

# Concise Therapeutic Guidance Manual

MS-66B1



# Preface

Dear Users:

Welcome to use our five-in-one cosmetic instrument which mainly focuses on slimming, compacting, lifting and anti-aging. It is a multi-functional instrument, having a great effect for facial and eye tightening, wrinkle removing and body shaping. Through using high-tech technology achieving beauty and skin-care effect, safe and effective. RF and Ultrasound Cosmetic Apparatus is a professional anti-aging cosmetic instrument, which requires professional trained operators to operate. If it is not used correctly, it may cause adverse consequences to the human body. Therefore, we hope that before operating this instrument, the operators will first read this manual in detail and strictly comply with it.

We believe that our high quality products will bring you good profits, and our perfect after-sales service will make you worry no more.

Thank you!

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# Part 1

## Brief introduction

At present, radio frequency and ultrasonic instruments are the most popular apparatus for beauty, compacting, shaping and anti-aging . They can effectively replace all facial and physical care items in salons. It is very simple and convenient to operate. Moreover, it can solve the skin and body management problems of the beauty lovers as soon as possible. This instrument requires no injection, no medication, no operation, thus having no side effects. The whole process is working on the external skin and will have an immediate effect. Radio frequency instrument can heat up deep skin , stimulate collagen proliferation and reorganization in dermis, accelerate blood circulation in the bottom of skin, thus achieves having a full and compact skin while anti-aging and preventing of aging. At the same time, cold hammer can relieve skin, shrink pore, and achieve all-round skin care.

## Advantages

1. Six-in-one multifunctional cosmetology instrument to solve facial and systemic nursing problem
2. Removing fat in Ultrasound explosion rather than surgical liposuction, has brought good news for obese people
3. Various operation heads can be replaced according to different parts and requirements
4. The perfect combination of ultrasound and radio frequency can solve the problem of losing weight, tighten the skin while losing weight, increase the elasticity of the skin, make the body metabolize quickly, and enhance the healthy constitution
5. Use the world's cutting-edge technology of high-intensity sonic explosion
6. Suitable for all skin, and can improve skin quality and relieve skin
7. In the process of nursing, it is comfortable, painless, and non-invasive. It does not need recovery periods. And it will not affect your normal working and your normal life
8. No consumption, low cost and quick return
9. The treatment range is wider and the effect is rapid and remarkable.
10. It will not cause uneven phenomenon. No bleed and swelling and stasis phenomenon
11. Ultrasound, negative pressure and radio frequency all have the energy release of red light respectively. They can dissolve fat and massage while at the same time accelerating metabolism, and sterilizing skin. The effect is remarkable and is more comfortable.

# Working principles and treatment

## 1. Anti-aging on face

### 1.1 Principles

#### Radio frequency

Multipolar circulating radio frequency instrument can change the electric field electrodes of biological tissues in the treated area millions of times in a second. In the rapid change of electrodes, the same frequency is used to change the direction. Dermal tissue naturally resists the radio frequency current and generates heat energy, which stimulates the dermis to secrete more new collagen and fills in the empty space of collagen. Thus again lift the skin bracket and restore skin elasticity.

In the course of multipolar radio frequency therapy, the polarity of the radiation electrodes will change continuously and in series, resulting in more intensive radio frequency energy release, which will increase the temperature of the skin bottom, rapidly and continuously heat the tissue and promote the growth of collagen in the skin, so that the therapeutic effect can be more remarkable in a short time, and the treatment is relatively intense and the broad is wider.

#### Biological effect

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

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

BIO

BIO Cell Activation Instrument, which imitates human biological current, enters muscle cells through skin, stimulates energy ATP contained in cells, and restores normal operation and function of cells. It collects the latest technology to shape facial contour, thin face, reduce double chin and wrinkles and shrink pores for customers in the shortest time. BIO makes facial muscles tight and delicate, complexion ruddy. It is more effective for relaxed skin, so as to achieve the goal of shaping a beautiful face.

## 1.2 Effects

1. Improve symptoms such as facial redness, acne, allergy
2. Calm and soothe the skin, reduce skin problems
3. Fine pores, improve bloodshot capillary
4. Tighten and enhance skin elasticity
5. Solve the problem such as skin sagging and wrinkle
6. Help deep skin absorb nutrients, while lock them and delicate skin
7. Strengthen skin resistance and repair fragile muscle

## 1.3 Applicable range

1. Those with facial dullness
2. Those with skin relaxation and sagging
3. Those with nasolabial fold, wrinkles, dark circles, bags, fine lines around the eyes
4. Those with not clear facial contour
5. Those with rough skin, thick pore, and exuberant grease secretion
6. Those for long-term office, facing the ultraviolet
7. Those with lax skin, edema or obesity after birth

## 1.4 Taboos crowds

1. Those who have just undergone plastic surgery which have implanted prostheses, metal materials and so on.
2. Those with recent injection products, such as hyaluronic acid, water, wrinkle removal, or plastic surgery
3. Those with hypertension, heart disease, diabetes, severe thyroid and malignant tumors
4. Those during the allergic period, or people with highly-allergic skin or allergic to metals
5. Those with skin trauma or wound
6. Those who are over-aging
7. Those in menstruation, pregnancy, lactation, surgical recovery
8. Those with skin diseases and infectious diseases
9. Those who are unrealistic about the effects

## 1.5 Cautions after treatment

1. Do not wash your face with overheated water in three days (warm or cold water can be used)
2. Strengthen moisturizing and sunscreen
3. Do not soak in hot springs, steam saunas or exercise strenuously, etc. in three days
4. Three times facial masks at least one a week
5. Spicy, greasy food should be avoided, staying up late, smoking and drinking should be avoided, vegetables and fruits, light food are encouraged
6. Avoid food in three high (high blood pressure, high cholesterol and high blood sugar), light food is encouraged

## 2. Facial compact and repair

### 2.1 Principles

#### Radio frequency

Multipolar circulating radio frequency instrument can change the electric field electrodes of biological tissues in the treated area millions of times in a second. In the rapid change of electrodes, the same frequency is used to change the direction. Dermal tissue naturally resists the radio frequency current and generates heat energy, which stimulates the dermis to secrete more new collagen and fills in the empty space of collagen. Thus again lift the skin bracket and restore skin elasticity.

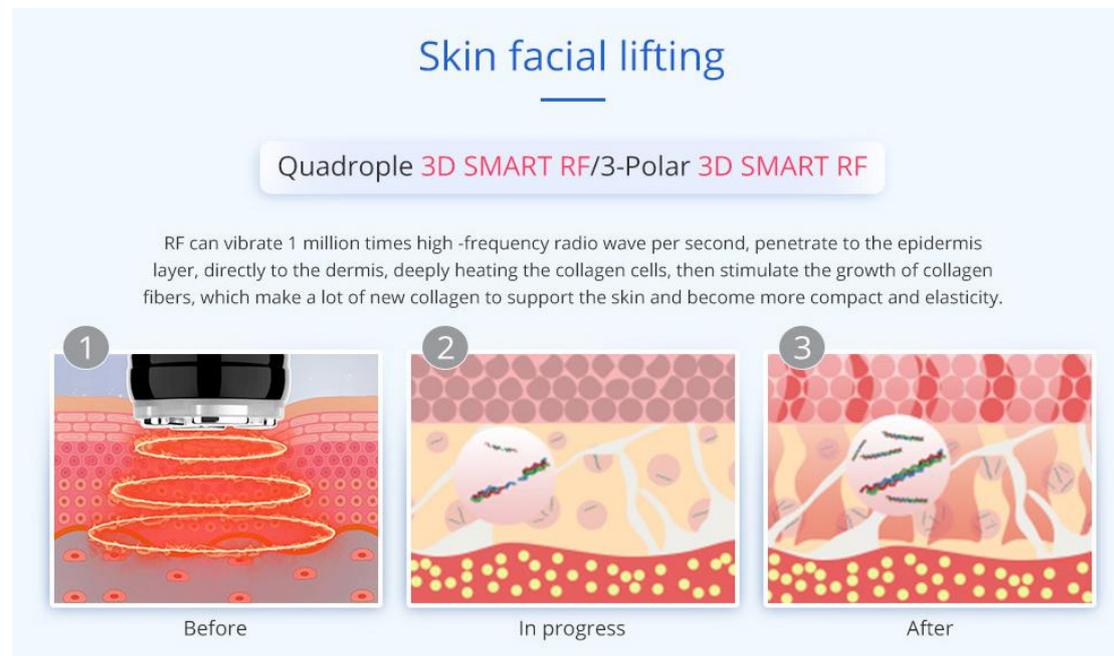
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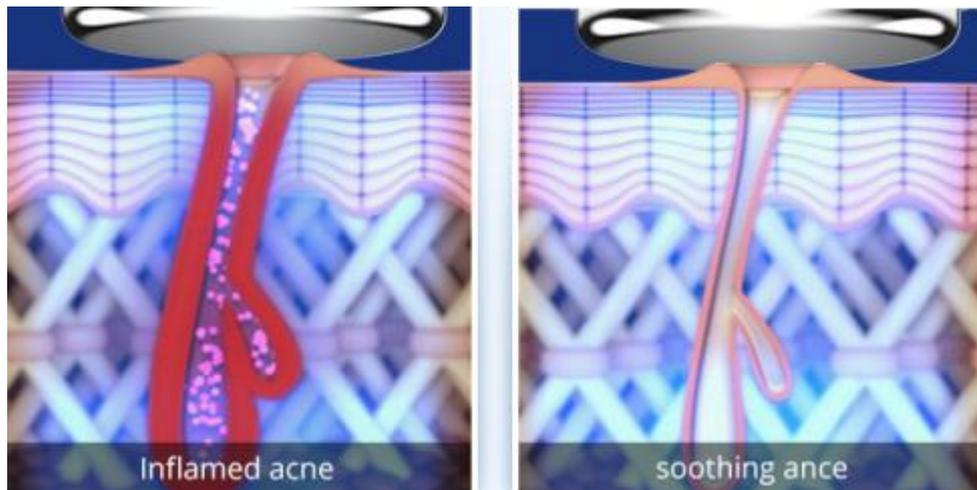
continue. At the same time, bio-heat can effectively accelerate blood flow in adipocytes, release free fatty acids (ffa), thereby increasing the dissolution of superficial fat, and achieve the purpose of tightening and lifting the sagging part of the body.



## Cold handle

Use the principle of air conditioner. Special wafer ceramics are used to absorb energy and refrigerate at - 5 degrees in an instant. The method of physical heat accumulation produced by wafer energy absorption makes one side produce heat up to 40 degrees. The fan discharges excess heat energy and achieves the effect of constant temperature and freezing alternately. It also promotes metabolism, alleviates allergic reaction, shrinks pore, calms skin, whitens and tenders skin.

Biological effects: The use of refrigeration and heating on the skin for the corresponding efficacy. While in the refrigeration, tissue temperature cools, blood vessels and veins contract, metabolic rate reduces, cell activity inhibits, peripheral nerve sensitivity reduces, thus having a sedative and soothing effect, counteracting or reducing the symptoms of allergic skin, such as redness, swelling, pain. Therefore calm the skin, reduce redness and swelling, shrink pores and have other effects. While in the heating, it can heat tissue, temperature raises, blood circulation adjusts , metabolism accelerates and product absorption becomes quicker.



## 2.2 Effects

1. Improve symptoms such as facial redness, acne, allergy
2. Calm and soothe the skin, reduce skin problems
3. Fine pores, improve bloodshot capillary
4. Tighten and enhance skin elasticity
5. Solve the problem such as skin sagging and wrinkle
6. Help deep skin absorb nutrients, while lock them and delicate ski
7. Strengthen skin resistance and repair fragile muscle

## 2.3 Applicable range

1. Those with facial dullness
2. Those with skin relaxation and sagging
3. Those with nasolabial fold, wrinkles, dark circles, bags, fine lines around the eyes
4. Those with not clear facial contour
5. Those with rough skin, thick pore, and exuberant grease secretion
6. Those for long-term office, facing the ultraviolet
7. Those with lax skin, edema or obesity after birth
8. Those with sensitive skins, acne or skin redness, allergy

## 2.4 Taboos crowds

1. Those who have just undergone plastic surgery which have implanted prostheses, metal materials and so on.
2. Those with recent injection products, such as hyaluronic acid, water, wrinkle removal, or plastic surgery
3. Those with hypertension, heart disease, diabetes, severe thyroid and malignant tumors
4. Those during the allergic period, or people with highly-allergic skin or allergic to metals

5. Those with skin trauma or wound
6. Those who are over-aging
7. Those in menstruation, pregnancy, lactation, surgical recovery
8. Those with skin diseases and infectious diseases
9. Those who are unrealistic about the effects

## 2.5 Cautions after treatment

1. Do not wash your face with overheated water in three days (warm or cold water can be used)
2. Strengthen moisturizing and sunscreen
3. Do not soak in hot springs, steam saunas or exercise strenuously, etc. in three days
4. Three times facial masks at least one a week
5. Spicy, greasy food should be avoided, staying up late, smoking and drinking should be avoided, vegetables and fruits, light food are encouraged
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## 3. Anti-aging around eyes

