

# User Manual

SD-45S7SB



## Preface

To our valued users,

Thanks for choosing our latest product: 4-in-1 integrated beauty equipment. This newest instrument for slimming and tightening skin combines RF & ULTRASOUND, RF & SUCTION BODY, VACUUM & CUPPING, and LIPO LASER. SD-45S7SB is professional beauty equipment, which needs to be operated by people with professional training. Any improper use of this equipment may bring adverse consequences to the body. Thus we advise all people to read this manual thoroughly and strictly follow the instructions specified 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

## 1. Introduction

Currently, RF & ULTRASOUND, RF & SUCTION BODY, VACUUM & CUPPING, and LIPO LASER are the most popular equipment for improving looks, tightening, shaping body, and fighting against aging. It can effectively replace all the facial and body care programs in a beauty salon, operate easily, conveniently, and swiftly, and solve skin and body problems for people pursuing beauty. Moreover, this equipment works safely and effectively and requires no injection, medication, or operation. It's operated externally throughout, and it has no side effects and an immediate impact. Radiofrequency heats the skin's deep layer, stimulates the dermis's collagen hyperplasia and recombination, and accelerates blood circulation of the underlying skin. Thus you can own firm and plump skin, fight against aging, and prevent senility. The laser of 160mW has mighty penetrating power, which can effectively activate or repair fat cells, penetrate the fat layer, and dissolve subcutaneous fat by heating. The treatment is safe and painless and has no side effects. Ultrasound of a particular frequency aim at body parts having difficulty reducing fat, bringing fantastic effects.

## 2. Advantages

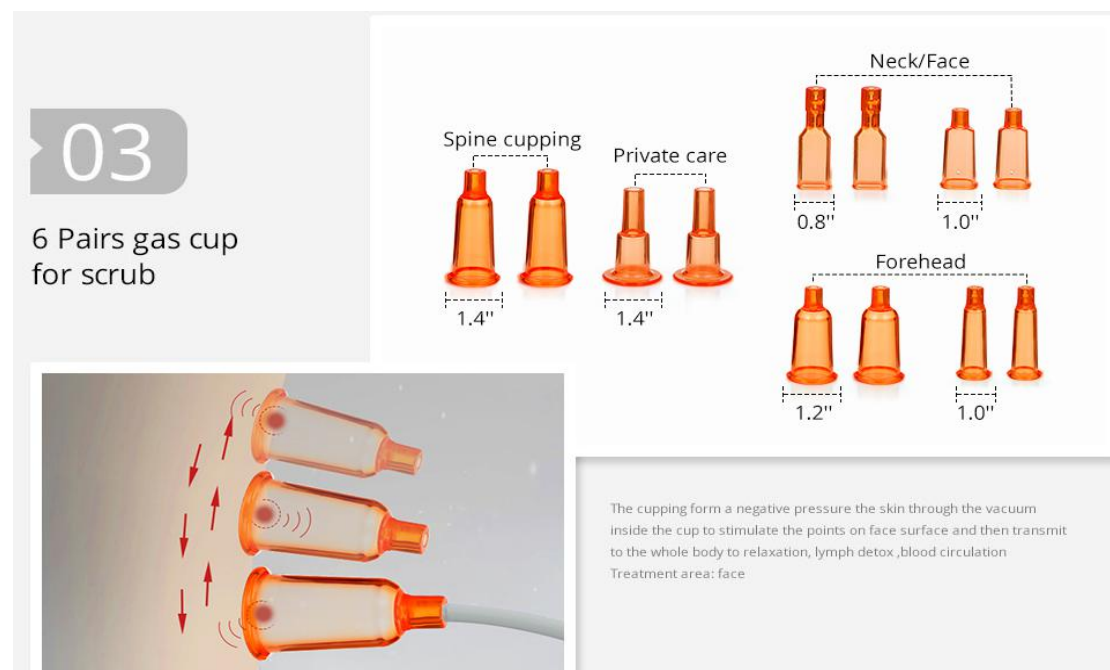
- (1) The 4-in-1 multifunctional beauty equipment fixes facial and whole body care problems.
- (2) Ultrasound powerfully blasts and removes fat and has replaced and surpassed liposuction, bringing good news to obese people.
- (3) It has multiple handpieces, which can be changed per different body parts and needs.
- (4) A handpiece has various functions, a stronger radiofrequency, and a higher and more even energy.
- (5) The perfect match of ultrasound, radiofrequency, and laser lipolysis will address people's concerns for weight loss. They tighten skin, increase skin elasticity, accelerate body metabolism, and strengthen constitution while reducing fat.
- (6) It adopts the most advanced cavitation technique in the world..
- (7) It's painless and non-invasive during treatment; it requires no convalescence or stay and will not affect regular work and life after treatment.
- (8) It has zero consumption and is low-cost, but it gives a quick return.
- (9) It has a broader treatment range and an evident effect.
- (10) Unevenness, bleeding, and swelling will not occur.
- (11) Its various handpieces emit infrared, which accelerates metabolism, reduces skin inflammation, and disinfects the skin while massaging and dissolving fat, presenting an evident effect and better comfort level.
- (12) The handpiece conforms to ergonomics. It grips comfortably, and a bigger handpiece can treat a larger area.

- (13) Laser lipolysis is safe and painless; it dissolves fat evenly, makes skin smooth and flat, and leaves no scars.
- (14) The laser of 160mW has mighty penetrating power and better effect on lipolysis. It can effectively activate or repair fat cells, penetrate the fat layer, and dissolve subcutaneous fat by heating. The treatment is safe and painless and has no side effects.

### 3. Working Principle

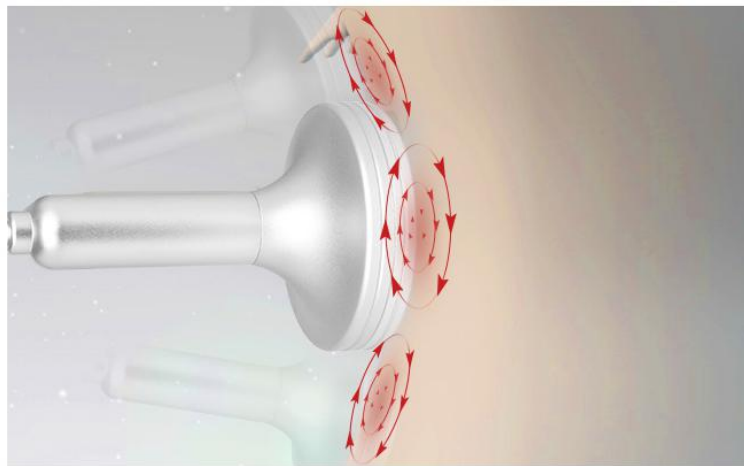
#### (1) Vacuum Cup for Face

It uses a vacuum cup to absorb the facial skin directly to achieve deep cleansing. (Vacuum/ Negative Pressure is lower than normal pressure and widely used in daily life. The widespread barometric pressure can be served in the interest of human beings by rendering some space in a negative pressure state. For example, when the lung breathes, it expands, creating vacuum/ negative pressure. Pressure difference formed inside and outside the lung injects fresh air into the lung.) The vacuum cup utilizes this principle to deeply remove blackheads, whiteheads, grease, and dirt from pores without causing pain.



#### (2) Metal Grease Cup

Massaging skin and muscle with a particular vacuum sucker can effectively enhance the mobility of cells' body fluid and boost cells' movement so that cells can be activated, skin elasticity can be increased, and fine lines can be relieved. Vacuum movement can stimulate the sympathetic nervous system of the skin's surface and deep layer, lower skin sensitivity, and improve skin immunity.



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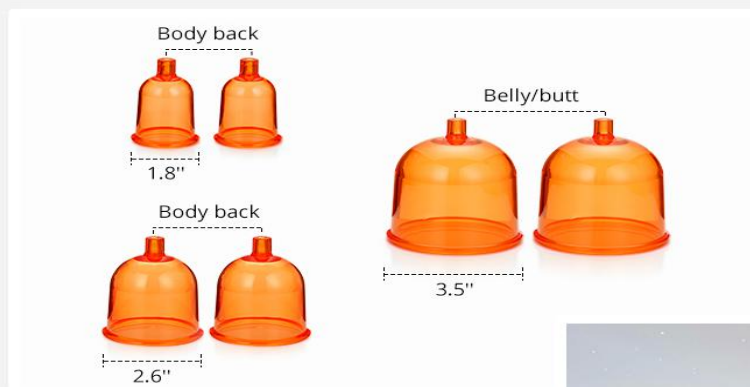
### Rhythm Massage Treatment (Fingertip Moving)

Fingertip comes with ball and negative suction to suck the body as well as massage the points of body, result in helping body curver and lymphatic detoxification  
Treatment area: body & face

## (3) VACUUM & CUPPING

The vacuum cup employs external force to open pores so that wastes can be removed from the body, and it can also renew some aging cells. 再 By nursing local body parts, it can stimulate local blood and body circulation, which speeds up metabolism. Thus detox can be achieved, effectively expediting the circulation of the lymphatic system, discharging toxins as soon as possible, and improving autoimmunity.

### 9 Pairs Of Cupping Cups



02

3 pairs of cups for cupping

The cupping form a negative pressure on local skin through the vacuum inside the cup to stimulate the points on body surface and then transmit to the whole body to relaxation, lymph detox ,blood circulation  
Treatment area: body



## (4) RF & ULTRASOUND

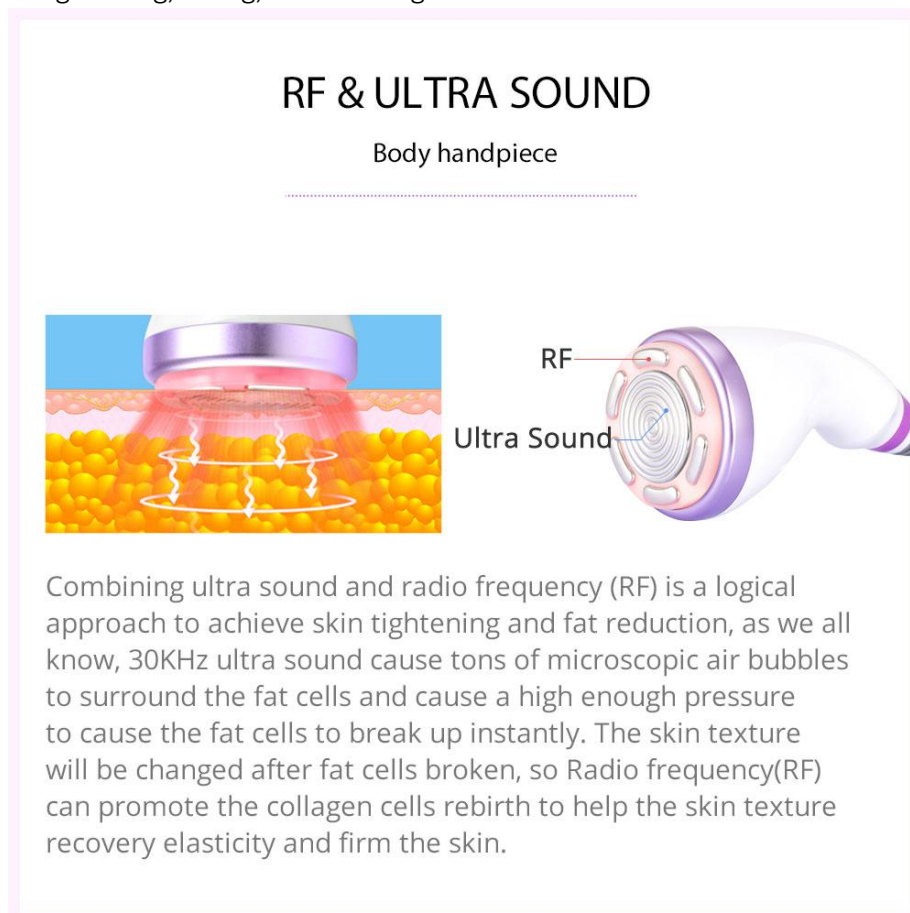
It utilizes the principle of ultrasound. It effectively consume heat and cellular moisture and shrink fat cells by the intense sound waves entering the body that cause

fat cells to create violent strikes and frictions. In addition, when sound waves vibrate, they can cause cells to generate an intense impact that bursts cells instantly and decreases the number of fat cells to achieve fat removal.

The cavitation principle of ultrasound: When vibrating the liquid, it produces tens of thousands of tiny bubbles, namely cavitation bubbles. These bubbles grow in the negative pressure zone formed by the longitudinal transmission of ultrasound and close rapidly in the positive pressure zone. Therefore, they are being compressed and stretched under alternate positive and negative pressure. The bubbles will be compressed until they burst, which generates intense transient pressure. Generally, the pressure can reach tens of MPa to hundreds of MPa and produce strong vibration and noise.

Advantages: It destroys tissue selectively. Namely, it only destructs low-density adipose tissue with a specific frequency and protects high-density tissue like blood vessels and nerves.

Radiofrequency waves penetrate the skin directly and produce energy by utilizing the electrical resistance effect formed by the skin, increasing the underlying skin's temperature, heating tissue rapidly and continuously, and promoting collagen growth. Thus skin tightening, lifting, and refining can be achieved.



## (5) RF & SUCTION BODY

Massaging skin and muscle with a particular vacuum sucker can effectively

enhance the mobility of cells' body fluid and boost cells' movement so that cells can be activated and skin elasticity can be increased. Meanwhile, it accelerates the microvessels' blood circulation, discharges excess toxins through the regular circulation of the lymphatic system, and lowers the probability of adverse situations that happen to body parts, such as dark spots, pigmentation disorder, and congestion. The kneading effect generated by vacuum sucking fat out can increase the activity of skin and muscle so that areolar tissue can be decreased and skin elasticity can be enhanced, completing body slimming and shaping simultaneously. In addition, vacuum movement can stimulate the sympathetic nervous system of the skin's surface and deep layer and lower skin sensitivity. The air pressure's suction and release can improve the capillary system, promote flow between deeper veins and the lymph gland networks, strengthen blood vessels, and relieve varicosity.

**Advantages:** It breaks through the vacuum's previous working mode featured by singleness and simpleness. Using different modes for different body parts can slim and sculpt the body more efficiently and better and cause no harm. This equipment has a unique radiofrequency (RF) handpiece, and its RF handpiece and vacuum handpiece are independent and complementary. Therefore, it can perfectly reshape the body in a more efficient, rapid, and even way compared with the standard monopolar RF handpiece.

### **The Physical Effect of Vacuum**

#### **Skin Layer**

The suction and release of air pressure:

- Improve mobility among cells to increase cell movement and cure blood stasis-related diseases.
- Remove moisture from the lymph gland and veins.
- Effect: Discharge excess moisture from fibrous tissue.

