

# User Manual

## YH-16201



# Preface

Dear users,

We're pleased to present to you our YH-16201 laser fat-dissolving machine featured with effective fat-dissolving and slimming beauty device. It is a multifunctional beauty machine, mainly focusing on fat-dissolving, weight loss and body shaping. We aim at a safe and, at the same time, effective shaping result by using high-end technologies. Laser fat-dissolving beauty machines are slimming, weight loss machines for professional use, which needs to be handled by professionals with proper training. Any improper use will result in adverse outcomes. Therefore we advise any personnel read this guide thoroughly and follow the instructions strictly before operation.

We believe our quality product will bring in good returns on your end. Also, you can count on our worry-free after-sales service.

Thank you!

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# Part I

## Brief Introduction

Laser fat dissolving machines are currently the most popular beauty machines that work on weight loss, slimming. It's an effective replacement of all the body slimming programs in beauty salons. Moreover, they are convenient and easy to operate. It solves body management issues for beauty-lovers. This equipment requires no injection, no medication, no operation, thus having no side-effects. It is used externally during the whole process and has an immediate effect. The laser has strong penetrating power, which can effectively activate or repair fat cells. It penetrates the fat layer, heat and dissolve subcutaneous fat. It is safe, no side effect and no pain.

## Advantages

1. Laser dissolves fat with strong and clear effect.
2. No need for surgery or anesthesia.
3. The operation is comfortable, painless and no repair period is required, it will not affect working.
4. No consumption, low cost and fast return.
5. Unevenness, bleed, swelling and stasis will not appear after treatment.
6. Laser dissolving fat: dissolve fat evenly, smooth skin without mark, safe and painless.
7. The laser wavelength penetrates the fat layer, allowing the subcutaneous fat to be thermally dissolved, absorbed and expelled through our body's metabolic processes.

## Principles

Laser fat-dissolving device uses red laser with a wavelength of 635nm-650nm, which is a visible spectrum. This wavelength of light has a strong penetrating power, which can effectively activate and repair fat cells, penetrate the fat layer, and dissolve subcutaneous fat by heat. Its treatment method is safe, without side effects or pain.

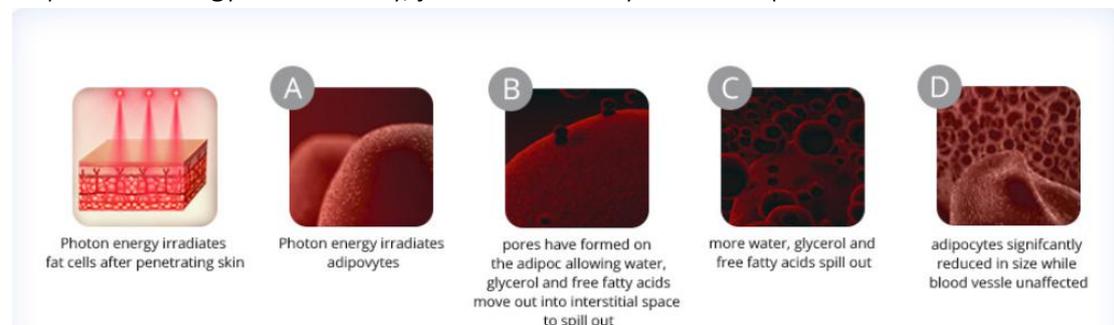
Low levels of laser energy chemical signals are sent to fat cells to break down triglycerides stored in the body's fat layer into free fatty acids and glycerol and release them through membrane channels. Fatty acids and glycerol are transported to tissues that produce metabolic energy. The release of fatty acids is a natural response when the body needs to use stored energy reserves, so there is no unnatural reaction in the body, nor does it affect or damage surrounding structures such as skin, blood vessels and peripheral nerves. After a period of exercise therapy, it will ensure that the free fatty acids of the body are eliminated through complete metabolism.

## Biological Effect

LED uses 635nm - 650nm LED laser heating fat cells in the target zone to make it decompose. In a very short period of time, fat deposition is only absorbed by our body's natural metabolic processes and discharge. In the process of operation, the laser seal small blood vessels, significantly reduce the injuries, introduce the heat treatment area, stimulates the production of collagen, to make it smooth and tight and also achieve the effect of body-sculpting.

