

# Treatment Guide

Model: MS-55T7



Product positioning: 5-in-1 comprehensive beauty machine that incorporates treatments of Cavi 80K, RF & Suction Body, Body RF, BIO and Vacuum Cupping. It can be an effective replacement of all facial and body treatments in beauty salons.

## Packing List

1. Machine Body\*1
2. Holder for Accessories\*1
3. RF & ULTRA SOUND\*1
4. RF & SUCTION BODY\*1
5. Finger-shaped cup\*3(big-size, medium-size, small size)
6. Breast-augmentation cups\*3 pairs(150ml\*2, 90ml\*2, 80ml\*2, 180ml cups available as optional extra)
7. Vacuum cup\*3 pairs
8. Facial vacuum cup\*5 pairs
9. Cup for private parts\*1 pair
10. Filter cotton\*1
11. Hose \*3
12. Fuse\*2
13. Filter\*2
14. Power cord\*1

## Dos and Dont's

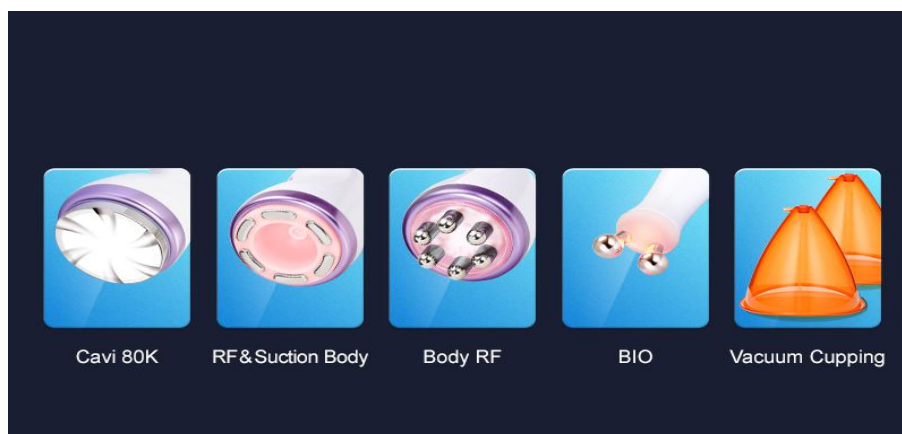
1. The plug with grounding pin must be used before the instrument is used and the power socket of the instrument is properly grounded.
2. Ensure that the voltage of the instrument is suitable. If the voltage of the local power supply is not stable, we suggest that the user add a voltage regulator with matching power between the mains and the instrument.
3. In order to ensure the treatment effect and normal service life of the instrument, please use the specified parts provided or suggested by the original manufacturer.
4. The instrument should not be placed in damp places or near water sources, and should not be directly exposed to sunlight.
5. Do not place the instrument near a strong heat source, as this may affect the life and normal use of the instrument.
6. Before treatment, please remove all metal objects from the body first, so as to avoid unexpected conditions and influence the curative effect.
7. Please do not use this machine on eyes, thyroid, parathyroid, testicles, abdomen of pregnant women, and pacemakers.
8. Please turn off the power switch of the device, and ensure that the total power supply of the device is turned off before the staff leaves after daily use, so as to

ensure the safety of the electrical products.

9. Do not use this instrument if there is a prosthesis in your chest. It cannot be used if there is metal stent in the body (excluding female's IUD).
10. Women in pregnancy, lactation or menstruation can not use this machine.
11. People who are drunk can not use this machine.
12. Those who have cesarean section within half a year or those who have abortion within 3 months or natural delivery within 2 months can not use this machine.
13. If the suction is set at too high level accidentally during the treatment, you should stop the treatment immediately and reset the energy level.
14. Set the energy at lowest level at the beginning and slowly raise it after the customer adapts to it.
15. The treatment area should be kept moisturized during the operation and do not perform the treatment on dry skin.
16. Please use filter cotton before using grease cup in case essential oil causes damages to the machine.
17. Use this machine or train the operators in strict accordance with instructions in the user manual.
18. Clean the instrument with normal saline after operation to ensure its cleanliness to prolong its service life.

## Working interfaces

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



### 1. General function buttons



time and adjusting buttons



button for decreasing time



button for increasing time



start/stop button



home button

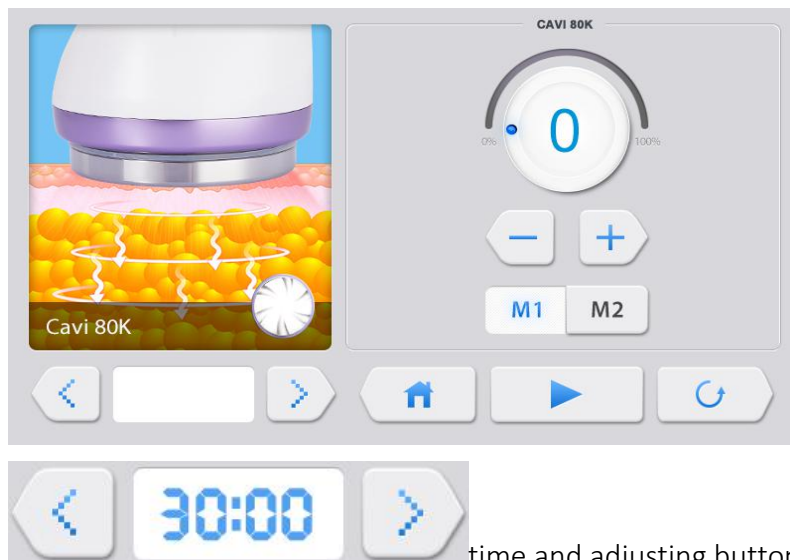


return button

## 2. Detailed Operation of Cavi 80K



choose Cavi 80K to go to the following interface



time and adjusting buttons



energy level and adjusting buttons



buttons for lowering and raising energy level

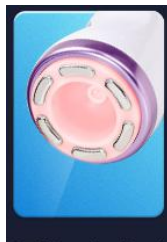


two working modes

M1: constant working mode, suitable for those with thick fat accumulation

M2: discontinuous working mode, suitable for those who have unwanted fat on some areas and want to shape body.

### 3. Detailed Operation of RF & Suction Body



choose RF&Suction Body to go to the following interface



time and adjusting buttons



RF energy level and its adjusting buttons



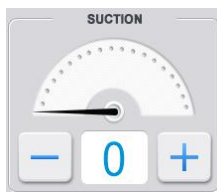
buttons for lowering and raising energy level



two working modes of RF

NOR is fixed mode, the red light goes on and the energy of the handpiece directly reaches preset level after start button is pressed.

Pro is smart mode, the red light goes on and the energy of the handpiece slowly reaches preset level after start button is pressed and the handpiece touches skin.



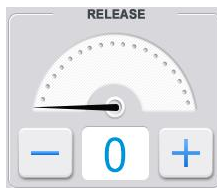
suction time and its adjusting buttons(suction time is always longer than release time during treatment)



button for decreasing suction time



button for increasing suction time



release time and its adjusting buttons("0" means the handpiece is at the status of Constant Suction).



button for decreasing release time



button for increasing release time

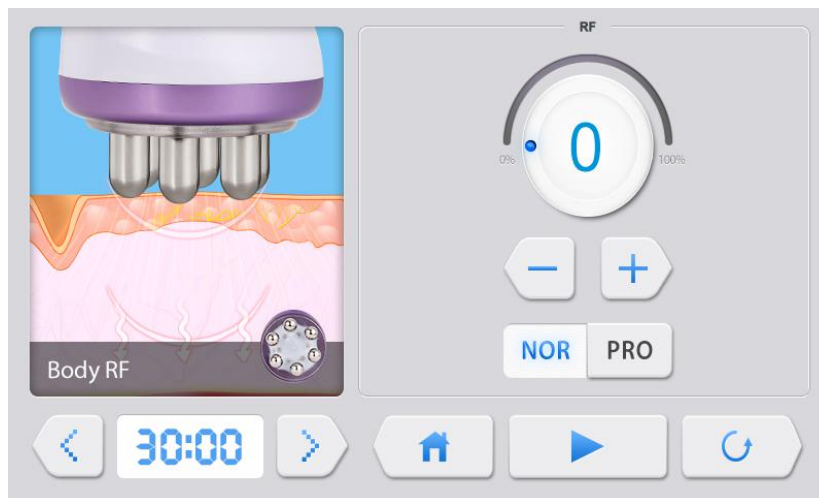


knob for adjusting suction(turning it clockwise is to increase suction and turning it anticlockwise is to decrease suction. )