#### **Vascular Layer**

The suction and release of air pressure:

- Boost blood circulation of the micro-vessels, improve the blood capillary system, and promote flow between deeper veins and the lymph gland networks.
- Remove extra toxins from the body.
- Effect: Strengthen blood vessels and relieve varicosity.

#### **Fibrous Layer**

The suction and release of air pressure:

- Promote the combination of two effects generated in different tissues (including skin, muscle tissue, etc.).
- Repair cell tissue and enhance activity among cells.
- Boost and restore skin elasticity and resist skin stretch.
- The production of ossein helps renew skin and restore elasticity.
- Enhance the skin's oxygen supply capacity and increase the consumption of carbon dioxide.

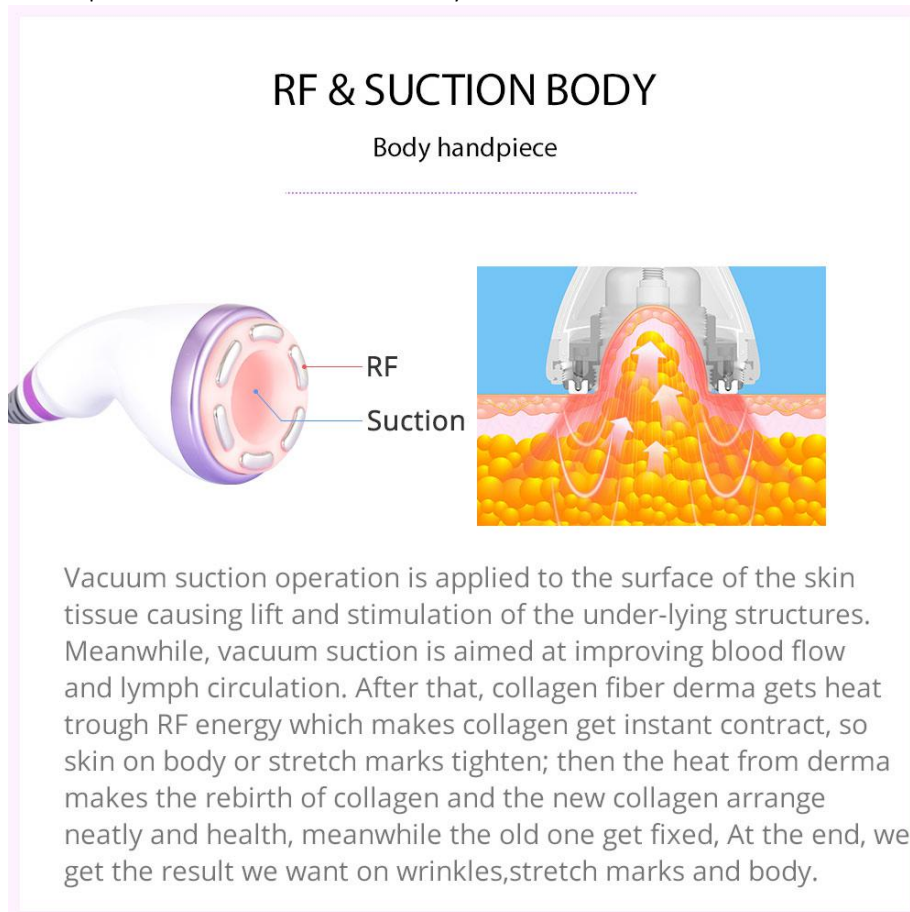


- Effect: Break up the tough bands causing cellulite and make it more elastic to shape the body.

#### Nervous Layer

The suction and release of air pressure:

- Stimulate the surface and deep layer of the sympathetic nervous system.
- Lower skin sensitivity.
- Restore skin elasticity and resist tissue fibrosis.
- Effect: Repair and lower skin sensitivity.



#### (6) LIPO LASER

It uses a red laser, a visible spectrum with a wavelength of 635nm-650nm. The laser has mighty penetrating power, which effectively activates and repairs fat cells, penetrates the fat layer, and dissolves subcutaneous fat by heating. The treatment is safe and painless and has no side effects. It sends laser energy's low-level chemical signal to fat cells, decomposes triglycerides deposited in the fat layer into free fatty acids and glycerol, and releases them through the channel of cytomembrane. Fatty acids and glycerol are transported to tissue in the body that produces metabolic energy. When the body needs to use the stored energy reserves, fatty acids release is a natural response. Therefore, no unnatural reaction will be triggered inside the body, and surrounding structures will not be affected or damaged, such as skin, blood

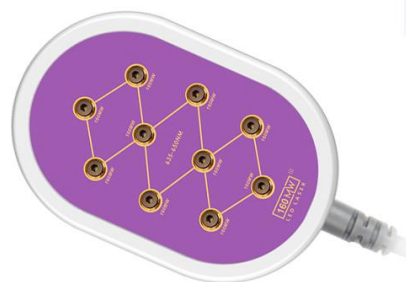
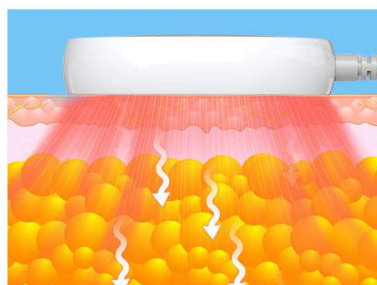
vessels, and peripheral nerves. After a period of exercise therapy, the free fatty acids inside the body will be removed through intact metabolism.

**Biological Effect:** The laser with a wavelength of 635nm to 650nm heats fat cells in the targeted zone to decompose them. In a short time, fat deposition is absorbed and discharged via our body's natural metabolism. During the process, the laser seals tiny blood vessels, reduces bruises, channels heat into the treated area, and stimulates collagen production to make it smooth and firm and achieve body shaping.

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

It applies the latest non-surgical and non-invasive laser lipolysis technology. The device releases low-level laser energy, which produces a chemical signal among fat cells and dissolves the stored triglycerides into free fatty acids, glycerol, and water molecules. It's a natural response when the body needs to utilize the stored energy reserves. The free fatty acids are transported to the whole body through the lymphatic system to supply energy. It's just like what the body would react when it lacks heat.

## 650nm LASER



650nm Laser serves to destroy adipocyte membrane and generate thermal energy to accelerate cell metabolism and lower BMI. 6 big laser pads are used for large areas such as waist, abdomen, back, and legs, and 2 small laser pads are used for small areas such as arms.

## (7) Breast Enlargement Cup

It employs the effect that a vacuum exerts on the human body. Using a particular vacuum device can cause the breast to produce a vacuum of different intensity, which lifts the breast and results in its enlargement. Vacuum inside the cup can congest local capillaries, stimulate organs, enhance cell viability, promote activity, and boost immunity. The mechanical stimulation of vacuum delivered to the nervous centralis via reflect can balance neural activity. The suction and release of air pressure and the increase and decrease of vacuum during operation can make local pores open and close continuously, promote skin breathing, increase oxygen uptake, and speed up wastes removal. It has the effect of warming and activating the meridian, promoting vital energy and activating blood, enlightening the mind and relaxing the muscle, eliminating stasis and diminishing swelling, expelling toxins, and driving out evil spirits. Combined with massage, it can make blood and vital energy unblocked, dredge acinus of the breast, cause intangible energy to mobilize blood, transmit oxygen and nutrition to the breast, motivate the pituitary gland to secrete the female hormone, reinforce connective tissue of the breast, and stimulate the development and growth of breast. And it promotes uterine contraction, contracts elastic fibers of the skin, and prevents skin tissue from loosening and scattering.

### POWERFUL SUCTION



150ml  
150ML Big  
Orange Cups



It massages the skin deeply through repeated rhythmic absorption. While opening the pores, it promotes circulation, improves fat accumulation, discharges excesswater, allows muscle growth, and achieves body beauty effects.

## (8) Vacuum Cup for Vagina

Vacuum inside the cup can congest local capillaries, stimulate organs, enhance cell viability, promote activity, and boost immunity. The mechanical stimulation of vacuum delivered to the nervous centralis via reflect can balance neural activity. The suction and release of air pressure and the increase and decrease of vacuum during operation can make local pores open and close continuously, promote skin breathing, increase oxygen uptake, and speed up wastes removal, promote the contraction of the smooth muscle of the pelvic cavity, increase blood circulation, regulate the endocrine system, increase lutein, and cause the secretion of hormones.

## 4. Facial Skin Cleansing

### (1) Handpiece

#### 1) Vacuum Cup for Face + Metal Grease Cup

### (2) Efficacy

- 1) Dredge pores and shrink large pores.
- 2) Deeply clean skin.
- 3) Lift facial skin and sculpt facial contour.
- 4) Accelerate blood circulation and metabolism.
- 5) Make skin color even, fade the pigment, and flatten fine lines.

### (3) Indications

- 1) People whose skin secretes too much grease or with thick stratum corneum.
- 2) People with coarse skin or large pores.
- 3) People with clogged pores.
- 4) People with dark or lusterless skin.
- 5) People with flabby or saggy skin.

### (4) Contraindications

- 1) People who just had plastic surgery or implanted prostheses or metal objects inside the treated parts.
- 2) People who recently injected hyaluronic acid, skin booster, or had an injection for wrinkle removal, plastic surgery, etc.
- 3) People with hypertension, heart disease, diabetes, severe thyroid, or malignant tumors.
- 4) People in the allergic period, with severely sensitive skin, or who are allergic to metals.
- 5) People with skin trauma or wounds.

- 6) Those in menstruation, pregnancy, breastfeeding, or surgical recovery.
- 7) People with skin disease or infectious disease.
- 8) People who have an unrealistic illusion about the effect.

## (5) Matters Needing Attention After Treatment

- 1) Wash the face with warm water within three days.
- 2) Keep hydrating and protect yourself from the sun.
- 3) Don't use skincare products that contain scrub, exfoliant, AHA (Alpha Hydroxyl Acid), etc., within a week since they are irritant.
- 4) Avoid staying up late, smoking, or drinking alcohol. Instead, eat more vegetables, fruits, and bland food.
- 5) Apply a facial mask at least three times a week.

## 5. V-shaped Face Tightening

### (1) Handpiece

- 1) **Metal Grease Cup + Small Laser Pad**

### (2) Efficacy

- 1) Tighten face and deeply infuse nutrition.
- 2) Increase skin elasticity and refine skin.
- 3) Moisten skin and enhance the skin's absorptivity.
- 4) Accelerate blood circulation and metabolism.
- 5) Relieve double chin and sculpt a V-shaped face.
- 6) Stimulate collagen hyperplasia and delay aging.

### (3) Indications

- 1) People with dark or lustreless faces.
- 2) People with flabby or saggy skin.
- 3) People with fine lines, nasolabial folds, or periorbital wrinkles.
- 4) People with an unapparent facial outline.
- 5) People with coarse skin or large pores.
- 6) People who are under long-term exposure to ultraviolet radiation in the workplace.
- 7) People with flabby skin, edema, or puffiness after child delivery.
- 8) People with double chins or whose necks have flab.

### (4) Contraindications

- 1) People who just had plastic surgery or implanted prostheses or metal objects

inside the treated parts.

- 2) People who recently injected hyaluronic acid, skin booster, or had an injection for wrinkle removal, plastic surgery, etc.
- 3) People with hypertension, heart disease, diabetes, severe thyroid, or malignant tumors.
- 4) People in the allergic period, with severely sensitive skin, or who are allergic to metals.
- 5) People with skin trauma or wounds.
- 6) Overage people.
- 7) People in menstruation, pregnancy, breastfeeding, or surgical recovery.
- 8) People with skin disease or infectious disease.
- 9) People who have an unrealistic illusion about the effect.

## (5) Matters Needing Attention After Treatment

- 1) Wash the face with warm water within three days.
- 2) Keep hydrating and protect yourself from the sun.
- 3) Don't use skincare products that contain scrub, exfoliant, AHA (Alpha Hydroxyl Acid), etc., within a week since they are irritant.
- 4) Avoid staying up late, smoking, or drinking alcohol. Instead, eat more vegetables, fruits, and bland food.
- 5) Apply a facial mask at least three times a week.

## 6. Neck Maintenance

### (1) Handpiece

#### 1) **Metal Grease Cup**

### (2) Efficacy

- 1) Relieve neck with slack, coarse, or lusterless skin.
- 2) Tighten skin and increase skin elasticity.
- 3) Relieve double chin.
- 4) Accelerate lymphatic detox and improve facial skin quality.
- 5) Prevent neck and lymphatic diseases.

### (3) Indications

- 1) People whose necks have coarse skin or dull skin color.
- 2) People whose necks have clogged lymph.
- 3) People whose necks have slack or inelastic skin.
- 4) People who always lower their heads.
- 5) People who are not satisfied with their necks' skin color.

#### (4) Contraindications

- 1) People who just had plastic surgery.
- 2) People with hypertension, heart disease, diabetes, severe thyroid, or malignant tumors.
- 3) People in the allergic period or with severely sensitive skin.
- 4) People with skin trauma or wounds.
- 5) Overage people.
- 6) People in pregnancy or surgical recovery.
- 7) People with skin disease or infectious disease.

#### (5) Matters Needing Attention After Treatment

- 1) Protect yourself from the sun and keep the neck warm.
- 2) It's better not to use products like alcohol, AHA (Alpha Hydroxyl Acid), or scrub cream within 1 to 3 days.
- 3) Avoid washing your face with overheated water, enjoying hot springs or saunas, or doing strenuous exercise within seven days.
- 4) Drink more water, apply a neck mask at least three times a week, and apply essence or neck cream.
- 5) Avoid lowering your head for a long time.

### 7. Lymphatic Detoxification

#### (1) Handpiece

##### 1) Metal Grease Cup + Vacuum Cup

#### (2) Efficacy

- 1) Stimulate the movement of lymph.
- 2) Accelerate the circulation of lymph.
- 3) Speed up the natural detox process and help to remove wastes from the body via the lymphatic system.
- 4) Increase the productivity of lymphocytes.
- 5) Boost metabolism.
- 6) Enhance the functions of the immune system.

#### (3) Indications

- 1) People with lusterless faces or rough skin.
- 2) People who always drink alcohol or have insomnia.
- 3) People with obese waist and abdomen, or whose edema can be relieved or fat be

consumed via lymphatic detox.

- 4) People with bad breath or who always have constipation.
- 5) People with poor mental state or immunity or who are prone to have a cold or sickness.

#### (4) Contraindications

- 1) People with hypertension, hyperglycemia, hyperlipidemia, or heart disease.
- 2) Women in pregnancy, menstruation, or breastfeeding.
- 3) People whose surgical wounds are healing or in surgical recovery.
- 4) People with epilepsy, severe diabetes, or hyperthyroidism.
- 5) People with malignant tumors, hemophilia, or severe bleeding.
- 6) People with skin disease or infectious disease.
- 7) People whose gynecological diseases are in treatment.
- 8) People with lymph cancer or who show the signs of cancer.
- 9) People who have a weak body.
- 10) People who are drunk, thirsty, overworked, or with a full or empty stomach.

