

# User Manual

MS-76D1MAX



# Preface

Dear Users,

We're pleased to present to you our latest 8-in-1 comprehensive beauty machine for skin and body care, which includes face RF, eye RF, body RF, vacuum&RF, 40K, hot&cold and Photon&Microcurrent. It is a professional beauty machine, which needs to be handled by professionals with proper training. Any improper use will result in adverse outcomes. Therefore, we advise people 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, Ultrasonic cavitation, Photon&Microcurrent, and Hot&Cold are widely used in beauty industry. Beauty machines based on those approaches are popular among people. And this machine MS-76D1MAX, which groups them together as one, can effectively help people with skin-firming, body-shaping and anti-ageing. 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.

## 1. Advantages

1. 8-in-1 beauty machine that works on 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. 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.
4. Various working handpieces can be used in different parts according to different needs.
5. The perfect combination of ultrasound and radio frequency solves major problems in losing weight. It helps with weight loss and meanwhile firms skin, increases skin elasticity, promotes metabolism, and ultimately strengthens 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 recovery period, which 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.

## 2. Working Principles

### (3-poled, 4-poled, 6-poled)RF

For those handles, no matter it is one-polar, 2-polar or multi-polar handle, there will be RF effect after an electrical circuit is formed between two electrodes. For the one-polar and 2-polar handle, only one electric circuit forms, but there are three and four electric circuits respectively for the 3-polar and 4-polar handles. When the electrodes on the handle touch human body's skin, the RF outputs from multi-polar handle will tend to become the same despite the fact that the skin is not absolutely even and there are resultant contact differences, which will prevent the occurrence of irritating sensation as possible as it can.

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.

Ultrasonic wave is used to make human adipose cells take a strong impact and produce friction movement 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.

## Vacuum RF

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

## Photon&Microcurrent

It stimulates the energy contained in the ATPs of cells to restore the normal operation and function of cells after its imitating human Photon&Microcurrentlogical 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 make the skin softer, elastic and shiny.

## Hot & Cold

It uses the principle of thermal expansion and cold contraction. Our skin reduces the metabolic rate at 5 degrees Celsius, slows down the movement of cells and slows down the sensitivity of nerve endings, which inhibits pain and swelling of skin for allergic reactions. Due to thermal expansion and cold contraction, the temperature of 5 degrees Celsius causes the blood vessels to contract, resulting in pore contraction to restrain thick pores and firm the skin. Therefore, it can smooth facial wrinkles and crow's feet.

Physiological effects of 5°C :

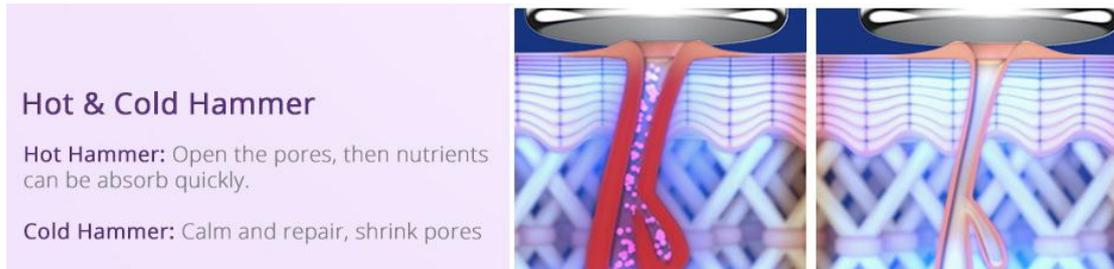
1. It can constrict blood vessels, resulting in tightening of pores, which can greatly improve the size of pores.
2. It can strengthen myofibril, make the skin firm and elastic, and smooth the wrinkles and crow's feet.
3. It can constrict blood vessels, and reduce varicose veins and red veins effectively. It is easier to purify and detoxify venous blood in terms of harmful substances, and it has a significant effect on reduction and elimination of spots.
4. It can reduce the metabolic rate, inhibit and slow down the cell activity, reduce the sensitivity of the peripheral nerve to play a calming and soothing effect, and relieve skin swelling and pain, especially for allergic skin.

Physiological response of 40°C treatment :

1. 40°C makes people feel warm and comfortable, which will be able to relax muscles, keep the balance of vegetative nervous system and relieve pain and soreness.

2. It can promote blood circulation, increase the oxygen content in the blood, and open pores and extend blood vessels to make skin absorb nutrients quickly, which is a milder and more comfortable absorbing way.
3. It can increase the metabolic rate of the skin, increase the heat energy content of the tissue, and make skin naturally eliminate the waste and toxins, which has a certain effect on the elimination of bags under the eyes and dark circles.

The alternating use of cold and heat hammer has multiplying effect on skincare, and can activate cells, and improve and purify the skin, which is a good instrument for health and beauty treatment.



### Warning!

1. When the cold&hot hammer is working, do not touch any part of this hammer to avoid burns.
2. After the hammer is used, it is still hot due to heat transmission.
1. This device is not intended for people with physical weakness, slow response or mental disorders (including children), except in the case that the person responsible for their safety can give guidance or help to them to make them use it in a safe way.
3. Children should be supervised to make sure they do not play with this device.

### Photon&Microcurrent & Photon

LED photon therapy uses the principle of photodynamics to activate deep cells and boost skin metabolism. After light is absorbed by the skin, the light energy is transformed into intracellular energy, which expands and strengthens microvessels and produces photochemical--enzymatic reaction with the skin, increasing the activity of Catalase and superoxide dismutase (SOD), which serve as the "guard" and "cleaning worker" of cells. The breakdown of adenosine triphosphate (ATP), a source of cellular energy, increases, and glycogen and protein content increase. Therefore, it promotes cell metabolism and synthesis. It stimulates basic fibroblast growth factor (BFGF) and the epidermal growth factor (EGF) to secrete, which can rearrange collagen fibers and elastic fiber, block and eliminate the formation of melanin, accelerate cell growth and blood circulation, and stimulate fiber cells to produce collagen to increase skin elasticity. It plays an important role in skin care such as repairing the aging skin and acne skin, fading spots, firming skin and alleviating sunburns.

