

User Manual

WL-800M



Preface

To our valued users,

Thanks for choosing our latest 5-in-1 integrated beauty equipment. This newest body slimming and skin tightening instrument combines the technology of a fat loss device with high-frequency vibration. WL-800M 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

A fat loss device with high-frequency vibration is currently the most popular instrument for tightening and shaping. It can effectively replace all the body care programs in a beauty salon, operate easily, conveniently, and swiftly, and solve body problems for people pursuing beauty. Moreover, this equipment works safely and effectively and requires no skin breaking, injection, medication, or surgery. It has no side effects, but it has an immediate impact. And it's operated externally throughout. High-frequency vibration heats deep skin, stimulates collagen regeneration and recombination of the dermis, and accelerates blood circulation of the underlying skin. Thus, skin tightening and body shaping can be achieved.

2. Advantages

- (1) 5-in-1 multifunctional beauty equipment fixes body care problems.
- (2) It has a handgrip that conforms to ergonomics.
- (3) When the massage head vibrates, it offers you a very comfortable experience.
- (4) It has multiple massage heads, which can be changed per the body parts to be treated and different requirements.
- (5) It's painless, non-invasive, and injury-free, and it asks for no convalescence, requires no stay, and will not affect regular work and life after treatment.
- (6) It has zero consumption and is low-cost. But it gives a quick return.
- (7) It has a broader treatment range and can be used all over the body.
- (8) Unevenness, bleeding, and swelling will not occur.

3. Body Management

(1) Principle

It utilizes a stable and rhythmical mechanical power. You can adjust the power per the body parts to be treated and massage the whole body or a local part. It uses mechanical motions of different intensities and frequencies to reduce cellulite and weight, detox and massage the body, and sculpt body shapes. Meanwhile, it stimulates hormones secretion, dredges the ovary, and recovers the uterus's elasticity.

(2) Waist & Abdomen Fat Reduction

1) Handpiece

Hemispheric Massage Head + Sprinkler-like Massage Head + U-shaped Sponge Massage Head

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

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

4) Contraindications

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

(3) Arm Fat Reduction

1) Handpiece

Cylindrical Massage Head + Sprinkler-like Massage Head + U-shaped Sponge Massage Head

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

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

4) Contraindications

- Those who just had plastic surgery.
- Those with hypertension, heart disease, diabetes, severe thyroid, malignant tumors, etc.
- Those in the allergic period or with severely sensitive skin.
- Those with skin trauma or wounds.
- Those who are overage.
- Those in pregnancy or surgical recovery.
- Those 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.

(4) Back Fat Reduction

1) Handpiece

Hemispheric Massage Head + Round Sponge Massage Head + U-shaped Sponge Massage Head

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

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

4) Contraindications

- Those with metal implants inside the body (such as a stent, pacemaker, etc.) or allergic to metals.
- Women in pregnancy, menstruation, or lactation.
- Those whose surgical wounds are healing or in surgical recovery.
- Those with hypertension, hyperglycemia, hyperlipidemia, heart disease, epilepsy, severe diabetes, or hyperthyroidism.
- Those with malignant tumors, hemophilia, or severe bleeding.
- Those with skin disease or infectious disease.
- Those who have a weak body.
- Those 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. But have enough sleep.
- Avoid wearing shoulder-baring and backless clothes.

(5) Buttock Fat Reduction

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

Cylindrical Massage Head + Sprinkler-like Massage Head

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

- Those whose hips are slack, saggy, or have accumulated fat.
- Those with striae distensae or stretch marks.
- Those whose buttock shape is not good-looking, flat, loose, or with outward expansion.
- Those with cold hips or low hip temperature.
- Those with a cold uterus, dysmenorrhea, irregular menstruation, gynecological inflammation, etc.
- Those with decreased estrogen levels or disharmonious sexual life.

4) Contraindications

- Those in menstruation, pregnancy, lactation, or surgical recovery.
- Those with hypertension, heart disease, diabetes, severe thyroid, malignant tumors, etc.