#### (5) Matters Needing Attention After Treatment

- 1) Take a shower after 4 to 6 hours.
- 2) Avoid exposing yourself to a windy environment and catching a cold.
- 3) Avoid eating spicy or grease food.
- 4) Drink more warm water to speed up metabolism.
- 5) Avoid staying up late, smoking, or drinking alcohol.
- 6) Time for cupping therapy should be based on specific situations. A misconception about it is that the longer time the therapy, the better the effect.

### 8. Body Management

#### (1) Waist & Abdomen Sculpting

##### 1) Handpiece

- **RF & ULTRASOUND + RF & SUCTION BODY + Big LIPO LASER**

##### 2) Efficacy

- Relieve women's cold hands, cold feet, cold uteruses, or cold-natured bodies.
- Powerfully dissolve fat and eliminate big tummy.
- Relieve waist and abdomen's flabby and soft skin.
- Remove flab from waist and abdomen, and relieve swim-ring-like belly and potbelly.
- Tighten skin and increase skin elasticity.



- Accelerate metabolism, relieve constipation, and enhance the movement of the intestinal tract.
- Remove edema and hold the belly in after child delivery.

### 3) Indications

- People with cold hands, cold feet, cold uteruses, or cold-natured bodies.
- People with fat waist and abdomen, fat accumulation, or flab.
- People with flab on waist and abdomen, potbelly, or flabby skin after child delivery.
- People with unsightly waistlines due to sitting too long.
- People with striae distensae or stretch marks.
- People with constipation or whose abdomens have obstructed channels and collaterals.
- People whose abdomen has edema after child delivery.

### 4) Contraindications

- People with hypertension, hyperglycemia, hyperlipidemia, or heart disease.
- Women in pregnancy, menstruation, or breastfeeding.
- People whose surgical wounds are healing or in surgical recovery.
- People with epilepsy, severe diabetes, or hyperthyroidism.
- People with malignant tumors, hemophilia, or severe bleeding.
- People with skin disease or infectious disease.
- People with severe gynecological diseases.
- People whose gynecological diseases are in treatment.

### 5) Matters Needing Attention After Treatment

- Avoid wearing a crop top or exposing to a windy environment and catching a cold.
- Avoid eating and drinking too much, staying up late, drinking alcohol, or eating raw, cold, spicy, or greasy food. Instead, drink more hot water.
- Keep the abdomen warm and take a shower after 4 to 6 hours.
- Avoid enjoying sauna or hot springs or doing strenuous exercise within seven days.
- Rub clockwise the abdomen with your hands before sleep at night, achieving better weight loss and metabolism effect.

## (2) Arm Sculpting

### 1) Handpiece

- **RF & ULTRASOUND + RF & SUCTION BODY + Big LIPO LASER**

## 2) Efficacy

- Stimulate collagen hyperplasia of the underlying skin, shape body, and firm skin.
- Relieve flabby skin.
- Reduce the appearance of flabby and thick arms.
- Tighten skin.
- Accelerate blood circulation and dredge channels and collaterals.

## 3) Indications

- People with thick arms or who look unsightly in clothes.
- People with bat wings or flabby arms.
- People whose arms have flabby skin.
- People whose arms are prone to soreness and numbness.
- People who always carry a baby.

## 4) Contraindications

- People who just had plastic surgery.
- People with hypertension, heart disease, diabetes, severe thyroid, or malignant tumors.
- People in the allergic period or with severely sensitive skin.
- People with skin trauma or wounds.
- Overage people.
- People in pregnancy or surgical recovery.
- People with skin disease or infectious disease.

## 5) Matters Needing Attention After Treatment

- Keep warm, don't eat cold food, and avoid exposing to a windy environment and catching a cold.
- Take a shower after 4 to 6 hours.
- Drink more warm water to replenish moisture.
- Refuse to eat and drink too much and stay up late.
- Avoid enjoying sauna or hot springs or doing strenuous exercise within seven days.

## (3) Back Sculpting

### 1) Handpiece

- **RF & SUCTION BODY + VACUUM & CUPPING + Big LIPO LASER**

## 2) Efficacy

- Alleviate shoulder and back soreness and relieve Dowager's Hump.
- Dredge channels and collaterals and relieve clogged channels and collaterals.
- Accelerate blood circulation and metabolism.
- Improve head blood supply and sleep.
- Regulate viscera functions and strengthen the physique.
- Tighten skin and prevent slack and soft skin.
- Remove excess flab from the back and sculpt the back.
- Boost immunity.

## 3) Indications

- People with shoulder or back soreness or stiff neck.
- People with insomnia, dreaminess, or a fading memory.
- People prone to fatigue or drowsiness or whose vital energy and blood circulation are obstructed.
- People with thick backs or who look unsightly in clothes.
- People with Dowager's Hump.

## 4) Contraindications

- People with metal implants inside the body (such as a stent, pacemaker, etc.) or allergic to metals.
- Women in pregnancy, menstruation, or breastfeeding.
- People whose surgical wounds are healing or in surgical recovery.
- People with hypertension, hyperglycemia, hyperlipidemia, heart disease, epilepsy, severe diabetes, or hyperthyroidism.
- People with malignant tumors, hemophilia, or severe bleeding.
- People with skin disease or infectious disease.
- People who have a weak body.
- People who are drunk, thirsty, overworked, or with a full or empty stomach.

## 5) Matters Needing Attention After Treatment

- Keep warm, avoid exposing to a windy environment and catching a cold, and drink more hot water.
- Take a shower after 4 to 6 hours.
- Avoid staying up late, drinking alcohol, and eating and drinking too much.
- Avoid eating raw, cold, and spicy food; have enough sleep.
- Avoid wearing shoulder-baring and backless clothes.

## (4) Leg Sculpting

### 1) Handpiece

- RF & ULTRASOUND + RF & SUCTION BODY + Big LIPO LASER

### 2) Efficacy

- Tighten skin and prevent slack and soft skin.
- Stimulate collagen production, and flatten striae distensae.
- Enhance the circulation of the legs and eliminate edema.
- Activate blood, remove stasis, dredge channels and collaterals, and prevent varicosity.
- Tighten the excessive flab of the legs and get rid of the thick thigh.

### 3) Indications

- People with the obstructed blood circulation of the lower limbs, edema, or obesity.
- People who feel uncomfortable and pain all over the body or are prone to catch colds or with hypoimmunity.
- People with constipation or with coarse or slack skin.
- People whose legs have clogged channels and collaterals or with disproportionate and unsightly legs.

### 4) Contraindications

- Women in menstruation, pregnancy, or breastfeeding.
- People with hypertension, heart disease, diabetes, severe thyroid, malignant tumors, etc.
- People with skin disease, infectious disease, or whose skin is in a sensitive period.
- People with surgical wounds or in surgical recovery.
- People with severe varicosity or tumors.
- People in the allergic period or with severely sensitive skin.
- People who just had liposuction.
- Overage people.
- People in pregnancy or surgical recovery.

### 5) Matters Needing Attention After Treatment

- Keep warm, don't eat cold food, and avoid exposing to a windy environment and catching a cold.
- Take a shower after 4 to 6 hours.
- Drink more warm water to replenish moisture and speed up metabolism.

- Refuse to eat and drink too much and stay up late.
- Avoid enjoying sauna or hot springs or doing strenuous exercise within seven days.
- Wear long pants as much as possible after treatment, and avoid wearing a mini skirt or mini shorts.

## (5) Breast Enlargement

### 1) Handpiece

- **Breast Enlargement Cup**

### 2) Efficacy

- Relieve breast with loosening, sagging, or outward expansion.
- Alleviate breast distending pain before menstruation.
- Dredge and adjust breast.
- Prevent galactoceles.
- Prevent breast cancer.
- Breast Sculpting

### 3) Indications

- People with droopy or saggy breasts.
- People with flat or asymmetrical breasts or whose breasts have outward expansion.
- People who have nipple retraction and pursue a better and healthier breast.
- People with breast nodules, slight hyperplasia, or who have distending pain during menstruation.
- People who think she has less developed mammary gland or mastopathy after giving birth.

### 4) Contraindications

- Women in pregnancy, menstruation, or breastfeeding.
- People with hypertension, hyperglycemia, hyperlipidemia, or heart disease.
- People with severe breast hyperplasia, fibroma, or cyst.
- Those whose breast skin has an infection.
- Those whose breasts had surgery.

### 5) Matters Needing Attention After Treatment

- Take a shower after 4 to 6 hours.
- Avoid exposing yourself to a windy environment and catching a cold.

- Avoid eating spicy or grease food.
- Drink more warm water to speed up metabolism.
- Avoid staying up late, smoking, or drinking
- Wear fixed-shape and comfortable underwear, and don't squeeze the breast too hard.

## (6) Buttock Enhancement

### 1) Handpiece

- **Vacuum Cup for Buttock Enhancement**

### 2) Efficacy

- Relax muscle and boost local blood circulation.
- Prevent amyotrophy and relieve muscle spasms.
- Firm skin and make the body better.
- Relive sagging that caused by slack muscles.
- Stimulate muscle contraction, make muscles plump and muscular, and builds booty.

### 3) Indications

- People with sunken, flat, and less than sexy hips.
- People whose hips are flat, shapeless, or with less fat.
- People who want to have a perfect body shape due to psychological or professional needs.
- People whose hips are in good size but with inadequate plumpness or lack hip peak.
- People with square hips that caused by fat accumulation.

### 4) Contraindications

- Women in menstruation, pregnancy, or breastfeeding.
- People with surgical wounds or in surgical recovery.
- People with heart disease, hypertension, etc.
- People with skin disease, infectious disease, or whose skin is in a sensitive period.
- People who have a weak body.

### 5) Matters Needing Attention After Treatment

- Take a shower after 4 to 6 hours.
- Avoid exposing yourself to a windy environment and catching a cold.
- Avoid eating spicy or grease food.

- Drink more warm water to speed up metabolism.
- Avoid staying up late, smoking, or drinking
- It's advised to wear hip-lifting pants to prevent loosening and sagging.
- To have a proper amount of hip-lifting exercise.

## (7) Vaginal Care

### 1) Handpiece

- **Vacuum Cup for Vagina**

### 2) Efficacy

- Improve the lubrication of the vagina.
- Improve the looseness of the vagina.
- Regulate internal secretion.
- Boost the quality of sexual life and sensitivity.
- Improve the color of the perineum.
- Remove toxins and remaining metabolin from the vagina, recover its cleanliness, and make it balanced.

### 3) Indications

- People who will get pregnant or give birth or had an abortion or have contraception or sexual life.
- People with irregular menstruation(dysmenorrhea, less menstrual blood, or blood clots).
- People whose skin has speckles, acne, or with a dull yellow color due to endocrine dyscrasia.
- People whose leukorrhea is abnormal or with a foul odor.
- People with fading memory or declined immunity.
- People with disharmonious sexual life.

### 4) Contraindications

- Women in menstruation, pregnancy, or breastfeeding.
- People in surgical treatment or recovery.
- People with heart disease, hypertension, etc.
- People with skin disease, infectious disease, or whose skin is in a sensitive period.

### 5) Matters Needing Attention After Treatment

- Take a shower after 4 to 6 hours.
- Drink more warm water, and avoid drinking cold water and eating cold, raw, or

spicy food.

- Change the underpants daily, wear underpants made from soft material like pure cotton or real silk, wear fewer underpants made from chemical fiber, and avoid wearing close-fitting underpants.
- Dry the towels and underpants under the sun or treat them in hot water; it may breed fungus if they are dried in a humid environment.
- Do not have sex immediately.



## Part II

### 1. Detailed Operations

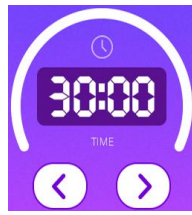
The detailed installations are shown as follow:



Have the equipment correctly connected, and the following initial interface will appear when pressing the power switch.



## (1) General Function Introduction



Time Setting & Display

START

Start/ Pause



Homepage

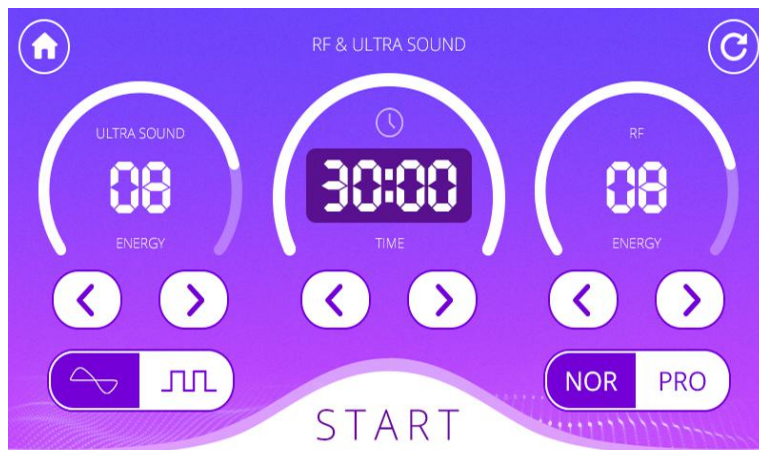


Return

## (2) Detailed Operations for RF & Ultrasound



Select and enter the following page.



Time Setting & Display



Time Setting (Increases & Decrease)



Energy Level Display & Setting



Energy Level Setting (Increase & Decrease)



Working Mode



Continuous working mode, suiting those with excessive fat accumulation or firm fat.



Discontinuous working mode, suiting those who want to reduce fat or with localized fat.



Energy Level Display & Setting for RF



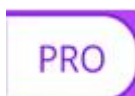
Energy Level Setting (Increase & Decrease)



RF's Working Mode




NOR, the default mode: when you start the handpiece, its red light will always be on, and its temperature will reach the setting value directly.

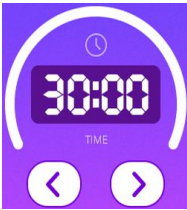


PRO, the intelligent mode: when you use the handpiece to touch skin, its temperature will gradually increase to the setting value.

(3) Detailed Operations for RF & SUCTION BODY



Select  and enter the following page.



Time Setting & Display



Time Setting (Increases & Decrease)



Energy Level Display & Setting for RF



Energy Level Setting (Increase & Decrease)



RF's Working Mode



NOR, the default mode: when you start the handpiece, its red light will

always be on, and its temperature will reach the setting value directly.



PRO, the intelligent mode: when you use the handpiece to touch skin, its temperature will gradually increase to the setting value.



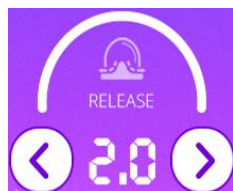
Suction Time Setting for SUCTION BODY (suction time > release time)



Suction Time Setting (Decrease)



Suction Time Setting (Increase)



Release Time Setting for SUCTION BODY (When the time is set to zero, it's direct suction.)



