. Push downwards with 4 fingers, tracing 3 meridian channels from neck side to the armpit, 3 times.

27. Push downwards with kneeling fingers till the neck turns hot and slide to the armpit, 3 times.

28. Push downwards with hand spread and hukou pointing down from external collarbone to armpit, 3-5 times.

29. Do the same on the other side.

30. Wash face and neck clean, 3 min.

31. Place the paddle on the back and ensure its full contact with skin.

32. Apply (anti-aging) essence evenly on face, 1 min.

33. Monopolar RF M operation: move the device from chin to earlobe, mouth corner to ear gate, nose wing to temple to lift face, 2 times.

34. Move the device from chin to ear gate and to



Technique 24、 44



Technique 25、 26、 27、 28、 45、 46



Technique 34



Technique 38



Technique 39、 41



Technique 40

temple to life face upwards, from mouth corner to nose wing in circles to lift face upwards, 2 times.

35. Coupled with hand, move the device from chin to earlobe, mouth corner to ear gate, nose wing to temple to life face, 3 times.

36. Do the same on the other side.

37. Move the device towards hairline to life face, 3-5 times.

38. Monopolar RF S operation: move the device in small circles from lower eyelids to temple, 3-5 times.

39. Combined with hands: lift from lower eyelids to temple, 3-5 times.

40. Lift the device from beginning till the end of eyebrow, 3-5 times.

41. Coupled with hand, lift canthus towards hairline, 3-5 times.

42. Do the same on the other side.

43. Apply (aging/whitening) essence evenly on neck, 1 min.

44. Monopolar RF L operation: coupled with hand massage, lift double chin to pass behind the ear and under the armpit, 3 times.

45. Move the device in circles on one side of neck to pass under armpit, 3 times.

46. Slide the device from internal and external clavicle to the armpit, 3-5 times.



Technique 47



Technique 48



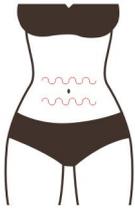
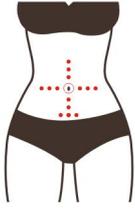
47. Move the device in circles on the whole neck area, 3 times.
48. Coupled with hand, lift neck in lines, 3-5 times.
49. Do the same on the other side.
50. Apply face, eye and neck mask, 15 min.
51. Take off the paddle.
52. Wash neck and face clean.
53. Apply toner, essence, eye cream, face cream, neck cream, and sunscreen.

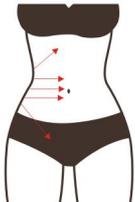
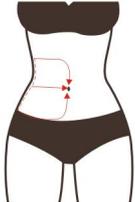
**Suggested Treatment:**

Ten times is one treatment course. After one treatment, the skin will be firm, tender, delicate and smooth, and the eyes will be elevated to accelerate the blood circulation and lymph circulation of the eyes. After one session, it lightens fine lines, dark circles under the eyes and brightens the skin. After two treatments, the overall skin is smooth, firm and elastic, and the double chin is improved. Prevent and delay skin aging, relaxation and sagging after three treatment courses, and restore skin to its youthful state.

