

User Manual

MY-10101



Preface

To our valued users,

Thanks for choosing our MY-10101 laser fat-dissolving machine which can strongly dissolve fat and slim body. It has an evident effect on body shaping and weight loss with fat-dissolving. And it applies high-tech and achieves body sculpting safely and effectively. Laser fat-dissolving machine is a professional beauty equipment for body slimming and weight reduction, which needs to be operated by people with professional training. Any improper use of this equipment may bring adverse consequences to human body, thus we advise all the people to read this manual thoroughly and follow the instructions specified hereby strictly before operation.

We believe our quality product will give you a good return, and our perfect after-sales service will make you worry-free.

Thank you.

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Part I

Brief Introduction

At present, laser fat-dissolving machine is the most popular equipment for weight loss and body slimming. It can effectively replace weight reduction programs in beauty salon, and can be operated easily, conveniently and swiftly, and solves body problems for people pursuing beauty. Moreover, this equipment works safely and effectively, and requires no injection, no medication and no surgery. It has no side effects, and is operated externally throughout, and has an instant effect. Laser of 160mw is of strong penetrating power which can effectively activate or repair fat cells, penetrate fat layer, and dissolve subcutaneous fat by heating. The treatment method is safe, painless and has no side effects.

Advantages

1. Laser strongly dissolves fat and has an evident effect.
2. It asks for no operation and anesthesia.
3. It's comfortable and painless during treatment. And it requires no convalescence, and will not affect work after treatment.
4. No consumption, low cost, but with quick return.
5. Unevenness, bleeding and swelling will not occur.
6. Laser lipolysis, which is safe and painless, dissolves fat evenly, makes skin smooth and flat, and leaves no marks.
7. Laser wavelength can penetrate fat layer, and dissolve subcutaneous fat by heating which then will be absorbed and discharged through natural body metabolism.
8. Laser of 160mw is of strong penetrating power, and can dissolve fat better. Its power can effectively activate or repair fat cells, penetrate fat layer, and dissolve subcutaneous fat by heating.

Principle

It uses red laser, a visible spectrum with a wavelength of 635nm-650nm. The wavelength of the laser is of strong penetrating power which effectively activate and repair fat cells, penetrate fat layer, and dissolve subcutaneous fat by heating. The treatment method is safe, painless and has no side effects. It sends low level chemical signal of laser energy to fat cells, and decomposes triglycerides stored in fat layer into free fatty acids and glycerol that are released through the channel of cytomembrane. Fatty acids and glycerol are transported to body tissue that produce metabolic energy. The release of fatty acids is a natural response when body needs the stored energy reserves, thus no unnatural reaction will occur inside body, nor does it affect or damage surrounding structures as skin, blood vessels and peripheral nerves. After a

period of time of exercise therapy, the free fatty acids inside body will be eliminated through intact metabolism.

Biological Effect: LED laser uses laser of a wavelength of 635nm to 650nm which heats up fat cells in the targeted zone to decomposes them. And fat deposits is absorbed and discharged via body's natural metabolism in a short period of time. During the process, laser seals small blood vessels, obviously reduces bruises, leads the heat to treatment area, and stimulates the production of collagen, thus achieving smoothness, tightening and body shaping.

Low-energy laser(biological stimulation) directly reaches to deep fat. It stimulates biological cells and induces or strengthens a series of physiological reactions by providing a proper amount of energy, including promoting local blood circulation, regulating cell functions, enhancing immune function and facilitating cell metabolism. It can tighten skin, remove wrinkles, reduce fat, and shape body simultaneously. Laser of 160mw is of strong penetrating power which can effectively activate or repair fat cells, penetrate fat layer, and dissolve subcutaneous fat by heating. The treatment method is safe, painless and has no side effects.

