

User Manual

MS-7207F



Preface

Dear Users,

We're pleased to present to you our latest 7-in-1 comprehensive beauty machine, which uses face RF, BIO, Body RF, vacuum&RF, 40k, vacuum cup and lipo laser technologies for skin firming and body slimming. It is a professional beauty machine, which needs to be operated by professionals with proper training. Any improper use will result in adverse outcomes. Therefore, we advise any personnel to read this manual thoroughly and follow the instructions strictly before operation. We believe our quality product will bring in good returns on your end. Also, you can count on our worry-free after-sales service.

Thank you!

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Part I

Introduction

Multi-polar RF, vacuum RF, BIO, 40K, vacuum cup and lipo laser are currently most popular approaches to helping people with skin-firming, body-shaping and anti-ageing. And so, this machine is an effective replacement of all the facial and body care treatments in beauty salons. Moreover, it is convenient and easy to operate. It solves both skin and body management problems for beauty-seekers. This equipment requires no injection, no medication, and no operation, for which it has no side effects. It is used externally during the whole process and has an immediate effect. RF heats deeper skin layers, stimulates collagen to regenerate and reorganize in dermis, and promotes blood circulation at skin bottom, which can achieve the results of skin firming and anti-aging. Ultrasounds with specific frequencies target those parts in which there are stubborn fat to bring customers amazing results. 160mw laser has strong penetration, which can reach the bottom of fat layer and then heat and dissolve fat. It is safe and painless without side effects. Meanwhile, the BIO function can promote cell's vitality, and expel free radicals to rejuvenate skin.

Advantages

1. 7-in-1 beauty machine for facial and body care.
2. The ultrasonic wave can powerfully burn and remove fat, which surpasses liposuction to solve the problems for obese people.
3. There are several hand pieces for treatment. You can use corresponding one based on different needs and different treatment areas.
4. Single hand piece has various functions. The RF has more powerful and even energy release.
5. The perfect combination of ultrasound, radio frequency and lipo laser solves major problems in losing weight. It helps with weight loss and meanwhile firms skin, increases skin elasticity, promotes metabolism, and ultimately strengthen people's constitutions.
6. It adopts the advanced technology of ultrasonic wave fat-burning.
7. It is painless and non-invasive treatment process. Once the treatment is over, customer can go back home and there is no downtime, which means it will not affect customer's life and work.
8. No consumption, low cost and quick returns.
9. Wider treatment range for body and face.
10. Unevenness, bleeding, and swelling will not appear after treatment.
11. Various handpieces have the energy release of red LED light, which can dissolve fat and massage body, and accelerate metabolism and sterilize skin at the same time. It gives users remarkable effects and higher level of comfort.
12. It can dissolve fat in a safe and painless way, leaving skin smooth without scars.

13. 160mw laser has strong penetration, which can reach the bottom of fat layer and then heat and dissolve fat.

14. Massaging skin and muscles with a special vacuum&RF handpiece can effectively improve the humoral fluidity of human cells, and increase the movement of cells to improve skin elasticity.

15. There are different kinds of vacuum cups, which can be used according to individual needs.

Working Principle

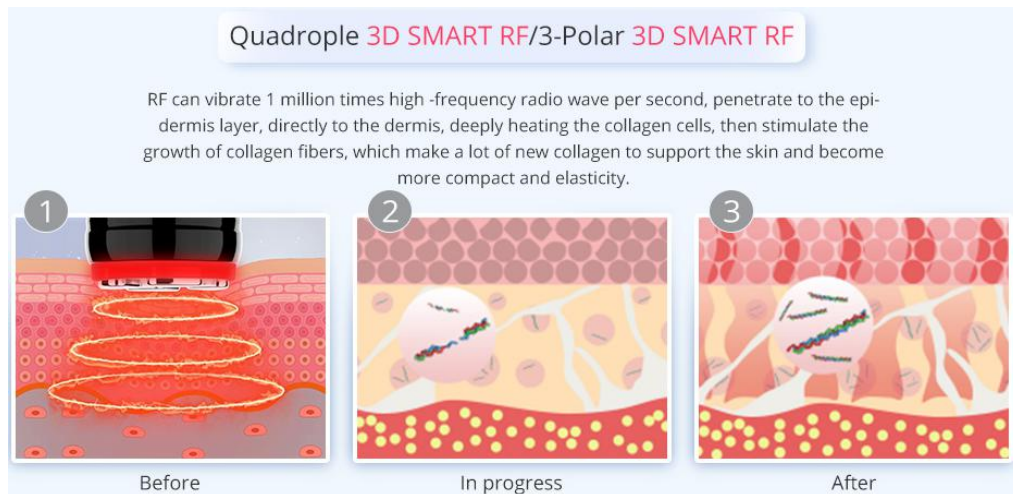
1. Face RF

RF wave can directly penetrates the skin and uses the resistance formed by the skin to produce energy, which raises the temperature of the bottom layer of the skin. Using the principle of dermis collagen protein tightening and stimulating collagen protein regeneration, it has two therapeutic effects: timely skin firming and lasting collagen protein regeneration.

After treatment, an obvious sense of contraction can be felt immediately at the treatment area, and the effect of skin firming and lifting can be seen about a month later, and the effect will become more and more obvious. The effect of RF treatment can last for about 18 months to 3 years depending on the area of treatment and individual maintenance methods, which, however, may be longer depending on individual maintenance methods. The latest research points out that better results can be achieved after repeated treatment.

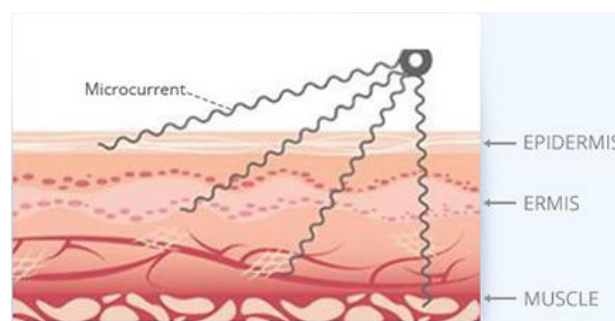
Biological Effects

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



2. BIO

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



3. Large/small Lipo Laser Pads

Laser fat-dissolving device uses red laser with a wavelength of 635nm-650nm, which has a visible spectrum. The laser with such wavelength has strong penetration, which can penetrate through fat layer and dissolve subcutaneous fat by heat. It is safe without side effects or pain.

Low-level laser energy chemical signals are sent to fat cells to break down triglycerides stored in the body's fat layer into free fatty acids and glycerol and release them through membrane channels. Fatty acids and glycerol are transported to tissues that produce metabolic energy. The release of fatty acids is a natural response when the body needs to use stored energy reserves, so there is no unnatural reaction in the

body, nor does it affect or damage surrounding structures such as skin, blood vessels and peripheral nerves. After a period of exercise therapy, it can be seen that the free fatty acids of the body are eliminated through complete metabolism.

Biological Effect

It uses 635nm - 650nm LED laser to heat fat cells in the target zone to make it decompose. In a very short period of time, fat deposition is only absorbed and excreted by our body's natural metabolic process. In the process of operation, the laser can introduce heat into the treatment area to stimulate the production of collagen, thus delivering the effects of smoothing & tightening skin and shaping body. Low-energy laser(biological stimulation) is used here to work on deep fat. It stimulates biological cells and induces or strengthens a series of physiological reactions by releasing energy, including promoting local blood circulation, regulating cell function, enhancing immune function and promoting cell metabolism. It can tighten skin, reduce wrinkles, remove fat, and shape body concurrently. Laser has so strong penetration that it can penetrate through fat layer to heat up and dissolve subcutaneous fat. The treatment is safe and painless without side effects.

Using the latest non-operative and non-invasive laser fat decomposition technique, it can release low-level laser energy. It produces a kind of chemical signals in the fat cells, which will dissolve the triglycerides stored in body into free fatty acid, glycerin and water molecules. And this is the natural reaction when human body needs to use the energy reserves. The free fatty acids are transported into the whole body through the lymphatic system to provide energy, just like body will react when there is a lack of energy.

4. Vacuum Cup/Grease Cup

Face Vacuum Cup

The vacuum cup is directly applied to the facial skin to achieve the effect of deep cleansing. (Vacuum: lower than normal pressure. The use of vacuum is very common. People often make a certain part of the space in a state of negative pressure, and then they can use the ubiquitous atmospheric pressure to work for us. For example, when people breathe, negative pressure occurs when their lungs are contracted, during which it forms a pressure difference inside and outside and fresh air is pressed into lungs.) Vacuum cleaning is the application of this principle, which cause no pains to people. It can remove blackheads, whiteheads, grease and dirt and other residues at deep level in the pores.

Grease Cup

Massaging skin and muscle with a special vacuum cup can effectively improve the humoral fluidity of the cells, increase the movement of the cells and activate the cells to increase the elasticity of the skin and reduce fine lines. Vacuum movement can stimulate the surface and deep level of sympathetic nervous system to lower skin sensitivity and promote skin's immunity.

Vacuum Cup

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

Breast-augmentation Cup

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

Cups for Private parts

The negative pressure in the cup can make the local capillaries congested, stimulate the organs, enhance cell vitality, promote the functional activity, and improve the resistance of the body. The mechanical stimulation of negative pressure can be transmitted to the central nervous system through the reflex pathway, which can adjust the neural activity to keep its balance. During the operation, the suction and release, and the increase and disappearance of negative pressure make local pores open and close continuously, promote skin respiration and increase the amount of oxygen absorbed, which can speed up the removal of waste, promote the contraction of pelvic smooth muscles, promote blood circulation, balance the endocrine system, increase progesterone, and force the secretion of hormones in the body.

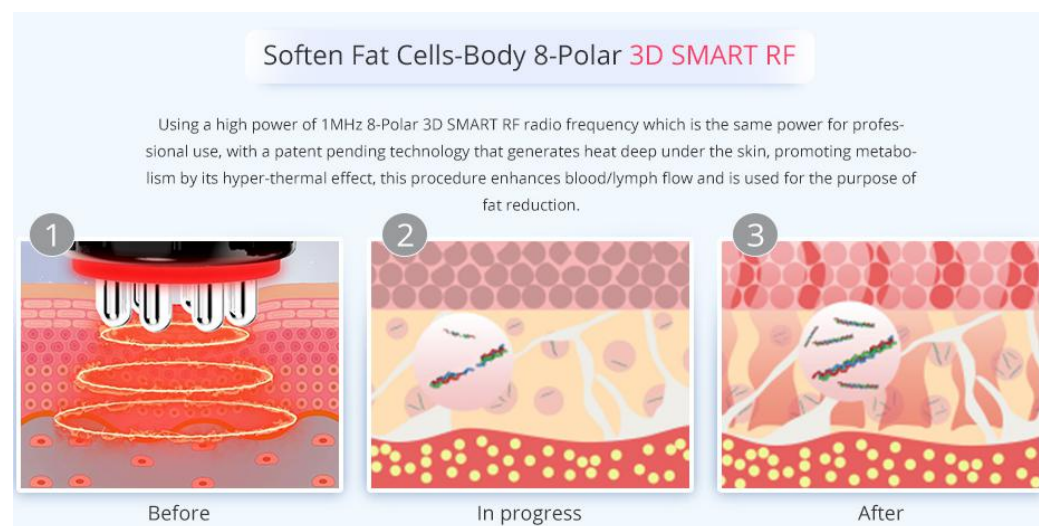
5. Body RF

Based on the RF thermal effect, a specific radio frequency wave is produced at a

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

Biological Effects

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



6. 40K&RF

40K

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

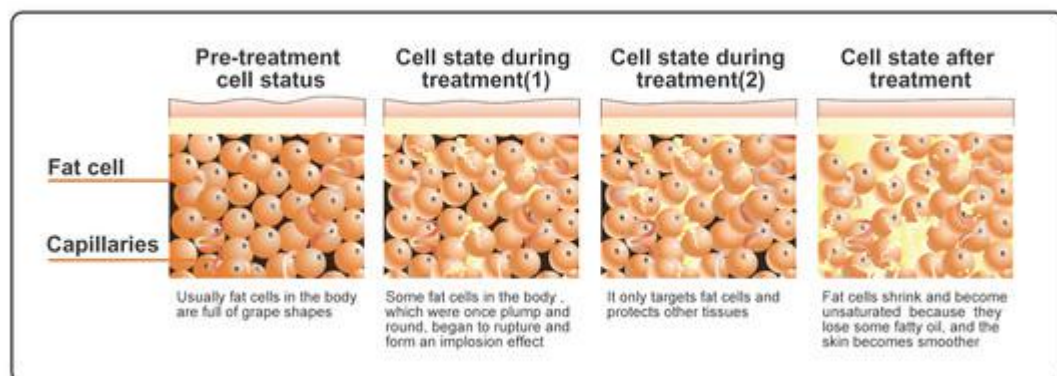
Ultrasonic Cavitation: Tens of thousands of tiny bubbles, namely cavitation bubbles, are produced by vibration of liquid. These bubbles grow in the negative pressure region formed by the longitudinal transmission of ultrasound, which will close rapidly

in the positive pressure region to be compressed and stretched under alternating positive and negative pressures. When the bubbles burst, there will be huge instantaneous pressure of up to tens of MPa to hundreds of MPa, and strong vibration and noise will be produced.

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

RF

RF waves directly penetrate the skin, making use of the resistance formed by the skin to produce heat to promote collagen growth by raising the temperature of the bottom layer of skin and heating tissue quickly and continuously. In this way, it can achieve the effects of firming, lifting and smoothing skin.



7. Body Vacuum&RF

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

Advantages: it is superior to the previous vacuum working mode which is single and simple. Using different modes for different parts can be more efficient and more

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

Vacuum Physical Effects

1. Skin layer

The suction and release of air pressure:

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

Effects: redundant water is discharged from tissue fibers.

