

# User Manual

MS-22R2



# Preface

To our valued users,

Thanks for choosing our beauty equipment. It applies RF technology, can effectively fix various skin problems, and has a good effect on face tightening, lifting, wrinkle removal, and body firming and shaping. MS-22R2 is professional beauty equipment, which needs to be operated by people with professional training. Any improper use of this 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

The multipolar RF machine is the most popular instrument for improving looks, tightening, shaping the body, and anti-aging. It can effectively replace all facial and body care programs in a beauty salon, operate efficiently, conveniently, and swiftly, and solve skin problems for people pursuing beauty. Moreover, this equipment works safely and effectively and requires no injection, medication, or surgery. It has no side effects and is operated externally throughout, and has an instant effect. RF heats deep skin, stimulates collagen hyperplasia and restructuring in the dermis, and accelerates blood circulation in the underlying skin, thus achieving skin tightening, plumpness, anti-aging, and senility prevention.

## 2. Advantages

- (1) RF beauty equipment can replace facelifts. It's non-invasive, safe, and has no side effects, and requires no work stops.
- (2) RF heats the dermis through the high-frequency electric waves and stimulates skin metabolism and collagen regeneration to lift skin, remove wrinkles, fight against micro-aging and tighten and rejuvenate skin.
- (3) It's safe, non-invasive, non-surgical, and painless, and it protects the epidermis, requires no anesthetic, and is without skin convalescence.
- (4) There are no limits to the use of the operating head, and it does not need to be replaced, which can lower treatment costs.
- (5) The infrared ray control design can speed up skin's metabolism and blood circulation, inhibit bacteria and their multiply, and expand blood capillary.
- (6) It boosts the regeneration capacity of skin tissue and enhances skin immunocompetence to achieve wrinkle removal and skin whitening.
- (7) Far-infrared directly reaches deep dermis to heat collagen cells. Far-infrared directly reaches deep dermis to heat collagen cells. Far-infrared directly reaches the deep layer of the dermis to heat collagen cells. Radiofrequency waves penetrate the shield of melanophore in the epidermis base, deeply and evenly heat collagenous fiber in the dermis until the temperature reaches above 45 degrees, contract and tighten slack wrinkles and skin, and remove the wrinkles timely. But the temperature will not burn the skin.
- (8) It promotes tissue micro-circulation and regenerates and restructures collagen to improve skin texture and timely firm skin.

### 3. Three-polar RF

#### (1) Principle

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.

#### (2) Biological Effect

Radiofrequency can vibrate one million times of high-frequency radio waves. They penetrate the epidermis, acting directly on the dermis. And they intensely 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. 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.



## 4. Facial Anti-aging

### (1) 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.

### (2) 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.

### (3) 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.

### (4) 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. Eye Anti-aging

### (1)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.

### (2)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.

### (3)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.

### (4)Matters Needing Attention After Treatment

- 1) Avoid being under the blazing sun and protect yourself from the sun.
- 2) It's better not to use products like alcohol, AHA(Alpha Hydroxyl Acid), or scrub cream within 1 to 3 days.

- 3) Avoid washing the face with overheated water, enjoying hot springs, saunas, or doing strenuous exercise within seven days.
- 4) Drink more water and apply an eye mask at least three times a week since the treated parts are dry.

## 6. Neck Anti-aging

### (1)Efficacy

- 1) Reduce neck's fine lines and wrinkles.
- 2) Relieve neck with slack, coarse, or lusterless skin.
- 3) Tighten skin and increase skin elasticity.
- 4) Relieve double chin.

### (2)Indications

- 1) Those whose neck has fine lines or wrinkles.
- 2) Those whose necks have slack or inelastic skin.
- 3) Those with dark or lusterless skin.
- 4) Those who always lower their heads.