#### Photon&Microcurrentlogical effect

Using photodynamic principle, it activates deep cells and boosts skin metabolism. After the light is absorbed by the skin, the light energy is converted into cellular energy, which can relax and strengthen the micro vessels and produce photochemical--enzymatic reactions with the skin to increase the content of glycogen and protein. In this way, it promotes the metabolism and synthesis of cells.

**Red LED Light:** 635NM. Red LED light of specific wavelength heats up skin bottom, promote collagen regeneration, accelerates skin's micro circulation, and increase skin elasticity, leaving skin rosy and smooth and making skin look younger and have less wrinkles. Promote the regeneration of skin cells and activate active ingredients.

**Blue LED Light:** 462NM. Blue LED light of specific wavelength shrinks pores, removes skin grease, calm skin, fight acne, quickly lock in moisture and essence, leaving skin more elastic. Relieve skin inflammation, kill bacteria, get rid of acne.

**Green LED Light:** 527NM. Green LED light of specific wavelength helps to calm, repair skin, relieve pain, and promote blood circulation. It is suitable for those with thin corneum, and who are prone to allergy and redness.

**Purple LED Light:** 600NM, dual frequency of red and blue LED lights. It combines the efficacy of two kinds of phototherapy and has a particularly good repairing effect especially for the treatment of acne and acne marks.

**Yellow LED Light:** 590NM. It can add energy to skin cells, promote the role of glands, assist digestion, treat skin diseases, enhance immunity, accelerate blood circulation, effectively repair red marks, red spots, and relieve swelling and pigmented spots, and is suitable for removing spots and brightening.

**White LED Light:** 670NM. It reaches deep into skin, accelerates metabolism of active cells, decomposes pigments, reduces fine lines and tightens skin. It can also relax skin, balance sebum production and control oil secretion.

**Turquoise LED Light:** 610NM, dual frequency of green and blue LED lights. It gradually enhances cell energy, and has positive impact on metabolism.

### 3. Skin firming&anti-ageing

#### (1). Effects

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

#### (2). 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

#### (3). Inapplicable Range

1. Those who have just undergone plastic surgery with prostheses and metal materials, etc., implanted at the operation area.
2. Those who have experience in injection products recently, such as hyaluronic acid, or those who have mesotherapy, wrinkle removal, or plastic surgery.
3. Those who have hypertension, heart disease, diabetes, severe hyperthyroidism, malignant

tumor, etc.

4. Those who are in allergic period and have severely sensitive skin and metal allergies.
5. Those who have trauma or wound on the skin.
6. Those who are of advanced years.
7. Those who are in menstruation, pregnancy, lactation, surgical recovery.
8. Those who have skin diseases and infectious diseases.
9. Those who have unrealistic illusions about the effect.

#### **(4). Do's and Don'ts after operation**

1. Do not wash your face with overheated water for three days (you can wash your face with warm or cold water).
2. Strengthen hydration, moisturizing and avoid sunburn.
3. Do not go for hot springs, saunas, violent exercise, etc., for three days.
4. It is recommended to apply the mask at least three times a week.
5. Avoid eating spicy and greasy food, avoid staying up late, smoking and drinking, and eat more fruits and vegetables and food with less grease.
6. Avoid those food which leads to high blood pressure, high cholesterol and high blood sugar).

## **4. Eye Anti-wrinkle**

### **(1). 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.

### **(2). 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.

### **(3). Inapplicable Range**

1. Those who had just undergone plastic surgery.
2. Those who have hypertension, heart disease, diabetes, severe hyperthyroidism and malignant tumors.
3. Those who are having an allergic reaction and have severe sensitive skin or are allergic to metals.
4. Those who have skin lesions.
5. Those who are of advanced years.
6. Those who are pregnant or convalescents.
7. Those who have skin diseases and contagious diseases.
8. Those who are sensitive to electric currents

#### **(4). 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.

### **5. Neck Care**

#### **(1). 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.

#### **(2). 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.

#### **(3). 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.

#### **(4). 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.

## 6. Body Management

### (1). Waist&Abdomen Shaping

#### 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.

#### 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.

#### 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.

#### 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

#### 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.

## **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

## **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.

## **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**

### **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.

## **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.

## **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.

## **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). Hip Shaping**

Hip is located in the middle of human body, and are the key hub of qi and blood circulation of meridians. It is the main switch of six meridians and also the bridge connecting the qi and blood circulation of upper and lower parts of human body, which plays an important role in building S-shaped curve and promote female attractiveness.

### **Effects**

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

### **Applicable Range**

1. Those with saggy hips and fat accumulation.
2. Those with stretch marks induced by obesity and obesity.
3. Those whose butt shape is not good-looking, flat and soft outward expansion.
4. Those with cold and cool hips with low hip temperature.
5. Those with cold womb, dysmenorrhea, irregular menstruation, gynecological inflammation and other problems.
6. Those with decreased estrogen levels and poor sex lives.

### **Inapplicable Range**

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

## **Do's and Don'ts after Operation**

1. Keep hips warm and avoid wearing miniskirts and shorts.
2. Take Shower in 4-6 hours after operation.
3. Drink plenty of hot water to avoid cold air.

4. Avoid staying up late, drinking and overeating.
5. Avoid eating raw, cold and spicy foods and get enough sleep.
6. Sauna, hot spring or strenuous exercise should be avoided within 7 days after operation.

## **(5). Leg Shaping**

### **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.

### **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.

### **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.

### **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.

## **Part II**

### **1. Detailed Operation**

#### **1.Home Interface**



time (range: 00:00—60:00)



button for decreasing time



button for increasing time



energy level(range: 1—9)



button for lowering energy level



button for raising energy level



button for selecting working mode(each time you press it, it will switch to the next mode)



start/stop button

## 2. Detailed Operation of 40K



choose to go to the following interface



time and adjusting buttons



Energy level and adjusting buttons(3-7 is recommended)



two working modes

mode A: constant working mode

mode B: discontinuous working mode



After setting parameters, press to begin the treatment.

