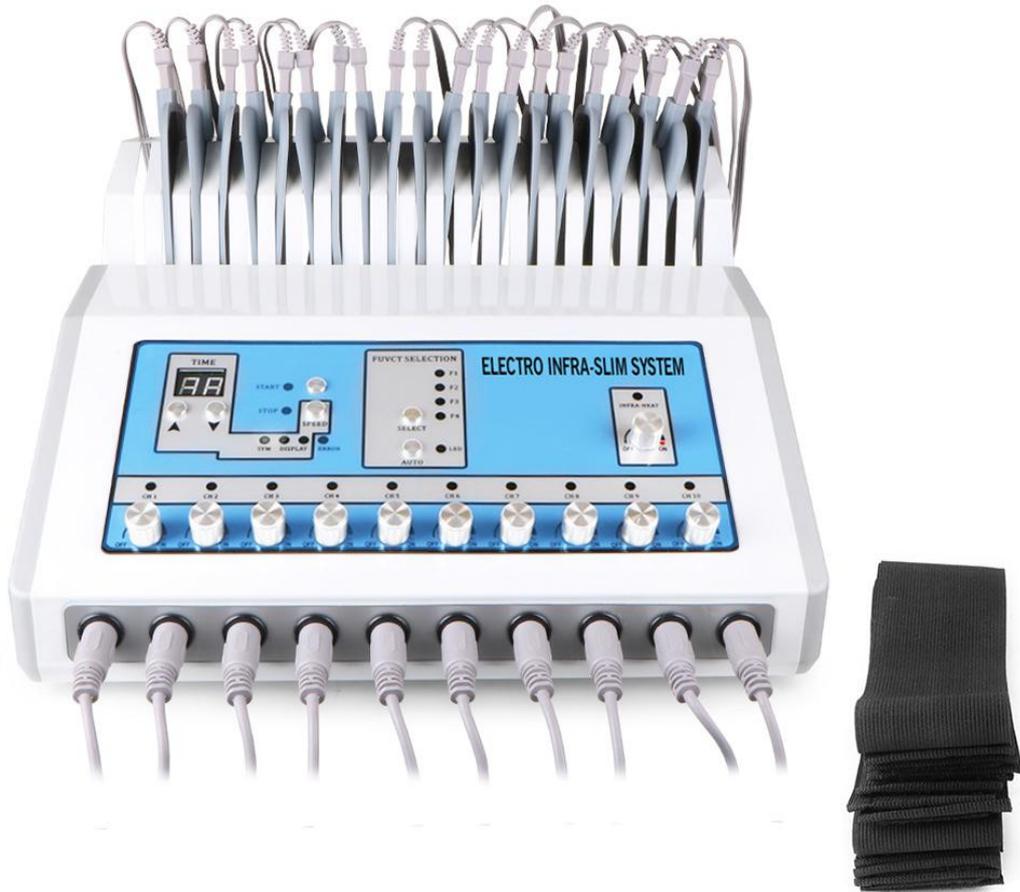


User Manual

WL-KYDS872



Preface

To our valued users,

Thanks for choosing our latest massager. This latest body slimming and skin tightening instrument applies EMS technology. WL-KYDS872 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, beauty instruments that adopt the EMS technique are the most popular ones for tightening and body shaping. It can effectively replace all body care programs in a beauty salon, operate easily, conveniently, and swiftly, and solves body problems for people pursuing beauty. Moreover, this equipment works safely and effectively and requires no skin breaking, no injection, no medication, and no surgery. It has no side effects. EMS micro-current stimulates muscles and makes them relax, enhances local blood circulation, prevents amyotrophy, and promotes metabolism.

2. Advantages

- (1) EMS micro-current can effectively solve problems like body fatigue, soreness, and swelling.
- (2) It has a broader treatment range and an evident effect, and it has no consumption, with low cost, but with a quick return.
- (3) The perfect match of hand techniques and EMS technology will address people's concerns for weight reduction. It can tighten skin, increase skin elasticity, speed up body metabolism, and strengthen the physique while reducing weight.
- (4) It's easy to operate, requires no surgery or anesthesia(non-invasive and painless), and will not affect regular work and life.
- (5) It has a broader treatment range and can be used on various body parts.
- (6) EMS micro-current stimulates muscle contraction, makes muscles plump and muscular, and relieves sagging caused by slack muscle.

