

User Manual

SM-7205N



Preface

To our valued users,

Thanks for choosing our latest product: 5-in-1 beauty equipment. This newest instrument for slimming and tightening skin integrates eye RF, body RF, 40K cavitation, lipolysis with laser pads, and freezing techniques. SM-7205N 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

At present, multipolar RF, 40k ultrasonic cavitation, lipolysis with laser pads, and freezing machine are the most popular instruments for improving looks, tightening, shaping body, and fighting against aging. They can effectively replace all the facial and body care programs in a beauty salon. They can be operated easily, conveniently, and swiftly and solve skin and body problems for people pursuing beauty. Moreover, this equipment works safely and effectively and requires no skin breaking, injection, medication, or surgery. 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. Cryolipolysis is a non-invasive procedure to reduce fat. It targets and removes fat cells of particular body parts to decrease fat thickness, making the body curve more evident. Ultrasound of a particular frequency and lipolysis with laser pads aim at body parts having difficulty reducing fat, bringing fantastic effects.

2. Advantages

- (1) The 5-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 and radiofrequency will address people's concerns for weight loss. They tighten skin, increase skin elasticity, accelerate body metabolism, and strengthen constitution while reducing fat.
- (6) The freezing effect only targets the fat layer. Thus it will not cause frostbite to internal organs or harm the skin.
- (7) It adopts the most advanced ultrasonic cavitation technique in the world.
- (8) It's painless and non-invasive during treatment; it requires no convalescence or stay and will not affect regular work and life after treatment.
- (9) It has zero consumption and is low-cost, but it gives a quick return.
- (10) It has a broader treatment range and can be used all over the body.
- (11) Unevenness, bleeding, and swelling will not occur.
- (12) 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.

(13) Laser lipolysis is safe and painless; it dissolves fat evenly, makes skin smooth and flat, and leaves no scars.

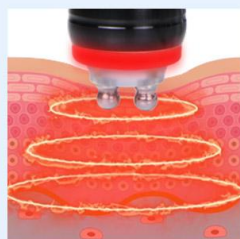
3. Working Principle

(1) Eye RF

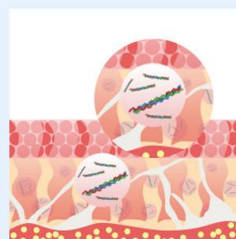
Radiofrequency waves penetrate the skin directly and produce energy by utilizing the electrical resistance effect formed by the skin, increasing the underlying skin's temperature. Tightening collagen in the dermis and stimulating collagen hyperplasia can timely lift and firm skin and continuously regenerate collagen.

Biological Effect: Radiofrequency can vibrate high-frequency radio waves one million times per second. The waves penetrate the epidermis and act on the dermis directly, heating collagen cells deeply and stimulating collagenous fiber growth. Thus lots of collagen is produced, making skin more firm and elastic. During the operation, radiofrequency waves penetrate the epidermis acting on the deep dermis and generate bio-thermal energy by heating water molecules rapidly. When the temperature of collagen tissue, under natural friction and heating, reaches up to 45°C to 60°C, it will shrink instantly and stimulate the constant hyperplasia of collagen. During the treatment of the eyes, radiofrequency waves rapidly heat the underlying skin of the eyes, raise its temperature, and stimulate the production of skin collagen. Thus, the skin around the eyes firms, bags under eyes and dark circles vanish, and spider veins and fine lines take a turn for the better.

Bipolar RF Radio



Before



After

Eight-pole RF Radio Frequency Handle Enters Into The Deeper Dermal Layer And Created Hot To Make The Dermal Layer Of Skin To Thicken, Decreasing Wrinkle Depth Reducing The Fat Cells To Let Weight Loss Body Slimming And Skin Tightening, It use on belly, thigh, back, arm
Operation time:15-30mins

(2) Body RF

An RF instrument can achieve skin tightening, lifting, and refining, and face sculpting. The best bio-thermal effect frequency for RF is 3MHz. Charged particles, with a variable speed as high as 8 million times per second, shift directions at the same frequency during the rapid shift of electrodes. Dermis tissue resists radiofrequency current naturally, which produces thermal energy.

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. Tightening collagen in the dermis and stimulating collagen hyperplasia can timely lift and firm skin and continuously regenerate collagen. After 2 to 6 months of treatment, collagen hyperplasia and recombination occur gradually, lifting and contracting flabby or saggy skin.

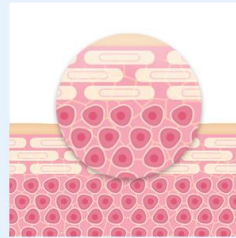
Biological Effect: Radiofrequency can vibrate high-frequency radio waves one million times per second. The waves penetrate the epidermis and act directly on the dermis, intensely heating collagen cells and stimulating collagenous fiber growth to support the skin with lots of new collagen. Thus it makes the skin more firm and elastic.

When the energy is inducted into the skin, you can feel a transient sense of heat. It means the collagen is being stimulated and is heating, making the skin tightened. During the operation, radiofrequency waves emitted by the operating head of the super frequency electric wave system, under the cold protection of the epidermis, have already penetrated the epidermis acting on the dermis and produced safe bio-thermal energy by heating water molecules rapidly. When the temperature of collagen tissue, under natural friction and heating, reaches up to 45°C to 60°C, it will shrink instantly and stimulate the constant hyperplasia of collagen. Meanwhile, the bio-thermal energy can effectively accelerate intracellular blood flow and release the free fatty acid to boost the dissolution of the fat on the surface layer. Thus slack and saggy body parts can be tightened and lifted.

Bipolar RF with Photon



Before



After

After contact with the skin, radio wave energy is transmitted to the deep skin. Deep balanced heating promotes the skin and subcutaneous tissue structure of the skin taut, while being heated gradually to stimulate collagen regeneration, restore skin elasticity, to achieve long-term effect of reducing wrinkles.

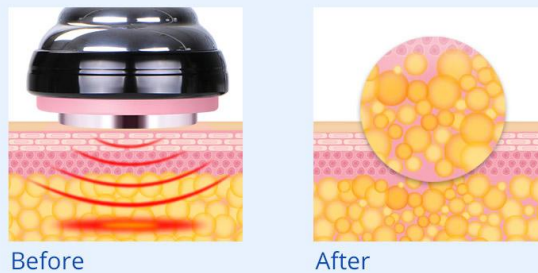
(3) 40k

It utilizes the principle of ultrasound. It can 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.

Cavitation ultrasound probe



Strong sound wave explosion fat head with collective strong sound wave head, strong sound wave of 40000Hz may be emitted to human body for impacting fat cells fiercely and causing friction motion between fat cells, this may cause effective consumption of calories and moisture in fat cells and reduce the size of fat cells, what's more, sound wave vibration may cause fierce impact of fat cells to make them be exploded instantaneously, reduce the amount of fat cells and thereby achieve the effects of removing fat.

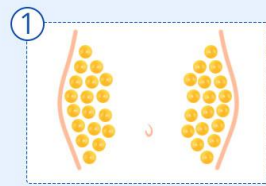
(4) Vacuum Freezing

The water's freezing point is 0°C while the fat is 4°C . This instrument takes advantage of this feature of the fat cell to reduce fat. The vacuum freezing process utilizes a vacuum to draw fat into the vacuum handpiece. It circularly freezes every piece of fat. The process absorbs the subcutaneous fat's heat slowly, reducing the fat cells' temperature to 0°C . Namely, to freeze them. Low temperature kills fat cells without affecting skin or muscle. The dead fat cells then are discharged through the liver, which uses no external force at all. It can achieve fat freezing at a time.

Biological Effect: Water makes up 60% to 70% of the body. The water's freezing point is 0°C , while fat freezes at a temperature of 4°C due to its nature. Cryolipolysis uses exactly the gap to eliminate fat. When operating the instrument, place it on body parts needing fat removal. The fats then solidify into a jelly-like shape rapidly, triggering cytophagy (Cells fall off and die off per the growth rhythm.). The body takes dead cells as wastes and discharges them naturally in 2 to 4 months. Therefore, this method has an instant effect. You can feel that the fat decreases slowly in two weeks to one month after treatment.

Cryolipolysis can remove fat and promote blood circulation and lymphatic drainage to remove wastes from the body. Additionally, since dead fat cells are also discharged, fat inside the body decreases, and weight rebound can be effectively averted.

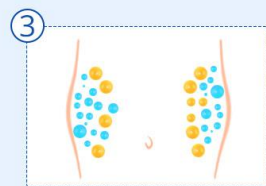
Cooling head



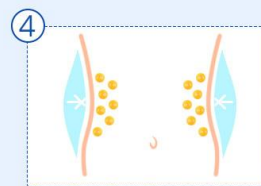
① As triglyceride in fats will be converted into solid in particular low temperatures.



② It uses advanced cooling technology to selectively target fat bulges and eliminate fat cells through a gradual process that does not harm the surrounding tissues.