### 3. Detailed Operation of Vacuum&RF



choose to go to the following interface



time and adjusting buttons



suction time and adjusting buttons



release time and adjusting buttons



energy level and adjusting buttons(3-7 is recommended)



two working modes

Mode A: the red light goes on and the energy of the handpiece directly reaches preset level after the start button is pressed.

Mode B: the red light goes on and the energy of the handpiece slowly reaches preset level after the start button is pressed and the handpiece touches skin.



After setting parameters, press to begin the treatment.

### 4. Detailed Operation of Body RF



choose to go to the following interface





time and adjusting buttons



energy level and adjusting buttons(3-7 is recommended)



two working modes

Mode A: the red light goes on and the energy of the handpiece directly reaches preset level after the start button is pressed.

Mode B: the red light goes on and the energy of the handpiece slowly reaches preset level after the start button is pressed and the handpiece touches skin.



After setting parameters, press to begin the treatment.

### 5 Detailed Operation of Hot&Cold



choose to go to the following interface



time and adjusting buttons



Energy level and adjusting buttons(3-7 is recommended)



two working modes

Mode A: COLD mode (it can soothe&repair skin and relieve redness and swelling)

Mode B: HOT mode(it can help promote skin's absorption)

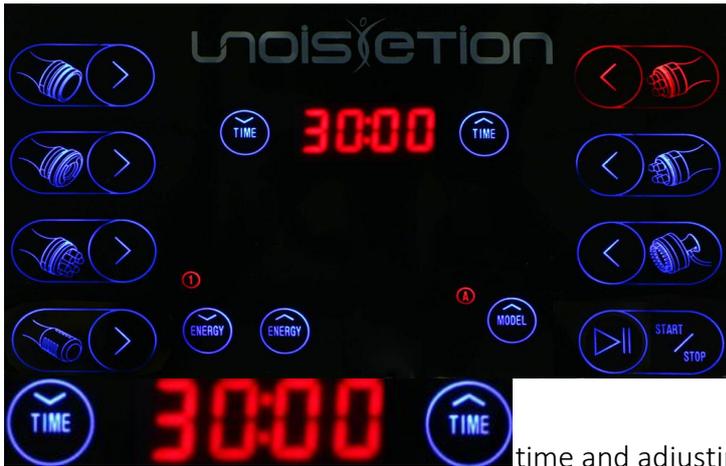


After setting parameters, press to begin the treatment.

### 6. Detailed Operation of Eye RF



choose to go to the following interface



time and adjusting buttons



energy level and adjusting buttons(3-7 is recommended)



two working modes

Mode A: the red light goes on and the energy of the handpiece directly reaches preset level after the start button is pressed.

Mode B: the red light goes on and the energy of the handpiece slowly reaches preset level after the start button is pressed and the handpiece touches skin.



After setting parameters, press to begin the treatment.

## 7. Detailed Operation of Face RF



choose to go to the following interface



time and adjusting buttons



energy level and adjusting buttons(3-7 is recommended)



two working modes

Mode A: the red light goes on and the energy of the handpiece directly reaches preset level

after the start button is pressed.

Mode B: the red light goes on and the energy of the handpiece slowly reaches preset level after the start button is pressed and the handpiece touches skin.



After setting parameters, press to begin the treatment.

## 8. Detailed Operation of Photon&Microcurrent



choose to go to the following interface

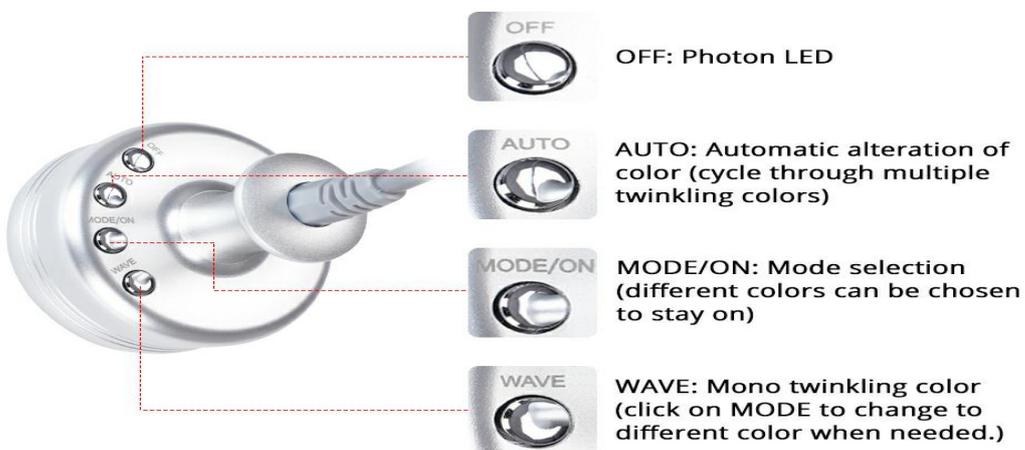


Mode A: constant working mode

Mode B: low-frequency discontinuous working mode

Mode C: high-frequency discontinuous working mode

the functions of the buttons on the handpiece are as follows





After setting parameters, press  to begin the treatment.