By using the latest non-surgical, non-invasive laser fat decomposition technique, it releases laser energy of low level which produces a chemical signal among fat cells that will dissolve the trioxide triene storing in body into free fatty acid, glycerin and water molecules. And this is a natural reaction when body needs the reserved energy. Then the free fatty acids are transported into the whole body through lymphatic system to supply energy to it. It's just like what the body would respond when it's short of heat.

Fix body sculpture result-laser photon

Laser photon emits low levels of laser energy, which creates a chemical signal in the fat cells, breaking down the stored triglycerides into free fatty acids, glycerol and water molecules, the same natural response initiated by the body anytime it needs to use its stored energy reserves



laser energy irradiates fat cells after penetrating skin



laser energy irradiates adipocytes



pores have formed on the adipoc allowing water, glycerol and free fatty acids move out into interstitial space to spill out



more water, glycerol and free fatty acids spill out



adipocytes significantly reduced in size while blood vessel unaffected

Effects

1. Dissolve fat cells and speed up metabolism.
2. Reduce and dissolve fat, and eliminate obesity.
3. Improve skin's slackness and aging, and firm and sculpt body.
4. Tighten skin and make it elastic.
5. Dissolve fat and build perfect body curve.
6. Sculpt A4 waist, slender legs and booty.

Indications

1. Those who always sit resulting in pear-shaped figure.
2. Those with flabby arms.
3. Those with extensive fat accumulation between the outer side of buttocks and thigh.
4. Those whose skin start to become slack or saggy.
5. Those whose obesity are the result of eating and drinking too much.
6. Those with slack abdomen, protruding small belly, obese waist or striae atrophicae after child delivery.

7. Those whose waist and abdomen have flab, or with swim ring-like waist.
8. Those whose buttocks show an outward expansion, or with redundant fat or flab.

Contraindications

1. Women in pregnancy, or lactation.
2. Those with heart disease, or heart pacemaker.
3. Those with unhealed surgical wound, or in surgical recovery.
4. Those with epilepsy, severe diabetes or hyperthyroidism.
5. Those with malignant tumors, hemophiliac or severe bleeding.
6. Those with skin disease or infectious disease.
7. It's prohibited to use it around body parts with metal, plastic or silicon implants.
8. Those who have been taking anticoagulant drugs, vascular dilation drugs, or corticosteroids for a long time, or are taking now.

Matters Needing Attention After Treatment

1. Keep warm, don't eat cold food, and avoid exposing to windy environment and catching a cold.
2. Take shower after 4 to 6 hours.
3. Drink more warm water, and replenish moisture to speed up metabolism.
4. Refuse eating and drinking too much, as well as staying up late.
5. Avoid eating raw, cold and spicy food. But have enough sleep.
6. Avoid wearing crop top, backless clothes, miniskirt and minishorts.

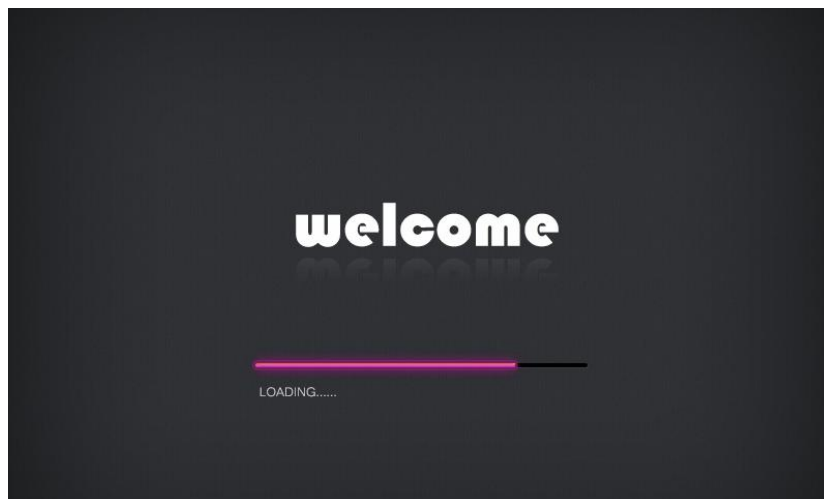
Part II

1. Detailed Operations

Detailed installations are as follow:



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





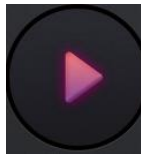
Time Setting & Display



Homepage



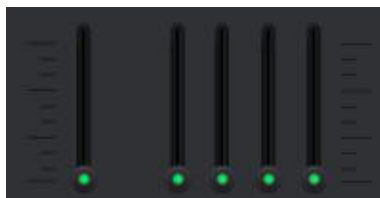
Return



Start/ Pause



Energy Level Display for Large Laser Pad



Energy Level Display for Small Laser Pad



Energy Level Setting

Laser pad on the left side is for adjusting the whole row of laser pads. If only adjust single laser pad, click the laser pad first, then press energy level setting button to adjust its level.



Mode Selection for Laser Pad



Continuous working mode(Laser pads will on all the time. And it suits those who just started to use it or first time user.)



Discontinuous working mode(Laser flashes slowly. And it suits those who want to maintain and reinforce the effect.)



Quick flashing mode(Laser flashes quickly. And it suits those who want to strongly reduce weight.)

Energy level should be set from low to high gradually, and be set to a level that best suits body conditions.

2. Technical Parameters

Laser Wavelength: 635nm-650nm

Energy Output: 68 x 160mw

Mains Power Output: 100VA

Classification: Electrical Class 1, Type B Applied Part

Cooling Requirement: Air Cooling

Voltage Requirement: 100v-240v

3. Contraindications

People with the following situations should use the equipment with caution. Please consult a doctor or professional before using it. The details are as follow:

- (1) Women in pregnancy, or lactation.
- (2) Those with heart disease, or heart pacemaker.
- (3) Those with unhealed surgical wound, or in surgical recovery.
- (4) Those with epilepsy, severe diabetes or hyperthyroidism.
- (5) Those with malignant tumors, hemophiliac or severe bleeding.
- (6) Those with skin disease or infectious disease.
- (7) Avoid wearing metal jewelry during the treatment.
- (8) It's prohibited to use it around body parts with metal, plastic or silicon implants.
- (9) Those who have been taking anticoagulant drugs, vascular dilation drugs, or

corticosteroids for a long time, or are taking now.

4. Precautions for Use

- (1) Plug with ground pin must be used, and power socket that already grounded must be ensured before using it.
- (2) To make sure equipment's voltage is adaptive. If the voltage of local power supply is unstable, we suggest users add voltage regulator with matching power between the mains supply and the equipment.
- (3) To guarantee curative effect and normal service life of the equipment, please uniformly use specified parts provided or suggested by original manufacturer.
- (4) The equipment can't be placed in damp places or near from water, and also can't be exposed to direct sunlight.
- (5) Don't place the equipment near from a strong heat source since this may affect its service life and normal use.
- (6) Please remove all the metal objects from body before treatment so as to avoid unexpected situations which may affect curative effect.
- (7) Please restrain from using the equipment aiming at eyes, thyroid, parathyroid, testicles, pregnant woman's abdomen, pacemaker, etc.
- (8) Those who are suffering from illness should use with caution unless they get permission from a doctor.
- (9) Please turn the equipment's power switch off if no one uses it, and ensure main power is off after everything was settled, thus safety of the equipment can be guaranteed.
- (10) Using the equipment and training the operators in strictly accordance with the instructions specified in the manual.
- (11) It's advised to stop taking other weight-loss medicines for 1 to 2 months before treatment if you are taking them now. The course of treatment shall be extended if you want to have it started immediately.
- (12) Don't use the equipment with an empty stomach, and wait for at least 1 hour after a full meal before starting the course for weight reduction.
- (13) Clean the equipment with normal saline after operation so as to ensure its cleanliness and hygiene, as well as extending its service life.
- (14) When operating, fasten laser pads onto client first, then turn the equipment on, and adjust energy level(which should be set from low to high slowly in order to make client feel warm and comfortable).
- (15) When using laser pads, its whole surface should contact skin fully and can't only touch a small area.
- (16) Laser pads can be used together with massage and other beauty equipment to achieve a better effect, or they also can be used separately. Fasten them onto fat parts directly with band. It takes about 30 minutes for one treatment. A better effect can be achieved with the combined use of hands technique.