2. Vascular layer

The suction and release of air pressure:

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

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

3. Fibrous layer

The suction and release of air pressure:

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

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

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

4. Nerve layer

The suction and release of air pressure:

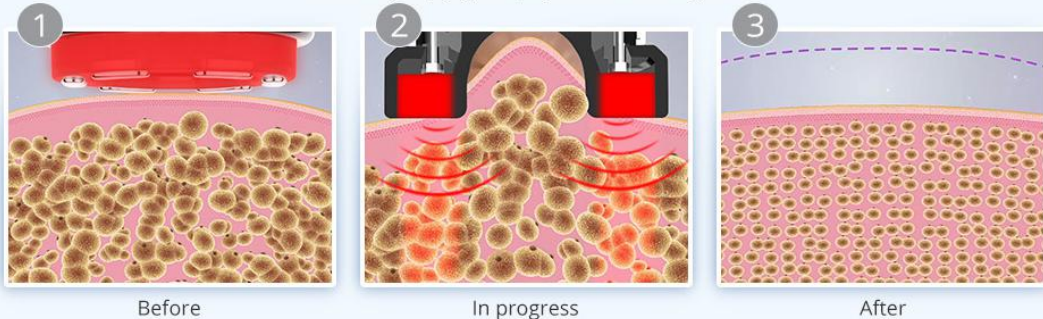
It stimulates the surface and deep layer of sympathetic nervous system.

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

Effects: Repair cells and lower skin sensitivity.

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.



Face Firming and Anti-ageing

1. Handpieces

Face RF+BIO

2. Effects

1. Firm skin and smooth out fine lines
2. Relive saggy condition of skin
3. Build face contour and make face have stereoscopic appearance
4. Moisturize skin and promote skin's absorption
5. Accelerate metabolism and blood circulation
6. Stimulate collagen regeneration and slow down skin ageing

3. Applicable Range

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

4. Inapplicable Range:

1. Those who have just undergone plastic surgery with prostheses and metal materials, etc., implanted at the operation area.
2. Those who have used injection products recently, such as hyaluronic acid, skin

booster, and wrinkle-removal products.

3. Those who have hypertension, heart disease, diabetes, severe hyperthyroidism, malignant tumor, etc.
4. Those who are in allergic period and have severely sensitive skin and metal allergies.
5. Those who have lesions on the skin.
6. Those who are of advanced years.
7. Those who are in menstruation, pregnancy, lactation, surgical recovery.
8. Those who have skin diseases and infectious diseases.
9. Those who have unrealistic expectations about the effect.

5. Do's and Don'ts after operation

1. Wash face with warm water within three days
2. Stay hydrated and use suncream
3. Do not use irritating products such as AHA, scrubbing and exfoliating products within one week
4. Do not stay up late, avoid drinking alcohol and smoking cigarettes and eat more fruits, vegetables and foods with less grease.
5. Apply face mask at least three times within a week

Firming for V-shaped Face

1. Handpieces

Face RF+BIO+Small Lipo Laser Pads

2. Effects

1. Firm face and lead nutrients into deep skin.
2. Increase skin elasticity and exquisiteness.
3. Moisturize skin and increase the absorption rate of the skin.
4. Accelerate blood circulation and metabolism.
5. Relieve the condition of double chin and tighten skin.
6. Stimulate collagen regeneration and slow down aging.

3. Applicable Range

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

7. Those who have sagging skin, edema or puffiness after giving birth
8. Those who have double chin and unwanted fat on neck.

4. Inapplicable Range

1. Those who have just undergone plastic surgery with prostheses and metal materials, etc., implanted at the operation area.
2. Those who have used injection products recently, such as hyaluronic acid, skin booster or wrinkle remover.
3. Those who have hypertension, heart disease, diabetes, severe hyperthyroidism, malignant tumor, etc.
4. Those who are having allergic reactions, who have severely sensitive skin or metal allergies.
5. Those who are of advanced years.
6. Those who are in menstruation, pregnancy, lactation, or operation recovery period.
7. Those who have skin diseases and infectious diseases.
8. Those who have unrealistic expectations about the effects.

5. Do's and Don'ts after operation

1. Wash face with warm water within three days
2. Stay hydrated and use sunscreen
3. Do not use irritating products such as AHA, scrubbing and exfoliating products within one week
4. Do not stay up late, avoid drinking alcohol and smoking cigarettes and eat more fruits, vegetables and foods with less grease.
5. Apply face mask at least three times within a week.

Facial Cleansing Treatment

1. Handpieces

Face Vacuum Cup+Grease Cup+BIO

2. Effects

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

3. Applicable Range

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

4. Inapplicable Range

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

5. Do's and Don'ts after operation

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

Eye Anti-wrinkle

1. Handpieces

BIO

2. Effects

1. Relieve eye fatigue, dark circles, eye bags and edema.

2. Reduce lines around eyes and crow's feet.
3. Reduce dark spots and accelerate blood circulation.
4. Accelerate metabolism and prevent pigmentation.
5. Supplement eyes with nutrition and moisturize skin.
6. Firm and soften skin, lift the corners of the eyes.
7. Accelerate blood circulation around eyes and help skin absorb nutrients efficiently.

3. Applicable Range

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

4. Inapplicable Range

1. Those who had just undergone plastic surgery.
2. Those who have hypertension, heart diseases, diabetes, severe thyroid diseases and malignant tumors.
3. Those who are having an allergic reaction and have severely sensitive skin or are allergic to metals.
4. Those who have skin traumas or wounds.
5. Those who are of advanced years.
6. Those who are pregnant or who are on the road to recovery from operations.
7. Those who have skin diseases and contagious diseases.

5. Do's and Don'ts after Operation

1. Avoid excessive exposure to the sun. Suncream is encouraged to use.
2. After operation, the treated area is relatively dry and so being hydrated and protection against sunburn are encouraged.
3. Within 1-3 days after operation, it is better not to use alcohol, AHA or other exfoliating products.
4. Avoid facial washing with overheated water, taking a sauna, going for hot springs or other violent exercise within 7 days after operation.
5. Moisturizers and eye masks are encouraged to use. It will be preferable to use eye masks 3 times or more a week.

Neck Care

1. Handpieces

Face RF

2. Effects

1. Reduce the flabbiness, roughness and dullness of the neck skin.
2. Firm skin and increase skin elasticity.
3. Remove double chin.
4. Accelerate lymph detox and improve facial skin.
5. Prevent neck and lymph diseases.

3. Applicable Range

1. Those with rough and dull skin on the neck.
2. Those with lymphatic blocking
3. Those with sagging and inelastic neck skin.
4. Those who often bow their heads
5. Those who are not satisfied with their neck tone.

4. Inapplicable Range

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

5. Do's and Don'ts after Operation

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

Lymphatic Detox

1. Handpieces

Vacuum Cup+Grease Cup

2. Effect

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

3. Applicable Range

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

4. Inapplicable Range

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

5. Do's and Don'ts after Operation

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

Body Management

(1) Waist&Abdomen Shaping

Handpieces: 40K&RF+Vacuum&RF+Lipo Laser Pads

1. Effects

1. Relieve cold hands and cold feet, cold womb or cold body of women.
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 improve intestinal peristalsis.

2. Applicable Range

1. Those with cold feet, cold hands, cold womb and cold body.
2. Those with lumbar and abdominal fat or who have sagging skin after birth.
3. Those who often sit for a long time, or have unsatisfactory waistlines.
4. Those with stretch marks.
5. Those with constipation or obstruction of abdominal meridians.

3. Inapplicable Range

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

4. Do's and don'ts after Operation

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

(2) Arm Shaping

Handpieces: 40K&RF+Vacuum&RF+Lipo Laser Pads

1. Effects

1. Stimulate collagen growth in the bottom of the skin to shape and firm it.
2. Improve sagging skin.
3. Improve flabby arms and thick arms.
4. Soothe and firm sagging skin.
5. Tighten skin.
6. Accelerate blood circulation and dredge meridians and collaterals.

2. Applicable Range

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

3. Inapplicable Range

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

4. Do's and Don'ts after Operation

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

(3) Back Shaping

Handpieces: 40K&RF+Vacuum&RF+Lipo Laser Pads

1. Effects

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

2. Applicable Range

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

3. Inapplicable Range

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

4. Do's and Don'ts after Operation

1. Keep warm, avoid cold air and drink plenty of hot water.

2. Take shower in 4-6 hours after operation.
3. Avoid staying up late, drinking and overeating.
4. Avoid raw, cold and spicy foods and get enough sleep.
5. Avoid shoulder-baring and backless clothes

(4) Leg Shaping

Handpieces: 40K&RF+Vacuum&RF+Lipo Laser Pads

1. Effects

1. Tighten skin and prevent sagging.
2. Stimulate collagen regeneration and improve fat lines.
3. Increase leg circulation and detoxification, metabolism.
4. Promote blood circulation and remove blood stasis, dredge channels and collaterals, and prevent varicose veins.
5. Tighten excessive protruding fat on legs and get rid of fat on thick thighs.

2. Applicable Range

1. Those with poor circulation of lower limbs, edema and obese people.
2. Those who have low immunity and feel discomfort and pain all over the body are prone to colds.
3. Those with constipation and has coarse, flabby skin.
4. Those whose channels and collaterals of the legs are blocked, and the proportion of the legs is poor.

3. Inapplicable Range

1. Those who are in menstruation, pregnancy or lactation.
2. Those with hypertension, heart disease, diabetes, severe hyperthyroidism, malignant tumor, etc
3. Those with skin diseases or infectious diseases.
4. Those who have incisions on their bodies.
5. Patients with severe varicose veins and tumors.
6. Those who are having allergic reactions or who have severely sensitive skin.
7. People who have just had liposuction.
8. Those who are of advanced years.
9. Pregnant women or who are on the road to recovery.

4. Do's and Don'ts after Operation

1. Keep warm after operation. Do not eat cold food.
2. Take shower in 4-6 hours later.

3. Drink more warm water to keep hydrated and speed up metabolism.
4. Do not eat and drink too much or stay up late.
5. Avoid sauna, hot spring or strenuous exercise for 7 days after operation.
6. Wear pants after operation. Avoid wearing miniskirts and shorts.

Breast-augmentation Treatment

1. Handpieces

Breast-augmentation Cups

2. Effect

1. Relieve breast sagging and outward expansion
2. Relive premenstrual breast pain.
3. Dredge and correct the breasts.
4. Prevent breast cyst.
5. Prevent breast cancer.
6. Shape chest

3. Applicable Range

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

4. Inapplicable Range

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

5. Do's and Don'ts after Operation

1. Take a shower in 4-6 hours.
2. Avoid getting a cold
3. Do not eat spicy and greasy foods
4. Drink more hot water to accelerate metabolism
5. Do not stay up late, smoking cigarettes and drink alcohol.
6. Wear bras that are comfortable and conducive to fix breasts. Do not squeeze breasts too hard.

Hip-augmentation Treatment

1. Handpieces

Breast-augmentation Cups

2. Effect

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

3. Applicable Range

1. Those whose buttocks are sunken, flat, and not sexy enough.
2. Those whose buttocks are flat and not well-shaped with insufficient fat.
3. Those who need to have a more perfect figure psychologically or professionally.
4. Those who have satisfactory size of buttocks, but without enough plumpness, or who have no noticeable contour of buttocks.
5. Those who have fat accumulating in the waist and buttocks to form "square buttocks".

4. Inapplicable Range

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

5. Do's and Don'ts after Operation

1. Take a shower in 4-6 hours.
2. Avoid getting a cold
3. Do not eat spicy and greasy foods
4. Drink more hot water to accelerate metabolism
5. Do not stay up late, smoking cigarettes and drink alcohol.
6. Wear knickers that can help lift hips.
7. Take some exercise to lift hips after treatment.

Treatment for Private Parts

1. Handpieces

Cups for Private Parts

2. Effect

1. Improve vaginal lubrication.
2. Improve vaginal tightness.
3. Balance endocrine system.
4. Improve the quality of sex life and sexual sensitivity.
5. Lighten the color of perineum.
6. Discharge vaginal toxin and residual metabolites, restore vaginal cleanliness and balance

3. Applicable Range

1. Those who have experience in pregnancy, childbirth, abortion, contraception, sex, etc.
2. Those who have irregular menstruation (dysmenorrhea, small amount, blood clots).
3. Those who have skin problems caused by endocrine disorders such as spot, acne, dark and sallow skin and so on .
4. Those whose leucorrhea is abnormal with a bad smell.
5. Those who have decreased memory and immunity.
6. Those who have disharmonious sex life.

4. Inapplicable Range

1. Those who are in pregnancy and lactation and who have periods

2. Those who are taking operation treatment or recovering from operation
3. Patients who have heart diseases, hypertension and so on
4. Those who have skin diseases, infectious diseases or sensitive skin.

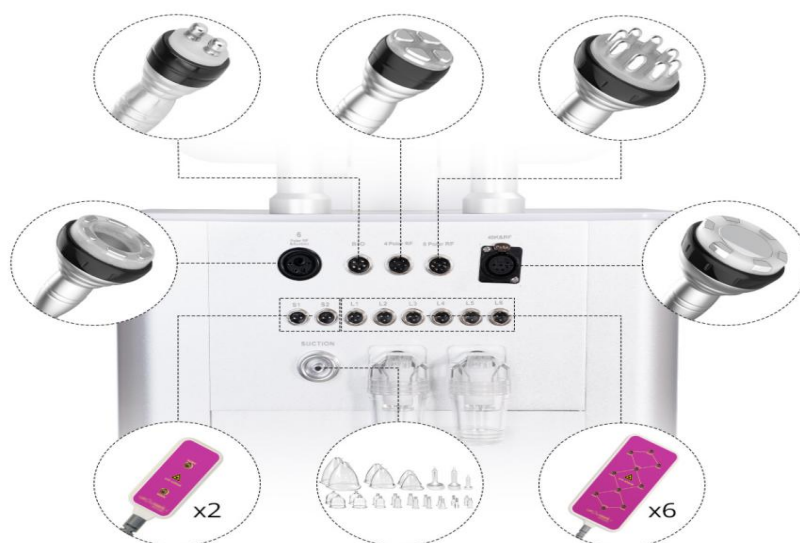
5. Do's and Don'ts after Operation

1. Take a shower in four hours after treatment.
2. Drink plenty of warm water, avoid drinking cold water and eating raw, cold and spicy food.
3. Change underwear on a daily basis. Underwear should be made of soft material such as pure cotton and silk. The underwear made of chemical fiber should be less used as possible as one can. Avoid wearing overly tight underwear.
4. Towels and underwear should be dried in the sun or sterilized in boiling water. Drying them in a humid environment can cause fungal growth.
5. Do not have intercourse immediately after taking the treatment.

Part II

1. Detailed Operation

Connect all parts to the machine body as the picture below shows.



After checking all are connected properly, the starting interface will appear when the power switch is pressed.