### (3)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.

### (4)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 a neck mask which should do at least three times a week.

## 7. Body Management

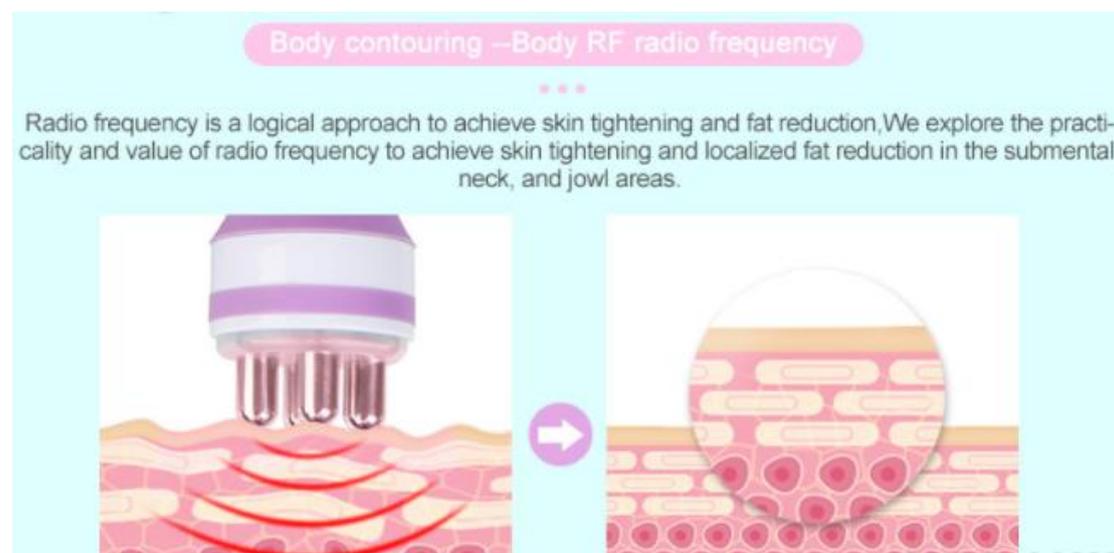
### (1) Quadrupole RF

#### 1) Principle

Particular radiofrequency waves, produced by RF thermal effect in certain depth under the skin, penetrate the epidermis directly acting its impact on the dermis to heat tissue, accelerate metabolism and decomposition of subcutaneous fat, and stimulate hyperplasia and restructuring 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 instantly after having the slack skin treated.

#### 2) 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 collagenous fiber growth, 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.



## (2)Waist & Abdomen Sculpting

### 1) Efficacy

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

### 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 should use it.
- Those with severe gynecological diseases.
- Those whose gynecological diseases are in treatment.

### 4) Matters Needing Attention After Treatment

- Keep the abdomen warm and avoid 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.
- Take a shower after 4 to 6 hours.
- Avoid enjoying sauna, hot springs, or doing strenuous exercise within seven days.
- Rub the abdomen with your hands doing it clockwise before sleep at night, making weight loss and metabolism achieve a better effect.

### (3) Arm Sculpting

#### 1) Efficacy

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

#### 2) Indications

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

#### 3) Contraindications

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

#### 4) Matters Needing Attention After Treatment

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

### (4) Back Sculpting

#### 1) Efficacy

- Alleviate shoulder and back soreness and relieve Dowager's Hump.

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

## 2) Indications

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

## 3) Contraindications

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

## 4) Matters Needing Attention After Treatment

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

## (5) Buttock Sculpting

Buttocks, located at the middle of the human body, is the key hub for channels and collaterals and qi-blood circulation and is the main switch of six channels and collaterals, as well as 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.

## 4) Matters Needing Attention After Treatment

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

- Avoid enjoying sauna, hot springs, or doing strenuous exercise within seven days.

## (6) Leg Sculpting

### 1) Efficacy

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

### 2) Indications

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

### 3) Contraindications

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

### 4) Matters Needing Attention After Treatment

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

- Wear long pants as far as possible after treatment, and avoid wearing miniskirts and mini-shorts.

## (7) Breast Sculpting

### 1) Efficacy

- Adjust breast shape and improve accessory breast.
- Relieve breast nodules, slight hyperplasia, and distending pain in the breast during menstruation.
- Reduce the appearance of the outward expansion of the breast.
- Improve irregular menstruation, spots on the face, and inelastic skin.
- Relieve 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 in the breast during menstruation.
- Those whose breast has free fat, or is saggy, with outward expansion.
- Those with hypoimmunity.
- Those with irregular menstruation, spots on the face, or inelastic skin.
- Those who think she has 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 organ functions.
- Those who have been taking anticoagulant drugs, vascular dilation drugs, or corticosteroids for a long time, or are taking now.
- Those with infected skin on the breast.
- Those with severe breast hyperplasia, fibroma, or cyst.
- Women in pregnancy or lactation.