5. Troubleshooting & Solutions

- (1) The equipment can't be started, and the buttons in its back are not lighting up?
 - A. Make sure the power cord is plugged into a good power socket.
 - B. Check whether the fuse tube in its back is loose or burnt out.
- (2) Laser pads don't have energy output?
 - A. Please check whether the connecting wire is properly connected to main machine.
 - B. If the above-mentioned solutions are not working, please contact the equipment dealer for assistance.
- (3) The equipment can be started, but there is error message on the monitor?
 - A. Take out the plug in the back, and wait for about 1 minute and re-plug it and restart the equipment.
 - B. If the above-mentioned solutions are not working, please contact the equipment dealer for assistance.

6. FAQs

- (1) Q: Which one is better, laser lipolysis or liposuction?

A: Compared with traditional **liposuction**, laser lipolysis evenly scans body parts to be treated one by one with laser power. It will not cause unevenness and instead it makes skin smooth and firm. In addition, laser used by laser lipolysis only acts on the given fat layer, which will not harm epidermis and but also speed up self-healing of elastic fibers, and maintain the firmness, smoothness and flatness of the treated parts' skin.

- (2) Q: Will laser lipolysis rebound?

A: The quantity of fat cells is fixed. It increases with age increasing and becomes constant until adulthood. Weight gain is the cause of size increase of fat cells. Laser lipolysis gets rid of local fat and reduces the size of fat. It's true that seldom does laser lipolysis rebound. But it doesn't mean rebound will not occur for sure. Usually, the rebound will not happen as long as you have a rational dietary structure and don't eat and drink too much every day.

- (3) Q: Does weight loss with laser need to control eating and do exercise?

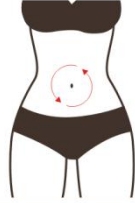
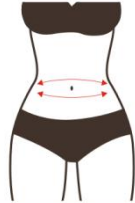
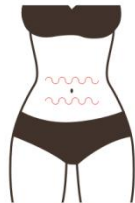
A: To lose weight with laser has an obvious effect, but we can't rely on it alone to achieve this. If we don't control what we eat and instead eat and drink too much after we reduced our weight to an ideal range, it is possible that rebound will occur. Bear in mind that there is no such weight loss products can guarantee permanent effect. Therefore, weight loss with laser is just a supplement. We still have to be on a diet and do exercise properly after reached the target of weight reduction and stopped weight




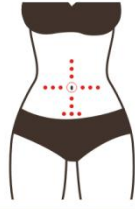

loss with laser.

7. Packing List

1 x Power Line (We offer 100-240 V, AU/EU/UK/AU plug)
 6 x Big Laser Pad with 10 Fat-dissolving //160mw Each (total 60 fat-dissolving)
 4 x Small Laser Pad with 2 Fat-dissolving //160mw Each (total 8 fat-dissolving)
 1 x Metal Holder for Fat-dissolving Laser Pads
 1 x Power Cord (Both 110v and 220v voltage[Frequency: 50/60Hz] version are available. We also stock the USA, UK, AU, EU plugs to meet the needs of countries all over the world.)