### 3.1 Principles

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#### Biological effect

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## BIO

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### 3.2 Effects

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

### 3.3 Applicable range

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

### 3.4 Taboos crowds

1. Those who have just undergone plastic surgery
2. Those with hypertension, heart disease, diabetes, severe thyroid and malignant tumors
3. Those in allergic period, with severely sensitive skin or who are metal allergists
4. Those with skin trauma or wound
5. Those who are overaging
6. Those who are pregnant or convalescents
7. Those with dermatosis and infectious diseases

### 3.5 Cautions after treatment

1. Sun exposure is avoided, sun protection is encouraged
2. After operation, the treated area is relatively dry, moisturizing and sun protection is encouraged
3. Within 1-3 days after operation, it is better not to use alcohol, fruit acid and grinding paste
4. Avoid facial washing with overheated water, sauna steaming, hot springs or strenuous exercise within 7 days after operation
5. Moisturizing and eye mask are encouraged, at least 3 times eye masks a week

## 4. Shaping on waist and abdomen

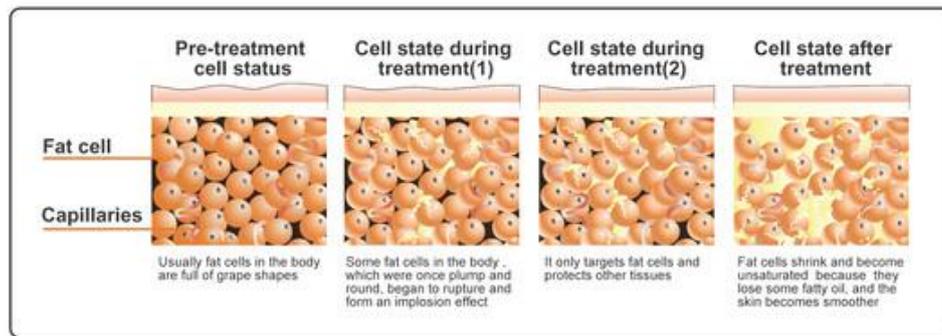
### 4.1 Principles

#### Ultrasonic wave

Using the sound wave with a frequency of 40 000 HZ emitted by the strong sound wave head gathering strong sound waves, human adipocytes can produce a strong impact and friction movement between adipocytes after entering the human body, which can effectively consume heat, water and shrink adipocytes. In addition, when sound waves vibrate, it can make adipocytes smaller. Strong crack will come along, cells will burst instantly, adipocytes reduce, so as to achieve the effect of fat removal.

Cavitation Principle of Ultrasound: Tens of thousands of tiny bubbles, namely cavitation bubbles, are produced by vibration of liquid. These bubbles grow in the negative pressure region formed by the longitudinal propagation of ultrasound, and close rapidly in the positive pressure region, thus being compressed and stretched under alternating positive and negative pressures. The bubbles will be compressed until burst, which will generate huge instantaneous pressure, generally up to tens of megapa to hundreds of megapa, and produce strong vibration and noise.

Advantages: only aim for low-density adipose tissue in a specific frequency, protect high-density tissue such as vascular and nerve tissue



## Radio frequency negative pressure

Radio frequency releases energy, acting directly on the dermis through the skin epidermis, heating directly from the inside of the human body. The heat energy reaches 40-60 degrees. Through the biothermal effect, the blood circulation and lymphatic circulation in the uterus are enhanced, and metabolism of adipose tissue is fast. Thus, the uterus can be regulated, the discharge of menstruation is increased, and will do something good for the cold comb

### Skin layer

The absorption and discharge 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) draining lymph glands and veins

Effects: redundant water is discharged from tissue fibers

### Vascular layer

The absorption and discharge of air pressure

- (1) Improve the blood circulation of microvessels, not only for the capillary system, but also the flow between the deeper veins and lymphatic networks.
- (2) Remove excess toxins in the body

Effects: Strengthen blood vessels, eliminate toxins and relieve varicose veins

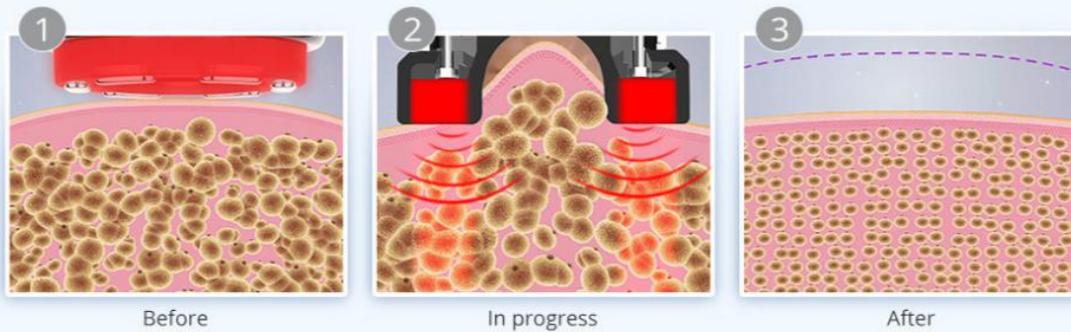
### Fibrous layer

The absorption and discharge of air pressure

- (1) Repair cell tissue, increase its activity and elasticity
- (2) Stimulate the production of bone collagen and improve skin plumpness
- (3) Break the hard fibers of cellulite, make it more elastic, so as to achieve the effect of shaping

## Expel Waste and Tighten Skin-Vacuum Sextupolar 3D SMART RF

Quadrupolar Vacuum&Sextupolar 3D SMART RF radio frequency combines the mechanism of advanced Sextupolar 3D SMART RF energy and vacuum therapy, can promote tissue metabolism, repel the cellulite, which make fat granule in different depths and shocking make fusion energy, so that the combustion of fatty acids at the same time broken out of a pot, not only the burning consumption of fatty acids but also more directly emptying so rapidly reduce the size of granule.



### 4.2 Effects

1. Relieve woman's cold hands and cold feet, cold womb or cold body
2. Tighten the skin on the waist and abdomen
3. Reduce lumbar and abdominal fat
4. Tighten skin, relieve stretch marks, obesity lines and increase skin elasticity
5. Accelerate metabolism, relieve constipation and encourage intestinal peristalsis

### 4.3 Applicable range

1. Those with cold hands and cold feet and cold womb
2. Those with lumbar and abdominal fat or who have sagging skin after being burn
3. Those sitting for a long time, or with bad waist lines
4. Those with obesity striae and gestational striae
5. Those with constipation or obstruction of abdominal meridians

### 4.4 Taboos crowds

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

### 4.5 Cautions after treatment

1. Keep warm
2. Eat normal, no spicy and greasy food, no alcohol, staying up late should be avoided. Drink warm water
3. Keep abdomen warm. Take a bath after 4-6 hours.
4. Steam sauna, hot spring or strenuous exercise should be avoided within 7 days after operation
5. Before going to bed at night, you can rub your abdomen clockwise with your hands, so as to better the effect of weight loss and metabolism

## 5. Shaping on breasts

### 5.1 Principle

#### Radio frequency

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

### 5.2 Effects

1. Adjust chest type and reduce accessory breast
2. Relieve thoracic nodules, slight hyperplasia, alleviate menstrual breast pain
3. Reduce chest expansion
4. Alleviate irregular menstruation and reduce facial spots or skin without elasticity
5. Alleviate postpartum breast atrophy, breast relaxation, breast duct blockage

### 5.3 Applicable range

1. Those with bad breast shape and accessory breasts
2. Those with nodules in the chest, slight hyperplasia and painful breast during menstruation
3. Those with extended chest fat extended
4. Those with low immunity
5. Those with irregular menstruation and facial spots or whose skin is inelastic

6. Those with improperly developed mammary glands

## 5.4 Taboos crowds

1. Those with cardiovascular and cerebrovascular diseases, diabetes mellitus, abnormal coagulation function and impaired vital organ function
2. Those who are long-term or ongoing users of anticoagulants, vasodilators, corticosteroids and other drugs
3. Those with infectious lesions on the chest skin
4. Patients with severe thoracic proliferative or fibroma or cyst
5. Those in pregnancy and lactation

## 5.5 Cautions after treatment

1. Keep warm
2. Wear styled and comfortable underwear. Don't press your chest hard.
3. Avoid getting cold. Take a bath after 4-6 hours

## 6. Shaping on the body

### 6.1 Principles

#### Radio frequency

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

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

#### Biological effect

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**Body sculpture & cellulite treatment**  
Body 8-Polar 3D SMART RF & Ultrasound cavitation 2.0 & Vacuum  
Sextupolar 3D SMART RF+ Laser Photon

**01**

**Soften Fat Cells-Body 8-Polar 3D SMART RF**

Using a high power of 1MHz 8-Polar 3D SMART RF radio frequency which is the same power for professional use, with a patent pending technology that generates heat deep under the skin, promoting metabolism by its hyper-thermal effect, this procedure enhances blood/lymph flow and is used for the purpose of fat reduction.

1 Before                      2 In progress                      3 After

## Ultrasonic wave

Using the sound wave with a frequency of 40 000 HZ emitted by the strong sound wave head gathering strong sound waves, human adipocytes can produce a strong impact and friction movement between adipocytes after entering the human body, which can effectively consume heat, water and shrink adipocytes. In addition, when sound waves vibrate, it can make adipocytes smaller. Strong crack will come along, cells will burst instantly, adipocytes reduce, so as to achieve the effect of fat removal.

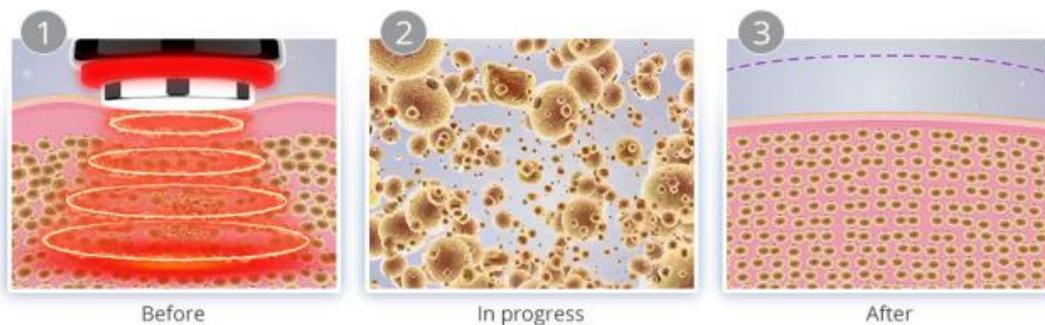
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negative pressure region formed by the longitudinal propagation of ultrasound, and close rapidly in the positive pressure region, thus being compressed and stretched under alternating positive and negative pressures. The bubbles will be compressed until burst, which will generate huge instantaneous pressure, generally up to tens of megapascals to hundreds of megapascals, and produce strong vibration and noise.

Advantages: only aim for low-density adipose tissue in a specific frequency, protect high-density tissue such as vascular and nerve tissue .

### Dissolve fat cells- ultrasound unoisetion cavitation 2.0

Unoisetion cavitation 2.0 vibration: Ultrasound waves penetrate into the fat layer of body to produce cavitation effect, effectively making fat cells burst and emulsify into glyceride



**Experiment:** Put a piece of pork ointment on the fat of the unoisetion cavitation 2.0 probe, it was dissolved gradually by ultrasonic vibration.



### Negative pressure filament

Massage of skin and muscle by special negative pressure suction head can effectively improve the body fluid fluidity of human cells, increase the movement of cells to achieve the effect of activating cells to improve skin elasticity, accelerate the blood circulation of micro-vessels, and expel excess toxins from the body through the normal circulation of the lymphatic system. Reduce and improve the body parts of the stains and pigments, congestion and other adverse conditions of the formation of the probability. The kneading effect produced by vacuum liposuction can increase the tissue activity of skin and muscle, thus helping to reduce the stiffness of honeycomb tissue, increase the elasticity of skin tissue, and make the body thin and simultaneously. In addition, vacuum negative pressure movement can also stimulate the sympathetic nervous system on the surface and deep layer, improve skin

sensitivity. The process of air pressure absorption can not only improve the capillary system, but also improve the network flow between deep veins and lymph glands, strengthen blood vessels and improve varicosity

Advantages: Breaking through the simple negative pressure working mode in the past, using different modes for different parts, which can be more efficient and more effective. Slim body and absolutely will not harm the human body. Unique RF functional head design, with relatively independent and complementary metabolic system of RF and negative pressure, which can be more effective, faster and work more well than the ordinary single-stage RF .

## Physical effect of negative pressure

### Skin layer

The absorption and discharge 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) draining lymph glands and veins

Effects: Redundant water is discharged from tissue fibers

### Vascular layer

The absorption and discharge of air pressure

(1) Improve the blood circulation of microvessels, not only for the capillary system, but also the flow between the deeper veins and lymphatic networks.

(2) Remove excess toxins in the body.

Effects: Strengthen blood vessels, relieve varicose veins

### Fibrous layer

The absorption and discharge of air pressure can promote its function better in different tissues (including skin, muscle tissue, etc.)

- Repair cell tissue and increase activity between cells.

It improves and restores skin elasticity and help skin resist stretching.

The production of bone collagen help skin renew and restore elasticity.

It can improve the oxygen supply capacity of the skin and increase the consumption of carbon dioxide.

Effects: Break the hard fibers of cellulite, make it more elastic and thus achieve the effect of shaping.