## 2. Technical Specifications

Power supply Input:100V-240V  
Power :190W

40K Unoisetion Cavitation 2.0 Handle  
Frequency:40KHz  
Power:20W

Sextupolar RF Handle with Photon for Body  
Frequency:1MHz  
Power:50W

Vacuum&Bipolar RF Handle with Photon  
Frequency:1MHz  
Power:50W  
Vacuum: <-80kPa  
Pressure: >250kPa  
Air flow: >10L/minute  
Noise level: <70dB (30cm away)

Quadrupole RF Handle with Photon for face  
Frequency:1MHz  
Power:30W

3-Polar RF Handle with Photon  
Frequency:1MHz  
Power:10W

Cold probe for body and face  
Temperature:0~5 degree centigrade

## 3. Dos and Dont's

1. The plug with grounding pin must be used before the instrument is used and the power socket of the instrument is properly grounded.
2. Ensure that the voltage of the instrument is suitable. If the voltage of the local power supply is not stable, we suggest that the user add a voltage regulator with matching power between the mains and the instrument.
3. In order to ensure the treatment effect and normal service life of the instrument, please use the specified parts provided or suggested by the original manufacturer.
4. The instrument should not be placed in damp places or near water sources, and should not be directly exposed to sunlight.
5. Do not place the instrument near a strong heat source, as this may affect the life and normal use of the instrument.
6. Before treatment, please remove all metal objects from the body first, so as to avoid

unexpected conditions and influence the curative effect.

7. Please restrain from using the device on eyes, thyroid, parathyroid, testicles, abdomen of pregnant women, and pacemakers.

8. Patients who are suffering from illness should consult with a doctor and gain permission from the doctor before using.

9. Please turn off the power switch of the device, and ensure that the total power supply of the device is turned off before the staff leaves after daily use, so as to ensure the safety of the electrical products.

10. 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.

11. Don't use the instrument on an empty stomach. After you are full, you should wait for at least 1 hour before taking the treatment.

12. During operation, the instrument should be in full contact with the skin to avoid uneven heating.

13. Set the energy at lowest level at the beginning and slowly raise it after the customer adapts to it.

14. The treatment area should be kept moisturized during the operation and do not perform the treatment on dry skin.(except the lipo laser pad)

15. The suction level should not be too high when the vacuum&RF handpiece is used to avoid causing discomfort.

16. The40K function should not be used on head, back and chest.

17. When using hot and cold function, do not cover the air outlet to avoid affecting its service life due to insufficient heat dissipation

18. Clean the instrument with normal saline after operation to ensure its cleanliness to prolong its service life.

19. Use machine or train machine operators in strict accordance with instructions in the user manual.

## 4. Troubleshooting & Solutions

### 1. The machine cannot be started?

A. Make sure the power cord is connected to the socket with normal power supply.

B. Please check whether the fuse on the back of the instrument is loose or blown.

### 2. The machine can be started but there is no or weakened RF energy output?

A: Please check whether the handpiece is connected to the machine properly.

B: The wires in the handpiece are loose or broken.

### 3. 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.

### 4. There is no or weakened suction when using the Vacuum&RF handpiece?

A: Please check whether the filter has been installed correctly

B: Please check whether the handpiece is connected to the machine properly.

C: Please check whether the cord connecting the handpiece to the machine is broken

D: Please check whether there is blockage due to dirt or foreign object at the suction hole. If so, clean the suction hole.

**5. The machine can be started but there is no electric currents when using Photon&Microcurrent function?**

A: Please check whether the handpiece is connected to the machine properly.

B: Please check whether you have adjust the energy to proper level

C: Please check whether the skin product used in the treatment is what we recommend(it is preferable to use liquid skin product when you use this handpiece.)

**6. The machine can be started but the cold hammer doesn't work?**

A: The cooling fan inside is broken and then doesn't work

B: The circuit board inside is loose or damaged

C: If aforementioned problems occur, you need to replace the handpiece.

## **5. 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, smoothing&rejuvenating skin, relaxing and repairing skin, 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: The 40K treatment works to dissolve fat to reduce weight, and users are not prone to regain their weight. Because what's dissolved through this 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 Photon&Microcurrentlogical 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: Why do I need hip treatment?**

A: Because it can help with detox of lymphatic system of body, relieve gynecological diseases, and protect women from harm brought by buttock blockage. Hip blockage will bring about gynecological conditions for the fact that hips are the areas where many important organs of human body exist. If hips suffer from the squeeze of upper and lower energizer meridians, they will be vulnerable to cold, damp and blood stasis. When hips are affected by cold, hip meridian contraction will occur, and then there will be some symptoms such as dysmenorrhea, irregular menstruation, dark menses, blood clot, blood and meridian blockage. It also affects women's fertilization.

### **14. Q: How does vacuum detoxify?**

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.

## **6. Packing List**

- 1x Machine Body
- 1x Eye RF Handpiece
- 1x Face RF Handpiece
- 1x Body RF Handpiece
- 1x Vacuum RF Handpiece
- 1x 40K Handpiece
- 1x Hot & Cold Handpiece
- 1x Photon&Microcurrent Handpiece
- 2x Holder
- 1x Power Cord
- 2x Fuse
- 1x Filter

## **7. Simplified Treatment Steps**

### **1. Skin firming&anti-ageing**

Remove makeup and clean face---hydro mask&hot steam---clean face---toner---massage cream+massage techniques---massage cream/essence+Face RF---clean face--- water mask---clean face---essence, Hot & Cold hammer---face mask+PHOTON&microcurrent---remove mask and clean face---apply toner, essence, face cream and so on.

### **2. Eye anti-ageing**

Remove makeup---toner---eye essence+massage techniques---eye essence+Eye RF--clean eye area---apply eye mask---clean eye area---apply toner, eye essence and eye cream.

### **3. Neck care**

Remove makeup---toner---massage cream+massage techniques---massage cream/essence+Face RF--clean neck area---neck mask---remove mask and clean neck---apply toner and neck cream.