- Those with skin disease, infectious disease, or whose skin is in a sensitive period.
- Those with surgical wounds or in surgical recovery.
- Those in the allergic period or with severely sensitive skin.
- Those who just had liposuction.
- Those who are overage.

5) Matters Needing Attention After Treatment

- Keep the buttocks warm, and avoid wearing miniskirts 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. But have enough sleep.
- Avoid enjoying sauna or hot springs or doing strenuous exercise within seven days.

(6) Leg Fat Reduction

1) Handpiece

Sprinkler-like Massage Head + Round Sponge Massage Head + U-shaped Sponge Massage Head

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

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

4) Contraindications

- Women in menstruation, pregnancy, or lactation.
- Those with hypertension, heart disease, diabetes, severe thyroid, malignant tumors, etc.
- Those with skin disease, infectious disease, or whose skin is in a sensitive period.
- Those with surgical wounds or in surgical recovery.
- Those with severe varicosity or tumors.
- Those in the allergic period or with severely sensitive skin.
- Those who just had liposuction.
- Those who are overage.
- Those 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 miniskirts and mini-shorts.

Part II

1. Detailed Operations

Check the equipment and make sure it's properly connected. The following initial interface appears when pressing the power switch.



(1) Function Selection



On/ Off



Indicator Light



Rotating Knob for RPM Setting

The Five Massage Heads

Hemispheric Massage Head: It's mainly used to massage the muscle of large body parts, such as the back.

Sprinkler-like Massage Head: It's mainly used to massage coarse and wrinkled skin and soft tissue.

Cylindrical Massage Head: It's mainly used to alleviate pain by pressing and vibrating, and it can effectively relieve muscular tension and hard fat.

Round Sponge Massage Head: It's mainly used to massage the whole body's acupoints, including the body and sole.

U-shaped Sponge Massage Head: It's mainly used to massage the legs, arms, and the two sides of the waist.

2. Technical Parameters

Power: 110v or 220v

3. Precautions on Use

- (1) A plug with a ground pin must be used, and a power socket that is already grounded must be ensured before using the equipment.
- (2) Make sure the voltage of the equipment is adaptive. If the local power supply voltage is not stable, we suggest users add a voltage regulator with matching power between the mains 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 normal service life.
- (4) The equipment can't be placed in damp places or near water, and it also can not be exposed to direct sunlight.
- (5) Please don't 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 use to avoid unexpected situations which may affect the curative effect.
- (7) Please refrain from using the equipment to aim at eyes, thyroid, parathyroid, testicles, pregnant woman's abdomen, pacemaker, etc.
- (8) Those suffering from an illness should use it with caution unless they 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 after everything is settled. Thus, the safety of the equipment can be guaranteed.
- (10) When operating the device, start from the lowest RPM and gradually increase it after the client gets used to it.
- (11) The handpieces can be used separately, but a better effect can be achieved with the combined use.
- (12) 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 take it immediately.
- (13) Women in pregnancy or menstruation and infants are forbidden to use the equipment; a child should use it under the guidance of an adult.
- (14) After the operation, clean the equipment with normal saline to ensure its cleanliness and hygiene and extend its service life.

4. Common Problems & Solutions

- (1) Does the equipment can't be started, and the buttons on it can't light up?
 - A. Make sure the power cord is plugged into a good power socket.
 - B. Check whether the fuse tube in the back is loose or burnt out.

- (2) Does the massage head not vibrate even the equipment can be started?
- A. Check whether the RPM is adjusted.
 - B. Please check whether the handpiece and the plug connecting to the equipment body are closely linked.
 - C. If the solutions mentioned above are not working, please contact the equipment dealer for assistance.

5. FAQs

- (1) Q: How long does it take to see the effect of a fat loss with high-frequency vibration treatment?

A: Usually, the effect can be seen on the same day or within a week. Skin's collagen tissue, under heating, produces contraction, resulting in an evident skin tightening. A fat loss with high-frequency vibration treatment regenerates collagen continuously since it stimulates subcutaneous tissue. Therefore, the more times you take the treatment, the more noticeable the effect.

- (2) Q: Does a fat loss with high-frequency vibration treatment harm the skin?