#### 4. Detailed Operation of Body RF



choose to go to the following interface



time and adjusting buttons



energy level and its adjusting buttons



buttons for lowering and raising energy level



two working modes of RF

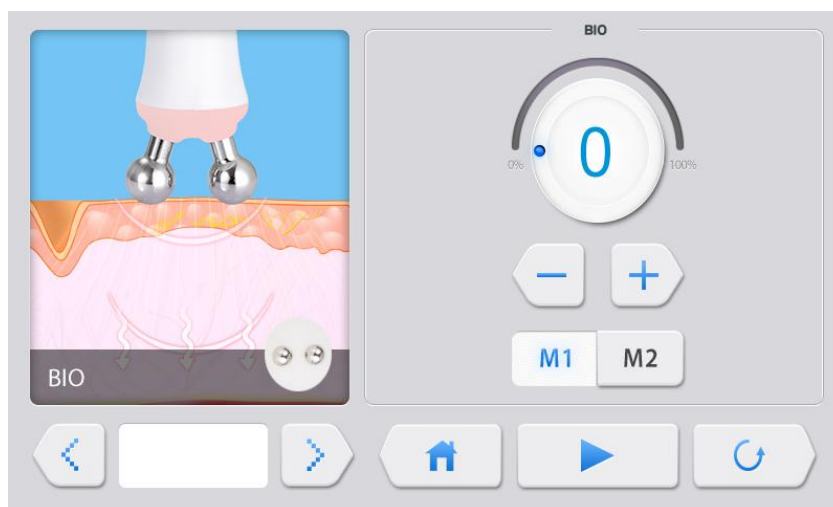
NOR is fixed mode, The red light goes on and the energy of the handpiece directly reaches preset level after start button is pressed.

Pro is smart mode, the red light goes on and the energy of the handpiece slowly reaches preset level after start button is pressed and the handpiece touches skin.

## 5. Detailed Operation of BIO



choose BIO to go to the following interface



time and adjusting buttons



two working modes

M1: constant working mode, suitable for those with dry, rough and dark-toned skin.

M2: discontinuous working mode, suitable for those with sensitive skin or first-time users.



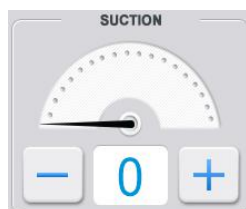
## 6. Detailed Operation of Vacuum Cupping



choose Vacuum Cupping to go to the following interface



time and adjusting buttons



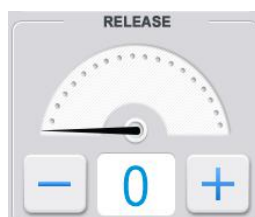
suction time and its adjusting buttons(suction time is always longer than release time during treatment)



button for decreasing suction time



button for increasing suction time



release time and its adjusting buttons("0" means the handpiece is

at the status of Constant Suction.



button for decreasing suction time



button for increasing release time



working modes

M1: constant suction, suitable for those who want skin-scraping therapy for detoxification.

M2: discontinuous working mode with low-frequency release, suitable for those who want massage for relaxing themselves.

M3: discontinuous working mode with higher-frequency-than-M2 release, suitable for those who want low-intensity skin-scraping therapy and massage for detoxification.

M4: discontinuous working mode with higher-frequency-than-M3 release, suitable for those who want lower-intensity-than-M3 skin-scraping therapy and massage for detoxification.

M5: discontinuous working mode with the-highest-frequency release, suitable for those who need massage for detoxification and want to promote circulation.



knob for adjusting suction level(turning it clockwise is to increase suction and turning it anticlockwise is to decrease suction)



suction hole.



Connect one end of the Y-shaped hose to the suction hole of the machine

body, and the other two ends of the Y-shaped hose to two vacuum cups  or

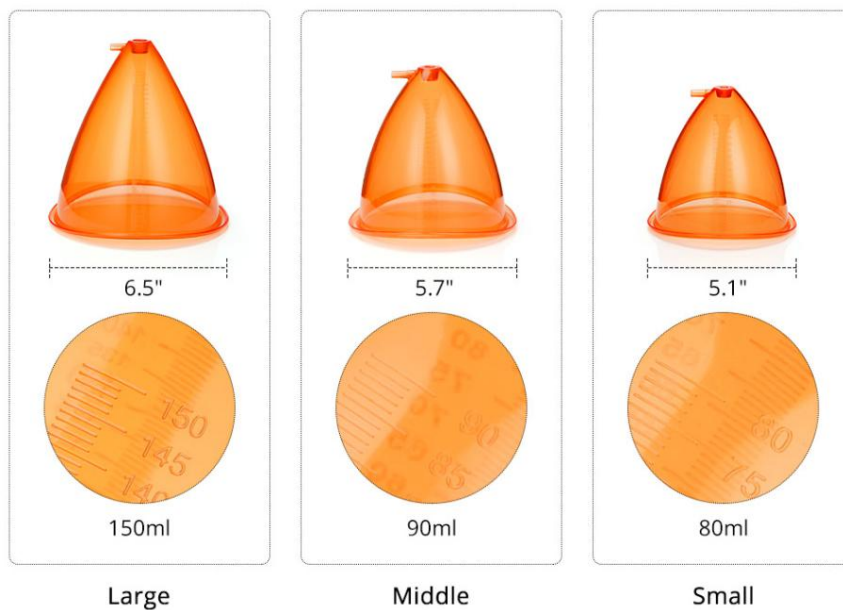
breast cups  .

**Please note:**

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



hose . When two are needed, untie the hose.



cup 3 pairs of breast



9 pairs of vacuum

cup

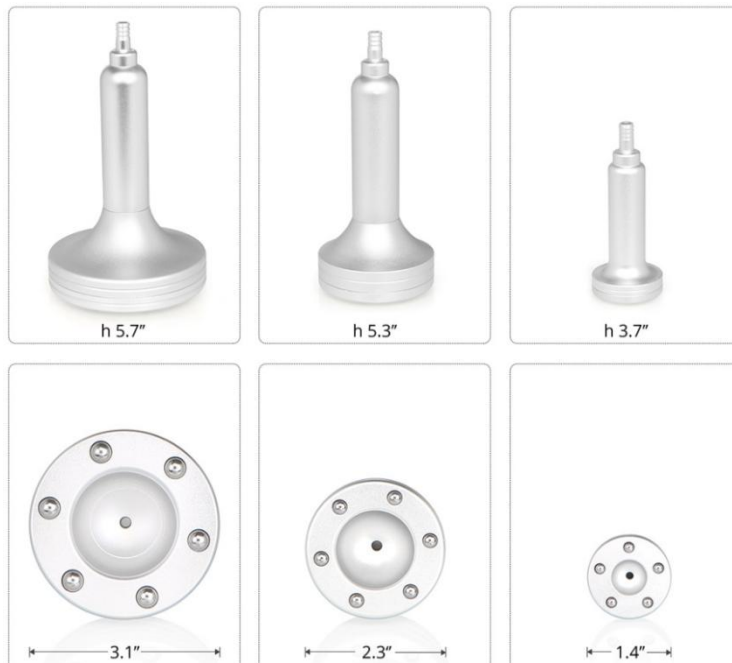


① is suitable for those who have big-size breasts and need to shape and lift them.

② is suitable for those who have medium-size breasts and need to lift and augment

breasts

- ③ is suitable for those who have small-size breasts and need to be massaged and relaxed
- ④ is suitable for cup-fixing and cup-moving therapies (big areas, such as thigh, hip and abdomen)
- ⑤ is suitable for cup-fixing and cup-moving therapies (leg and back)
- ⑥ is suitable for cup-fixing and cup-moving therapies (small area, such as arm and calf)
- ⑦ is suitable for cup-moving therapy (neck and arm)
- ⑧ is suitable for cup-moving therapy and massage (face and neck)
- ⑨ is suitable for cup-moving therapy and cleaning (face)
- ⑩ is suitable for private parts
- ⑪ is suitable for face cleaning
- ⑫ is suitable for cup-moving treatment and cleaning purpose.



a total of 3 finger-shaped

cups, choose the proper one according to the size of treatment area.



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



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



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

## The science behind those treatments

### Cavi 80K

The focused 80,000Hz ultrasonic waves are used to make human adipose cells take a strong impact and produce friction movement among them after strong sound waves enter into the human body, which can effectively consume heat and water of cells and shrink adipose cells. In addition, when the sound wave vibrates, it can produce a strong impact on cells. And then the adipose cells will burst instantly, and they will be reduced so as to achieve the effect of fat removal.

**Advantages:** It only aims for low-density adipose tissue for its specific frequency, and protects high-density tissue such as vascular and nerve tissue.

### RF & Suction Body

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

**Advantages:** it is superior to the previous vacuum working mode which is single and

simple. Using different modes for different parts can be more efficient and more effective for slimming and shaping body, and it will never harm human body. Uniquely designed RF tips integrate RF and vacuum as a whole, in which RF and vacuum can exist independently and also are complementary to each other. Compared to the ordinary one-polar RF, it can ideally shape body in a more effective, faster and even way.