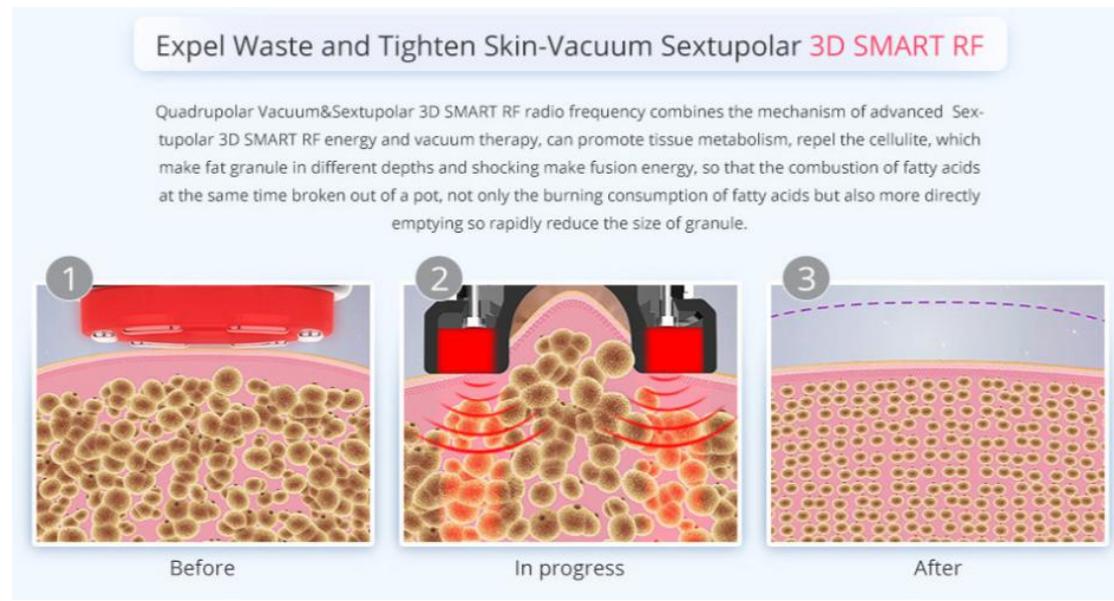
### Nerve layer

The absorption and discharge of air pressure stimulates the surface and deep layers of the sympathetic nervous system.

Improve skin sensitivity.

Repair skin elasticity and resist tissue fibrosis.

Effects: Repair and improve skin sensitivity.



## 7. Shaping on the arms

### 7.1 Effects

1. Stimulate the proliferation of collagen at the bottom of the skin, which comes to the effects of shaping and tightening.
2. Improve flabby skin
3. Reduce thick arms
4. Relieve sag skin
5. Tighten skin
6. Accelerate blood circulation and dredge channels and collaterals

### 7.2 Applicable range

1. Those with big arms
2. Those with sagging skin on arms
3. Those who are prone to feel pain and numbness in their arms

### 7.3 Taboos crowds

1. Those who have just undergone plastic surgery
2. Those with hypertension, heart disease, diabetes, severe thyroid and malignant tumors
3. Those during allergic period or with severely sensitive skin
4. Those with skin trauma or wound
5. Those with over-aging
6. Those in Pregnancy or who are convalescents

7. Those with dermatosis or infectious diseases

## 7.4 Cautions after treatment

1. Keep warm after operation. Don't eat cold food. Avoid getting cold.
2. Take a bath after 4-6 hours
3. Drink plenty of warm water
4. Refuse to overeat and stay up late
5. Avoid steam sauna, hot springs or strenuous exercise within one week after operation

## 8. Shaping on the back

### 8.1 Effects

1. Relieve shoulder and back pain and improve rich and luxurious bags
2. Dredge channels and collaterals
3. Accelerate blood circulation and metabolism
4. Improve the function of blood supply to the head and improve sleeping
5. Regulate the function of Viscera and enhancing physical fitness
6. Tighten skin and prevent skin from loosening and softening
7. Improve back redundancy, good for shaping back

### 8.2 Applicable range

1. Those with pain shoulder and pain back and stiff neck
2. Those with insomnia and memory loss
3. Those who are prone to fatigue, sleepiness and poor circulation of Qi and blood
4. Those with thick back
5. People with rich and luxurious bags

### 8.3 Taboos crowds

1. Those with metal implants, such as stents, pacemakers or who are allergic to metal.
2. Those during pregnancy, menstruation and lactation
3. Those with healing surgical wounds or who is in recovery
4. Those with three highs, heart disease, epilepsy and severe diabetes mellitus and hyperthyroidism
5. Those with malignant tumors, hemophilia or severe bleeding
6. Those with skin diseases and infectious diseases
7. Those who are too weak
8. Those who drink alcohol, with a full or empty stomach, or who is thirsty, overwork

### 8.4 Cautions after treatment

1. Keep warm, and drink more hot water.
2. Take a bath after 4-6 hours after operation
3. Avoid staying up late, drinking, overeating
4. Avoid eating cold and spicy food and keep adequate sleep
5. Avoid wearing open-shouldered and open-backed clothes

## 9. Shaping on the hip

The buttock is located in the middle of the human body. It is the key hub for the operation of Qi and blood in the meridians. It is the general switch of the six meridians. It is also the bridge connecting the operation of burning gas and blood in the human body and the operation of the lower burning gas and blood in the human body. It is an important factor for the S-curve figure management, which increases women's charm.

### 9.1 Effects

1. Improve blood circulation and accelerate metabolism
2. Relieve menstrual pain, irregular menstruation, abnormal leucorrhea and other female diseases
3. Improve sleep quality, improve female sexual function and tighten vagina
4. Warm nest, stimulate gland secretion and increase couple's affection
5. Bring you a ruddy face and help spots fade and bring you a youthful state
6. Help button shape, improve buttock droop and expansion, tighten skin, increase elasticity

### 9.2 Applicable range

1. Those with a sagging buttock
2. Those with obesity stria and pregnancy stria
3. Those with bad hip shape- flat, soft or outspread
4. Those with cold buttocks, or buttocks in low temperature
5. Those with cold womb, dysmenorrhea, irregular menstruation, gynecological inflammation and other issues
6. Those with low level estrogen or the sexual life is not satisfactory

### 9.3 Taboos crowds

1. Those in menstrual period, pregnancy, lactation or during surgical recovery
2. Those with hypertension, heart disease, diabetes, severe thyroid and malignant tumors
3. Those with dermatosis, Infectious Diseases or skin is in sensitivity period
4. Those with wounds or is in recovery period of operation
5. Those during allergic period or with severely sensitive skin
6. Those who have just had liposuction
7. Those who are overaging population

## 9.4 Cautions after treatment

1. Keep your hips warm and avoid wearing short skirts and shorts.
2. Take a bath 4-6 hours later after operation
3. Drink more hot water and avoid getting cold.
4. Avoid staying up late, drinking alcohol, overeating
5. Avoid eating cold and spicy food and keep adequate sleep
6. Avoid steam sauna, hot spring or strenuous exercise within 7 days after operation

## 10. Shaping on the legs

### 10.1 Effects

1. Tighten skin and prevent skin relaxation
2. Stimulate collagen regeneration and smoothing obesity stria
3. Increase leg circulation and detoxification metabolism
4. Promote blood circulation and remove blood stasis, dredge channels and collaterals, and prevent varicose veins
5. Reduce redundant meat around the legs and shake off the thighs

### 10.2 Applicable range

1. Those with poor circulation of lower limbs, edema and obesity
2. Those with low immunity, discomfort and pain along the body and who are prone to get cold
3. Those with rough and flabby skin or with constipation
4. Those with blocked leg meridians or poor leg shape

### 10.3 Taboos crowds

1. Those in menstrual period or in pregnancy and lactation
2. Those with hypertension, heart disease, diabetes, severe thyroid and malignant tumors
3. Those with dermatosis, infectious diseases or whose skin is in sensitivity period
4. Those with wounds or someone is in the recovery period of operation
5. Those with severe varicose veins and tumors
6. Those who are during allergic period or with severely sensitive skin
7. Those who have just had liposuction
8. Those who are overaging population
9. Those who are pregnant women and convalescents

### 10.4 Cautions after treatment

1. Keep warm after operation. Don't eat cold food. Avoid getting cold
2. Take a bath after 4-6 hours
3. Drink warm water and accelerate metabolism
4. Refuse to overeat and stay up late
5. Avoid steam sauna, hot spring or strenuous exercise within 7 days after operation
6. After operation, try to wear pants and avoid wearing miniskirts and mini shorts

## 11. Slim body

### 11.1 Effects

1. Relieve shoulder and back pain and improve rich and luxurious bags
2. Dredge channels and collaterals
3. Accelerate blood circulation and metabolism
4. Improve the function of blood supply to the head and improve sleeping
5. Regulate the function of Viscera and enhancing physical fitness
6. Tighten skin and prevent skin from loosening and softening
7. Improve back redundancy, good for shaping back
8. Stimulate collagen regeneration, compactness and shaping
1. Reduce the flabbiness of waist and abdomen skin
2. Reduce thick arms
3. Reduce the excess fat of back and waist and abdomen
4. Tighten skin and prevent skin relaxation
5. Reduce striae gravidarum, obesity striae and increase skin elasticity.
14. Accelerate metabolism, improve constipation and intestinal peristalsis

### 11.2 Applicable range

1. Those with cold hands and feet, womb and body
2. Those with sitting for a long time and with bad waist lines
3. Those with lumbar and abdominal hypertrophy, prominent belly and postpartum skin relaxation
4. Those with obesity striae and gestational striae
5. Those with constipation and obstruction of abdominal meridians
6. Those with big arms, thick back, poor leg shape
7. Those with muffin top
8. Those with loose skin on arms and legs
9. Those whose hands and legs are prone to soreness and numbness
10. Those with shoulder and back pain
11. Those with insomnia and memory loss
12. Those prone to fatigue, sleepiness and poor circulation of Qi and blood
13. Those with thick back
14. Those with poor circulation of lower limbs, edema and obesity

15. Those with low immunity, general discomfort and pain and who are susceptible to colds

### 11.3 Applicable range

1. Those with metal implants, such as stents, pacemakers or who are allergic to metal.
2. Those during pregnancy, menstruation and lactation
3. Those with healing surgical wounds or who is in recovery
4. Those with three highs, heart disease, epilepsy and severe diabetes mellitus and hyperthyroidism
5. Those with malignant tumors, hemophilia or severe bleeding
6. Those with skin diseases and infectious diseases
7. Those who are too weak
8. Those who drink alcohol, with a full or empty stomach, or who is thirsty, overwork
9. Those with metal implants, such as stents, pacemakers or who are allergic to metals.

### 11.4 Cautions after treatment

1. Keep your hips warm and avoid wearing short skirts and shorts.
2. Take a bath 4-6 hours later after operation
3. Drink more hot water and avoid getting cold.
4. Avoid staying up late, drinking alcohol, overeating
5. Avoid eating cold and spicy food and keep adequate sleep
6. Avoid steam sauna, hot spring or strenuous exercise within 7 days after operation

## 12. 3D frozen age management

### 12.1 Effects

1. Relieve eye fatigue, dark circles, bags and edema
2. Reduce lines around eyes or crow's feet
3. Lighten coloring pigments and accelerate blood circulation
4. Accelerate metabolism and prevent pigmentation
5. Supplement nutrition to the eyes and moisturize skin
6. Tighten and delicate skin, lift the corners of the eyes
7. Accelerate blood circulation around eyes and help skin absorb nutrients efficiently
8. Accelerate lymphatic detoxification and improve facial skin
9. Prevent cervical and lymphatic diseases

### 12.2 Applicable range

1. Those with wrinkles, fine lines, bags and dark circles around the eyes
2. Those with dry skin, dry lines and false wrinkles
3. Those with eyes easy to fatigue or dry

4. Those frequently face computer screens and mobile phones
5. Those who often stay up late and have dark circles
6. Those often in a dry or hot environment
7. Those with lax skin, edema or obesity after birth
8. Those in long-term office, facing the ultraviolet crowd
9. Those with blurred facial outlines and often bowing their heads

### 12.3 Taboos crowds

1. Those who have just undergone plastic surgery which have implanted prostheses, metal materials and so on.
2. Those with recent injection products, such as hyaluronic acid, water, wrinkle removal, or plastic surgery
3. Those with hypertension, heart disease, diabetes, severe thyroid and malignant tumors
4. Those during the allergic period, or people with highly-allergic skin or allergic to metals
5. Those with skin trauma or wound
6. Those who are over-aging
7. Those in menstruation, pregnancy, lactation, surgical recovery
8. Those with skin diseases and infectious diseases
9. Those who are unrealistic about the effects

### 12.4 Cautions after treatment

1. Do not wash your face and neck with overheated water within seven days(warm or cold water is OK).
2. Strengthen water supply and moisturizing, avoid sun exposure, and pay attention to sunscreen.
3. At least mask 3 times a week, eye mask 3 times, cervical membrane 3 times .
4. Within 1-3 days after operation, it is better not to use alcohol, fruit acid and grinding paste.
5. Avoid steam sauna, hot spring or strenuous exercise within 7 days after operation.
6. Avoid spicy and greasy food, staying up late, smoke and drink, eat more vegetables and fruits, light food.
7. Avoid three kinds of high food in diet, mainly light food.
8. Pay attention to neck warmth
9. Use neck essence or neck cream.
10. Avoid long-term bowing