### **4. Abdomen&waist/hip/leg**

Massage techniques---RF cream/gel+40K treatment---essential oil/RF cream+VACUUM & RF---

wipe the treated area clean

### 5. Back

Massage techniques---essential oil/RF cream+Body RF---essential oil/RF cream+VACUUM & RF---  
wipe the treated area clean

### 6. Arm

Massage techniques---RF cream/gel+40K treatment---essential oil/RF cream+Body RF  
treatment---wipe the treated area clean

## 8. Operational Diagrams

Parameter Adjustment	Product	Techniques	Diagrams
<b>Face Firming and Anti-ageing: 70 min once a week</b>			
<p><b>Face RF</b> Time: 15 minutes Energy level: 3-7 Mode: A(default mode)</p> <p><b>Hot &amp; Cold</b> Time: 8-10 minutes Energy level: 3-7 Mode: A</p> <p><b>Photon&amp;Microcurrent</b> Time: 5-8 minutes Energy level: 3-7 Mode: A(default mode) Choose the light with specific colour based on your needs.</p>	<p>Makeup Remover+Face Cleanser+Cold&amp; Hot Steam+Massage Cream+Hydro Mask+Essence+Face Mask</p>	<ol style="list-style-type: none"> <li>Remove makeup and clean face, 5 minutes.</li> <li>Apply hydro mask and hot steam, 10 minutes</li> <li>Clean the face, 2 minutes.</li> <li>Apply toner , 1 minute</li> <li>Apply massage cream evenly to face and soothe face, 3 times.</li> <li>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.</li> <li>Soothe face, 3 times</li> <li>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.</li> <li>Repeat the technique on the other side.</li> <li>Apply lifting technique towards hairline on forehead, 3 times</li> <li>Apply plucking technique with fingers alternately to lift face.</li> <li>Apply plucking technique</li> </ol>	<p>Technique5,7</p>  <hr/> <p>Technique6</p>  <hr/> <p>Technique8,9,13</p>  <hr/> <p>Technique10</p>  <hr/> <p>Technique15</p>

		<p>with one hand towards hairline on forehead.</p> <p>13. One side, apply plucking technique with both hands 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. The end</p> <p>17. <b>Face RF</b> operation</p> <p>18. Apply lifting technique from jaw to earlobe, mouth corner to ear center, and nose wing to temple by moving the handpiece in spiral curve line by line, 3 times.</p> <p>19. Repeat the technique on the other side.</p> <p>20. Apply lifting technique by moving the handpiece in circular motion towards hairline on forehead, 3 times.</p> <p>21. Wash face clean, 2 minutes</p> <p>22. Apply hydro mask to face, 10 minute.</p> <p>23. Remove mask, 2 minutes.</p> <p>24. Apply essence evenly to face.</p> <p>25. <b>Hot &amp; Cold:</b> lift from jaw towards forehead in circular motion, 3 times</p> <p>26. Do the same on the other side.</p> <p>27. Operate the Hot &amp; Cold handpiece on forehead in circles horizontally, 3 times.</p> <p>28. Apply face mask, 15 minutes</p> <p>29. Use stamping technique to operate the <b>Photon&amp;Microcurrent</b> handpiece on the whole face simultaneously, 3 times.</p> <p>30. Remove the facial mask, clean the face, 2 min</p> <p>31. Apply toner, essence, cream and sunscreen.</p>	<div data-bbox="1251 203 1374 398" data-label="Image"> </div> <hr/> <p data-bbox="1171 416 1430 488">Technique 18,19,20, 25,26,27</p> <div data-bbox="1251 501 1374 689" data-label="Image"> </div> <hr/> <p data-bbox="1171 698 1246 734">20,27</p> <div data-bbox="1251 748 1374 936" data-label="Image"> </div>
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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.

**Eye Anti-ageing: 45 min once a week**

**Eye RF**  
 Time: 10 minutes  
 Energy level: 3-7  
 Mode: A(default mode)

Makeup Remover+Face Cleanser+Essence/Eye Cream+MS-76D1MAX+Eye Mask

1. Remove makeup and clean face, 5 minutes.
2. Apply toner, 1 minute
3. Rub essence(eye cream)evenly into the area round eyes by moving in circular motion, 3 times.
4. Press acupuncture points on eye area: BL1, ST1, ST2, GB1, SJ23, EX-HN4, BL2.
5. Soothe eye area with right hand and left hand moving clockwise and anticlockwise respectively, 3 times.
6. Use scissor-hand to soothe eye area.
7. Use one hand to move in circular motion from inner eye corner to the outer eye corner and finally to the back of ear, with the other hand in scissor shape, 3 times.
8. **Eye RF** operation
9. Apply lifting technique by moving the handpiece from lower eyelid to eye corner, 3-6 times
10. Apply lifting technique by moving the handpiece from lower eyelid to temple, 3-6 times
11. Apply lifting technique by moving the handpiece in small circles from lower eyelid to temple, 3-6 times.
12. Apply lifting technique by moving the handpiece from lower eyelid to temple, 3-6 times
13. Apply lifting technique by moving the handpiece from

Technique3,5



Technique4



Technique6



Technique7



Technique9



Technique10

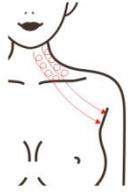
		<p>eyebrow to hairline, 3-6 times.  14. Repeat the techniques on the other side.  15. Wash eye area clean, 1 minute  16. Apply eye mask, 15 minutes  17. Remove eye mask and wash the area clean, 2 minutes  18. Apply eye essence and eye cream  19. The end.</p>	 <p>Technique11</p>  <p>Technique12,13</p> 
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### Treatment Suggestions

One course of treatment consists of ten treatment sessions. After one treatment, metabolism will be accelerated, skin around eyes will be tightened and fine lines will be reduced. After one course of treatment, fine line will be obviously removed. Two courses of treatment will help lift skin due to the collagen growth at deep skin, leaving eye corners lifted and eyes brighter. Three courses of treatment will help consolidate effects and fine lines will be totally gone. If the treatment receiver keeps daily care, wrinkles will be prevented from reappearing.

