

# User Manual

SM-7204N



## Preface

Dear Users,

We're pleased to present to you our latest beauty machine SM-7204N, which adopts fat-freezing technology for reducing fat and slimming body. It is a professional beauty machine, which needs to be handled by professionals with proper training. Any improper use will result in adverse outcomes. Therefore, we advise any personnel to read this manual thoroughly and follow the instructions strictly before operation. We believe our quality product will bring in good returns on your end. Also, you can count on our worry-free after-sales service.

Thank you!

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# Part I

## Introduction

Fat-freezing is one of the most popular ways to reduce fat and slim body. So, this machine can replace all fat-reducing treatments in beauty salons. Moreover, it is convenient and easy to operate. It can solve both skin and body management problems for beauty-seekers. Used externally during the whole process, this equipment requires no injection, no medication, and no operation, for which it has no side effects. This fat-freezing treatment is non-invasive fat-reducing approach, targeting the adipose cells on specific areas of body to reduce fat thickness for a noticeable figure curve.

## Advantages

1. The whole process is performed without incision and anaesthetic.
2. It will not cause skin unevenness.
3. It will not cause bleeding or swelling.
4. It can bring you remarkable effects and prevent the reappearance of unwanted fat.
5. It will not cause any damage to skin and bring no inconvenience to your life and work.
6. It can effectively relieve edema and reduce cellulite.
7. It can effectively tighten skin.
8. It can reduce stubborn fat
9. It can build ideal body curve.
10. It causes no damages to nerves, blood vessels and skin.
11. The cooling energy only targets the fat layer, causing no damages to viscera.
12. The four handpieces can be used at the same time, saving you lots of efforts and time.

## Working Principles

### Fat-freezing pad

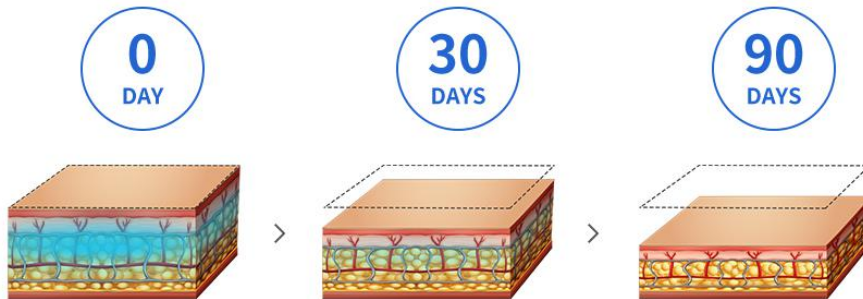
Based on the fact that triglyceride in the body can change its form into solid under 5°C environment, it transmits cooling energy to fat area and after the adipose cells are cooled down to a certain temperature, triglyceride will become solid and then the adipose cells will gradually die. They will be eventually excreted from body through metabolism. In this way, it can achieve the goal of reducing fat and shaping body.

### Biological Effects

The adipose cells are extremely sensitive to low temperature while surrounding cells such as blood vessel cells, peripheral nerve cells, melanocytes, and fiber cells are much less sensitive to that, for which the adipose cells will go into inactivation under specific temperature range (0-minus10°) but the surrounding cells won't. The temperature of the handpiece can be adjusted to 0 to -10°C, and the temperature of fat tissue can be lowered to minus 4-5 degrees centigrade. After about 45 minutes of fat-freezing process, the adipose cells will become solid. What follows is that those cells will be removed from body through metabolism in a not long time.

## Significant curative effect ❄️

You will be able to create a charming body in 30 minutes of time ,  
after the first treatment ,the effect will probably appear in 4-6 weeks later ,  
and gradually achieve the best result in the next 3 months.



### Effects

1. Dissolve fat to destroy thick fat accumulation and cellulite
2. Help reduce fat on specific areas
3. Relieve the condition of saggy and ageing skin, make skin become firm and have elasticity.
4. Dissolve fat to build ideal figure curve.
5. Build slender waist, slim legs and plump and firm hips

### Applicable Range

1. Those who have pear-shaped figure due to sedentary lifestyle.
2. Those who have flabby arms
3. Those who have much unwanted fat on thighs.
4. Those have saggy skin
5. Those who are obese due to binge eating and drinking.
6. Those who have saggy and fat abdomen and stretch marks after giving birth.
7. Those who have fat on waist and abdomen.
8. Those who experience outward expansion of hips and have unwanted fat on hips.