**Anti-aging on Waist&Abdomen: 60 min, once a week**

<p>RF energy Level: 30%-80%</p> <p>Mode: RF XL</p>	<p>Massage cream(essential oil)+ Gel+ Device</p>	<ol style="list-style-type: none"> <li>1. Apply and rub oil on abdomen with hands, 3 times.</li> <li>2. Rub stomach back and forth with both hands, 3-5 times.</li> <li>3. Knead abdomen with both hands using chiropractic techniques, 3 times.</li> <li>4. Lift daimai on both sides of waist with both hands alternately, 16 times.</li> <li>5. Move hands as if writing an "8" number on waist, 3 times.</li> <li>6. Overlap hands and massage the intestinal canal</li> </ol>	<p>Technique 1、7</p>  <hr/> <p>Technique 2</p>  <hr/> <p>Technique 3</p>
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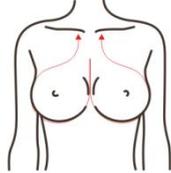
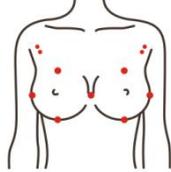
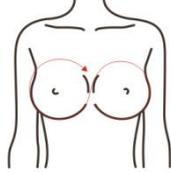
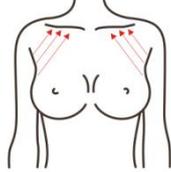
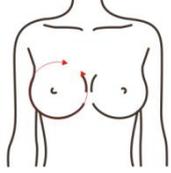
	<p>clockwise, 3 times.</p> <p>7. Move hands in circular motion and caress the treatment area, 3 times.</p> <p>8. Push on the following acupoints: shangwan zhongwan xiawan shenque qihai guanyuan zhongji tianshu dasheng qugu, 2 times.</p> <p>9. Starting from zhongji point, push both thumbs to belly navel, slide them to waist and the lift upwards to groin, 3 times.</p> <p>10. Caress the treatment area with hands and slide to groin.</p> <p>11. Place paddle on the back of the customer and ensure its full contact with skin.</p> <p>12. RF device operation: move from one side of waist to abdomen to lift and move in lines to groin, 3 times.</p> <p>13. Do the same on another side, 3 times.</p> <p>14. Move on abdomen in small circles, 3 times.</p> <p>15. Move the device in big circles, 3 times.</p> <p>16. Move on waist as if writing '8' to shape waist, 3-5 times.</p> <p>17. Move upwards and downwards to shape waist, 3-5 times.</p> <p>18. Coupled with hands, move the device on daimai to lift the treatment area, 16 times.</p> <p>19. Take the paddle off.</p>	 <p>Technique 4、 18</p>  <p>Technique 5</p>  <p>Technique 6</p>  <p>Technique 8</p>  <p>Technique 9</p>  <p>Technique 12</p>
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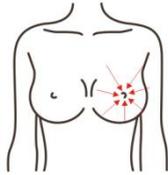
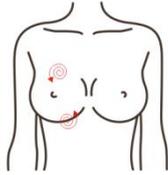
			
			<p>Technique 14</p> 
			<p>Technique 15</p> 
			<p>Technique 16</p> 
			<p>Technique 17</p> 

**Suggested Treatment:**

10 times account for a full course. After one treatment, abdomen heats up, metabolism accelerates. After a full course, skin begin to tighten, constipation and other issues are improved at the same time. After 2 courses, the effect gradually become obvious, skin is lifted and tightened, skin collagen increased, stretch marks after birth and flabby skin are improved. After 3 courses, effects are reinforced, redundant adipose gradually disappear, and tightness of abdomen remain.

## Body-shaping on Breasts: 60 min, once a week

<p>RF energy Level: 30%-80%</p> <p>Mode: RF XL</p>	<p>Massage cream(essential oil)+ Gel+ Device</p>	<ol style="list-style-type: none"> <li>1. Stand at the head of the bed, both hands from shan zhong point began to rub oil to armpit up at the same time lift the suspension ligament (this is to caress treatment area) 3 times.</li> <li>2. Both hands thumb point: shanzhong, rugen, dabao, yingchuang, zhongfu, yunmen, 3 times.</li> <li>3. Caress the treatment area, 3 times.</li> <li>4. Overlap both palms from shan zhong point to chest both sides back and forth as if writing an "8" number, 3 times</li> <li>5. Lift the accessory breast to the suspensory ligament alternately with both hands, first left, then right, 10 times.</li> <li>6. Caress the treatment area, 3 times.</li> <li>7. Sit beside the customer, first left, then right, with both hands to soothe and lift the chest, 3-5 times.</li> <li>8. Alternately push the breast duct around the chest (one circle of the chest), 3-5 times.</li> <li>9. Use the thumb to dredge the nodules in the chest, 3 times.</li> <li>10. Lift the whole chest with hands, 3-5 times.</li> <li>11. The technique on the other side is the same as above.</li> </ol>	<p>Technique 1、 3、 6、 10</p>  <hr/> <p>Technique 2</p>  <hr/> <p>Technique 4</p>  <hr/> <p>Technique 5</p>  <hr/> <p>Technique 7、 14</p>  <hr/> <p>Technique 8、 13</p>
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		<p>12. Place paddle on the back of the customer and ensure its full contact with skin.</p> <p>13. RF instrument operation: first left, then right, from the bottom to the top along the direction of the chest to the nipple, combined with hand pacification, 5-8 times.</p> <p>14. Draw half a circle along the chest to lift and pull from the bottom to the collarbone, combining with hand comfort, 5-8 times.</p> <p>15. Make small circles to clear the nodule site for 3-5 times.</p> <p>16. The customer lies on his side and stands up with his arms. The device burns fat in circles at the position of auxiliary breast, 5-8 times.</p> <p>17. The instrument is pushed from the position of underarm auxiliary breast to the chest (shaping and receiving auxiliary breast), 5-8 times</p> <p>18. The technique on the other side is the same as above.</p> <p>19. Take off the paddle.</p>	 <hr/> <p>Technique 9、 15</p>  <hr/> <p>Technique 16</p>  <hr/> <p>Technique 17</p>  <hr/>
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**Suggested Treatment:**