### 4) Matters Needing Attention After Treatment

- 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 fixed-shape and comfortable underwear, and don't squeeze the breast too hard.

# Part II

## 1. Detailed Operations

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



### (1)Function Selection



Time Display



Energy Intensity Display



Rotating Knob for Time Setting/ Start & Pause



#1-Tripolr RF/ #2-Quadrupole RF



Display of #1 and #2 handpieces when they are working.



Energy Intensity Setting



Energy Intensity Setting(decrease)



Energy Intensity Setting(increase)

## 2. Technical Parameters

Power Supply Input: 100V-240V

Power: 100W

Quadrupole RF Handle with Photon

Frequency: 1MHz

Power: 30W

Tripolar RF Handle With Photon

Frequency: 1MHz

Power: 10W

Dimensions: 21X19X8cm

Net Weight:1.5kg

Gross Weight: 1.95KG

## 3. Precautions on Use

- (1) To avoid skin discomfort caused by overheating, the skin must be evenly applied to gel when operating.
- (2) Avoid wearing metal objects or jewelry during the treatment.
- (3) Protect yourself from the sun, and avoid direct sunlight after treatment.
- (4) It's refrained to use it on fragile parts like the ear, nose, eyeball, or throat.
- (5) Those with hypertension, heart disease, or infectious disease are not allowed to use it.
- (6) Those who had other plastic surgery or filled the body parts before treatment can not take this treatment until he gets recover; or take it three months later; or do the plastic surgery one month later after treatment.
- (7) Appress the RF to the skin with even strength. Otherwise, it may cause uneven heating.
- (8) Set the energy intensity from low to high to avoid discomfort when operating.
- (9) Turn the equipment off after treatment so as not to affect its service life.
- (10) Clean the equipment and handpieces with tissue dipping normal saline(don't use alcohol) after operation to extend its service life.

- (11) Place the equipment in a dry and ventilated place, and avoid direct sunlight, high temperature, or water inflowing.
- (12) Turn off the power supply of the main machine and take out the plug after use.
- (13) Avoid contacting hair and sundries when in use. Otherwise, it may cause adverse consequences.

## 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 suitable power socket.
  - B. Check whether the fuse tube in the back is loose or burnt out.
  
- (2) Buttons are not working?
  - A. Turn off the equipment and restart it.
  - B. Take out the power cord and re-plug it.
  
- (3) The handpiece feels very hot?
  - A. Check whether it is applied to gel or facial cream when in use.
  - B. Check whether the equipment is running without doing anything.
  - C. Check whether the equipment is working for too long a time.

## 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: Does sensitive skin can use this equipment?

A: Sensitive skin can use it, but allergic people are not advised to take the treatment. RF stimulates deep collagen hyperplasia, accelerates blood circulation, repairs and improves skin sensitivity, but generates heat effects. If the skin has swelled, it will speed up skin circulation and make the swelling worse. Therefore, people in allergic period is not advised to do it.

(4) Q: What products can be used together with this equipment?

A: It can be used together with any serum and cream products. A better effect can be achieved. It can help better absorption and infiltration of products like serum and is ten times useful than applying. Meanwhile, it unites tightening, lifting, metabolism, and absorption.

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

A: It will not rebound easily since RF stimulates collagen regeneration and is not padding or surgery. It takes time for collagen to grow. Therefore, the more times you take it, the better your skin will become. If you stop the treatment, the skin only returns to its metabolic and aging process. It's not a rebound.

(6) Q: Is there any dependency on this treatment?

A: There is no dependency. RF stimulates fat metabolism and collagen regeneration of the underlying skin. You can see the effect after you do it each time. A better effect can be achieved if you follow a course of treatment. It's pure physical therapy, which will not thinner or damage skin, let alone causing dependency. And it will not get rebound after stopping using it. So you can rest assured.