8. Operational Diagrams


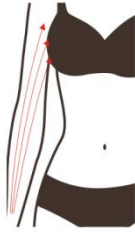

Parameter Setting	Product	Technique	Diagram
Waist & Abdomen Sculpting: 40 Minutes/ Once a Week			
Laser Pad: Advised Energy Level: 3 to 7 Advised Time: 20 minutes Mode: M1: always on M2: slow flashing M3: fast flashing	Essential Oil(massage cream)+ Equipment	1. Apply oil to hands, and move circlewise on abdomen with them. Repeat 3 times. 2. Rub belly back and forth with hands. Repeat 3 to 5 times. 3. Rub abdominal fat as the way of rubbing spine with hands doing it alternately. Repeat 3 times. 4. Lift belt vessels of the two sides of waist with hands doing it alternately. Repeat 16 times. 5. Move in Arabic numeral 8-shaped motion to the part below waist and then lift upwards from the side of waist. Repeat 3 times.	Technique 1, 7, 10  <hr/> Technique 2  <hr/> Technique 3 

		<p>6. Rub intestinal tract with hands overlapped moving in small circles and clockwise. Repeat 3 times.</p> <p>7. Caress the treated parts with hands moving circlewise. Repeat 3 times.</p> <p>8. Press Shangwan(RN13), Zhongwan(RN12), Xiawan(RN10), Shenque(RN8), Qihai(RN6), Guanyuan(RN4), Zhongji(RN3), Tianshu(ST25), and Daheng(SP15). Repeat 2 times.</p> <p>9. Push directly from Zhongji(RN3) to belly button with thumbs of two hands, and slide to the parts below waist along the two sides, then lift upwards to groin. Repeat 3 times.</p> <p>10. Caress the treated part till groin with hands.</p> <p>11. Laser Pad: Fasten laser pads onto abdomen's fat part with band, then set parameters, 20 minutes.</p> <p>12. Remove the laser pads, and clean it.</p> <p>13. Treatment done.</p>	<p>Technique 4</p>  <hr/> <p>Technique 5</p>  <hr/> <p>Technique 6</p>  <hr/> <p>Technique 8</p>  <hr/> <p>Technique 9</p>  <hr/>
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Course of Treatment Recommended:

A course consists of ten treatments. After one treatment, abdomen gets relaxed. After a course, fat metabolizes slowly, and slimming starts. After two courses, the effect become more and more obvious. Skin turns tightened and lifted, and slack skin takes a turn for the better. After three courses, the effect consolidate, redundant fat disappears gradually, curve of waist and abdomen shapes, and a slim waist builds.

Arm Sculpting: 40 Minutes/ Once a Week



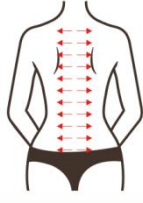
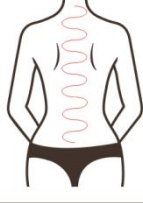
Laser Pad: Advised Energy Level: 3 to 7 Advised Time: 20 minutes Mode: M1: always on M2: slow flashing M3: fast flashing	Essential Oil(massage cream)+ Equipment	<ol style="list-style-type: none">1. Do it in a left-right order. Lay the arm flatwise, and apply oil from the lower arm to the entire arm with hands till the hands slide out, and repeat it for 3 times.2. Push the entire arm with two palms doing it alternately. Repeat 3 times.3. Push Large Intestine Channel[LI]-Triple Energizer Channel[TE]-Small Intestine Channel[SI] of outer arm respectively till armpit with the V-shaped webbed area between thumb and index finger of two hands. Repeat 3 times.4. Caress the treated part. Repeat 3 times.5. Rub the three channels and collaterals of upper arm respectively with kneeling fingers till it turns hot, and do it back and forth. Repeat 3 times.6. Caress the treated part. Repeat 3 times.7. Lay the arm upwards, and push Lung	<p>Technique 1, 4, 6</p>  <hr/> <p>Technique 2, 3, 5</p>  <hr/> <p>Technique 7, 8, 9</p>  <hr/>
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		<p>Channel[LU]-Pericardium Channel[PC]-Heart Channel[HT]) of inner arm till armpit with the V-shaped webbed area between thumb and index finger. Repeat 3 times respectively.</p> <p>8. Rub the three channels and collaterals back and forth with kneeling fingers till it becomes hot. Repeat 3 times.</p> <p>9. Caress the treated part till the hands slide out. Repeat 3 times.</p> <p>10. Do the same on the other side.</p> <p>11. Laser Pad: Fasten laser pads onto arms' fat part with band, then set parameters, 20 minutes.</p> <p>12. Remove the laser pads, and clean it.</p> <p>13. Treatment done.</p>	
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Course of Treatment Recommended:

A course consists of ten treatments. After one treatment, arms get relaxed. After a course, arms' redundant fat starts to decrease, and skin begins to become tightened. After two courses, body shaping starts, and effect strengthens. After three courses, the effect consolidates and stabilize, and rebound gets prevented.

Back Sculpting: 40 Minutes/ Once a Week





Laser Pad: Advised Energy Level: 3 to 7 Advised Time: 20 minutes Mode: M1: always on M2: slow flashing M3: fast flashing	Essential Oil(massage cream)+ Equipment	<ol style="list-style-type: none">1. Apply oil to the back, and press Fengchi(GB20) and Fengfu(DU16).2. Stroke area connecting neck and shoulder(start with hairline) with thumb. Repeat 3 to 5 times.3. Stroke Bladder Meridian (BL) outward to sacral region(BL31-BL34) with thumb and caress till Fengchi(GB20) and Fengfu(DU16). Repeat 3 times.4. Move circlewise and in S-shaped motion from neck to caudal vertebra with hands. Repeat 3 times.5. Push Bladder Meridian(BL) in a left-right order with thumbs doing it alternately. Repeat 3 times.6. Push Bladder Meridian(BL) to sacral region(BL31-BL34) with hands doing it simultaneously. Repeat 3 times.7. Push Bladder Meridian(BL) with kneeling fingers of two hands in three lines	Technique 1, 10  <hr/> Technique 2  <hr/> Technique 3  <hr/> Technique 4  <hr/> Technique 5, 6, 7, 13
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		<p>respectively. Repeat 3 times.</p> <p>8. Push medial border of scapula in a left-right order with hands doing it alternately. Repeat 3 to 6 times.</p> <p>9. Stroke transversely medial border of scapula with hands. Repeat 3 to 6 times.</p> <p>10. Caress the whole back with hands and press Fengchi(GB20) and Fengfu(DU16). Repeat 3 times.</p> <p>11. Press Tianzong(SI11) with thumbs overlapped, then slide to arm and slide out from there. Repeat 3 times.</p> <p>12. Treat the other side, and press Tianzong(SI11) till arm and slide out from there. Repeat 3 times.</p> <p>13. Rub Du Meridian(DU) and Bladder Meridian(BL) with hands till it turns hot.</p> <p>14. Laser Pad: Fasten laser pads onto abdomen's fat part with band, then set parameters, 20 minutes.</p> <p>15. Remove the laser pads, and clean it.</p> <p>16. Treatment done.</p>	 <hr/> <p>Technique 8</p>  <hr/> <p>Technique 9</p>  <hr/> <p>Technique 11, 12</p>  <hr/>
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Course of Treatment Recommended:

A course consists of ten treatments. After one treatment, back gets relaxed obviously. After a course, back's redundant fat lessens, and outlines of back becomes clear. After two courses, the effect consolidates, and back's fat disappear slowly. After three courses, back turns thinner, and its outlines become good-looking. (one course with size reduced, two courses with effect consolidated, and three courses with effect strengthened without rebound.)