10 treatments account for a full course. After one treatment, breasts heat up, blood circulation is promoted and you can see a certain effect of lifting. After a course, the effect is more obvious, and nodules are improved. After 3 courses, effects like skin firming, consolidation of breast-shaping, elasticity of breasts are achieved. Regulating endocrine makes women more attractive.

**Body-Shaping on Arms: 60 min, once a week**

RF Level:	energy Massage cream(ess	1. Left-right order: lay the arm flatwise, apply and rub	Technique 1、 2、 3、 4、 5、 6
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<p>30%-80%</p> <p>Mode: RF L</p>	<p>ential oil)+ Gel+ Device</p>	<p>oil in from lower arm to the entire arm and slide to the fingers, 3 times.</p> <p>2. Push the entire arm with both palms, 3 times.</p> <p>3. Push hands upwards tracing three main collateral channels(dachangjing-sanjiao jing-xiaochangjing) to armpits with fingers spread and hukou pointing upwards, 3 times.</p> <p>4. Caress the treatment area, 3 times.</p> <p>5. Trace and rub three main collateral channels on arms with kneeling finger back and forth till them turn hot, 3 times.</p> <p>6. Caress the treatment area, 3 times.</p> <p>7. Lay inner arm upwards, and push hands tracing three yin channel on inner arm(feijing-xinbaojing-xinjing ) to armpit, with hukou pointing upwards, 3 times respectively.</p> <p>8. Rub three channels back and forth with kneeling fingers, 3 times.</p> <p>9. Caress the treatment area and slide to fingers.</p> <p>10. Repeat the previous operation on another side.</p> <p>11. Place paddle on the back of the customer and ensure its full contact with skin.</p> <p>12. RF device operation: lay arms flatwise and start from fat part of lower arm, tracing three channels to armpit, 3 times.</p> <p>13. Move the device in</p>	<div data-bbox="1043 210 1342 427"> </div> <p>Technique 7、 8</p> <div data-bbox="1043 546 1342 763"> </div> <p>Technique 9</p> <div data-bbox="1043 837 1342 1055"> </div> <p>Technique 12、 15</p> <div data-bbox="1043 1128 1342 1346"> </div> <p>Technique 13、 14</p> <div data-bbox="1043 1420 1342 1637"> </div> <p>Technique 16</p> <div data-bbox="1043 1711 1342 1928"> </div> <p>Technique 18</p>
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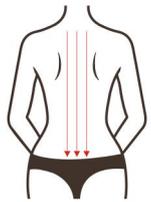
		<p>annular motion, tracing three channels to armpit, 3 times.</p> <p>14. You may double the operation on flabby arms, 3 times.</p> <p>15. Trace three channels to armpit, 3 times.</p> <p>16. Lay inner arm flatwise and push three channels on upper arm to armpit, 3 times.</p> <p>17. Trace three channels on upper arm and move the device in circles to armpit, 3 times.</p> <p>18. Trace three channels from upper arm to armpit.</p> <p>19. Repeat the previous operation with ultrasonic operation.</p> <p>20. Repeat the previous operation on another side.</p> <p>21. Take the paddle off.</p>	
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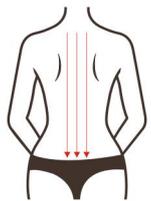
**Suggested Treatment:**

Ten times for a course of treatment. Once done, it will feel warm and tight, and the arms will be relaxed. A course of treatment arm excess fat began to reduce, the skin began to close to full. Two courses of treatment began to model, strengthen the effect, dredging meridian, enhance the physique. Three courses consolidate stability and prevent rebound.