A: Skin tightening and shaping with high-frequency vibration is a non-surgical program. It stimulates collagen regeneration and metabolism of the underlying skin. Therefore, it causes no harm to the skin. Only local redness and burning will occur after treatment. It's an everyday phenomenon caused by accelerated blood circulation, and it 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 time for one treatment is about 60 minutes. We unite professional hand techniques and instruments to achieve a noticeable effect.

- (4) Q: What functions does this equipment include?

A: It can dissolve fat, shape the body, do tighten and lifting, reduce the weight of a local part, sculpt an S curve, and accelerate the whole body's metabolism and detox. Meanwhile, it can also enhance viscera functions and relieve the body's sub-health condition.

- (5) Q: Which one is better in terms of weight reduction, liposuction, or this equipment?

A: Liposuction rapidly slims a local body part by sucking out excess fat from it with vacuum suction. It has an instant effect, but it uses an anesthetic during the operation and has convalescence. There is a risk since 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. And it sculpts perfect curves by reducing fat pertinently with high-frequency vibration.

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

A: If you lose weight with high-frequency vibration, it will not rebound easily after reduction. The reason is that weight loss with high-frequency vibration removes fat instead of moisture, and fat accumulation takes a long time. Thus, it will not rebound easily.

(7) Q: Do I need to be on a diet?

A: You need to keep on a diet to some extent because metabolism accelerates after a fat loss with high-frequency vibration treatment. Therefore, avoid eating spicy, oily, or fried food so as not to affect metabolism. And have a proper amount of exercise to sweat and discharge the sweat from the body to have a more evident effect.

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

A: Improving the appearance and shaping the body with this treatment is a non-invasive one and currently one of the safest and most effective ways to improve looks, remove wrinkles, tighten skin, and sculpt the body. Generally speaking, it causes no side effects. A few people may experience transient skin redness or swelling that will disappear after a few hours. Those with dry skin may experience dryness and atrophy after initial treatment. The skin loses moisture due to heat energy produced by high-frequency vibration. However, the skin turns plump at the initial stage of collagen regeneration, and all those symptoms will disappear after three days. Thus, it has no side effects on the body.

6. Packing List

Main Machine x1

Vibration Handpiece x1

Massage Head x5

Power Cord x1

7. Operating Steps

(1) Waist & Abdomen Fat Reduction

massage, use hemispheric massage head, sprinkler-like massage head, u-shaped sponge massage head, clean the treated parts

Matched Product: essential oil

Auxiliary Tools: disposable film

(2) Arm Fat Reduction

massage, use cylindrical massage head, sprinkler-like massage head, u-shaped sponge massage head, clean the treated parts

Matched Product: essential oil

Auxiliary Tools: disposable film

(3) Back Fat Reduction

massage, use hemispheric massage head, round sponge massage head, u-shaped sponge massage head, clean the treated parts

Matched Product: essential oil

Auxiliary Tools: disposable film

(4) Buttock Fat Reduction

massage, use hemispheric massage head, sprinkler-like massage head, clean the treated parts

Matched Product: essential oil

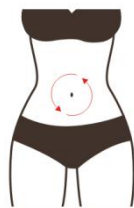
(5) Leg Fat Reduction

massage, use sprinkler-like massage head, round sponge massage head, u-shaped sponge massage head, clean the treated parts



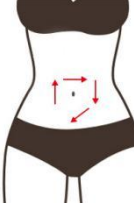
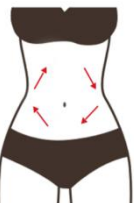

Matched Product: essential oil


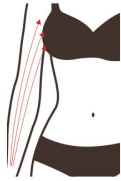


Auxiliary Tools: disposable film

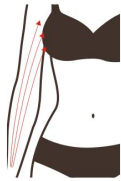



8. Operational Diagrams

Parameter Setting	Matched Product	Technique	Diagram
Waist & Abdomen Fat Reduction: 60 Minutes/ Once a Week			
Hemispheric Massage Head Advised RPM: 1600rpm-3200 rpm	Massage Cream (Essential Oil) + Instrument	1. Rub essential oil into the abdomen with hands moving clockwise. Repeat three times. 2. Rub the belly back and forth with hands. Repeat three 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	Technique 1, 7, 10 
Sprinkler-like Massage Head Advised RPM: 1600rpm-3200 rpm			Technique 2
U-shaped			