## Neck Care: 50 min once a week

<p><b>Face RF</b>  Time: 15 minutes  Energy level: 3-7  Mode: A(default mode)</p>	<p>Makeup Remover+Face Cleanser+Massage Cream+Essence+Neck Mask</p>	<ol style="list-style-type: none"> <li>1. Remove makeup and clean neck, 5 min.</li> <li>2. Apply toner, 1 min.</li> <li>3. Neck massage: rub oil into the chest with both hands to the back of the neck and press Gb-20 and Du-16 acupoints, 3 times.</li> <li>4. Alternately lift the lower jaw and double chin and then pass behind the ear and under the armpit, 3 times.</li> <li>5. Push downwards with thumb and index finger splaying, tracing 3 meridians from the neck to the armpit, 3 times.</li> <li>6. Push downwards with 4 fingers, tracing 3 meridians from neck to the armpit, 3 times.</li> <li>7. Push downwards with bending</li> </ol>	<p>Technique3</p>  <p>Technique4,6,7</p>  <p>Technique8</p> 
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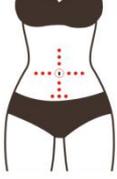
		<p>fingers till the neck turns hot and slide to the armpit, 3 times.</p> <p>8. Push downwards with thumb and index finger splaying from outer collarbone to armpit, 3-5 times.</p> <p>9. Do the same on the other side.</p> <p>10. The end</p> <p>11. <b>Face RF</b> operation, move the handle from double chin area to the back of ear and then to armpit in circular motion, 3 times.</p> <p>12. Move the handle in circles along three lines on one side of neck to armpit, 3 times.</p> <p>13. Move the handle in circles on the whole neck area to armpit, 3 times.</p> <p>14. Clean neck with warm towel, 2 minutes.</p> <p>15. Apply neck mask, 15 minutes.</p> <p>16. Wash the area clean with warm towel, and apply the warm towel to neck for 1 minute.</p> <p>Apply toner, neck essence, neck cream and sunscreen.</p> <p>19. The end.</p>	<p>Technique 5, 11, 12, 13</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.

## Waist&Abdomen Shaping: 45 min once a week

<p><b>40K</b> Time: 15 minutes Energy level: 3-7 Mode: A(default)  <b>Vacuum &amp; RF</b></p>	<p>Massage Cream(Essential Oil)+Gel+MS-76D1MAX</p>	<ol style="list-style-type: none"> <li>1. Massage techniques</li> <li>2. Rub oil into abdomen with hands moving in circular motion, 3 times.</li> <li>3. Rub abdomen back and forth with both hands, 3-5 times.</li> <li>4. Knead abdomen with both hands using chiropractic technique, 3 times.</li> </ol>	<p>Technique 2, 8</p>  <p>Technique 3, 17</p>
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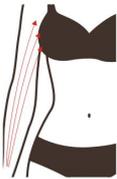
<p>Time: 15 minutes  Energy level: 3-7  Mode: A(default mode)  Suction time: not zero, longer than release time  Release time: shorter than suction time.  When it is zero, the handpiece is at Constant Suction status.  Adjust suction time based on individual endurance.</p>		<p>5. Lift Meridian BV(Belt 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.  9. Apply digital pressing technique on the following acupoints: RN13, RN12, RN10, RN8, RN6, RN4, RN3, ST25, SP15. 2 times.  10. Starting from RN3 point, push to belly navel, slide to waist and then lift upwards to groin with both thumbs, 3 times.  11. Soothe the treatment area with hands and then slide to groin.  12. The end  13. <b>40K</b> operation: starting from one side of the waist, lift the handle to abdomen and groin, 3 times.  14. Repeat the previous operation on the other side, 3 times.  15. Move the handle on abdomen in small circular motion, 3 times.  16. Move the handle on abdomen in big circular motion, 3 times.  17. <b>Vacuum &amp; RF</b> operation: Suction&amp;Release mode, move the cup from the left side of waist around belly button clockwise, 3 times.  18. Constant Suction mode, one side, lift from waist side to abdomen line by line, 3 times  19. Do the same on the other side  20. Lift Meridian BV(Belt Vessel)</p>	 <p>Technique4</p>  <p>Technique5</p>  <p>Technique6</p>  <p>Technique7</p>  <p>Technique9</p>  <p>Technique10</p>  <p>Technique13,14,18,23</p>  <p>Technique15</p>
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		<p>horizontally back and forth, 3 times</p> <p>21. Move the cup up and down to shape waist, 3 times</p> <p>22. Move cup in big circles on abdomen, 3 times</p> <p>23. One side, lift from waist side to abdomen line by line, 3 times</p> <p>24. Wipe the essence off abdomen with dry towel</p> <p>25. The end.</p>	 <p>Technique16,22</p>  <p>Technique20</p> 
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### 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: 50 minutes once a week