Release Time Setting (Decrease)



Release Time Setting (Increase)

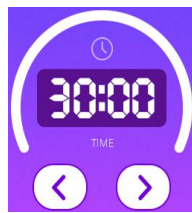


Rotating knob for setting suction (Rotate to the right to increase the suction and to the left to decrease it).

#### (4) Detailed Operations for LIPO LASER



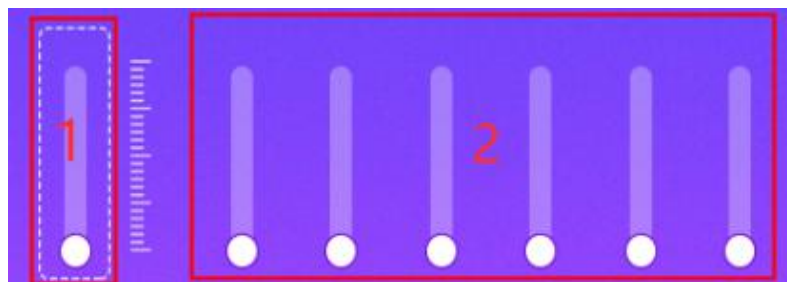
Select and enter the following page.



Time Setting & Display

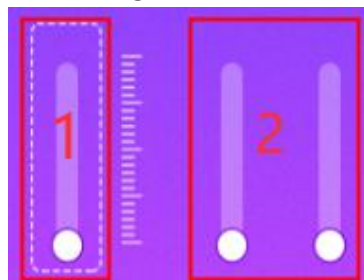


Time Setting (Increases & Decrease)



Energy Intensity Display

of the Large Laser Pad



Energy Intensity Display of the Small Laser Pad

- 1: After clicking, the energy level of all laser pads can be set uniformly.
- 2: The energy level of a single laser pad can be adjusted. Select the laser pad you want to adjust first, and then press the energy setting button to change its intensity.



Energy Level Setting





Energy Level Setting (increase)



Energy Level Setting (decrease)



Working Mode



Continuous working mode (The laser pads will be on all the time, which suits those who want to lose weight powerfully.)




Discontinuous working mode (The laser flashes slowly, which suits those who want to maintain and reinforce the effect.)



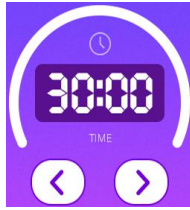
Discontinuous working mode with faster frequency (The laser flashes quickly, which suits first-time users or those who just started to operate it.)

## (5) Detailed Operations for VACUUM & CUPPING



Select  and enter the following page.

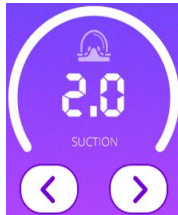




Time Setting & Display



Time Setting (Increases & Decrease)



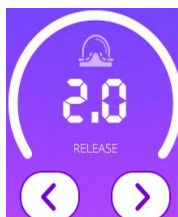
Time Display & Setting for Vacuum Suction(suction time > release time)



Suction Time Setting (Decrease)



Suction Time Setting (Increase)



Time Display & Setting for Vacuum Release(When the time is set to zero, it's direct suction.)



Release Time Setting (Decrease)



Release Time Setting (Increase)



Working Mode



Direct suction mode (it suits those who want to raise transitory petechiae and ecchymosis and expel toxins)



Slower chopper frequency mode (suit those who want to relax with massage)





Fast chopper frequency mode (suit those who want to raise transitory petechiae and ecchymosis and expel toxins with massage)



Faster chopper frequency mode (suit those who want to raise transitory petechiae and ecchymosis and expel toxins with massage)



Rotating knob for setting suction (Rotate to the right to increase the suction and to the left to decrease it).



Air Inlet



Insert one end of the rubber hose into the air inlet of the equipment. And



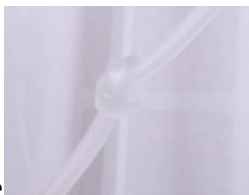
insert the other two ends to the jack/end of the vacuum cup and breast



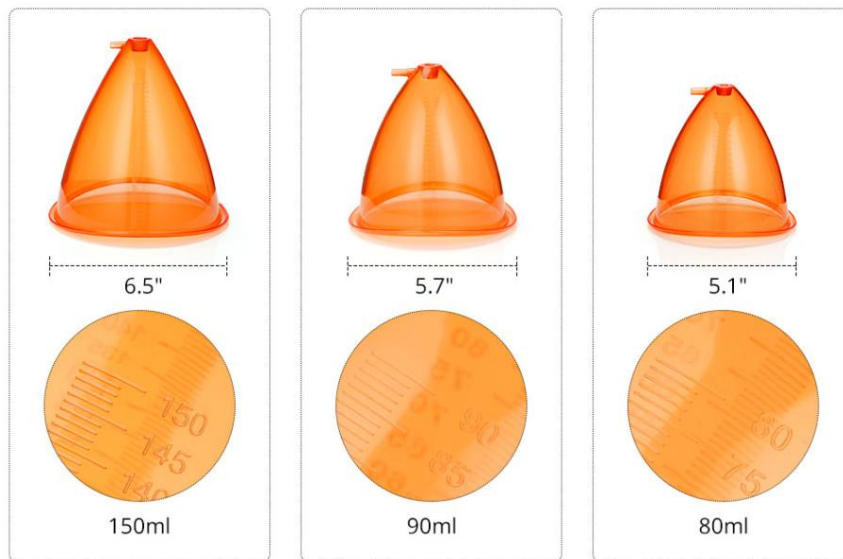
enhancement cup , respectively.

After turning the instrument on, the two vacuum cups are working together, and they have suction. They have suction only when having they contacting the skin at the same time. If only one cup touches the skin, it can't suck the skin.

2. When only one vacuum cup(metal grease cup) needs to be used, the other rubber



hose can be tied up first. Untie the rubber hose when two cups are needed.



Large

Middle

Small

Three pairs of

breast enlargement cups



Nine pairs of

vacuum cups



No. 1 suits those with big breasts or who want to sculpt and make their breasts upstanding.

No. 2 suits those with medium breasts or who want to make their breasts upstanding and plump.

No. 3 suits those with small breasts or who want to relax with a massage.

No. 4 is suitable for doing cupping (suit body parts with a large area, like the thigh, buttocks, or abdomen).

No.5 is suitable for doing cupping (suit the legs and back).

No.6 is suitable for cupping (suit body parts with a small area, like the arms and lower legs).

No.7 is suitable for doing moving cupping (suit the neck and arms).

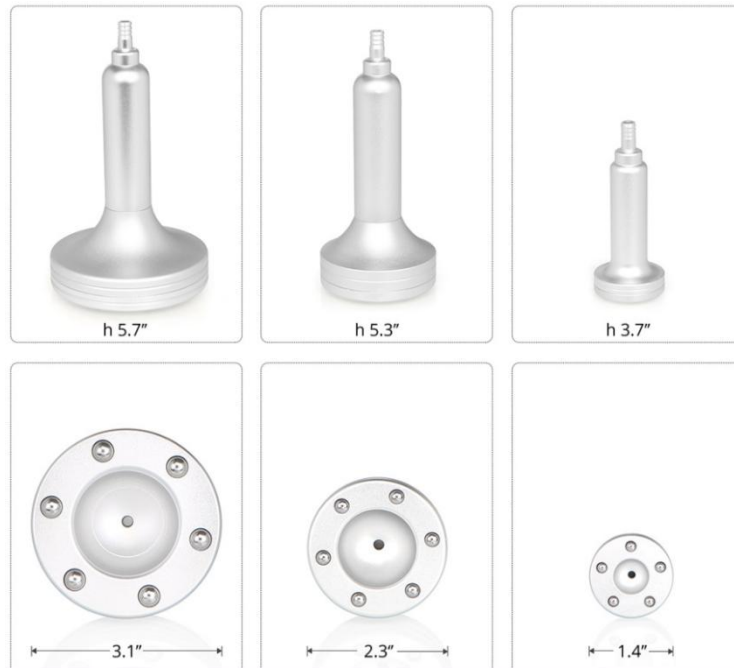
No.8 is suitable for doing moving cupping and massage (suit the face and neck).

No.9 is suitable for doing moving cupping and cleansing (suit the face).

No.10 suits the vagina.

No.11 is suitable for facial cleansing.

No.12 is suitable for doing moving cupping and cleansing.



Three metal grease cups

(select it per the size of the body part to be treated)



Large size suits body parts with a large area like the arms, abdomen, waist, buttocks, legs, or back.



Medium size suits body parts like the arms, neck, face, or lower legs.



Small size suits the cheeks, eyes, forehead, chin, or neck.

## 2. Technical Parameters

Power Supply Input: AC110V-220V 50HZ/60HZ

Power: 90W

Input Power: 90W

Dimensions: 18.3 \* 18.5 \* 11.2inches

Net Weight: 8kg

Gross Weight: 8.9kg

#### RF & ULTRASOUND

Power: 90W

Frequency: 30KHZ

RF Frequency: 1MHZ

#### RF & Suction Body

Frequency: 1MHZ

Power: 90W

Vacuum: -73kPa

Air flow: 10LPM

Noise level: <65dB (30cm away)

#### Lipo Laser

Wavelength: 650nm 5mw

Power: 16W

#### Vacuum Cups

Vacuum: -73kPa

Air flow: 10LPM

Noise level: <65dB (30cm away)

### 3. Precautions on Use

- (1) You must use a plug with a ground pin and ensure the power socket is already grounded before using the equipment.
- (2) Make sure the voltage of the equipment is adaptive. If the local voltage is unstable, we suggest users add a voltage regulator with matching power between the main supply and the equipment.
- (3) Please uniformly use specified parts provided or suggested by the original manufacturer to guarantee the equipment's curative effect and expected service life.
- (4) Please do not put the equipment near a water source, in a damp place, or in sites that expose it to sunlight directly.
- (5) Please do not place the equipment near an intense heat source since this may affect its service life and everyday use.
- (6) Please remove all the metal objects from the body before treatment to shun unexpected situations that may affect the curative effect.
- (7) Please refrain from using the equipment aiming at the eyes, thyroid, parathyroid,

testicles, pregnant woman's abdomen, pacemaker, etc.

- (8) Please turn off the equipment's power switch if no one uses it, and ensure the main power is off before the exit of related personnel to guarantee the equipment's safety.
- (9) Those with implanted metal stents (not including a contraceptive ring placed inside a women's uterus) or prostheses inside the breast can not use it.
- (10) Women in menstruation, pregnancy, or breastfeeding are not allowed to use it.
- (11) You can not use it after drinking alcohol.
- (12) Those who did cesarean in the past six months, experienced a miscarriage in the past three months, and had natural labor in the past two months can not use it.
- (13) If the suction level of the vacuum cup is too high, please stop it immediately and reset the suction.
- (14) When operating the equipment, start from the lowest energy level and gradually increase it after the client gets used to it.
- (15) You must keep the treated parts moist and avoid operating the instrument in dry skin conditions.
- (16) Bear in mind that the filter cotton must be mounted before using a metal grease cup. Otherwise, the essential oil may enter the equipment, causing malfunction.
- (17) Use the equipment and train the operators in strict accordance with the instructions specified in the manual.
- (18) After the operation, clean the equipment with normal saline to ensure its cleanliness and hygiene to extend its service life.

## 4. Troubleshooting

- (1) I can't start the equipment, and the indicator lamp doesn't light up.
  - A. Make sure you plug the power cord into a good power socket.
  - B. Check whether the fuse tube in the back is loose or burnt out.
  
- (2) The vacuum cup/ metal grease cup doesn't have suction, or the suction becomes weak.
  - A. Please turn off the equipment and check its specialized filter, which may need to be replaced.
  - B. Please check the rubber ring of the handpiece plug because a worn rubber ring may cause air leakage.
  - C. Please check whether the oil filter is tightened and whether the rubber ring is worn out. Air leakage in this place may cause insufficient air pressure.
  - D. If the solutions mentioned above doesn't work, please contact the distributor for assistance.
  
- (3) The equipment doesn't have radiofrequency output.
  - A. Check whether the handpiece and the plug connecting to the machine body are closely linked.
  - B. Please check whether the treated parts are cleaned. Grease or essential oil may

cause poor contact between the handpiece and the body, resulting in no output.

(4) The radiofrequency's output becomes weak.

- A. Check whether the handpiece and the plug connecting to the machine body are closely linked.
- B. Please check whether there is non-conductive grease on the handpiece, which may cause bad contact, resulting in a weakened output.
- C. Check whether the products in use are the adaptive ones specified by the equipment

(5) I can start the equipment, but an error message shows on the monitor.

- A. Take out the power plug from the back, wait about one minute, reinsert the plug, and restart the pacemakers.
- B. If the solution mentioned above doesn't work, please contact the distributor for assistance.

## 5. FAQs

(1) Q: Does breast enlargement with vacuum cups have side effects?

A: No. It adopts a purely physical method for breast enhancement. Massage and vacuum suction and release are all the commonly used principles of physiotherapeutic instruments. This equipment, however, applies high-tech and unites various principles, which has an instant effect. It's a breast enhancement device that doesn't have side effects, and its effect will not rebound.

(2) Q: What functions does this equipment have?

A: It can dissolve fat, shape body, rejuvenate skin and make it smooth, do tightening and lifting, reverse senility, and fight against aging. You can use it all over the body. Further, it can sculpt facial contour, reduce wrinkles, and relieve loosening and sagging. It can reduce local body parts' weight, build an S curve, and accelerate body metabolism and detox. It can also enhance viscera functions and relieve the body's sub-health condition.

(3) Q: Which one is better for weight loss, liposuction, or this equipment?

A: Liposuction slims a local body part rapidly by sucking out excess fat from it with vacuum suction. It has an instant effect, but it uses an anesthetic during surgery and has convalescence. It's risky because it's an operation. However, this equipment is risk-free and has no side effects. It stimulates collagen regeneration to lift and tighten skin while reducing weight. It can also sculpt perfect curves by lifting, making women sexier.

(4) Q: Will I experience a rebound after treatment?

A: It's hard for the weight to rebound after it's reduced with radiofrequency lipolysis. Radiofrequency lipolysis removes fat instead of moisture, and it takes a long

time for the fat to accumulate. Thus rebound will not take place easily.

(5) Q: Do I need to keep on a diet after treatment?

A: You need to keep on a diet to some extent since radiofrequency and ultrasound treatments are followed by fat-blasting and accelerated metabolism. Therefore, you have to avoid eating spicy, greasy, or fried food so as not to affect metabolism. But you can have a proper amount of exercise to sweat and discharge it from the body to have a more evident effect.

(6) Q: Does the treatment have any side effects on the body?