<p>Sponge Massage Head Advised RPM: 1600rpm-3200 rpm</p>	<p>hands doing it alternately. Repeat 16 times.</p> <p>5. Draw Arabic numeral 8-shaped motions to the part below the waist, and then lift upwards from the side of the waist. Repeat three times.</p> <p>6. Rub intestinal tract with hands overlapped, moving in small circles and clockwise. Repeat three times.</p> <p>7. Caress the treated parts with hands moving circlewise. Repeat three times.</p> <p>8. Press Shangwan (RN13), Zhongwan (RN12), Xiawan (RN10), Shenque (RN8), Qihai (RN6), Guanyuan (RN4), Zhongji (RN3), Tianshu (ST25), and Daheng (SP15). Repeat two times.</p> <p>9. Push from Zhongji (RN3) to the belly button with the thumbs, slide to the parts below the waist along the two sides, and lift upwards to the groin. Repeat three times.</p> <p>10. Caress the treated part till groin with hands.</p> <p>11. Hemispheric Massage Head: 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 in rhombus-shaped motions. 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. Coupled with hands,</p>	<div data-bbox="1145 212 1279 421"></div> <div data-bbox="1066 488 1228 521">Technique 3</div> <div data-bbox="1145 544 1279 752"></div> <div data-bbox="1066 819 1228 853">Technique 4</div> <div data-bbox="1145 875 1279 1084"></div> <div data-bbox="1066 1151 1228 1184">Technique 5</div> <div data-bbox="1145 1207 1279 1415"></div> <div data-bbox="1066 1482 1228 1516">Technique 6</div> <div data-bbox="1145 1538 1279 1747"></div> <div data-bbox="1066 1814 1228 1848">Technique 8</div>
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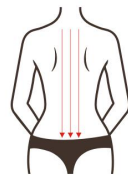



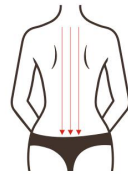

		<p>lifting Daimai (GB26) of the two sides. Repeat 16 times.</p> <p>16. Sprinkler-like Massage Head: Along ascending colon, transverse colon, and descending colon, moving from the abdomen to rectum slowly. Repeat 3 to 5 times.</p> <p>17. Shape the waist with hands moving in rhombus-shaped motions. Repeat 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. Coupled with hands, lifting Daimai (GB26) of the two sides. Repeat 16 times.</p> <p>21. U-shaped Sponge Massage Head: Wrap the massage head with a disposable film before operating. Leave it on the fatty part of the side of the waist for 5 to 10 minutes.</p> <p>22. Do the same on the other side.</p> <p>23. Clean the treated parts with a towel. Treatment ends.</p>	 <hr/> <p>Technique 9</p>  <hr/> <p>Technique 11, 16</p>  <hr/> <p>Technique 12, 17</p>  <hr/> <p>Technique 13, 18</p>  <hr/> <p>Technique 14, 15, 19, 20,</p>
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The Recommended Course of Treatment: A course of treatment includes ten times treatment. After one treatment, the abdomen is heated, which expedites metabolism. After a course, fat metabolizes slowly, and slimming starts. Meanwhile, problems like constipation relieve. After two courses, the effects become more apparent, the skin turns tightened and lifted, collagen of the underlying skin increases, and stretch marks and flabby skin take a turn for the better. After three courses, the effects consolidate, excess fat disappears gradually, the waist and abdomen's curve sculpts, and a slim waist builds.			
Arm Fat Reduction: 60 Minutes/ Once a Week			
Cylindrical Massage Head Advised RPM: 1600rpm-3200 rpm Sprinkler-like Massage Head Advised RPM: 1600rpm-3200 rpm U-shaped Sponge Massage Head Advised RPM: 1600rpm-3200 rpm	Massage Cream (Essential Oil) + Instrument	1. Technique. 2. Do it in left-right order. Lay the arm flatwise, apply oil from the lower arm to the entire arm with hands until the hands slide out, and repeat it three times. 3. Push the entire arm with palms doing it alternately. Repeat three times. 4. Push Large Intestine Channel-Triple Energizer Channel-Small Intestine Channel of the outer arm separately till armpit with hands' purlicue. Repeat three times. 5. Caress the treated part. Repeat three times. 6. Rub the three channels and collaterals of the upper arm separately and back and forth with kneeling fingers until it turns hot. Repeat three times. 7. Caress the treated part. Repeat three times. 8. Lay the arm upwards, and	Technique 2, 3, 4, 5, 6, 7  Technique 8, 9  Technique 10  Technique 13, 16, 21, 24