<p><b>40K</b> Time: 20 minutes(10 min on each side) Energy level: 3-7 Mode: A(default)</p> <p><b>Body RF</b> Time: 20 minutes(10 minutes on each side) Energy level: 3-7 Mode: A(default mode)</p>	<p>Massage Cream(Essential Oil)+Gel+MS-76D1MAX</p>	<ol style="list-style-type: none"> <li>1. Massage techniques</li> <li>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.</li> <li>3. Push the entire arm with both palms, 3 times.</li> <li>4. Push hands upwards tracing three meridians: Large Intestine Meridian(LI) - Triple Energizer Meridian(TE) - Small Intestine Meridian(SI) to armpits with thumbs and index fingers splaying, 3 times.</li> <li>5. Soothe the area, 3 times</li> <li>6. Rub three meridians on arms with bending fingers back and forth to warm them up, 3 times.</li> <li>7. Soothe the area, 3 times</li> </ol>	<p>Technique2,3,4,5,6,7</p>  <p>Technique8,9</p>  <p>Technique10</p>  <p>Technique13,16</p>
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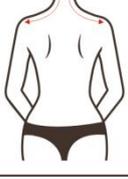
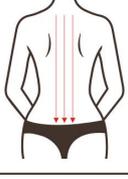
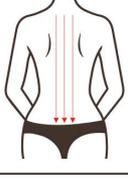
	<p>8. Lay inner arm upwards, and push hands tracing three yin meridians on inner arm: Lung Meridian(LU) - Pericardium Meridian(PC) - Heart Meridian(HT) to armpit with thumbs and index fingers splaying, 3 times respectively.</p> <p>9. Rub three meridians back and forth with bending fingers to warm them up, 3 times.</p> <p>10. Soothe the area and slide to fingers</p> <p>11. Repeat above techniques on the other arm.</p> <p>12. The end</p> <p>13. <b>4OK</b> operation:lay customer's arm flat, push three meridians from fat part of lower arm to armpit, 3 times.</p> <p>14. Move the handle in annular motion along three meridians to armpit, 3 times.</p> <p>15. Redouble the operation on flabby arms, 3 times.</p> <p>16. Move the handle 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 handle in circles along three meridians on upper arm to armpit, 3 times.</p> <p>19. Move the handle along three meridians from upper arm to armpit.</p> <p>20. Repeat those techniques on the other arm.</p> <p>21. <b>Body RF</b> operation:lay customer's arm flat, move the handle along three meridians from fat part of lower arm to armpit in circular motion, 3 times.</p> <p>22. Strengthen the operation on flabby arms, 3 times.</p> <p>23. Lay inner arm upwards and move the handle along three meridians on arm to armpit in circular motion, 3 times.</p> <p>24. Move the handle along three</p>	 <p>Technique14,15,21,22</p>  <p>Technique17</p>  <p>Technique19,24</p> 
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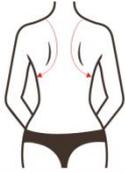
		<p>meridians from upper arm to armpit in circular motion.</p> <p>25. Repeat those techniques on the other arm.</p> <p>26. The end.</p>	
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### Treatment Suggestions

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: 45 min once a week

<p><b>Body RF</b> Time: 15 minutes Energy level: 3-7 Mode: A(default mode)</p>	<p>Massage Cream(Essential Oil)+MS-76D1MAX</p>	<ol style="list-style-type: none"> <li>1. Massage techniques</li> <li>2. Apply oil to back and press Gb-20 and Du-16 acupoints.</li> <li>3. Pluck Dabanjing(the area connecting neck and shoulder) (from hairline), 3-5 times</li> <li>4. Move thumb outwards from Bladder Meridian(BL) to the sacral region and then to Gb-20 and Du-16 points.</li> <li>5. Starting from neck to caudal vertebra, move hands in S-shape, 3 times.</li> <li>6. Push Bladder Meridian(BL) with thumb in left-right order, 3 times.</li> <li>7. Push Bladder Meridian(BL) to the sacral region with both thumbs at the same time, 3 times.</li> <li>8. Push Bladder Meridian(BL) in three bending fingers, 3 times.</li> <li>9. Push along the medial border of scapula with both hands alternately in left-right order, 3-6 times.</li> <li>10. Push medial border of scapula with both hands horizontally, 3-6 times.</li> <li>11. Soothe the back with both hands and push Gb-20 and Du-16 points, 3 times.</li> <li>12. Overlap both thumbs and push SI-11 point and slide to the arm, 3 times.</li> <li>13. Do the same on the other</li> </ol>	<p>Technique2,11</p> 
<p><b>Vacuum &amp; RF</b> Time: 15 minutes Energy level: 3-7 Mode: A(default mode) Suction time: not zero, longer than release time Release time: shorter than suction time. When it is zero, the handpiece is at Constant Suction status. Adjust suction time based on individual endurance.</p>			<p>Technique3</p>  <p>Technique4</p>  <p>Technique5</p>  <p>Technique6,7,8,14</p> 
			<p>Technique9,19</p> 

		<p>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. <b>Body RF</b> operation, move the cup along Meridian GV and Bladder Meridian(BL) respectively from neck to the sacral region, 3-5 times.</p> <p>17. Move the cup in circles on Du-14 point and sacral region , 3-5 times respectively.</p> <p>18. From neck, move the cup on Dabanjing(the area connecting neck and shoulder) back and forth, 3-5 times.</p> <p>19. Lift the cup on the medial border of scapula back and forth in left-right order, 3-5 times.</p> <p>20. Lift from two sides of the waist upwards to armpit, 3-5 times.</p> <p>21. <b>Body Vacuum &amp; RF</b> operation: the same with the techniques of Body RF.</p> <p>22. Wipe the treated area clean with dry towel.</p> <p>23. The end.</p>	 <p>Technique10</p>  <p>Technique12,13</p>  <p>Technique16</p>  <p>Technique17</p>  <p>Technique18</p>  <p>Technique20</p> 
<p><b>Treatment suggestions</b></p> <p>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 the back line. After two courses, the lump will appear to be smaller, meridians will be dredged, sub-health problems will be solved, and sleep quality will be improved. 3 courses will help with back thinning, back line refinement, strengthening visceral function, improving digestion, detoxification and metabolism(one course of treatment is to reduce fat, two</p>			

courses are to strengthen effects, and three courses help with effect consolidation and prevent relapse.)