## **Vacuum Physical Effects**

### **1. Skin layer**

The suction and release of air pressure:

- (1) It can improve the fluidity of cells, thus increasing the movement of cells, and can treat diseases related to blood stasis and blood stagnation.
- (2) It can drain excess water of lymph glands and veins.

Effects: redundant water is discharged from tissue fibers.

### **2. Vascular layer**

The suction and release of air pressure:

- (1) Improve the blood circulation of microvessels for the capillary system, and also promote the flow between the deeper veins and lymphatic networks.
- (2) Remove harmful substance in the body.

Effects: Strengthen blood vessels, eliminate toxins and relieve the condition of varicose veins.

### **3. Fibrous layer**

The suction and release of air pressure:

It can deliver two kinds of effects in different tissues (including skin, muscle and so on).

- (1) Repair cells and increase their activity.
- (2) Restore and improve skin elasticity.
- (3) Stimulate the production of bone collagen and improve skin plumpness.
- (4) Improve the oxygen absorption of skin and increase the consumption of carbon dioxide.

Effects: Break the hard fibers of cellulite, and make it more elastic so as to achieve the effect of body-shaping.

### **4. Nerve layer**

The suction and release of air pressure:

It stimulates the surface and deep layer of sympathetic nervous system.

- (1) Lower the sensitivity of skin.
- (2) Restore skin elasticity and help resist tissue fibrosis.

Effects: Repair cells and lower skin sensitivity.

## **Body RF**

Based on the RF thermal effect, a specific radio frequency wave is produced at a specific depth of the skin, which acts directly on the dermis. In this way, it heats the tissue to promote the catabolism of subcutaneous fat, and stimulate the regeneration and reorganization of collagen and elastic fibers at the same time. With the continuous regeneration and reorganization of collagen in the dermis, the saggy skin will be lifted and firmed after several courses of treatment are taken.

### **Biological Effects**

The waves vibrating millions of times per second can penetrate the epidermis and then directly act on the dermis to heat up collagen cells in a deep layer, and stimulate the growth of collagen fibers. In this way, it can make skin get firmer and more elastic. In the process of treatment, the RF waves can pass through the epidermis and act on the deep dermis to produce heat energy rapidly. When collagen tissue is heated to 45 °C ~ 60 °C, it will contract immediately and then the collagen will be stimulated to regenerate. At the same time, biological heat can effectively accelerate the blood flow and make free fatty acid (ffa) released to promote the dissolution of superficial fat to achieve the purpose of tightening and lifting saggy part of the body.

## **BIO**

It stimulates the energy contained in the ATPs of cells to restore the normal operation and function of cells after its imitating human biological current enters into muscle cells through skin to provide energy for muscle and body. It can improve cell permeability to make it 30%-40% higher than usual. It can help the body better absorb nutrition, water, oxygen etc., and eliminate wastes, toxins and retained liquids as soon as possible. It can promote the synthesis of muscle fibers to make it 68% higher than usual, keep the skin moisturized, soft, firm and shiny, and increase collagen synthesis by 73% to reduce wrinkles and leave the skin softer, shinier and more elastic.

## **5. Vacuum Cupping**

### **Vacuum Cup**

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

### **Breast-augmentation Cup**

Using vacuum to act on human body, the special tool attracts breasts so that they are relatively lifted to achieve the effect of augmenting breasts. The vacuum in the cup



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

### **Finger-shaped cups**

Massaging skin and muscles with a special vacuum suction handle can effectively improve the humoral fluidity of human cells, and increase the movement of cells to improve skin elasticity. Meanwhile, it can accelerate the blood circulation of microvessels, expel toxins from the body through the normal circulation of the lymphatic system, and reduce the probability of occurrence of adverse conditions such as spots, pigmentation and congestion in various parts of the body.

The suction and release process of air pressure can not only improve capillary system but also promote the flow between deeper veins and lymphoid gland network to strengthen blood vessels and alleviate the condition of varicose veins.

## **Waist&abdomen body-shaping management**

### **1. Needed handpieces**

80K, Body RF, RF & Suction Body

### **2. Results**

1. Relieve the conditions of cold hands and cold feet, cold womb or cold body of women.
2. Efficiently help reduce unwanted abdominal fat.
3. Reduce lumbar and abdominal fat. Tighten skin and increase skin elasticity.
4. Accelerate metabolism, relieve constipation and improve intestinal peristalsis.
5. Relieve edema for women after childbirth.

### **3. Applicable Range**

1. Those with cold feet, cold hands, cold womb and cold body.
2. Those who have unwanted abdominal fat.
3. Those with stretch marks or who have saggy skin after childbirth.
4. Those who often sit for a long time, or have unsatisfactory waistlines.
5. Those with constipation or obstruction of abdominal meridians.
6. Those who suffer from abdominal edema after childbirth.

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

1. Those with “3 Hs”(hypertension, hyperglycemia, hyperlipidemia) and who have heart disease. Those with epilepsy and hyperthyroidism. And those with malignant tumors, hemophilia or severe bleeding.
2. Those in pregnancy, menstruation or lactation.
3. Those whose incisions are healing or who are on the road to recovery.
4. Those with skin diseases and infectious diseases.
5. Those with severe gynecological diseases. Those whose gynecological diseases are being treated.
6. Those who have metal implants in their body such as stents, pacemakers or those who are sensitive to metals.

#### **5. Treatment steps(60 min)**

Something needed to be prepared before treatment: massage oil, gel, RF cream, hot towel

**1. Wipe abdomen clean with hot towel.**

**2. Take the measurement of waist and keep a record before treatment.**

**3. Massage techniques (unblock meridians and promote blood circulation)**

**(10-15 min)**

- (1). Rub oil into abdomen with hands moving in circular motion, 3 times.
- (2). Apply digital pressing technique on the following acupoints: RN13, RN12, RN10, RN8, RN6, RN4, RN3, ST25, SP15. 3 times.
- (3). Rub abdomen back and forth with both hands, 3-5 times.
- (4). Lift Meridian BV(Belt Vessel) on both sides of waist with both hands alternately, 16 times.
- (5). Overlap hands and massage the intestinal canal clockwise, 5-8 times.
- (6). Move both hands alternately along ascending colon, transverse colon and descending colon to rectum, 3-5 times.
- (7). Move hands in circular motion to soothe the treatment area, 3 times.
- (8). Starting from RN3 point, push to belly navel, slide to waist and then lift upwards to groin with both thumbs, 3-5 times.

**4. Wipe the area clean and apply RF cream evenly.**

**5. Cavi 80K treatment (bring strong impact to adipose cells to blast them and remove stubborn fat)(15-20 min)**

- (1) Choose Cavi 80K treatment, set parameters: 15-20 min, 3-7 energy level, MI working mode.
- (2). Move the handpiece slowly along ascending colon, transverse colon and descending colon to rectum, 3-5 times.
- (3). Move the handpiece in small circles around belly button, 5-8 times.
- (4). Move the handpiece in rhombus-shaped motion on abdomen, 5-8 times.
- (5). Move the handpiece up and down on waist side, 5-8 times.
- (6). Use the handpiece to lift Meridian BV(Belt Vessel) on both sides of waist 16 times.
- (7). Use one hand and the handpiece to lift Meridian BV(Belt Vessel) on both sides of waist 16 times.

**7. Wipe the area clean and apply RF cream or massage oil evenly.**

**8. RF & Suction Body treatment(skin-tightening&body-shaping)(10-15 min)**

- (1). Choose RF & Suction Body treatment, set parameters: 15-20 min, 3-7 energy level, NOR/PRO working mode, 4-8 suction time, 1-5 release time. Adjust suction level based on individual endurance.
- (2). Use the handpiece to lift Meridian BV(Belt Vessel) on both sides of waist 16 times.
- (3). Move the handpiece up and down on waist side, 5-8 times.
- (4). Move the handpiece slowly along ascending colon, transverse colon and descending colon to rectum, 5-8 times.
- (5). Move the handpiece in rhombus-shaped motion on abdomen, 3-5 times
- (6). Set the Release Time at 0 to keep the handpiece at the status of constant suction.
- (7). Use one hand and the handpiece to lift Meridian BV(Belt Vessel) on both sides of waist 16 times.

**9. Wipe the area clean**

**10. Take the measurement of the target area again and keep a record**

**11. Compare the before- and after-treatment condition of the target area and recommend follow-up treatment**

**12. Follow-up treatment**

make a tailored treatment plan according to the feedback about expected results from the treatment receiver. for example: take 5-7 treatment sessions in the first week and 2-3 sessions weekly later. After one course of treatment that includes 12 sessions, fat will be slowly metabolized, waistline will be gradually trimmed down. Constipation and other issues will be relieved at the same time. After two courses, the effects will gradually become obvious and skin will be tightened and lifted. Three courses will help consolidate the effects. Waist and abdomen curves will start to take shape.