# Part 2

## 1. Detailed operation

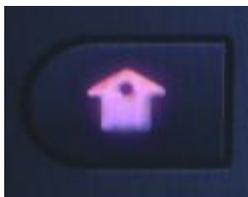
After checking that the instrument is connected properly, the following starting interface will appear when the power supply is turned on



## 1. Setting



Time adjustment button



Home button



Start/pause button



Recovery button



Mode adjustment button

## 2 Specific operations of the 40K



Click and enter the next interface





Energy adjustment



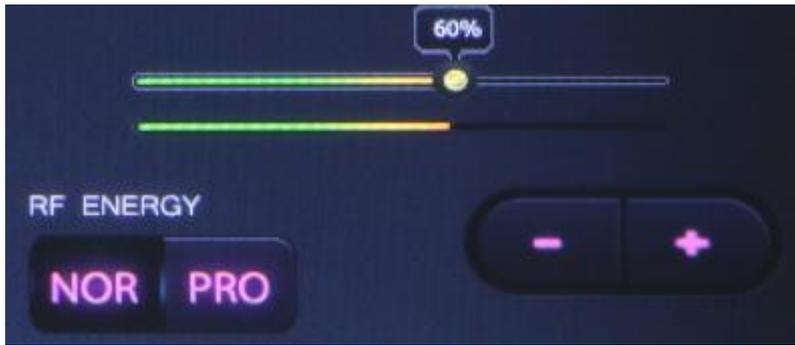
Mode adjustment

### 3. Specific regulation of negative pressure RF

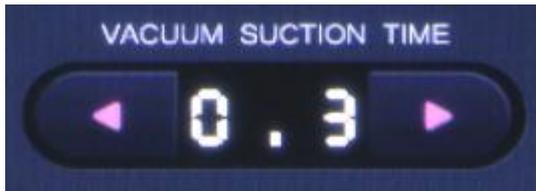


Click and enter the next interface





Energy adjustment



Suction adjustment



Release adjustment



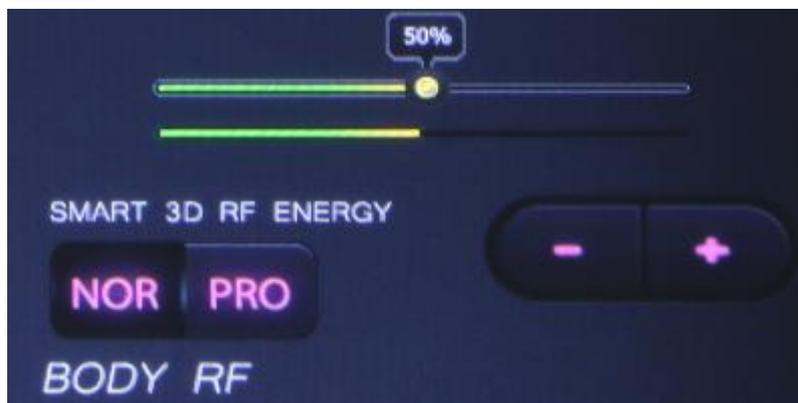
Mode

adjustment

#### 4. Specific operations of the body RF

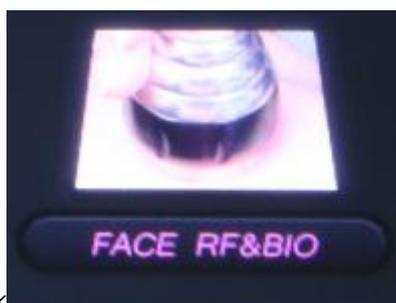


Click and enter the next interface

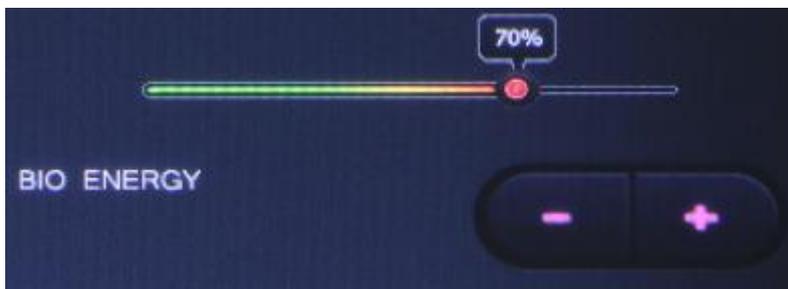
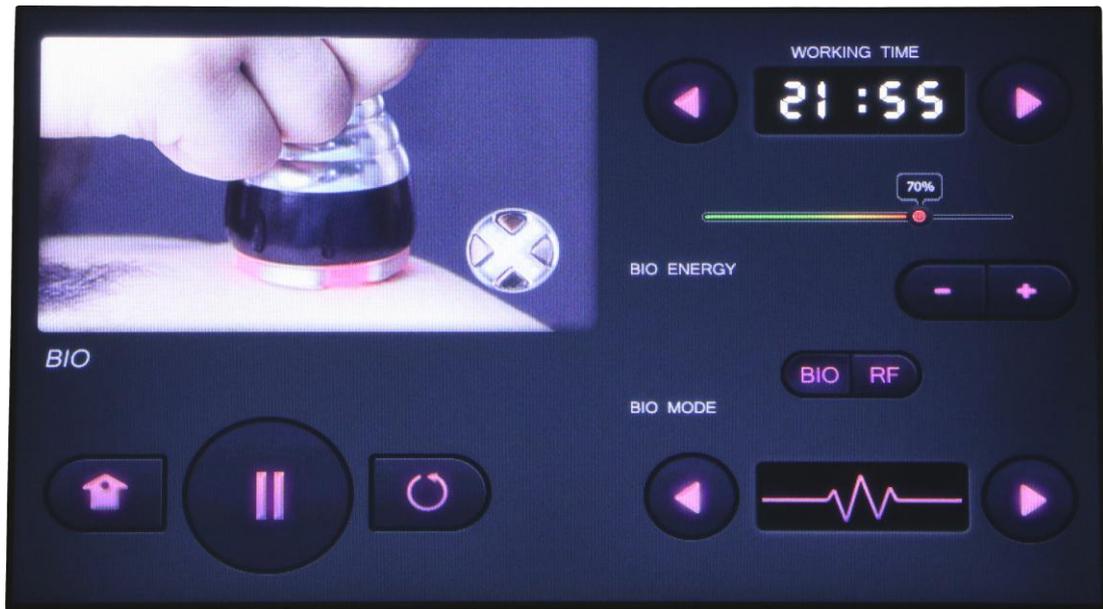


Energy adjustment

## 5. Specific operations of the facial RF/BIO



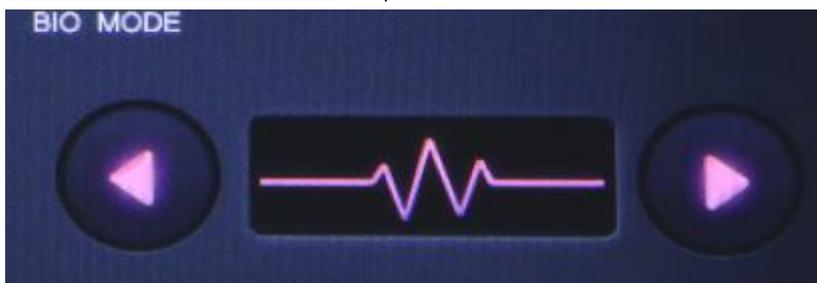
Click and enter next interface



Energy adjustment



BIO/RF switch

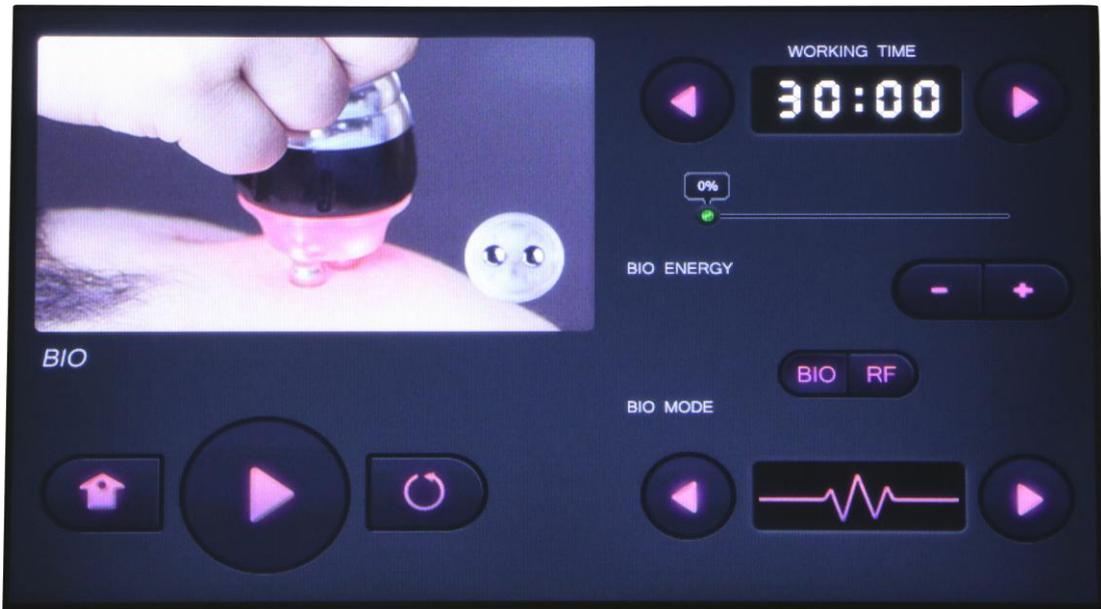


Mode adjustment

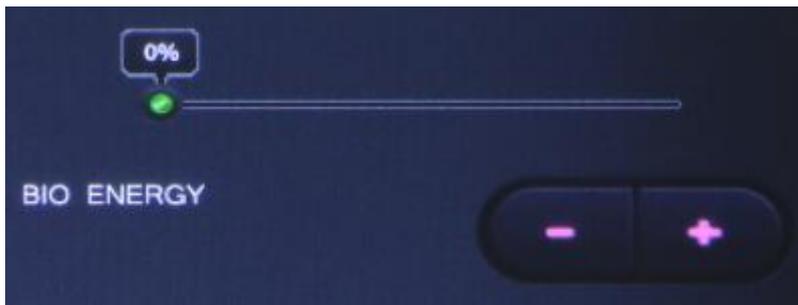
## 6. Specific operations of the eye RF



Click and enter next interface



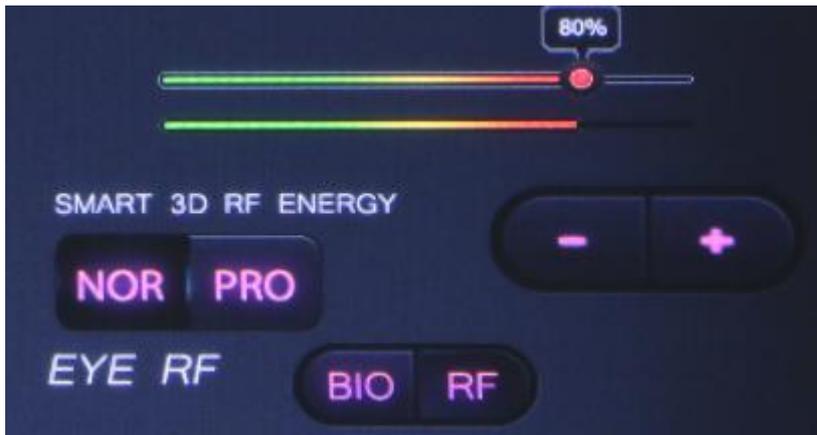
RF/BIO switch



Energy adjustment



Mode adjustment



Energy adjustment

## 6. Specific operations of the cold handle



Click and enter next interface



Time adjustment



Energy adjustment

## 2. Technical parameters

<b>40K Unoisetion Cavitation 2.0 Handlepiece</b>	
Treatment Area	Body
Measure of Treatment Area	38cm <sup>2</sup>
Frequency	40KHz
Max. Output Power	25W
Wavelength of Red Photon LED	650nm Red light
<b>Sextupole Vacuum&amp;SMART 3D RF Handlepiece</b>	
Treatment Area	Body
Measure of Treatment Area	50cm <sup>2</sup>
Max. Output Power	60W
Frequency	1MHz
Depth of RF	9mm
Depth of Pressure	24.5mm
Max. Output of Pressure	-80KPa
Wavelength of Red Photon LED	650nm Red light
<b>Sextupole SMART 3D RF Handlepiece</b>	
Treatment Area	Body
Measure of Treatment Area	30cm <sup>2</sup>
Max. Output Power	50W
Frequency	1MHz
Depth of RF	3.7mm
Wavelength of Red Photon LED	650nm Red light
<b>Quadrupolar SMART 3D RF Handlepiece</b>	
Treatment Area	Facial
Measure of Treatment Area	9.6cm <sup>2</sup>
Max. Output Power	20W
Frequency	1MHz
Depth of RF	3.5mm
Wavelength of Red Photon LED	650nm Red light
<b>Bipolar SMART 3D RF Handlepiece</b>	
Treatment Area	Eye

Measure of Treatment Area	4cm <sup>2</sup>
Max. Output Power	10W
Frequency	1MHz
Depth of RF	2.2mm
Wavelength of Red Photon LED	650nm Red light

## 2. Cautions after treatment

If you have the following symptoms, you should be careful. Before using the instrument, consult your doctor or professionals. Details are as follows:

1. Those who are pregnant or during lactating
2. Those with heart disease or equipped with cardiac pacemaker
3. Those with unhealed wounds or who are during convalescent period
4. Those with epilepsy, severe diabetes and hyperthyroidism
5. Those with malignant tumors, hemophilia or severe bleeding
6. Those with skin diseases and infectious diseases should be more careful.

