

6 In 1 RF with Ultrasonic 40K Cavitation 2.5 with Lipo Laser



Model: ArianaSpas Lipo - 6

Disclaimer

This machine is meant to be used by trained personnel only. Improper usage of this machine can cause injury or death.

- Please read the instructions in detail and keep them nearby for further reading and consultation.
- Please follow the instructions to set-up and operate the machine correctly.
- Please do not remove and modify any accessories of the machine.
- This machine should only be opened by trained professionals.
- If there are any issues with the machine, please stop using it and contact us for a resolution.
- This device does not treat medical ailments or disease. For any medical issues, please contact your physician.

Contents:

- 1) 1 x Ultrasonic Cavitation 2.5 Handle
- 2) 1 x 6-polar 3D SMART Body RF Handle
- 3) 1 x 6-polar RF Vacuum Photon Handle
- 4) 1 x Bipolar 3D SMART RF Handle
- 5) 1 x 6-pole RF Face Handle
- 6) 1 x Photon Microcurrent Handle 1 x Hot and Cold Hammer
- 7) 6 x Small LED pads 6 x Big LED pads
- 8) 1 x Power Cord 1 Set Belts

Warranty & Support

Most issues are due to incorrect setting. If you are experiencing an issue please make a

Small Cell Phone Video and send via text to (571) 418 4858.

One of our technicians will review it and advise with a solution.

Your Ariana Spa Supplies-branded hardware product (“Product”) is warranted against defects in materials and workmanship for a period of ONE (1) YEAR from the date of original retail purchase (“Warranty Period”) when used in accordance with Ariana Spa Supplies’ user manuals. If a defect arises during the Warranty Period, Ariana Spa Supplies, at its option will (1) repair the Product at no charge using new parts or parts that are equivalent to new in performance and reliability, or (2) exchange the Product with a product with equivalent functionality formed from new and/or previously used parts that are equivalent to new in performance and reliability or with your consent, a product that is at least functionally equivalent to the product it replaces. This warranty excludes normal depletion of consumable parts such as batteries unless failure has occurred due to a defect in materials or workmanship and, damage resulting from abuse, accident, modifications, unauthorized repairs or other causes that are not defects in materials and workmanship.

Ariana Spa Supplies does not warrant, represent or undertake that it will be able to repair or replace any Product under this warranty without risk to and / or loss of information and / or data stored on the Product. In no event shall Ariana Spa Supplies be liable for (a) loss or damage, which as of the product’s purchase cannot be regarded as being caused by Ariana Spa Supplies’ breach of these warranty terms; or (b) losses caused by the user’s fault, loss of data or loss of profits or benefits.

Any limitations of liability in this warranty document shall not apply to (i) death or personal injury pursuant to any mandatory law on product liability; (ii) fraud or fraudulent misrepresentation; (iii) intentional misconduct or gross negligence; (iv) or a culpable breach of major contractual obligations. A damages claim based on a breach of major contractual obligations or gross negligence will be limited to foreseeable damage typical for the sale contract concerned.

To obtain warranty service, contact Ariana Spa Supplies at Ariana Spa Supplies, 42715 Chisholm Drive, Broadlands, VA 20148. Customers are responsible for shipping charges to get the item back to us and for return shipping cost once the item is repaired or replace.

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1. Introduction to Manual

1.1 Purpose

This manual provides a description of the system components, its controls and displays, instructions for its operation, and other equipment information relevant to the user.

 Warning: Do Not operate this machine before reading this manual thoroughly. In addition to this manual, additional training may be available.

1.2 Legend

 Note: This Indicates important information

 Warning: Necessary and vital information for the safety of the patient and/or user.

All procedures are broken down by numbered steps. Steps must be completed in the sequence they are presented.

Bulleted lists indicate general information about a particular function or procedure. They do not imply a sequential procedure.