Buttocks Sculpting: 40 Minutes/ Once a Week

<p>Laser Pad: Advised Energy Level: 3 to 7</p> <p>Advised Time: 20 minutes</p> <p>Mode: M1: always on M2: slow flashing M3: fast flashing</p>	<p>Essential Oil(massage cream)+ Equipment</p>	<ol style="list-style-type: none"> 1. Stand sideways and with hands applying oil, then slide from sacral region(BL31-BL34) to waist, and from where lift upwards along buttocks. Repeat 3 times. 2. Push sacral region(BL31-BL34) with thumbs. Repeat 3 times. 3. Caress the treated part for 3 times, then press Shenshu(BL23), sacral region(BL31-BL34), Changgqian(DU1), Huantiao(GB30), and Chengfu(BL36). Repeat 3 times. 4. Caress the treated part for 3 times. 5. With the left first and the right after. Push from thigh root to belt vessel with hands along Bladder Meridian(BL), Kidney Meridian(KI), Liver Meridian LI), and Gallbladder Meridian. Repeat 3 times respectively. 6. Push from thigh root to belt vessel with hands doing it separately 	<p>Technique 1, 4, 10</p>  <hr/> <p>Technique 2</p>  <hr/> <p>Technique 3</p>  <hr/> <p>Technique 5</p>  <hr/> <p>Technique 6</p>
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		<p>along Bladder Meridian(BL), Kidney Meridian(KI), Liver Meridian (LI), and Gallbladder Meridian. Repeat 3 times respectively.</p> <p>7. Lift from thigh root to belt vessel with the palms overlapped. Repeat 3 to 5 times.</p> <p>8. Push directly (for sculpting) and one line after another from the two sides of buttocks to the highest point on it with hands, and do it back and forth. Repeat 3 times.</p> <p>9. Lift from thigh root to belt vessel with the palms overlapped. Repeat 3 to 5 times.</p> <p>10. Caress the treated part.</p> <p>11. Do the same on the other side.</p> <p>12. Laser Pad: Fasten laser pads onto buttocks' fat part with band, then set the parameters, 20 minutes.</p> <p>13. Remove the laser pads, and clean it.</p> <p>14. Treatment done.</p>	 <p>Technique 8</p> 
<p>Course of Treatment Recommended:</p> <p>A course consists of ten treatments. After one treatment, buttocks lifts. After a course, buttocks' outlines start to show itself, and redundant fat disappears slowly. After two courses, excessive flab of buttocks vanish, and skin turns firm. After three courses, the effect consolidates, which boosts feminine charm.</p>			
<p>Leg Sculpting: 60 Minutes/ Once a Week</p>			
<p>Laser Pad:</p> <p>Advised Energy Level: 3 to 7</p>	<p>Essential Oil(massage cream)+</p>	<p>1. Rear-leg: Let the client lie on his front, and treat the left first and</p>	<p>Technique 1, 2, 3, 4, 6, 7, 8</p>

<p>Advised Time: 40 minutes</p> <p>Mode: M1: always on M2: slow flashing M3: fast flashing</p>	<p>Equipment</p>	<p>the right after. Apply oil from lower leg to thigh, then back to heel, and repeat it for 3 times.</p> <ol style="list-style-type: none"> 2. Push entire leg from the bottom up with the base of palms doing it by turns, then back to heel till the palms slide out. Repeat 3 times. 3. Push Bladder Meridian[BL]-Kidney Meridian[KI]-Liver Meridian[LV]-Gallbladder Meridian[GB] from the bottom up with the V-shaped webbed area between thumb and index finger of two hands doing it by turns. Repeat 3 times. 4. Push popliteal fossa with hands doing it alternately. Repeat 3 times. 5. Twist leg from the bottom up and back and forth with hands doing it alternately. Repeat 3 times. 6. Caress the treated part. Repeat 3 times. 7. Push the four channels and collaterals from the bottom up with kneeling fingers of hands. Repeat 3 times. 8. Caress the treated part. Repeat 3 times. 9. Do the same on the other side. 10. Laser Pad: Fasten laser pads onto legs' fat part, then set parameters, 	<div data-bbox="1157 212 1236 421"> </div> <hr/> <p>Technique 5</p> <div data-bbox="1157 548 1236 757"> </div> <hr/> <p>Technique 12, 13, 14, 15</p> <div data-bbox="1133 922 1260 1131"> </div> <hr/>
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		<p>about 20 minutes.</p> <p>11. Remove the laser pads, and clean it.</p> <p>12. Fore-leg: Apply oil from leg to thigh root with hands(namely caressing). Repeat 3 times.</p> <p>13. Push from leg to thigh root with the base of palms doing it by turns. Repeat 3 times.</p> <p>14. Push Spleen Meridian[SP]-Stomach Meridian[ST]-Liver Meridian[LV]-Gallbladder Meridian[GB] of the leg till thigh root with the V-shaped webbed area between thumb and index finger of two hands doing it alternately. Repeat 3 times.</p> <p>15. Push the four channels and collaterals with kneeling fingers of two hands. Repeat 3 times.</p> <p>16. Laser Pad: Fasten laser pads onto legs' fat part with band, then set parameters, about 20 minutes.</p> <p>17. Remove the laser pads, and clean it.</p> <p>18. Treatment done.</p>	
<p>Course of Treatment Recommended:</p> <p>A course consists of ten treatments. After one treatment, legs get relaxed. After a course, excessive fat of legs decrease slowly, and legs become thinner. After two courses, legs' fat vanish gradually, and it turns slender and firm, which has a evident effect. After three courses, the effect consolidates and rebound gets prevented.</p>			
<p>V-shaped Face Tightening: 60 Minutes/ Once a Week</p>			
Laser Pad:	Makeup	1. Remove makeup and	Technique 5