## **6. Do's and don'ts after treatment**

1. Keep abdomen warm and do not get a cold.
2. Avoid binge eating or drinking. No alcohol, no spicy and greasy food. Staying up late should be avoided. Drink more warm water.
3. Take a bath after 4-6 hours.
4. Steam sauna, hot spring or strenuous exercise should be avoided within 7 days after treatment.
5. Before going to bed at night, you can rub your abdomen clockwise with your hands, so as to help with metabolism and weight loss.

## **Arm skin-tightening&body shaping**

### **(1). Needed handpieces**

80K, Body RF, RF & Suction Body

### **(2). Results**

1. Efficiently help reduce unwanted fat in arms
2. Relieve the condition of saggy skin, tighten skin and increase skin's elasticity.
3. Promote blood circulation and unblock meridians.

### **(3). Applicable Range**

1. Those with thick arms and want to look better in clothes.
2. Those with flabby arms.
3. Those with sagging arm skin.
4. Those whose arms are prone to pain and numbness.
5. Those who often hold baby or children or lift heavy items.

### **(4). Inapplicable Range**

1. Those with "3 Hs"(hypertension, hyperglycemia, hyperlipidemia) and who have heart disease. Those with epilepsy and hyperthyroidism. And those with malignant tumors, hemophilia or severe bleeding.
2. Those in pregnancy, menstruation or lactation.
3. Those whose incisions are healing or who are on the road to recovery.
4. Those with skin diseases and infectious diseases.
5. Those with severe gynecological diseases. Those whose gynecological diseases are

being treated.

6. Those who have metal implants in their body such as stents, pacemakers or those who are sensitive to metals.

## **(5). Treatment steps(60 min)**

Something needed to be prepared before treatment: massage oil, gel, RF cream, hot towel.

### **1. Wipe arms clean with hot towel**

### **2. Take the measurement of arm and keep a record before treatment.**

### **3. Massage techniques (unblock meridians and accelerate circulation)**

#### **(10-15 min)**

- (1). Start from the left: lay the arm flat, rub oil into skin from forearm to the entire arm with both hands and slide out from fingers, 3 times.
- (2). Push the entire arm with both palms alternately, 3 times.
- (3). Push hands upwards tracing three main meridians of outer side of the arm respectively to armpits with thumb and index finger splaying, 3 times.  
(Large Intestine Meridian(LI) - Triple Energizer Meridian(TE) - Small Intestine Meridian(SI))
- (4). Rub three main meridians on upper arm with fingers kneeling back and forth to warm them up, 3 times.
- (5). Massage the area, 3 times.
- (6). Lay inner arm upwards, and push hands tracing three Yin meridians on inner arm to armpit with thumb and index finger splaying, 3 times respectively: Lung Meridian(LU) - Pericardium Meridian(PC) - Heart Meridian(HT)
- (7). Rub three meridians back and forth with bending fingers to warm them up, 3 times.
- (8). Massage the entire arm and slide out from fingers.
- (9). Repeat the previous techniques on the other side.

### **4. Wipe arm clean and apply RF cream evenly.**

### **5. Body RF treatment(heat up deep tissue to promote circulation)(10 min)**

- (1) Choose Body RF treatment, set parameters: 10 min, 3-7 energy level, NOR/POR working mode
- (2). Lay arm flat and push the three meridians from fat part of lower arm towards armpit, 5-8 times. (perform the technique from elbow if there is no so much unwanted fat on lower arm)
- (3). Move in circles along the three meridians on upper arm to armpit, 5-8 times.
- (4). Do 16 repetitions of moving the handpiece in small circles on fat area.

- (5). Use one hand and the handpiece to push the three meridians from fat part of lower arm towards armpit, 5-8times.(perform the technique from elbow if there is no so much unwanted fat on lower arm)
- (6). Let the inner side of arm upwards, move the handpiece along the three meridians on upper arm to armpit, 5-8 times.
- (7). Move in circles along the three meridians on upper arm to armpit, 5-8 times.
- (8). Do 16 repetitions of moving the handpiece in small circles on fat area.
- (9). Move the handpiece along the three meridians on upper arm to armpit, 5-8 times.
- (10). Repeat the previous techniques on the other side.

## **6. Wipe arm clean and apply gel evenly**

## **7. Cavi 80K treatment((bring strong impact to adipose cells to blast them and remove stubborn fat)(15-20 min)**

- (1). Choose Cavi 80K treatment, set parameters: 15-20 min, 3-7 energy level, MI working mode.
- (2). Lay arm flat and push the three meridians from fat part of lower arm towards armpit, 5-8times.(perform the technique from elbow if there is no so much unwanted fat on lower arm)
- (3). Move in circles along the three meridians on upper arm to armpit, 5-8 times.
- (4). Do 16 repetitions of moving the handpiece in small circles on fat area.
- (5). Use one hand and the handpiece to push the three meridians from fat part of lower arm towards armpit, 5-8times.(perform the technique from elbow if there is no so much unwanted fat on lower arm)
- (6). Let the inner side of arm upwards, move the handpiece along the three meridians on upper arm to armpit, 5-8 times.
- (7). Move in circles along the three meridians on upper arm to armpit, 5-8 times.
- (8). Do 16 repetitions of moving the handpiece in small circles on fat area.
- (9). move the handpiece along the three meridians on upper arm to armpit, 5-8 times.
- (10). Repeat the previous techniques on the other side.

## **8. Wipe arm clean and apply RF cream or massage oil evenly.**

## **9. RF & Suction Body treatment (skin-tightening&body-shaping) (10-15 min)**

- (1). Choose RF & Suction Body treatment, set parameters: 15-20 min, 3-7 energy level, NOR/PRO working mode, 4-8 suction time, 1-5 release time. Adjust suction level based on individual endurance.
- (2). Lay arm flat and push the three meridians from fat part of lower arm towards armpit, 5-8times.(perform the technique from elbow if there is no so much unwanted fat on lower arm)

- (3). Move in circles along the three meridians on upper arm to armpit, 5-8 times.
- (4). Do 16 repetitions of moving the handpiece in small circles on fat area.
- (5). Use one hand and the handpiece to push the three meridians from fat part of lower arm towards armpit, 5-8 times. (perform the technique from elbow if there is no so much unwanted fat on lower arm)
- (6). Let the inner side of arm upwards, move the handpiece along the three meridians on upper arm to armpit, 5-8 times.
- (7). Move in circles along the three meridians on upper arm to armpit, 5-8 times.
- (8). Do 16 repetitions of moving the handpiece in small circles on fat area.
- (9). Move the handpiece along the three meridians on upper arm to armpit, 5-8 times.
- (10). Repeat the previous techniques on the other side.

## **10. Wipe arm clean**

## **11. Take the measurement of arm and keep a record of it.**

## **12. Compare the before- and after-treatment appearance of arm and recommend follow-up treatment.**

## **13. Follow-up treatment**

Make a tailored treatment plan according to the feedback about expected results from the treatment receiver. for example: take 5-7 treatment sessions in the first week. And 2-3 sessions weekly later. After one course of treatment that includes 12 sessions, fat will be slowly metabolized, unwanted fat in arms begins to be reduced and skin will be gradually tightened. After two courses, the effects will gradually become obvious and skin will be greatly tightened and lifted. Three courses will help consolidate the effects.

## **(6). Do's and Don'ts after Operation**

1. Keep warm after treatment. Do not get a cold.  
Avoid binge eating or drinking. No alcohol, no spicy and greasy food. Staying up late should be avoided. Drink more warm water.
2. Take shower in 4-6 hours.  
Steam sauna, hot spring or strenuous exercise should be avoided within 7 days after treatment.

# **Leg skin-tightening&body-shaping**

## **(1). Needed handpieces**

80K, Body RF, RF & Suction Body

## **(2). Results**

1. Tighten skin to prevent skin from sagging.
2. Stimulate collagen regeneration and smooth out stretch marks
3. Promote circulation in legs and relieve edema.
4. Promote blood circulation and remove blood stasis, unblock channels and collaterals, and prevent varicose veins.
5. Help get rid of fat on thighs and let you have attractive leg curve.

## **(3). 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 constipation and has coarse, flabby skin.
4. Those whose channels and collaterals of the legs are blocked, and the proportion of the legs is poor.

## **(4). Inapplicable Range**

1. Those with “3 Hs”(hypertension, hyperglycemia, hyperlipidemia) and who have heart disease. Those with epilepsy and hyperthyroidism. And those with malignant tumors, hemophilia or severe bleeding.
2. Those in pregnancy, menstruation or lactation.
3. Those whose incisions are healing or who are on the road to recovery.
4. Those with skin diseases and infectious diseases.
5. Those with severe gynecological diseases. Those whose gynecological diseases are being treated.
6. Those who have metal implants in their body such as stents, pacemakers or those who are sensitive to metals.