		<p>push Lung Channel[LU]-Pericardium Channel[PC]-Heart Channel[HT]) of the inner arm till armpit with purlicue. Repeat three times, respectively.</p> <p>9. Rub the three channels and collaterals back and forth with kneeling fingers and till it becomes hot. Repeat three times.</p> <p>10. Caress the treated part till the hands slide out. Repeat three times.</p> <p>11. Do the same on the other side.</p> <p>12. Treatment ends.</p> <p>13. Cylindrical Massage Head: Lay the arms flatwise, and push from the fatty part of the lower arm to the armpit along the three channels and collaterals. Repeat three times.</p> <p>14. Move circlewise till armpit along the three channels and collaterals. Repeat three times.</p> <p>15. Flabby arms can be treated more. Repeat three times.</p> <p>16. Push till the armpit along the three channels and collaterals. Repeat three times.</p> <p>17. Lay the arms upwards, and push the three channels and collaterals of the arms to the armpit. Repeat three times.</p> <p>18. Draw small circles till armpit along the three channels and collaterals of the</p>	 <p>Technique 14, 15, 22, 23</p>  <p>Technique 17, 25</p>  <p>Technique 19, 27</p> 
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		<p>upper arms. Repeat three times.</p> <p>19. Push from the upper arm to the armpit along the three channels and collaterals.</p> <p>20. Do the same on the other side.</p> <p>21. Sprinkler-like Massage Head: Lay the arms flatwise, and push from the fatty part of the lower arm to the armpit along the three channels and collaterals. Repeat three times.</p> <p>22. Move circlewise till armpit along the three channels and collaterals. Repeat three times.</p> <p>23. Flabby arms can be treated more. Repeat three times.</p> <p>24. Push till the armpit along the three channels and collaterals. Repeat three times.</p> <p>25. Lay the arms upwards, and push the three channels and collaterals of the arms to the armpit. Repeat three times.</p> <p>26. Draw small circles till armpit along the three channels and collaterals of the upper arms. Repeat three times.</p> <p>27. Push from the upper arm to the armpit along the three channels and collaterals.</p> <p>28. Do the same on the other side.</p> <p>29. U-shaped Sponge Massage Head: Wrap the massage head with a disposable film before</p>	
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		<p>operating. Leave it on the fatty part of the upper arm for 5 to 10 minutes.</p> <p>30. Do the same on the other side.</p> <p>31. Clean the treated parts with a towel. Treatment ends.</p>	
<p>The Recommended Course of Treatment:</p> <p>A course of treatment includes ten times treatment. After one treatment, a sense of heating and tightening can be felt, and the arms get relaxed. After a course, the excess fat of the arms begins to decrease, and the skin starts to turn firm and plump. After two courses, body shaping starts, and the effect strengthens, channels and collaterals dredges, and physique enhances. After three courses, the effect consolidates and stabilizes, and rebound can be prevented.</p>			
<p>Back Fat Reduction: 60 Minutes/ Once a Week</p>			
<p>Hemispheric Massage Head Advised RPM: 1600rpm-3200 rpm</p> <p>Round Sponge Massage Head Advised RPM: 1600rpm-3200 rpm</p> <p>U-shaped Sponge Massage Head Advised RPM: 1600rpm-3200 rpm</p>	<p>Massage Cream (Essential Oil) + 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 motions from the neck to the caudal vertebra with hands. Repeat three times. 6. Push Bladder Meridian in left-right order with thumbs doing it alternately. Repeat three times. 7. Push Bladder Meridian to the sacral region (BL31-BL34) with thumbs doing it simultaneously. Repeat three times. 	<p>Technique 2, 11</p>  <p>Technique 3</p>  <p>Technique 4</p>  <p>Technique 5</p> 