## 6. Packing List

- 1 x Main Machine
- 1 x Tripolar RF Handle With Photon
- 1 x Quadropole RF Handle with Photon
- 1 x Power Cord

## 7. Operating Steps

### (1) Facial Anti-aging/ Eye Anti-aging/ Neck Anti-aging

remove makeup, clean the face/ neck, apply toner, massage, use the tripolar RF, apply a facial mask/ eye mask/ neck mask, apply water, lotion, cream, and sunblock  
Matched Product: massage cream, facial essence/ eyes essence

### (2) Waist & Abdomen Sculpting/ Arm Sculpting/ Back Sculpting/

### Buttocks Sculpting/ Leg Sculpting/ Breast Sculpting

apply oil, massage, use the quadropole RF, clean the treated part  
Matched Product: essential oil, RF cream

## 8. Operational Diagrams

Parameter Setting	Matched Product	Technique	Diagram
<b>Facial Anti-aging: 60 Minutes/ Once a Week</b>			
<p><b>Three-Polar RF</b> Advised Time: 10 to 15 minutes Advised Energy Level: 3 to 7</p>	<p>Cleansing Oil + Facial Cleanser + Massage Cream + Essence + Equipment+ Facial Mask</p>	<ol style="list-style-type: none"> <li>1. Remove makeup and clean the face, 5 minutes.</li> <li>2. Apply a moisturizing mask and use hot steam, 10 minutes.</li> <li>3. Clean the face, 2 minutes.</li> <li>4. Apply toner, 1 minute.</li> <li>5. Apply massage cream evenly to the face, and caress it three times.</li> <li>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.</li> <li>7. Caress the whole face three times.</li> <li>8. Lift from the chin to the earlobe, from the corner of the mouth to Ermen (SJ21), from the wing of the nose to Taiyang (EX-HN5), from the lower eyelid to Taiyang (EX-HN5), and lift the corner of the eyes. Repeat three times.</li> </ol>	<p>Technique 5, 7</p>  <hr/> <p>Technique 6</p>  <hr/> <p>Technique 8, 18</p>  <hr/> <p>Technique 10, 12, 20</p>  <hr/> <p>Technique 15</p>

		<p>9. Do the same on the other side.</p> <p>10. Lift the forehead towards the hairline direction. 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, 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. Clean the face, 2 minutes.</p> <p>17. Apply essence evenly to the whole face, 1 minute.</p> <p>18. Tripolar RF: Lift one line after another from the chin to the part below the ear, from the corner of the mouth to the ear center, and from the wing of the nose to Taiyang (EX-HN5). Repeat three times.</p> <p>19. Do the same on the other side.</p> <p>20. Lift the forehead towards the hairline</p>	 <p>The diagram shows a top-down view of a woman's head and neck. A zigzag line is drawn across the forehead, starting from the center and moving towards the hairline. The woman's eyes are closed, and her mouth is slightly open. A horizontal line is drawn below the neck area.</p>
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		<p>direction. Repeat three times.</p> <p>21. Apply a facial mask and wait for 15 minutes.</p> <p>22. Clean the face, 2 minutes.</p> <p>23. Apply toner, essence, facial cream, and sunscreen.</p> <p>24. Treatment ends.</p>	
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**The Recommended Course of Treatment:**

A course of treatment includes ten times. After one-time treatment, you can feel the apparent tightening. After a course, skin turns firm and lifted, the face becomes plump, pores contract. After three courses, skin outline gets clear, skin becomes tightened and elastic, wrinkles flatten, double chin disappear, skin gets rejuvenated, and aging delays.

**Eye Anti-aging: 35 Minutes/ 2 to 3 Times a Week**

<p><b>Three-Polar RF</b></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>Technique 3</p> 
		<p>4. Tripolar 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>Technique 5</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 Temple. Repeat 3 to 6 times.</p>	<p>Technique 6, 8</p> 
		<p>8. Lift the device from</p>	<p>Technique 7</p>

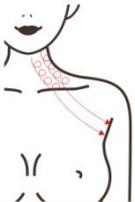
		<p>the lower eyelid to Taiyang (EX-HN5). Repeat 3 to 6 times.</p> <p>9. Lift the device from the brow ridge to the hairline. Repeat 3 to 6 times.</p> <p>10. Do the same on the other side.</p> <p>11. Clean the eyes, 1 minute.</p> <p>12. Apply an eye mask and wait for 15 minutes.</p> <p>13. Remove the mask and clean the eyes, 2 minutes.</p> <p>14. Apply eye essence and eye cream.</p> <p>15. Treatment ends.</p>	 <hr/> <p>Technique 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**