3. Body Management

(1) Principle

EMS is short for Electronic Muscle Simulation. It's called the electrostimulation technique and is also known as the muscle exercising technique. To put it simply, the muscle, under normal situations, starts to move actively after receiving signals from the brain. EMS, however, sends the signals directly to the muscle via electrical stimulation, which makes the muscle exercise passively to achieve skin tightening and outline cleansing.

Efficacy:

- A. Relax muscles, enhance local blood circulation, prevent amyotrophy and relieve muscle spasms. To increase local blood circulation and exercise muscles. It can accurately and rapidly help users firm skin and make the body better.
- B. Low-intensity micro-current stimulates muscle contraction and makes muscles

plump and muscular instead of decreasing. Relieve sagging caused by slack muscles and make contour clear. It's muscle improvement.

(2) Waist & Abdomen Sculpting

1) Efficacy

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

2) Indications

- Those with cold hands, feet, cold uterus, or cold-natured bodies.
- Those whose waist and abdomen have flab, protruding small belly, or flabby skin after child delivery.
- Those who sit too long or with unsightly waistlines.
- Those with striae distensae or stretch marks.
- Those with constipation or whose abdomens have obstructed channels and collaterals.

3) 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.

4) Matters Needing Attention After Treatment

- Avoid wearing a crop top or exposing to a windy environment and catching a cold.
- Avoid eating and drinking too much, staying up late, drinking alcohol, or eating raw, cold, spicy, or greasy food. Instead, drink more hot water.
- Keep the abdomen warm and take a shower after 4 to 6 hours.
- Avoid enjoying sauna, hot springs, or doing strenuous exercise within seven days.

- Rub the abdomen with your hands doing it clockwise before sleep at night, making weight loss and metabolism achieve a better effect.

(3) Arm Sculpting

1) Efficacy

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

2) 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 the baby.

3) 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 wound.
- Those who are overaging.
- Those in pregnancy or surgical recovery.
- Those with skin disease or infectious disease.

4) 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, hot springs, or doing strenuous exercise within seven days.

(4) Back Sculpting

1) 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 excessive flab from the back and sculpt the back.

2) Indications

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

3) 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.

4) Matters Needing Attention After Treatment

- Keep warm, avoid exposure to a windy environment, catch 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) Buttocks Sculpting

1) Efficacy

- Enhance blood circulation and speed up metabolism.
- Relieve gynecological diseases, such as 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 hips, relieve the sagging and outward expansion of the hips, tighten skin, and increase elasticity.

2) 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.

3) 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 overaging.

4) 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, hot springs, or doing strenuous exercise within seven days.

(6) Leg Sculpting

1) Efficacy

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

2) Indications

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

3) 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 overaging.
- Those in pregnancy or surgical recovery.

4) 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, hot springs, or doing strenuous exercise within seven days.
- Wear long pants as far as possible after treatment and avoid wearing miniskirts

and mini-shorts.

(7) Breast Sculpting

1) 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 mastatrophly, slack breast, and blocked lactiferous ducts after child delivery.

2) Indications

- Those whose breast shape is not good-looking or who has accessory breast.
- Those with breast nodules, slight hyperplasia, or who have distending pain during menstruation.
- Those with hypoimmunity.
- Those with irregular menstruation, spots on the face, or inelastic skin.
- Those who think she has a less developed mammary gland, mastatrophly, loose breast, or blocked lactiferous ducts after giving birth.

3) Contraindications

- Those with cardiovascular and cerebrovascular diseases, diabetes, abnormal coagulation function, or impaired major organs.
- Those who have been taking an anticoagulant, vascular dilation, or corticosteroids for a long time or are taking them now.
- Those with infected skin on the breast.
- Those with severe breast hyperplasia, fibroma, or cyst.
- Women in pregnancy or lactation.

4) Matters Needing Attention After Treatment

- Drink more warm water and keep warm.
- Wear fixed-shape and comfortable underwear, and don't squeeze the breast too hard.
- Avoid exposing yourself to a windy environment and catching a cold, and take a shower after 4 to 6 hours.

Part II

1. Detailed Operations

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



Function Selection



Time Setting and Display



Time Setting(increase)



Time Setting(decrease)



Start/ Pause



Button for Output Frequency Setting



S: The output frequency of the energy is slow. Namely, when the instrument is on, it stimulates muscle movement with a slow speed, which suits the first-time user or those sensitive to the electric current.