A: Improving looks and shaping body with radiofrequency is a non-invasive treatment and currently one of the safest and most effective ways to remove wrinkles, tighten skin, and sculpt body. Generally speaking, there are no side effects. A few people's skins may experience transient redness or swelling that will disappear after a few hours. Since RF heat energy causes the skin to lose moisture, dry skin may experience dryness and atrophy after initial treatment. However, the skin turns plump at the initial stage of collagen regeneration, and all symptoms will vanish after three days. Thus it has no side effects on the body.

(7) Q: Can I use ultrasound all over the body?

A: Ultrasound breaks fat cells and bursts cell walls, causing fat in the cells to flow out, which then is absorbed and metabolized by lymph. Thus it has strong power. The heart is sensitive to sound waves since it's a hollow organ. When the sound waves vibrate the heart, the back and forth reflex occurs because muscle tissue and blood in the heart do not conduct sound waves in the same way. The reflex force can detach cardiac valves from cardiac muscle. If it's directed at the eyes, it can cause retinal detachment. Therefore, to shun eyes and heart when using ultrasound. (Don't use it on the waist, back, and chest.)

(8) Q: Do ultrasonic waves have side effects on the body?

A: Ultrasound is a non-surgical and non-invasive procedure and requires no surgery or anesthetic. When the collected intense sound waves enter the body, it causes a violent impact upon the fat cells, blasting them. It can shatter and dissolve fat, firm skin, and sculpt the body. It only targets fat cells of low density while protecting tissue of high density, such as blood vessels and nerves. Therefore, it doesn't have side effects on the body. Slight drumming in the ears may appear during the treatment, which is normal, and you don't have to worry about it.

(9) Q: Why does drumming in the ears occur?

A: The ultrasound has a strong vibration, and its frequency is above 20kHz. By acting on the fat layer that is 20mm under the skin with the ultrasonic focusing effect, ultrasound with concentrated energy causes fat cells in the Jiao zone to create high-speed friction among themselves, resulting in heating, breaking, and emulsifying, during which there is sound. Therefore, slight tinnitus will accompany.



(10) Q. What is collagen?

A: Collagen is a biological macromolecule substance and a white, opaque, and non-branched fibrous protein. It can supply the needed nutrition to various skin layers and enhance collagen activity. Its function includes locking moisture, nourishing skin and hair, delaying aging, improving looks, and relieving slack face. Collagen is a nutrient that the body must be supplemented with to delay aging. As age increases, collagen drains gradually. Women's skin starts to age, and collagen losses and decreases slowly after 20. When they turn 25, collagen loss reaches its peak. When they are 40, the collagen content is less than half of that of 18. The loss of collagen and moisture breaks collagen fibers and elastic mesh that support the skin, which is the exact cause of folds on the elderly's faces. The loss causes skin tissue to oxidize, atrophy, and collapse, making the skin dry, wrinkled, slack, and inelastic. Therefore, we must replenish collagen to delay aging.

(11) Q: How to detox with the vacuum?

A: Vacuum can congest capillaries and stimulate cells to increase their vitality. During operation, the air suction and release and the alternate increase and decrease of the vacuum make local pores open and close continually, promote skin breathing, increase skin oxygen uptake, and speed up the elimination of wastes. Therefore, it can invigorate Qi, activate blood circulation, remove cold and dampness, dredge channels and collaterals, and expel toxins and heat.

## 6. Packing List

Main Unit x1

Parts Rack x1

RF & ULTRASOUND x1

RF & SUCTION BODY x1

Large Laser Pad x6

Small Laser Pad x2

Breast Enlargement Cup (large) x2

Breast Enlargement Cup (medium) x2

Breast Enlargement Cup (small) x2

Cupping Cup (large) x2

Cupping Cup (medium) x2

Cupping Cup (small) x2

Vacuum Cup for Face (no.1) x2

Vacuum Cup for Face (no.2) x2

Vacuum Cup for Face (no.3) x2

Vacuum Cup for Face (no.4) x2

Vacuum Cup for Face (no.5) x2

Vacuum Cup for Vagina x2

Metal Grease Cup (large) x1

Metal Grease Cup (medium) x1  
Metal Grease Cup (small) x1  
Filter Cotton x1 pack  
Transparent Tube x3  
Fuse x2  
Filter x2  
Power Cord x1

## 7. Simplified Operating Steps

### (1) Facial Skin Cleansing

Remove makeup, clean the face, apply blackheads export liquid, use hot steam, vacuum cup for face, and metal grease cup, apply a facial mask, and apply water, essence, lotion/facial cream, and sunblock.

Matched Product: massage cream/ essence

### (2) V-shaped Face Tightening

Remove makeup, clean the face, apply blackheads export liquid, use hot steam, metal grease cup, and small laser pad, apply a facial mask, and apply water, essence, lotion/facial cream, and sunblock.

Matched Product: massage cream/ essence

### (3) Lymphatic Detoxification

Remove makeup, clean the face, massage, use metal grease cup, do moving cup with vacuum cups, do fixed cupping with vacuum cups, and clean the treated part.

Matched Product: essential oil/ massage cream

### (4) Waist & Abdomen/ Arm/ Leg Sculpting

Massage, use RF & Ultrasound, RF & Suction Body, and Big Lipo Laser, and clean the treated parts.

### (5) Back Sculpting

Massage, use metal grease cup, RF & SUCTION Body, Vacuum Cup, and BIG Lipo Laser, and clean the treated parts.

### (6) Buttock Enhancement

Massage, do sliding cupping with vacuum cups for breast enlargement, do fixed cupping with vacuum cups for breast enlargement, and clean the treated part.

Matched Product: essential oil/ massage cream

## (7) Breast Enlargement

Massage, do fixed cupping with vacuum cups for breast enlargement, and clean the treated part.




Matched Product: essential oil/ massage cream

## (8) Vaginal Care

Massage, do fixed cupping with vacuum cups, do sliding cupping with vacuum cups for vagina, and clean the treated part.

Matched Product: essential oil/ massage cream

## 8. Operational Diagrams

Parameter Setting	Matched Product	Technique	Diagram
Facial Skin Cleansing: 45 Minutes/ Once a Week			
<b>Vacuum Cup for Face</b> Advised Time: 5 to 10 minutes  Mode: M1/ M2/ M3/ M4  You can set the time for suction and release freely. It's direct suction when the release time is set to zero.  <b>Metal Grease Cup</b>	Cleansing Oil + Facial Cleanser + Blackhead Export Liquid + Essence + Hot & Cold Steamer + Facial Mask + Equipment	1. Remove makeup and clean the face, 5 minutes. 2. Apply toner, 1 minute. 3. Apply blackhead export liquid and use hot steam (Apply the liquid to parts with large or severely clogged pores and toner or AS3 nutrient solution to cheeks; you can apply toner to and use cold steam on face with sensitive skin, but it's not advised to use hot steam on and apply liquid to it.), 5 to 8 minutes.	Technique 4 
		4. <b>Vacuum Cup for Face:</b> Appress the device to the forehead for one second, then move it gently towards the hairline. Follow the part that is	Technique 4 
			Technique 8 

<p>Advised Time: 5 to 10 minutes</p> <p>Mode: M1/ M2/ M3/ M4</p> <p>You can set the time for suction and release freely. It's direct suction when the release time is set to zero.</p>		<p>treated before closely (forehead-nose-chin-cheeks). The whole forehead and nose with severely clogged pores can be treated more. About 10 minutes.</p> <ol style="list-style-type: none"> <li>Clean the face with a cotton pad dipping pure water, 2 minutes.</li> <li>Apply toner.</li> <li>Apply essence evenly to the face.</li> <li><b>Metal Grease Cup:</b> Lift one line after another from the chin to the forehead. Repeat three times.</li> <li>Lift from chin to earlobe, corner of the mouth to Ermen (SJ21), wing of the nose to Taiyang (EX-HN5), lower eyelid to Taiyang (EX-HN5); lift the corner of the eyes; do them with the instrument and a hand. Repeat three times. Repeat three times.</li> <li>Do the same on the other side.</li> <li>Lift the forehead towards the hairline direction, about 10 minutes.</li> <li>Apply a facial mask and wait 15 minutes.</li> <li>Remove the mask and clean the face, 2 minutes.</li> <li>Apply toner, essence, facial cream, and sunscreen.</li> <li>Treatment ends.</li> </ol>	<div data-bbox="1149 212 1284 414"></div> <div data-bbox="1066 488 1276 521">Technique 8. 11</div> <div data-bbox="1149 548 1284 750"></div> <div data-bbox="1066 817 1228 851">Technique 9</div> <div data-bbox="1149 878 1284 1079"></div>
<p><b>The Recommended Course of Treatment:</b></p> <p>A course of treatment includes ten treatment cycles. After a treatment cycle, the face gets ruddy, and blood circulation accelerates. After a course, the skin metabolizes toxins, and acne skin turns for the better, and blackheads slowly decrease. After three</p>			

courses, the outline of the skin boosts, immunity enhances, and the skin gets healthy and shiny.

### V-shaped Face Tightening: 60 Minutes/ Once a Week

#### Metal Grease Cup

Advised Time:  
5 to 10  
minutes

Mode:  
M1/ M2/ M3/  
M4

You can set  
the time for  
suction and  
release freely.  
It's direct  
suction when  
the release  
time is set to  
zero.

#### Laser Pad

Advised Time:  
15 to 20  
minutes

Advised  
Energy Level:  
3 to 7

Mode:  
M1/ M2/ M3

Makeup  
Remover +  
Facial  
Cleanser +  
Hot & Cold  
Steamer +  
Massage  
Cream +  
Cream Mask  
+ Essence +  
Sheet Mask

1. Remove makeup and clean, 5 minutes.
2. Apply the hydrating cream mask to the face and use hot steam, 10 minutes.
3. Clean the face, 2 minutes.
4. Apply toner, 1 minute.
5. Apply massage cream evenly to the face, and caress it three times.
6. Press Chengjiang (RN-24), Renzhong (DU-26), Dicang (ST-4), Jiache (ST-6), Yingxiang (LI-20), Jingming (BL-1), Cuanzhu (BL-2), Yuyao (EX-HN4), Sizhukong (SJ-23), Taiyang (EX-HN5), Tongziliao (GB-1), Chengqi (ST-1), and Sibai (ST-2). Repeat three times.
7. Caress the whole face three times.
8. Lift from chin to earlobe, corner of the mouth to Ermen (SJ21), wing of the nose to Taiyang (EX-HN5), and lower eyelid to Taiyang (EX-HN5); lift the corner of the eyes; do them alternately with hands. Repeat three times.
9. Do the same on the other side.
10. Lift forehead towards the hairline direction. Repeat three times.
11. Flip and lift the face with rotating fingers. Repeat 3 to 5 times.

Technique 5, 7



Technique 6




Technique 8, 18



Technique 10, 12, 20

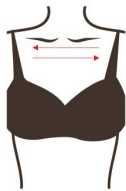

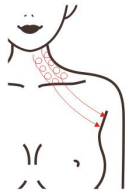
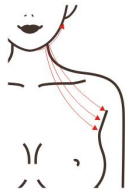


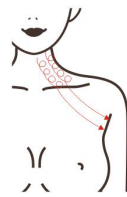

Technique 15

		<p>12. Flip the forehead towards the hairline direction with one hand. Repeat 3 to 5 times.</p> <p>13. One Side-Flip and lift the face with hands doing it alternately, 2 to 3 minutes.</p> <p>14. Do the same on the other side.</p> <p>15. Move zigzag on the whole forehead with middle and ring fingers, slide to the front of the ear and lift to and fro for three times, and slide out from the back of the ear.</p> <p>16. Clean the face, 2 minutes.</p> <p>17. Apply essence evenly to the whole face, 1 minute.</p> <p>18. <b>Metal Grease Cup:</b> Lift one line after another from chin to the part below the ear, corner of the mouth to ear center, and wing of the nose to Taiyang (EX-HN5). Repeat three times.</p> <p>19. Do the same on the other side.</p> <p>20. Lift the forehead towards the hairline direction. Repeat three times.</p> <p>21. Clean the face, 2 minutes.</p> <p>22. Apply toner, 1 minute.</p> <p>23. <b>Small Laser Pad:</b> Fasten the laser pads onto the chin's fatty part with a strap : 20 minutes.</p> <p>24. Remove the laser pads.</p> <p>25. Clean the face, 2 minutes.</p> <p>26. Apply a sheet mask and wait 15 minutes.</p> <p>27. Clean the face, 2 minutes.</p> <p>28. Apply toner, essence, facial cream, and sunscreen.</p> <p>29. Treatment ends.</p>	
The Recommended Course of Treatment:			

A course of treatment includes ten treatment cycles. When you accomplish a treatment cycle, the skin becomes tightened and rejuvenated and is supplemented with the needed nutrition. After a course, the skin improves and turns shiny, and the double chin relieves obviously. When you complete two courses, the skin gets smooth and plump, and its outline becomes clearer gradually. If you finish three courses, the skin's metabolism and detox enhance. And it fades the pigment, brightens dark skin, prevents and delays skin aging, loosening, and sagging, and stimulates collagen hyperplasia of the underlying skin, making the skin tender, smooth, firm, and shiny. And double chin relieves clearly, and a V-shaped face forms.

### Neck Maintenance: 60 Minutes/ Once a Week

<p><b>Metal Grease Cup</b></p> <p>Advised Time: 5 to 10 minutes</p> <p>Mode: M1/ M2/ M3/ M4</p> <p>You can set the time for suction and release freely. It's direct suction when the release time is set to zero.</p>	<p>Makeup Remover + Facial Cleanser + Massage Cream + Essence + Neck Mask</p>	<ol style="list-style-type: none"> <li>1. Remove makeup and clean, 5 minutes.</li> <li>2. Apply toner, 1 minute.</li> <li>3. Massage the neck, apply essential oil to the chest with hands, move to the back of the neck, and press Fengchi (GB20) and Fengfu (DU16). Repeat three times.</li> <li>4. Lift the lower jaw and double chin with hands doing it alternately and to the armpit via the back of the ear, and slide out from there. Repeat three times.</li> <li>5. Stroke the three channels and collaterals of the side of the neck with purlicue doing it circlewise and till the armpit, and slide out from there. Repeat three times.</li> <li>6. Stroke the three channels and collaterals of the side of the neck with four fingers and till the armpit, and slide out from there. Repeat three times.</li> <li>7. Rub the side of the neck with kneeling fingers until it turns hot and till the armpit, and slide out from there. Repeat three times.</li> <li>8. Stroke the external</li> </ol>	<p>Technique 3</p>  <p>Technique 4</p>  <p>Technique 5, 6, 7</p>  <p>Technique 11</p>  <p>Technique 12</p>
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		<p>collarbone with purlicue and till the armpit. Repeat 3 to 5 times.</p> <p>9. Do the same on the other side.</p> <p>10. Treatment ends.</p> <p>11. <b>Metal Grease Cup:</b> Lift from double chin to armpit via the back of the ear with the instrument and a hand, and slide out from there. Repeat three times.</p> <p>12. Move the device circlewise on the neck side till the armpit in three lines, and slide out from there. Repeat three times.</p> <p>13. Slide the device from internal and external collarbones to the armpit, and slide out from there. Repeat 3 to 5 times.</p> <p>14. Move the device circlewise on the neck. Repeat three times.</p> <p>15. Do the same on the other side.</p> <p>16. Clean the neck with a hot towel, 2 minutes.</p> <p>17. Apply a neck mask and wait 15 minutes.</p> <p>18. Clean the neck with a hot towel and use a hot compress for 5 minutes.</p> <p>19. Apply toner, neck essence, neck cream, and sunscreen.</p> <p>20. Treatment ends.</p>	 <hr/> <p>Technique 14</p>  <hr/>
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#### The Recommended Course of Treatment:

A course of treatment includes ten treatment cycles. When you accomplish a treatment cycle, the skin becomes rejuvenated and delicate. After a course, the neck skin turns smooth, and the neck lymph's circulation accelerates. When you complete two courses, the skin is tightened, the neck wrinkles fade, and the double chin is relieved. If you finish three courses, the skin turns delicate, shiny, firm, and plump, lymphatic detox speeds up, and dark face and acne take a turn for the better. And it



delays skin aging and rejuvenates the skin.