③ When fat cells are exposed to precise cooling, they trigger a process of natural removal that gradually reduces the thickness of the fat layer.



④ And The fat cells in the treated area are gently eliminated through the body's normal metabolism process, to eliminate unwanted fat.

(5) Laser Pad

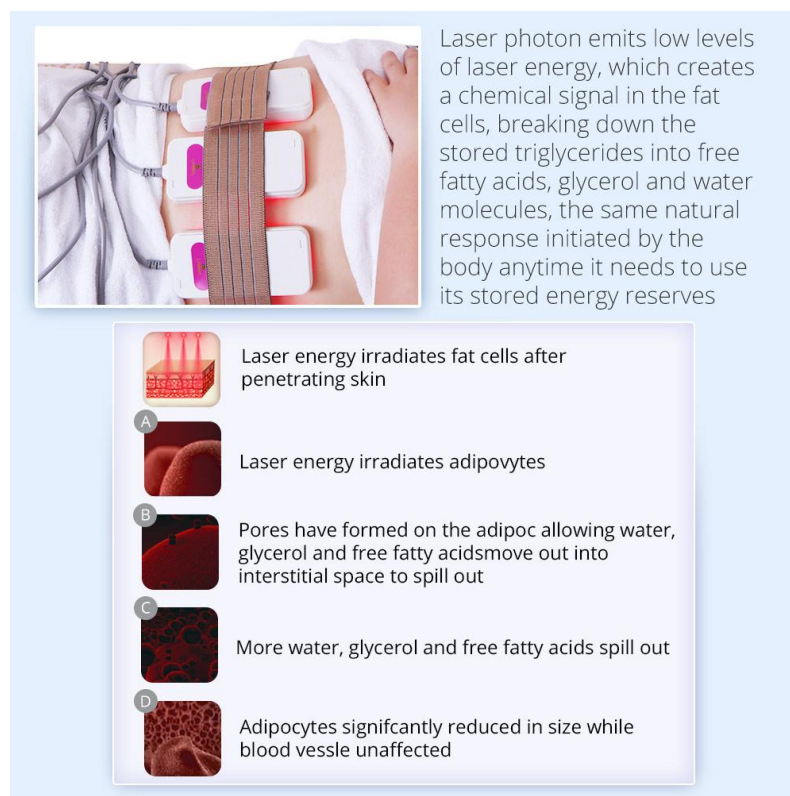
It uses a red laser, a visible spectrum with a wavelength of 635nm-650nm. The laser has mighty penetrating power, which effectively activates and repairs fat cells, penetrates the fat layer, and dissolves subcutaneous fat by heating. The treatment is safe and painless and has no side effects.

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 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.

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.



4. V-shaped Face Tightening

(1) Handpiece

1) Eye RF + 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 dull 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 or skin booster or had an injection for wrinkle removal, plastic surgery, etc.
- 3) People with hypertension, heart disease, diabetes, severe thyroid, malignant tumors, etc.
- 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.

5. Under-Eye Wrinkles Removal

(1) Handpiece

1) Eye RF

(2) Efficacy

- 1) Relieve eye fatigue, dark circles, bags under eyes, and edema.
- 2) Reduce the appearance of periorbital wrinkles and crow's feet.
- 3) Fade pigment and accelerate blood circulation.
- 4) Accelerate metabolism and prevent hyperpigmentation.
- 5) Supply nutrition to the eyes and moisten the skin.
- 6) Tighten and refine skin and lift the corner of the eyes.
- 7) Accelerate blood circulation of the eyes and help with efficient absorption.

(3) Indications

- 1) People with wrinkles, fine lines, dark circles, or bags under eyes.
- 2) People with dry skin, dry lines, or dynamic wrinkles.
- 3) People whose eyes are prone to fatigue or dryness.
- 4) People who always face computer or cellphone.
- 5) People with dark circles due to staying up late.
- 6) People who always expose to a dry or high-temperature environment.

(4) Contraindications

- 1) People who just had plastic surgery.
- 2) People with hypertension, heart disease, diabetes, severe thyroid, malignant tumors, etc.
- 3) People in the allergic period, with severely sensitive skin, or allergic to metals.
- 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) Avoid being under the blazing sun and protect yourself from the sun.
- 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 and apply an eye mask at least three times a week since the treated parts are dry.

6. Body Management

(1) Waist & Abdomen Sculpting

1) Handpiece

- **Body RF + 40K + Vacuum Freezing + Laser Pad**

2) Efficacy

- Relieve women's cold hands, cold feet, cold uteruses, or cold-natured bodies.
- Relieve waist and abdomen's flabby and soft skin.
- Remove flab from waist and abdomen, and relieve swim-ring-like belly and potbelly.
- Tighten the skin, reduce stretch marks and striae distensae, and increase skin elasticity.
- Accelerate metabolism, relieve constipation, and enhance the movement of the intestinal tract.

3) Indications

- People with cold hands, cold feet, cold uteruses, or cold-natured bodies.
- 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.

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

- Keep the abdomen warm and avoid 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.
- 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

- **Body RF + 40K + Vacuum Freezing + Laser Pad**

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, malignant tumors, etc.
- 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

- **Body RF + Vacuum Freezing + Laser Pad**

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.

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) Buttock Sculpting

Buttocks are located in the middle of the body. It's the key hub for channels and collaterals and Qi-blood circulation and the main switch of six channels and collaterals. And it's the bridge that connects the movement of upper burner Qi-blood and lower burner Qi-blood. It plays a vital role in managing body S-curve and enhancing feminine charm.

1) Handpiece

- **Body RF + Vacuum Freezing + Laser Pad**

2) Efficacy

- Enhance blood circulation and speed up metabolism.
- Relieve menstrual pain, irregular menstruation, and abnormal leucorrhea.
- Improve sleep quality and female sexual function.
- Activate ovary function, stimulate glandular secretion, and increase intimacy between couples.
- Make complexion ruddy, fade color spots, and bring back youth.
- Shape buttocks, relieve the sagging and outward expansion of the buttocks, tighten skin, and increase elasticity.

3) Indications

- People whose hips are slack, saggy, or have accumulated fat.
- People with striae distensae or stretch marks.
- People whose buttock shape is not good-looking, flat, loose, or with outward

expansion.

- People with cold hips or low hip temperature.
- People with a cold uterus, dysmenorrhea, irregular menstruation, gynecological inflammation, etc.
- People with decreased estrogen levels or disharmonious sexual life.

4) Contraindications

- People in menstruation, pregnancy, breastfeeding, or surgical recovery.
- 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 in the allergic period or with severely sensitive skin.
- People who just had liposuction.
- Overage people.

5) Matters Needing Attention After Treatment

- Keep the buttocks warm, and avoid wearing a mini skirt or mini shorts.
- Take a shower after 4 to 6 hours.
- Drink more warm water, and avoid exposing to a windy environment and catching a cold.
- Avoid staying up late, drinking alcohol, and eating and drinking too much.
- Avoid eating raw, cold, and spicy food; have enough sleep.
- Avoid enjoying sauna or hot springs or doing strenuous exercise within seven days.

(5) Leg Sculpting

1) Handpiece

Body RF + 40K + Vacuum Freezing + Laser Pad

2) Efficacy

- Tighten skin and prevent slack and soft skin.
- Stimulate collagen regeneration and flatten striae distensae.
- Increase legs' blood circulation, detox, and metabolism.
- 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 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 hyp immunity.
- People 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.

(6) Breast Sculpting

1) Handpiece

- **Body RF**

2) Efficacy

- Adjust breast shape and improve accessory breast.

- Relieve breast nodules, slight hyperplasia, and distending pain in the breast during menstruation.
- Reduce the appearance of the outward expansion of the breast.
- Improve irregular menstruation, spots on the face, and inelastic skin.
- Relieve mastatrophie, slack breast, and blocked lactiferous ducts after child delivery.

3) Indications

- People whose breast shape is not good-looking or who have accessory breasts.
- People with breast nodules, slight hyperplasia, or who have distending pain in the breast during menstruation.
- People whose breast has free fat or outward expansion or is saggy.
- People with hypoiimmunity.
- People with irregular menstruation, spots on the face, or inelastic skin.
- People who think she has a less developed mammary gland, mastatrophie, loose breast, or blocked lactiferous ducts after giving birth.

4) Contraindications

- People with cardiovascular and cerebrovascular diseases, diabetes, abnormal coagulation function, or vital organ functions impaired.
- People who have taken anticoagulants, vascular dilations, or corticosteroids for a long time or are taking them now.
- People with infected skin on the breast.
- People with severe breast hyperplasia, fibroma, or cyst.
- Women in pregnancy or breastfeeding.