M: The output frequency of the energy is moderate. Namely, when the instrument is on, it stimulates muscle movement with a moderate speed, which suits those who

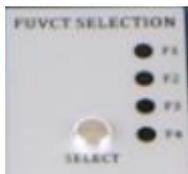
used it before and think the frequency is proper.

S: The output frequency of the energy is fast. Namely, when the instrument is on, it stimulates muscle movement with a fast speed, which suits those exercises regularly and can bear with the higher energy level.



Error Warning Light

If it lights up when you start to use the machine, please find out the energy on/off button that was not off properly after treatment and turn it off to disable the warning. Caution: After each operation, please turn off the energy on/off button for the corresponding EMS pad to avoid alerts when you turn the instrument on next time.



Mode Selection

F1: F1 is pounding mode and mainly for stimulating muscle movement and firming the skin, and it suits those with less fat and flabby and inelastic skin.

F2: F2 is kneading or massaging mode and mainly for dredging channels and regulating metabolism, and it suits those with local stiff muscles, soreness, numb limbs, or are prone to fatigue.

F3: F3 unites pounding and kneading, and it suits those with slight fat or who want to reduce fat and shape the body.

F4: F4 is striking and pounding mode and mainly for stimulating muscle movement and firming muscle, and it suits those with flabby skin or who want to exercise the muscle.



Circulation Mode. Press AUTO to launch LED.

(When the LED is launched, the operating mode and energy output frequency have cycle operation simultaneously.) For example, at the very beginning, it operates from working mode F1 to F4 orderly with the frequency of S, then with the frequency of M, and at last with the frequency of F. when the cycle ends, it starts with the frequency of S again.



Rotating Knob for Temperature Setting



Rotate the corresponding knob to adjust the energy of the pad. After clicking start, the indicator lights on the top of the rotating knobs will be on.

2. Technical Parameter

Input Voltage: 220V/50Hz or 120V/60Hz

Rated Power: $\leq 40W$

Working Current: $\leq 50MA$

Pulse Output: 10 Channels

Maximum Treatment Time: 90mins

Pulse Waveforms: 5 Modes

Pulse Frequency: 30Hz/s - 800Hz/s

Pulse Power: 0 - 270 Angles Adjustable

Pulse Speed: 3 Levels Adjustable

Shrink Time: 0.1 - 5s

Loose Time: 0.1 - 5s

Machine Dimension: 40cm*27cm*13cm

Packing Size: 47cm*35cm*23cm

3. Contraindications

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

- (1) Women in pregnancy or lactation.
- (2) Those with heart disease or heart pacemakers.
- (3) Those with unhealed surgical wounds or in surgical recovery.
- (4) Those with epilepsy, severe diabetes, or hyperthyroidism.
- (5) Those with malignant tumors, hemophilia, or severe bleeding.
- (6) Those with skin disease or infectious disease should use it with caution.
- (7) Those who are sensitive to electric current should use it with caution.
- (8) Those with severe stomach, intestine, liver diseases, bladder calculus, and kidney stone should not use it.

4. 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) To guarantee the equipment's curative effect and normal service life, please uniformly use specified parts provided or suggested by the original manufacturer.
- (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) Those with a prosthesis inside the breast can not use it.
- (7) Those with metal stents (not including a contraceptive ring) inside the body are prohibited from using it.
- (8) Women in pregnancy or lactation can not use it.
- (9) Those who drink alcohol can not use it.
- (10) Those with heavy menstrual blood can not use it.
- (11) Those who are sensitive to electric current can not use it.
- (12) Those who did cesarean in the past six months can not use it.
- (13) Those who experienced a miscarriage in the past three months can not use it.
- (14) Those who experienced natural labor in the past two months can not use it.
- (15) If the suction level of the vacuum cup is too high, please stop it immediately and reset the suction.
- (16) Those who are sensitive to electric current should use it with caution.
- (17) Do not wear metal jewelry during the treatment.
- (18) Bear in mind that filter cotton must be mounted before using a metal grease cup. Otherwise, the essential oil may enter the equipment, causing malfunction.
- (19) Don't use EMS on the abdomen within one hour after a meal.
- (20) Don't place the EMS pad on inflamed muscles caused by injury.
- (21) Don't place the EMS pad on body parts with scars left by an operation conducted recently (within ten months).
- (22) After the operation, clean the equipment with normal saline to ensure its cleanliness and hygiene and extend its service life.