2. Medical Safety

2.1. Contraindications

This machine is not intended for use in patients with:

- Open wounds or lesions on the face and/or neck
- Severe or cystic acne on the face and/or neck

2.2. Precautions

The cavitation vacuum RF micro current photon machine should not be used on clients that have the following:

- Mechanical implants
- Dermal fillers
- Implanted electrical devices in the face and/or neck
- Metal stents in the face and/or neck area
- Existing keloid(s)
 - The following areas should be avoided during treatment:
- Thyroid gland, thyroid cartilage and trachea
- Major blood vessels
 - The cavitation vacuum RF microcurrent photon machine has not been evaluated for use in the following client populations:
- Pregnant or breast-feeding women
- Children
- Those with the following disease(s):
 - A hemorrhagic disorder or hemostatic dysfunction
 - An active systemic or local skin disease that may alter wound healing
 - Herpes simplex
 - Autoimmune disease
 - Diabetes
 - Bell's palsy

2.3. Client Safety



Warning: This machine is to be used only by trained and qualified professionals.



Warning: Cavitation vacuum RF micro current photon machine should not be used on a client's eyes or in a location or technique where ultrasound energy can reach the eye.



Warning: If any problems occur during system operation - lift the transducer off the client's skin, press the PAUSE button to completely halt system operation.

3. Features

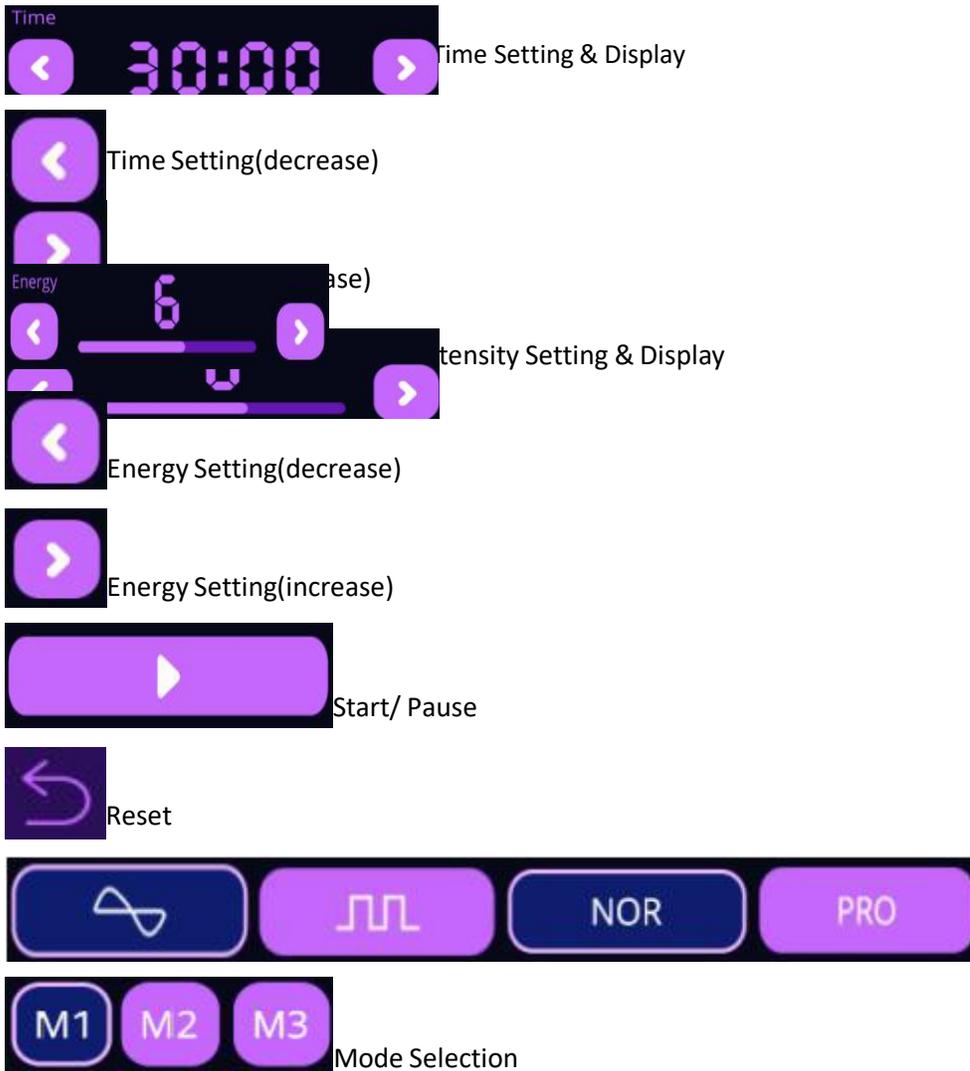
- This is a painless treatment that is both safe and effective.
- This is a non-surgical, non-invasive process.
- The treatments do not have any adverse side effects and do not interfere with daily life.
- Firms the arms, legs, thighs, buttocks, waist, back, abdominal muscles to reshape the body.
- Provides feelings of: soothing, decompression and pain relief (such as joint pain, sciatica).
- Promotes the regular mechanical aerobic exercise of skin tissue to rapidly relieve stress and remove fatigue.
- Firms, lifts and compacts facial skin by promoting cellular metabolism. Up to 100% more collagen and may be available to help improve skin elasticity.