1. Function Selection



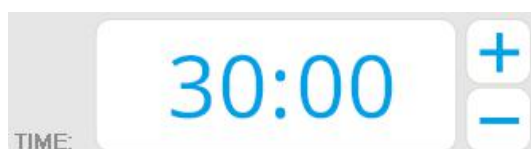
home button



reset button



start/stop button

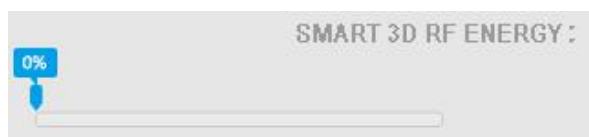
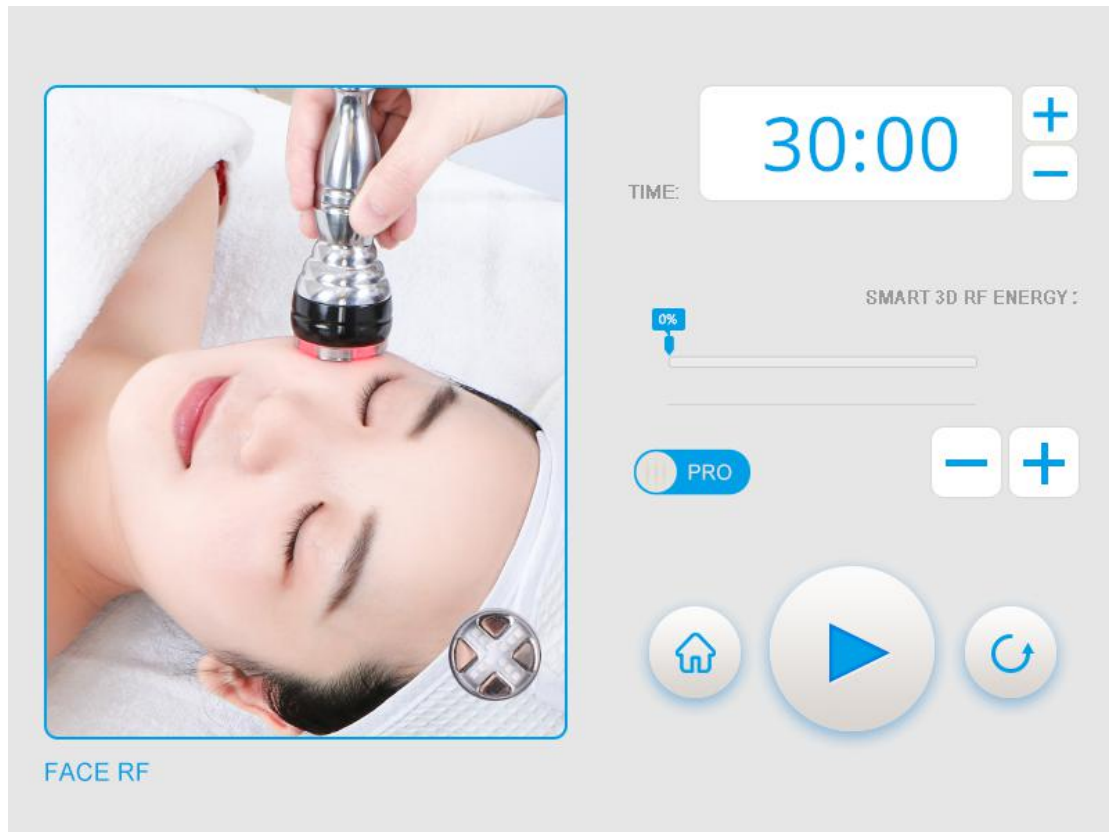


time display and adjustment

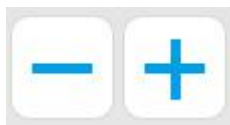
2. Detailed Operation of Face RF



choose **Face RF** to enter the following interface



energy level display



buttons for adjusting energy level



working mode selection

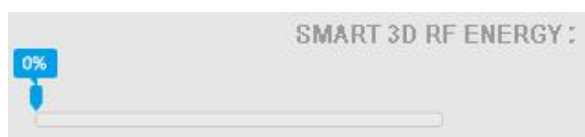
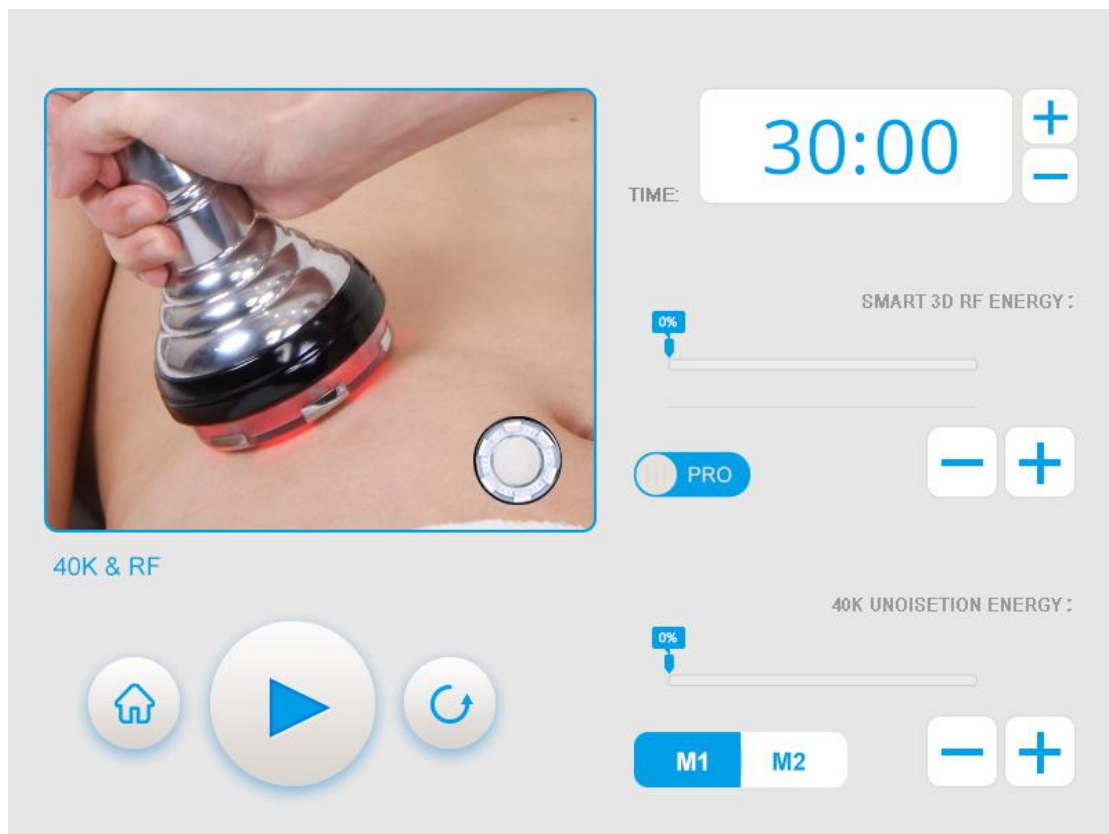
NOR: fixed mode, after pressing start button, the red light is on and the energy of the handpiece directly reaches preset level.

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

3. Detailed Operation of Body RF



choose **Body RF** to enter the following interface



energy level display



buttons for adjusting energy level



working mode selection

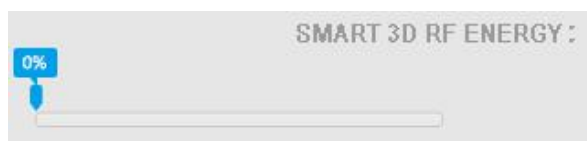
NOR: fixed mode, after pressing start button, the red light is on and the energy of the handpiece directly reaches preset level.

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

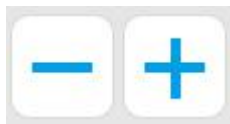
4. Detailed Operation of Vacuum&RF



choose **Body Vacuum & RF** to enter the following interface



energy level display



buttons for adjusting energy level

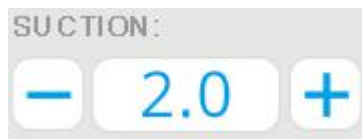


working mode selection

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

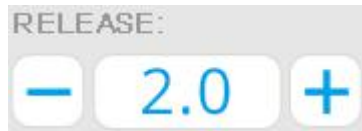
PRO: smart mode, after start button is pressed and the handpiece touches skin, the

red light is on and the energy of the handpiece slowly reaches preset level.



suction time display and adjustment(suction time is

longer than release time.)



release time display and adjustment(when it is zero, the

handpiece is at Constant Suction status).



mode selection

M1 is Constant Suction mode, (suitable for the people who want to shape body and need cupping therapy for detox)

M2 is Suction&Release mode with high frequency of release(suitable for the people who want massage for detox and promoting circulation)

M3 is Suction&Release mode with lower-than-M2 frequency of release(suitable for the people who need massage and lower-than-M2-intensity cupping therapy for detox)

M4 is Suction&Release mode with lower-than-M3 frequency of release(suitable for the people who need massage and lower-than-M3-intensity cupping therapy for detox)

M5 is Suction&Release mode with highest frequency of release(suitable for the people who want to massage and relax body.)

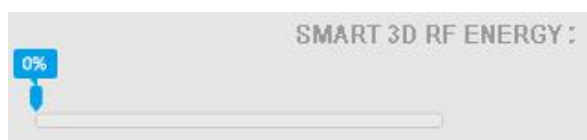
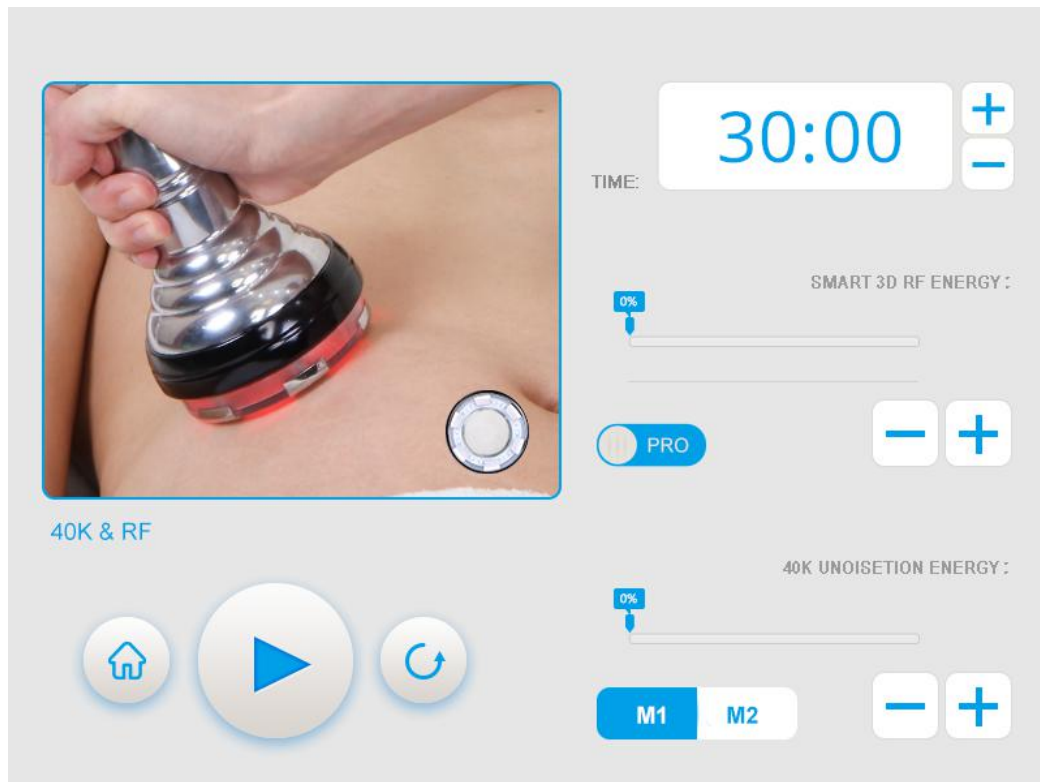


knob for adjusting suction level(turning clockwise is to increasing suction and turning anticlockwise is to decrease suction)

5. Detailed Operation of 40K&RF



choose **40K&RF** to enter the following interface



RF energy level display



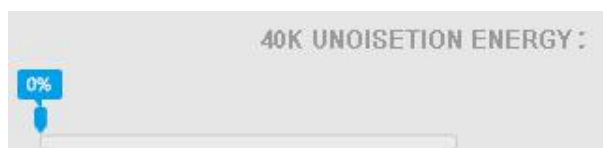
button for adjusting RF energy level.



RF working mode selection

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

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



40K energy level display



buttons for adjusting energy level of 40K



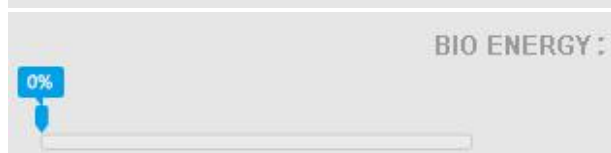
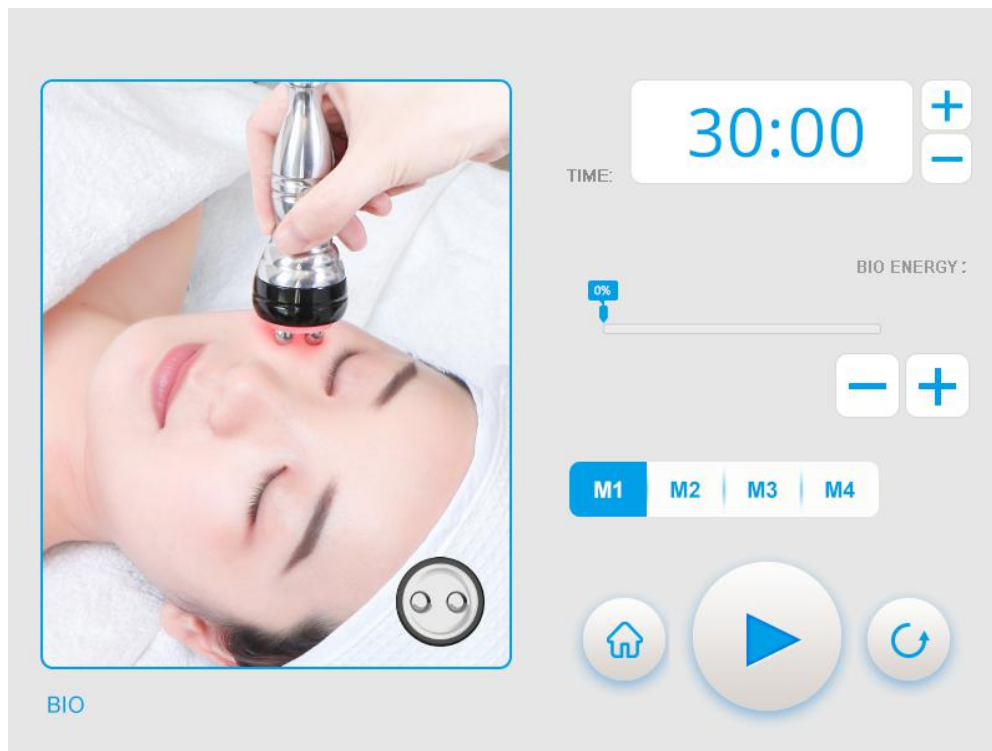
40K mode selection

M1 is constant working mode, suitable for those who have thick fat accumulation.
M2 is discontinuous working mode, suitable for those who have fat on some areas and want to shape body.