	<p>8. Push Bladder Meridian with kneeling fingers of the hands 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. Operate 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 it turns hot.</p> <p>15. Treatment ends.</p> <p>16. Hemispheric Massage Head: Treat Du Meridian first and Bladder Meridian after. Start with the neck, sliding to the sacral region (BL31-BL34). Repeat 3 to 5 times.</p> <p>17. Move circlewise on Dazhui (DU-14) and sacral region (BL31-BL34). Repeat 3 to 5 times for each.</p> <p>18. Start with neck, moving to and fro the area connecting neck and shoulder. Repeat 3 to 5 times.</p>	<p>Technique 6, 7, 8, 14</p>  <hr/> <p>Technique 9, 19</p>  <hr/> <p>Technique 10</p>  <hr/> <p>Technique 12, 13</p>  <hr/> <p>Technique 16, 23</p>  <hr/> <p>Technique 17, 24</p>  <hr/> <p>Technique 18, 25</p>
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	<p>19.Lift to and fro the medial border of the scapula in left-right order. Repeat 3 to 5 times.</p> <p>20.Move transversely and from top to down to the sacral region (BL31-BL34) in an Arabic numeral 8-shaped motions. 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.Round Sponge Massage Head: Wrap the massage head with a disposable film before operating. Treat Du Meridian first and Bladder Meridian after. Start with the neck, sliding to the sacral region (BL31-BL34). Repeat 3 to 5 times.</p> <p>24.Move circlewise on Dazhui (DU-14) and sacral region (BL31-BL34). Repeat 3 to 5 times for each.</p> <p>25.Start with neck, moving to and fro the area connecting neck and shoulder. Repeat 3 to 5 times.</p> <p>26.Lift to and fro the medial border of the scapula in left-right order. Repeat 3 to 5 times.</p> <p>27.Move transversely and from top to down to the sacral region (BL31-BL34) in an Arabic numeral 8-shaped motions. Repeat three times.</p> <p>28.Move from the bottom up</p>	 <p>Technique 20, 27</p>  <p>Technique 21, 28</p>  <p>Technique 22, 29</p> 
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		<p>and circlewise till armpit from the two sides, and do it in left-right order. Repeat three times.</p> <p>29. Lift upwards from the side of the waist to the armpit. Repeat 3 to 5 times.</p> <p>30. U-shaped Sponge Massage Head: Wrap the massage head with a disposable film before operating. Leave it on the waist for 5 to 10 minutes.</p> <p>31. Do the same on the other side.</p> <p>32. Clean the treated parts with a towel. Treatment ends.</p>	
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The Recommended Course of Treatment:

A course of treatment includes ten times treatment. After one treatment, the back gets relaxed, stiffness of the shoulder and neck relieves, and the skin lifts. After a course, the back and shoulder become relaxed, back fat lessens, Dowager's Hump relieves, and the back outlines become good-looking. After two courses, Dowager's Hump improves, channels and collaterals dredges, and the sub-health conditions and sleep take a turn for the better. After three courses, back get thinner, outlines become nice, viscera function enhances, and digestion, detox, and metabolism boost. (One course can reduce the size, two courses consolidate the effect, and three courses strengthen the effect without a rebound.)