## Lymphatic Detoxification: 120 Minutes/ Once a Week

### Vacuum Cup

Advised Time:  
60 to 70  
minutes  
(operation +  
fixed cupping)

The advised  
operating time  
for each body  
part is 30 to  
35 minutes.

Mode:  
M1/ M2/ M3/  
M4

You can set  
the time for  
suction and  
release freely.  
It's direct  
suction when  
the release  
time is set to  
zero.

### Metal Grease Cup

Advised Time:  
20 to 30  
minutes

Mode:  
M1/ M2/ M3/  
M4

You can set  
the time for  
suction and  
release freely.

Cleansing  
Oil + Facial  
Cleanser +  
Essential Oil  
+  
Instrument

1. Face + Neck Lymphatic  
Detox  
2. Remove makeup and  
clean the face.  
3. Apply toner to the whole  
face.

4. Press Chengjiang (RN-24),  
Dicang (ST-4), Daying (ST5),  
Jiache (ST-6), Xiaguan (ST7),  
Yingxiang (LI-20), Quanliao  
(SI-18), Taiyang (EX-HN5),  
Jingming (BL-1), Cuanzhu  
(BL-2), Yuyao (EX-HN4),  
Sizhukong (SJ-23), Tongziliao  
(GB-1), Chengqi (ST-1), and  
Sibai (ST-2). Repeat three  
times.

5. Lift the face in three lines  
with hands doing it by turns  
and till armpit, and slide out  
from there. Repeat three  
times.

6. Do the same on the other  
side.

7. Massage the neck, lift it in  
the front of the chest, apply oil  
to it with hands, move to the  
back of the neck, and press  
Fengchi (GB20) and Fengfu  
(DU16). Repeat three times.

8. Do it in left-right order.  
Move from chin till armpit via  
the back of the ear with hands  
doing it alternately, and slide  
out from armpit. Repeat three  
times.

9. One Side: Push the three  
lines of the side of the neck  
with purlicue moving  
circlewise and till armpit, and  
slide out from there. Repeat

### Technique 3



### Technique 4



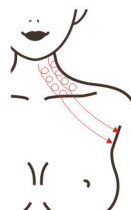
### Technique 6



### Technique 7

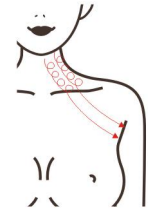
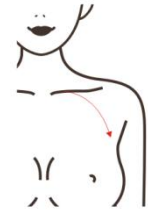










### Technique 8


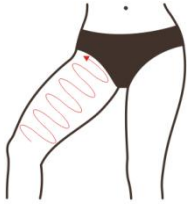




### Technique 9

<p>It's direct suction when the release time is set to zero.</p>	<p>three times.</p> <p>10. One Side: Rub lymph of the side of the neck with kneeling fingers till it turns hot. Repeat three times.</p> <p>11. Caress the treated part with hands and press Fengchi(GB20) and Fengfu(DU16). Repeat three times.</p> <p>12. Do the same on the other side.</p> <p>13. Select a small <b>Metal Grease Cup</b> for the face; lift it upwards and one line after another from the chin to armpit via the back of the ear, and slide out from armpit. Repeat 1 to 2 times (per the client's situation).</p> <p>14. Select a proper vacuum cup for the face; slide it upwards and on the two sides of the forehead. Repeat 1 to 2 times (per the client's situation).</p> <p>15. One Side: Lift the metal grease cup from the chin to the armpit via the back of the ear with hands doing it alternately. Repeat three times.</p> <p>16. Move circlewise on the side of the neck in three lines and till armpit, and slide out from there. Repeat three times.</p> <p>17. Slide internal collarbone to armpit to expel toxins. Repeat 3 to 5 times.</p> <p>18. Select a small metal grease cup; lift from the back of the ear to the armpit, and slide out from there. Repeat 2 to 3</p>	<div data-bbox="1145 208 1289 421"> </div> <div data-bbox="1059 488 1248 521"> <p>Technique 12</p> </div> <div data-bbox="1150 544 1284 752"> </div> <div data-bbox="1059 819 1248 853"> <p>Technique 13</p> </div> <div data-bbox="1150 875 1284 1084"> </div> <div data-bbox="1059 1151 1248 1184"> <p>Technique 13</p> </div> <div data-bbox="1150 1207 1284 1415"> </div> <div data-bbox="1059 1482 1248 1516"> <p>Technique 14</p> </div> <div data-bbox="1145 1574 1289 1787"> </div> <div data-bbox="1059 1854 1248 1888"> <p>Technique 15</p> </div>
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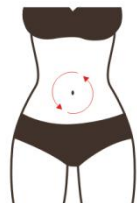
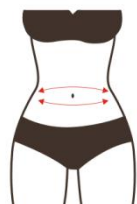
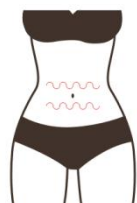
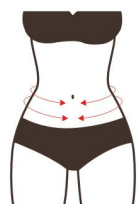


		<p>times (per the client's situation).</p> <p>19.Do the same on the other side.</p> <p>20.Underarm Lymphatic Detox: Do it in left-right order. Apply oil to the underarm with hands. Repeat three times.</p> <p>21.Rub Jiquan (HT1) with the base of a palm. Repeat 3 to 5 times.</p> <p>22.Push Gallbladder Meridian with hands' purlicue by turns, then pass under the armpit until the hands slide out. Repeat three times.</p> <p>23.Push lymph of the internal collarbone with hands doing it by turns and until the fingers slide out. Repeat three times.</p> <p>24.Push Lung Channel-Pericardium Channel-Heart Channel with hands purlicue doing it by turns. Repeat three times.</p> <p>25.Caress the whole arm and till the hands slide out. Repeat three times.</p> <p>26.Rub the arm with kneeling fingers till it turns hot.</p> <p>27.Rub Jiquan(HT1) with the base of a palm. Repeat 3 to 5 times.</p> <p>28.Caress the treated parts till the hands slide out. Repeat one times.</p> <p>29.<b>Vacuum Cup:</b> Do it in left-right order.</p> <p>30.Push from the Gallbladder Meridian of the side of the chest to the armpit and caress it. Repeat three times.</p> <p>31.Start from the elbow, pushing the three channels</p>	
			<p>Technique 16</p> 
			<p>Technique 17</p> 
			<p>Technique 20. 26</p> 
			<p>Technique 21. 29. 32</p> 
			<p>Technique 22</p>

		<p>and collaterals till the armpit. Repeat three times.</p> <p>32.Do the same on the other side.</p> <p>33.From Gallbladder Meridian to armpit, adopting moving cupping therapy with vacuum cups. Repeat three times.</p> <p>34.Select a suitable vacuum cup and do moving cupping therapy on the arms in a line-by-line manner. Repeat 1 to 2 times (per the client's situation).</p> <p>35.Select proper vacuum cups, and place them on the internal and external Gallbladder Meridian of the arm for about 5 to 10 minutes (per the client's situation).</p> <p>36.Groin Lymphatic Detox: Do it in left-right order. Apply oil to the whole legs with hands. Repeat 3 to 5 times.</p> <p>37.Press Chongmen (SP12). Repeat 3 to 5 times.</p> <p>38.Push Spleen Meridian-Stomach Meridian-Liver Meridian-Gallbladder Meridian of the leg with hands' purlicue doing it alternately. Repeat three times.</p> <p>39.Caress the treated parts. Repeat three times.</p> <p>40.Stroke the groin with hands' purlicue. Repeat 3 to 5 times.</p> <p>41.Stroke the groin with hands' purlicue doing it by turns. Repeat 3 to 5 times.</p> <p>42.Twist the leg back and forth. Repeat three times.</p>	
			Technique 23. 30. 33
			
			Technique 24. 27
			
			Technique 36
			
			Technique 37. 43. 46. 48
			
			Technique 39. 40. 45

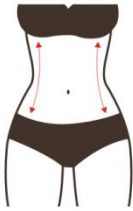
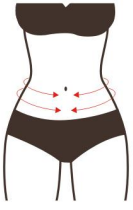
		<p>43. Rub the thigh root with kneeling fingers of hands till it turns hot.</p> <p>44. Push the four channels and collaterals till the groin with the vacuum cup, and slide out from there. Repeat three times.</p> <p>45. Move circlewise and back and forth on the groin. Repeat three times.</p> <p>46. Push the groin with the handpiece and a hand doing it by turns. Repeat three times.</p> <p>47. Push one line after another from the middle of the thigh to the groin and caress it with hands simultaneously. Repeat three times.</p> <p>48. Do the same on the other side.</p> <p>49. Do moving cupping therapy on the thigh in a line-by-line manner. Repeat 1 to 2 times (per the client's situation).</p> <p>50. Place the vacuum cups on the thigh, Zusanli (ST36), and Sanyinjiao (SP6) for about 10 minutes.</p> <p>51. Remove the cups and clean the treated parts.</p> <p>52. Treatment ends.</p>	 <p>Technique 41</p>  <p>Technique 44</p>  <p>Technique 49</p> 
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#### The Recommended Course of Treatment:

A course of treatment includes ten treatment cycles. When you accomplish a treatment cycle, the whole body gets relaxed, and blood circulation becomes unobstructed. After a course, blood circulation and lymphatic detox accelerate, and obstruction and acne turn for the better. When you complete two courses, the underarm blockage relieves, nodes of the lymph disperse slowly, and immunity enhances. If you finish three courses, the effect consolidates, the circulation of the lymphatic system speed up, the physique strengthens, and diseases prevent.

Waist & Abdomen Sculpting: 70 Minutes/ Once a Week			
<b>RF &amp; ULTRASOUND</b> Advised Time: 15 to 20 minutes  Advised Energy Level for Ultrasound: 3 to 7  Mode for RF: Continuous Mode Discontinuous Mode  Advised Energy Level for RF: 3 to 7  Mode for RF: NOR/ PRO  <b>RF &amp; SUCTION BODY</b> Advised Time: 15 to 20 minutes  Advised Energy Level for RF: 3 to 7  Mode for RF: NOR/ PRO  You can set the time for	Massage Cream (Essential Oil) + Gel + Instrument	<ol style="list-style-type: none"> <li>1. Rub essential oil into the abdomen with hands moving circlewise. Repeat three times.</li> <li>2. Rub the belly back and forth with hands. Repeat 3 to 5 times.</li> <li>3. Rub abdominal fat as the way of rubbing the spine with hands doing it alternately. Repeat three times.</li> <li>4. Lift Daimai (GB26) of the two sides of the waist with hands doing it alternately. Repeat 16 times.</li> <li>5. Draw Arabic numeral eight till the part below the waist with hands, and then lift upwards from the side of the waist. Repeat three times.</li> <li>6. Rub intestinal tract with overlapped hands drawing small circles clockwise. Repeat three times.</li> <li>7. Caress the treated parts with hands moving circlewise. Repeat three times.</li> <li>8. Press Shangwan (RN13), Zhongwan (RN12), Xiawan (RN10), Shenque (RN8), Qihai (RN6), Guanyuan (RN4), Zhongji (RN3), Tianshu (ST25), and Daheng (SP15). Repeat two times.</li> <li>9. Push from Zhongji (RN3) to the belly button with the thumbs, slide to the part below the waist along the two sides, and lift upwards to the groin. Repeat three times.</li> <li>10. Caress the treated parts till groin with hands.</li> <li>11. <b>RF &amp; ULTRASOUND:</b> Along</li> </ol>	Technique 1, 7, 10 
			Technique 2 
			Technique 3 
			Technique 4 
			Technique 5 
			Technique 6 

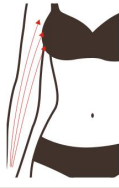

<p>suction and release freely. It's direct suction when the release time is set to zero.</p> <p><b>BIG LIPO LASER</b></p> <p>Advised Time: 15 to 20 minutes</p> <p>Advised Energy Level: 3 to 7</p> <p>Mode: M1/ M2/ M3</p>	<p>ascending colon, transverse colon, and descending colon, moving from the abdomen to rectum slowly. Repeat 3 to 5 times.</p> <p>12. Shape the waist with hands moving rhombus-shaped motion. Repeat 3 to 5 times.</p> <p>13. Sculpt up and down on the waist. Repeat 3 to 5 times.</p> <p>14. Lift Daimai (GB26) of the two sides. Repeat 16 times.</p> <p>15. Lift Daimai (GB26) of the two sides with the instrument and hands. Repeat 16 times.</p> <p>16. Along ascending colon, transverse colon, and descending colon, moving from the abdomen to rectum slowly. Repeat 3 to 5 times.</p> <p>17. Shape the waist with hands moving rhombus-shaped motion. Repeat 3 to 5 times.</p> <p>18. Sculpt up and down on the waist. Repeat 3 to 5 times.</p> <p>19. Lift Daimai (GB26) of the two sides. Repeat 16 times.</p> <p>20. Lift Daimai (GB26) of the two sides with the instrument and hands. Repeat 16 times.</p> <p>21. <b>RF &amp; SUTION BODY:</b> One Side-Lift from the side of the waist to the belly and one line after another to the groin. Repeat three times.</p> <p>22. Lift the other side. Repeat three times.</p> <p>23. Set the vacuum to interval mode and move it slowly on the abdomen. Repeat three times.</p> <p>24. Set the vacuum to direct</p>	<div data-bbox="1149 212 1289 421" data-label="Image"> </div> <div data-bbox="1062 488 1233 521" data-label="Caption"> <p>Technique 8</p> </div> <div data-bbox="1149 548 1289 757" data-label="Image"> </div> <div data-bbox="1062 817 1233 851" data-label="Caption"> <p>Technique 9</p> </div> <div data-bbox="1149 878 1289 1086" data-label="Image"> </div> <div data-bbox="1062 1149 1297 1182" data-label="Caption"> <p>Technique 11, 16</p> </div> <div data-bbox="1149 1207 1289 1415" data-label="Image"> </div> <div data-bbox="1062 1478 1297 1512" data-label="Caption"> <p>Technique 12, 17</p> </div> <div data-bbox="1149 1538 1289 1747" data-label="Image"> </div> <div data-bbox="1062 1852 1345 1886" data-label="Caption"> <p>Technique 13, 18, 24</p> </div>
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		<p>suction and sculpt up and down on the waist. Repeat 3 to 5 times.</p> <p>25. Lift Daimai (GB26) of the two sides with the instrument and hands. Repeat 16 times.</p> <p>26. Clean the treated parts with a towel.</p> <p>27. <b>BIG LIPO LASER:</b> Fasten laser pads onto the waist and abdomen for about 20 minutes.</p> <p>28. Remove the pads.</p> <p>29. Treatment ends.</p>	 <p>Technique 14, 15, 19, 20, 25</p> 
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#### The Recommended Course of Treatment:

A course of treatment includes ten treatment cycles. When you accomplish a treatment cycle, the abdomen is heated, which expedites metabolism. After a course, fat metabolizes slowly, and slimming starts. Meanwhile, problems like constipation are relieved. When you complete two courses, the effect becomes more apparent, the skin turns tightened and is lifted, the underlying skin's collagen increases, and stretch marks and flabby skin take a turn for the better. If you finish three courses, the effect consolidates, excess fat disappears gradually, the waist and abdomen's curves sculpt, and a slim waist forms.