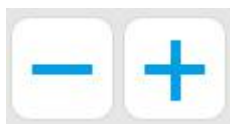
6. The Detailed Operation of BIO



choose **Bio** to enter the following interface



energy level



buttons for adjusting energy level



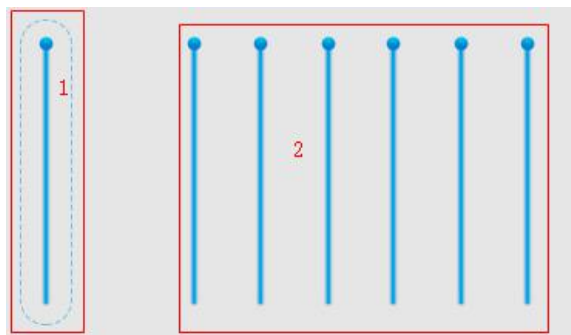
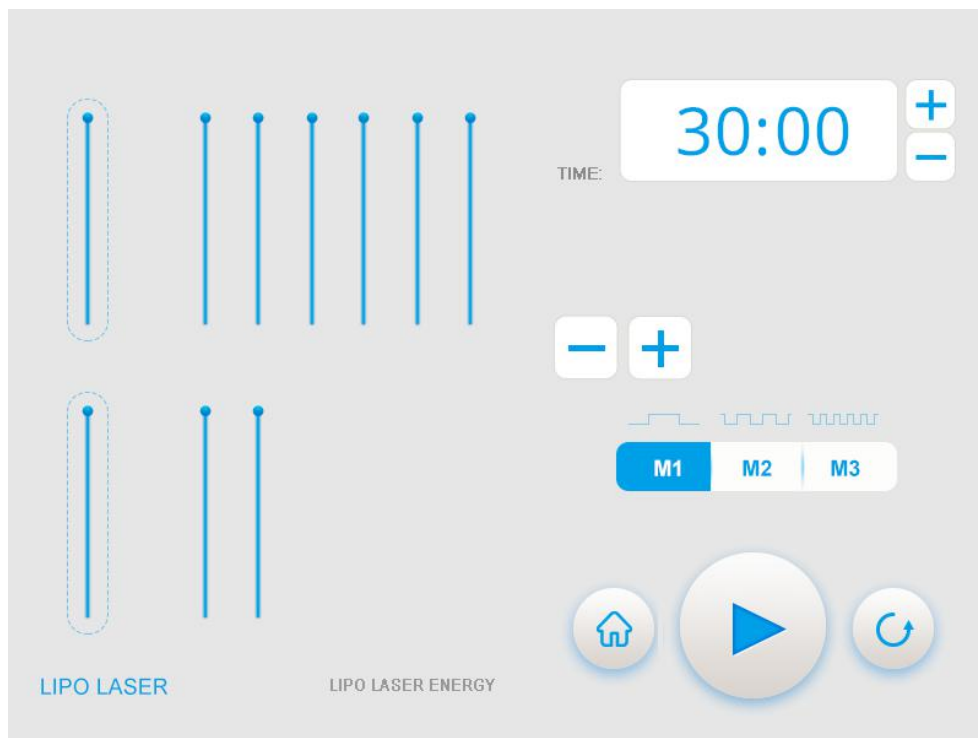
mode selection

M1 with low-frequency of electric current release, suitable for the first-time users
M2 with higher frequency of electric current release than M1, suitable for dull skin.
M3 with higher frequency of electric current release than M2, suitable for the skin which is rough and lacks nutrients
M4 is constant working mode, suitable for dry, rough and dull skin.

7. Detailed Operation of Lipo Laser

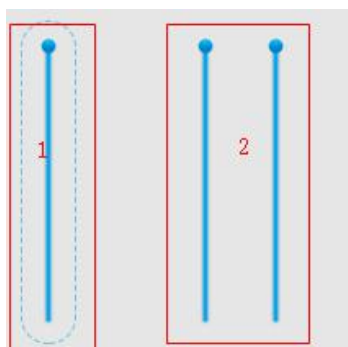


choose **Lipo Laser** to enter the following interface



energy level display for large Lipo Laser

pads



energy level display for small Lipo Laser pads

When the leftmost bar is enabled("1" area), the energy of all laser pads are adjusted simultaneously.

If you need to adjust the energy level of a certain laser pad, choose corresponding energy-displaying bar("2" area), and then press the buttons for adjusting energy level.



buttons for adjusting energy level



mode selection

M1: constant working mode(the laser pads work constantly, suitable for those who have severe fat accumulation and want efficient fat-reducing effect)

M2: discontinuous working mode(low frequency of laser flash, suitable for those who want to consolidate treatment effects)

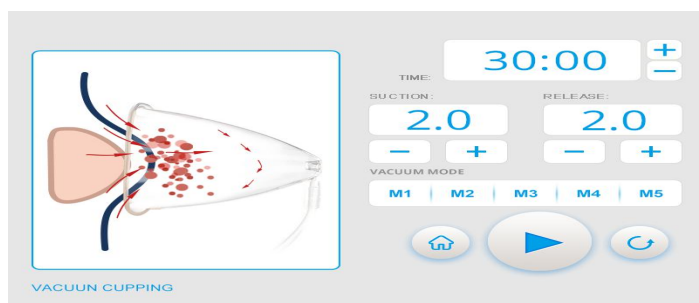
M3: discontinuous mode with high frequency of laser flash(laser flashes quickly, suitable for first-time users)

8. The Detailed Operation of VACUUN CUPPING



choose

to enter the following interface





suction time display and adjustment(suction time is longer than release time.)



release time display and adjustment(when it is zero, the handpiece is at Constant Suction status).



mode selection

M1 is Constant Suction mode, (suitable for the people who want to shape body and need cupping therapy for detox)

M2 is Suction&Release mode with high frequency of release(suitable for the people who want massage for detox and promoting circulation)

M3 is Suction&Release mode with lower-than-M2 frequency of release(suitable for the people who need massage and lower-than-M2-intensity cupping therapy for detox)

M4 is Suction&Release mode with lower-than-M3 frequency of release(suitable for the people who need massage and lower-than-M3-intensity cupping therapy for detox)

M5 is Suction&Release mode with highest frequency of release(suitable for the people who want to massage and relax body.)



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



suction hole. Open the lid and put the filter cotton inside and screw the lid tight. Make sure there is filter cotton in the suction hole to avoid essential oil coming in and damaging the machine.



Connect one end of the Y-shaped hose to the suction hole of the machine body, and the other two ends of the Y-shaped hose to two vacuum cups



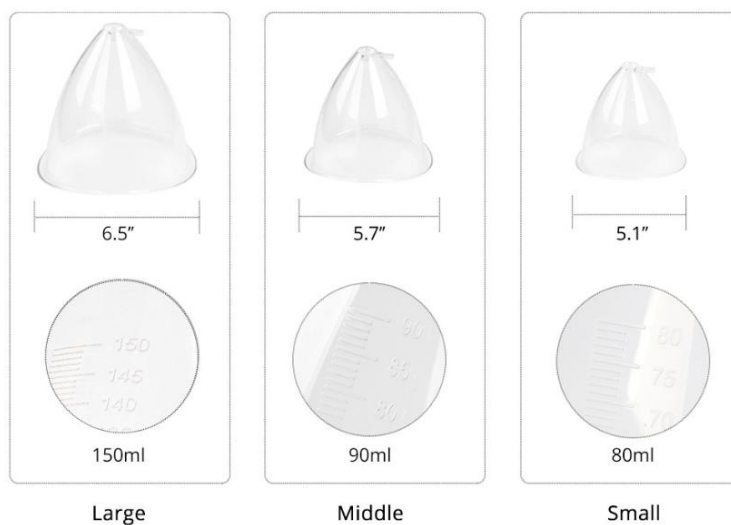
or breast cups

Please note:

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



hose. When two are needed, untie the hose.



3 pairs of breast cup

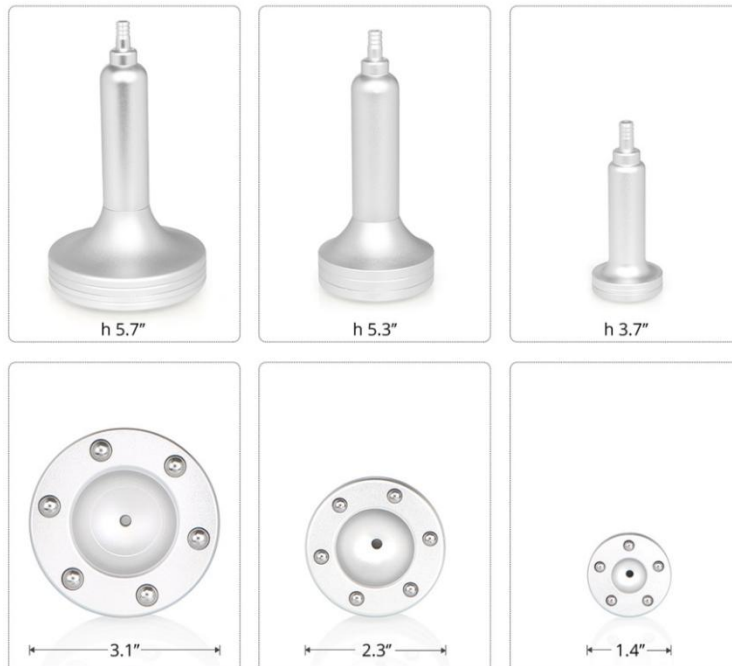


9 pairs of vacuum cup



- ① is suitable for those who have big-size breasts and need to shape and lift them.
- ② is suitable for those who have medium-size breasts and need to lift and augment breasts
- ③ is suitable for those who have small-size breasts and need to be massaged and relaxed
- ④ is suitable for cup-fixing and cup-moving therapies (big areas, such as thigh, hip and abdomen)
- ⑤ is suitable for cup-fixing and cup-moving therapies (leg and back)
- ⑥ is suitable for cup-fixing and cup-moving therapies (small area, such as arm and calf)

- ⑦ is suitable for cup-moving therapy (neck and arm)
- ⑧ is suitable for cup-moving therapy and massage (face and neck)
- ⑨ is suitable for cup-moving therapy and cleaning (face)
- ⑩ is suitable for private parts
- ⑪ is suitable for face cleaning
- ⑫ is suitable for cup-moving treatment and cleaning purpose.



a total of 3 grease cups,

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



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



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



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

2. Technical Parameters

Power supply Input:100V-240V

Power :<=190W

Unioisetion 40K cavitation RF Head:

Frequency:40KHz

Power:25W

Sextupolar Vacuum 3D SMART RF for body

Power supply output:66V

Frequency:1MHz

Power:50W

8 Pole 3D Smart RF w/Photon for body

Frequency:1MHz

Power:30W

Quadrupole 3D Smart RF w/Photon for face

Frequency:1MHz

Power:20W

Bio microcurrent head

Frequency:62.5KHz

Power: 12W

LED Light

Light power/Each diode:160mw

led Pads:12 with 6 Large(8 Diode/Pad)+2 Small(2 Diode/Pad)

3. User Contraindications

Some groups of people should be cautious about using this instrument. Please consult a doctor or a professional before using the instrument. The details are as follows:

1. Women in pregnancy or lactation
2. Those with heart diseases and pacemakers
3. Those with unhealed incisions or who are on the road to recovery.
4. Those with epilepsy, sever diabetes and hyperthyroidism
5. Those with malignant tumors, haemophilia and severe bleeding
6. Those with skin diseases and infectious diseases
7. Those who have metal implants in body like stent and pacemaker or who are allergic to metals.
8. Those who are sensitive to electric currents.

4. Dos and Don'ts

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

11. Clean the instrument with normal saline after operation to ensure its cleanliness to prolong its service life.
12. The handpiece can be used alone. Better results will be delivered if one handpiece works in conjunction with other handpieces.
13. Make sure the handpiece is in full contact with skin during operation in case skin is heated unevenly.
14. The treatment area should be kept moisturized during the operation and do not perform the treatment on dry skin.
15. When the treatment receiver is taking other weight-loss drugs, it is recommended to stop taking them for 1 to 2 months before treatment. Extension of the course of treatment is recommended if the treatment receiver want to use this machine immediately.
16. 40K handpiece should not be used on head, chest, breast, heart and back.
17. Those who have cesarean section within half a year or those who have abortion within 3 months or natural delivery within 2 months can not use this machine.
18. If the suction is set at too high level accidentally during the treatment, you should stop the treatment immediately and reset the energy level.
19. Please use filter cotton before using grease cup in case essential oil causes damages to the machine.
20. Use this machine or train the operators in strict accordance with instructions in the user manual.

5. Troubleshooting & Solutions

1. The instrument cannot be started, and the button light on the back of the instrument does not work?

- A. Make sure the power cord is connected to the socket with normal power supply.
- B. Whether the fuse on the back of the instrument is loose or blown.

2. No RF output from the instrument?

- A. Please check whether the cord connects the handpiece to the machine properly
- B. Please check whether the treatment area has been cleaned. Grease or essential oil products may cause poor contact between the handpiece and human body to cause this problem.

3. Weakened RF output?

- A. Please check whether the cord connects the handpiece to the machine properly
- B. Please check whether non-conductive grease and other substances are on the treatment handpiece, which can cause poor contact between the handpiece and skin to weaken the output.
- C. Please check whether the skin product used is specified by the instrument.