**Body-Shaping on Back: 60 min, once a week**

<p>RF energy Level: 30%-80%</p> <p>Mode: RF XL</p>	<p>Massage cream(essential oil)+ Gel+ Device</p>	<p>1. Apply oil on back and press Fengchi and fengfu points.</p> <p>2. (Starting from hairline) stroke badanjin with thumb, 3-5 times.</p> <p>3. Move thumb outwards from panguangjin to baliao area and then to fengchi and fengfu point.</p>	<p>Technique 1、 10</p>  <p>Technique 2、 17</p>
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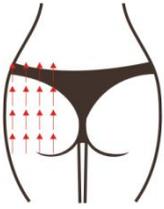
	<p>4. Starting from neck to caudal vertebra, move hands in S-shape, 3 times.</p> <p>5. Push pangguangjin with thumb in left-right order, 3 times.</p> <p>6. Push pangguangjin to baliao area with both thumbs, at the same time, 3 times.</p> <p>7. Push pangguangjin in three kneeling fingers, 3 times.</p> <p>8. Push scapula slot with both hands alternately in left-right order, 3-6 times.</p> <p>9. Push scapula slot with both hands horizontally, 3-6 times.</p> <p>10. Caress the back with both hands and push fengchi and fengfu points, 3 times.</p> <p>11. Overlap both thumbs and push tianzong point and slide to the arm, 3 times.</p> <p>12. Repeat the previous action on another arm, 3 times.</p> <p>13. Rub dumai and pangguangjing until they turn hot.</p> <p>14. Place the paddle on abdomen and ensure its full contact with skin.</p> <p>15. RF Operation: Starting from dumai to pangguangjin, move the device from neck to baliao area, 3-5 times.</p> <p>16. Move the device in circles on dazhui point, and baliao area, 3-5 times respectively.</p> <p>17. From dabanjin to neck, move the device back and</p>	 <hr/> <p>Technique 3</p>  <hr/> <p>Technique 4</p>  <hr/> <p>Technique 5、6、7、13</p>  <hr/> <p>Technique 8、18</p>  <hr/> <p>Technique 9</p>  <hr/> <p>Technique 11</p>
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		<p>forth, 3-5 times.</p> <p>18. Lift the device on scapula slot in left-right order, 3-5 times.</p> <p>19. Move the device horizontally as if writing an "8" number to baliiao area, 3 times.</p> <p>20. Move the device upwards in annular motion to armpit in left-right order on both sides, 3 times.</p> <p>21. Lift the device upwards to armpits on sides of the waist, 3-5 times.</p> <p>22. Take the paddle off.</p>	 <hr/> <p>Technique 15</p>  <hr/> <p>Technique 16</p>  <hr/> <p>Technique 19</p>  <hr/> <p>Technique 20</p>  <hr/> <p>Technique 21</p> 
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**Suggested Treatment:**  
 10 times for a period of treatment, once done back significantly relaxed, can alleviate neck stiffness, lift skin. A course shoulder to relax, back fat loss, ease the wealth

package, the back line, improve the riches and honour. After the two course, dredge meridians, regulate sub-health, improve sleep, three courses down back thinning, line is good-looking, viscera function, improves digestion, detoxification and metabolism.