Buttock Fat Reduction: 60 Minutes/ Once a Week

<p>Cylindrical Massage Head Advised RPM: 1600rpm-3200 rpm</p> <p>Sprinkler-like Massage Head Advised RPM: 1600rpm-3200 rpm</p>	<p>Massage Cream (Essential Oil) + Instrument</p>	<ol style="list-style-type: none"> 1. Massage. 2. Stand sideways with hands applying 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 	<p>Technique 2, 5, 11</p>  <p>Technique 3</p>  <p>Technique 4</p>
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		<p>Chengfu (BL36). Repeat three times.</p> <p>5. Caress the treated part. Repeat three times.</p> <p>6. Do it in left-right order. 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>7. Push upwards from the thigh root to Daimai (GB26) with hands doing it severally along Bladder Meridian, Kidney Meridian, Liver Meridian, and Gallbladder Meridian. Repeat three times, respectively.</p> <p>8. Lift from the thigh root to Daimai (GB26) with the palms overlapped. Repeat 3 to 5 times.</p> <p>9. Push (for sculpting) directly and one line after another from the two sides of the buttocks to the highest point with hands, and do it back and forth. 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. Cylindrical Massage Head: 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 of the buttocks.</p>	 <p>Technique 6, 14, 17</p>  <p>Technique 7, 10</p>  <p>Technique 9, 15, 18</p>  <p>Technique 16</p> 
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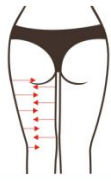

		<p>Repeat three times.</p> <p>16. Draw small circles on the whole buttocks. Repeat 3 to 5 times.</p> <p>17. Lift one line after another from the thigh root to Daimai (GB26). Repeat three times.</p> <p>18. Lift upwards and one line after another from the two sides of the buttocks to the highest point of the buttocks. Repeat three times.</p> <p>19. Do the same on the other side.</p> <p>20. Sprinkler-like Massage Head: The operation is the same as the cylindrical massage head.</p> <p>21. Clean the treated parts with a towel. Treatment ends.</p>	
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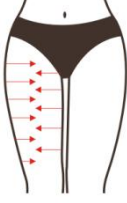
The Recommended Course of Treatment:

A course of treatment includes ten times treatment. After one treatment, the buttocks lift and become hot. After a course, buttocks outlines start to show themselves, excess fat decreases slowly, and the skin turns tightened. After three courses, cold-natured body, cold uterus, and gynecological diseases relieve, menstruation returns to normal, and the effect consolidates, boosting feminine charm.

Leg Fat Reduction: 60 Minutes/ Once a Week

Sprinkler-like Massage Head Advised RPM: 1600rpm-3200 rpm	Massage Cream (Essential Oil) + Instrument	1. Massage. 2. Do it in left-right order. Apply essential oil from the lower leg to the thigh and back to the heel. Repeat three times. 3. Push the entire leg from the bottom up with palms doing it by turns, and back to the heel till the palms slide out. Repeat three times. 4. Push Bladder Meridian-Kidney Meridian-Liver Meridian-Gallbladder Meridian from the bottom up	Technique 2, 3, 4, 5, 7, 8, 9 
Round Sponge Massage Head Advised RPM: 1600rpm-3200 rpm			Technique 6 
U-shaped Sponge Massage Head Advised RPM:			Technique 11, 13, 19,