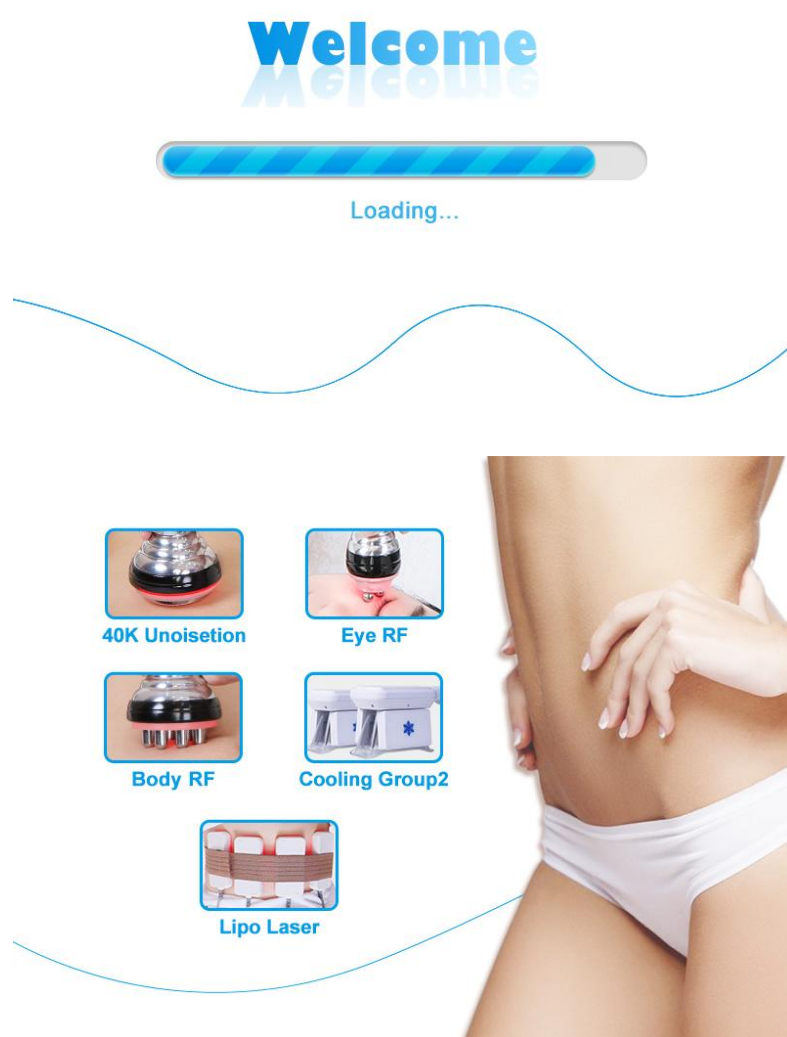
5) Matters Needing Attention After Treatment

- 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 fixed-shape and comfortable underwear, and don't squeeze the breast too hard.

Part II

1. Detailed Operations

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



(1) General Function Introduction





Homepage



Return

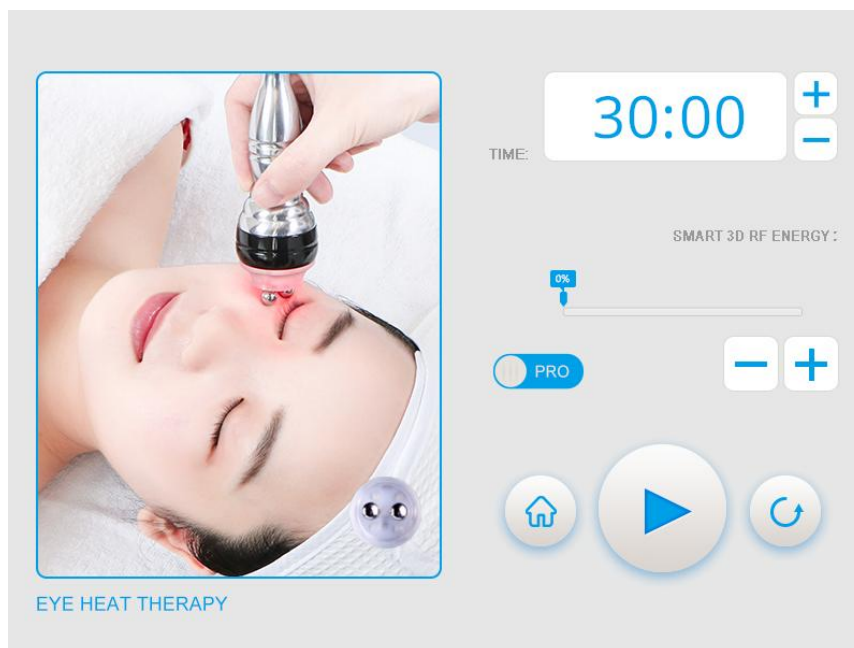


Start/ Pause

(2) Detailed Operations for Eye RF



Select **Eye RF** and enter the following page.



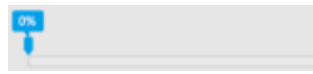
Time Display & Setting



Time Setting (Increases & Decrease)



Energy Level Display & Setting & Mode Selection



Energy Level Display



Energy Level Setting (Increase & Decrease)



Mode Selection. Click the button with with white circle to switch the mode.

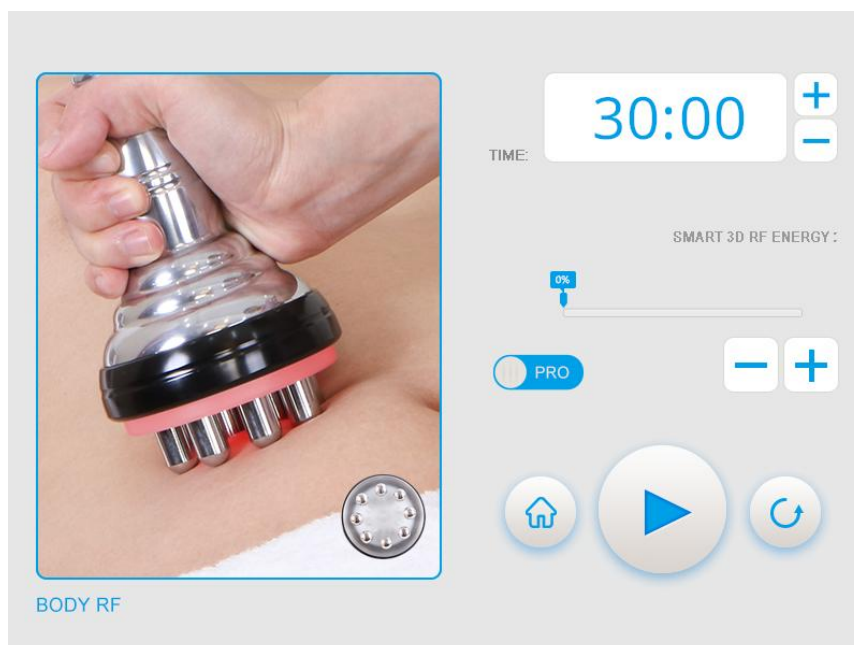
NOR: The energy level of the handpiece will reach the setting value directly, and the red light will be on.

PRO: When clicking Start, the red light will be on, and the energy level of the handpiece reaches the setting value slowly after the handpiece touches the skin.

(3) Detailed Operations for Body RF



Select **Body RF** and enter the following page.



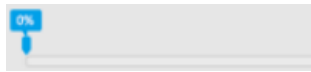
Time Display & Setting



Time Setting (Increases & Decrease)



Energy Level Display & Setting & Mode Selection



Energy Level Display



Energy Level Setting (Increase & Decrease)



Mode Selection. Click the button with with white circle to switch the mode.

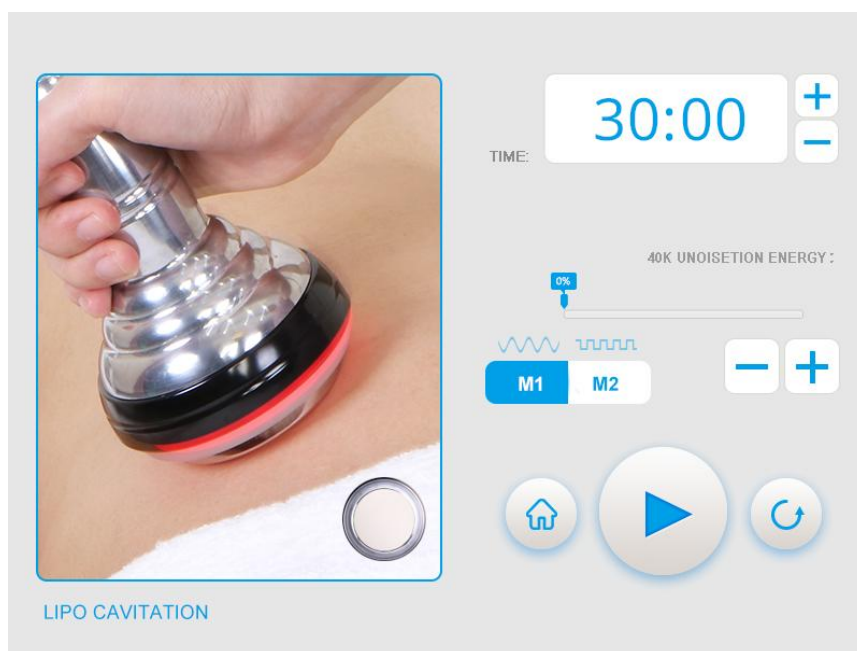
NOR: the energy level of the handpiece will reach the setting value directly, and the red light will be on.