4. Detailed Operations

Check the equipment and make sure it's properly connected. The following initial interface on the left will appear after having the power switch on. It enters the function selection page on the right after the loading finishes.



4.1. Function Selection



4.2. Detailed Operations for Cavi

Select  and enter the following page.



Time Setting & Display



Energy Intensity Setting & Display



Two Working Modes for



Continuous working mode, which suits those with fat accumulation or thick fat.

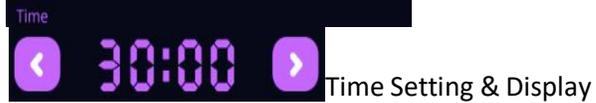
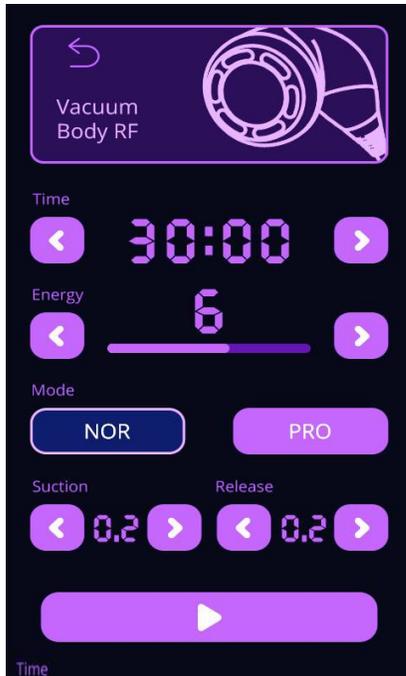


Discontinuous working mode, which suits those with local obesity or who want to reduce weight.

4.3. Detailed Operations for Body Vacuum RF

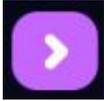


Select  and enter the following page.





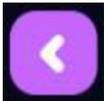
Suction Time Setting of Body Vacuum (decrease)



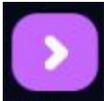
Suction Time Setting of Body Vacuum (increase)



Release Time Display & Setting of Body Vacuum (When the time is set to zero, it's direct suction.)



Release Time Setting of Body Vacuum (decrease)



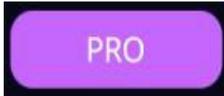
Release Time Setting of Body Vacuum (increase)



Mode Selection



Default Mode. When clicking Start, the energy intensity of the handpiece reaches the setting value directly, and the red light will be on.



Intelligent Mode. When clicking Start, the red light will be on, and the energy intensity of the handpiece reaches the setting value slowly after the handpiece touches the skin.