Laser mainly acts as a low-energy laser (biological stimulation) to reach fat in depth. It stimulates biological cells and induces or strengthens a series of physiological reactions by giving appropriate energy, including promoting local blood circulation, regulating cell function, enhancing immune function and promoting cell metabolism. It can at the same time tighten skin, wrinkles, reduce fat, and shape body. Laser penetrating power is very strong, and can activate or repair fat cells more effectively. It can also penetrate the fat layer, heat up and dissolve subcutaneous fat. The treatment method is safe, and has no side effects, no pain.

Using the latest non-operative, non-invasive laser fat decomposition technique, low levels of laser energy released. It produce a kind of chemical signals in the fat cells that will dissolve the trioxide triene stored in body into free fatty acid, glycerin and water molecules. And this is the natural reaction when using the energy reserves one need. The free fatty acids are transported into the body through the lymphatic system to provide energy for the body, just like the body would respond when lack of heat.



## Effects

1. Dissolve fat cells, accelerate metabolism.
2. Improve partial obesity, lose fat, remove cellulite.
3. Improve flabby and aging skin, tighten skin and shape body.
4. Make skin firm and elastic.
5. Dissolve fat and build perfect curve.
6. Build A4 waist, slim legs and bubble butt.

## Applicable Range

1. Those with pear-shape body.

2. Those with flabby arms.
3. Those with flabby fat on the thighs.
4. Those with sagging skin.
5. Those who have obesity due to overeating.
6. Those with flabby abdomen, fat belly, fat waist and stretch marks.
7. Those with fat and love handles on the abdomen.
8. Those with sagging ass, excessive fat and flab.

## **Inapplicable Range**

1. Those who are pregnant or lactating.
2. Those with heart disease or who are equipped with pacemaker.
3. Those whose wounds have not healed and who are recovering from the operation.
4. Those with epilepsy, severe diabetes and hyperthyroidism.
5. Those with malignant tumor, hemophilia or severe bleeding.
6. Those with skin diseases and infectious diseases.
7. Avoid using the device around areas that contain metal, plastic or silicon, etc.
8. Those who are long-term or ongoing users of anticoagulants, vasodilators, corticosteroids and other drugs.

## **Notes after Operation**

1. Keep warm after operation. Do not eat cold food.
2. Take shower in 4-6 hours later.
3. Drink more warm water to replenish water and speed up metabolism.
4. Refuse to overeat or stay up late.
5. Avoid raw, cold and spicy foods and get enough sleep.
6. Avoid wearing crop top, backless, miniskirts and shorts, etc.

# Part II

## 1. Detailed Operation

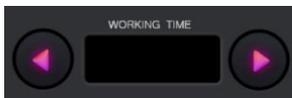
After checking that the instrument is connected properly, the following starting interface will appear when the power supply is turned on.



Tap anywhere to go to the interface below.



### 1.1 Function Selection

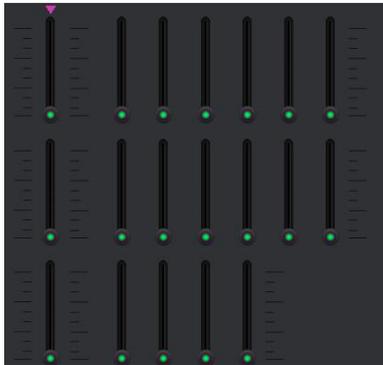


Working Time, scope: 0~60 min, it is advised to operate for

20-30 min at each area.



Time +/-



Laser pads selection and laser pads energy display



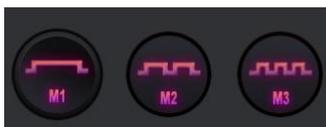
Big laser pads energy display



Small laser pads energy display



When the pink triangle icon stays at the column of the first line, it means to adjust the energy of the laser pads in this line; when the pink triangle icon stays at other columns, it means to adjust the energy of the single laser pad.



Laser pads working modes, there are 3 modes to select: M1,

M2 and M3.



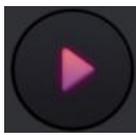
M1: The laser beam is on after turning on the device, it is suitable for thick fat and those who want to lose weight.



M2: The laser beam is flashing slowly after turning on the device, it is suitable for consolidating the effects.



M3: The laser beam is flashing quickly after turning on the device, it is suitable for thick fat and those who want to double lose weight.