## 3. Use precautions

1. After each use of the instrument, please remove the head of the course and clean it with clean water and keep it properly.
2. Before using the instrument, the plug with grounding pin must be used and the power socket of the instrument must be grounded.
3. Ensure that the voltage of the instrument is appropriate. If the voltage of the local power supply is unstable, we recommend that users increase to the matching power
4. In order to ensure the therapeutic effect and normal service life of the instrument, please use the specified accessories provided or recommended by the original manufacturer.
5. Instruments should not be placed in wet places or near water sources, nor should they be directly exposed to sunlight.
6. Do not place the instrument near a strong heat source, because this may affect the life and normal use of the instrument.
7. Before treatment, please remove all metal objects from the body first, so as to avoid unexpected conditions and affect the curative effect.
8. Do not use in eyes, thyroid gland, parathyroid gland, testis, abdomen of pregnant women and atrial pulse generator.
9. Patients who are suffering from illness should be careful unless they have the permission of a doctor.
10. When no guest uses the instrument, please turn off the power switch of the instrument, and ensure that the total power supply of the instrument is turned off before the staff leaves after daily use, so as to ensure the safety of the electrical

products.

11. Use instruments or train instrument operators in strict accordance with instructions in the use manual.
12. When taking other weight-loss drugs, it is recommended to stop taking them for 1 to 2 months before using this instrument. If you lose weight immediately, you should extend the course of treatment.
13. Don't use the instrument on an empty stomach. After a full meal, at least 1 hour can be followed by a course of weight loss treatment.
14. When operating, the instrument should fully touch the skin to avoid uneven heat.
15. Start at the lowest level of energy at the beginning of the operation, then slowly add energy.
16. When using this instrument, the operating parts must be kept moist and dry skin should be avoided.
17. Clean the instrument with normal saline after operation to ensure its cleanliness and hygiene and prolong its service life

## 4. Trouble shooting

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

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

2. No RF output?

- A. Please check whether the plug connecting the instrument handle and the fuselage is tightly connected.
- B. Please make sure that the treated area is clean. Oil or oily essential oil products may cause poor contact between the handle of the instrument and the human body, resulting in no RF output.

3. Reduced RF output?

- A. Please check whether the plug connecting the instrument handle and the fuselage is tightly connected.
- B. Please check whether the handle is contaminated with non-conductive grease and other substances, which will cause poor contact and reduce the output.
- C. Please check whether the product used is an instrument-specified adapter.

4. Does the instrument have no or very little suction?

- A. Please turn off the instrument and check the special filter element. It may be that the filter element needs to be replaced.
- B. Please check the rubber ring of the handle plug. The rubber ring may be worn out and results in leaking.

C. Please check whether the oil filter cup outside the filter has been tightened and whether the rubber ring is worn out. It is possible that air leakage at this position leads to poor air pressure.

D. If the problems are not handled, please contact the instrument distributor for assistance.

5. The instrument can be activated, but the wrong information appears on the screen?

A. Please unplug the power plug behind the instrument and wait about 1 minute before restarting the instrument.

B. If the above method is not available, please contact the instrument distributor for assistance

## 6. FAQs

1. How long can see the effect of RF?

Answer: Usually on the same day and within a week of treatment, the collagen tissue of the skin is heated to produce a tightening effect. The tightening sensation of the skin can be clearly felt. As radio frequency stimulates the subcutaneous tissue and sustains the regeneration of collagen, the more time you do, the more obvious the effect.

2. Is radio frequency harmful to skin?

Answer: Radio frequency compaction and wrinkle resistance is a non-surgical project. It stimulates the regeneration and metabolism of collagen at the bottom of the skin, doing no damage to the skin. It is only a normal phenomenon of local skin fever and redness after operation, which belongs to the acceleration of blood circulation. After a moment, it can disappear, no worry is needed

3. How long does it take for a body compact project?

Answer: One operation time is 60 minutes, we have a combination of professional techniques and instruments, so that the effect is remarkable.

4. What are the functions of this instrument?

Answer: reduce fat, smooth and tender skin, compact and lift skin, fights old, it can be operated all over the body. Facial contour can be shaped, reduce wrinkles and prevent sagging. It also focuses on partially weight losing and shaping S curve to promote the metabolism and detoxification of the whole body, at the same time, it can enhance viscera function and regulate sub-health of the body.

5. Which one is better, weight loss or liposuction using this instrument?

Answer: The principle of liposuction is to absorb excess fat from a part of the body by negative pressure suction, so as to achieve the goal of rapid local thinning. The process of anesthesia belongs to surgery, with recovery period and some risk. Our instrument has zero risk and no side effects. While losing weight, it also stimulates collagen regeneration to tighten and enhance the skin. It can also create perfect curves and increase female sexy charm by lifting.

#### 6. Will it rebound after operation?

Answer: Losing weight thorough radio frequency is not easy to rebound. Because radio frequency lipolysis reduces fat, not water, fat formation is accumulated over a long period of time, so it is not easy to rebound.

#### 7. Does it require diet control while in the process?

Answer: You need to control your diet slightly. it is to blast fat and accelerate metabolism after the RF and the ultrasound projects, avoid eating spicy, greasy, fried food, so as not to affect the metabolism. Exercise and sweat, weight loss effect will be more obvious.

#### 8. Does this project have any side effects on the body?

Answer: Radio frequency cosmetic is a non-invasive treatment, is currently one of the safest and most effective methods of wrinkle removal and body shaping, generally speaking, there will be no side effects. A few people may have temporary redness or swelling on the skin, which will disappear in a few hours, and some dry skin will be more dry and shrink after the first treatment. Because radio frequency heat make skin lose water, collagen will become full in the early stage, and these symptoms will disappear after three days. There are no side effects on health.

#### 9. Can RF instruments operate compact chest?

Answer: With the growth of age and the influence of women's physiological period, sub-health status, gravity, breast-feeding stimulation, a large number of nutrients loses, results in collagen loss. Blood flow reduces, elastic tissue damages, ligament gland relaxes, which result in breast sagging. Through radio frequency energy transmission, collagenase can promote the repair of elastic tissue and ligament glands, so as to achieve the effect of lifting the chest and shaping.

#### 10. Does ultrasound apply to the whole body?

Answer: Ultrasound breaks down adipocytes, leading to cell wall rupture, fat outflow from cells, absorbed and metabolized by lymph, so the power is very strong. The heart is more sensitive to sound waves, because it is a hollow organ, after being shocked by sound waves, due to the different transmission of sound waves between muscle tissue and blood in the heart, it produces a back-and-forth reflex. This force pulls the valve away from the heart muscle. If directly to the eyes, it will lead to retinal detachment, so the ultrasound operation should avoid the position near the eye perimeter and centrifugal organs. (Lower back, waist, chest included )

### 11. Does ultrasound have any side effects on human body?

Answer: Ultrasound project is non-surgical, non-invasive, and with no anesthesia. Ultrasound operation principle: ultrasound (mechanical wave) - cavitation explosion - ultrasound focusing.

The effect is: fat breaking - fat dissolving - tightening skin, so it is only aimed for low density adipose tissue. It protects high density tissues such as blood vessels and nerves, so there is no side effect on the human body. But there will be a slight tinnitus during the operation, which is normal. Don't worry about it

### 12. Why does tinnitus occur?

Answer: Sound waves with a very strong frequency higher than 20KHZ act on the fat layer in the depth of 20mm under the human skin by focusing ultrasound. The concentrated energy ultrasound can effectively make the fat cells in the focal area produce high-speed friction and heat and break up and emulsify. In this process, sound will be emitted, so there will be a slight tinnitus.

### 13. What is collagen?

Answer: Collagen is a kind of biological macromolecule substance, a kind of white, opaque and non-branched fibrous protein. It can supplement the nutrition needed by all layers of the skin, enhance the collagen activity in the skin, lock water, moisturize the skin, delay aging, beauty, relieve facial relaxation, provide nutrients for the hair and have other effects. Collagen is a nutrient that human body must replenish to delay aging. With the growth of age, collagen will gradually lose. At the age of 20 , women have begun to age, collagen gradually declines. At the age of 25, collagen loss is the most. At the age of 40 , the content is less than half of that at the 18. It is the loss of collagen and water that causes the wrinkles on the face of the elderly. The breakage of collagen fibers and elastic mesh will cause skin tissue to be oxidized, atrophied and collapsed. The skin will be dry, wrinkled, flabby and inelastic, and have other aging phenomena. Therefore, in order to delay aging, collagen must be supplemented.

### 14. Why do you need breast care?

Answer: Chest lymph node is the largest, so it is easy to have toxin accumulation, and now urban life rhythm is very fast, work pressure is also great, this will lead to varying degrees of proliferation. It is said that the breast is the cradle of the child ~the garden of the woman ~is the symbol of our women! Maintenance of your chest will make your figure more slim. Coupled with your overall temperament, the turnaround rate will certainly increase by 10 times! Husband follows wherever you go.

Evolution of breast cancer: residual breast milk, secretions, toxins - silt mass - lobular hyperplasia, ductal hyperplasia, breast hyperplasia - duct obstruction and adhesion - fibroma, breast cyst - breast cancer

### 15. Why do you need hip care?

Answer: Because buttock maintenance can help the body lymph detox, reduce gynecological diseases, while also avoid some harm caused by buttock blockage. Buttock obstruction, gynecology will come. Inside the button are pelvic, intestinal tract, the upper connects vein, lumbar vertebra, sciatic nerve, the front is the uterus, ovaries, accessories, the below connects anus, vagina, inguinal lymph nodes.

The buttocks are most susceptible to cold, dampness and blood stasis due to the compression of meridians of upper and lower Jiao. When the buttocks are cold, the meridians of the buttocks will contract. Dysmenorrhea, irregular menstruation, dark menstruation, blood clots, menstrual dysfunction will come. It also affects conception

#### 16. How does negative pressure detoxify?

Answer: Negative pressure can make capillary congest, stimulate cell viability. The increase and disappear of negative pressure in operation, makes local pores open and close continuously, promotes skin breathing, increases skin oxygen uptake, and accelerates waste removal. Therefore, it can promote qi and blood circulation, dispel cold and dampness, dredge channels and collaterals, extricate toxins and purge heat.

## 7. Packing list

Main Machine	1
Unoisetion Probe	1
Sextupolar Vacuum 3D SMART Probe RF for Body Slimming	1
Octupole 3D SMART RF Probe for Body Sculpture	1
Quadrupole 3D SMART RF Probe for Arm/face/small area of body	1
Bipolar 3D SMART RF Probe for face and eyes	1
Holder	1
Key	1
Power Supply Cord	1
Vacuum Filter	1
Fuse	2
cotton filter	1
White Seal Ring	6
Black rubber band	6

## 8. Operational diagram

Parameter	Product	Technique	Diagram
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## Anti-aging on face 60 minutes once a week

Facial radio frequency energy: 30%-80%  
 Model: PRO  
 BIO Energy: 30%-80%  
 Mode: discontinuity

Cleansing Oil + Cleansing Milk + massage cream + essence + instrument + mask

1. Clean makeup for 5 minutes.
2. Skin toner, 2 minutes
3. Facial massage: alternate hands and palms from chin to forehead to elevate facial contour, 3 times
4. Alternate lifting of palms on the other side, 3 times
5. Clean face for 2 minutes.
6. evenly spread the whole face with gel or essence for 1 minutes.
7. Choose facial radio frequency operation and lift with hands, from double chin to behind ear, 3 times.
8. Circle your chin to your ear three times
9. Circle the corners of your mouth to the temples three times
10. Circle the alae of the nose to the temple three times
11. Circle the lower eyelid to the temple three times
12. Circle your forehead to the hairline three times
13. Half face overall line up next to line, 3-5 times
14. On the other side of the operation, as above, the location of fine lines or sagging can be strengthened with emphasis and repeated.
15. Switching mode, BIO



		<p>operation, the same as above</p> <p>16. Clean face for 2 minutes.</p> <p>17. apply mask for 15 minutes.</p> <p>18. remove the mask and wash it for 2 minutes.</p> <p>19. rub toner, cream, cream and sunscreen.</p> <p>20. End</p>	
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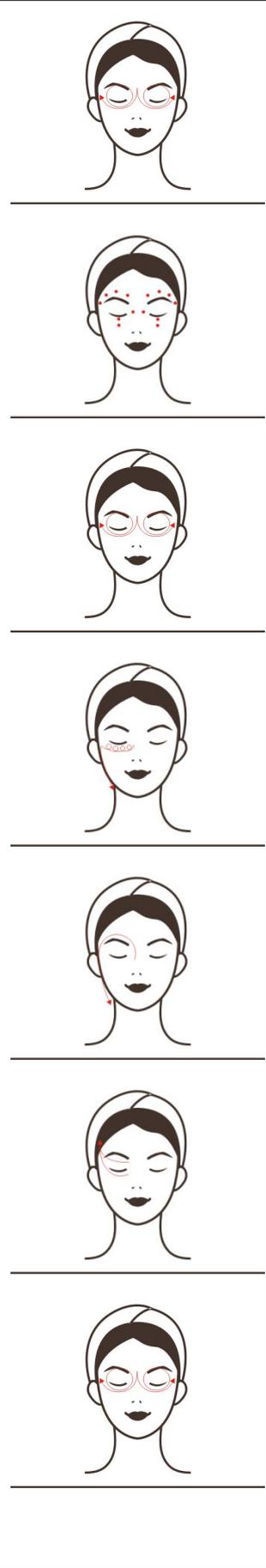
**Suggested treatment**

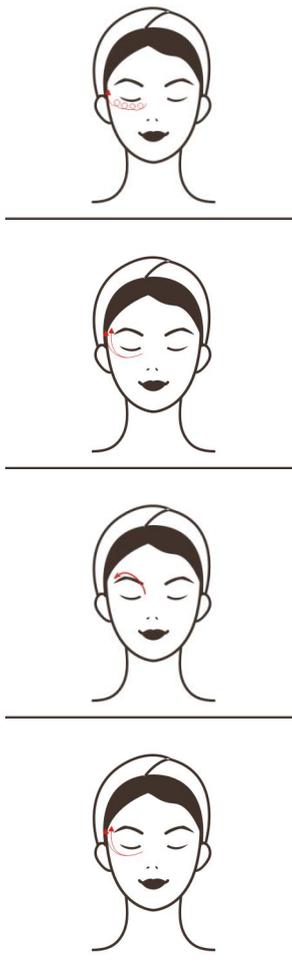
Ten times is a course of treatment. After one time, the skin is firm and tender. After a course of treatment, the skin is elevated and shiny. After two courses of treatment, the skin is smooth and full. After three courses of treatment, it prevents and delays skin aging, sagging and flabbiness and promotes the proliferation of collagen at the bottom of the skin, makes the skin tender, smooth, compact and glossy.