<p>1600rpm-3200 rpm</p>		<p>with hands' purlicue doing it by turns. Repeat three times.</p> <p>5. Push popliteal fossa with hands doing it alternately. Repeat three times.</p> <p>6. Twist the leg from the bottom up and back and forth with hands doing it alternately. Repeat three times.</p> <p>7. Caress the treated part. Repeat three times.</p> <p>8. Push the four channels and collaterals from the bottom up with kneeling fingers of hands. Repeat three times.</p> <p>9. Caress the treated part. Repeat three times.</p> <p>10. Do the same on the other side.</p> <p>11. Sprinkler-like Massage Head: From the bottom to popliteal fossa, pushing Bladder Meridian-Kidney Meridian-Liver Meridian-Gallbladder Meridian successively. Repeat three times.</p> <p>12. Draw small circles on the lower leg to dissolve fat. Repeat three times.</p> <p>13. Push from the bottom up to popliteal fossa successively, and caress it with hands. Repeat three times.</p> <p>14. Start from the popliteal fossa, pushing the four channels and collaterals till the thigh root. Repeat three times.</p> <p>15. Start from popliteal fossa, drawing small circles till the thigh root to dissolve fat.</p>	<p>21</p>  <hr/> <p>Technique 12, 20</p>  <hr/> <p>Technique 14, 16, 22</p>  <hr/> <p>Technique 15, 17, 23</p>  <hr/> <p>Technique 24</p>  <hr/> <p>Technique 25</p>  <hr/> <p>Technique 27, 28, 29, 34, 37, 39</p>
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		<p>Repeat three times.</p> <p>16. Start from popliteal fossa, pushing the channels and collaterals till the thigh root. Repeat three times.</p> <p>17. Draw small circles on the whole thigh to dissolve fat. Repeat 3 to 5 times.</p> <p>18. Do the same on the other side.</p> <p>19. Round Sponge Massage Head: Wrap the massage head with a disposable film before operating. Coupled with hands, lifting one line after another from the heel to the popliteal fossa. Repeat three times.</p> <p>20. Draw small circles on the lower leg. Repeat three times.</p> <p>21. Move up and down on the lower leg. Repeat 3 to 5 times.</p> <p>22. Lift one line after another from the popliteal fossa to the thigh root. Repeat three times.</p> <p>23. Draw small circles on the thigh. Repeat three times.</p> <p>24. Lift one line after another from the two sides of the thigh to the middle. Repeat 3 to 5 times.</p> <p>25. Lift upwards and circlewise on the two sides of the thigh. Repeat three times.</p> <p>26. Do the same on the other side.</p> <p>27. Fore-leg: Apply essential oil from the lower leg to the thigh root with hands (namely caressing). Repeat three times.</p> <p>28. Push Spleen</p>	 <hr/> <p>Technique 35, 40</p>  <hr/> <p>Technique 36, 42</p>  <hr/> <p>Technique 41</p>  <hr/>
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		<p>Meridian-Stomach</p> <p>Meridian-Liver</p> <p>Meridian-Gallbladder</p> <p>Meridian of the leg till the thigh root with hands' purlicue doing it alternately. Repeat three times.</p> <p>29. Push the four channels and collaterals with kneeling fingers of the hands. Repeat three times.</p> <p>30. Treatment ends.</p> <p>31. Do the same on the other side.</p> <p>32. Sprinkler-like Massage Head: Lift from the lower leg towards the knee along the four channels and collaterals. Repeat three times. (If the lower leg doesn't have excess fat, you can treat the thigh directly.)</p> <p>33. Move circlewise from the two sides of the lower leg to the knee. Repeat three times. (If the lower leg doesn't have excess fat, you can treat the thigh directly.)</p> <p>34. Lift one line after another from the knee to the thigh root. Repeat three times.</p> <p>35. Draw small circles on the whole thigh. Repeat three times.</p> <p>36. Lift circlewise from the knee to the thigh root. Repeat three times.</p> <p>37. Lift one line after another from the knee to the thigh root. Repeat three times.</p> <p>38. Round Sponge Massage Head: Wrap the massage</p>	
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		<p>head with a disposable film before operating. Treat the lower leg as the techniques mentioned above. (If the lower leg doesn't have excess fat, you can treat the thigh directly.)</p> <p>39. Lift one line after another from the knee to the thigh root. Repeat three times.</p> <p>40. Draw small circles on the thigh. Repeat three times.</p> <p>41. Lift one line after another from the two sides of the thigh to the middle. Repeat 3 to 5 times.</p> <p>42. Lift upwards and circlewise on the two sides of the thigh. Repeat three times.</p> <p>43. Do the same on the other side.</p> <p>44. U-shaped Sponge Massage Head: Wrap the massage head with a disposable film before operating. Leave it on the fatty part of the thigh for 5 to 10 minutes.</p> <p>45. Do the same on the other side.</p> <p>46. Clean the treated parts with a towel. Treatment ends.</p>	
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The Recommended Course of Treatment:

A course of treatment includes ten times. After one treatment, the legs get relaxed, and blood circulation accelerates. After a course, the legs become thinner, and a sense of tightening can be felt evidently due to the contraction effect generated by skin collagen tissue. After two courses, the legs turn slim and tightened, and it presents an evident effect. After three courses, the effect reinforces. The energy of the vibration handpiece can penetrate until dermis and produces collagen continuously. Thus, the curative effect becomes more and clearer.