## Body-Shaping on Buttocks: 60 min, once a week

<p>RF energy Level: 30%-80%  Mode: RF XL</p>	<p>Massage cream(essential oil)+ Gel+ Device</p>	<ol style="list-style-type: none"> <li>1. Standing on the side, accumulate oil on hands and then slide to the waist and then lift up along the hips from the waist, 3 times (this is to caress the treatment area.)</li> <li>2. Repeatedly push ba liao zone with two thumbs.</li> <li>3. Caress the treatment area for 3 times and then point: "shenyu", "ba liao", "chang qiang", "huan tiao" and "cheng fu", 3 times.</li> <li>4. Caress the treatment area, 3 times.</li> <li>5. First left, then right, with both hands extending from the root of the thigh from bottom to top -- bladder tendon -- kidney -- liver -- gallbladder -- vein, 3 times each.</li> <li>6. Both hands follow from the root of thigh from bottom to top -- bladder channel, kidney channel, liver channel and gallbladder channel to the vein, 3 times each.</li> <li>7. Overlap both palms and push up together from thigh root to pulse (ascension) ,3 to 5 times.</li> <li>8. Push your hands from bottom to top from both sides of your hips to the top</li> </ol>	<p>Technique 1、 4、 10</p>  <hr/> <p>Technique 2</p>  <hr/> <p>Technique 3</p>  <hr/> <p>Technique 5、 13、 16</p>  <hr/> <p>Technique 6</p>  <hr/> <p>Technique 8、 14、 17</p>
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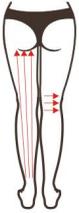
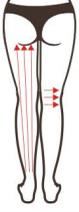
	<p>of your hips, 3 times.</p> <p>9. Repeat the previous operation.</p> <p>10. Caress the treatment area.</p> <p>11. The technique on the other side is the same as above.</p> <p>12. Place the paddle on the abdomen and ensure its full contact with skin.</p> <p>13. Operation of radio frequency instrument: lift from the thigh root to the vein line by line, 3 times.</p> <p>14. Lift 3 times from bottom to top on both sides of the buttocks to the highest point of the buttocks.</p> <p>15. Circle your hips, 3 to 5 times.</p> <p>16. Lift 3 times from thigh root to vein.</p> <p>17. Lift from bottom to top on both sides of the buttocks to the highest point of the buttocks, 3 times.</p> <p>18. The technique on the other side is the same as above.</p> <p>19. take off the paddle.</p>	 <hr/> <p>Technique 15</p> 
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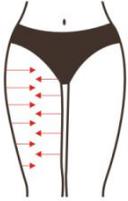
**Suggested Treatment:**

10 times for a course of treatment, after a complete hip promotion, hip fever, after a course of treatment began to obvious lines, excess fat slowly disappeared, the skin became tight, after three courses of treatment to improve the body cold and uterine cold gynecological problems, menstruation returned to normal, consolidate the effect, increase the female sex appeal.