<p>Advised Energy Level: 3 to 7</p> <p>Advised Time: 20 minutes</p> <p>M1: always on</p> <p>M2: slow flashing</p> <p>M3: fast flashing</p>	<p>Remover + Facial</p> <p>Cleanser + Toner + Massage Cream + Hydrating Mask + Essence + Facial Mask</p>	<p>clean the face, 5 minutes.</p> <p>2. Clean the face, 2 minutes.</p> <p>3. Apply toner, 1 minute.</p> <p>4. Apply massage cream evenly to the face, and caress it for 3 times</p> <p>5. Lift from chin to Yifeng(SJ-17) with middle and ring finger of two hands. Press Yifeng(SJ-17) with left hand, and lift to and fro jawline with right hand. Press Yifeng(SJ-17) with right hand, and lift to and fro jawline with left hand. Repeat 3 times respectively.</p> <p>6. Lift in three lines with hands doing it alternately, from chin to earlobe, from the corner of mouth to Ermen(SJ21), from wing of the nose to Temple, from lower eyelid to Temple, and lift the corner of eyes. Repeat 3 times.</p> <p>7. Do the same on the other side.</p> <p>8. Lift forehead towards hairline. Repeat 3 times.</p> <p>9. Do the same on the other side. Then move to the front and back of ear, and slide out from the side of neck.</p> <p>10. Clean the face with hot towel, and apply toner to it.</p> <p>11. Laser Pad: Fasten laser</p>	<div data-bbox="1129 219 1257 414"> </div> <p>Technique 6</p> <div data-bbox="1129 555 1257 750"> </div> <p>Technique 8</p> <div data-bbox="1129 891 1257 1086"> </div> <p>Technique 9</p>
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		<p>pads onto chin's fat part with band, then set parameters, 20 minutes.</p> <p>12. Remove the laser pads.</p> <p>13. Clean the face, 2 minutes.</p> <p>14. Apply facial mask, and wait for 15 minutes.</p> <p>15. Clean the face, 2 minutes.</p> <p>16. Apply toner, essence, facial cream and sunscreen.</p> <p>17. Treatment done.</p>	
<p>Course of Treatment Recommended:</p> <p>A course consists of ten treatments. After one treatment, facial circulation accelerates, and skin gets tightened. After a course, fat part of double chin metabolizes and decreases slowly, and skin becomes firm. After two courses, double chin gets tightened, and facial contour shows it itself. After three courses, the effect consolidates, skin firms, v-shaped face builds.</p>			