Start/Stop



Return



Home

## 2. Technical Parameters

Wavelength: 650nm&980nm

Main Power output: 220v or 110v/50Hz-60Hz

Laser: 160mw for each 650nm diode (total 128x160=20480mw)

100mw for each 980nm diode (total 88x 100=8800mw)

Safety: On Board Diagnostics

Classification: 30cm\*30cm\*22cm

Fuse: 5A

Dimensions: 30cm\*30cm\*22cm

Mode of Operation: Continuous or Pulse Output

Ingress Rating: IPXO

Environmental Requirement: 50°F to 86°F Non-condensing Humidities Below 75%RH

## 3. Safety Precautions

Patients with the following symptoms should be cautious about using this instrument.

Please consult a doctor or a professional before using the instrument. The details are as follows:

1. Those who are pregnant or lactating.
2. Those with heart disease or who are equipped with pacemaker.
3. Those whose wounds have not healed and who are recovering from the operation.
4. Those with epilepsy, severe diabetes and hyperthyroidism.
5. Those with malignant tumor, hemophilia or severe bleeding.
6. Those with skin diseases and infectious diseases.
7. Avoid wearing metal jewelries during the treatment.
8. Avoid using around metal, plastic or silicon infills.
9. Those who are long-term or ongoing users of anticoagulants, vasodilators, corticosteroids and other drugs.

#### **4. Dos and Don'ts**

1. The plug with grounding pin must be used before the instrument is used and the power socket of the instrument is properly grounded.
2. Ensure that the voltage of the instrument is suitable. If the voltage of the local power supply is not stable, we suggest that the user add a voltage regulator with matching power between the mains and the instrument.
3. In order to ensure the treatment effect and normal service life of the instrument, please use the specified parts provided or suggested by the original manufacturer.
4. The instrument should not be placed in damp places or near water sources, and should not be directly exposed to sunlight.
5. Do not place the instrument near a strong heat source, as this may affect the life and normal use of the instrument.
6. Please remove all metal objects from your body before treatment, so as not to affect the curative effect due to unexpected conditions.
7. Do not use in the eyes, thyroid gland, parathyroid gland, testicles, pregnant woman's abdomen and atrial pulse generator.
8. Patients who are currently ill should also use this instrument with caution unless approved by a physician.
9. Please turn off the power switch of the instrument when no guest is using it, and make sure to turn off the main power of the instrument before leaving after daily use to ensure the safety of electrical products.
10. Use the instrument or train the operator strictly according to the instruction of the manual.
11. If you are taking other weight-loss drugs, it is recommended to stop taking the drugs for 1 to 2 months before you lose weight. If you want to lose weight immediately, you should extend the course of treatment.
12. Do not use the instrument on an empty stomach. Only after at least 1 hour after a full meal can you carry out the weight-loss treatment.

13. Start with the lowest energy at the beginning of operation, and gradually add energy after adaptation.
14. When using this instrument, the operating area must be kept moist and avoid dry skin operation.
15. Clean the instrument with normal saline after operation to ensure its cleanliness and hygiene and prolong its service life.
16. During operation, the laser pads must be fixed on the customer first, and then the instrument should be started to adjust the energy. The energy should be adjusted slowly from low to high, so that the customer can feel warm and comfortable.
17. Products with high oil content must be applied and the operating area must be kept moist.
18. During operation, the whole surface of the laser pads should contact the skin fully, not only just small areas.
19. The laser pads can be used with massage or other beauty device together to have a better effect.

## 5. Troubleshooting & Solutions

### **1. The instrument cannot be started, but the key light on the back of the instrument does not work?**

- A. Make sure the power cord is connected to a valid power socket.
- B. Whether the fuse tube on the back of the instrument is loose or burnt out.

### **2. No RF output of the instrument?**

- A. Please check whether the connection line is well connected to the interface of the main machine.
- B. If the above methods cannot address the issue, please contact the instrument dealer for assistance.

### **3. I can start the instrument, but the screen shows error message?**

- A. Please unplug the power plug behind the instrument and wait for about 1 minute before restarting the instrument.
- B. If the above methods cannot be handled, please contact the instrument dealer for assistance.

## 6. FAQs

### **1. Q: Which one is better, lipo laser fat dissolution or liposuction?**

A: Compared with traditional liposuction operation, lipo laser dissolves fat by sweeping by a place after another evenly, and won't cause unevenness of skin. ON the contrary, it achieves smooth, tight skin. In addition, the laser used to dissolve fat only target at the set fat layer. It not only does no damage to the surface skin, but also

can speed up the self-repair of skin elastic fiber, so that the treated area is still tight, smooth, and flat.