**Body-Shaping on Legs: 60 min, once a week**

RF energy Level: 30%-80%	Massage cream(essential oil)+	1. Rear leg, left-right order: apply and rub oil in from calf to thigh to heel, 3 times.	Technique 1、 2、 3、 4、 6、 7、 8
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<p>Mode: RF XL</p>	<p>Gel+ Device</p>	<p>2. Alternately push the entire leg from bottom to top and wrap back into the heel, 3 times</p> <p>3. Move hands upwards to four main collateral channels(panguangjin-shenjin-ganjin-danjin) with fingers spread and hukou pointing upwards.</p> <p>4. Push hands alternately to popliteal fossa, 3 times.</p> <p>5. Twist both hands upwards alternately as if twisting a fired dough, 3 times.</p> <p>6. Caress the treatment area, 3 times.</p> <p>7. Push four main collateral channels upwards with kneeling fingers of both hands, 3 times.</p> <p>8. Caress the treatment area, 3 times.</p> <p>9. Repeat the previous operation on another side.</p> <p>10. Place paddle on abdomen and ensure its full contact with skin.</p> <p>11. RF device operation: move the device from popliteal fossa to panguangjin-shenjin-ganjin-danjin, 3 times.</p> <p>12. Move the device in circular motion on calf, 3 times.</p> <p>13. Move the device upwards to popliteal fossa and caress the treatment area with hands, 3 times.</p> <p>14. Push from popliteal fossa tracing 4 main collateral</p>	 <hr/> <p>Technique 5</p>  <hr/> <p>Technique 11</p>  <hr/> <p>Technique 12</p>  <hr/> <p>Technique 13</p>  <hr/> <p>Technique 14、16</p>  <hr/> <p>Technique 15</p>
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	<p>channels to the end of thigh, 3 times.</p> <p>15. Move the device in circular motion from popliteal fossa to the end of thigh, 3 times.</p> <p>16. Push from popliteal fossa tracing main collateral channels to the end of thigh, 3 times.</p> <p>17. Do the same on the other side.</p> <p>18. Take off the paddle.</p> <p>19. Foreleg: rub oil with both hands from heel to the thigh root (namely to caress the treatment area), 3 times.</p> <p>20. Alternately push the entire leg from bottom to top and wrap back into the heel, 3 times</p> <p>21. Move hands upwards to four main collateral channels(pijing-weijing-ganji ng-danjing) with fingers spread and hukou pointing upwards, 3 times.</p> <p>22. Push four main collateral channels upwards with kneeling fingers of both hands, 3 times.</p> <p>23. Place the paddle on the back and ensure its full contact with skin.</p> <p>24. RF device operation: Lift the device towards knee while tracing 3 collaterals, 3 times(start from thigh if there's not enough unwanted fat on calf.)</p> <p>25. Move the device on two sides of calf in annular motion, 3 times(start from thigh if there's not enough</p>	 <hr/> <p>Technique 19、 20、 21、 22、 24、 26、 30</p>  <hr/> <p>Technique 27</p>  <hr/> <p>Technique 28</p>  <hr/> <p>Technique 29</p>  <hr/>
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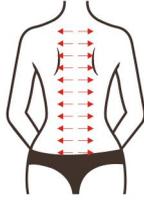
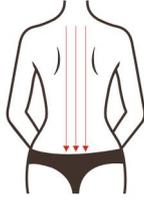
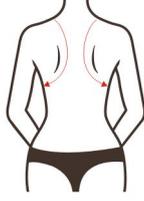
		<p>unwanted fat on calf.)</p> <p>26. Lift the device from knee to thigh root in lines, 3 times.</p> <p>27. Move the device in small circles on thigh, 3 times.</p> <p>28. Coupled with hand, lift from 2 sides of leg to the middle, 3 times.</p> <p>29. Lift the device from knee to thigh root in annular motion, 3 times.</p> <p>30. Lift the device from knee to thigh root in lines, 3 times.</p> <p>31. Do the same on the other side.</p> <p>32. Take off the paddle.</p>	
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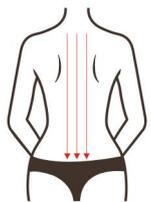
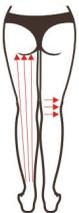
**Suggested Treatment:**

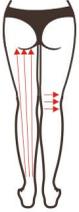
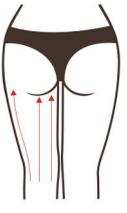
10 times for a course of treatment, after a course of treatment leg is relaxed, circulation is accelerated, a course of treatment leg becomes thin, skin collagen tissue because of heat and produce tightening effect, can obviously feel skin tight feeling, two course of treatment leg is fine tight effect obvious, three course of treatment consolidate effects.

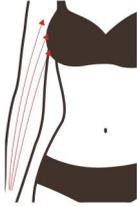
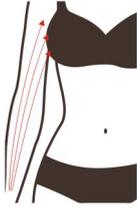
**Body-Shaping&Slimming: 60 min, once a week**