<p><b>Three-Polar RF</b></p> <p>Advised Time: 10 to 15 minutes</p> <p>Advised Energy Level: 3 to 7</p>	<p>Cleansing Oil + Facial Cleanser + Massage Cream + Essence + Equipment+ Neck Mask</p>	<ol style="list-style-type: none"> <li>1. Remove makeup and clean the face, 5 minutes.</li> <li>2. Apply toner, 1 minute.</li> <li>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.</li> <li>4. Lift the lower jaw and double chin with hands doing it alternately, lift to the</li> </ol>	<p>Technique 3</p>  <hr/> <p>Technique 4</p>  <hr/> <p>Technique 5, 6, 7, 13</p>
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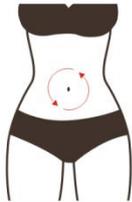
		<p>armpit via the back of the ear, and slide out from there. Repeat three times.</p> <ol style="list-style-type: none"> <li>5. Stroke the three channels and collaterals of the side of the neck with purlicue doing it circlewise, and till armpit and pass under there. Repeat three times.</li> <li>6. Stroke the three channels and collaterals of the side of the neck with four fingers, and till armpit and pass under there. Repeat three times.</li> <li>7. Rub the side of the neck with kneeling fingers till it turns hot, and till armpit and pass under there. Repeat three times.</li> <li>8. Stroke the external collarbone with purlicue and till the armpit. Repeat 3 to 5 times.</li> <li>9. Do the same on the other side.</li> <li>10. Treatment ends.</li> <li>11. Tripolar RF: Coupled with hands, lifting from the double chin to the armpit via the back of the ear. Repeat three times.</li> <li>12. Move the equipment circlewise on the side of the neck till armpit in three lines</li> </ol>	 <hr/> <p>Technique 11</p>  <hr/> <p>Technique 14</p> 
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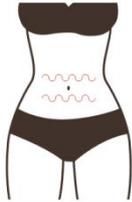
		<p>respectively, and slide out from there. Repeat three times.</p> <p>13. Slide the equipment from internal and external collarbones to the armpit, and slide out from there. Repeat 3 to 5 times.</p> <p>14. Move the equipment circlewise around the neck. Repeat three times.</p> <p>15. Do the same on the other side.</p> <p>16. Apply a neck mask and wait for 15 minutes.</p> <p>17. Clean the neck, 1 minute.</p> <p>18. Apply toner, neck essence, neck cream, and sunscreen.</p> <p>19. Treatment is done.</p>	
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**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 fade, 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 Sculpting: 60 Minutes/ Once a Week**

<p><b>Quadrupole RF</b> Advised Time: 15 to 20 minutes</p> <p>Advised Energy Level: 3 to 7</p>	<p>Massage Cream (Essential Oil) + Instrument</p>	<p>1. Rub essential oil into the abdomen with hands moving circlewise. Repeat three times.</p> <p>2. Rub the belly back and forth with hands. Repeat three times.</p> <p>3. Rub abdominal fat as the way of rubbing the spine with hands doing it alternately. Repeat three times.</p>	<p>Technique 1, 7, 10</p>
			
			<p>Technique 2</p>

	<p>4. Lift Daimai (GB26) of the two sides of the waist with hands doing it alternately. Repeat 16 times.</p> <p>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.</p> <p>6. Rub intestinal tract with hands overlapped, moving in small circles and clockwise. Repeat three times.</p> <p>7. Caress the treated parts with hands moving circlewise. Repeat three times.</p> <p>8. Press Shangwan (RN13), Zhongwan (RN12), Xiawan (RN10), Shenque (RN8), Qihai (RN6), Guanyuan (RN4), Zhongji (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. Quadrupole RF: Along ascending colon, transverse colon, and descending colon, moving from abdomen to colorectum 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</p>	 <p>Technique 3</p>  <p>Technique 4</p>  <p>Technique 5</p>  <p>Technique 6</p>  <p>Technique 8</p>
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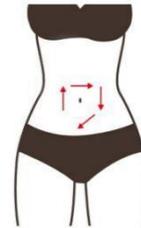
two sides. Repeat 16 times.  
15. Coupled with hands, lifting Daimai (GB26) of the two sides. Repeat 16 times.  
16. Clean it with a towel, and treatment ends.