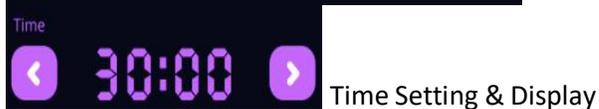


Vacuum Suction Setting. It can be adjusted according to the user's tolerance. Please start with the lowest intensity and increase the intensity gradually after the client gets used to it.

4.4. Detailed Operations for Face RF



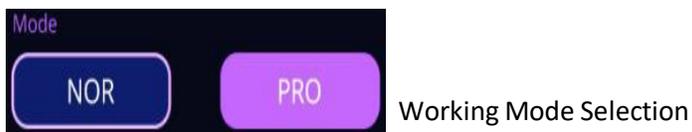
Press  and enter the following page.



Time Setting & Display



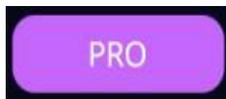
Energy Intensity Setting & Display



Working Mode Selection



Default Mode. When clicking Start, the energy intensity of the handpiece reaches the setting value directly, and the red light will be on.

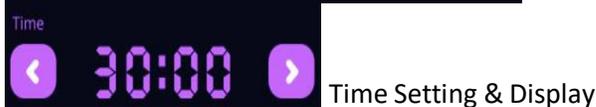


Intelligent Mode. When clicking Start, the red light will be on, and the energy intensity of the handpiece reaches the setting value slowly after the handpiece touches the skin.

4.5. Detailed Operations for Body RF



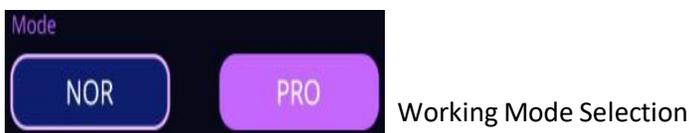
Press  and enter the following page.



Time Setting & Display



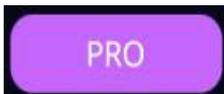
Energy Intensity Setting & Display



Working Mode Selection



NOR Default Mode. When clicking Start, the energy intensity of the handpiece reaches the setting value directly, and the red light will be on.

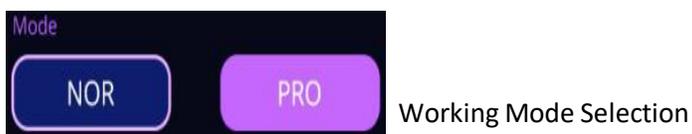
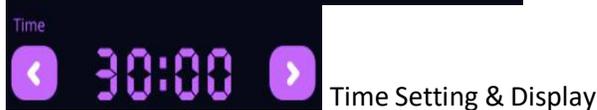


PRO Intelligent Mode. When clicking Start, the red light will be on, and the energy intensity of the handpiece reaches the setting value slowly after the handpiece touches the skin.

(1) **4.6. Detailed Operations for Eye RF**



Press  and enter the following page.



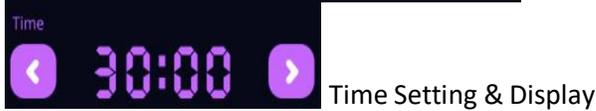
 Default Mode. When clicking Start, the energy intensity of the handpiece reaches the setting value directly, and the red light will be on.

 Intelligent Mode. When clicking Start, the red light will be on, and the energy intensity of the handpiece reaches the setting value slowly after the handpiece touches the skin.

(2) **4.7. Detailed Operations for Lipo Laser**



Click  and enter the interface of the laser pad.



Time Setting & Display



Energy Intensity Setting & Display



Working Mode Selection



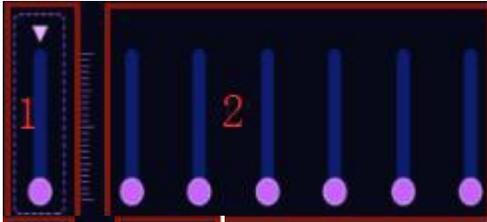
Continuous Working Mode (The laser pads will be on all the time, which suits those who want to lose weight powerfully.)