### Inapplicable Range

1. Those who have just undergone plastic surgery with prostheses and metal materials implanted at the operation area.
2. Those who have used injections recently, such as hyaluronic acid, skin booster or wrinkle removal product.
3. Those who have hypertension, heart disease, diabetes, severe hyperthyroidism, malignant tumor, etc.
4. Those who are in allergic period and have severely sensitive skin and metal allergies.
5. Those who have trauma or wound on the skin.
6. Those who are of advanced years.
7. Those who are in menstruation, pregnancy, and lactation or who are recovering from operations.
8. Those who have skin diseases and infectious diseases.
9. Those who have unrealistic expectations about the effect.
10. Those who are taking anticoagulants, vasodilators, corticosteroids and other drugs or who have been taking them for a long time. Those who have liver diseases.

## Do's and Don'ts after Operation

1. Keep warm after operation. Do not eat cold food and get a cold.
2. Take shower in 4-6 hours
3. Drink more hot water to keep hydrated and speed up metabolism.
4. Do not overeat or stay up late.
5. Do not eat raw, cold and spicy foods. Have enough sleep.
6. Do not wear crop top, backless clothes, miniskirt, hot pants and so on.
7. Do not scratch the treated areas.
8. Do not press or knead the treated areas.

## Part II

### 1. Detailed Operation

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



#### Function selection



start/stop button



reset button



temperature indicator of the pads. When any abnormality happens to the temperature of the pads, this indicator will give alert.



water indicator, when there is a lack of water or there is any abnormality, this indicator will give alert.



start/stop button of NO.1 pads



start/stop button of NO.2 pads




start/stop button of NO.3 pads



start/stop button of NO.4 pads



Please note: after choosing the pad you want to use, you should press

press  , to let the pad work. You can use the four pads at the same time.



time adjustment. 10-30 minutes on each area is recommended. 10 minutes is recommended at the beginning of the treatment and you can raise it after treatment receiver adapt.



button for decreasing time



button for increasing time



Temperature adjustment. -5°C to 3°C is recommended. 5 °C is recommended at the beginning of the treatment and raise it slowly after treatment receiver adapt.



button for lowering temperature



button for raising temperature



power switch

## 2. Technical Specifications

Power consumption: 350W

Cooling device output temperature: 15~ -10°C

Cooling liquid: pure water

Default working time: 0-60min

Fuse size:F2AL250V

## 3. Dos and Don'ts

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



months before treatment. Extension of the course of treatment is recommended if you want to take this treatment immediately.

12. Don't use the instrument on an empty stomach. After a full meal, wait at least 1 hour before taking this treatment.

13. The corresponding frostbite-proof membrane must be applied during the treatment. Do not perform the treatment on dry skin or let the handle directly touch skin.

14. Clean the instrument with normal saline (do not use ethyl alcohol) after operation to ensure its cleanliness and hygiene and prolong its service life.

## 4. Troubleshooting & Solutions

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

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

B. Whether the fuse on the back of the instrument is loose or blown.

**2. The machine works for a while but then stops?**

A. It may be because there is no strong water flow or the machine doesn't sense the presence of water flow.

B. Check whether there is enough water in the water container.

**3. There is a red alert on the water indicator?**

A. Please check whether the water level in the water container is low

B. Please check whether there is something wrong with the water container.

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

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

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

## 5. FAQs

**1. Does the fat-freezing handle have side effects in reducing fat?**

A: It is a totally non-invasive and painless. Based on the fact that adipose cells are more vulnerable to coldness than other cells, it can cool down adipose cells and remove them. What's more, it only targets adipose cells instead of other tissue, and so it will not cause damages to skin or muscles. The dead cells will be excreted from body through metabolism, so it has no side effects.

**2. How does this treatment help reduce fat?**

A: It can cool down subcutaneous tissue to 5°C. And then adipose cells will gradually die, which will be excreted from body through metabolism. In this way, it can help reduce fat.

**3. Is this treatment effective in removing fat?**

Triglyceride in the body can change its form into solid under minus 5°C environment. During the treatment, the corresponding handpiece will be put on fat area, and the fat will quickly congeal into jelly-like substances. And then the phagocytosis(phagocytes engulf and digest microorganisms and cellular debris) will happen. The dead cells will be treated as waste by the body and will be removed through metabolism from body. So, this treatment is an effective way to remove fat.