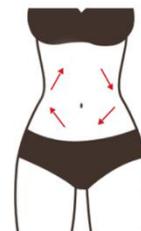
Technique 9



Technique 11



Technique 12



Technique 13



Technique 14, 15

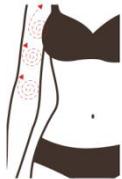
			
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**The Recommended Course of Treatment:**

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

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

<p><b>Quadrupole RF</b>          Advised Time:          15 to 20 minutes</p> <p>Advised Energy Level:          3 to 7</p>	<p>Massage Cream(Essential Oil) + Instrument</p>	<ol style="list-style-type: none"> <li>1. Technique.</li> <li>2. Do it in left-right order. Lay the arm flatwise, apply oil from the lower arm to the entire arm with hands until the hands slide out, and repeat it three times.</li> <li>3. Push the entire arm with palms doing it alternately. Repeat three times.</li> <li>4. Push Large Intestine Channel-Triple Energizer Channel-Small Intestine Channel of the outer arm separately till armpit with hands' pulricue. Repeat three times.</li> <li>5. Caress the treated part. Repeat three times.</li> <li>6. Rub the three channels and collaterals of the upper arm separately and back and forth with kneeling fingers until it turns hot. Repeat three times.</li> <li>7. Caress the treated part. Repeat three times.</li> <li>8. Lay the arm upwards, and</li> </ol>	<p>Technique 2, 3, 4, 5, 6, 7</p>  <p>Technique 8, 9</p>  <p>Technique 10</p>  <p>Technique 13, 16</p> 
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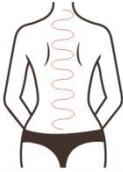
	<p>push Lung Channel-Pericardium Channel-Heart Channel of the inner arm till armpit with purlicue. Repeat three times, respectively.</p> <p>9. Rub the three channels and collaterals back and forth with kneeling fingers and till it becomes hot. Repeat three times.</p> <p>10. Caress the treated part till the hands slide out. Repeat three times.</p> <p>11. Do the same on the other side.</p> <p>12. Treatment ends.</p> <p>13. Quadrupole 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 three times.</p> <p>14. Move circlewise till armpit along the three channels and collaterals. Repeat three times.</p> <p>15. Flabby arms can be treated more. Repeat three times.</p> <p>16. Push till the armpit along the three channels and collaterals. Repeat three times.</p> <p>17. Lay the arms upwards, and push the three channels and collaterals of the arms to the armpit. Repeat three times.</p> <p>18. Draw small circles till armpit along the three channels and collaterals of the upper arms. Repeat three</p>	<p>Technique 14. 15</p>  <p>Technique 17</p>  <p>Technique 19</p> 
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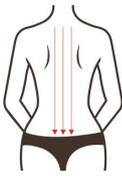
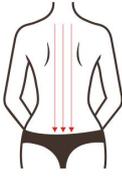
		<p>times.</p> <p>19. Push from the upper arm to the armpit along the three channels and collaterals.</p> <p>20. Do the same on the other side.</p> <p>21. Clean it with a towel, and treatment ends.</p>	
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**The Recommended Course of Treatment:**

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

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

<p><b>Quadrupole RF</b></p> <p>Advised Time: 15 to 20 minutes</p> <p>Advised Energy Level: 3 to 7</p>	<p>Massage Cream (Essential Oil) + Instrument</p>	<ol style="list-style-type: none"> <li>Technique.</li> <li>Rub essential oil into the back and press Fengchi (GB20) and Fengfu (DU16).</li> <li>Stroke the area connecting neck and shoulder (start with hairline) with the thumb. Repeat 3 to 5 times.</li> <li>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.</li> <li>Move circlewise and S-shaped motions from the neck to the caudal vertebra with hands. Repeat three times.</li> <li>Push Bladder Meridian in left-right order with thumbs doing it alternately. Repeat three times.</li> <li>Push Bladder Meridian to the sacral region (BL31-BL34) with thumbs doing it simultaneously. Repeat three</li> </ol>	<p>Technique 2, 11</p> 
			<p>Technique 3</p> 
			<p>Technique 4</p> 
			<p>Technique 5</p> 