PRO: When clicking Start, the red light will be on, and the energy level of the handpiece reaches the setting value slowly after the handpiece touches the skin.

(4) Detailed Operations for 40K



Select **40K Unoisetion** and enter the following page.





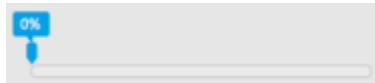
Time Display & Setting



Time Setting (Increases & Decrease)



Energy Level Display & Setting & Mode Selection



Energy Level Display



Energy Level Setting (Increase & Decrease)



Mode Selection

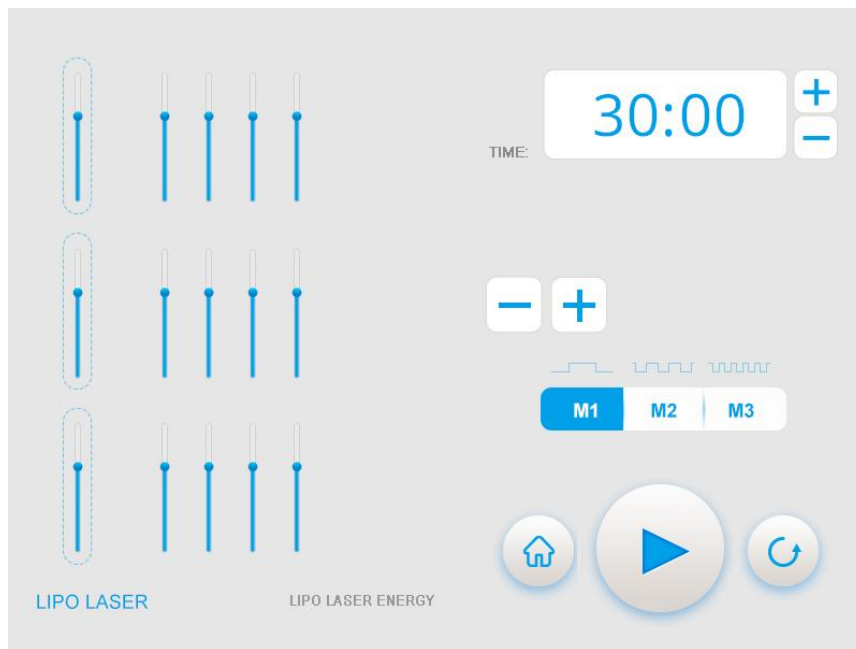
M1: Continuous working mode, which suits those with excessive fat accumulation or firm fat.

M2: Discontinuous working mode, suiting those who want to reduce fat or with localized fat.

(5) Detailed Operations for Laser Pad



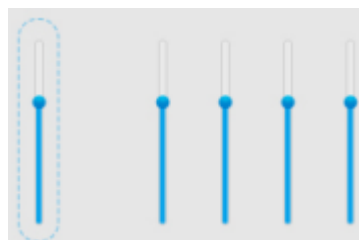
Select **Lipo Laser** and enter the following page.



Time Display & Setting



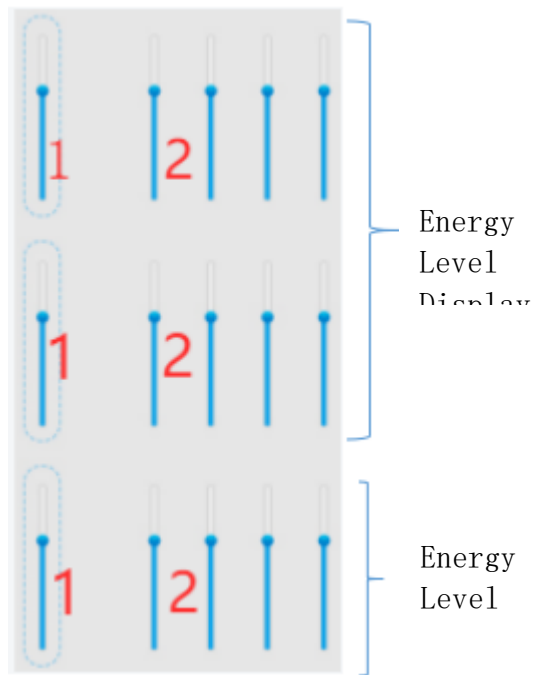
Time Setting (Increases & Decrease)



Energy Level Display for Laser Pads



Energy Level Setting (Increase & Decrease)



- 1: When you click it, you can set the energy level of all laser pads 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.



Mode Selection

M1: Continuous working mode (The laser pads will be on all the time, which suits those who want to lose weight powerfully.)

M2: Discontinuous working mode (The laser flashes slowly, which suits those who want to maintain and reinforce the effect.)

M3: Discontinuous working mode with faster frequency (The laser flashes quickly, which suits first-time users or those who just started to operate it.)

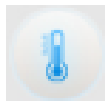
(6) Detailed Operations for Vacuum freezing



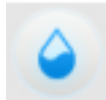
Select **Cooling Group2** and enter the following page.



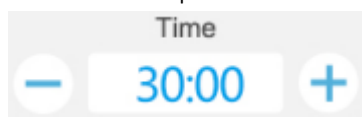
Start/ Pause (This is the main switch. Click the start button of the relevant handpiece, and then press this button to operate.)



Temperature Alert for the Handpiece. When a handpiece's temperature is abnormal, this alert comes out.



Alert for the Water Tank. When the water tank lacks water or is abnormal, this alert shows up.



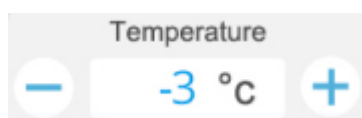
Time Display & Setting



Time Setting (decrease)



Time Setting (increase)



Temperature Setting & Display (It's suggested to set the temperature between -3°C and 3°C . For the first-time user, the advised temperature is 5°C . You can lower the temperature slowly if you get used to it.)



Temperature Setting (decrease)



Temperature Setting (increase)



Set the suction of the vacuum-freezing handpiece per the user's tolerance.

When operating the equipment, start from the lowest level and gradually increase it after the client gets used to it.

2. Technical Parameters

Rated input voltage: AC220V-240V 50HZ / AC110V-120V 60Hz

Rated input power: 200W

Cool cold slimming vacuum

Power: Up to 200W

Cooling device output temperature: -5-15°C

Vacuum: <-60cmHg

Cooling liquid: pure water

Cavitation frequency: 40kHz

Cavitation Power: up to 45W

Cavitation tip: 60mm diameter

RF for body

RF frequency: 1MHz

RF power: up to 65W

RF type: Six red LED

RF tip: 65mm diameter

Led Laser: 635nm

Led Laser power/ Each diode: 5mw

Led Pads: 12 with 8 large (8 Diode/ Pad) + 4 small (2 Diode/ Pad)

3. Matters needing attention

- (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) If you are suffering from an illness, you should use it with caution unless you get permission from a doctor.
- (9) 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.
- (10) When operating the equipment, start from the lowest energy level and gradually increase it after the client gets used to it.
- (11) After the operation, clean the equipment with normal saline to ensure its cleanliness and hygiene to extend its service life.
- (12) You can use the handpieces separately, but you can use them together to achieve a better effect.
- (13) When operating the instrument, it should contact the skin thoroughly to avoid uneven heating.
- (14) You must keep the treated parts moist and avoid operating the instrument in dry skin conditions.
- (15) It's advised to stop taking other weight-loss medicines for 1 to 2 months before treatment if you are taking them now. The course of treatment shall be extended if you want to start it immediately.
- (16) Using 40K on the head, chest, breast, heart, and back is prohibited.
- (17) When using the machine, you must apply a matched antifreeze membrane to the treated part to avoid operating it in dry skin conditions or directly.
- (18) When operating, fasten laser pads onto the client first, turn the equipment on, and adjust energy level(which should be set from low to high slowly to make the client feel warm and comfortable.
- (19) When using the laser pads, their whole surface should contact the skin thoroughly; they can not only touch a small area.
- (20) Use the equipment and train the operators in strict accordance with the instructions specified in the manual.

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 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.

(3) 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.

(4) Does the vacuum freezing machine stop working after on?

- A. Perhaps the water flow is not strong enough, making it hard to be detected.
- B. Check whether the water tank lacks water.

(5) The water drop icon on the top left corner shows a red alert.

- A. Check whether the water is enough.
- B. Check whether the water tank is damaged.