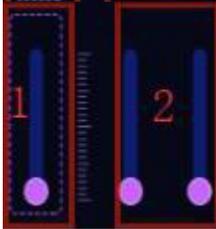
Discontinuous Working Mode (The laser flashes slowly, suits those who want to maintain and reinforce the effect.)



Quick Flashing Mode (The laser flashes quickly, suits those who are first-time users or just start to operate.)



Energy Intensity Display of the Large Laser Pad



Energy Intensity Display of the Small Laser Pad

- 1: After clicking, the energy intensity of all laser pads can be set uniformly.
- 2: The energy intensity of a single laser pad can be adjusted. Select the laser pad you want to adjust first, and then press the energy setting button to change its intensity.

5. Technical Parameters

Power Supply Input: 100V-240V Power: 190W

Ultrasonic Cavitation 2.5 Handpiece Frequency: 40KHz

Power: 30W

6-polar 3D SMART Body RF Handpiece Frequency: 3MHz

Power: 30W

6-polar RF Vacuum Photon Handpiece Frequency: 3MHz

Power: 50W Vacuum: <-80kPa Pressure: >250kPa

Air Flow: >10L/minute

Noise level:<70db (30cm away)

Bipolar 3D SMART RF Handpiece Frequency: 3MHz

Power: 30W

6-pole RF Face Handpiece Frequency: 3MHz

Power: 50W

LED Laser Wavelength: 635nm-650nm Power of each light: 5mw

Energy output: 50 x 5mW = 250mw (6 big pads *8 light/each + 2 small pads * 1 light/each)

Mains Power Output: 100VA

6. Precautions on Use

- A plug with a ground pin must be used, and a power socket that is already grounded must be ensured before using the equipment.
- 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.
- To guarantee the equipment's curative effect and normal service life, please uniformly use specified parts provided or suggested by the original manufacturer.
- The equipment can't be placed in damp places or near water, and it also can not be exposed to direct sunlight.
- Please don't place the equipment near an intense heat source since this may affect its service life and everyday use.
- Please remove all the metal objects from the body before use to avoid unexpected situations which may affect the curative effect.
- Please refrain from using the equipment to aim at eyes, thyroid, parathyroid,
- testicles, pregnant woman's abdomen, pacemaker, etc.
- Those suffering from an illness should use it with caution unless they get permission from a doctor.
- Please turn the equipment's power switch off 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.
- Start from the lowest energy level and gradually increase the level after the client gets used to it.
- The handpieces can be used separately, but a better effect can be achieved with the combined use.
- The equipment should contact the skin thoroughly to avoid uneven heat when in use.
- The device should contact the skin fully when in use. Otherwise, it may not be attached to the skin.
- 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 have it started immediately.
- Using Cavi on the head, chest, breast, heart, and back is prohibited.
- Those who did cesarean in the past six months, experienced a miscarriage in the past three months, and had natural labor in the past two months are forbidden to use it.
- If the suction level of the Body Vacuum & RF is too high, please stop it immediately and reset the suction.
- Use the equipment and train the operators in strict accordance with the instructions specified in the manual.
- After the operation, clean the equipment with normal saline to ensure its cleanliness and hygiene and extend its service life.

7. Common Malfunction & Troubleshooting Solutions

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

- (2) The equipment can be started, but the RF doesn't output energy, or the energy is weakened?
 - A. Please check whether the handpiece and the plug connecting to the equipment body are closely linked.
 - B. The wire inside is loose or burnt out.

- (3) The equipment doesn't have suction, or the suction is weak?
 - A. Please turn off the equipment and check its specialized filter, which may need to be replaced.
 - B. Please check the rubber ring of the handpiece plug because a worn rubber ring may cause air leakage.
 - C. Please check whether the oil filter cup outside the filter is tightened and whether the rubber ring is worn out. Air leakage in this place may cause insufficient air pressure.
 - D. If the solutions mentioned above are not working, please contact the equipment dealer for assistance.