## **(5). Treatment steps(70-90 min)**

Something needed to be prepared before treatment: massage oil, gel, RF cream, hot towel

1. Wipe leg clean with hot towel.
2. Take the measurement of leg and keep a record before treatment.
3. Massage techniques (unblock meridians and promote blood circulation)

### **(10-15 min)**

1. **Customer lies on his front**, back side of the leg: rub oil into the skin from calf to thigh and then move back to heel, 3 times.(soothing technique)



2. Alternate the heels of both palms to push the entire leg upwards and move back to heel, 3 times
3. Move hands upwards to push four meridians: Bladder Meridian(BL) - Gallbladder Meridian(GB) - Liver Meridian(LV) with thumb and index finger splaying.
4. Push popliteal fossa with both hands alternately, 3 times.
5. Move both hands upwards alternately in undulating motion, 3 times.
6. Push the three meridians upwards with bending fingers of both hands, 3-5 times.
7. Soothe the area, 3 times
8. Repeat the techniques on the other side.
9. **The front of leg**, customer lies on her back: rub oil into skin from foot to the top of thigh (soothing technique), 3 times.
10. Alternate the heels of both palms to push the entire leg upwards and move back to heel, 3 times.
11. Push upwards along three meridians : Stomach Meridian (ST) - Spleen Meridian (SP) - Kidney Meridian(KI) with thumb and index finger splaying. 3~5 times.
12. Push the three meridians upwards with bending fingers of both hands, 3-5 times.
13. Move both hands upwards alternately in undulating motion on thigh, 3 times.
14. Soothe the area, 3 times.
15. Repeat the techniques above on the other leg.

#### **4. Wipe the area clean and apply RF cream evenly.**

#### **5. Body RF treatment(heat up deep tissue to promote circulation)(10-15 min)**

- (1). Choose Body RF treatment, set parameters: 10-15 min, 3-7 energy level, NOR/POR working mode
- (2). Back side of leg: push upwards along the three meridians towards popliteal fossa, 3-5 times.
- (3). Do 16 repetitions of moving the handpiece in small circles on the fat area of calf.
- (4). Push upwards from popliteal fossa along the three meridians towards the top of thigh, 3-5 times.
- (5). Move the handpiece in circles from popliteal fossa along the three meridians towards the top of thigh, 3-5 times.
- (6). Do 16 repetitions of moving the handpiece in small circles on the fat area of thigh.
- (7). Use one hand and the handpiece to lift from the two sides of thigh to the middle in a line-by-line way, 3~5 times.
- (8). Repeat the techniques above on the other leg.
- (9). The front side of leg: push upwards from knee along three meridians to the top of thigh, 3~5 times.
- (10). Move the handpiece in circles from knee along the three meridians towards the top of thigh, 3-5 times.
- (11). Do 16 repetitions of moving the handpiece in small circles on the fat area of thigh.

- (12). Use one hand and the handpiece to lift from the two sides of thigh to the middle in a line-by-line way, 3~5 times.
- (13). Repeat the techniques above on the other leg.

## **6. Wipe legs clean and apply gel evenly.**

## **7. Cavi 80K treatment((bring strong impact to adipose cells to blast them and remove stubborn fat)(20-30 min)**

- (1). Choose Cavi 80K treatment, set parameters: 20-30 min, 3-7 energy level, MI working mode.
- (2). Back side of leg: push upwards along the three meridians towards popliteal fossa, 3-5 times.
- (3). Do 16 repetitions of moving the handpiece in small circles on the fat area of calf.
- (4). Push upwards from popliteal fossa along the three meridians towards the top of thigh, 5-8 times.
- (5). Move the handpiece in circles from popliteal fossa along the three meridians towards the top of thigh, 5-8 times.
- (6). Do 16 repetitions of moving the handpiece in small circles on the fat area of thigh.
- (7). Use one hand and the handpiece to lift from the two sides of thigh to the middle in a line-by-line way, 3-5 times.
- (8). Repeat the techniques above on the other leg.
- (9). The front side of leg: push upwards from knee along three meridians to the top of thigh, 5-8 times.
- (10). Move the handpiece in circles from knee along the three meridians towards the top of thigh, 5-8 times.
- (11). Do 16 repetitions of moving the handpiece in small circles on the fat area of thigh.
- (12). Use one hand and the handpiece to lift from the two sides of thigh to the middle in a line-by-line way, 5-8 times.
- (13). Repeat the techniques above on the other leg.

## **8. Wipe legs clean and apply RF cream or massage oil.**

## **9. RF & Suction Body treatment (skin-tightening&body-shaping) (15-20 min)**

- (1). Choose RF & Suction Body treatment, set parameters: 15-20 min, 3-7 energy level, NOR/PRO working mode, 4-8 suction time, 1-5 release time. Adjust suction level based on individual endurance.
- (2). Back side of leg: push upwards along the three meridians towards popliteal fossa, 3-5 times.
- (3). Do 16 repetitions of moving the handpiece in small circles on the fat area of calf.

- (4). Push upwards from popliteal fossa along the three meridians towards the top of thigh, 3-5 times.
- (5). Move the handpiece in circles from popliteal fossa along the three meridians towards the top of thigh, 3-5 times.
- (6). Do 16 repetitions of moving the handpiece in small circles on the fat area of thigh.
- (7). Use one hand and the handpiece to lift from the two sides of thigh to the middle in a line-by-line way, 3~5 times.
- (8). Repeat the techniques above on the other leg.
- (9). The front side of leg: push upwards from knee along three meridians to the top of thigh, 3-5 times.
- (10). Move the handpiece in circles from knee along the three meridians towards the top of thigh, 3-5 times.
- (11). Do 16 repetitions of moving the handpiece in small circles on the fat area of thigh.
- (12). Use one hand and the handpiece to lift from the two sides of thigh to the middle in a line-by-line way, 3-5 times.
- (13). Repeat the techniques above on the other leg.

## **10. Wipe legs clean**

## **11. Take the measurement of leg after treatment**

## **12. Compare before- and after-treatment measurements and recommend follow-up treatment**

## **13. Follow-up treatment**

Make a tailored treatment plan according to the feedback from the treatment receiver about expected results. For example: take 5-7 treatment sessions in the first week and 2-3 sessions weekly later. After one course of treatment that includes 12 sessions, legs will slim down and skin tightness will be obviously felt due to the regeneration of collagen. After two courses, the effects will gradually become obvious and leg curve will become more attractive. Three courses will help consolidate the effects.

## **(6). Do's and Don'ts after Operation**

1. Keep warm after treatment. Do not get a cold.
2. Avoid binge eating or drinking. No alcohol, no spicy and greasy food. Staying up late should be avoided. Drink more warm water.
3. Take shower in 4-6 hours.
4. Steam sauna, hot spring or strenuous exercise should be avoided within 7 days after treatment

# **Back damp-expelling, detoxification and body-shaping**

## **(1). Needed handpieces and cups**

Body RF, RF & Suction Body, vacuum cups

## **(2). Results**

1. Relieve shoulder and back soreness, and improve the lump on back of the neck.
2. Dredge channels and collaterals, and improve channels and collaterals blocking.
3. Increase blood circulation and metabolism.
4. Improve blood supply to the head and sleep.
5. Regulate the functions of viscera and strengthen the body.
6. Firm skin and prevent skin from sagging.
7. Reduce excess fat on the back to shape back.
8. Strengthen one's immunity.

## **(3). Applicable Range**

1. Those with sore shoulders and backs and stiff necks.
2. Those who suffer from insomnia, dream a lot or have a worse memory.
3. Those who are prone to fatigue, drowsiness and poor circulation of qi and blood.
4. Those with thick back and want to look better in clothes.
5. Those who have a lump on the back of the neck.

## **(4). Inapplicable range**

1. Those with "3 Hs"(hypertension, hyperglycemia, hyperlipidemia) and who have heart disease. Those with epilepsy and hyperthyroidism. And those with malignant tumors, hemophilia or severe bleeding.
2. Those in pregnancy, menstruation or lactation.
3. Those whose incisions are healing or who are on the road to recovery.
4. Those with skin diseases and infectious diseases.
5. Those with severe gynecological diseases. Those whose gynecological diseases are being treated.
6. Those who have metal implants in their body such as stents, pacemakers or those who are sensitive to metals.

## **(5). Treatment steps(60 min)**

Something needed before treatment: massage oil, RF cream, hot towel

1. Wipe back clean with hot towel and take a photographic record.
2. Massage techniques(unblock meridians and promote blood circulation)(10-15 min)

(1). Apply oil to back and press Fengchi (Gb-20) and Fengfu (Du-16) acupoints, 3

times.