**2. Q: Will I experience rebound after lipo laser treatment?**

A: The adipose cell number inside body is fixed. It keeps growing until one enters adulthood then stays the same. The increase of weight is because adipose cell volume increased. Laser fat dissolution takes out local adipose structure, reduces adipose volume, and of course, after laser dissolves fat, rebound is unlikely to happen. But it doesn't mean it never happens. Under normal circumstances, rebound is unlikely to happen as long as the dietary structure is reasonable, and avoid binge eating or drinking.

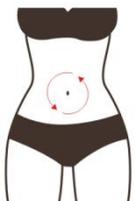
**3. Q: Does laser weight loss require food control and exercise?**

A: The effect of laser weight loss is quite remarkable, but you cannot blindly rely on laser to reduce weight only. For instance, you have achieve ideal weight through lipo laser treatment , but at later periods relapse to binge eating and drinking again. Then rebound is likely to occur. There is no such thing as an absolute guarantee of permanence. So laser weight loss is a kind of auxiliary weight loss plan. After body weight reaches ideal range and you have stopped the treatment, you should still plan reasonable diet and exercise as well.

## 7. Packing List

- 1 x Power line(We offer 100-240 V , AU/EU/UK/US plug)
- 12 x Big paddle with 17 laser//Each (Total 204 laser)
- 4 x Small paddle with 3 laser //each (Total 12 laser)
- 1 x holder for paddles

## 8. Operational Diagrams

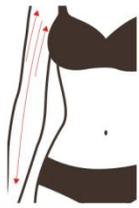
Parameter Adjustment	Product	Techniques	Diagrams
<b>Waist&amp;Abdomen Shaping: 40 min, once/week</b>			
Laser Pads Energy: 50%~100%	Essence Oil (Massage Cream)	<ol style="list-style-type: none"> <li>1. Apply and rub oil on abdomen with hands, 3 times.</li> <li>2. Rub stomach back and forth with both hands, 3-5 times.</li> <li>3. Knead abdomen with both hands using chiropractic techniques, 3 times.</li> <li>4. Lift Meridian BV(Belt Vessel) on both sides of waist with both hands alternately, 16 times.</li> <li>5. Move hands as if writing an "8" number on waist, 3 times.</li> <li>6. Overlap hands and message the intestinal canal clockwise, 3 times.</li> <li>7. Move hands in circular motion and caress the treatment area, 3 times.</li> <li>8. Push on the following acupoints: Shangwan (Ren-13), Zhongwan (Ren-12), Xiawan (Ren-10), Shenque (Ren-8), Qihai (Ren-6), Guanyuan (Ren-4), Zhongji (Ren-3), Tuanshu (St-25), Daheng (SP-15), Qugu (Ren-2), 2 times.</li> <li>9. Starting from Ren-3 point, push both thumbs to belly navel, slide them to waist and the lift upwards to groin, 3 times.</li> <li>10. Caress the treatment</li> </ol>	<p>Technique 1, 7, 10</p>  <hr/> <p>Technique 2</p>  <hr/> <p>Technique 3</p>  <hr/> <p>Technique 4</p>  <hr/> <p>Technique 5</p>  <hr/> <p>Technique 6</p>

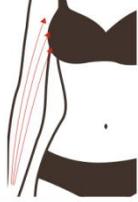
		<p>area with hands and slide to groin.</p> <p>11. <b>Laser Pads Operation</b> Fixate the laser pads at the fat of abdomen, 20 min.</p> <p>12. Take off laser pads.</p> <p>13. Clean the abdomen with a hot towel.</p>	 <p>Technique 8</p>  <p>Technique 9</p> 
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**Suggested Treatment:**

10 treatments account for one full course of treatment. Once done, the abdomen is relaxed. After one course, fat slowly reduce through metabolism, body starts to slim down. After 2 courses the effect gradually becomes obvious, skin is tightened and lifted. Stretch marks and flabby skin are also improved. 3 courses help reinforce the effect. Redundant adipose gradually disappear, lumbar abdomen curve start to take in shape, and slim waist starts to show.