**Facial compact and repair: 60 minutes once a week**

<p>Radio Frequency</p> <p>Energy: 30%-80%</p> <p>Model: PRO</p> <p>Cold hammer: Mode: COLD</p> <p>Energy: 30%-80%</p>	<p>Cleansing Oil + Cleansing Milk + base film + essence + radiofrequency instrument + cold hammer + mask</p>	<ol style="list-style-type: none"> <li>1. Clean makeup for 5 minutes.</li> <li>2. Skin toner, 2 minutes</li> <li>3. Apply cleansing film for 10 minutes.</li> <li>4. Clean face for 2 minutes.</li> <li>5. full face evenly smeared cream (repair, wrinkle resistant, water supplement, etc.) for 1 minutes.</li> <li>6. Radio frequency instrument operation, from chin to forehead, line by line up circle, three times</li> <li>7. Start from chin, lift up with hands, chin to earlobe, corner of mouth to ear door, ala nasi to temple, lower eyelid to temple, lift angle of eye</li> </ol>	
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		<p>three times.</p> <p>8. Pull your forehead toward the hairline three times</p> <p>9. Operate the other side</p> <p>10. apply replenishment mask, 15 minutes.</p> <p>11. Clean your face for 2 minutes.</p> <p>12. smear the essence after cold hammer operation, with radio frequency manipulation.</p> <p>13. rub toner, cream, cream and sunscreen.</p>	
<p><b>Suggested treatment</b></p> <p>Ten times is a course of treatment. After one time, the skin feels tighter. After one course of treatment, the skin brightens, skin barrier stronger. After two courses of treatment, elasticity, skin metabolism and detoxification increases. And it helps to desalinate pigments. Skin resistance increases, sensitivity probability reduces. After three courses of treatment, skin is in a stabilized condition. Skin relaxation and aging will be prevented, skin contour will be shaped.</p>			
<p><b>Anti-aging around eyes: 60 minutes once a week</b></p>			

<p>Eye RF energy: 30%-80%</p> <p>Model: PRO</p> <p>Eye BIO energy: 30%-80%</p> <p>Mode: discontinuity</p>	<p>Cleansing Oil + Cleansing Milk + toner + Eye Essence + instrument + eye mask.</p>	<ol style="list-style-type: none"> <li>1. Clean makeup for 5 minutes.</li> <li>2. Skin toner, 1 minute</li> <li>3. evenly apply the hands to the eyes for 1 minutes.</li> <li>4. Hand beauty points (Jingming point, Jianzhu point, Yuyao point, Silk bamboo sky, temple, pupil, crying,) 3 times.</li> <li>5. Circle your hands around your eyes to soothe and press the temple 3 times.</li> <li>6. Unilateral, Beauty refers to a small circle across the lower eyelid to discharge behind the ear, three times.</li> <li>7. Unilateral, beauty refers to lifting the upper eyelid from the inner corner of the eye to the back of the ear, three times.</li> <li>8. One-sided scissors, hand-held eye angle, 3-5 times</li> <li>9. Operate the other side of the manipulation as above, 3 times</li> <li>10. Circle your hands around your eyes to soothe and press the temple 3-5 times.</li> <li>11. Radio frequency instrument operation, in the lower eyelid small circle to the temple, 3-5 times</li> <li>12. Lift from lower eyelid to temple with hand, 3-5 times</li> <li>13. Pull from eyebrow to eyebrow tail 3-5 times</li> </ol>	
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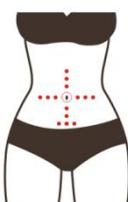
		<p>14. Pull the corners of the eyes together with your hands to the hairline, 3-5 times</p> <p>15. Switching mode, eye BIO manipulation as above</p> <p>16. Apply eye mask for 15 minutes</p> <p>17. Clean eyes and face for 2 minutes.</p> <p>18. rub toner, facial essence, eye essence, face cream and sunscreen.</p>	
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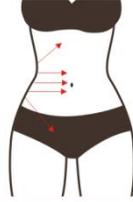
**Suggested treatment**

Ten times is a course of treatment. After one time, the eye is lifted and tightened, and the blood circulation of the eye is accelerated. After a course of treatment, the skin tone will be lightened by diluting fine lines and dark circles of the eyes. After three courses of treatment, the eye skin is compact, tender and lustrous. Eye aging will be relieved and prevented

**Lumbar and abdominal shape: 60 minutes once a week**

<p>Negative Radio Frequency Energy: 30%-80% Suction: 0.3-1.0 Release: 0-0.5 Mode: M1 Ultrasound energy: 20%-70% Patterns:</p>	<p>Essential oil + ultrasonic Gel + instrument</p>	<ol style="list-style-type: none"> <li>1. Put your hands around your abdomen and save oil three times.</li> <li>2. Rub your hands back and forth, 3-5 times</li> <li>3. Alternate hands to knead abdominal fat by chiropractic manipulation, 3 times</li> <li>4. Alternate lifting of the belts on both sides of the</li> </ol>	
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<p>Continuity</p>		<p>waist 16 times</p> <p>5. Scratch your hands down to your waist and lift them up from your waist three times.</p> <p>6. Overlapping hands and kneading intestinal tract in small circles clockwise, 3 times</p> <p>7. Circle your hands three times to comfort.</p> <p>8. Points: The Yuanzhu Grand Cross Curvature of Shenque Gas Customs in Central Anhui, Central Anhui and Lower Anhui. 2 times</p> <p>9. Push the thumbs of both hands from the middle pole to the navel, slide along both sides to the waist, raise them to the groin, three times.</p> <p>10. Place your hands until the end of your groin</p> <p>11. Radio Frequency Negative Pressure Instrument Operation: Lift one side from waist to abdomen, one line next to one line to groin, three times</p> <p>12. Tila the other side, three times</p> <p>13. Circle your abdomen three times</p> <p>14. Make a big circle in the abdomen three times.</p> <p>15. Type 8-character at the waist, 3-5 times</p> <p>16. Shape your waist up and down, 3-5 times</p> <p>17. Pull the veins on both sides together with your</p>	 <hr/>  <hr/>  <hr/>  <hr/>  <hr/>  <hr/> 
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		<p>hands, 16 times 18. Ultrasound manipulatio</p>	     
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Suggested treatment

Ten times is a course of treatment. After one time, the abdomen is heated and metabolism is accelerated. After one course of treatment, the fat is slowly metabolized, the body begins to lose weight and the constipation is improved. After two courses of treatment, the effect is gradually obvious, the skin is tightened up, the collagen in the bottom of the skin is increased. The gravaida lines reduce and skin relaxation is relieved, and the effect is strengthened after three courses. As a result,

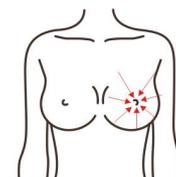
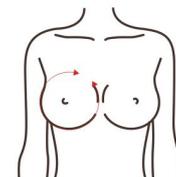
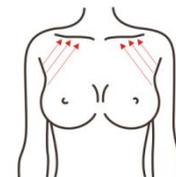
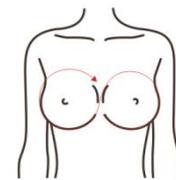
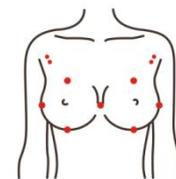
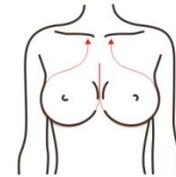
the excess fat gradually disappears, forming the waist and abdomen curve, creating a small waist.

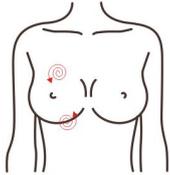
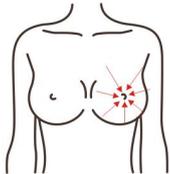
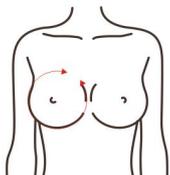
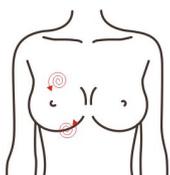
### Breast shape: 60 minutes once a week

Radio Frequency  
Energy:  
30%-80%  
Model: PRO

Massage Cream  
(Essential Oil)+Instrument

1. Standing at the head of the bed, both hands begin to accumulate oil from the midpoint of Shanzhong and come up to the axillary bag. At the same time, they pull the suspension ligament (this is a soothing action) three times.
2. Point the thumb with both hands: 3 times at Zhongfu Cloud Gate in the window of the large bale eagle with the breast root in Shanzhong
3. Compassion, 3 times
4. Overlapping of hands and palms from Shazhong acupoint to both sides of the chest. Draw 8 characters, 3 times
5. Alternate pulling of both hands from the position of accessory milk to the suspension ligament, left to right, 10 times
6. Compassion, 3 times
7. Sit next to the customer, first left and then right, with both hands and palms to soothe and lift the chest, 3-5 times.
8. Push the mammary ducts around the chest (one circle of the chest) alternately 3-5 times with both hands and tiger's mouth.



		<p>9. Turn the thumb alternately to dredge the thoracic nodules, three times</p> <p>10. Hand comfort lifts the whole chest 3-5 times</p> <p>11. Manipulation on the other side is the same as above</p> <p>12. Radio Frequency Instrument Operation: First left, then right, from bottom to top along the chest circle toward the nipple direction, combined with hand comfort, 5-8 times</p> <p>13. Draw half a circle along the chest from the bottom to the clavicle position, combined with hand comfort, 5-8 times</p> <p>14. Draw small circles to dredge the nodules, 3-5 times</p> <p>15. Customers lie on their side with their arms up. The instrument burns fat in a circle in the position of accessory milk, 5-8 times.</p> <p>16. The instrument pushes the accessory breast from the position of the axillary breast to the chest (shaping and collecting the accessory breast) 5-8 times.</p> <p>17. Manipulation on the other side is the same as above</p> <p>18. End</p>	 <hr/>  <hr/>  <hr/>  <hr/>  <hr/>  <hr/>
<p>Suggested treatment</p> <p>Ten times for a course of treatment, one time after the completion, chest will feel</p>			

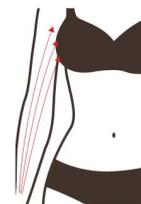
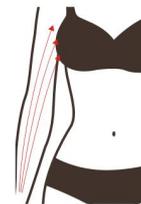
heat. It promotes blood circulation. After a course of treatment, the effect is more obvious and it improves nodules. After three courses, skin will compact. Chest elasticity will be improved. Endocrine will be regulated and you will be more attractive.