4. No suction or very little suction?

- A. Please turn off the instrument and check whether the filter used in the instrument

should be replaced

B. Please check the rubber seal in the handpiece, because the rubber seal may be worn to cause air leakage.

C. Please check whether the filter's container is screwed tight and whether the rubber seal is worn, for air leakage may lead to poor air pressure.

D. If the methods above cannot solve this problem, please contact the instrument dealer for assistance.

5. I can start the instrument, but the screen shows erroneous message?

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

B. If the above method cannot solve the problem, please contact the instrument dealer for assistance.

6. FAQs

1. Q: How long can I start seeing results of RF treatment?

A: Normally, you can see the treatment results that day when you take the operation or within one week. Skin collagen tissue is heated and then contracts, and you can obviously feel the sensation of skin being tightened. Because RF works to stimulate subcutaneous tissue to promote collagen regeneration, so the more you take the treatment, the more noticeable the effects will be.

2. Q: Is RF harmful to skin?

A: RF treatment is non-surgical operation. It stimulates collagen regeneration at the skin bottom and boosts metabolism, and therefore has no damage to the skin. Local redness and hotness are the normal conditions of accelerated blood circulation, which will be relieved after a moment. So there's no need to worry about that.

3. Q: How long does the body-firming treatment take?

A: One treatment session is 60 minutes. We will combine professional techniques and instruments to achieve remarkable results.

4. Q: What functions does this instrument have?

A: It has the functions of dissolving fat and shaping body, firming & lifting skin and anti-aging. It can be operated on every part of the body. In terms of facial care, it can form face contour, alleviate wrinkles and saggy skin. In terms of body care, it can reduce regional fatness and build S-shaped curve, and promote metabolism and detoxification of the whole body. Meanwhile, it can also enhance the functions of viscera and solve sub-health problems.

5. Q: Which one is better in terms of weight loss, liposuction or this machine?

A: The principle of liposuction is to suck out the excess fat in one part of the body

through negative pressure suction so as to achieve the purpose of rapid weight loss. It's a surgical treatment requiring anesthesia and so there is recovery period, which has risks despite its immediate results. However, our instrument is risk-free without side effects. It can not only help you reduce fat but also stimulate collagen regeneration to lift and tighten skin. It can also build perfect curves by lifting skin, and accentuate women's sexual charm.

6. Q: Will I regain weight after operation?

A: Ultrasound works to dissolve fat to reduce weight, and users are not prone to regain their weight. Because what's dissolved through ultrasonic treatment is fat, not water. Fat needs a longer period of time to accumulate, so normally people will not regain weight.

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

A: Pay attention to what you eat. Because radio frequency and ultrasonic treatment work to dissolve fat and accelerate metabolism. It's best to avoid eating spicy, oily, or fried food in case they affect regular metabolism. Proper workout for sweating helps with fat metabolism process. In such way, the results will be more noticeable.

8. Q: Does it have side effects on the body?

A: RF beauty treatment is non-invasive and is one of the most effective and the safest approach to remove wrinkles and shape body. Generally speaking, side effects won't appear. A small number of people may experience transient redness or swelling that will disappear after a few hours. Those with dry skin may experience atrophy after treatment, which will disappear after three days because collagen regeneration will make skin plump up though RF heat can cause moisture loss of skin. Overall, there are no side effects on people's health.

9. Q: Can ultrasound treatment be performed on every part of the body?

A: Ultrasound treatment works to rupture fat cells, by which fat is released from cells and then metabolized through lymphatic system. So its power is very high. Heart is sensitive to high frequency sound waves since it is a hollow organ. After being vibrated by sound waves, the heart will reflect the waves due to the different transmission of sound waves by the muscle tissue and the blood in the heart. This force can pull valves away from the heart muscle. If you use the instrument on eyes, it can lead to retinal detachment, so the ultrasound treatment should not be performed on the areas of eyes and heart. (not on the areas of waist, back and chest)

10. Q: Does ultrasound treatment have side effects on human body?

A: Ultrasonic beauty treatment is non-surgical and non-invasive program without anaesthesia. It relies on ultrasound (mechanical sound wave) - dissolve fat through cavitation - ultrasound focusing. And the results are fat smash - fat dissolving - skin firming and body sculpting respectively. It only targets low-density fat cells but leaves high-density tissue like blood vessels intact, and therefore has no side effects on

human body. Slight tinnitus will probably occur during the treatment, which is within normal range. So there's no need to worry about that.

11. Q: Why does tinnitus occur?

A: It's because ultrasound comes with a high frequency vibration, which could go up to 20kHz. It penetrates into 20mm-deep skin fat layers through ultrasound focusing. Highly intensified ultrasound can cause high-speed friction among fat cells, which can heat and dissolve them. And during the process, sound may be produced so that customer will have the sensation of tinnitus.

12. Q: What is collagen?

A: Collagen is a kind of biological macro molecule substance, a kind of white, opaque and non-branched fibrous protein. It can supplement the nutrients needed by all layers of the skin, enhance the collagen activity in the skin, retain moisture, nourish skin, slow down ageing, relieve facial relaxation, provide nutrients for the hair and so on. Collagen is a nutrient that human body must replenish to delay ageing. With the growth of age, collagen will gradually be lost. For women, collagen will begin to decrease since the age of 20. At the age of 25, collagen loss will reach its peak. At the age of 40, the collagen content is less than half of that one has at age of 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 fibers will cause skin tissue to be oxidized, atrophied and collapsed. The skin will be dry, wrinkled, flabby and inelastic. Therefore, in order to delay ageing, there must be plenty of collagen.

13. Q: How does the vacuum help detoxify body?

A: Vacuum can cause capillary congestion, stimulate cell to increase vitality. The suction and release of pressure during operation can make local pores continue to open and close, which can promote skin breathing, increase the amount of skin oxygen, and speed up waste removal. So it achieves the effects of promoting qi and blood circulation, dispelling cold and damp, dredging meridians and collaterals, clearing toxins, dissipating heat and so on.

14. Q: Does vacuum breast-augmentation treatment have side effects?

A: There will be no side effects. The vacuum breast augmentation completely adopts the pure physical breast enhancement method. Massage and vacuum suction and release are all common principles that health care physiotherapy instruments use. However, this instrument uses high technologies to integrate a variety of principles to achieve better effect with no rebound and no side effects.

7. Packing List

Unioisetion 40K cavitation RF Probe x 1

Sextupolar Vacuum 3D SMART RF Probe x 1

8 Pole 3D Smart RF w/Photon Probe x 1
Quadrupole 3D Smart RF w/Photon Probe x 1
Bio microcurrent Probe x 1
160mw Big LED Laser Paddle x 6
160mw Small LED Laser Paddle x 2
3 pairs of cups for breast and butt
3 pairs of cups for cupping
6 Pairs gas cup for scrub
Metal Fingertip cups for rhythm massage x 3
Short connecting tubes x 2
Long connecting tubes x 1
Power line x 1

8. Simplified Treatment Steps

1. Face Firming and Anti-ageing

Remove makeup--clean face--apply toner--massage techniques--BIO--Face RF--apply face mask--apply water, essence, lotion/face cream and suncream.

Needed skincare products: essence, RF cream/massage cream

2. Firming for V-shaped Face

Remove makeup--clean face--apply toner--massage techniques--BIO--Face RF--Small Laser Pads--apply face mask--apply water, essence, lotion/face cream and suncream.

Needed skincare products: essence, RF cream/massage cream

3. Face Cleansing Treatment

Remove makeup--clean face--apply blackhead-removing liquid and hot steam--apply face cup--massage techniques--apply face grease cup--BIO--apply face mask--apply water, essence, lotion/face cream and suncream.

Needed skincare products: massage cream/essence

4. Eye Anti-ageing

Remove makeup--clean face--apply toner--massage techniques--BIO--apply face mask--apply water, essence, lotion/face cream and suncream.

Needed skincare products: eye essence, massage cream

5. Neck Care

Remove makeup--clean neck--apply toner--massage techniques--Face RF--apply neck mask--apply water, essence, lotion/neck cream and suncream.

Needed skincare products: RF cream/massage cream

6. Lymphatic Detox

Remove makeup--massage techniques--Grease Cup--use vacuum cups to perform cup-fixing therapy--use vacuum cups to perform cup-moving therapy--wipe the treated area clean

Needed skincare products: essential oil/massage cream

7. Waist&abdomen Shaping/Arm Shaping/Leg Shaping

Massage techniques--40K--Vacuum RF--wipe the treated clean--large lipo laser pads.

Needed skincare products: gel, RF cream/essential oil

8. Back Shaping/Hip Shaping

Massage techniques--Body RF--Vacuum&RF--wipe the treated clean--large lipo laser pads.

Needed skincare products: RF cream/essential oil

9. Breast Shaping

Massage techniques--Body RF--wipe the treated clean

Needed skincare products: RF cream/essential oil

10. Breast-augmentation/hip-augmentation Treatment

Massage techniques--Breast-augmentation cups--wipe the treated area clean

Needed skincare products: essential oil/massage cream





11. Treatment for Private Parts


Massage techniques--use vacuum cups to perform cup-fixing therapy--use cups for private parts to perform cup-moving therapy--wipe the treated area clean

Needed skincare products: essential oil/massage cream

9. Operational Diagrams

Parameter	Product	Techniques	Diagrams
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Adjustment			
<p align="center">Face Firming and Anti-ageing: 60 min once a week</p>			
BIO Energy level: 30-70% Time: 10-15 minutes Mode: M1\M2\M3\M4 Face RF Energy level: 30-70% Time: 10-15 minutes Mode: NOR/PRO	Makeup Remover+Face Cleanser+Cold& Hot Steam+Massage Cream+Base Mask+Essence+Face Mask	<ol style="list-style-type: none"> 1. Remove makeup and clean face, 5 minutes. 2. Apply water mask and hot steam, 10 minutes 3. Clean the face, 2 minutes. 4. Apply toner , 1 minute 5. Apply massage cream evenly to face and soothe face, 3 times. 6. Apply digital pressing technique on the following acupoints (RN-24, DU-26, ST-4, ST-6, LI-20, BL-1, BL-2, EM3, TE-23, the temple, GB-1, ST-1, ST-2), 3 times. 7. Soothe face, 3 times 8. Alternately apply lifting technique from chin to ear lobe, mouth corner to Ermen(SJ21), and nose wing to temple, lift eye corner from lower eyelid to temple with both hands, 3 times. 9. Repeat the technique on the other side. 10. Apply lifting technique towards hairline on forehead, 3 times 11. Apply plucking technique with fingers alternately to lift face. 12. Apply plucking technique with one hand towards hairline on forehead. 13. One side, apply plucking technique with both hands 	<p>Technique5, 7</p>  <p>Technique6</p>  <p>Technique8, 17, 18, 22, 23</p>  <p>Technique10, 12, 19, 25</p>  <p>Technique15</p>




		<p>alternately to lift face, 2-3 minutes</p> <p>14. Repeat the technique on the other side.</p> <p>15. Move in a zigzag motion on forehead with middle and ring fingers, slide to the front side of ears and lift back and forth for 3 times and then slide to the back of ears.</p> <p>16. Wash face clean and apply essence evenly to face.</p> <p>17. BIO handpiece operation: lift line by line from jaw to earlobe, corner of mouth to Ermen(SJ21), and nose wing to temple, 3 times.</p> <p>18. Use one hand and the handpiece to lift from double chin area to the back of ear, jaw to Ermen(SJ21), mouth corner to temple, nose wing to temple, 3 times</p> <p>19. Lift towards hairlines on forehead, 3 times.</p> <p>20. Do the same on the other side.</p> <p>21. Clean face and apply RF cream.</p> <p>22. Face RF operation, apply lifting technique from jaw to earlobe, mouth corner to ear center, and nose wing to temple by moving the handpiece line by line, 3 times.</p> <p>23. Use one hand and the handpiece to lift from double chin area to the back of ear, jaw to Ermen(SJ21), mouth corner to temple, nose wing to temple, 3 times.</p> <p>24. Repeat the technique on the other side.</p> <p>25. Apply lifting technique by</p>	
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		moving the handpiece towards hairline on forehead, 3 times. 26. Wash face clean, 2 minutes 27. Apply face mask, 15 minutes. 28. Wash face clean, 2 minutes. 29. Apply toner, essence, face cream and suncream. 30. The end.	
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Treatment Suggestions

One course of treatment consists of ten treatment sessions. After one treatment session, skin will be firmed and rejuvenated as the nutrients it needs are absorbed. After one course of treatment, skin will lifted with glow. Two courses will make skin smooth and plump, leaving face contour clearer. Three courses will promote skin metabolism and detox processes, help fade pigmentation and skin darkness, slow down skin ageing and prevent skin from sagging, and stimulate collagen regeneration to leave skin smooth and firm with glow.