(6) 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 equipment.
- B. If the solution mentioned above doesn't work, please contact the distributor for assistance.

5. FAQs

(1) Q: How long does it take to see the effect of a radiofrequency treatment?

A: Usually, you can see the effect on the same day or within a week. When collagen tissue is heated, it contracts, resulting in an evident skin tightening. Since radiofrequency stimulates subcutaneous tissue, the collagen regenerates continuously. Therefore, the more times you take the treatment, the more noticeable the effect will be.

(2) Q: Is radiofrequency harmful to the skin?

A: Tightening and anti-wrinkle treatment with radiofrequency is a non-surgical program. Radiofrequency stimulates collagen regeneration and metabolism of the underlying skin. Therefore, it doesn't harm the skin. Local skin will only experience redness and burning after treatment, which is a normal phenomenon caused by accelerated blood circulation and will disappear after a moment. Thus you don't have to worry.

(3) Q: How long does a body firming and shaping treatment take?

A: The operating time for one treatment is about 60 minutes. We will combine professional techniques and instruments to deliver a noticeable effect.

(4) Q: Does cryolipolysis have side effects?

A: Cryolipolysis is an entirely non-invasive and painless procedure to reduce fat. It utilizes the principle that fat cells are not cold-resistant compared with other cells, making fat cells die off earlier due to low temperature. The freezing constant low temperature only acts on fat cells while exerting no influence on other tissue, causing no harm to skin or muscle. The dead fat cells then discharge along with body metabolism. Thus it has no side effects.

(5) Q: How does cryolipolysis slim the body?

A: Cryolipolysis is a procedure that a cryolipolysis machine will be placed on the skin surface, making the temperature of subcutaneous tissue lower to 5 °C , which causes earlier aging and die-off of fat cells. The dead fat cells then discharge through body metabolism. Thus slimming can be achieved.

(6) Q: How long does it take to see the effect of cryolipolysis?

A: It takes about 1 to 2 months, and it's related to individual constitution and metabolism. Cryolipolysis utilizes the principle that fat cells are not cold-resistant. It freezes fat cells to death under a constant low temperature of 5 °C and then discharges the dead cells through body metabolism. Therefore, it takes a period to see the effect.

(7) Q: Why do we have to use the device with the matched antifreeze membrane?

A: The main ingredient of an antifreeze membrane is genetic molecules that are made based on the principle of expanding with heat and contracting with cold and within the skin's tolerance range. The clinical tests show that an antifreeze membrane can effectively prevent skin frostbite caused by a cryolipolysis machine and is suitable for freezing skin, achieving a cold-resistant effect.

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

A: It can dissolve fat, shape body, rejuvenate skin and make it smooth, do easing, repairing, 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.

(9) Q: Which one is better for reducing weight, 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.

(10) 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.)

(11) Q: Does ultrasound 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.

(12) 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.

(13) Q: Will laser lipolysis rebound?

A: The quantity of fat cells inside the body is fixed, increasing with age and turning constant after adulthood. The enlargement in fat cells' size leads to weight gain. Laser lipolysis eliminates local fats and reduces fats' size. Indeed, the weight barely rebounds after a laser lipolysis treatment, but it doesn't mean it will not take place for sure. Usually, the rebound will not happen as long as you keep a rational dietary structure and don't eat and drink too much daily.

(14) Q: Do laser treatments for weight loss need to keep on a diet and exercise?

A: Losing weight with the laser has a noticeable effect, but we can't rely on it alone to achieve the goal. A rebound may occur if we don't control what we eat and instead eat and drink too much in a later stage after reducing our weight to an ideal range. Bear in mind that there are no such weight loss products that can deliver

permanent effects. Therefore, weight loss with the laser is just a supplement. We still have to be on a diet and exercise appropriately after achieving the target for weight loss and stopping the treatment.

(15) 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.

(16) Q: Why do I need buttock maintenance?

A: Hip maintenance can help lymph drainage, relieve gynecological diseases, and shun some harms brought by buttock blockage. When the buttocks are blocked, gynecological diseases arise for sure. Inside the buttocks are the pelvic cavity and intestinal tract. They connect to Daimai (GB26), lumbar vertebra, sciatic nerve from top, uterus, ovary, adnexa in the front, anus, vagina, groin, and lymph from the bottom. Under the squeeze of Upper Jiao (upper burner) and Lower Jiao (lower burner) meridian, the hips are most susceptible to cold, dampness, and blood stasis. When the hips are cold, the channels and collaterals inside shrink, causing dysmenorrhea, irregular menstruation, dark period blood, blood clot, and obstructed blood flow. It also affects impregnation.

6. Packing List

- 1x Host machine
- 1x Cool vacuum head
- 1x 40kHz cavitation head
- 1x Sixpolar RF head for body
- 8x Big 650NM led laser (each with 10 led light) 160mW
- 4x Small 650NW led laser (each with 2 led light) 160mw
- 3x Holders for parts

7. Simplified Operating Steps

(1) Under-Eye Wrinkles Removal

Remove makeup, clean, apply toner, massage, use EYE RF, apply water, eye essence, eye cream, and sunblock.

Matched Product: radiofrequency cream/ massage cream

(2) V-shaped Face Tightening

Remove makeup, clean the face, apply toner, massage, use eye RF and small laser pad, apply a facial mask, apply water, essence, lotion/facial cream, and sunblock.

Matched Product: radiofrequency cream/ massage cream

Auxiliary Tool: strap

(3) Waist & Abdomen/ Arm/ Leg Sculpting

Massage, use body RF and vacuum RF, clean the treated part, and use large laser pads.

Matched Product: radiofrequency cream/ essential oil + antifreeze membrane

Auxiliary Tool: strap

(4) Back/ Buttock Sculpting

Massage, use body RF and vacuum RF, clean the treated part, and use large laser pads.

Matched Product: radiofrequency cream/ essential oil + antifreeze membrane

Auxiliary Tool: strap

(5) Breast Sculpting

Massage, use body RF, and clean the treated part.

Matched Product: radiofrequency cream/ essential oil

8. Operational Diagrams

Parameter Setting	Matched Product	Technique	Diagram
V-shaped Face Tightening: 90 Minutes/ Once a Week			
Eye RF Advised Time: 10 to 15 minutes	Makeup Remover + Facial Cleanser +	1. Remove makeup and clean, 5 minutes. 2. Apply the hydrating cream mask to the face and	Technique 5, 7

<p>Advised Energy Level: between 30% and 70%</p> <p>Mode: NOR/PRO</p> <p>Small Laser Pad</p> <p>Advised Time: 15 to 20 minutes</p> <p>Advised Energy Level: between 30% and 70%</p> <p>Mode Selection: M1/ M2/ M3</p>	<p>Hot & Cold Steamer + Massage Cream + Cream Mask + Essence + Sheet Mask</p>	<p>use hot steam, 10 minutes.</p> <ol style="list-style-type: none"> 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 the forehead towards the hairline direction. Repeat 5 times. 11. Flip and lift the face with rotating fingers. Repeat 3 to 5 times. 12. Flip the forehead towards the hairline direction with one hand. Repeat 3 to 5 times. 13. One Side-Flip and lift the face with hands doing it alternately, 2 to 3 minutes. 14. Do the same on the other side. 	<div data-bbox="1145 219 1273 414"> </div> <p>Technique 6</p> <div data-bbox="1145 555 1273 750"> </div> <p>Technique 8, 18</p> <div data-bbox="1145 891 1273 1086"> </div> <p>Technique 10, 12, 20</p> <div data-bbox="1145 1227 1273 1422"> </div> <p>Technique 15</p>
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		<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. Eye RF: Lift one line after another from chin to the part below the ear, corner of the mouth to the 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. Small Laser Pad: 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>	
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The Recommended Course of Treatment:


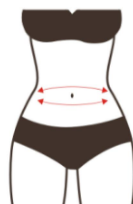
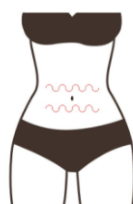
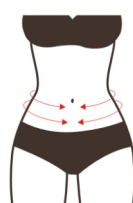

A course of treatment includes ten treatment cycles. When you accomplish a treatment cycle, the skin becomes tightened and rejuvenated and is supplemented with the needed nutrition. After a course, the skin improves and turns shiny, and the double chin relieves obviously. When you complete two courses, the skin gets smooth and plump,

and its outline becomes clearer gradually. If you finish three courses, the skin's metabolism and detox enhance. It helps fade 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. Double chin relieves clearly, and a V-shaped face forms.