#### 4. Do we need to control our diet and take exercise after taking this treatment?

A: Yes, we should regularly take exercise and control our diet. Because this treatment only reduces fat in our body, but it can not promote our basal metabolic rate fundamentally. So, if we don't do so, we will regain fat.

#### 5. How long can we see the effects after the treatment?

A: Normally, you will see the effects in 1-2 months. It depends on individual constitution and metabolism. Based on the fact that adipose cells are vulnerable to coldness, this treatment can cool down and destroy adipose cells under the low temperature of 5°C, which can be excreted from body through metabolism. So, you should wait for some time to see the effects.

#### 6. Why do we need to use special frostbite-proof membrane during the treatment?

A: The main constituent in this kind of membrane is organic molecules, which are concocted based on the characteristics of human skin. Clinical trials have shown that the use of the membrane in this treatment can effectively protect skin from frostbite.

## 6. Packing List

1x Machine Body  
4x Fat-freezing Pad  
2x Stick  
2x Holder  
2x Fuse  
1x Funnel  
1x Power cord

## 7. Simplified Treatment Steps

1. Wipe the target area clean with towel
2. Apply the frostbite-proof membrane
3. Wrap the strap around the treatment area.
4. Set parameters
5. Insert the pads into the strap.
6. Wait for several minutes and then remove the pads and the strap
7. Remove the membrane and wipe the area clean

Needed product: frostbite-proof membrane

Needed tool: strap

## 8. Operational Diagrams

Parameter Adjustment	Product	Techniques	Diagrams

## Fat Removal for Arm: 30 min once a month

<b>Fat-freezing pad</b> Temperature: -5℃~3℃ Time: 10-30 minutes	Towel+Frostbite-proof Membrane+this machine	<ol style="list-style-type: none"> <li>1. Wipe arms clean with washcloth</li> <li>2. Choose proper frostbite-proof membrane and apply it to the treatment area according to the size of fat area.</li> <li>3. Wrap the strap around the fat area.</li> <li>4. Set the temperature and time of the pads.</li> <li>5. Insert the pads into the strap.</li> <li>6. Start the treatment, wait for about 10-30 minutes.</li> <li>7. Remove the pads and the membrane, and wipe the area clean.</li> <li>8. The end.</li> </ol>	<p>Please note: you will have the obvious sensation of being tightened on back.</p> <p>Arm may experience slight swelling, redness and other mild skin reaction after treatment, which is normal. You don't need to worry about that.</p>
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### Treatment Suggestions

One course of treatment consists of 4 treatment sessions. After one treatment, the conditions of redness, swelling, blood stasis, and numbness will disappear in 1 week. And in the second week, you will feel fat is reduced slowly. And obvious results will be seen in about 2 months. After one course of treatment, arm will become thinner and unwanted fat will begin to disappear. In the later stage, you can take the treatment once per two months to consolidate the effect.

## Fat Removal for Waist&Abdomen: 30 min once a month

<b>Fat-freezing pad</b> Temperature: -5℃~3℃ Time: 10-30 minutes	Towel+Frostbite-proof Membrane+this machine	<ol style="list-style-type: none"> <li>1. Wipe waist and abdomen clean with washcloth</li> <li>2. Choose proper frostbite-proof membrane and apply it to the treatment area according to the size of fat area.</li> <li>3. Wrap the strap around the waist and abdomen(a little bit loose).</li> <li>4. Insert the pads into the strap.</li> <li>5. Set the temperature and time of the pads.</li> </ol>	<p>Please note: being tightened will be felt on fat area</p> <p>Waist and abdomen may experience slight swelling, redness and other mild skin reaction after treatment, which is normal. You don't need to worry about that.</p>
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		6. Start the treatment, wait for about 10-30 minutes(adjust the temperature based on treatment receiver's sensations during treatment). 7. Remove the pads, strap and the membrane, and wipe the area clean. 8. The end.	
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#### Treatment Suggestions

One course of treatment consists of 4 treatment sessions. After one treatment, the conditions of redness, swelling, blood stasis, and numbness will disappear in about one week. And in the second week, you will feel fat is reduced slowly. And obvious results will be seen in about 2 months. The fat will be averagely reduced by 22% in thickness. Of course, the effect varies for personal situation. After one course of treatment, fat on waist and abdomen will be greatly reduced. In the later stage, you can take the treatment once per two months to consolidate the effect.