5. Troubleshooting & Solutions

- (1) The equipment can't be started?
 - A. Make sure the power cord is plugged into a suitable power socket.
 - B. Check whether the fuse in its back is loose or burnt out.
- (2) There is no electric current when operating EMS?
 - A. Check whether the connecting wire is tightly inserted.
 - B. Check whether the screen button is consistent with the used EMS pad.

6. FAQs

- (1) Q: Can EMS be used for weight loss?
A: Yes. Comparably, it can achieve a better effect on bodybuilding than on weight reduction. It's called the electrostimulation technique and is also known as the muscle exercising technique. To put it simply, the muscle, under normal situations, starts to move actively after receiving signals from the brain. EMS, however, sends the signals directly to the muscle via electrical stimulation, which makes the muscle exercise passively to achieve skin tightening and outline cleansing.

(2) Q: Does it hurt when using EMS?

A: No. EMS micro-current can stimulate body cells and achieve massage techniques like pounding, pressing, and pushing. You will feel tingling and comfortable during the process.

(3) Q: What functions does this equipment include?

A: It can dissolve fat, shape the body, reduce the weight of local body parts, build an S curve, and accelerate body metabolism and detox. Meanwhile, it can also enhance viscera functions and relieve the sub-health condition of the body.

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

A: For weight loss with EMS lipolysis, the weight will not rebound quickly after reduction. EMS lipolysis removes fat instead of moisture, and it takes a long time for the fat to be accumulated. Thus the weight will not get rebound quickly.

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

A: You need to keep on a diet to some extent since lipolysis with EMS micro-current can accelerate metabolism. Avoid eating spicy, oily, or fried foods so as not to affect metabolism. To exercise properly to sweat and discharge it successfully from your body. In this way, the effect of weight loss will be more obvious.

7. Packing List

1 x Electronic Pulse Body Massager Host

1 x Accessories Holder

10 pairs x Square Electrode Pads

10 pcs x Electrode Lines

1 x Elastic Bandage

1 x Power Cord

8. Operational Diagrams

Parameter	Product	Technique	Diagram
Setting			
Waist & Abdomen Sculpting: 60 Minutes/ Once a Week			
EMS Pad Advised Energy Level: It can be adjusted per individual	Massage Cream(Essential Oil) + Gel + Instrument	1. Technique. 2. Apply essential oil to the abdomen with hands moving circlewise. Repeat	Technique 2, 8, 11

<p>tolerance, and it's advised not to set the energy too high when just start to avoid discomfort.</p> <p>Advised Time: 20 minutes</p>	<p>three times.</p> <p>3. Rub the belly back and forth with hands. Repeat 3 to 5 times.</p> <p>4. Rub abdominal fat as the way of rubbing the spine with hands doing it alternately. Repeat three times.</p> <p>5. Lift belt vessels of the two sides of the waist with hands doing it alternately. Repeat 16 times.</p> <p>6. Move in Arabic numeral 8-shaped motion to the part below the waist and then lift upwards from the side of the waist. Repeat three times.</p> <p>7. Rub intestinal tract with hands overlapped, moving in small circles and clockwise. Repeat three times.</p> <p>8. Caress the treated parts with hands moving circlewise. Repeat three times.</p> <p>9. Press Shangwan (RN13), Zhongwan (RN12), Xiawan (RN10), Shenque (RN8), Qihai (RN6), Guanyuan (RN4), Zhongji (RN3),</p>	<div data-bbox="1177 206 1295 385" data-label="Image"> </div> <p data-bbox="1109 448 1316 481">Technique 3, 19</p> <div data-bbox="1177 497 1295 676" data-label="Image"> </div> <p data-bbox="1109 739 1268 772">Technique 4</p> <div data-bbox="1177 788 1295 967" data-label="Image"> </div> <p data-bbox="1109 1030 1268 1064">Technique 5</p> <div data-bbox="1177 1079 1295 1258" data-label="Image"> </div> <p data-bbox="1109 1321 1268 1355">Technique 6</p> <div data-bbox="1177 1370 1295 1550" data-label="Image"> </div> <p data-bbox="1109 1612 1268 1646">Technique 7</p> <div data-bbox="1177 1662 1295 1841" data-label="Image"> </div> <p data-bbox="1109 1904 1268 1937">Technique 9</p>
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		<p>Tianshu (ST25), Daheng (SP15), and Qugu (RN2). Repeat two times.</p> <p>10. Push directly from Zhongji(RN3) to the belly button with the thumbs, slide to the parts below the waist along the two sides, then lift upwards to the groin. Repeat three times.</p> <p>11. Caress the treated part till groin with hands.</p> <p>12. Treatment is done.</p> <p>13. EMS Pad: Apply a proper amount of gel to the pads and fasten them onto the waist and abdomen for about 20 minutes.</p> <p>14. Remove the pads and clean the waist and abdomen with a hot towel.</p> <p>15. Treatment is done.</p>	 <p>Technique 10</p> 
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The Recommended Course of Treatment:

A course of treatment includes ten times. After one-time treatment, the abdomen is heated, which expedites metabolism. After a course, fat metabolizes slowly, slimming starts, and meanwhile, problems like constipation improve. After two courses, the effects become more and more apparent. The skin turns tightened and lifted, collagen in the underlying skin increases, and stretch marks and flabby skin take a turn for the better. After three courses, the effects consolidate, excessive fat disappears little by little, curve of the waist and abdomen shapes, and a slim waist builds.

Arm Sculpting: 60 Minutes/ Once a Week

<p>EMS Pad Advised Energy</p>	<p>Massage Cream(Essential Oil)</p>	<p>1. Technique. 2. Do it in left-right</p>	<p>Technique 2, 3, 4, 5, 6, 7</p>
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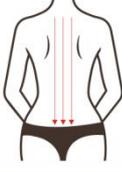
<p>Level: It can be adjusted per individual tolerance, and it's advised not to set the energy too high when just start to avoid discomfort.</p> <p>Advised Time: 20 minutes</p>	<p>+ Gel + Instrument</p>	<p>order. Lay the arm flatwise, apply oil from the lower arm to the entire arm with hands until the hands slide out, and repeat it three times.</p> <p>3. Push the entire arm with two palms doing it alternately. Repeat three times.</p> <p>4. Push Large Intestine Channel[LI]-Triple Energizer Channel[TE]-Small Intestine Channel[SI] of the outer arm respectively till armpit with hands' purlicue. Repeat three times.</p> <p>5. Caress the treated part. Repeat three times.</p> <p>6. Rub the three channels and collaterals of the upper arm respectively with kneeling fingers till it turns hot, and do it back and forth. Repeat three times.</p> <p>7. Caress the treated part. Repeat three times.</p> <p>8. Lay the arm upwards, and push Lung Channel[LU]-Pericardium</p>	<div data-bbox="1177 208 1299 387" data-label="Image"> </div> <p data-bbox="1114 450 1299 483">Technique 8, 9</p> <div data-bbox="1161 501 1315 680" data-label="Image"> </div> <p data-bbox="1114 741 1286 775">Technique 10</p> <div data-bbox="1161 792 1315 972" data-label="Image"> </div>
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		<p>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 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 is done.</p> <p>13. EMS Pad: Apply a proper amount of gel to the pads and fasten them onto the arm's fat part for about 20 minutes.</p> <p>14. Remove the pads and clean the arms with a hot towel.</p> <p>15. Treatment is done.</p>	
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The Recommended Course of Treatment:
 A course of treatment includes ten times. After one-time 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 stabilize, and rebound can be prevented.