- (2). Push Du Meridian(DU)with both hands alternately, 3 times.
- (3). Push Bladder Meridian (BL) with both hands alternately, 3 times.Left side first and then the right side.
- (4). Alternately push from Dazhui (Du-14) with heels of two palms to the Du Meridian(DU) and Bladder Meridian (BL) and then lift from one side of the waist to the armpit.Perform the technique on left side first and then on the right side, 3 times.
- (5). Push Dabanjin(the area connecting neck and shoulder) from the nape of neck with bending fingers,5-8 times
- (6). Push from the nape of neck to waist with bending fingers, 3-5 times
- (7). Use one hand to push Dabanjin with thumb and index finger splaying, use the other hand to soothe the area, 5-8 times.
- (8). Repeat the techniques above on the other side.
- (9). One side: alternately push the medial border of scapula from neck with thumbs and index fingers splaying 5-8 times, and then push along the medial border of scapula to shoulder with both hands 5-8 times, and finally slide to hand along Dabanjin.
- (10). Repeat the technique on the other side.
- (11). One side: use both thumbs to pluck Bladder Meridian(BL). Push back horizontally from scapula to waist, 3-5 times.
- (12). Soothe back from waist to shoulder with both palms alternately. Press Jianjing(GB21) and then push along arm to hands. 3 times.
- (13). Repeat the techniques on the other side.

### **3. Wipe back clean and apply RF cream evenly.**

### **4. Body RF treatment(heat up deep tissue to promote circulation)(10-15 min)**

- (1). Choose Body RF treatment, set parameters: 10 min,3-7 energy level, NOR/POR working mode
- (2). Push the three sections of Du meridian back and forth respectively, 3~5 times.
- (3). Push Du meridian, 3~5 times.
- (4). Push the three sections of Bladder Meridian(BL) back and forth respectively, 3~5 times. Left side first and then the right side.
- (5). Push Bladder Meridian(BL), 3~5 times.
- (6). Move the handpiece in spiral curve along Bladder Meridian(BL) to armpit, 3~5 times. Left side first and then the right side.
- (7). Move the handpiece on Dabanjin back and forth, 3~5 times.
- (8). Move the handpiece to lift the medial border of scapula back and forth, 3~5 times. Left side first and then the right side.
- (9). Move the handpiece from left side of waist to the right side, back and forth. 3~5 times.

## **5. RF & Suction Body treatment (skin-tightening&body-shaping) (15-20 min)**

- (1). Choose RF & Suction Body treatment, set parameters: 15-20 min, 3-7 energy level, NOR/PRO working mode, 4-8 suction time, 1-5 release time. Adjust suction level based on individual endurance.
- (2). Push the three sections of Du meridian back and forth respectively, 3~5 times.
- (3). Push Du meridian, 3~5 times.
- (4). Push the three sections of Bladder Meridian(BL) back and forth respectively, 3~5 times. Left side first and then the right side.
- (5). Push Bladder Meridian(BL), 3~5 times.
- (6). Move the handpiece in spiral curve along Bladder Meridian(BL) to armpit, 3~5 times. Left side first and then the right side.
- (7). Move the handpiece on Dabanjin back and forth, 3~5 times.
- (8). Move the handpiece to lift the medial border of scapula back and forth, 3~5 times. Left side first and then the right side.
- (9). Move the handpiece from left side of waist to the right side, back and forth. 3~5 times.

## **5. Vacuum Cupping treatment(expel damp and detox body)(10-15 min)**

- (1). Choose Vacuum Cupping treatment, set parameters: 15-20 min, M1 working mode, adjust suction level based on individual endurance.
- (2). Put two vacuum cups on Jianjing(GB21)and Tianzong(SI11)respectively, 3-5 min for each stay.

## **9. Wipe back clean**

## **10. Take photographic record of back after treatment**

## **11. Compare before- and after-treatment photographic records and recommend follow-up treatment**

## **12. Follow-up treatment**

Make a tailored treatment plan according to the feedback from the treatment receiver about expected results. For example: take 2-3 treatment sessions a week. After one course of treatment that includes 12 sessions, back will be significantly relaxed, neck stiffness will also be alleviated, and skin will be lifted. A course will help relax shoulder, reduce back fat, relieve the lump on the nape of the back, and shape the back line. After two courses, the lump will appear to be smaller, meridians will be dredged, sub-health problems will be solved, and sleep quality will be improved. 3 courses will help with back thinning, back line refinement, strengthening visceral function,

improving digestion, detoxification and metabolism

## **(6). Do's and Don'ts after Operation**

1. Keep warm after treatment. Do not get a cold.
2. Avoid binge eating or drinking. No alcohol, no spicy and greasy food. Staying up late should be avoided. Drink more warm water.
3. Take shower in 4-6 hours.
4. Steam sauna, hot spring or strenuous exercise should be avoided within 7 days after treatment.

# **Breast-augmentation treatment**

## **(1). Needed handpiece and cup**

Body RF+Breast-augmentation cups

## **(2). Results**

1. Relieve breast sagging and outward expansion
2. Relive premenstrual breast pain.
3. Unblock and correct the breasts.
4. Prevent breast cyst. Prevent breast cancer and other breast diseases.
5. Shape breasts

## **(3). Applicable Range**

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

## **(4). Inapplicable Range**

1. Those who are in pregnancy, menstruation or lactation.
2. Those who have high blood pressure, high cholesterol and high blood sugar and who have heart diseases.
3. Those who have severe breast hyperplasia, fibroma or cyst.
4. Those who have infection in the chest skin.
5. Those who have surgery on the chest.

## **(5). Treatment steps(60min)**

Something needed before treatment: massage oil, RF cream and hot towel.

## **1. Wipe breasts clean with hot towel**

## **2. Massage techniques(unblock meridians and promote blood circulation)(10-15 min)**

1. Use both hands to rub oil into skin from Shanzhong(RN17) to armpit and then lift the suspensory ligament (massage) for 3 times.
2. Use both thumbs to press acupoints: Shanzhong(RN17), Rugen(ST18), Dabao(SP21), Yingchuang(ST16), Zhongfu(LU1), Yunmen(LU2) 3 times
3. Massage the area, 3 times
4. Overlap two palms and move from Shanzhong(RN17) in a 8-shaped motion back and forth, 3 times.
5. Alternate hands to push from accessory breasts towards suspensory ligament, in left-right order.
6. Massage the area, 3 times.
7. Sit beside the customer, use both palms to massage and lift breasts in a left-right order, 3-5 times.
8. Alternately push the lactiferous ducts (around the breast) with thumbs and index fingers splaying 3-5 times.
9. Alternately move in circles with two thumbs to dredge nodules on the chest, 3 times
10. Massage and lift breast with both hands.
11. Repeat the techniques on the other breast.

## **1. Wipe breasts clean and apply RF cream evenly**

## **4. Body RF treatment( tighten skin and lift breasts, restore skin's elasticity)(10-15 min)**

- (1). Choose Body RF treatment, set parameters: 10 min,3-7 energy level, NOR/POR working mode
- (2). Left-right order, lift towards nipple around breast in conjunction with soothing technique of the other hand, 5-8 times
- (3). Lift in circles on the breast towards collarbone in conjunction with soothing technique of the other hand, 5-8 times
- (4). Move in small circles to dredge the area where nodules exist, 3-5 times
- (5). Treatment receiver lies on her side and lift up her arm, move the handpiece in circular motion on accessory breast to burn fat, 5-8 times.
- (6). Push the handpiece from the accessory breast in the armpit to breast(shaping and narrowing the accessory breast) 5-8 times
- (7). Repeat the techniques on the other side.



## **5. Vacuum Cupping treatment(unblock breast meridians, relieve stasis and shape body)(15-20 min)**

- (1). Choose Vacuum Cupping treatment, set parameters: 15-20 min, mode:M3/M4, adjust suction level based on individual endurance.
- (2). choose proper cups and fix them on customer's breasts, about 20 minutes.
- (3). For the people who have sunken nipples, face cup can also be used on the nipple area, about 5-10 minutes.
- (4). Remove cups.

## **6. Wipe breasts clean.**

## **7. Follow-up treatment**

Let the treatment receiver touch her own breasts and look herself in the mirror to check the treatment results.

Make a tailored treatment plan according to the feedback from the treatment receiver about expected results. For example: take 2-3 treatment sessions in the week before menstruation and continue to take treatment in the week after menstruation. After one treatment session, breasts will be lifted to some degree. After one course of treatment that includes 12 sessions, breasts will be firmed and augmented to some degree. Conditions of accessory breasts, breast outward expansion and saggy breasts will be relieved. Results will be more obvious with breasts unblocked after two courses of treatment. Three courses of treatments will help make breasts plump and firm. The more treatments you take, the more noticeable the effect will be.

# **Hip augmentation treatment**

## **(1). Needed handpieces and cups**

RF & Suction Body +breast-augmentation cups

## **(2). Results**

1. Relax muscles and improve local blood circulation. Prevent muscle atrophy and relieve muscle spasm.
2. Tighten the skin and strengthen the body.
3. Relieve prolapse caused by muscle relaxation.
4. Stimulate muscle contraction, make muscle stronger, and make buttocks firm and plump.

## **(3). Applicable Range**

1. Those whose buttocks are sunken, flat, and not sexy enough.
2. Those whose buttocks are flat and not well-shaped with insufficient fat.