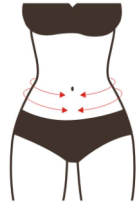
Under-Eye Wrinkles Removal: 35 Minutes/ 2 to 3 Times a Week

<p>Eye RF</p> <p>Advised Time: 10 to 15 minutes</p> <p>Advised Energy Level: between 30% and 70%</p> <p>Mode: NOR/PRO</p>	<p>Cleansing Oil + Facial Cleanser + Essence/ Eye Cream + Massage Cream+ Instrument + Eye Mask</p>	<ol style="list-style-type: none"> 1. Remove makeup and clean, 5 minutes. 2. Apply toner, 1 minute. 3. Apply massage cream evenly to the eyes, and caress it three times. 4. Press 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. 5. Lift back and forth from the inner corner of the eyes to Taiyang (EX-HN5) with the middle finger along the lower eyelid. Repeat three times. 6. Star from the inner corner of the eyes, lifting from the eyebrow to Taiyang (EX-HN5) with the middle and ring fingers. Repeat three times. 7. Clean the eyes, 2 minutes. 8. Apply essence (eye cream) evenly to the eyes with hands moving circlewise. Repeat three times. 9. EYE RF: Set the energy level, mode, and operating time (about 10 minutes). 10. Lift the handpiece from the lower eyelid to the corner of the eye. Repeat 3 to 6 	<p>Technique 3, 8</p>  <p>Technique 5, 11</p>  <p>Technique 10</p>  <p>Technique 12</p>  <p>Technique 14</p>
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		<p>times.</p> <p>11. Lift the handpiece from the lower eyelid to Taiyang (EX-HN5). Repeat 3 to 6 times.</p> <p>12. Draw small circles on the lower eyelid with the handpiece and lift to Taiyang (EX-HN5). Repeat 3 to 6 times.</p> <p>13. Lift the handpiece from the lower eyelid to Taiyang (EX-HN5). Repeat 3 to 6 times.</p> <p>14. Lift the handpiece from the brow ridge to the hairline. Repeat 3 to 6 times.</p> <p>15. Do the same on the other side.</p> <p>16. Clean the eyes, 1 minute.</p> <p>17. Apply an eye mask and wait 15 minutes.</p> <p>18. Remove the mask and clean the eyes, 2 minutes.</p> <p>19. Apply eye essence and eye cream.</p> <p>20. Treatment ends.</p>	
<p>The Recommended Course of Treatment:</p> <p>It's advised to take 2 to 3 treatment cycles a week. When you accomplish a treatment cycle, the eye lifts and firms to some extent, and its blood circulation accelerates. After a month, the fine lines and dark circles fade, and the skin color lightens. And the eye skin turns tightened, rejuvenated, and shiny three months later. If you carry it through, it can relieve and prevent eye aging.</p>			

Waist & Abdomen Sculpting: 90 Minutes/ Once a Week			
Body RF Advised Time: 10 to 15 minutes Advised Energy Level: between 30% and 70% Mode: NOR/ PRO 40k Advised Time: 10 to 15 minutes Advised Energy Level: between 30% and 70% Mode: M1/ M2 Vacuum Freezing Advised Temperature: between -3 °C and 3 °C Advised Time: 10 to 30 minutes Suction can be changed per the client's tolerance, and it's advised to	Essential Oil (Massage Cream) + Gel + Instrument	<ol style="list-style-type: none"> 1. Rub essential oil into the abdomen with hands moving circlewise. Repeat three times. 2. Rub the belly back and forth with hands. Repeat 3 to 5 times. 3. Rub abdominal fat as the way of rubbing the spine with hands doing it alternately. Repeat three times. 4. Lift Daimai (GB26) of the two sides of the waist with hands doing it alternately. Repeat 16 times. 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. 6. Rub intestinal tract with overlapped hands drawing small circles clockwise. Repeat three times. 7. Caress the treated parts with hands moving circlewise. Repeat three times. 8. Press Shangwan (RN13), Zhongwan (RN12), Xiawan (RN10), Shenque (RN8), Qihai (RN6), Guanyuan (RN4), Zhongji (RN3), Tianshu (ST25), and Daheng (SP15). Repeat two times. 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. 	Technique 1, 7, 10  <hr/> Technique 2  <hr/> Technique 3  <hr/> Technique 4  <hr/> Technique 5  <hr/> Technique 6


<p>start from the lowest level to avoid discomfort.</p> <p>Large Laser Pad</p> <p>Advised Time: 15 to 20 minutes</p> <p>Advised Energy Level: between 30% and 70%</p> <p>Mode Selection: M1/ M2/ M3</p>	<p>10. Caress the treated parts till groin with hands.</p> <p>11. Body RF: Along 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. 40K: 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. Clean the waist and abdomen with a towel.</p> <p>22. Choose a suitable antifreeze membrane per the size of the fatty part, and</p>	<div data-bbox="1145 210 1283 421"></div> <p>Technique 8</p> <div data-bbox="1145 546 1283 757"></div> <p>Technique 9</p> <div data-bbox="1145 882 1283 1093"></div> <p>Technique 11, 16</p> <div data-bbox="1145 1205 1283 1415"></div> <p>Technique 12, 17</p> <div data-bbox="1145 1550 1283 1760"></div> <p>Technique 13, 18</p>
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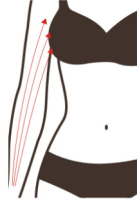


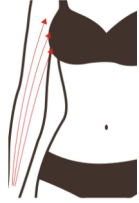
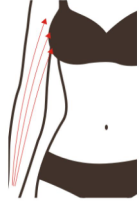
		<p>apply it evenly to the treated part.</p> <p>23. Vacuum Freezing Handpiece: Have the temperature, time, and suction set for the corresponding handpiece.</p> <p>24. Attach the handpiece to the fatty part of the abdomen with an antifreeze membrane covering it, adjust the suction per the client's tolerance, and leave it there for about 10 to 30 minutes.</p> <p>25. Remove the handpiece and antifreeze membrane, and clean the treated part.</p> <p>26. Large Laser Pad: Fasten the laser pads onto the waist and abdomen's fatty part about 15-20 minutes.</p> <p>27. Remove the laser pads.</p> <p>28. Treatment ends.</p>	 <p>Technique 14, 15, 19, 20</p> 
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The Recommended Course of Treatment

A course of treatment includes four treatment cycles. When you accomplish a treatment cycle, swelling, blood stasis, and numbness will disappear in about 1 to 2 weeks; fat will decrease gradually in the second week; you can experience an evident effect in about two months. On average, the fat thickness reduces by 22%, but it varies from person to person. When you complete one course, the size lessens, the abdomen and waist turn slender, the big tummy starts to vanish, and the skin becomes firm. You can take the treatment every two months in a later stage to cement the effect.

Arm Sculpting: 70 Minutes/ Once a Week

<p>Body RF</p> <p>Advised Time: 10 to 15 minutes</p> <p>Advised Energy Level: between 30% and 70%</p> <p>Mode: NOR/</p>	<p>Essential Oil (Massage Cream) + Gel + Instrument</p>	<ol style="list-style-type: none"> 1. 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. 2. Push the entire arm with palms doing it alternately. Repeat three times. 3. Push Large Intestine Channel-Triple Energizer 	<p>Technique 1</p>  <p>Technique 2, 3, 4, 5, 6</p>
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<p>PRO</p> <p>40k</p> <p>Advised Time: 10 to 15 minutes</p> <p>Advised Energy Level: between 30% and 70%</p> <p>Mode: M1/ M2</p> <p>Large Laser Pad</p> <p>Advised Time: 15 to 20 minutes</p> <p>Advised Energy Level: between 30% and 70%</p> <p>Mode Selection: M1/ M2/ M3</p>		<p>Channel-Small Intestine Channel of the outer arm successively till armpit with hands' purlicue. Repeat three times.</p> <p>4. Caress the treated part. Repeat three times.</p> <p>5. 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>6. Caress the treated part. Repeat three times.</p> <p>7. 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>8. Rub the three channels and collaterals back and forth with kneeling fingers until they turn hot. Repeat three times.</p> <p>9. Caress the treated parts till the hands slide out. Repeat three times.</p> <p>10. Treatment ends.</p> <p>11. Do the same on the other side.</p> <p>12. BODY RF: Lay the arms flatwise, and push from the fatty part of the lower arm to the armpit along the three channels and collaterals. Repeat 5 to 8 times.</p> <p>13. Move circlewise on the upper arm till the armpit. Repeat 5 to 8 times.</p> <p>14. You can treat flabby arms more. Repeat three</p>	 <p>Technique 7</p>  <p>Technique 8, 16, 18, 24, 26</p>  <p>Technique 9</p>  <p>Technique 12, 15, 20, 23</p>  <p>Technique 13, 14, 21, 22</p>
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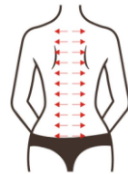
		<p>times.</p> <p>15. Push till the armpit along the three channels and collaterals. Repeat three times.</p> <p>16. Lay the arms upwards, and push the three channels and collaterals of the upper arm till the armpit. Repeat three times.</p> <p>17. Along the fatty part of the upper arm, moving circlewise and back and forth till the armpit. Repeat three times.</p> <p>18. Move up and down on the upper arm. Repeat 5 to 8 times.</p> <p>19. Do the same on the other side.</p> <p>20. 40K: Lay the arms flatwise, and push from the fatty part of the lower arm to the armpit along the three channels and collaterals. Repeat 5 to 8 times.</p> <p>21. Move circlewise on the upper arm till the armpit. Repeat 5 to 8 times.</p> <p>22. You can treat flabby arms more. Repeat three times.</p> <p>23. Push till the armpit along the three channels and collaterals. Repeat three times.</p> <p>24. Lay the arms upwards, and push the three channels and collaterals of the upper arm till the armpit. Repeat three times.</p> <p>25. Along the fatty part of the upper arm, moving circlewise and back and forth</p>	 <p>The diagram illustrates a female torso from the chest to the waist. On the left upper arm, three red dotted lines represent the 'three channels and collaterals' mentioned in the text. These lines start from the shoulder area and run down towards the armpit. Small red arrows indicate the direction of movement along these lines. The diagram is positioned at the top of the rightmost column, above a horizontal line.</p>
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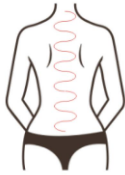
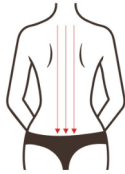
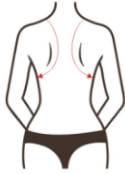