**Arms Shaping: 40 min, once/week**

<p>Laser Pads Energy: 50%~100%</p>	<p>Essence Oil (Massage Cream)</p>	<ol style="list-style-type: none"> <li>1. Left-right order: lay the arm flatwise, apply and rub oil in from lower arm to the entire arm and slide to the fingers, 3 times.</li> <li>2. Push the entire arm with both palms, 3 times.</li> <li>3. Push hands upwards tracing three main collateral channels: Large Intestine Meridian(LI) - Triple Energizer</li> </ol>	<p>Technique 1</p>  <p>Technique 2, 3, 4, 5, 6</p>
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	<p>Meridian(TE) - Small Intestine Meridian(SI) to armpits with fingers spread and hukou pointing upwards, 3 times.</p> <p>4. Caress the treatment area, 3 times.</p> <p>5. Trace and rub three main collateral channels on arms with kneeling finger back and forth till them turn hot, 3 times.</p> <p>6. Caress the treatment area, 3 times.</p> <p>7. Lay inner arm upwards, and push hands tracing three yin channel on inner arm:</p> <p>Lung Meridian(LU) - Pericardium Meridian(PC) - Heart Meridian(HT) to armpit, with hukou pointing upwards, 3 times respectively.</p> <p>8. Rub three channels back and forth with kneeling fingers, 3 times.</p> <p>9. Caress the treatment area and slide to fingers.</p> <p>10. Repeat the previous operation on another side.</p> <p>11. <b>Laser Pads Operation</b> Fixate the laser pads at the fat of arms, 20 min.</p> <p>12. Take off the laser pads.</p> <p>13. Clean the arms with hot towel.</p>	 <hr/> <p>Technique 7</p>  <hr/> <p>Technique 8</p>  <hr/> <p>Technique 9</p>  <hr/>
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**Suggested Treatment:**

10 treatments account for a full course. Once done, the arms will be relaxed. A course of treatment help reduce excessive arm fat and the skin appear to be tight and plump. 2 courses of treatment began to shape the arms, strengthen the effect. 3 courses help consolidate stability and prevent rebound.

**Back Shaping: 40 min, once/week**

Laser Pads  
Energy:  
50%~100%

Essence Oil  
(Massage  
Cream)

1. Apply oil on back and press Fengchi (Gb-20), and Fengfu (Du-16) points.
2. (Starting from hairline) Stroke Da Ban Jin with thumb, 3-5 times.
3. Move thumb outwards from Du Channel (GV) to the 8 Crevice area and then to Fengchi (Gb-20), and Fengfu (Du-16) point, 3 times.
4. Starting from neck to caudal vertebra, move hands in S-shape, 3 times.
5. Push Bladder Channel (BL) with thumb in left-right order, 3 times.
6. Push Bladder Channel (BL) to baliao area with both thumbs, at the same time, 3 times.
7. Push Bladder Channel (BL) in three kneeling fingers, 3 times.
8. Push scapula slot with both hands alternately in left-right order, 3-6 times.
9. Push scapula slot with both hands horizontally, 3-6 times.
10. Caress the back with both hands and push Fengchi (Gb-20), and Fengfu (Du-16) points, 3

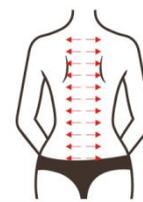
Technique 1, 10



Technique 2



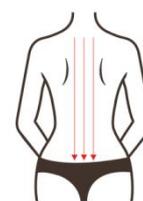
Technique 3

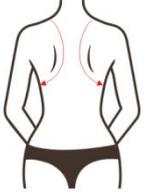
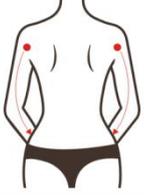


Technique 4



Technique 5, 6, 7, 13



		<p>times.</p> <p>11.Overlap both thumbs and push Tianzong (SI-11) point and slide to the arm, 3 times.</p> <p>12.Repeat the previous action on another arm, 3 times.</p> <p>13.Rub on Du Channel (GV) and Bladder Channel(BL) until they turn hot.</p> <p>14. <b>Laser Pads Operation</b> Fixate the laser pads at the fat of the sides of back, 20 min.</p> <p>15.Take off laser pads.</p> <p>16.Clean the back with hot towel.</p>	<p>Technique 8</p>  <hr/> <p>Technique 9</p>  <hr/> <p>Technique 11, 12</p>  <hr/>
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**Suggested Treatment:**

10 times account for a full course. Once done, back feels significantly relaxed. After a full course, shoulder feels relaxed, and the back line starts to show. 2 courses help double the effect, and the back fat lessens. 3 courses help achieve thin back, curvy back line. (one course helps reduce size, two courses help strengthen the effects, three courses help with consolidation and avoid rebound.)