Firming for V-shaped Face: 90 min once a week

BIO Energy level: 30-70% Time: 10-15 minutes Mode: M1\M2\M3\M4 Face RF Energy level: 30-70% Time: 10-15 minutes Mode: NOR/PRO Lipo Laser Energy level: 30-70% Time: 15-20 minutes Mode: M1\M2\M3	Makeup Remover+Face Cleanser+Hot&Cold Steam+Massage Cream+Base Mask+Essence+Face Mask	1. Remove makeup and clean face, 5 min. 2. Apply base mask and use hot steam, 10 min. 3. Clean face, 2 min. 4. Apply toner, 1 minute 5. Apply massage cream evenly on face and soothe face, 3 times. 6. Press the following acupoints (RN-24, DU-26, ST-4, ST-6, LI-20, BL-1, BL-2, EM3, TE-23, GB-1, the Temple, ST-1, ST-2), 3 times. 7. Soothe the whole face, 3 times. 8. Alternate both hands to lift in 3 lines from chin to ear lobe, mouth corner to ear gate, and nose wing to temple. Lift eye corner from lower eyelid to temple, 3 times.	Technique5, 7 
			Technique6 
			Technique8, 17, 18, 22, 23 

		<p>9. Do the same to the other side.</p> <p>10. Lift towards hairlines on forehead, 3 times.</p> <p>11. Alternate hands to lift and pluck face , 3-5 times.</p> <p>12. Alternate fingers to pluck forehead towards hairline with one hand, 3-5 times</p> <p>13. One side, pluck and lift face alternately with both hands, 2-3 minutes</p> <p>14. Do the same to the other side.</p> <p>15. Move in a zigzag shape on forehead with middle and ring fingers, slide to the front side of ears and lift back and forth for 3 times and slide to the back of ear.</p> <p>16. Wash face clean and apply essence evenly to face.</p> <p>17. BIO handpiece operation: lift line by line from jaw to earlobe, corner of mouth to Ermen(SJ21), and nose wing to temple, 3 times.</p> <p>18. Use one hand and the handpiece to lift from double chin area to the back of ear, jaw to Ermen(SJ21), mouth corner to temple, nose wing to temple, 3 times</p> <p>19. Lift towards hairlines on forehead, 3 times.</p> <p>20. Do the same on the other side.</p> <p>21. Clean face and apply RF cream.</p> <p>22. Face RF operation, apply lifting technique from jaw to earlobe, mouth corner to ear center, and nose wing to temple by moving the handpiece line</p>	<p>Technique10, 12, 19, 25</p> 
			<p>Technique15</p> 

		by line, 3 times. 23. Use one hand and the handpiece to lift from double chin area to the back of ear, jaw to Ermen(SJ21), mouth corner to temple, nose wing to temple, 3 times. 24. Repeat the technique on the other side. 25. Apply lifting technique by moving the handpiece towards hairline on forehead, 3 times. 26. Wash face clean, 2 minutes. 27. Lipo laser operation, fix small laser pads on the fat area of jaw, 20 minutes 28. Remove the pads 29. Wash face clean, 2 minutes 30. Apply face mask, 15 minutes 31. Wash face clean, 2 minutes 32. Apply toner, essence, face cream and suncream 33. The end	
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Treatment Suggestions

A course of treatment consists of ten treatment sessions. After one session, skin will be firmed and hydrated with necessary nutrients absorbed. After a full course, skin will be lifted with glow. The condition of double chin will be relieved. Two courses help increase skin smoothness and plumpness and make face contour clearer. Three courses help promote skin metabolism and detoxification, fade pigmented spots and brighten dull skin, prevent skin from sagging and ageing and make the collagen at skin bottom regenerate to leave skin rejuvenated, smoothed and firmed. In this way, you will have attractive V-shaped face.

Facial Cleansing Treatment: 45 min once a week

Face Vacuum Cup Suction: adjust it by turning the knob Mode:	Makeup Remover+ Face Wash+Blackhead removing liquid+Essence +Hot&Cold	1. Remove makeup and clean face, 5 minutes. 2. Apply toner, 1 minute 3. Apply blackhead removing liquid and hot steam (to the area where there are large	Technique4
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<p>M1/M2/M3/M4/M5</p> <p>Grease Cup Suction: adjust it by turning the knob (it is recommended that you should set the suction at relatively low level at the beginning to avoid discomfort. After users adapt, you can slowly raise it.)</p> <p>BIO Energy level: 30-70% Time: 10-15 minutes Mode: M1\M2\M3\M4</p>	<p>Steam+ Facial mask+MS-7207 F</p>	<p>pores and severe pore blockage. Toner or AS3 liquid nutrient can be applied to cheeks. Toner and cold stream can be applied to sensitive skin of face instead of blackhead removing liquid and hot stream)5-8 minutes.</p> <p>4. Vacuum cup operation: put the cup on the forehead tightly for one second and then move gently towards hairline line by line.</p> <p>The operation in the area with severe pore blockage in T area (forehead-nose-chin-cheek) can be strengthened, about 10 minutes.</p> <p>5. Wipe face clean with cotton pads and pure water for 2 minutes.</p> <p>6. Apply toner.</p> <p>7. Apply essence evenly to face.</p> <p>8. Grease cup operation: lift from jaw to forehead line by line, 3 times.</p> <p>9. Starting from the chin, lift from chin to the earlobe, mouth corner to Ermen(SJ-21), nose wing to the temple, and lower eyelid to the temple, lift the corner of the eye.</p> <p>10. Repeat the operation on the other side.</p> <p>11. Lift from forehead to hairline, about 10 minutes</p> <p>12. Clean face and apply essence evenly.</p> <p>13. BIO handpiece operation: lift line by line from jaw to earlobe, corner of mouth to Ermen(SJ21), and nose wing to temple, 3 times.</p> <p>14. Use one hand and the</p>	<div data-bbox="1217 212 1345 416"></div> <p>Technique4</p> <div data-bbox="1217 504 1345 707"></div> <p>Technique8, 9, 13, 14</p> <div data-bbox="1217 795 1345 999"></div> <p>Technique 11, 15</p> <div data-bbox="1217 1086 1345 1290"></div>
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		<p>handpiece to lift from double chin area to the back of ear, jaw to Ermen(SJ21), mouth corner to temple, nose wing to temple, 3 times</p> <p>15. Lift towards hairlines on forehead, 3 times.</p> <p>16. Do the same on the other side.</p> <p>17. Apply mask, 15 minutes.</p> <p>18. Remove mask and wash face clean, 2 minutes.</p> <p>19. Apply toner, essence, cream and sunscreen.</p> <p>20. The end.</p>	
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Treatment Suggestions

A course of treatment consists of 10 treatment sessions. After one treatment, the face is ruddy and the blood circulation is accelerated. After one course of treatment, the skin begins to metabolize harmful substances, the acne on the skin is relieved, and the blackheads are slowly reduced. After three courses of treatment, the skin contour is accentuated, one's resistance is enhanced and the skin is healthily alabaster.

Eye Anti-wrinkle: 25 min 2-3 times a week

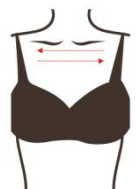
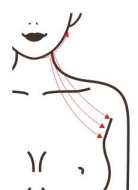
BIO Energy level: 30-70% Time: 10-15 minutes Mode: M1\M2\M3\ M4	Makeup Remover+Face Cleanser+Essence/ Eye Cream+MS-7207F+ Eye Mask	1. Remove makeup and clean face, 5 minutes 2. Apply toner, 1 minute 3. Apply essence(eye cream) evenly to eye area in circular motion, 3 times. 4. BIO operation:adjust energy level, mode and time: 10 minutes. 5. Move the instrument to lift skin from lower eyelid to eye corner, 3-6 times. 6. Move the instrument to lift skin from lower eyelid to temple, 3-6 times. 7. Move the instrument to lift skin from lower eyelid to temple in small circles, 3-6 times.	Technique3
			
			Technique5
			
			Technique6

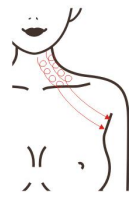



		<p>8. Move the instrument to lift skin from lower eyelid to temple, 3-6 times.</p> <p>9. Lift from brow bone to hairline.</p> <p>10. Repeat the operation on the other side.</p> <p>11. Wash eye area clean, 1 minute</p> <p>12. Apply eye mask, 15 minutes</p> <p>13. Remove mask and wash the area clean, 2 minutes</p> <p>14. Apply eye essence and cream, the end</p>	 <p>Technique7</p>  <p>Technique8, 9</p> 
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Treatment Suggestions

It is recommended to take this treatment 2-3 times per week. After one treatment, eye area is lifted and firmed and blood circulation is accelerated. After one month, fine wrinkles and black circles are reduced and skin colour is brightened. After three months, skin in eye area is totally firmed and rejuvenated with glossiness. If the customers keep using this instrument, eye aging can be relieved and prevented.

Neck Care: 60 minutes once a week

<p>Face RF</p> <p>Energy level: 30-70%</p> <p>Time: 10-15 minutes</p> <p>Mode: NOR/PRO</p>	<p>Makeup Remover+Face Cleanser+Massage Cream+Essence+Neck Mask</p>	<p>1. Remove makeup and clean neck, 5 min.</p> <p>2. Apply toner, 1 min.</p> <p>3. Neck massage, rub oil into chest with both hands towards the back of the neck and press Gb-20 and Du-16 acupoint, 3 times.</p> <p>4. Alternately lift the lower jaw and double chin area to pass the back of ear to the armpit, 3 times.</p> <p>5. Push downwards with thumb</p>	<p>Technique3</p>  <p>Technique4</p>  <p>Technique5, 6, 7</p>
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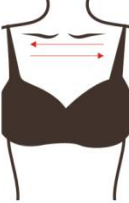


		<p>and index finger splaying, tracing 3 meridians from the neck side to the armpit, 3 times.</p> <p>6. Push downwards with 4 fingers, tracing 3 meridians from neck side to the armpit, 3 times.</p> <p>7. Push downwards with bending fingers till the neck turns hot and slide to the armpit, 3 times.</p> <p>8. Push downwards with thumb and index finger splaying from external collarbone to armpit, 3-5 times.</p> <p>9. Do the same on the other side.</p> <p>10. The end</p> <p>11. Face RF operation, use one hand and the handpiece to lift double chin area and then pass the back of ear to armpit, 3 times.</p> <p>12. Move the handpiece in circles along three lines on one side of neck to armpit, 3 times.</p> <p>13. Slide the handpiece from inner and outer sides of clavicle to the armpit, 3-5 times.</p> <p>14. Move the handpiece in circles on the whole neck area, 3 times.</p> <p>15. Do the same on the other side.</p> <p>16. Wipe neck clean with hot towel, 2 minutes.</p> <p>17. Apply neck mask, 15 minutes</p> <p>18. Wipe neck clean with hot towel, and apply the towel to face for 5 minutes.</p> <p>19. Apply toner, neck essence, neck cream and sunscreen</p> <p>20. The end.</p>	 <p>Technique11</p>  <p>Technique12</p>  <p>Technique14</p> 
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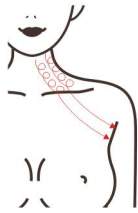
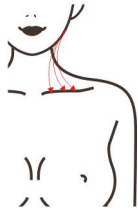




Treatment Suggestions

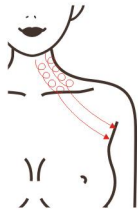
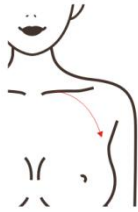
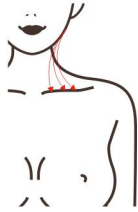



A course of treatment consists of ten treatment sessions. After one treatment, skin becomes rejuvenated and smooth. After a full course, neck skin becomes smooth, and the neck




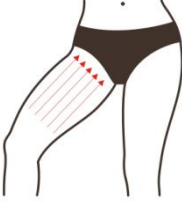


lymphatic circulation is accelerated. After 2 courses of treatment, skin will be tightened, neck lines will be reduced, and the condition of double chin will be relieved. After 3 courses of treatment, skin will be firmed with glow, lymphatic detox will be accelerated and some problems will be resolved such as acne and skin dullness. Moreover, skin aging will be prevented and skin will remain in a young state.



Lymphatic detox: 120 min once a week

Vacuum Cup Suction: adjust it by turning the knob Mode: M1/M2/M3/M4/M5	Makeup remover+face cleanser+essential oil+MS-7207F	1. Face and neck Lymphatic detox 2. Remove makeup and clean face and neck. 3. Apply toner to face 4. Press acupuncture points:Chengjiang(RN24), Dicang(ST4), Daying(ST5), Jiache(ST6), Xiaguan(ST7), Yingxiang(LI20), Quanliao(SI18), temple(EX-HN5), Jingming(BL1), Cuanzhu(BL2), Yuyao(EX-HN4), Sizhukong(SJ23), Tongziliao(GB1), Chengqi(ST1), Sibai(ST2), 3 times. 5. Alternate hands to lift face in 3 lines and slide to the armpit. 6. Repeat the operation on the other side. 7. Neck: rub oil into the chest with both hands and massage Fengchi (GB20) and Fengfu (DU16), 3 times 8. Left-to-right order: alternate hands to pass the back of ear from lymphatic area of jaw to armpit, 3 times 9. One side, push downwards with thumb and index finger splaying, tracing 3 meridians from the neck to the armpit, 3 times. 10. One side, push downwards with bending fingers till the lymphatic area of neck turns hot and slide to the armpit, 3 times. 11. Massage the area and press Fengchi (Gb-20) and Fengfu (Du-16) 12. Repeat the operation on the other	Technique3 
Grease Cup Suction: adjust it by turning the knob (it is recommended that you should set the suction at relatively low level at the beginning to avoid discomfort. After users adapt, you can slowly raise it.)			Technique4 
			Technique6 
			Technique7 
			Technique8 

		<p>side.</p> <p>13. Use cup to lift upwards on face line by line from jaw and then pass the back of ear to armpit, 1-2 times (based on customer's situation)</p> <p>14. Use proper cup to slide on the forehead upwards or laterally 1-2 times (based on customer's situation)</p> <p>15. One side, use cup and the other hand to alternately lift from lymphatic area of jaw and then pass the back of ear to armpit.</p> <p>16. Use the cup to move in circles downwards along the 3 meridians of neck respectively to the armpit, 3 times.</p> <p>17. Slide the cup from inner clavicle to armpit for detox.</p> <p>Use proper small cup to slide from the back of ear to armpit(based on customer's situation)</p> <p>18. Repeat the operation on the other side</p> <p>19. Detox for the lymphatic area of armpit: left side first and then the right side, rub oil into the armpit, 3 times</p> <p>20. Use heel of one palm to knead Jiquan(HT-1), 3-5 times.</p> <p>21. Alternately push Gallbladder Meridian (GB) and pass armpit to finger with thumb and index finger splaying, 3 times.</p> <p>22. Alternately push the lymphatic area of inner clavicle and slide to finger with both hands, 3 times.</p> <p>23. Alternately push the three meridians on arms (Lung Meridian, Pericardium Meridian, Heart Meridian) with thumb and index finger splaying, 3 times.</p> <p>24. Massage the whole arm and slide to finger, 3 times.</p> <p>25. Rub arms with bending fingers till they turn hot</p> <p>26. Use heels of palms to knead</p>	
			Technique9
			