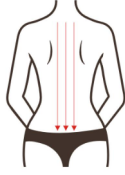
		<p>till the armpit. Repeat three times.</p> <p>26. Move up and down on the upper arm. Repeat 5 to 8 times.</p> <p>27. Do the same on the other side.</p> <p>28. Large Laser Pad: Fasten the laser pads onto the arms' fatty part for about 15 to 20 minutes.</p> <p>29. Remove the laser pads.</p> <p>30. Treatment ends.</p>	
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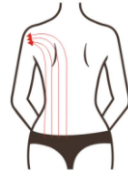
The Recommended Course of Treatment

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: 60 Minutes/ Once a Week

<p>Body RF</p> <p>Advised Time: 10 to 15 minutes</p> <p>Advised Energy Level: between 30% and 70%</p> <p>Mode: NOR/ PRO</p> <p>Vacuum Freezing</p> <p>Advised Temperature: between -3 °C and 3 °C</p> <p>Advised Time: 10 to 30</p>	<p>Essential Oil (Massage Cream) + Gel + Instrument</p>	<ol style="list-style-type: none"> 1. Technique. 2. Rub essential oil into the back and press Fengchi (GB20) and Fengfu (DU16). 3. Stroke the area connecting neck and shoulder (start with hairline) with the thumb. Repeat 3 to 5 times. 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. 5. Move circlewise and S-shaped motion from the neck to the caudal vertebra with hands. Repeat three times. 6. Push Bladder Meridian in left-right order with thumbs 	<p>Technique 2, 11</p>  <p>Technique 3</p>  <p>Technique 4</p>  <p>Technique 5</p>
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<p>minutes</p> <p>Suction can be changed per the client's tolerance, and it's advised to start from the lowest level to avoid discomfort.</p> <p>Large Laser Pad</p> <p>Advised Time: 15 to 20 minutes</p> <p>Advised Energy Level: between 30% and 70%</p> <p>Mode Selection: M1/ M2/ M3</p>	<p>doing it alternately. Repeat three times.</p> <p>7. Push Bladder Meridian to the sacral region (BL31-BL34) 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. Body RF: 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</p>	 <p>Technique 6, 7, 8, 14</p>  <p>Technique 9, 19</p>  <p>Technique 10</p>  <p>Technique 12, 13</p>  <p>Technique 16</p>  <p>Technique 17</p>
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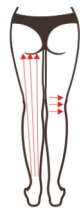

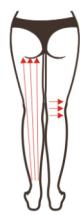
		<p>Dazhui (DU-14) and sacral region (BL31-BL34). Repeat 3 to 5 times, respectively.</p> <p>18. Start with the neck, moving to and fro the area connecting neck and shoulder. Repeat 3 to 5 times.</p> <p>19. Lift to and fro the medial border of the scapula in left-right order. Repeat 3 to 5 times.</p> <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. Clean the back with a towel.</p> <p>24. Choose a suitable antifreeze membrane per the size of the fatty part, and apply it evenly to the treated part.</p> <p>25. Vacuum Freezing Handpiece: Have the temperature, time, and suction set for the corresponding handpiece.</p> <p>26. Attach the handpiece to the fatty part of the abdomen with an antifreeze membrane covering it, adjust the suction per the client's tolerance, and leave it there for about 10 to 30 minutes.</p>	 <p>Technique 18</p>  <p>Technique 20</p>  <p>Technique 21</p>  <p>Technique 22</p> 
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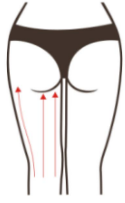

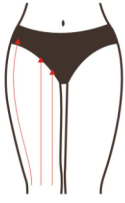
		<p>27. Remove the handpiece and antifreeze membrane, and clean the treated part.</p> <p>28. Large Laser Pad: Fasten the laser pads onto the back' fatty part for about 15 to 20 minutes.</p> <p>29. Remove the laser pads.</p> <p>30. Treatment ends.</p>	
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The Recommended Course of Treatment

A course of treatment includes four treatment cycles. When you accomplish a treatment cycle, swelling, blood stasis, and numbness will disappear in about 1 to 2 weeks; fat will decrease gradually in the second week; you can experience an evident effect in about two months. On average, the fat thickness reduces by 22%, but it varies from person to person. When you complete one course, the size lessens, the back becomes thin, and excess fat vanishes. You can take the treatment every two months in a later stage to cement the effect.




Leg Sculpting: 100 Minutes/ Once a Week





<p>Body RF</p> <p>Advised Time: 10 to 15 minutes</p> <p>Advised Energy Level: between 30% and 70%</p> <p>Mode: NOR/ PRO</p> <p>40k</p> <p>Advised Time: 10 to 15 minutes</p> <p>Advised Energy Level: between 30% and 70%</p> <p>Mode: M1/ M2</p>	<p>Essential Oil (Massage Cream) + Gel + Instrument</p>	<ol style="list-style-type: none"> 1. Rear-leg: Do it in left-right order; let the client lie on his front, apply essential oil from lower leg to thigh, and return to heel. Repeat three times. 2. 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. 3. Push Bladder Meridian-Kidney Meridian-Liver Meridian-Gallbladder Meridian from the bottom up with hands' purlicue doing it by turns. Repeat three times. 4. Push popliteal fossa with hands doing it alternately. Repeat three times. 5. Twist the leg from the bottom up and back and forth with hands doing it alternately. Repeat three times. 	<p>Technique 1, 2, 3, 4, 7</p>  <hr/> <p>Technique 5</p>  <hr/> <p>Technique 12, 18</p>  <hr/> <p>Technique 13, 19</p>
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<p>Vacuum Freezing Advised Temperature: between -3 °C and 3°C</p> <p>Advised Time: 10 to 30 minutes</p> <p>Suction can be changed per the client's tolerance, and it's advised to start from the lowest level to avoid discomfort.</p> <p>Large Laser Pad Advised Time: 15 to 20 minutes</p> <p>Advised Energy Level: between 30% and 70%</p> <p>Mode Selection: M1/ M2/ M3</p>		<p>6. Caress the treated part. Repeat three times.</p> <p>7. Push the four channels and collaterals from the bottom up with hands' kneeling fingers. Repeat three times.</p> <p>8. Caress the treated part. Repeat three times.</p> <p>9. Do the same on the other side.</p> <p>10. Clean the treated part with a hot towel, 2 minutes.</p> <p>11. Apply gel evenly to the treated part, 2 minutes.</p> <p>12. Body RF: 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 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. 40K: Push Bladder</p>	 <p>Technique 14, 18, 24</p>  <p>Technique 15, 17, 21, 23,</p>  <p>Technique 16, 22</p>  <p>Technique 24, 25, 26, 27, 28, 30, 35, 37</p>  <p>Technique 29, 31, 36, 38</p>
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		<p>Repeat three times.</p> <p>27. Push the four channels and collaterals with hands' kneeling fingers. Repeat three times.</p> <p>28. Body RF: 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>29. 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>30. Lift one line after another from the knee to the thigh root. Repeat three times.</p> <p>31. Draw small circles on the whole thigh. Repeat three times.</p> <p>32. Lift from the two sides of the thigh to the middle with the instrument and a hand. Repeat three times.</p> <p>33. Lift circlewise from the knee to the thigh root. Repeat three times.</p> <p>34. Lift one line after another from the knee to the thigh root. Repeat three times.</p> <p>35. 40K: 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</p>	
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		<p>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 from the two sides of the thigh to the middle with the instrument and a hand. Repeat three times.</p> <p>40. Lift circlewise from the knee to the thigh root. Repeat three times.</p> <p>41. Lift one line after another from the knee to the thigh root. Repeat three times.</p> <p>42. Clean the legs with a towel.</p> <p>43. Choose a suitable antifreeze membrane per the size of the fatty part, and apply it evenly to the treated part.</p> <p>44. Vacuum Freezing Handpiece: Have the temperature, time, and suction set for the corresponding handpiece.</p> <p>45. Attach the handpiece to the fatty part of the leg with an antifreeze membrane covering it, adjust the suction per the client's tolerance, and leave it there for about 10 to 30 minutes.</p> <p>46. Remove the handpiece and antifreeze membrane,</p>	
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		<p>and clean the treated part.</p> <p>47. Large Laser Pad: Fasten the laser pads onto the back' fatty part for about 15 to 20 minutes.</p> <p>48. Remove the laser pads.</p> <p>49. Treatment ends.</p>	
<p>The Recommended Course of Treatment</p> <p>A course of treatment includes four treatment cycles. When you accomplish a treatment cycle, swelling, blood stasis, and numbness will disappear in about 1 to 2 weeks; fat will decrease gradually in the second week; you can experience an evident effect in about two months. On average, the fat thickness reduces by 22%, but it varies from person to person. When you complete one course, the size lessens, legs turn slender, leg shape is already apparent, legs' flab vanishes, skin becomes firm, and slim legs form. You can take the treatment every two months in a later stage to cement the effect.</p>			
<p>Buttock Sculpting: 60 Minutes/ Once a Week</p>			
<p>Body RF</p> <p>Advised Time: 10 to 15 minutes</p> <p>Advised Energy Level: between 30% and 70%</p> <p>Mode: NOR/ PRO</p> <p>Vacuum Freezing</p> <p>Advised Temperature: between -3 °C and 3 °C</p> <p>Advised Time: 10 to 30 minutes</p> <p>Suction can be changed per</p>	<p>Essential Oil (Massage Cream) + Gel + Instrument</p>	<ol style="list-style-type: none"> 1. Massage. 2. 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. 3. Push the sacral region (BL31-BL34) with thumbs. Repeat three times. 4. Caress the treated part three times, and then press Shenshu (BL23), sacral region (BL31-BL34), Changqiang (DU1), Huantiao (GB30), and Chengfu (BL36). Repeat three times. 5. Caress the treated part. Repeat three times. 6. 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 	<p>Technique 2, 5, 11</p>  <p>Technique 3</p>  <p>Technique 4</p>  <p>Technique 6, 14, 17, 20, 23</p>