	<p>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. Quadrupole 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 and fro the area connecting neck and shoulder. Repeat 3</p>	<p>Technique 6, 7, 8, 14</p>  <p>Technique 9, 19</p>  <p>Technique 10</p>  <p>Technique 12, 13</p>  <p>Technique 16</p>  <p>Technique 17</p> 
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		<p>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. Clean it with a towel, and treatment ends.</p>	<p>Technique 18</p>  <hr/> <p>Technique 20</p>  <hr/> <p>Technique 21</p>  <hr/> <p>Technique 22</p> 
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**The Recommended Course of Treatment:**

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

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

<p><b>Quadrupole RF</b> Advised Time: 15 to 20 minutes Advised Energy</p>	<p>Massage Cream (Essential Oil) + Instrument</p>	<p>1. Stand sideways and with hands applying oil, slide from the sacral region(BL31-BL34) to the waist, and lift upwards along the buttocks. Repeat</p>	<p>Technique 1, 4</p>
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Level:  
3 to 7

three times.

2. Push the sacral region (BL31-BL34) with thumbs. Repeat three times.

3. 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.

4. Caress the treated part. Repeat three times.

5. Do it in left-right order. Push upwards from the thigh root to Daimai (GB26) with hands along Bladder Meridian, Kidney Meridian, Liver Meridian, and Gallbladder Meridian. Repeat three times, respectively.

6. 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.

7. Lift from the thigh root to Daimai (GB26) with the palms overlapped. Repeat 3 to 5 times.

8. Push (for sculpting) directly and one line after another from the two sides of the buttocks to the highest point of it with hands, and do it back and forth. Repeat three times.

9. Repeat technique No.7.

10. Caress the treated part.

11. Do the same on the other side.



Technique 2



Technique 3



Technique 5, 7



Technique 6, 12, 15



Technique 8, 13, 16



Technique 14

		<p>12. Quadrupole RF: Lift one line after another from the thigh root to Daimai (GB26). Repeat three times.</p> <p>13. Lift upwards and one line after another from the two sides of the buttocks to the highest point of it. Repeat three times.</p> <p>14. Draw small circles on the whole buttocks. Repeat 3 to 5 times.</p> <p>15. Lift one line after another from the thigh root to Daimai (GB26). Repeat three times.</p> <p>16. Lift upwards and one line after another from the two sides of the buttocks to the highest point of it. Repeat three times.</p> <p>17. Do the same on the other side.</p> <p>18. Clean it with a towel, and treatment is done.</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: 60 Minutes/ Once a Week**