3. Those who need to have a more perfect figure psychologically or professionally.
4. Those who have satisfactory size of buttocks, but without enough plumpness, or who have no noticeable contour of buttocks.
5. Those who have fat accumulating in the waist and buttocks to form "square buttocks".

#### **(4). Inapplicable Range**

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

#### **(5). Treatment steps(60 min)**

Something needed before treatment: massage oil, RF cream, hot towel.

##### **1. Wipe breasts clean with towel**

##### **2. Take a photographic record of the appearance of breasts**

##### **3. Massage techniques(unblock meridians and promote blood circulation)(10-15 min)**

1. Rub oil into skin by sliding to the waist from the Baliao area and then lift up along the hips from the waist, 3 times (this is soothing technique.)
2. Push the Baliao area with two thumbs, 3 times.
3. And then press point: BL-23, Baliao area, DU-1, GB-30, BL-36, 3 times.
4. Both hands push from the root of the thigh in bottom-to-top way -- Bladder Meridian(BL) - Kidney Meridian(KI) - Liver Meridian(LV) - Gallbladder Meridian(GB) to Meridian BV, 3 times each.
5. Push Bladder Meridian(BL) - Kidney Meridian(KI) - Liver Meridian(LV) - Gallbladder Meridian(GB) from thigh root to Du Meridian upwards, 3 times each.
6. Overlap both palms and push up together from thigh root to pulse (lifting), 3 to 5 times.
7. Push your hands upwards from both sides of your hips to the top of your hip back and forth, 3 times.
8. Soothe the treatment area.
9. The techniques on the other side are the same as above.
10. Use both hands to warm the Baliao area up.

**4. Wipe hips clean and apply RF cream evenly.**

**5. RF & Suction Body treatment (skin-tightening&body-shaping) (10-15 min)**

Choose RF & Suction Body treatment, set parameters: 15-20 min, 3-7 energy level, NOR/PRO working mode, 4-8 suction time, 1-5 release time. Adjust suction level based on individual endurance.

1. Lift from the top of thigh to Meridian BV line by line, 3 times.
2. Lift upwards from both sides of the buttocks to the highest point of the buttocks 3 times.
3. Move the handpiece in small spiral curve on hip, 3-5 times
4. Lift from the top of thigh to Meridian BV line by line, 3 times.
5. Lift upwards from both sides of the buttocks to the highest point of the buttocks 3 times.
6. Do the same on the other side.

**6. Vacuum Cupping treatment(unblock hip meridians, lift hips to shape body) (20-30 min)**

- (1). Choose Vacuum Cupping treatment, set parameters: 15-20 min, M3/M4 working mode, adjust suction level based on individual endurance.
- (2). Choose proper cups and fix them on hips for about 20 min.
- (3). Remove cups

**7. Wipe hips clean with towel**

**8. Take a photographic record of the appearance of hips**

**9. Compare the before- and after-treatment photographic records**

**10. Recommend follow-up treatment**

Make a tailored treatment plan according to the feedback from the treatment receiver about expected results. For example: take 2-3 treatment sessions in the week before menstruation and continue to take treatment in the week after menstruation. After one course of treatment that includes 12 sessions, hips will get firmed and lifted to some degree. The conditions such as saggy butt and hip outward expansion can be relieved. The results will be more obvious after two courses of treatment. Three courses of treatment will give your attractive hip curve, increase butt's elasticity and alleviate various gynecological conditions such as cold womb.

# Body detox through lymphatic system

## (1). Needed cups

Finger-shaped cups+vacuum cups

## (2). Results

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

## (3). Applicable Range

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

## (4). Inapplicable Range

1. Those who have high blood pressure, high cholesterol and high blood sugar and who have heart diseases.
2. Those who are in pregnancy and lactation and who have periods.
3. Those whose operation wounds are healing and who is being in recovery.
4. Those with epilepsy and severe diabetes and hyperthyroidism.
5. Those with malignant tumors, hemophilia or severe bleeding.
6. Those with skin diseases and infectious diseases.
7. Those whose gynecological diseases are being treated.
8. Those who have lymphatic cancer or show the signs of cancer.
9. Those who is too weak.
10. Those who is drunk, too thirsty, on a full/empty stomach or overworked.

## (5). Treatment steps(90 min)

Something needed before treatment: basin, disposable bag, disposable washcloth, makeup remover, face cleanser, toner, massage cream(massage essential oil), essence, face mask, lotion/face cream, body massage oil

### 1. Face&neck detox (30 min)

- (1). Remove makeup, clean face, and apply toner.

## **(2). Massage techniques**

- a. Apply massage cream to face and neck evenly, soothe the area 3 times.
- b. 1. Press acupuncture points: Chengjiang(RN24), Dicang(ST4), Daying(ST5), Jiache(ST6), Xiaguan(ST7), Yingxiang(LI20), Qianliao(SI18), temple(EX-HN5), Jingming(BL1), Cuanzhu(BL2), Yuyao(EX-HN4), Sizhukong(SJ23), Tongziliao(GB1), Chengqi(ST1), Sibai(ST2), 3 times.
- c. Alternate hands to lift face in 3 lines and slide to the armpit.
- d. Repeat the operation on the other side.
- e. Neck: rub oil into the chest with both hands and massage Fengchi (GB20) and Fengfu (DU16), 3 times.
- f. Left-to-right order: alternate hands to pass the back of ear from lymphatic area of jaw to armpit, 3 times.
- g. One side, push downwards with thumb and index finger splaying, tracing 3 meridians from the neck to the armpit, 3 times.
- h. One side, push downwards with bending fingers till the lymphatic area of neck turns hot and slide to the armpit, 3 times.
- i. Massage the area and press Fengchi (Gb-20) and Fengfu (Du-16).
- j. Repeat the operation on the other side.

## **(3). Finger-shaped cup treatment**

- a. Choose the small finger-shaped cup.
- b. Use the cup to lift upwards on face line by line from jaw and then pass the back of ear to armpit, 3 times.
- c. Use the cup to slide on the forehead upwards and then laterally 3 times.
- d. One side: use cup and the other hand to alternately lift from lymphatic area of jaw and then pass the back of ear to armpit, 3 times.
- e. Use the cup to move in circles downwards along the 3 meridians of neck respectively to the armpit, 3 times.
- f. Slide the cup from inner clavicle to armpit for detox, 3-5 times.
- g. Use the cup to slide from the back of ear to armpit, 3 times.
- h. Repeat the techniques on the other side.

## **(4). Clean face and neck.**

## **(5). Apply face mask and neck mask.**

## **(6). Remove masks, clean the area, and apply toner, essence, lotion/face cream, neck cream and so on.**

# **2. Armpit detox(30 min)**

## **(1). Wipe the area clean**

## **(2). massage techniques**

- a. Detox for the lymphatic area of armpit: left side first and then the right side, rub oil

- into the armpit, 3 times.
- b. Use heel of one palm to knead Jiquan(HT-1), 3-5 times.
- c. Alternately push the lymphatic area of inner clavicle and slide to finger with both hands, 3 times.
- d. Alternately push the three meridians on arms (Lung Meridian, Pericardium Meridian, Heart Meridian) with thumb and index finger splaying, 3 times.
- e. Massage the whole arm and slide to finger, 3 times.
- f. Rub arms with bending fingers till they become warm.

### **(3). Finger-shaped cup treatment**

- a. Choose proper finger-shaped cup.
- b. Push Gallbladder Meridian (GB) on the chest towards armpit, massage the area, 3 times.
- c. Push the three meridians from elbow towards armpit, 3 times

### **(4). Vacuum cup treatment**

- a. Choose proper vacuum cup.
- b. Perform the cup-moving treatment from Liver Meridian (LV) and Gallbladder Meridian (GB) towards armpit with the vacuum cup, 3 times.
- c. Choose proper cup to perform the cup-moving treatment on arms, 3times.
- d. Fix cups on the two sides of arm, Liver Meridian (LV) and Gallbladder Meridian (GB), 1-3 minutes.

### **(5). Wipe the area clean with hot towel.**

## **3. Groin detox(30 min)**

### **(1). Wipe the area clean with hot towel**

### **(2). Massage techniques**

- a. Rub oil into the whole leg with both hands 3-5 times.
- b. Press Chongmen(SP-12), 3-5 times.
- c. Move hands upwards, tracing four meridians: Spleen Meridian (SP) - Stomach Meridian (ST) - Liver Meridian (LV) - Gallbladder Meridian (GB) with thumb and index finger splaying, 3 times.
- d. Generally massage the area.
- e. Stroke groin with thumb and index finger splaying, 3-5 times.
- f. Stroke groin by alternating thumbs of both hands 3-5 times.
- g. Move both hands back and forth in undulating motion, 3 times.
- h. Rub the top of thigh till it becomes warm with bending fingers of both hands

### **(3). Finger-shaped cup treatment**

- a. Choose proper finger-shaped cup.
- b. Use the cup to push the four meridians towards groin, 3 times.
- c. Move in circles on groin back and forth, 3 times.
- d. Alternately push groin with the cup and hands, 3 times.
- e. Push from the middle of thigh towards groin line by line and massage the area

simultaneously, 3 times.