#### Arm Sculpting: 70 Minutes/ Once a Week

<p><b>RF &amp; ULTRASOUND</b></p> <p>Advised Time: 15 to 20 minutes</p> <p>Advised Energy Level for Ultrasound: 3 to 7</p> <p>Mode for RF: Continuous Mode Discontinuous Mode</p>	<p>Massage Cream (Essential Oil) + Gel + Instrument</p>	<ol style="list-style-type: none"> <li>1. Technique.</li> <li>2. Do it in left-right order. Lay the arm flatwise, apply essential oil from lower arm to upper arm with hands until the hands slide out. Repeat three times.</li> <li>3. Push the entire arm with palms doing it alternately. Repeat three times.</li> <li>4. Push Large Intestine Channel-Triple Energizer Channel-Small Intestine Channel of the outer arm successively till armpit with hands' purlicue. Repeat three times.</li> <li>5. Caress the treated part.</li> </ol>	<p>Technique 2, 3, 4, 5, 6, 7</p>  <p>Technique 8, 9</p>  <p>Technique 10</p>
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<p>Advised Energy Level for RF: 3 to 7</p> <p>Mode for RF: NOR/ PRO</p> <p><b>RF &amp; SUCTION BODY</b></p> <p>Advised Time: 15 to 20 minutes</p> <p>Advised Energy Level for RF: 3 to 7</p> <p>Mode for RF: NOR/ PRO</p> <p>You can set the time for suction and release freely. It's direct suction when the release time is set to zero.</p> <p><b>BIG LIPO LASER</b></p> <p>Advised Time: 15 to 20 minutes</p> <p>Advised Energy Level: 3 to 7</p> <p>Mode: M1/ M2/ M3</p>		<p>Repeat three times.</p> <p>6. Rub the three channels and collaterals of the upper arm separately and back and forth with kneeling fingers until they turn hot. Repeat three times.</p> <p>7. Caress the treated part. Repeat three times.</p> <p>8. Lay the arm upwards, and push Lung Channel-Pericardium Channel-Heart Channel of the inner arm till armpit with purlicue. Repeat three times, respectively.</p> <p>9. Rub the three channels and collaterals back and forth with kneeling fingers until they turn hot. Repeat three times.</p> <p>10. Caress the treated parts till the hands slide out. Repeat three times.</p> <p>11. Do the same on the other side.</p> <p>12. Clean it with a towel and apply gel evenly to it.</p> <p>13. <b>RF &amp; ULTRASOUND:</b> Lay the arms flatwise, and push from the fatty part of the lower arm to the armpit along the three channels and collaterals. Repeat three times.</p> <p>14. Move circlewise till armpit along the three channels and collaterals. Repeat three times.</p> <p>15. You can treat flabby arms more. Repeat three times.</p> <p>16. Push till the armpit along the three channels and collaterals. Repeat three times.</p>	<div data-bbox="1117 212 1276 392"></div> <p>Technique 13, 16, 21, 24</p> <div data-bbox="1133 537 1260 716"></div> <p>Technique 14, 15, 22, 23</p> <div data-bbox="1133 862 1260 1041"></div> <p>Technique 17, 25</p> <div data-bbox="1125 1164 1316 1366"></div> <p>Technique 19, 27</p> <div data-bbox="1117 1489 1276 1668"></div>
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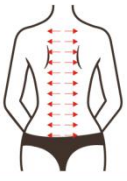
		<p>17. Lay the arms upwards, and push the three channels and collaterals of the arms to the armpit. Repeat three times.</p> <p>18. Draw small circles till armpit along the three channels and collaterals of the upper arms. Repeat three times.</p> <p>19. Push from the upper arm to the armpit along the three channels and collaterals.</p> <p>20. Do the same on the other side.</p> <p>21. <b>RF &amp; SUTION BODY:</b> Lay the arms flatwise, and push from the fatty part of the lower arm to the armpit along the three channels and collaterals. Repeat three times.</p> <p>22. Move circlewise till armpit along the three channels and collaterals. Repeat three times.</p> <p>23. You can treat flabby arms more. Repeat three times.</p> <p>24. Push till the armpit along the three channels and collaterals. Repeat three times.</p> <p>25. Lay the arms upwards, and push the three channels and collaterals of the arms to the armpit. Repeat three times.</p> <p>26. Draw small circles till armpit along the three channels and collaterals of the upper arms. Repeat three times.</p> <p>27. Push from the upper arm to the armpit along the three</p>	
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		<p>channels and collaterals.</p> <p>28. Do the same on the other side.</p> <p>29. Clean the treated part with a towel.</p> <p>30. <b>BIG LIPO Laser:</b> Fasten laser pads onto the fatty part for about 20 minutes.</p> <p>31. Remove the pads.</p> <p>32. Treatment ends.</p>	
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#### The Recommended Course of Treatment:

A course of treatment includes ten treatment cycles. When you accomplish a treatment cycle, the arms get hot, tightened, and relaxed. After a course, the excess fat of the arms begins to decrease, and the skin starts to turn firm and plump. When you complete two courses, body shaping starts, the effect strengthens, channels and collaterals dredges, and the physique enhances. If you finish three courses, the effect consolidates and stabilizes. Thus, the rebound can be prevented.

#### Back Sculpting: 80 Minutes/ Once a Week

<p><b>Metal Grease Cup</b></p> <p>Advised Time: 10 to 15 minutes</p> <p>Mode: M1/ M2/ M3/ M4</p> <p>You can set the time for suction and release freely. It's direct suction when the release time is set to zero.</p> <p><b>RF &amp; SUCTION BODY</b></p> <p>Advised Time: 15 to 20 minutes</p>	<p>Massage Cream (Essential Oil) + Instrument</p>	<ol style="list-style-type: none"> <li>1. Technique.</li> <li>2. Rub essential oil into the back and press Fengchi (GB20) and Fengfu (DU16).</li> <li>3. Stroke the area connecting neck and shoulder (start with hairline) with the thumb. Repeat 3 to 5 times.</li> <li>4. Stroke Bladder Meridian outward to the sacral region (BL31-BL34) with the thumb, and caress it till Fengchi (GB20) and Fengfu (DU16). Repeat three times.</li> <li>5. Move circlewise and S-shaped motion from the neck to the caudal vertebra with hands. Repeat three times.</li> <li>6. Push Bladder Meridian in left-right order with thumbs doing it alternately. Repeat three times.</li> <li>7. Push Bladder Meridian to the sacral region (BL31-BL34)</li> </ol>	<p>Technique 2, 11</p>  <p>Technique 3</p>  <p>Technique 4</p>  <p>Technique 5</p>
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<p>Advised Energy Level for RF: 3 to 7</p> <p>Mode for RF: NOR/ PRO</p> <p>You can set the time for suction and release freely. It's direct suction when the release time is set to zero.</p> <p><b>Vacuum Cup</b> Advised Time: 5 to 10 minutes</p> <p>Mode: M1/ M2/ M3/ M4</p> <p>You can set the time for suction and release freely. It's direct suction when the release time is set to zero.</p> <p><b>BIG LIPO LASER</b> Advised Time: 15 to 20 minutes</p>	<p>with thumbs doing it simultaneously. Repeat three times.</p> <p>8. Push Bladder Meridian with hands' kneeling fingers in three lines, respectively. Repeat three times.</p> <p>9. Push the medial border of the scapula in left-right order with hands doing it alternately. Repeat 3 to 6 times.</p> <p>10. Stroke transversely the medial border of the scapula with hands. Repeat 3 to 6 times.</p> <p>11. Caress the whole back with hands and back to press Fengchi (GB20) and Fengfu (DU16). Repeat three times.</p> <p>12. Press Tianzong (SI11) with thumbs overlapped, slide to the arm, and slide out from there. Repeat three times.</p> <p>13. Treat the other side. Press Tianzong (SI11) till the arm, and slide out from there. Repeat three times.</p> <p>14. Rub Du Meridian and Bladder Meridian with hands till they turn hot.</p> <p>15. Treatment ends.</p> <p>16. <b>Metal Grease Cup</b>: Treat Du Meridian first and Bladder Meridian after. Slide from the neck to the sacral region (BL31-BL34). Repeat 3 to 5 times.</p> <p>17. Move circlewise on Dazhui (DU-14) and sacral region (BL31-BL34). Repeat 3 to 5 times, respectively.</p> <p>18. Start with the neck, moving to and fro the area connecting neck and shoulder. Repeat 3 to</p>	<div data-bbox="1141 208 1264 383"></div> <p>Technique 6, 7, 8, 14</p> <div data-bbox="1141 501 1264 676"></div> <p>Technique 9, 19, 26</p> <div data-bbox="1141 792 1264 967"></div> <p>Technique 10, 19, 26</p> <div data-bbox="1141 1084 1264 1258"></div> <p>Technique 12, 13</p> <div data-bbox="1141 1375 1264 1550"></div> <p>Technique 16, 23</p> <div data-bbox="1141 1666 1264 1841"></div> <p>Technique 17, 24</p>
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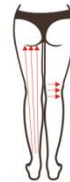
<p>Advised Energy Level: 3 to 7 Mode: M1/ M2/ M3</p>	<p>5 times.</p> <p>19.Lift to and fro the medial border of the scapula in left-right order. Repeat 3 to 5 times.</p> <p>20.For the whole back, draw Arabic numeral eight transversely and from top to down to the sacral region (BL31-BL34). Repeat three times.</p> <p>21.Move from the bottom up and circlewise till armpit from the two sides, and do it in left-right order. Repeat three times.</p> <p>22.Lift upwards from the side of the waist to the armpit. Repeat 3 to 5 times.</p> <p>23.<b>RF &amp; Suction Body:</b> Treat Du Meridian first and Bladder Meridian after. Slide from the neck to the sacral region (BL31-BL34). Repeat 3 to 5 times.</p> <p>24.Move circlewise on Dazhui (DU-14) and sacral region (BL31-BL34). Repeat 3 to 5 times, respectively.</p> <p>25.Start with the neck, moving to and fro the area connecting neck and shoulder. Repeat 3 to 5 times.</p> <p>26.Lift to and fro the medial border of the scapula in left-right order. Repeat 3 to 5 times.</p> <p>27.For the whole back, draw Arabic numeral eight transversely and from top to down to the sacral region (BL31-BL34). Repeat three times.</p> <p>28.Move from the bottom up</p>	<div data-bbox="1139 208 1262 380"></div> <p>Technique 18, 25</p> <div data-bbox="1139 501 1262 674"></div> <p>Technique 20, 27</p> <div data-bbox="1139 792 1262 965"></div> <p>Technique 21, 28</p> <div data-bbox="1139 1084 1262 1256"></div> <p>Technique 22, 29</p> <div data-bbox="1139 1375 1262 1547"></div>
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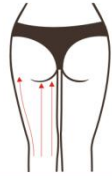

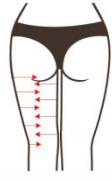
		<p>and circlewise till armpit from the two sides, and do it in left-right order. Repeat three times.</p> <p>29. Lift upwards from the side of the waist to the armpit. Repeat 3 to 5 times.</p> <p>30. Place <b>Vacuum Cups</b> on Dazhui(DU14), sacral region (BL31-BL34), Jianjing (GB-21) of the two sides, and Tianzong (SI-11) of the two sides. Three minutes for each acupoint.</p> <p>31. Clean the treated part with a towel.</p> <p>32. <b>BIG LIPO LASER</b>: Fasten laser pads onto the fatty part for about 20 minutes.</p> <p>33. Remove the pads.</p> <p>34. Treatment ends.</p>	
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#### The Recommended Course of Treatment:

A course of treatment includes ten treatment cycles. When you accomplish a treatment cycle, the back gets relaxed, relieving stiff shoulder and neck, and the skin lifts. After a course, the back and shoulder become eased, back fat lessens, Dowager's Hump relieves, and the back outlines turn nice-looking. When you complete two courses, Dowager's Hump improves, channels and collaterals dredges, and the sub-health conditions and sleep take a turn for the better. If you finish three courses, your back gets thinner, outlines get nice, viscera function enhances, and digestion, detox, and metabolism boost. (One course reduces the size, two courses consolidate the effect, and three courses strengthen the effect without a rebound.)