Back Sculpting: 60 Minutes/ Once a Week

EMS Pad	Massage	1. Technique.	Technique 2, 11
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<p>Advised Energy Level: It can be adjusted per individual tolerance, and it's advised not to set the energy too high when just start to avoid discomfort.</p> <p>Advised Time: 30 minutes</p>	<p>Cream(Essential Oil) + Instrument + Gel</p>	<p>2. Apply oil to the back, and press Fengchi(GB20) and Fengfu(DU16).</p> <p>3. Stroke the area connecting neck and shoulder(start with hairline) with the thumb. Repeat 3 to 5 times.</p> <p>4. Stroke Bladder Meridian(BL) outward to the sacral region(BL31-BL34) with thumb and caress till Fengchi(GB20) and Fengfu(DU16). Repeat three times.</p> <p>5. Move circlewise and in S-shaped motion from the neck to the caudal vertebra with hands. Repeat three times.</p> <p>6. Push Bladder Meridian(BL) in left-right order with thumbs doing it alternately. Repeat three times.</p> <p>7. Push Bladder Meridian(BL) to the sacral region(BL31-BL34) with hands doing it simultaneously. Repeat three times.</p> <p>8. Push Bladder Meridian(BL) with kneeling fingers of hands in three lines,</p>	<div style="text-align: center;">  <hr/> <p>Technique 3</p>  <hr/> <p>Technique 4</p>  <hr/> <p>Technique 5</p>  <hr/> <p>Technique 6, 7, 8, 14</p>  <hr/> <p>Technique 9</p>  <hr/> <p>Technique 10</p> </div>
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	<p>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 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. 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(DU) and Bladder Meridian(BL) with hands till it turns hot.</p> <p>15. Treatment is done.</p> <p>16. EMS Pad: Apply a proper amount of gel to the pads and fasten them onto</p>	 <hr/> <p>Technique 12, 13</p> 
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		<p>the back's fat part for about 20 minutes.</p> <p>17.Remove the pads and clean the back with a hot towel.</p> <p>18.Treatment is done.</p>	
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The Recommended Course of Treatment:

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

Buttocks Sculpting: 60 Minutes/ Once a Week

<p>EMS Pad Advised Energy Level: It can be adjusted per individual tolerance, and it's advised not to set the energy too high when just start to avoid discomfort.</p> <p>Advised Time: 30 minutes</p>	<p>Massage Cream(Essential Oil) + Instrument</p>	<p>1. Technique.</p> <p>2. Stand sideways and with hands applying oil, slide from the sacral region(BL31-BL34) to the waist, and lift upwards along the buttocks. Repeat three times.</p> <p>3. Push sacral region(BL31-BL34) with thumbs. Repeat three times.</p> <p>4. Caress the treated part 3 times, then press Shenshu(BL23), sacral region(BL31-BL34), Changqian(DU1), Huantiao(GB30), and Chengfu(BL36).</p>	<p>Technique 2, 5, 11</p>  <hr/> <p>Technique 3</p>  <hr/> <p>Technique 4</p>  <hr/> <p>Technique 6</p>
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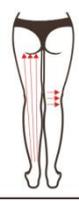
	<p>Repeat three times.</p> <p>5. Caress the treated part. Repeat three times.</p> <p>6. Do it in left-right order. Push upwards from thigh root to belt vessel with two hands along Bladder Meridian(BL), Kidney Meridian(KI), Liver Meridian (LI), and Gallbladder Meridian. Repeat three times, respectively.</p> <p>7. Push upwards from thigh root to belt vessel with two hands doing it severally along Bladder Meridian(BL), Kidney Meridian(KI), Liver Meridian(LI), and Gallbladder Meridian. Repeat three times, respectively.</p> <p>8. Lift from the thigh root to the belt vessel with the palms overlapped. Repeat 3 to 5 times.</p> <p>9. Push directly(for sculpting) and one line after another from the two sides of buttocks to the highest point on it with two hands,</p>	 <hr/> <p>Technique 7, 10</p> 
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		<p>and push 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 is done.</p> <p>14.EMS Pad: Apply a proper amount of gel to the pads and fasten them onto the treated part for about 20 minutes.</p> <p>15.Remove the pads and clean the buttocks with a hot towel.</p> <p>16.Treatment is done.</p>	
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The Recommended Course of Treatment:

A course of treatment includes ten times. After one-time 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, gynecological diseases like cold-natured body and cold uterus relieve, menstruation returns to normal, and the effect consolidates, boosting feminine charm.