### Arm shape: 60 minutes once a week

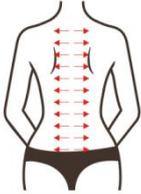
Radio Frequency  
Energy:  
30%-80%  
Model: PRO  
Ultrasound  
energy:  
20%-70%  
Patterns:  
Continuity

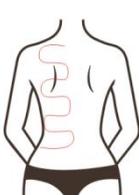
Essential oil  
+ ultrasonic  
Gel +  
instrument

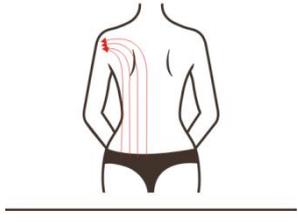
1. First left, then right, arms flat, hands oil from the beginning of the arm to the whole arm to finger discharge (this is a soothing action) 3 times.
2. Push the whole arm alternately with the palms of both hands, three times.
3. Push three meridians (large intestine meridian-triple energizer meridian-small intestine meridian) to the axilla with two hands and tiger mouth separately, three times.
4. Compassion, 3 times
5. Kneel your fingers and rub the three meridians on your hot arms three times.
6. Compassion, 3 times
7. Put your arms on your back and push the three yin meridians (lung meridian, pericardium meridian, heart meridian) on the inside of your arms to the axilla three times each.
8. Kneel your fingers and rub three meridians back and forth, three times
9. Overall comfort until finger discharge
10. End
11. Manipulation on the



		<p>other side is the same as above</p> <p>12. Radio Frequency Instrument Operation: Arm flattening, from the fat-rich part of the arm along three meridians to the axilla, three times</p> <p>13. Circle three meridians to the axilla, three times</p> <p>14. The position of the worship sleeve can be strengthened three times.</p> <p>15. Push along the three meridians to the axilla three times</p> <p>16. Put your arms on your back and push the upper three meridians of your arms to your armpits three times.</p> <p>17. Arrange in circles along the three meridians of the arm to the armpit three times.</p> <p>18. Push from arm to axilla along three meridians</p> <p>19. Ultrasound Manipulation Ibid.</p> <p>20. Manipulate the other side as above</p> <p>21. End</p>	
<p>Suggested treatment</p> <p>Ten times is a course of treatment. Once done, there will be fever, tightening and arms will feel relax. After one course of treatment, the excess fat of the arm began to decrease, the skin began to be tight and full, and two courses for the shaping, Dredge channels and collaterals, and enhance the physique. Three courses of treatment consolidate the effect and prevent rebound.</p>			
<p><b>Back shape: 60 minutes once a week</b></p>			

<p>Radio Frequency Energy: 30%-80% Model: PRO Negative pressure energy: 30%-80% Suction: 0.3-1.0 Release: 0-1.0 Mode: M1</p>	<p>Essential Oil + Instrument</p>	<ol style="list-style-type: none"> <li>1. Back oil storage point according to Fengfu Point of Fengchi</li> <li>2. Thumb transfer tendons (starting from hairline) 3-5 times</li> <li>3. Pull the bladder tendon outward with thumb to pacify Fengfu acupoint in Baqiao District for 3 times.</li> <li>4. Walk S-shaped with both hands, starting with a circle around the neck and going S to the caudal vertebra three times.</li> <li>5. Pushing bladder tendon alternately with thumb, left and right, three times</li> <li>6. Push the bladder tendon with both thumbs to the area of Baqiao at the same time, three times.</li> <li>7. Push bladder tendon with kneeling fingers three times with both hands.</li> <li>8. Push the scapular suture left and right alternately with both hands, 3-6 times</li> <li>9. Pull your hands across the scapular suture 3-6 times</li> <li>10. Pacify the whole back with both hands. Press Fengfu Point in Fengchi for 3 times.</li> <li>11. Overlapping thumbs, clicking on Tianzong acupoint and sliding to the arm to discharge, 3 times</li> <li>12. Operate the other side point to drain by Tianzong acupoint to the arm three times.</li> <li>13. Rub the bladder</li> </ol>	 <hr/>  <hr/>  <hr/>  <hr/>  <hr/>  <hr/> 
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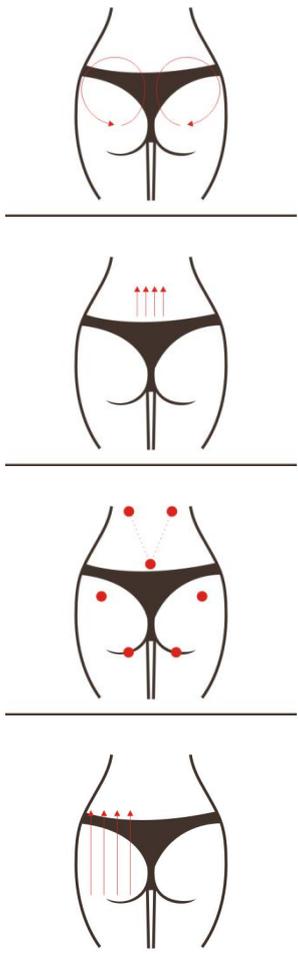
		<p>tendons of the Du meridian with both hands</p> <p>14. Instrument operation: first supervise the vessel, then bladder tendon, slip from neck to Octopus area, 3-5 times</p> <p>15. Circle Dazhui acupoint and Baliao area 3-5 times each</p> <p>16. The big ribs are operated back and forth from the neck, 3-5 times.</p> <p>17. Pull the scapular suture back and forth from left to right, 3-5 times</p> <p>18. Type 8 words from top to bottom horizontally to the eight-legged area three times.</p> <p>19. Ring from bottom to top on both sides to the armpit, left to right, three times</p> <p>20. Pull it up from the bottom to the armpit at the waist 3-5 times.</p> <p>21. Negative Pressure Radio Frequency Manipulation Ibid.</p> <p>22. End</p>	 <hr/>  <hr/>  <hr/>  <hr/>  <hr/>  <hr/> 
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**Suggested treatment**

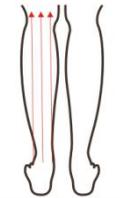
10 times is a course of treatment, one time after the back is obviously relaxed. It can alleviate shoulder and neck stiffness, lift skin. After a course of treatment, shoulder and back relax, back fat reduce, rich bag smaller, back look good. Two courses greatly reduce rich bag, dredge channels and collaterals, regulate sub-health, improve sleep. Three courses back look good, the viscera function enhanced, digestion, detoxification and metabolism increased (one course reduces size, two courses enhance effect, three courses consolidate, no rebound)

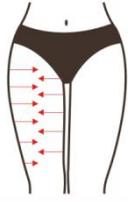
**Hip shape: 60 minutes once a week**

<p>Radio Frequency Energy: 30%-80% Model: PRO Ultrasound energy: 20%-80% Patterns: Continuity</p>	<p>Essential Oil + Instrument</p>	<ol style="list-style-type: none"> <li>1. Stand sideways and save oil with both hands, slip from the eight-legged area to the waist, and lift it from the waist along the buttocks (i.e. pacifying action) three times.</li> <li>2. Push your thumbs three times</li> <li>3. Points after 3 times of pacifying action: Shenshu Point - Baqiao Point - Changqiang Point - Huantiao Point - Chengfu Point 3 times</li> <li>4. Compassion 3 times</li> <li>5. Push left and right first, hands from the root of thigh from bottom to top - bladder tendon - kidney meridian - Liver Meridian - gallbladder meridian straight to the ribbon vein three times each.</li> <li>6. The hands extend from the root of thigh from</li> </ol>	
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		<p>bottom to top - bladder meridian, kidney meridian, liver meridian and gallbladder meridian are divided into ribbon veins three times each.</p> <p>7. Push the palms of both hands together from the base of the thighs up to the veins (elevation) 3-5 times.</p> <p>8. Push your hands back and forth three times from the bottom to the top of the buttocks, next to the line, to the top of the buttocks.</p> <p>9. Repetition 7</p> <p>10. Compassion</p> <p>11. Manipulation on the other side is the same as above</p> <p>12. Radio Frequency Instrument Operation: Starting from the root of thigh, lift one line by one to the ribbon, three times</p> <p>13. Raise three times from the bottom to the top of the buttocks, next to the top of the buttocks.</p> <p>14. Make small circles around the buttocks 3-5 times.</p> <p>15. Rise three times from the base of the thigh, side by side, to the ribbon.</p> <p>16. Raise three times from the bottom to the top of the buttocks, next to the top of the buttocks.</p> <p>17. Manipulation on the other side is the same as above</p>	 <hr/>  <hr/>  <hr/>  <hr/>  <hr/>
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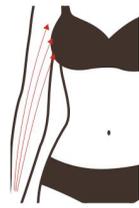
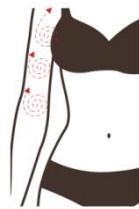
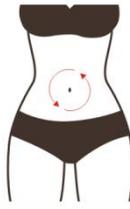
		18. Negative Pressure Radio Frequency Manipulation Ibid. 19. End	
Suggested treatment			
<p>10 times is a course of treatment, one time after the back is obviously relaxed. It can alleviate shoulder and neck stiffness, lift skin. After a course of treatment, shoulder and back relax, back fat reduce, rich bag smaller, back look good. Two courses greatly reduce rich bag, dredge channels and collaterals, regulate sub-health, improve sleep. Three courses back look good, the viscera function enhanced, digestion, detoxification and metabolism increased (one course reduces size, two courses enhance effect, three courses consolidate, no rebound)</p>			
<b>Leg shape: 70 minutes once a week</b>			
Negative Radio Frequency Energy: 30%-80% Model: PRO Suction: 0.3-1.0 Release: 0-0.5 Ultrasound energy: 20%-70% Patterns: Continuity	Essential oil (massage cream) + ultrasonic Gel + instrument	<ol style="list-style-type: none"> <li>1. The hind legs, left and right: hands from calf oil to thigh bag back to heel 3 times</li> <li>2. Push the whole leg from bottom to top alternately with the palm root of both hands and wrap it back until the heel is discharged. 3 times</li> <li>3. Push four meridians (bladder tendon-kidney meridian-liver meridian-gallbladder meridian) from bottom to top alternately with tiger's mouth for three times.</li> <li>4. Push the popliteal fossa with both hands alternately, three times</li> <li>5. Turn twist twist twist from bottom to top with two hands alternately, three times</li> <li>6. Compassion, 3 times</li> <li>7. Push four meridians from bottom to top with kneeling fingers on both hands, three times</li> </ol>	 <hr/>  <hr/>  <hr/> 

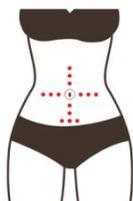
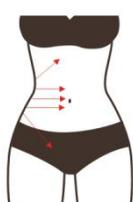
		<p>8. Compassion, 3 times</p> <p>9. Manipulation on the other side is the same as above</p> <p>10. Negative Pressure Radio Frequency</p> <p>Instrument Operation: Push bladder meridian, kidney meridian, liver meridian and gallbladder meridian three times from bottom to popliteal fossa</p> <p>11. Dissolve fat in small circles three times in the leg</p> <p>12. Push it down to the popliteal fossa from bottom to top, and comfort it with your hands three times at the same time.</p> <p>13. Push four meridians from popliteal fossa to thigh root three times</p> <p>14. Dissolve fat in small circles from popliteal fossa to thigh root 3 times</p> <p>15. Push meridians and collaterals from popliteal fossa to the root of thigh three times</p> <p>16. Ultrasound Manipulation Ibid.</p> <p>17. Manipulate the other side as above</p> <p>18. Forelegs: Save oil with both hands from the foot to the root of the thigh (that is, pacifying action), 3 times</p> <p>19. Push the legs to the thighs alternately with the palms of both hands, three times</p>	 <hr/>  <hr/>  <hr/>  <hr/>  <hr/>  <hr/> 
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	<p>20. Push four meridians of leg to the root of thigh (spleen meridian-stomach meridian-liver meridian-gallbladder meridian) alternately with tiger's mouth for three times</p> <p>21. Kneel with both hands and push four meridians three times</p> <p>22. Negative Pressure Radio Frequency Instrument Operation: Lift from the leg along four meridians to the knee position three times (no excessive fat in the leg directly from the thigh position)</p> <p>23. Circle the knees on both sides of the leg three times (the leg does not have too much fat directly from the thigh)</p> <p>24. Lift from knee position to thigh root line next to line, three times</p> <p>25. Circle the whole thigh three times</p> <p>26. Pull the hand in the middle on both sides of the thigh, three times.</p> <p>27. Ring from knee to thigh, 3 times</p> <p>28. Lift from knee to thigh, three times</p> <p>29. Ultrasound Manipulation Ibid.</p> <p>30. Operate the other side</p> <p>31. End</p>	 <hr/>  <hr/> 
<p>Suggested treatment</p> <p>Ten times is a course of treatment. After one time, the legs feel relax, the circulation</p>		

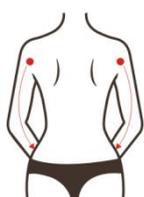
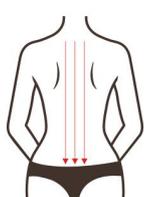
is accelerated, the legs are thinner, the collagen tissue of the skin is tightened because of heat. Compactness of the skin is obviously felt. The effect of two courses of treatment is obvious, and three courses of treatment is for consolidation. Ultra-RF + Ultrasound stimulates the dermis of the skin and sustains collagen regeneration, so the therapeutic effect will be more and more obvious.