<p>RF energy Level: 30%-80%</p> <p>Mode: RF XL</p>	<p>Massage cream(essential oil)+ Gel+ Device</p>	<ol style="list-style-type: none"> <li>1. Apply oil on back and press Fengchi and fengfu points.</li> <li>2. (Starting from hairline) stroke badanjin with thumb, 3-5 times.</li> <li>3. Move thumb outwards from pangguangjin to baliao area and then to fengchi and fengfu point.</li> <li>4. Starting from neck to caudal vertebra, move hands in S-shape, 3 times.</li> <li>5. Push pangguangjin with thumb in left-right order, 3 times.</li> <li>6. Push pangguangjin to baliao area with both</li> </ol>	<p>Technique 1、 10</p>  <hr/> <p>Technique 2、 17</p>  <hr/> <p>Technique 3</p>
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	<p>thumbs, at the same time, 3 times.</p> <p>7. Push pangguangjin in three kneeling fingers, 3 times.</p> <p>8. Push scapula slot with both hands alternately in left-right order, 3-6 times.</p> <p>9. Push scapula slot with both hands horizontally, 3-6 times.</p> <p>10. Caress the back with both hands and push fengchi and fengfu points, 3 times.</p> <p>11. Overlap both thumbs and push tianzong point and slide to the arm, 3 times.</p> <p>12. Repeat the previous action on another arm, 3 times.</p> <p>13. Rub dumai and pangguangjing until they turn hot.</p> <p>14. Place the paddle on abdomen and ensure its full contact with skin.</p> <p>15. RF Operation: Starting from dumai to pangguangjin, move the device from neck to baliao area, 3-5 times.</p> <p>16. Move the device in circles on dazhui point, and baliao area, 3-5 times respectively.</p> <p>17. From dabanjin to neck, move the device back and forth, 3-5 times.</p> <p>18. Lift the device on scapula slot in left-right order, 3-5 times.</p> <p>19. Move the device horizontally as if writing an "8" number to baliao area, 3 times.</p>	 <hr/> <p>手法 4</p>  <hr/> <p>Technique 5、6、7、13</p>  <hr/> <p>Technique 8、18</p>  <hr/> <p>Technique 9</p>  <hr/> <p>Technique 11</p>  <hr/> <p>Technique 15</p>
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		<p>20. Move the device upwards in annular motion to armpit in left-right order on both sides, 3 times.</p> <p>21. Lift the device upwards to armpits on sides of the waist, 3-5 times.</p> <p>22. Legs, left-right order: apply and rub oil in from calf to thigh to heel, 3 times.</p> <p>23. Alternately push the entire leg from bottom to top and wrap back into the heel, 3 times</p> <p>24. Move hands upwards to four main collateral channels(panguangjin-shenj in-ganjin-danjin) with fingers spread and hukou pointing upwards.</p> <p>25. Push hands alternately to popliteal fossa, 3 times.</p> <p>26. Twist both hands upwards alternately as if twisting a fired dough, 3 times.</p> <p>27. Caress the treatment area, 3 times.</p> <p>28. Push four main collateral channels upwards with kneeling fingers of both hands, 3 times.</p> <p>29. Caress the treatment area, 3 times.</p> <p>30. Repeat the previous operation on another side.</p> <p>31. Place paddle on abdomen and ensure its full contact with skin.</p> <p>32. RF device operation: move the device from popliteal fossa to panguangjin-shenjin-ganjin-danjin, 3 times.</p>	 <hr/> <p>Technique 16</p>  <hr/> <p>Technique 19</p>  <hr/> <p>Technique 20</p>  <hr/> <p>Technique 21</p>  <hr/> <p>Technique 22、 23、 24、 25、 27、 28、 29</p>  <hr/> <p>Technique 26</p>
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	<p>33. Move the device in circular motion on calf, 3 times.</p> <p>34. Move the device upwards to popliteal fossa and caress the treatment area with hands, 3 times.</p> <p>35. Push from popliteal fossa tracing 4 main collateral channels to the end of thigh, 3 times.</p> <p>36. Move the device in circular motion from popliteal fossa to the end of thigh, 3 times.</p> <p>37. Push from popliteal fossa tracing main collateral channels to the end of thigh, 3 times.</p> <p>38. Do the same on the other side.</p> <p>39. Take off the paddle.</p> <p>40. Arms, left-right order: lay the arm flatwise, apply and rub oil in from lower arm to the entire arm and slide to the fingers, 3 times.</p> <p>41. Push the entire arm with both palms, 3 times.</p> <p>42. Push hands upwards tracing three main collateral channels(dachangjing-sanjiao jing-xiaochangjing) to armpits with fingers spread and hukou pointing upwards, 3 times.</p> <p>43. Caress the treatment area, 3 times.</p> <p>44. Trace and rub three main collateral channels on arms with kneeling finger back and forth till them turn hot, 3 times.</p> <p>45. Caress the treatment</p>	 <hr/> <p>Technique 31</p>  <hr/> <p>Technique 32、 35</p>  <hr/> <p>Technique 33</p>  <hr/> <p>Technique 34、 36</p>  <hr/> <p>Technique 35</p>  <hr/> <p>Technique 39、 40、 41、 42、 43、 44</p>
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	<p>area, 3 times.</p> <p>46. Lay inner arm upwards, and push hands tracing three yin channel on inner arm(feijing-xinbaojing-xinjing ) to armpit, with hukou pointing upwards, 3 times respectively.</p> <p>47. Rub three channels back and forth with kneeling fingers, 3 times.</p> <p>48. Caress the treatment area and slide to fingers.</p> <p>49. Repeat the previous operation on another side.</p> <p>50. Place paddle on the back of the customer and ensure its full contact with skin.</p> <p>51. RF device operation: lay arms flatwise and start from fat part of lower arm, tracing three channels to armpit, 3 times.</p> <p>52. Move the device in annular motion, tracing three channels to armpit, 3 times.</p> <p>53. You may double the operation on flabby arms, 3 times.</p> <p>54. Trace three channels to armpit, 3 times.</p> <p>55. Lay inner arm flatwise and push three channels on upper arm to armpit, 3 times.</p> <p>56. Trace three channels on upper arm and move the device in circles to armpit, 3 times.</p> <p>57. Trace three channels from upper arm to armpit.</p> <p>58. Repeat the previous operation with ultrasonic operation.</p>	 <hr/> <p>Technique 45、 46</p>  <hr/> <p>Technique 47</p>  <hr/> <p>Technique 50、 53</p>  <hr/> <p>Technique 51、 52</p>  <hr/> <p>Technique 54</p>  <hr/> <p>Technique 56</p>
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59. Repeat the previous operation on another side.