## Hip Shaping: 45 min once a week

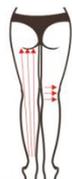
<p><b>40K</b> Time: 15 minutes Energy level: 3-7 Mode: A(default)</p> <p><b>Vacuum &amp; RF</b> Time: 15 minutes Energy level: 3-7 Mode: A(default mode) Suction time: not zero, longer than release time Release time: shorter than suction time. When it is zero, the handpiece is at Constant Suction status. Adjust suction time based on individual endurance.</p>	<p>Massage Cream(Essential Oil)+MS-76D1MAX</p>	<ol style="list-style-type: none"> <li>1. Massage techniques</li> <li>2. Standing on the side, rub oil into skin by moving both hands clockwise and anticlockwise respectively from sacral region on hips , 3 times (this is soothing technique.)</li> <li>3. Apply pushing technique on the sacral region with two thumbs, 3 times.</li> <li>4. Soothe the treatment area for 3 times and then apply digital pressing technique on the following points: BL-23, Baliao points(BL31-34), Du-1, Gb-30, BL-36, 3 times.</li> <li>5. Soothe the treatment area, 3 times.</li> <li>6. Left-right order, apply pushing technique from the top of thigh along the four meridians -- Bladder Meridian(BL) - Kidney Meridian(KI) - Liver Meridian(LV) - Gallbladder Meridian(GB) to Meridian BV respectively with both hands, 3 times each.</li> <li>7. Alternately apply pushing technique with both hands along Bladder Meridian(BL) - Kidney Meridian(KI) - Liver Meridian(LV) - Gallbladder Meridian(GB) from the top of thigh to Meridian BV respectively, 3 times each.</li> <li>8. Overlap both palms and then apply pushing technique from the top of thigh to Meridian BV (lifting), 3 to 5 times.</li> <li>9. Apply pushing technique from both sides of hips to the top of hips(shaping) back and forth, 3 times.</li> <li>10. Repeat technique 7</li> <li>11. Soothe the treatment area.</li> <li>12. Repeat the techniques above on the other side.</li> </ol>	<p>Technique2,5,11</p>  <hr/> <p>Technique3</p>  <hr/> <p>Technique4</p>  <hr/> <p>Technique6,14,17</p>  <hr/> <p>Technique7,10</p>  <hr/> <p>Technique9,15,18</p>  <hr/> <p>Technique16</p> 
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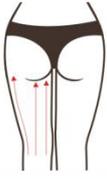
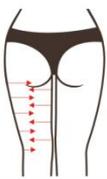
		<p>13. The end</p> <p>14. <b>40K</b> operation: lift from the top of thigh to Meridian BV line by line, 3 times.</p> <p>15. Lift upwards from both sides of the buttocks to the highest point of the buttocks 3 times.</p> <p>16. Move in small circles on hip, 3-5 times</p> <p>17. Lift from the top of thigh to Meridian BV line by line, 3 times.</p> <p>18. Lift upwards from both sides of the buttocks to the highest point of the buttocks, 3 times.</p> <p>19. Do the same on the other side.</p> <p>20. <b>Vacuum &amp; RF</b> operation: the same with the techniques of 40K.</p> <p>21. Clean hips with warm towel, 2 minutes</p> <p>22. The end.</p>	
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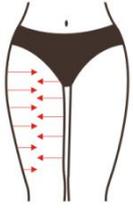
#### Treatment suggestions

One course of treatment consists of 10 treatment sessions. After one treatment, buttocks will experience the sensations of being heated and lifted. After one course of treatment, buttocks start to show obvious curve lines, excessive fat begin to disappear slowly, and skin appear to be tight. After 3 courses, the conditions of cold body and uterus, other gynecological problems such as irregular menstruation are relieved, which can help consolidate the effect to make females more attractive.

### Leg Shaping: 80 minutes once a week

<p><b>40K</b> Time: 30 minutes Energy level: 3-7 Mode: A(default)</p> <p><b>Vacuum &amp; RF</b> Time: 30 minutes Energy level: 3-7 Mode: A(default mode) Suction time: not zero, longer than release</p>	<p>Massage Cream(Essential Oil)+Gel+MS-76D1MAX</p>	<ol style="list-style-type: none"> <li>1. Massage techniques</li> <li>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</li> <li>3. Alternate the heels of both palms to push the entire leg upwards and move back to heel, 3 times</li> <li>4. Move hands upwards to push four main meridians: Bladder Meridian(BL) - Kidney Meridian(KI) - Liver Meridian(LV) - Gallbladder Meridian(GB) with thumbs and index fingers splaying.</li> <li>5. Push popliteal fossa with both</li> </ol>	<p>Technique 2,3,4,5,7, 8,9</p>  <hr/> <p>Technique 6</p>  <hr/> <p>Technique 12,14,20</p>
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<p>time Release time: shorter than suction time. When it is zero, the handpiece is at Constant Suction status. Adjust suction time based on individual endurance.</p>		<p>hands alternately, 3 times. 6. Move both hands upwards alternately in an undulating motion, 3 times. 7. Soothe the area, 3 times 8. Push four main 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. <b>4OK</b> operation: push Bladder Meridian(BL) - Kidney Meridian(KI) - Liver Meridian(LV) - Gallbladder Meridian(GB) upwards to popliteal fossa respectively, 3 times. 13. Move in small circles on calf to dissolve fat, 3 times 14. Move the handle upwards to popliteal fossa and soothe the treatment area with hand, 3 times. 15. Push 4 meridians from popliteal fossa to the top of thigh respectively, 3 times. 16. Move in small circles from popliteal fossa to the top of thigh to dissolve fat, 3 times. 17. Push meridians from popliteal fossa to the top of thigh, 3 times 18. Move the handle in small circles on thigh to dissolve fat, 3- 5 times 19. Repeat the techniques above on the other leg. 20. <b>Vacuum &amp; RF</b> operation: lift from heel to popliteal fossa line by line with one hand and the cup, 3 times 21. Move cup in small circles on calf, 3 times 22. Move the cup on calf from top to bottom back and forth,3-5 times. 23. Lift from popliteal fossa to the top of thigh, 3 times. 24. Move cup in small circles on</p>	 <p>Technique13,21</p>  <p>Technique15,17,23</p>  <p>Technique16,18,24</p>  <p>Technique25</p>  <p>Technique26</p>  <p>Technique29,30,35, 38,40</p>  <p>Technique34,37,43</p> 
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	<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>31. The end</p> <p>32. Do the same on the other side.</p> <p>33. <b>40K</b> operation: lift the handle 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 handle 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 handle from knee to the top of thigh line by line, 3 times.</p> <p>36. Move the handle in small circles on thigh, 3 times.</p> <p>37. Lift the handle from knee to the top of thigh in annular motion, 3 times.</p> <p>38. Lift the handle from knee to the top of thigh line by line, 3 times.</p> <p>39. <b>Vacuum &amp; RF</b> 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>Technique36,41</p>  <p>Technique42</p> 
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		<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. The end.</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 obviously be 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.