<p>the client's tolerance, and it's advised to start from the lowest level to avoid discomfort.</p> <p>Large Laser Pad</p> <p>Advised Time: 15 to 20 minutes</p> <p>Advised Energy Level: between 30% and 70%</p> <p>Mode Selection: M1/ M2/ M3</p>	<p>times, respectively.</p> <p>7. 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.</p> <p>8. Push from the thigh root to Daimai (GB26) with the palms overlapped (for lifting). Repeat 3 to 5 times.</p> <p>9. Push one line after another and back and forth from the buttocks' two sides to the highest point on them with hands (for shaping). Repeat three times.</p> <p>10. Repeat technique No.7.</p> <p>11. Caress the treated part.</p> <p>12. Do the same on the other side.</p> <p>13. Treatment ends.</p> <p>14. Body RF: Lift one line after another from the thigh root to Daimai (GB26). Repeat three times.</p> <p>15. Lift upwards and one line after another from the two sides of the buttocks to the highest point on them. Repeat three times.</p> <p>16. Draw small circles on the whole buttocks. Repeat 3 to 5 times.</p> <p>17. Lift one line after another from the thigh root to Daimai (GB26). Repeat three times.</p> <p>18. Lift upwards and one line after another from the two sides of the buttocks to the highest point on them. Repeat three times.</p>	 <p>Technique 7, 10</p>  <p>Technique 9, 15, 18</p>  <p>Technique 16</p> 
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		<p>19. Do the same on the other side.</p> <p>20. Clean the buttocks with a towel.</p> <p>21. Choose a suitable antifreeze membrane per the size of the fatty part, and apply it evenly to the treated part.</p> <p>22. Vacuum Freezing Handpiece: Have the temperature, time, and suction set for the corresponding handpiece.</p> <p>23. Attach the handpiece to the fatty part with an antifreeze membrane covering it, adjust the suction per the client's tolerance, and leave it there for about 10 to 30 minutes.</p> <p>24. Remove the handpiece and antifreeze membrane, and clean the treated part.</p> <p>25. Large Laser Pad: Fasten the laser pads onto the back' fatty part for about 20 minutes.</p> <p>26. Remove the laser pads.</p> <p>27. Treatment ends.</p>	
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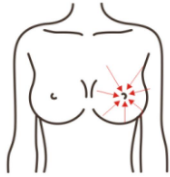
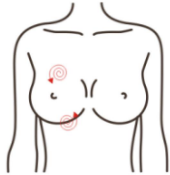

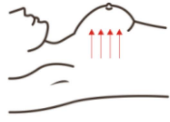
The Recommended Course of Treatment

A course of treatment includes four treatment cycles. When you accomplish a treatment cycle, swelling, blood stasis, and numbness will disappear in about 1 to 2 weeks; fat will decrease gradually in the second week; you can experience an evident effect in about two months. On average, the fat thickness reduces by 22%, but it varies from person to person. When you complete one course, the size lessens, the excess fat and flab of the buttocks disappear, and the buttocks' skin firms. You can take the treatment every two months in a later stage to cement the effect.

Breast Sculpting: 60 Minutes/ Once a Week

Body RF Advised Time: 15 to 20 minutes	Massage Cream (Essential Oil) +	1. Stand next to the head of a bed, apply essential oil from Danzhong (RN17) to the armpit with hands, move	Technique 1
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<p>Advised Energy Level: between 30% and 70%</p> <p>Mode: NOR/ PRO</p>	<p>Instrument</p>	<p>upwards, and lift Cooper's ligaments simultaneously. Repeat three times.</p> <p>2. Press Danzhong (RN17), Ruzhong (ST17), Dabao (SP21), Yinchuang (ST16), Zhongfu (LU1), and Yunmen (LU2) with thumbs. Repeat three times.</p> <p>3. Caress the treated part. Repeat three times.</p> <p>4. Draw Arabic numeral eight between Danzhong (RN17) and the breasts with palms overlapped. Repeat three times.</p> <p>5. Lift from the accessory breast to Cooper's ligaments with hands, and do it in left-right order. Repeat ten times.</p> <p>6. Caress the treated part. Repeat three times.</p> <p>7. Sit next to the client. Do it in left-right order; caress and lift the breast with hands. Repeat 3 to 5 times.</p> <p>8. Push the lactiferous ducts around the breasts with hands' pulicue. Repeat 3 to 5 times.</p> <p>9. Dredge the nodule part of the breasts with the thumbs moving circlewise and alternately. Repeat three times.</p> <p>10. Caress and lift the whole breast with hands. Repeat 3 to 5 times.</p> <p>11. Do the same on the other side.</p> <p>12. Body RF: Do it in left-right order; lift towards the nipple from the bottom</p>	<div data-bbox="1129 226 1302 405"></div> <hr/> <p>Technique 2</p> <div data-bbox="1129 562 1302 741"></div> <hr/> <p>Technique 4</p> <div data-bbox="1129 898 1302 1077"></div> <hr/> <p>Technique 5</p> <div data-bbox="1129 1234 1302 1413"></div> <hr/> <p>Technique 7, 13</p> <div data-bbox="1129 1570 1302 1749"></div> <hr/> <p>Technique 8, 12</p>
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		<p>up with the instrument circling the breast, and caress it with your hand. Repeat 5 to 8 times.</p> <p>13. Lift to the collarbone along breast drawing semi-circle, and caress it with hands. Repeat 5 to 8 times.</p> <p>14. Draw small circles to dredge the parts with nodules. Repeat 3 to 5 times.</p> <p>15. Let the client lie on his side and with his arms lifted. Move the handpiece circlewise on the accessory breast to dissolve fat. Repeat 5 to 8 times.</p> <p>16. Push from the accessory breast to the breast with the handpiece (remove accessory breast and shape). Repeat 5 to 8 times.</p> <p>17. Do the same on the other side.</p> <p>18. Clean the treated parts with a towel. Treatment ends.</p>	 <hr/> <p>Technique 9, 14</p>  <hr/> <p>Technique 15</p>  <hr/> <p>Technique 16</p>  <hr/>
<p>The Recommended Course of Treatment</p> <p>A course of treatment includes ten treatment cycles. When you accomplish a treatment cycle, the breast is heated, accelerating blood circulation, and you can see the lifting effect. After a course, the effect becomes more evident, and the nodules relieve. If you finish three courses, the skin turns tightened, the shaping reinforces, the breast elasticity boosts, and the internal secretion regulates, making women more charming.</p>			