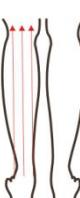
**Slim body: 180 minutes once a week**

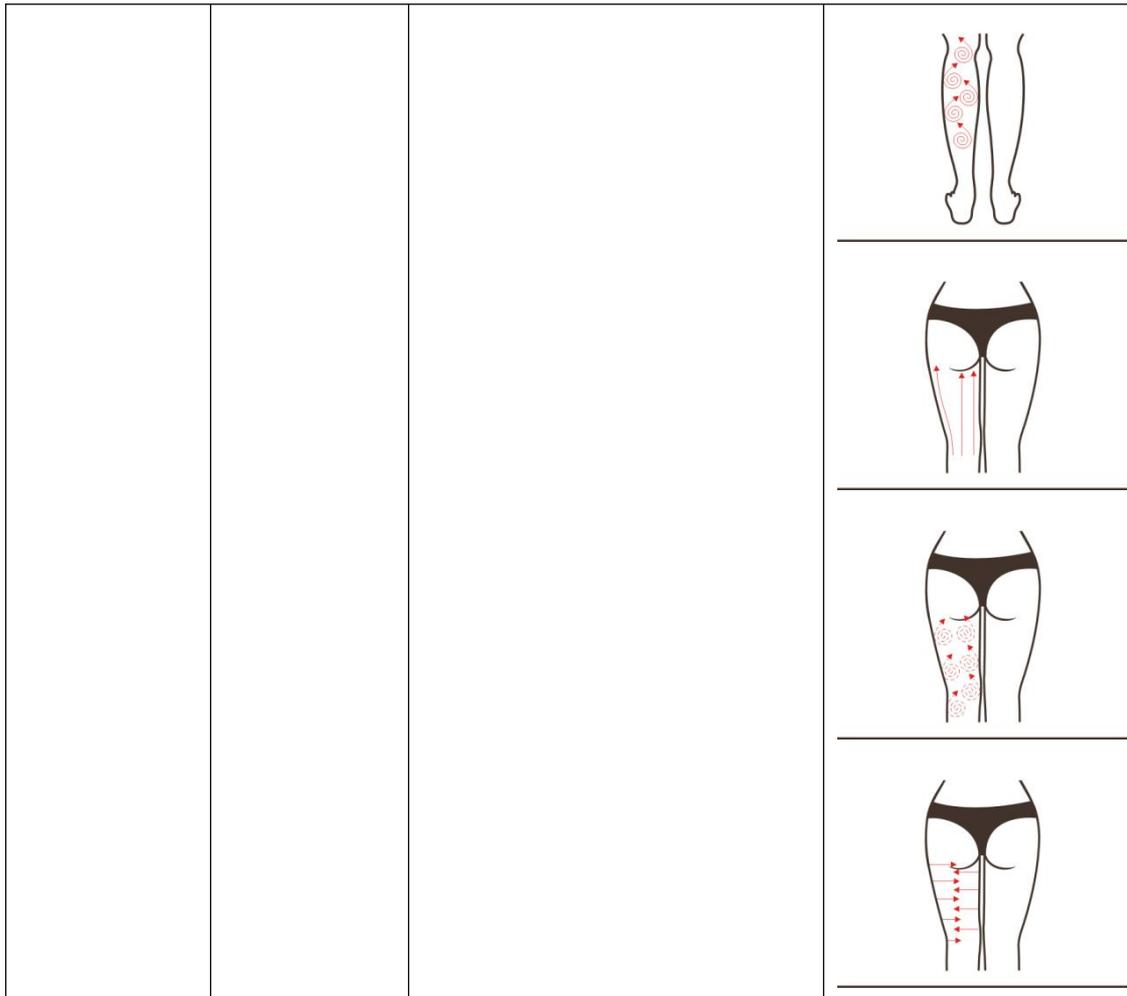
<p>Radio Frequency Energy: 30%-80% Radio Frequency Energy of Negative Pressure: 30%-80% Suction: 0.3-1.5 Release: 0-1.0 Mode: M1 Ultrasound energy: 30%-80% Mode: discontinuity</p>	<p>Essential oil (massage cream) + ultrasonic Gel + instrument</p>	<ol style="list-style-type: none"> <li>1. First left and then right, save oil in both hands from the forearm to the whole arm to the finger (this is a soothing action) 3 times.</li> <li>2. Push the whole arm alternately with the palms of both hands, three times.</li> <li>3. Push the three meridians (large intestine meridian-triple energizer meridian-small intestine meridian) to the axilla with two hands and tiger mouth separately, three times.</li> <li>4. Kneel your fingers and rub the three meridians on your hot arms three times</li> <li>5. Overall comfort until finger discharge, 3 times</li> <li>6. Radio frequency instrument operation, starting from the fat-rich part of the forearm, pushed along three meridians to the axilla, three times</li> <li>7. The position of the worship sleeve can be strengthened by circular circle along three meridians and collaterals to the armpit, three times.</li> <li>8. Push along the three meridians to the axilla three times</li> <li>9. Ultrasound Manipulation</li> </ol>	 <hr/>  <hr/>  <hr/>  <hr/> 
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		<p>lbid.</p> <p>10. Manipulate the other side as above</p> <p>11. End</p> <p>12. Put your hands around your abdomen and save oil three times.</p> <p>13. Rub your hands around your stomach three times</p> <p>14. Knead abdominal fat with both hands by chiropractic manipulation, 3 times</p> <p>15. Alternate lifting of the veins on both sides of the waist with both hands, 3 times</p> <p>16. Scratch your hands down to your waist and lift them up from your waist three times.</p> <p>17. Knead intestinal tract in small circles clockwise with both hands, 3 times</p> <p>18. Points: The Yuanzhu Grand Transverse Curvature of Shenque Gas Customs in Central Anhui, Central Anhui and Lower Anhui. 2 times</p> <p>19. Push your thumbs straight from the middle pole to the belly button, slide along both sides to the waist, and pat them up to the groin three times.</p> <p>20. Negative pressure radio frequency instrument operation, one side from the waist to the abdomen, one line next to the line to the groin, three times</p> <p>21. Tila the other side, three times</p> <p>22. Circle your abdomen three times</p> <p>23. Make a big circle in the</p>	 <hr/>  <hr/>  <hr/>  <hr/>  <hr/>  <hr/> 
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		<p>abdomen three times</p> <p>24. Type 8-character at the waist, 3-5 times</p> <p>25. Shape your waist up and down, 3-5 times</p> <p>26. Pull the veins on both sides together with your hands, 16 times</p> <p>27. Ultrasound technique as above</p> <p>28. End</p> <p>29. Save oil on the back to Fengfu Point in Fengchi for 3 times.</p> <p>30. Thumb transfer tendon (starting from hairline) 3-5 times</p> <p>31. Pull the bladder tendon outward with your thumb to Baqiao District, reassure the point according to Fengchifengfu Point, three times.</p> <p>32. Walk S-shaped with both hands, from neck to caudal vertebra, 3 times</p> <p>33. Alternate thumb push bladder tendon left and right, three times</p> <p>34. Push the bladder tendon to the Baqiao area with three kneeling fingers on both hands, three times.</p> <p>35. Push the scapular suture left and right alternately with both hands, three times</p> <p>36. Overlapping thumbs, clicking on Tianzong acupoint and sliding to the arm to discharge, 3 times</p> <p>37. Radiofrequency instrument operation, first supervise the vessel, then bladder tendon, from the</p>	 <hr/>  <hr/>  <hr/>  <hr/>  <hr/>  <hr/> 
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		<p>neck to the area of the eight buckles, 3-5 times</p> <p>38. Starting from the neck, the large ribs are operated back and forth, 3-5 times.</p> <p>39. Pull the scapular suture back and forth, left and right, 3-5 times</p> <p>40. Type 8 words from top to bottom horizontally to the eight-legged area three times.</p> <p>41. Circle the waist from the bottom to the top to the armpit, left to right, three times.</p> <p>42. Pull it up from the bottom to the armpit at the waist, 3-5 times.</p> <p>43. Negative pressure radio frequency manipulation is the same as the above.</p> <p>44. End</p> <p>45. Legs: Left to right, hands from calf oil to thigh bag back to heel, 3 times</p> <p>46. Push four meridians (bladder tendon-kidney meridian-liver meridian-gallbladder meridian) from bottom to top alternately with tiger's mouth for three times.</p> <p>47. Push the popliteal fossa with both hands alternately, three times</p> <p>48. Hand twist twist twist twist pattern from bottom to top, three times</p> <p>49. Push 4 meridians from bottom to top with kneeling fingers on both hands three times</p> <p>50. Operate the other side as</p>	 <hr/>  <hr/>  <hr/>  <hr/>  <hr/>  <hr/> 
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		<p>above</p> <p>51. Negative pressure instrument operation, pushing bladder tendon-kidney meridian-liver meridian-gallbladder meridian from bottom to popliteal fossa, three times</p> <p>52. Dissolve fat in small circles three times in the leg</p> <p>53. Push four meridians from popliteal fossa to thigh root three times</p> <p>54. Dissolve fat in small circles from popliteal fossa to thigh root 3 times</p> <p>55. Pull your hands in the middle on both sides of your thighs, three times.</p> <p>56. Ultrasound technique is the same as the above.</p> <p>57. Manipulation on the other side is the same as above</p> <p>58. End</p>	 <hr/>  <hr/>  <hr/>  <hr/>  <hr/>  <hr/> 
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Suggested treatment

Ten times is a course of treatment. After one time, the parts that have been operated will have a sense of fever and tightening. The hands, legs and back are obviously relaxed. The heating of abdomen can accelerate the metabolism of fat. After a course of treatment, fat in back and abdomen decreases, lines gradually reduce, fat in arms and legs decreases, and skin begins to tighten. After two courses of treatment, the effect of weight loss is obvious, skin tightness is improved, collagen under the skin is increased, pregnancy stria and skin relaxation are improved. The redundant fat gradually disappears in three courses. It help shape S curve and slender waist (one course reduce size, two courses strengthen effect, three courses consolidate without rebound)

### 3D frozen age management: 70 minutes once a week

<p>Facial radio frequency energy: 30%-80%          Model: PRO          Eye BIO energy: 30%-80%          Patterns: Continuity          Cold hammer: Energy: 30%-80%          Mode: COLD</p>	<p>Cleansing Oil + Cleansing Milk + base film + massage cream + facial Radio + Eye Radio + essence + face.</p>	<ol style="list-style-type: none"> <li>1. Clean makeup for 5 minutes.</li> <li>2. Skin toner, 2 minutes</li> <li>3. Apply moisturizing film for 10 minutes</li> <li>4. Clean face for 2 minutes.</li> <li>5. Apply Massage Ointment on face at five points.</li> <li>6. Open evenly from chin to forehead.</li> <li>7. Alternate hands to lift forehead three times</li> <li>8. Hand beauty refers to punching Z on the forehead.              Word, click temple, 3 times</li> <li>9. Points (Chengshu, Dicang, etc.)              Renzhong acupoint, Yingxiang acupoint, Cheek Che acupoint, Temples) 3 times</li> <li>10. Full face comfort, twice</li> <li>11. Hands alternately lifted in three lines.              Chin to earlobe, corner of mouth to ear door, Nasal alar to temple, lower eyelid to Tai Yang Point, Lift the Eye Corner, Forehead to Hair Lift in the direction of the line three times</li> <li>12. Manipulate the other side as above, 3 times</li> <li>13. Full face comfort, twice</li> <li>14. Hand Beauty Guidance</li> </ol>	 <hr/>  <hr/>  <hr/>  <hr/>  <hr/> 
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		<p>Press (Smart) Points, Cuanzhu Point, Yuyao Point, Silk Bamboo Point</p> <p>Empty, temple, pupil, crying,)3 times</p> <p>15. Circle your hands around your eyes to soothe.</p> <p>Click on the temple three times</p> <p>16. Unilateral, Beauty refers to a small circle across the lower eyelid to discharge behind the ear, three times.</p> <p>17. Unilateral, beauty refers to lifting the upper eyelid from the inner corner of the eye to the back of the ear, three times.</p> <p>18. Single-sided scissors, hand-held eye angle, 3-5 times</p> <p>19. Manipulate the other side as above, 3 times</p> <p>20. Circle your hands around your eyes to soothe and press the temple 3-5 times.</p> <p>21. Do the third-line promotion again, do the other side, three times</p> <p>22. Massage the neck. Pull the oil bag on the chest with both hands until the back of the neck. Press Fengfu Point in Fengchi for 3 times.</p> <p>23. Alternate lifting of the jaw and chin with both hands until they pass through the ear to the</p>	      
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		<p>axilla, 3 times</p> <p>24. Hukou circled three meridians on the neck side and discharged them under the axilla three times.</p> <p>25. Four fingers were plucked at three meridians on the neck side and discharged under the axilla three times.</p> <p>26. Kneel your fingers and rub the hot neck side to the axilla to drain, 3 times</p> <p>27. External clavicle was allocated to axilla 3-5 times at the mouth of tiger</p> <p>28. Manipulation on the other side is the same as above</p> <p>29. Clean face and neck for 5 minutes</p> <p>30. Oxygen injector (pure water), full face and neck circle operation, 5 minutes</p> <p>31. evenly apply the essence to the face and eyes for 1 minutes.</p> <p>32. Facial radio frequency instrument operation, from chin to forehead, line by line upward circle lifting, with hands together upward lifting (three-line lifting technique), three times</p> <p>33. Manipulation on the other side is the same as above</p> <p>34. Operating with an eye radio frequency instrument, make small circles in the lower eyelid to the temple 3-5 times.</p>	 <hr/>  <hr/>  <hr/>  <hr/>  <hr/>
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		face cream, eye cream, neck cream, sunscreen. 49. End	
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Suggested treatment

Ten times is a course of treatment. After one time, the skin is compact, tender, delicate and smooth, the eye is lifted and tightened, and the blood circulation of the eye is accelerated. After a course of treatment, the fine lines, neck lines, dark circles of the eyes were diluted and the skin was brightened. After two courses of treatment, the whole skin is smooth, compact and full, elastic, and the double chin is reduced. After three courses of treatment, it prevents and delays skin aging, flabbiness and sagging, and restores skin to youthful state.