- (4) The equipment can be started, but there is an error message on the monitor?
 - A. Take out the plug in the back, wait for about 1 minute, re-plug it, and restart the equipment.
 - B. If the solutions mentioned above are not working, please contact the equipment dealer for assistance.

8. FAQs

(1) Q: RF How long does it take to see the effect?

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. RF regenerates collagen continuously because it stimulates subcutaneous tissue. Therefore, the more you use it, the better the effect.

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

A: Skin tightening and anti-wrinkle with RF is a non-surgical program. It stimulates collagen regeneration and metabolism in the underlying skin. Therefore, it causes no harm to the skin. Only local redness and heating will occur after treatment. It's an everyday phenomenon caused by accelerated blood circulation and will disappear after a moment. Thus, there's no need to worry.

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

A: The time for one treatment is about 60 minutes. To have a noticeable effect, we will combine the use of professional techniques and instruments.

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

A: It can sculpt the body with fat removal, restore youth, and tighten, lift, and anti-aging. And it can be operated all over the body. For the face, it can sculpt contour, reduce wrinkles, and relieve loosening and sagging. For the body, it can reduce the weight of local body parts, build an S curve, and accelerate metabolism and detox of the whole body. Meanwhile, it can also enhance viscera functions and relieve the sub-health condition of the body.

(5) Q: In terms of weight reduction, which one is better, liposuction or this equipment?

A: The principle of liposuction is to suck out excess fat from a specific body part through vacuum suction, thus achieving rapid local body slimming. It has an instant effect, requires anesthesia during the operation, and has a recovery period. There is a risk since it's an operation. However, this equipment is risk-free and has no side effects. It can stimulate collagen regeneration to lift and tighten skin while reducing weight. It can also sculpt perfect curves by lifting and boost feminine charm.

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

A: For weight loss with RF lipolysis, the weight will not rebound easily after reduction. RF 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.

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

A: You need to keep on a diet to some extent because radiofrequency and ultrasonic treatment is followed by fat-blasting and accelerated metabolism. Avoid eating spicy, oily, or fried food so as not to affect metabolism. Have a proper amount of exercise to sweat and discharge the sweat from the body to have a more evident effect.

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

A: This machine is a non-invasive treatment and is currently the safest and most effective way to remove wrinkles, tighten skin, and sculpt the body. Generally speaking, there are no side effects. A few people may experience transient redness or swelling that will disappear after a few hours. Those with dry skin may experience dryness and atrophy after initial treatment. The skin will lose moisture due to RF-produced heat. However, the skin will turn plump at the initial stage of collagen regeneration, and all those symptoms will disappear after three days. Thus, there are no side effects on the body.

(9) Q: Can ultrasonic waves be used all over the body?

A: Ultrasonic waves break fat cells, burst the cell wall, and then fat in the cells flows out and is absorbed and metabolized by lymph. The ultrasonic wave has strong power. The heart is sensitive to sound waves since it's a hollow organ. The back and forth reflex occurs because muscle tissue and blood in the heart do not conduct sound waves in the same way after the sound waves vibrate the heart. The reflex force can detach cardiac valves from cardiac muscles. If it's directed at the eyes, it can cause retinal detachment. Therefore, to shun eyes and heart when using ultrasound. (Don't use it on the waist and chest.)

(10) Q: Do ultrasonic waves have side effects on the body?

A: Ultrasound is non-surgical, non-invasive, and requires no anesthesia and operation. The techniques for ultrasound: ultrasound (mechanical sound wave)-blast fat through cavitation-ultrasound focusing. Effect: fat smashing--fat-dissolving--skin firming and body sculpting. It only targets fat cells of low density while protecting tissue of high density, such as blood vessels and nerves. Therefore, it has no side effects on the body. Slight drumming in the ears may appear during the treatment, which is normal, and you don't have to worry about it.

(11) Q: Why does drumming in the ears occur?

A: It's because the ultrasonic wave has a strong vibration and a frequency above 20kHz. It acts on the subcutaneous fat layer that is 20mm below through ultrasound focusing. Ultrasonic wave with concentrated energy causes high-speed friction among fat cells, resulting in heating and eventually breaking and emulsifying, during which there is sound. Therefore, slight tinnitus will accompany during the treatment.