			Technique12
			
			Technique13
			
			Technique13
			
			Technique14
			
			Technique15

		<p>Jiquan(HT-1), 3-5 times</p> <p>27. Generally massage arm and slide to finger, 1 time.</p> <p>28. Operate cup in a left-to-right order.</p> <p>29. Push Gallbladder Meridian (GB) on the chest towards armpit, massage the area, 3 times.</p> <p>30. Push the three meridians from elbow towards armpit, 3 times</p> <p>31. Repeat the operation on the other side</p> <p>32. Perform the cup-moving treatment from Liver Meridian (LV) and Gallbladder Meridian (GB) towards armpit with transparent tube, 3 times.</p> <p>33. Choose proper cup to perform the cup-moving treatment on arms, 1-2 times (based on customer's situation)</p> <p>34. Choose proper cups to fix them on the two sides of arm, Liver Meridian (LV) and Gallbladder Meridian (GB),5-10 minutes(based on customer's situation)</p> <p>35. Lymphatic detox of groin: left-to-right order, rub oil into the whole leg with both hands 3-5 times</p> <p>36. Press Chongmen(SP-12), 3-5 times</p> <p>37. Move hands upwards,tracing four meridians: Spleen Meridian (SP) - Stomach Meridian (ST) - Liver Meridian (LV) - Gallbladder Meridian (GB) with thumb and index finger splaying, 3 times.</p> <p>38. Generally massage the area.</p> <p>39. Stroke groin with thumb and index finger splaying, 3-5 times</p> <p>40. Stroke groin by alternating thumbs of both hands 3-5 times</p> <p>41. Move both hands back and forth in undulating motion, 3 times.</p> <p>42. Rub the top of thigh till it turns hot with bending fingers of both hands</p> <p>43. Use the cup to push the four meridians towards groin, 3 times</p> <p>44. Move in circles on groin back and</p>		Technique16		Technique17		Technique20, 26		Technique21, 29, 32		Technique22		Technique23, 30, 33
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		<p>forth, 3 times</p> <p>45. Alternately push groin with the cup and hands, 3 times</p> <p>46. Push from the middle of thigh towards groin line by line and massage the area simultaneously, 3 times</p> <p>47. Repeat the operation on the other side</p> <p>48. Perform the cup-moving treatment on thigh(line by line)1-2 times (based on customer's situation)</p> <p>49. Fix cups on leg, thigh, Zusanli(ST36), Sanyinjiao(SP6), about 10 minutes</p> <p>50. Remove cups and wipe the treatment area clean, the end.</p>	
			Technique24, 27
			
			Technique36
			
			Technique37, 43, 46, 48
			
			Technique39, 40, 45
			
			Technique41
			
			Technique44






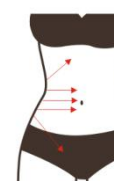
			
			Technique49 



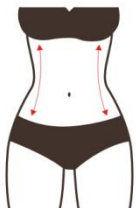
Treatment Suggestions

One course of treatment consists of ten treatment sessions. After one treatment, blood circulation will be accelerated and you will feel totally relaxed. After one course of treatment, body detox process will be promoted with body blockage relieved. Two courses will help relieve nodules on lymphatic areas and enhance one's immunity. After three courses, effects will be consolidated, the circulation of lymphatic system will be accelerated, and one's constitution will be so strengthened that he will be less prone to diseases.

Waist&Abdomen Shaping: 60 min once a week

40K Energy: 30-70% Time: 10-15 min Mode:M1\M2	Massage cream(essential oil)+gel+MS -7207F	1. Massage technique 2. Rub oil into abdomen with hands moving in circular motion, 3 times. 3. Rub abdomen back and forth with both hands, 3-5 times. 4. Knead abdomen with both hands using chiropractic technique, 3 times. 5. Lift Meridian BV(Belt Vessel) on both sides of waist with both hands alternately, 16 times. 6. Move hands in 8-shaped motion with right hand and left hand moving clockwise and anti-clockwise respectively on waist, 3 times. 7. Overlap hands and message the intestinal canal clockwise, 3 times. 8. Move hands in circular motion to soothe the treatment area, 3 times.	Technique2, 8, 11 
Vacuum&RF Energy: 30-70% Time: 15-20 min Mode: M1/M2/M3/M4/M5 Adjust suction level based on individual			Technique3, 19 
			Technique4 

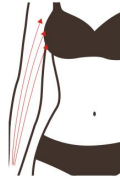

<p>endurance.</p> <p>Lipo Laser Energy: 30-70% Time: 15-20 min Mode: M1/M2/M3</p>	<p>9. Apply digital pressing technique on the following acupoints: RN13, RN12, RN10, RN8, RN6, RN4, RN3, ST25, SP15, 2 times.</p> <p>10. Starting from RN3 point, push to belly navel, slide to waist and then lift upwards to groin with both thumbs, 3 times.</p> <p>11. Soothe the treatment area with hands and then slide to groin.</p> <p>12. The end.</p> <p>13. 40K operation: one side, lift from waist side to abdomen and to groin line by line, 3-5 times.</p> <p>14. Repeat the technique on the other side.</p> <p>15. Move the handpiece on abdomen in a small spiral curve, 3 times.</p> <p>16. Move the handpiece on abdomen in a big spiral curve, 3 times.</p> <p>17. Vacuum&RF operation: constant suction, one side, lift from waist side to abdomen line by line, 3 times</p> <p>18. Do the same on the other side</p> <p>19. Lift Meridian BV(Belt Vessel) horizontally back and forth, 3 times</p> <p>20. Move the handpiece up and down to shape waist, 3 times</p> <p>21. Move the handpiece on abdomen in a big spiral curve, 16 times.</p> <p>22. One side, lift from waist side to abdomen line by line, 3 times</p> <p>23. Wipe the area clean with towel.</p> <p>24. Lipo Laser operation: fix the pads on the fat area of abdomen and waist, about 20 minutes</p> <p>25. Remove the pads</p> <p>26. The end.</p>	<p>Technique5</p>  <p>Technique6</p>  <p>Technique7</p>  <p>Technique9</p>  <p>Technique10</p>  <p>Technique13, 17, 22</p>  <p>Technique15</p>
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			Technique16, 21
			
			Technique20
			

Treatment Suggestions

A course of treatment consists of ten treatment sessions. After one treatment session, metabolism will be accelerated. After one course, fat will be slowly metabolized, body will start to slim down. Constipation and other issues will be relieved at the same time. After two courses, the effects will gradually become obvious, skin will be tightened and lifted, and skin collagen will be increased. Stretch marks and flabby skin are also alleviated. Three courses will help consolidate the effects. Unwanted fat will gradually disappear, and waist and abdomen curves will start to take shape.

Arm Shaping: 60 min once a week

40K Energy: 30-70% Time: 10-15 min Mode:M1\M2	Massage cream(essential oil)+gel+MS -7207F	1. Massage techniques 2. Left-right order: lay the arm flat, rub oil into skin from lower arm to the entire arm and slide to the fingers(soothing technique), 3 times. 3. Push the entire arm with both palms, 3 times. 4. Push hands upwards tracing three main collateral channels: Large Intestine Meridian(LI) - Triple Energizer Meridian(TE) - Small Intestine Meridian(SI) to armpits with thumbs and	Technique2, 3, 4, 5, 6, 7 
Vacuum&RF Energy: 30-70% Time: 15-20 min			Technique8, 9 


<p>Mode: M1/M2/M3/M4/M5 Adjust suction level based on individual endurance.</p> <p>Lipo Laser Energy: 30-70% Time: 15-20 min Mode: M1/M2/M3</p>	<p>index fingers splaying, 3 times.</p> <p>5. Soothe the area, 3 times</p> <p>6. Rub three main collateral channels on arms with kneeling finger back and forth till they turn hot, 3 times.</p> <p>7. Soothe the area, 3 times</p> <p>8. Lay inner arm upwards, and push hands tracing three yin meridians on inner arm: Lung Meridian(LU) - Pericardium Meridian(PC) - Heart Meridian(HT) to armpit with thumbs and index fingers splaying, 3 times respectively.</p> <p>9. Rub three meridians back and forth with bending fingers to warm them up, 3 times.</p> <p>10. Soothe the area and slide to fingers</p> <p>11. Repeat above techniques on the other side.</p> <p>12. The end.</p> <p>13. 40K operation:lay customer's arm flat, push three meridians from fat part of lower arm to armpit, 3 times.</p> <p>14. Move the handpiece in a spiral curve along three meridians to armpit, 3 times.</p> <p>15. Redouble the operation on flabby arms, 3 times.</p> <p>16. Move the handpiece along three meridians to armpit, 3 times.</p> <p>17. Lay inner arm upwards and push three meridians on upper arm to armpit, 3 times.</p> <p>18. Move the handpiece in a small spiral curve along three meridians on upper arm to armpit, 3 times.</p> <p>19. Move the handpiece along three meridians from upper arm to armpit.</p> <p>20. Repeat the operation on the other side.</p> <p>21. Vacuum&RF operation: lay customer's arm flat, push three meridians from fat part of lower arm to armpit, 3 times.</p>	<div data-bbox="1257 208 1417 383"></div> <p>Technique10</p> <div data-bbox="1257 456 1417 631"></div> <p>Technique13, 16, 21, 24</p> <div data-bbox="1273 741 1401 920"></div> <p>Technique14, 15, 22, 23</p> <div data-bbox="1273 1032 1401 1211"></div> <p>Technique17, 25</p> <div data-bbox="1273 1285 1449 1496"></div> <p>Technique19, 27</p> <div data-bbox="1257 1570 1417 1744"></div>
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		<p>22. Move the handpiece in a spiral curve along three meridians to armpit, 3 times.</p> <p>23. Redouble the operation on flabby arms, 3 times.</p> <p>24. Move the handpiece along three meridians to armpit, 3 times.</p> <p>25. Lay inner arm upwards and push three meridians on upper arm to armpit, 3 times.</p> <p>26. Move the handpiece in a small spiral curve along three meridians on upper arm to armpit, 3 times.</p> <p>27. Move the handpiece along three meridians from upper arm to armpit.</p> <p>28. Repeat the operation on the other side.</p> <p>29. Wipe the treatment clean with towel.</p> <p>30. Lipo Laser operation: fix the pads on fat area, about 20 minutes</p> <p>31. Remove the pads</p> <p>32. The end.</p>	
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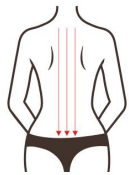





Treatment Suggestions

A course of treatment consists of ten treatment sessions. After one treatment session, it will feel warm and tight, and the arms will be relaxed. After one course of treatment, excessive fat on arms will be reduced and the skin will appear to be tight and plump. Two courses of treatment will help shape arms, dredge meridians, and enhance constitution to strengthen the effects. 3 courses will help consolidate effects and prevent arms from regaining fat.

Back Shaping: 60 min once a week

Body RF Energy level: 30-70% Time: 10-15 minutes Mode: NOR/PRO	Massage cream(essential oil)+MS-720 7F	1. Massage techniques 2. Apply oil to back and press GB-20 and DU-16 acupoints. 3. Pluck Dabanjing(the area connecting neck and shoulder) (from hairline), 3-5 times 4. Move thumb outwards from Bladder Meridian(BL) to the Baliao area and then to GB-20 and DU-16 points.	Technique2, 11  Technique3
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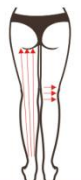



<p>Vacuum&RF Energy: 30-70% Time: 15-20 min Mode: M1/M2/M3/M4/M5 Adjust suction level based on individual endurance.</p> <p>Lipo Laser Energy: 30-70% Time: 15-20 min Mode: M1/M2/M3</p>	<p>5. Starting from neck to caudal vertebra, move hands in an undulating line, 3 times.</p> <p>6. Push Bladder Meridian(BL) with thumb in left-right order, 3 times.</p> <p>7. Push Bladder Meridian(BL) to the Baliao Area with both thumbs, at the same time, 3 times.</p> <p>8. Push Bladder Meridian(BL) in three lines with bending fingers, 3 times.</p> <p>9. Push along medial border of scapula with both hands alternately in left-right order, 3-6 times.</p> <p>10. Push along medial border of scapula with both hands horizontally, 3-6 times.</p> <p>11. Soothe the back with both hands and push GB-20 and DU-16 points, 3 times.</p> <p>12. Overlap both thumbs and push SI-11 point and slide to the arm, 3 times.</p> <p>13. Do the same on the other side, 3 times</p> <p>14. Rub Meridian GV and Bladder Meridian(BL) with hands to warm them up.</p> <p>15. The end</p> <p>16. Body RF operation: move handpiece along Meridian GV and Bladder Meridian(BL) respectively from neck to the Baliao area, 3-5 times.</p> <p>17. Move handpiece in circles on DU-14 point and on the Baliao area, 3-5 times respectively.</p> <p>18. Move handpiece back and forth on Dabanjing(the area connecting neck and shoulder)from neck, 3-5 times.</p> <p>19. Lift the handpiece along the medial border of scapula back and forth in left-right order, 3-5 times.</p> <p>20. Move the handpiece in an 8-shaped motion downwards to Baliao area, 3 times.</p> <p>21. Move the handpiece in an undulating line upwards from left side of</p>	<div data-bbox="1275 208 1401 383"></div> <p>Technique4</p> <div data-bbox="1275 459 1401 633"></div> <p>Technique5</p> <div data-bbox="1275 707 1401 882"></div> <p>Technique6, 7, 8, 14</p> <div data-bbox="1275 996 1401 1171"></div> <p>Technique9, 19, 26</p> <div data-bbox="1275 1285 1401 1460"></div> <p>Technique10, 19, 26</p> <div data-bbox="1275 1574 1401 1749"></div> <p>Technique12, 13</p> <div data-bbox="1275 1823 1401 1998"></div>
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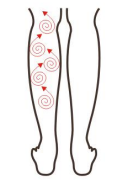
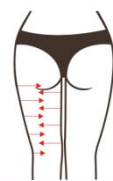


		<p>waist first and then the right side to armpit, 3 times.</p> <p>22. Move the cup upwards from waist side to armpit, 3-5 times</p> <p>23. Vacuum&RF operation: move handpiece along Meridian GV and Bladder Meridian(BL) respectively from neck to the Baliao area, 3-5 times.</p> <p>24. Move handpiece in circles on DU-14 point and on the Baliao area, 3-5 times respectively.</p> <p>25. Move handpiece back and forth on Dabanjing(the area connecting neck and shoulder)from neck, 3-5 times.</p> <p>26. Lift the handpiece along the medial border of scapula back and forth in left-right order, 3-5 times.</p> <p>27. Move the handpiece in an 8-shaped motion downwards to Baliao area, 3 times.</p> <p>28. Move the handpiece in an undulating line upwards from left side of waist first and then the right side to armpit, 3 times.</p> <p>29. Move the cup upwards from waist side to armpit, 3-5 times</p> <p>30. Wipe the area clean with towel.</p> <p>32. Lipo Laser operation: fix the pads on fat area, about 20 minutes</p> <p>33. Remove the pads</p> <p>34. The end.</p>	<p>Technique16, 23</p> 
			<p>Technique17, 24</p> 
			<p>Technique18, 25</p> 
			<p>Technique20, 27</p> 
			<p>Technique21, 28</p> 
			<p>Technique22, 29</p> 



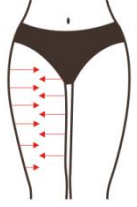

Treatment Suggestions

A course of treatment consists of 10 treatment sessions. After one treatment session, back will be significantly relaxed, neck stiffness will also be alleviated, and skin will be lifted. A course will help relax shoulder, reduce back fat, relieve the lump on the nape of the back, and shape back line. After two courses, the lump will appear to be smaller, meridians will be dredged, sub-health problems will be relieved and sleep quality will be improved. 3 courses will help with back thinning, back line refinement, strengthening visceral function, improving digestion, detoxification and metabolism(one course of treatment is to reduce fat, two courses are to strengthen effects, and three courses help consolidate effects and prevent reappearance of above conditions).