- f. Repeat the operation on the other side

#### **(4). Vacuum cup treatment**

- a. Choose proper vacuum cup.
- b. Fix cups on leg, thigh, Zusanli(ST36), Sanyinjiao(SP6), 1-3 minutes
- c. Remove cups and wipe the treatment area clean.

#### **(5). Wipe the area clean with towel.**

### **4. Recommend follow-up treatment**

Make a tailored treatment plan according to the feedback from the treatment receiver about expected results. For example: take 2-3 treatment sessions in the week before menstruation and continue to take treatment in the week after menstruation. After one course of treatment that includes 12 sessions, blood circulation will be accelerated and you will feel totally relaxed. After one course of treatment, body detox process will be promoted with body blockage relieved. Two courses will help relieve nodules on lymphatic areas and enhance one's immunity. After three courses, effects will be consolidated, the circulation of lymphatic system will be accelerated, and one's constitution will be so strengthened that he will be less prone to diseases.

### **(6). Do's and Don'ts after Treatment**

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

## **Facial anti-aging & skin-tightening**

### **(1). Needed handpieces**

BIO+facial finger-shaped cup

### **(2). Results**

- 1. Firm face and enable the deep introduction of nutrients.
- 2. Increase skin elasticity and smoothness
- 3. Moisturize the skin and increase the absorption rate of the skin.
- 4. Accelerate blood circulation and metabolism.
- 5. Relieve the symptoms of double chin and tighten skin.
- 6. Stimulate collagen proliferation and delay aging

### (3). Applicable Range

1. Those whose faces are dark and dull.
2. Those whose skin is flabby and sagging.
3. Those who have fine lines, nasolabial folds , wrinkles at eye corners.
4. Those whose face contours are not clear.
5. Those who have rough skin and large pores.
6. Those who work for a long time in the office and are exposed to ultraviolet rays.
7. Those who have sagging skin, edema or puffiness after giving birth

### (4). Inapplicable Range

1. Those who have just undergone plastic surgery with prostheses and metal materials, etc., implanted at the operation area.
2. Those who have experience in injection products recently, such as hyaluronic acid, or those who have mesotherapy, wrinkle removal, or plastic surgery.
3. Those who have hypertension, heart disease, diabetes, severe hyperthyroidism, malignant tumor, etc.
4. Those who are in allergic period and have severely sensitive skin and metal allergies.
5. Those who have trauma or wound on the skin.
6. Those who are of advanced years.
7. Those who have skin diseases and infectious diseases.

### (5). Treatment steps(75 min)

Something needed before treatment: basin, disposable bag, disposable washcloth, makeup remover, face cleanser, toner, massage cream(massage essential oil), essence, face mask, lotion/face cream

**1. Remove makeup and clean face**(remove the residue of makeup, and clean less stubborn dirt in pores)

**2. Evaluate skin:** let the treatment candidate look her in the mirror(give personalized skincare treatment according to the skin problems such as uneven skin tone, pigmentation, wrinkle.)

**3. Apply toner**(clean face again and keep skin moisturized)

**4. Massage techniques**(relax the treatment receiver. Heat up facial skin and promote circulation. Temporarily expand pore size to help remove grease in pores.(8-15 min )

1. Apply massage cream(massage essential oil) evenly to face and soothe face, 3 times.



2. Apply digital pressing technique on the following acupoints (RN-24, DU-26, ST-4, ST-6, LI-20, BL-1, BL-2, EM3, TE-23, the temple, GB-1, ST-1, ST-2), 3 times.
3. Alternately apply lifting technique from chin to ear lobe, mouth corner to Ermen(SJ21), and nose wing to temple, lift eye corner from lower eyelid to temple with both hands, 3 times. Repeat the technique on the other side.
4. Apply lifting technique towards hairline on forehead, 3 times
5. One side, apply plucking technique with both hands alternately to lift face, 1 min. Repeat the technique on the other side.
6. Move in a zigzag motion on forehead with middle and ring fingers, slide to the front side of ears and lift back and forth for 3 times and then slide to the back of ears.

## **5. Finger-shaped cup treatment (8-10 min)**

- (1). Choose small finger-shaped cup
- (2). Move the cup upwards from chin line by line, 3-5 times. Do the same on the other side.
- (3). Lift the cup towards hairlines on forehead, 3-5 times.

## **6. Clean face and apply essence evenly to face**

## **7. BIO treatment( activate cells, promote the regeneration of collagen and elastin to increase skin's tightness and elasticity)(10-15 min)**

- (1). Set parameters: time: 10-15 min, energy level: 3-7, mode: M1/M2
- (2). Move the handpiece upwards from chin line by line, 5-8 times. Do the same on the other side.
- (3). Use one hand and the handpiece to move upwards from chin line by line, 5-8 times. Do the same on the other side.
- (4). Lift the handpiece towards hairlines on forehead, 5-8 times.

## **8. Clean face and apply face mask(10-15 min)**

## **9. Remove mask, clean face and apply toner, essence, lotion/face cream and so on.**

## **10. Recommend follow-up treatment**

Make a tailored treatment plan according to the feedback from the treatment receiver about expected results. For example: Take 2-3 treatment sessions a week After one course of treatment that includes 12 sessions, skin will lifted with glow. Two courses will make skin smooth and plump, leaving face contour clearer. Three courses will promote skin metabolism and detox processes, help fade pigmentation and skin

darkness, slow down skin ageing and prevent skin from sagging, and stimulate collagen regeneration to leave skin smooth and firm with glow.

## **(6). Do's and Don'ts after Treatment**

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

# **Facial skin cleansing&rejuvenation**

## **(1). Needed cups**

Facial vacuum cups+finger-shaped cups

## **(2). Effects**

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

## **(3). Applicable Range**

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

## **(4). Inapplicable Range**

1. Those who have just undergone plastic surgery with prostheses and metal materials implanted at the operation area.
2. Those who have used injections recently, such as hyaluronic acid, skin booster or wrinkle removal product.
3. Those who have hypertension, heart disease, diabetes, severe hyperthyroidism, malignant tumor, etc.
4. Those who are in allergic period and have severely sensitive skin and metal allergies.
5. Those who have trauma or wound on the skin.
6. Those who are in menstruation, pregnancy, and lactation or who are recovering from operations.

7. Those who have skin diseases and infectious diseases.
8. Those who have unrealistic expectations about the effect.

## **(5). Treatment steps(60 min)**

Something needed before treatment: basin, disposable bag, disposable washcloth, makeup remover, face cleanser, toner, massage cream(massage essential oil), essence, face mask, lotion/face cream

**1. Remove makeup and clean face** (remove the residue of makeup, and clean less stubborn dirt in pores)

**2. Evaluate skin:** let the treatment candidate look her in the mirror(give personalized skincare treatment according to the skin problems such as uneven skin tone, pigmentation, wrinkle.)

### **3. Hot steam(expand pore size temporarily)(5-8 min)**

1. Apply blackhead removing liquid and hot stream(to the area where there are large pores and severe pore blockage. Toner or AS3 liquid nutrient can be applied to cheeks. Toner and cold stream can be applied to sensitive skin of face instead of blackhead removing liquid and hot stream)5-8 minutes.

### **4. Facial vacuum cup treatment(clean pores)(8-10 min)**

- (1). Choose proper facial vacuum cup
- (2). put the cup on the forehead tightly for one second and then move gently towards hairline line by line. The operation in the area with severe pore blockage in T area (forehead-nose-chin-cheek) can be strengthened, about 10 minutes.
- (3). Wipe face clean with cotton pads and pure water for 2 minutes.

### **5. Apply massage cream evenly**

### **6. Finger-shaped cup treatment(promote facial circulation and accelerate detox process)(10-15 min)**

- (1). Choose the small finger-shaped cup
- (2). Move the handpiece upwards from chin line by line, 5-8 times. Do the same on the other side.
- (3). Use one hand and the handpiece to move upwards from chin line by line, 5-8 times. Do the same on the other side.
- (4). Lift the handpiece towards hairlines on forehead, 5-8 times.

7. Clean face and apply face mask(10-15 min)

8. Remove mask, clean face and apply toner, essence, lotion/face cream and so on.

9. Recommend follow-up treatment

Make a tailored treatment plan according to the feedback from the treatment receiver about expected results. For example: Take 2-3 treatment sessions a week After one course of treatment that includes 12 sessions, harmful waste will begin to be removed from the skin, the acne on the skin is relieved, and the blackheads are slowly reduced. After three courses of treatment, the skin contour will get more pronounced, one's resistance will be enhanced and the skin will be much smooth.