(12) Q: What is collagen?

A: Collagen is a biological macromolecule substance and is a white, opaque, and non-branched fibrous protein. It can supplement the needed nutrition to skin layers and enhance the activity of skin collagen. And it can lock moisture, nourish skin, delay aging, improve looks, relieve slack face, and care hair. Collagen is a nutrient that the body must be supplemented with to delay aging. With increasing age, the collagen will drain gradually. After the age of 20, women get old, and their collagen has depleted, and the collagen content has decreased little by little. At the age of 25, collagen loss reaches its peak. At the age of 40, collagen content is less than half of that of 18. Collagen and water loss leads to the breakage of collagen fibers and elastic mesh that support the skin, which is the exact cause of the wrinkles on the face of the elderly. It causes the oxidation, atrophy, and collapse of skin tissues, making the skin dry, wrinkled, slack, and inelastic. Therefore, collagen must be supplemented to delay aging.

(13) Q: How to detox with the vacuum?

A: Vacuum can congest capillaries and stimulate cells to increase their vitality. During operation, the suction and release of air pressure and the increase and decrease of vacuum can make local pores open and close continuously, promote skin breathing, increase skin oxygen uptake, and speed up the elimination of wastes. Therefore, it can promote qi and blood circulation, dispel coldness and dampness, dredge channels and collaterals, and expel toxins and heat.

9. Operating Steps

(1) Facial Anti-aging & Skin Tightening/ Eye Wrinkle Removal/ Neck Maintenance

remove makeup, clean the face, apply toner, massage, use Face/ Eye RF, apply a facial mask, apply water, essence, eye/ neck essence, apply facial/ eye/ neck cream, and sunblock. Matched Product: RF cream/ massage cream

(2) V-shaped Face Tightening

remove makeup, clean the face, apply toner, massage, use Face RF and Small Lipo Laser, apply a facial mask, apply water, essence, lotion/facial cream, and sunblock Matched Product: RF cream/ massage cream

(3) Waist & Abdomen, Arm, Leg, or Buttock Fat-dissolving & Sculpting

massage + use Body RF, Cavi, and Body Vacuum & RF, clean the treated part, use big Lipo Laser Matched Product: gel, RF cream/ essential oil

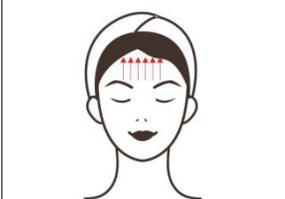
(4) Back Fat-dissolving & Sculpting

massage, use the Body RF and Body Vacuum & RF, clean the treated parts, use big Lipo Laser Matched Product: RF cream/ essential oil

(5) Breast Sculpting

massage, use the Body RF, clean the treated parts Matched Product: massage cream/ essential oil

10. Operational Diagrams

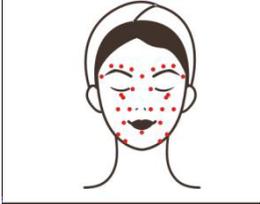
| Parameter Setting | Matched Product | Technique | Diagram |
|--|---|---|---|
| Facial Anti-aging & Skin Tightening: 60 Minutes/ Once a Week | | | |
| Face RF Advised Time: 10 to 15 minutes Advised Energy Level:3 to 7 Mode Selection: NOR/ PRO | Makeup Remover + Facial Cleanser + Cold & Hot Steam + Massage Cream + Moisturizing Mask + Essence + Facial Mask | Remove makeup and clean the face, 5 minutes. Apply a moisturizing mask and use hot steam, 10 minutes. 3. Clean the face, 2 minutes. 4. Apply toner, 1 minute. Apply massage cream evenly to the face, and caress it three times. Press Chengjiang (RN-24), Renzhong (DU-26), Dicang (ST-4), Jiache (ST-6), Yingxiang (LI-20), Jingming (BL-1), Cuanzhu (BL-2), Yuyao (EX-HN4), Sizhukong (SJ-23), Taiyang (EX-HN5), Tongziliao (GB-1), Chengqi (ST-1), and Sibai (ST-2). Repeat three times. Caress the whole face three times. 8. Lift from the chin to the earlobe, from the corner of the mouth to Ermen (SJ21), from the wing of the nose to Taiyang (EX-HN5), and from the lower eyelid to Taiyang (EX-HN5) with hands doing it by turns, and lift the corner of the eye. Repeat three times. Do the same on the other side. 10. Lift the forehead towards the hairline direction. Repeat | Technique 5, 7  Technique 6  Technique 8, 17  Technique 10, 12, 19  |