Leg Shaping: 60 min once a week

<p>40K Energy: 30-70% Time: 10-15 min Mode:M1\M2</p> <p>Vacuum&RF Energy: 30-70% Time: 15-20 min Mode: M1/M2/M3/M4/M5 Adjust suction level based on individual endurance.</p> <p>Lipo Laser Energy: 30-70% Time: 15-20 min Mode: M1/M2/M3</p>	<p>Massage cream(essential oil)+gel+MS-7207F</p>	<ol style="list-style-type: none"> 1. Massage techniques 2. Customer lies on his front, back side of the leg, left-right order: rub oil into the skin from calf to thigh and then move back to heel, 3 times 3. Alternate the heels of both palms to push the entire leg upwards and move back to heel, 3 times 4. Move hands upwards to push four meridians: Bladder Meridian(BL) - Kidney Meridian(KI) - Liver Meridian(LV) - Gallbladder Meridian(GB) with thumb and index finger splaying. 5. Push popliteal fossa with both hands alternately, 3 times. 6. Move both hands upwards alternately in undulating motion, 3 times. 7. Soothe the area, 3 times 8. Push four meridians upwards with bending fingers of both hands, 3 times. 9. Soothe the area, 3 times 10. Repeat the operation on the other side. 11. The end 12. 40K operation: push Bladder Meridian(BL) - Kidney Meridian(KI) - Liver Meridian(LV) - Gallbladder Meridian(GB) upwards to popliteal fossa 	<p>Technique2, 3, 4, 5, 7, 8, 9</p>  <p>Technique6</p>  <p>Technique12, 15, 17, 20, 23</p>  <p>Technique13, 16, 21, 24</p>  <p>Technique15, 17, 23</p>
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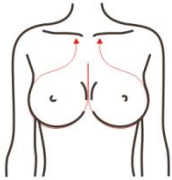
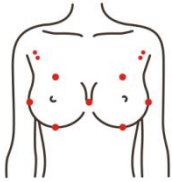
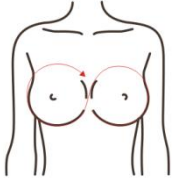
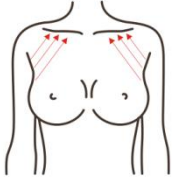
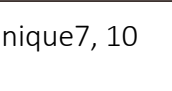
		<p>respectively, 3 times.</p> <p>13. Move in small spiral curve on calf to dissolve fat, 3 times</p> <p>14. Move the instrument upwards to popliteal fossa and soothe the treatment area with hand, 3 times.</p> <p>15. Push 4 meridians from popliteal fossa to the top of thigh respectively, 3 times.</p> <p>16. Move the handpiece in small spiral curve from popliteal fossa to the top of thigh to dissolve fat, 3 times.</p> <p>17. Push meridians from popliteal fossa to the top of thigh, 3 times</p> <p>18. Move the handpiece in small spiral curve on thigh to dissolve fat, 3-5 times.</p> <p>19. Repeat the techniques on the other leg.</p> <p>20. Vacuum&RF operation:lift from heel to popliteal fossa line by line with one hand and the handpiece, 3 times</p> <p>21. Move the handpiece in small circles on calf, 3 times</p> <p>22. Move the handpiece on calf from top to bottom back and forth,3-5 times.</p> <p>23. Lift from popliteal fossa to the top of thigh, 3 times.</p> <p>24. Move the handpiece in small circles on thigh, 3 times.</p> <p>25. Lift from two sides of leg to the middle, 3 times.</p> <p>26. Lift upwards from two sides of thigh in annular motion</p> <p>27. Do the same on the other side.</p> <p>28. Massage the front side of legs: rub oil into skin from feet to thigh root(soothe the treatment area), 3 times</p> <p>29. Push four meridians: Bladder Meridian(BL) - Kidney Meridian(KI) - Liver Meridian(LV) - Gallbladder Meridian(GB) to the top of thigh with thumb and index finger splaying.</p> <p>30. Push four meridians with bending fingers of both hands,3 times</p>	 <p>Technique16, 18, 21, 24</p>  <p>Technique13, 21</p>  <p>Technique25</p>  <p>Technique26</p>  <p>Technique29, 30, 33, 35, 38, 40, 42</p>  <p>Technique34, 37</p>
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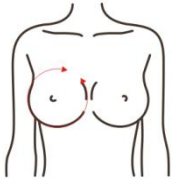
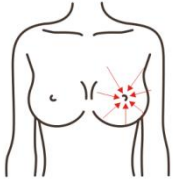
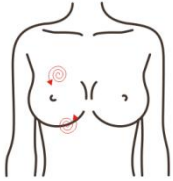
	<p>31. The end</p> <p>32. Do the same on the other side.</p> <p>33. 40K operation: lift the handpiece towards knee from calf while tracing 4 meridians, 3 times(start from thigh if there's not enough unwanted fat on calf.)</p> <p>34. Move the handpiece on two sides of calf in annular motion, 3 times(start from thigh if there's not enough unwanted fat on calf.)</p> <p>35. Lift the handpiece from knee to the top of thigh line by line, 3 times.</p> <p>36. Move the handpiece in small circles on thigh, 3 times.</p> <p>37. Lift the handpiece from knee to the top of thigh in annular motion, 3 times.</p> <p>38. Lift the handpiece from knee to the top of thigh line by line, 3 times.</p> <p>39. Vacuum&RF operation: lift the handpiece towards knee from calf while tracing 4 meridians, 3 times(start from thigh if there's not enough unwanted fat on calf.)</p> <p>40. Lift from knee to the top of thigh,3 times</p> <p>41. Move in small circles on thigh, 3 times.</p> <p>42. Lift from two sides of thighs to the middle, 3-5 times.</p> <p>43. Lift upwards on two sides of thigh in annular motion.</p> <p>44. Do the same on the other thigh.</p> <p>45. Wipe legs clean with towel</p> <p>46. Lipo Laser operation: fix the pads on fat area, about 20 minutes</p> <p>47. Remove the pads</p> <p>48. The end.</p>	 <p>Technique36, 41</p>  <p>Technique42</p>  <p>Technique43</p> 
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Treatment Suggestions

A course of treatment consists of ten treatment sessions. After one treatment, leg will be relaxed, and circulation will be accelerated. After one course of treatment, leg will become thin, there will be contraction of skin collagen due to heat effect, and tightening effect can be obviously felt on the skin. After 2 courses of treatment, there will be obvious results with the slimness and firmness of legs promoted. 3 courses will help consolidate the effects. This treatment can stimulate dermis to promote constant collagen regeneration. So the treatment results will be more obvious.

Breast-augmentation treatment: 60 min 1-2 times a week

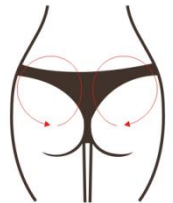

Breast-augmentation Cup Mode: M1/M3/M4 Suction: adjust it by turning the knob (It is recommended that suction be set at relatively low level at the beginning to avoid discomfort. After users adapt, it can be raised slowly.)	Essence+MS -7207F	<ol style="list-style-type: none"> 1. Standing at the bedside, use both hands to rub oil into skin from Shanzhong(RN17) to armpit and then lift the suspensory ligament (massage) for 3 times. 2. Use both thumbs to press acupoints: Shanzhong(RN17), Rugen(ST18), Dabao(SP21), Yingchuang(ST16), Zhongfu(LU1), Yunmen(LU2) 3 times 3. Massage the area, 3 times 4. Overlap two palms and move from Shanzhong(RN17) in a 8-shaped motion back and forth, 3 times. 5. Alternate hands to push from accessory breasts towards suspensory ligament, in left-right order. 6. Massage the area, 3 times. 7. Sit beside the customer, use both palms to massage and lift breasts in a left-right order, 3-5 times. 8. Alternately push the lactiferous ducts (around the breast) with thumbs and index fingers splaying 3-5 times. 9. Alternately move in circles with two thumbs to dredge nodules on the chest, 3 times 10. Massage and lift breast with both hands. 11. Repeat the techniques on the other 	<div> Technique1  </div> <div> Technique2  </div> <div> Technique4  </div> <div> Technique5  </div> <div> Technique7, 10  </div>
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		<p>breast.</p> <p>12. Wipe breasts clean with hot towel, 2 minutes.</p> <p>13. Breast-augmentation cup operation: choose proper cups and fix them on customer's breasts, about 20 minutes.</p> <p>14. For the people who have sunken nipples, face cup can also be used on the nipple area, about 5-10 minutes.</p> <p>15. Remove cups.</p> <p>16. The end.</p>	
			<p>Technique8</p> 
			<p>Technique9</p> 

Treatment Suggestion

One course of treatment consists of ten treatment sessions. After one treatment, breasts will be lifted to some degree. After one course of treatment, breasts will be firmed and augmented to some degree. Conditions of accessory breasts, breast outward expansion and saggy breasts will be relieved. Three courses of treatments will help make breasts plump and firm. The more treatments you take, the more noticeable the effect will be.

Hip-augmentation treatment: 60 min 1-2 times a week

<p>Breast-augmentation Cup</p> <p>Mode: M1/M3/M4</p> <p>Suction: adjust it by turning the knob</p> <p>(It is recommended that suction be set at relatively</p>	<p>Essential oil+MS-720 7F</p>	<ol style="list-style-type: none"> 1. Standing on the side, rub oil into skin by sliding to the waist from the Baliao area and then lift up along the hips from the waist, 3 times (this is soothing technique.) 2. Push the Baliao area with two thumbs, 3 times. 3. Soothe the treatment area for 3 times and then press point: BL-23, Baliao area, DU-1, GB-30, BL-36, 3 times. 4. Soothe the treatment area, 3 times. 	<p>Technique1</p> 
			<p>Technique2</p> 

<p>low level at the beginning to avoid discomfort. After users adapt, it can be raised slowly.)</p>		<p>5. Left-right order, both hands push from the root of the thigh in bottom-to-top way -- Bladder Meridian(BL) - Kidney Meridian(KI) - Liver Meridian(LV) - Gallbladder Meridian(GB) to Meridian BV, 3 times each.</p> <p>6. Push Bladder Meridian(BL) - Kidney Meridian(KI) - Liver Meridian(LV) - Gallbladder Meridian(GB) from thigh root to Meridian upwards, 3 times each.</p> <p>7. Overlap both palms and push up together from thigh root to pulse (lifting), 3 to 5 times.</p> <p>8. Push your hands upwards from both sides of your hips to the top of your hips(shaping) back and forth, 3 times.</p> <p>9. Repeat step 6</p> <p>10. Soothe the treatment area.</p> <p>11. The techniques on the other side is the same as above.</p> <p>12. Use both hands to warm the Baliao area up.</p> <p>13. Choose proper cups to perform cup-moving treatment: lift by moving cup from the top of thigh to the top of hip, 3-5 times.</p> <p>14. Lift from two sides of hip to the middle, 3-5 times.</p> <p>15. Cup-fixing treatment: choose proper cups and fix them on hips, set suction at proper level, about 5-15 minutes.</p> <p>16. Remove cups and wipe hips clean, 2 minutes.</p> <p>17. The end.</p>	<div data-bbox="1275 210 1437 416"> </div> <p>Technique3</p> <div data-bbox="1275 501 1437 707"> </div> <p>Technique5</p> <div data-bbox="1275 792 1437 999"> </div> <p>Technique6</p> <div data-bbox="1275 1084 1437 1290"> </div> <p>Technique8</p> <div data-bbox="1275 1375 1437 1581"> </div>
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Treatment Suggestions One course of treatment consists of ten treatment sessions. After one treatment, hips will be lifted to some degree. After one course of treatment, unwanted fat on hips will gradually disappear and hips will be firmed. Three courses will help build attractive hip curve and increase hips' elasticity. Gynecological conditions like cold womb will be relieved.			
Treatment for Private Parts: 60 min once a week			
Cups for private parts Mode: M2/M3/M4/M4 Suction: adjust it by turning the knob (It is recommended that suction be set at relatively low level at the beginning to avoid discomfort. After users adapt, it can be raised slowly.)	Oil for private parts+MS-7 207F	1. Massage private parts: pour some oil on palms and rub hands to warm them up. Push groin alternately by both hands with thumb and index finger splaying, 3-5 times. Perform the technique from left side first and then right side. 2. Push groin upwards alternately with both hands, 3-5 times. Perform the technique from left side first and then right side. 3. Apply digital pressing technique on the acupuncture points around labia, 3 times 4. Push from groin towards labia line by line with both hands, 3-5 times. 5. Push groin upwards alternately with both hands, 3-5 times. Perform the technique from left side first and then right side. 6. Push from groin towards labia line by line with both hands, 3-5 times. 7. Cup operation, choose proper cups and fix them on three areas of groin, 3 minutes on each area. 8. Use cup to push groin upwards, 3-5 times. Perform the technique from left side first and then right side. 9. Use cup to move upwards on the lesser and greater lips of pudendum, 3-5	No diagrams

		<p>times. Perform the technique from left side first and then right side.</p> <p>10. Stimulate Huiyin(RN1)(stay on the area for 3 seconds), 3-5 times</p> <p>11. The end.</p>	
<p>Treatment Suggestions</p> <p>One course of treatment consists of ten treatment sessions. After one treatment, private parts will be tightened to some degree. After one course of treatment, groin and labia will become less dark. Three courses will help tighten private parts dramatically and make the area take on reddish colour. Abnormal menstruation and menstrual pain will be relieved. So, you can live a happier life.</p>			