<p><b>Quadrupole RF</b> Advised Time: 20 to 30 minutes</p> <p>Advised Energy Level: 3 to 7</p>	<p>Massage Cream (Essential Oil) + Instrument</p>	<ol style="list-style-type: none"> <li>1. Massage.</li> <li>2. Do it in left-right order. Apply essential oil from the lower leg to the thigh and back to the heel. Repeat three times.</li> <li>3. Push the entire leg from the bottom up with palms doing it by turns, and back to the heel till the palms slide out. Repeat three times.</li> </ol>	<p>Technique 2, 3, 4, 5, 7, 8, 9</p>  <p>Technique 6</p>
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		<p>4. Push Bladder Meridian-Kidney Meridian-Liver Meridian-Gallbladder Meridian from the bottom up with hands' pulicue doing it by turns. Repeat three times.</p> <p>5. Push popliteal fossa with hands doing it alternately. Repeat three times.</p> <p>6. Twist the leg from the bottom up and back and forth with hands doing it alternately. Repeat three times.</p> <p>7. Caress the treated part. Repeat three times.</p> <p>8. Push the four channels and collaterals from the bottom up with kneeling fingers of hands. Repeat three times.</p> <p>9. Caress the treated part. Repeat three times.</p> <p>10. Do the same on the other side.</p> <p>11. Treatment ends.</p> <p>12. Quadrupole 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</p>	 <p>Technique 12</p>  <p>Technique 13</p>  <p>Technique 15, 17</p>  <p>Technique 16, 18</p>  <p>Technique 21, 22, 25, 27, 30</p>  <p>Technique 26</p>
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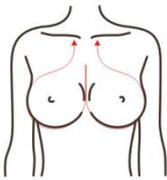
	<p>the thigh root. Repeat three times.</p> <p>16. Start from popliteal fossa, drawing small circles till the thigh root to dissolve fat. Repeat three times.</p> <p>17. Start from popliteal fossa, pushing the channels and collaterals till the thigh root. Repeat three times.</p> <p>18. Draw small circles on the whole thigh to dissolve fat. Repeat 3 to 5 times.</p> <p>19. Do the same on the other side.</p> <p>20. Fore-leg: Apply oil from the lower leg to the thigh root with hands (namely caressing). Repeat three times.</p> <p>21. 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>22. Push the four channels and collaterals with kneeling fingers of the hands. Repeat three times.</p> <p>23. Treatment ends.</p> <p>24. Do the same on the other side.</p> <p>25. Quadrupole RF: Lift from the lower leg towards the knee along the four channels and collaterals. Repeat three times. (The thigh can be treated directly if the lower leg doesn't have excessive fat.)</p> <p>26. Move circlewise from the</p>	
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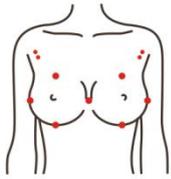
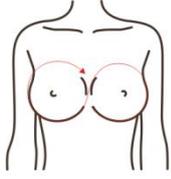
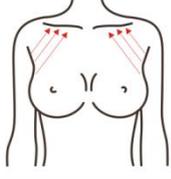
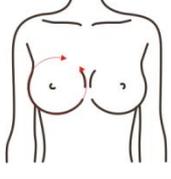
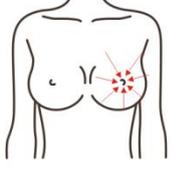
		<p>two sides of the lower leg to the knee. Repeat three times. (If the lower legs don't have too much fat, we can treat the thigh directly.)</p> <p>27. Lift one line after another from the knee to the thigh root. Repeat three times.</p> <p>28. Draw small circles on the whole thigh. Repeat three times.</p> <p>29. Lift circlewise from the knee to the thigh root. Repeat three times.</p> <p>30. Lift one line after another from the knee to the thigh root. Repeat three times.</p> <p>31. Do the same on the other side.</p> <p>32. Clean it with a towel, and treatment ends.</p>	
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**The Recommended Course of Treatment:**

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

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

<p><b>Quadrupole RF</b>          Advised Time:          15 to 20 minutes            Advised Energy Level:          3 to 7</p>	<p>Massage Cream (Essential Oil) + Instrument</p>	<p>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.</p> <p>2. Press Danzhong(RN17), Ruzhong(ST17), Dabao(SP21), Yinchuang(ST16), Zhongfu(LU1), and Yunmen(LU2) with thumbs. Repeat three times.</p> <p>3. Caress the treated part.</p>	<p>Technique 1</p>  <p>Technique 2</p>
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	<p>Repeat three times.</p> <p>4. Stroke Arabic numerals 8-shaped motions between Danzhong (RN17) and the breast with palms overlapped. Repeat three times.</p> <p>5. Lift from the accessory breast to the suspensory ligament of the breast with hands, and do it in left-right order. Repeat ten times.</p> <p>6. Caress the treated part. Repeat three times.</p> <p>7. Sit next to the client. 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' purlicue. 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. Quadrupole 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. Lift downwards to the collarbone along breast drawing semi-circle, and caress it with hands. Repeat 5 to 8 times.</p> <p>14. Draw small circles to dredge the parts with the nodule. Repeat 3 to 5 times.</p> <p>15. Let the client lie on his</p>	 <p>Technique 4</p>  <p>Technique 5</p>  <p>Technique 7, 13</p>  <p>Technique 8, 12</p>  <p>Technique 9, 14</p>
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		<p>side and with his arms lifted. 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 it with a towel, and treatment ends.</p>	<div data-bbox="1171 226 1342 405" data-label="Image"> </div> <div data-bbox="1107 488 1286 524" data-label="Caption"> <p>Technique 15</p> </div> <div data-bbox="1171 591 1342 703" data-label="Image"> </div> <div data-bbox="1107 819 1286 855" data-label="Caption"> <p>Technique 16</p> </div> <div data-bbox="1171 922 1342 1034" data-label="Image"> </div>
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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.