**Buttocks Shaping: 40 min, once/week**

Laser Pads  
Energy:  
50%~100%

Essence Oil

1. Standing on the side, accumulate oil on hands and then slide to the waist and then lift up along the hips from the waist, 3 times (this is to caress the treatment area.)
2. Repeatedly push the 8 Crevice area with two thumbs, 3 times.
3. Caress the treatment area for 3 times and then point: Shenyu (Bl-23), 8 Crevice area, Changqiang (Du-1), Huantiao (Gb-30), Chengfu (Bl-36), 3 times.
4. Caress the treatment area, 3 times.
5. First left, then right, with both hands extending from the root of the thigh from bottom to top --Bladder Channel (BL) - Kidney Channel (KI) - Liver Channel (LV) - Gallbladder Channel (GB) - Dai Channel (BV) , 3 times each.
6. Both hands follow from the root of thigh from bottom to top -- Bladder Channel (BL) - Kidney Channel (KI) - Liver Channel (LV) - Gallbladder Channel (GB) - Dai Channel (BV) , 3

Technique 1, 4, 10



Technique 2



Technique 3



Technique 5



Technique 6

	<p>times each.</p> <p>7. Overlap both palms and push up together from thigh root to pulse (ascension) ,3 to 5 times.</p> <p>8. Push your hands from bottom to top from both sides of your hips to the top of your hips, 3 times.</p> <p>9. Overlap both palms and push up together from thigh root to pulse (ascension) ,3 to 5 times.</p> <p>10. Caress the treatment area.</p> <p>11. The technique on the other side is the same as above.</p> <p>12. <b>Laser Pads Operation</b> Fixate the laser pads at the fat of the buttocks, 20 min.</p> <p>13. Take off the laser pads.</p>	 <hr/> <p>Technique 8</p>  <hr/>
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**Suggested Treatment:**

10 times account for a full course. After one treatment, buttocks feel lifted. After a course, hip curve starts to show, excessive fat reduces. After 2 courses, excess fat disappears, skin becomes tight. 3 courses help consolidate the effect and increase the female sexual appeal.

**Legs Shaping: 50 min, once/week**

Laser Pads  
Energy:  
50%~100%

Essence Oil  
(Massage  
Cream)

1. **Prone Position - Rear Leg**  
In left-right order, apply and rub oil in from calf to thigh to heel, 3 times.
2. Alternately push the entire leg from bottom to top and wrap back into the heel, 3 times.
3. Move hands upwards to four main collateral channels: Bladder Channel (BL) - Kidney Channel (KI) - Liver Channel (LV) - Gallbladder Channel (GB) with fingers spread and hukou pointing upwards.
4. Push hands alternately to popliteal fossa, 3 times.
5. Twist both hands upwards alternately as if twisting a fired dough, 3 times.
6. Caress the treatment area, 3 times.
7. Push four main collateral channels upwards with kneeling fingers of both hands, 3 times.
8. Caress the treatment area, 3 times.
9. Do the same on the other side.
10. **Laser Pads Operation**  
Fixate the laser pads at the fat of the legs, 20 min.

Technique 1, 2, 3, 4, 6, 7, 8



Technique 5



Technique 12, 13, 14, 15



		<p>11. Take off the laser pads.</p> <p>12. <b>Supine Position - Foreleg Treatment</b>  Rub oil with both hands from heel to the thigh root (namely to caress the treatment area), 3 times.</p> <p>13. Alternately push the entire leg from bottom to top and wrap back into the heel, 3 times.</p> <p>14. Move hands upwards to four main collateral channels: Spleen Channel (SP) - Stomach Channel (ST) - Liver Channel (LV) - Gallbladder Channel (GB) with fingers spread and hukou pointing upwards, 3 times.</p> <p>15. Push four main collateral channels upwards with kneeling fingers of both hands, 3 times.</p> <p>16. <b>Laser Pads Operation</b>  Fixate the laser pads at the fat of the legs, 20 min.</p> <p>17. Take off the laser pads.</p>	
<p><b>Suggested Treatment:</b>  10 treatments account for a full course. After one treatment, leg is relaxed. After a course of treatment, excessive fat on the legs reduces, the legs become thinner. After 2 courses, fat on the legs disappears, leg is tight and slim, and obvious results are seen. 3 courses help consolidate the effect and prevent rebound.</p>			