Leg Sculpting: 60 Minutes/ Once a Week

<p>EMS Pad</p> <p>Advised Energy Level:</p> <p>It can be adjusted per individual tolerance, and it's advised not to set the energy too high when just start to avoid discomfort.</p> <p>Advised Time: 20 minutes</p>	<p>Massage Cream(Essential Oil) + Gel + Instrument</p>	<p>1. Technique.</p> <p>2. Rear-leg: Let the client lie on his front and treat the left first and the right after. Apply oil from the lower leg to thigh, then back to heel, and repeat it three times.</p> <p>3. Push the entire leg from the bottom up with palms doing</p>	<p>Technique 2, 3, 4, 5, 7, 8, 9</p>  <p>Technique 6</p>
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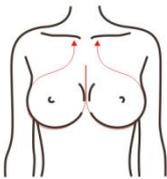
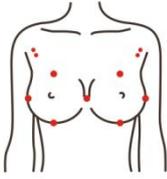
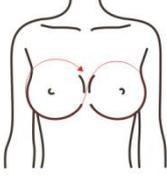
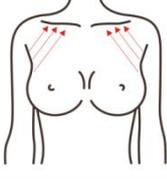
		<p>it by turns, and then back to the heel till the palms slide out. Repeat three times.</p> <p>4. Push Bladder Meridian[BL]-Kidney Meridian[KI]-Liver Meridian[LV]-Gallbladder Meridian[GB] from the bottom up with hands' pulcrific doing it by turns. Repeat three times.</p> <p>5. Push popliteal fossa with 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. Treatment is done.</p> <p>12. Fore-leg: Apply oil from the lower leg to the thigh root with hands (namely</p>	<div data-bbox="1203 203 1270 383" data-label="Image"> </div> <hr/> <p data-bbox="1110 450 1334 479">Technique 13, 14</p> <div data-bbox="1193 506 1327 707" data-label="Image"> </div>
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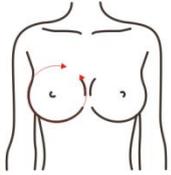
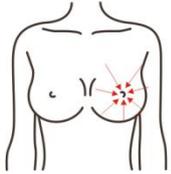
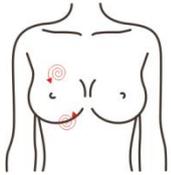
		<p>caressing). Repeat three times.</p> <p>13. Push Spleen Meridian[SP]-Stomach Meridian[ST]-Liver Meridian[LV]-Gallbladder Meridian[GB] of the leg till thigh root with hands' pulicue doing it alternately. Repeat three times.</p> <p>14. Push the four channels and collaterals with kneeling fingers of hands. Repeat three times.</p> <p>15. Treatment is done.</p> <p>16. Do the same on the other side.</p> <p>ENS Pad: Apply a proper amount of gel to the pads and fasten them onto the leg's fat part for about 20 minutes.</p> <p>17. Remove the pads and clean the leg with a hot towel.</p> <p>18. Treatment is done.</p>	
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The Recommended Course of Treatment:

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

Breast Sculpting: 45 Minutes/ Once a Week

<p>Pad for Breast Advised Energy Level: It can be adjusted per individual tolerance, and it's advised not to set the energy too high when just start to avoid discomfort.</p> <p>Advised Time: 20 minutes</p>	<p>Massage Cream(Essential Oil) + Instrument + Gel</p>	<ol style="list-style-type: none"> Stand close to the head of a bed, with hands applying oil moving from Danzhong(RN17) to the armpit and simultaneously lift the suspensory ligament. Repeat three times. Press Danzhong(RN17), Ruzhong(ST17), Dabao(SP21), Yinchuang(ST16), Zhongfu(LU1), and Yunmen(LU2) with thumbs. Repeat three times. Caress the treated part. Repeat three times. Stroke an Arabic numerals 8-shape motion between Danzhong(RN17) and the breast with palms overlapped. Repeat three times. Lift from the accessory breast to the suspensory ligament with hands alternating with the left first and the 	<p>Technique 1</p>  <hr/> <p>Technique 2</p>  <hr/> <p>Technique 4</p>  <hr/> <p>Technique 5</p>  <hr/> <p>Technique 7</p>
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	<p>right after. Repeat ten times.</p> <p>6. Caress the treated part. Repeat three times.</p> <p>7. Sit next to the client. With the left first and the right after, and caress and lift the breast with palms. Repeat 3 to 5 times.</p> <p>8. Push the lactiferous ducts around the breast with hands' pulicue. Repeat 3 to 5 times.</p> <p>9. Dredge the nodule parts of the breast with the thumb 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. Pad for Breast: Apply a proper amount of gel to the pads and fasten them onto the nipple part for about 20 minutes.</p> <p>19. Remove the pads and clean the breast with a hot towel.</p> <p>20. Treatment is done.</p>	 <p>Technique 8</p>  <p>Technique 9</p> 
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The Recommended Course of Treatment: A course of treatment consists of ten times. After one-time treatment, the breast is heated, accelerating blood circulation, and lifted to a certain level. After a course, the effects will become more evident, and the nodule will be relieved. After three courses, the skin will become tightened, and the shaping will be reinforced. The elasticity of the breast will be boosted. The internal secretion will be regulated, which makes women more charming.			