### Fat Removal for Leg: 30 min once a month

<b>Fat-freezing pad</b> Temperature: -5°C~3°C Time: 10-30 minutes	Towel+Frostbite-proof Membrane+this machine	1. Clean leg with towel 2. Choose proper frostbite-proof membrane and apply it to the treatment area according to the size of fat area. 3. Wrap the strap around the waist and abdomen(a little bit loose). 4. Insert the pads into the strap. 5. Set the temperature and time of the pads. 6. Start the treatment, wait for about 10-30 minutes(adjust the temperature based on treatment receiver's sensations during treatment). 7. Remove the pads, strap and the membrane, and wipe the area clean. 8. The end.	Please note: you will have the obvious sensation of legs' being tightened  Legs may experience slight swelling, redness and other mild skin reaction after treatment, which is normal. You don't need to worry about that.
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#### Treatment Suggestions

One course of treatment consists of 4 treatment sessions. After one treatment, the conditions of redness, swelling, blood stasis, and numbness will disappear in about one week. And in the second week, you will feel fat is reduced slowly. After one course of

treatment, unwanted fat on legs will begin to disappear and legs will begin to become slender. Obvious results will be seen in about 2 months. The fat will be averagely reduced by 22% in thickness. Of course, the effect varies with personal situation. In the later stage, you can take the treatment once per two months to consolidate the effect.

## Fat Removal for Back: 30 min once a month

<b>Fat-freezing pad</b> Temperature: -5℃~3℃ Time: 10-30 minutes	Towel+Frostbite-proof Membrane+Thi s machine	<ol style="list-style-type: none"> <li>1. Clean back with towel</li> <li>2. Choose proper frostbite-proof membrane and apply it to the treatment area according to the size of fat area.</li> <li>3. Wrap the strap around the waist and abdomen(a little bit loose).</li> <li>4. Insert the pads into the strap.</li> <li>5. Set the temperature and time of the pads.</li> <li>6. Start the treatment, wait for about 10-30 minutes(adjust the temperature based on treatment receiver's sensations during treatment).</li> <li>7. Remove the pads, strap and the membrane, and wipe the area clean.</li> <li>8. The end.</li> </ol>	<p>Please note: you will have the obvious sensation of back's being tightened</p> <p>Back may experience slight swelling, redness and other mild skin reaction after treatment, which is normal. You don't need to worry about that.</p>
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### Treatment Suggestions

One course of treatment consists of 4 treatment sessions. After one treatment, the conditions of redness, swelling, blood stasis, and numbness will disappear in about one week. And in the second week, you will feel fat is reduced slowly. After one course of treatment, unwanted fat will begin to disappear. And obvious results will be seen in about 2 months. The fat will be averagely reduced by 22% in thickness. Of course, the effect varies for personal situation. In the later stage, you can take the treatment once per two months to consolidate the effect.

## Fat Removal for Butts: 30 minutes once a month

<b>Fat-freezing pad</b> Temperature: -5℃~3℃ Time: 10-30 minutes	Towel+Frostbite-proof Membrane+this machine	<ol style="list-style-type: none"> <li>1. Clean hip with towel</li> <li>2. Choose proper frostbite-proof membrane and apply it to the treatment area according to the size of fat area.</li> <li>3. Wrap the strap around</li> </ol>	<p>Please note: you will have the obvious sensation of butt's being tightened</p> <p>Butts may experience slight swelling, redness</p>
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		<p>the waist and abdomen(a little bit loose).</p> <p>4. Insert the pads into the strap.</p> <p>5. Set the temperature and time of the pads.</p> <p>6. Start the treatment, wait for about 10-30 minutes(adjust the temperature based on treatment receiver's sensations during treatment).</p> <p>7. Remove the pads, strap and the membrane, and wipe the area clean.</p> <p>8. The end.</p>	<p>and other mild skin reaction after treatment, which is normal. You don't need to worry about that.</p>
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#### **Treatment Suggestions**

One course of treatment consists of 4 treatment sessions. After one treatment, the conditions of redness, swelling, blood stasis, and numbness will disappear in 1-2 weeks. And in the second week, you will feel fat is reduced slowly. After one course of treatment, unwanted fat on hips will begin to disappear and skin will be tightened. Obvious results will be seen in about 2 months. Of course, the effect varies for personal situation. In the later stage, you can take the treatment once per two months to consolidate the effect.