#### Leg Sculpting: 60 Minutes/ Once a Week

<b>RF &amp; ULTRASOUND</b> Advised Time: 15 to 20 minutes  Advised Energy Level for Ultrasound: 3 to 7	Massage Cream (Essential Oil) + Gel + Instrument	1. Massage. 2. Do it in left-right order; apply essential oil from lower leg to thigh, and return to heel. Repeat it three times. 3. Push the entire leg from the bottom up with palms doing it by turns, and back to the heel till the palms slide out. Repeat three times. 4. Push Bladder Meridian-Kidney	Technique 2, 3, 4, 5, 7, 8, 9    Technique 6
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<p>Mode for RF: Continuous Mode Discontinuous Mode</p> <p>Advised Energy Level for RF: 3 to 7</p> <p>Mode for RF: NOR/ PRO</p> <p><b>RF &amp; SUCTION BODY</b></p> <p>Advised Time: 15 to 20 minutes</p> <p>Advised Energy Level for RF: 3 to 7</p> <p>Mode for RF: NOR/ PRO</p> <p>You can set the time for suction and release freely. It's direct suction when the release time is set to zero.</p> <p><b>BIG LIPO LASER</b></p> <p>Advised Time: 15 to 20 minutes</p> <p>Advised</p>		<p>Meridian-Liver Meridian-Gallbladder Meridian from the bottom up with hands' purlicue doing it by turns. Repeat three times.</p> <p>5. Push popliteal fossa with hands doing it alternately. Repeat three times.</p> <p>6. Twist the leg from the bottom up and back and forth with hands doing it alternately. Repeat three times.</p> <p>7. Caress the treated part. Repeat three times.</p> <p>8. Push the four channels and collaterals from the bottom up with hands' kneeling fingers. Repeat three times.</p> <p>9. Caress the treated part. Repeat three times.</p> <p>10. Do the same on the other side.</p> <p>11. Clean it with a towel and apply gel evenly to it.</p> <p>12. <b>RF &amp; ULTRASOUND:</b> Push Bladder Meridian-Kidney Meridian-Liver Meridian-Gallbladder Meridian successively from the bottom to the popliteal fossa. Repeat three times.</p> <p>13. Draw small circles on the lower leg to dissolve fat. Repeat three times.</p> <p>14. Push from the bottom up to popliteal fossa successively, and caress it with hands. Repeat three times.</p> <p>15. Start from the popliteal fossa, pushing the four channels and collaterals till the thigh root. Repeat three times.</p> <p>16. Draw small circles from the popliteal fossa to the thigh</p>	 <p>Technique 12, 14, 21, 23</p>  <p>Technique 13, 22</p>  <p>Technique 15, 17, 24</p>  <p>Technique 16, 18, 25</p>  <p>Technique 26</p>  <p>Technique 27</p>
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<p>Energy Level: 3 to 7 Mode: M1/ M2/ M3</p>		<p>root to dissolve fat. Repeat three times.</p> <p>17. Start from popliteal fossa, pushing the channels and collaterals till the thigh root. Repeat three times.</p> <p>18. Draw small circles on the whole thigh to dissolve fat. Repeat 3 to 5 times.</p> <p>19. Do the same on the other side.</p> <p>20. Clean it with a towel, and apply gel evenly to it.</p> <p>21. <b>RF &amp; SUCTION BODY:</b> Lift one line after another from the heel to the popliteal fossa with the instrument and a hand. Repeat three times.</p> <p>22. Draw small circles on the lower leg. Repeat three times.</p> <p>23. Move up and down on the lower leg. Repeat 3 to 5 times.</p> <p>24. Lift one line after another from the popliteal fossa to the thigh root. Repeat three times.</p> <p>25. Draw small circles on the thigh. Repeat three times.</p> <p>26. Lift one line after another from the two sides of the thigh to the middle. Repeat 3 to 5 times.</p> <p>27. Lift upwards and circlewise on the two sides of the thigh. Repeat three times.</p> <p>28. Do the same on the other side.</p> <p>29. Fore-leg: Apply essential oil from the lower leg to the thigh root with hands (caressing). Repeat three times.</p> <p>30. Push Spleen Meridian-Stomach Meridian-Liver</p>	<div data-bbox="1145 208 1257 383"></div> <p>Technique 29, 30, 31, 37, 40, 43</p> <div data-bbox="1161 546 1289 748"></div> <p>Technique 38, 44</p> <div data-bbox="1161 875 1289 1077"></div> <p>Technique 39, 46</p> <div data-bbox="1161 1205 1289 1406"></div> <p>Technique 45</p> <div data-bbox="1161 1534 1289 1736"></div>
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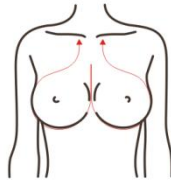
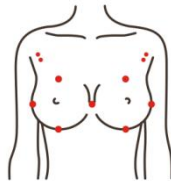
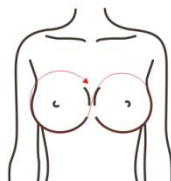
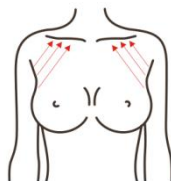
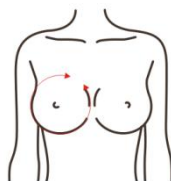


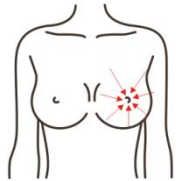
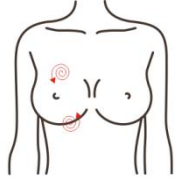
		<p>Meridian-Gallbladder</p> <p>Meridian of the leg till the thigh root with hands' purlicue doing it alternately. Repeat three times.</p> <p>31. Push the four channels and collaterals with hands' kneeling fingers. Repeat three times.</p> <p>32. Treatment ends.</p> <p>33. Do the same on the other side.</p> <p>34. Clean it with a towel and apply gel evenly to it.</p> <p>35. <b>RF &amp; ULTRASOUND:</b> Lift from the lower leg to the knee along the four channels and collaterals. Repeat three times. (If the lower legs don't have excess fat, you can treat the thigh directly.)</p> <p>36. Move circlewise from the two sides of the lower leg to the knee. Repeat three times. (If the lower legs don't have excess fat, you can treat the thigh directly.)</p> <p>37. Lift one line after another from the knee to the thigh root. Repeat three times.</p> <p>38. Draw small circles on the whole thigh. Repeat three times.</p> <p>39. Lift circlewise from the knee to the thigh root. Repeat three times.</p> <p>40. Lift one line after another from the knee to the thigh root. Repeat three times.</p> <p>41. Clean it with a towel, and apply gel evenly to it.</p> <p>42. <b>RF &amp; SUCTION BODY:</b> Treat the lower legs with the techniques mentioned above.</p>	
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		<p>(If the lower legs don't have excess fat, you can treat the thigh directly.)</p> <p>43. Lift one line after another from the knee to the thigh root. Repeat three times.</p> <p>44. Draw small circles on the thigh. Repeat three times.</p> <p>45. Lift one line after another from the two sides of the thigh to the middle. Repeat 3 to 5 times.</p> <p>46. Lift           upwards           and circlewise on the two sides of the thigh. Repeat three times.</p> <p>47. Clean the treated part with a towel.</p> <p>48. <b>Big Lipo Laser:</b> Fasten laser pads onto the fatty part for about 20 minutes.</p> <p>49. Remove the pads.</p> <p>50. Treatment ends.</p>	
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#### **The Recommended Course of Treatment:**

A course of treatment includes ten treatment cycles. When you accomplish a treatment cycle, your legs get relaxed, and blood circulation accelerates. After a course, legs become thinner, and you can feel an evident sense of tightening due to the contraction effect generated by collagen tissue. When you complete two courses, your legs turn slim and firm, which presents a noticeable effect. If you finish three courses, the result reinforces. Super radiofrequency and ultrasonic waves can stimulate until the dermis and regenerate collagen continuously. Therefore, the curative effect gets more and more evident.



Breast Enlargement: 60 Minutes/ 1 to 2 Times a Week			
<b>Breast Enlargement Cup</b> Advised Time: 15 to 20 minutes  Mode: M1/ M2/ M3/ M4  You can set the time for suction and release freely. It's direct suction when the release time is set to zero.	Essential Oil + Instrument	1. Stand next to the head of a bed, apply essential oil from Danzhong (RN17) to the armpit with hands, move upwards, and lift Cooper's ligaments simultaneously. Repeat three times. 2. Press Danzhong (RN17), Ruzhong (ST17), Dabao (SP21), Yinchuang (ST16), Zhongfu (LU1), and Yunmen (LU2) with thumbs. Repeat three times. 3. Caress the treated part. Repeat three times. 4. Draw Arabic numeral eight between Danzhong (RN17) and the breasts with palms overlapped. Repeat three times. 5. Lift from the accessory breast to Cooper's ligaments with hands, and do it in left-right order. Repeat ten times. 6. Caress the treated part. Repeat three times. 7. Sit next to the client. Do it in left-right order; caress and lift the breast with hands. Repeat 3 to 5 times. 8. Push the lactiferous ducts around the breasts with hands' pulicue. Repeat 3 to 5 times. 9. Dredge the nodule part of the breasts with the thumbs moving circlewise and alternately. Repeat three times. 10. Caress and lift the whole breast with hands. Repeat 3 to 5 times.	Technique 1
			
			Technique 2
			
			Technique 4
			
			Technique 5
			
			Technique 7. 10
			
			Technique 8



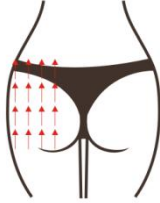

		<p>11. Do the same on the other side.</p> <p>12. Clean the breast with a hot towel, 2 minutes.</p> <p>13. Vacuum Cup for Breast Enlargement: select the proper cups for the client, and fasten them onto the breast for around 20 minutes.</p> <p>14. You can place cups used on the face on the sunken nipples and leave them there for 5 to 10 minutes.</p> <p>15. Remove the cups.</p> <p>16. Clean the treated parts.</p> <p>17. Treatment ends.</p>	 <hr/> <p>Technique 9</p>  <hr/>
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#### The Recommended Course of Treatment:

A course of treatment includes ten treatment cycles. When you accomplish a treatment cycle, the breasts lift. After a course, the breasts firm and enlarge; the accessory breast, outward expansion, and sagging start to tighten and concentrate slowly. If you finish three courses, the breasts become large and upstanding. If you stick to the treatment, the effect will get more noticeable.

#### Buttock Enhancement: 60 Minutes/ 1 to 2 Times a Week

<p><b>Vacuum Cup for Buttock Enhancement</b></p> <p>Advised Time: 15 to 20 minutes</p> <p>Mode: M1/ M2/ M3/ M4</p> <p>You can set the time for suction and release</p>	<p>Essential Oil + Gel + Instrument</p>	<ol style="list-style-type: none"> <li>1. Stand sideways with hands applying essential oil, slide from the sacral region (BL31-BL34) to the waist, and lift upwards along the buttocks. Repeat three times.</li> <li>2. Push the sacral region (BL31-BL34) with thumbs. Repeat three times.</li> <li>3. Caress the treated part three times, and then press Shenshu (BL23), sacral region (BL31-BL34), Changqiang (DU1), Huantiao (GB30), and Chengfu (BL36). Repeat</li> </ol>	<p>Technique 1</p>  <hr/> <p>Technique 2</p>  <hr/> <p>Technique 3</p>
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<p>freely. It's direct suction when the release time is set to zero.</p>		<p>three times.</p> <ol style="list-style-type: none"> <li>Caress the treated part. Repeat three times.</li> <li>Do it in left-right order; push from thigh root to Daimai (GB26) with hands along Bladder Meridian, Kidney Meridian, Liver Meridian, and Gallbladder Meridian. Repeat three times, respectively.</li> <li>Push upwards from the thigh root to Daimai (GB26) with hands along Bladder Meridian, Kidney Meridian, Liver Meridian, and Gallbladder Meridian. Repeat three times, respectively.</li> <li>Push from the thigh root to Daimai (GB26) with the palms overlapped (for lifting). Repeat three times.</li> <li>Push one line after another and back and forth from the two sides of the buttocks to the highest point on them with hands (for shaping). Repeat three times.</li> <li>Repeat technique No.7.</li> <li>Caress the treated part.</li> <li>Do the same on the other side.</li> <li>Rub the sacral region(BL31-BL34) with your hands till it turns hot.</li> <li>Select the suitable <b>Vacuum Cup for Buttock Enhancement</b> and do moving cupping: lift from thigh root to the highest point of the buttocks, and</li> </ol>	 <hr/> <p>Technique 5</p>  <hr/> <p>Technique 6</p>  <hr/> <p>Technique 8</p>  <hr/>
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		<p>repeat it 3 to 5 times.</p> <p>14. Lift from the two sides of the buttocks to the middle. Repeat 3 to 5 times.</p> <p>15. Fixed cupping: Select the proper cups, fasten them onto the buttocks, set the energy to a proper level, and leave them there for around 5 to 15 minutes.</p> <p>16. Remove the cups and clean the treated parts, 2 minutes.</p> <p>17. Treatment ends.</p>	
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#### The Recommended Course of Treatment:

A course of treatment includes ten treatment cycles. When you accomplish a treatment cycle, the buttocks lift. After a course, the buttocks' excess flab starts to decrease, and the surrounding fat begins to concentrate. If you finish three courses, the buttocks' curve builds, its elasticity improves, and gynecological diseases like cold uterus are relieved.

#### Vaginal Care: 60 Minutes/ Once a Week

<p><b>Vacuum Cup</b></p> <p>Advised Time: 10 to 15 minutes</p> <p>Mode: M1/ M2/ M3/ M4</p> <p>You can set the time for suction and release freely. It's direct suction when the release time is set to zero.</p> <p><b>Vacuum Cup</b></p>	<p>Feminine Care Oil + Instrument</p>	<ol style="list-style-type: none"> <li>1. Massage the vagina, pour the oil onto the palms, and rub it till the hands get hot. Push groin in left-right order with the hands' purlicue doing it by turns. Repeat 3 to 5 times.</li> <li>2. Stroke groin from the bottom up with hands doing it alternately and in left-right order. Repeat 3 to 5 times.</li> <li>3. Rub the labia's nearby acupoints with hands. Repeat three times.</li> <li>4. Stroke one line after another from groin to labia with hands. Repeat 3 to 5 times.</li> <li>5. Stroke groin from the bottom up again with</li> </ol>	<p>N/A</p>
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<p><b>for Vagina</b></p> <p>Advised Time: 10 to 15 minutes</p> <p>Mode: M1/ M2/ M3/ M4</p> <p>You can set the time for suction and release freely. It's direct suction when the release time is set to zero.</p>		<p>hands doing it alternately and in left-right order. Repeat 3 to 5 times.</p> <p>6. Stroke one line after another from groin to labia with hands. Repeat 3 to 5 times.</p> <p>7. <b>Vacuum Cup:</b> Place the cups on three different points on the groin, and leave each cup there for 3 to 5 minutes.</p> <p>8. Select the <b>Vacuum Cup for Vagina</b>, and stroke groin from the bottom up and do it in left-right order. Repeat 3 to 5 times.</p> <p>9. Stroke labium majus and minus from the bottom up and in left-right order. Repeat 3 to 5 times.</p> <p>10. Stimulate Huiyin (RN1) (leave it there for three seconds). Repeat 3 to 5 times.</p> <p>11. Clean the treated parts.</p> <p>12. Treatment ends.</p>	
<p><b>The Recommended Course of Treatment:</b></p> <p>A course of treatment includes ten treatment cycles. When you accomplish a treatment cycle, a sense of tightening can be felt. After a course, the color of the groin and labia start to fade, and the labia gets firm slowly. If you finish three courses, the vagina turns ruddy and tightened, menstruation becomes normal, dysmenorrhea is relieved, and harmonious sexual life regains.</p>			