60. Apply and rub oil on abdomen with hands, 3 times.

61. Rub stomach back and forth with both hands, 3-5 times.

62. Knead abdomen with both hands using chiropractic techniques, 3 times.

63. Lift daimai on both sides of waist with both hands alternately, 16 times.

64. Move hands as if writing an "8" number on waist, 3 times.

65. Overlap hands and message the intestinal canal clockwise, 3 times.

66. Move hands in circular motion and caress the treatment area, 3 times.

67. Push on the following acupoints: shangwan zhongwan xiawan shenque qihai guanyuan zhongji tianshu dasheng qugu, 2 times.

68. Starting from zhongji point, push both thumbs to belly navel, slide them to waist and the lift upwards to groin, 3 times.

69. Caress the treatment area with hands and slide to groin.

70. Place paddle on the back of the customer and ensure its full contact with skin.

71. RF device operation: move from one side of waist to abdomen to lift and move



Technique 58、 64



Technique 59



Technique 60



Technique 61、 74

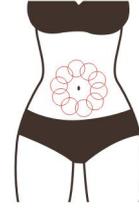


Technique 62



Technique 63

in lines to groin, 3 times.  
 72. Do the same on another side, 3 times.  
 73. Move on abdomen in small circles, 3 times.  
 74. Move the device in big circles, 3 times.  
 75. Move on waist as if writing '8' to shape waist, 3-5 times.  
 76. Move upwards and downwards to shape waist, 3-5 times.  
 77. Coupled with hands, move the device on daimai to lift the treatment area, 16 times.  
 78. Take the paddle off.



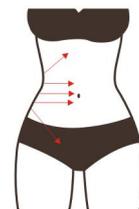
Technique 65



Technique 66



Technique 68



Technique 70



Technique 71



Technique 72

			 <hr/> <p>Technique 73</p> 
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**Suggested Treatment:**

10 treatments account for one full course. After one treatment, the treatment area will experience heat-up and tightness, relaxed hands, legs and back. After one course, back and abdomen skin start to slowly tighten up, curves start to show, skin on arms and legs start to tighten as well. After 2 course, effects become more visible with tightened and lifted skin, regenerated collagen in skin dermis, improves stretch marks and laxity of skin. 3 courses consolidated the effects and prevent rebound.