| | | | |
|--|--|--|---|
| | | <p>three times. Flip and lift the face with rotating fingers. Repeat 3 to 5 times. Flip the forehead towards the hairline direction with one hand. Repeat 3 to 5 times. One Side-Flip and lift the face with hands doing it alternately, 2 to 3 minutes. Do the same on the other side. Move zigzag on the whole forehead with middle and ring fingers, slide to the front of the ear and lift to and fro for three times, and slide out from the back of the ear. 16. Treatment ends. Face RF: Lift one line after another from the chin to the part below the ear, from the corner of the mouth to ear center, and from the wing of the nose to Taiyang (EX-HN5). Repeat three times. Do the same on the other side. Lift the forehead towards the hairline direction. Repeat three times. 20. Clean the face, 2 minutes. Apply a facial mask and wait for 15 minutes. 22. Clean the face, 2 minutes. Apply toner, essence, facial cream, and sunscreen. 24. Treatment ends.</p> | <p>Technique 15</p>  |
|--|--|--|---|

The Recommended Course of Treatment:

A course of treatment includes ten times treatment. After one treatment, the skin becomes tightened and rejuvenated and is supplemented with the needed nutrition. After a course, the skin improves and turns shiny. After two courses, the skin gets smooth and plump, and its outline becomes clearer gradually. After three courses, the skin's metabolism and detox enhance. And it helps to fade the pigment, lightens dark skin, prevents and delays skin aging, loosening, and sagging, and stimulates collagen hyperplasia in the underlying skin, making the skin tender, smooth, firm, and shiny.

V-shaped Face Tightening: 80 Minutes/ Once a Week

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| <p>Face RF</p> <p>Advised Time: 10 to 15 minutes</p> <p>Advised Energy Level: 3 to 7</p> <p>Mode</p> <p>Selection: NOR/ PRO</p> <p>Small Lipo Laser</p> <p>Advised Time: 15 to 20 minutes</p> <p>Advised Energy Level: 3 to 7</p> <p>Mode</p> <p>Selection: M1/ M2/ M3</p> | <p>Makeup Remover + Facial Cleanser + Cold & Hot Steam + Massage Cream + Moisturizing Mask + Essence + Facial Mask</p> | <ol style="list-style-type: none"> 1. Remove makeup and clean the face, 5 minutes. 2. Apply a moisturizing mask and use hot steam, 10 minutes. 3. Clean the face, 2 minutes. 4. Apply toner, 1 minute. 5. Apply massage cream evenly to the face, and caress it three times. 6. Press Chengjiang (RN-24), Renzhong (DU-26), Dicang (ST-4), Jiache (ST-6), Yingxiang (LI-20), Jingming (BL-1), Cuanzhu (BL-2), Yuyao (EX-HN4), Sizhukong (SJ-23), Taiyang (EX-HN5), Tongziliao (GB-1), Chengqi (ST-1), and Sibai(ST-2). Repeat three times. 7. Caress the whole face three times. 8. Lift from the chin to the earlobe, from the corner of the mouth to Ermen (SJ21), from the wing of the nose to Taiyang (EX-HN5), and from the lower eyelid to Taiyang (EX-HN5), and lift the corner of the eyes. Repeat three times. 9. Do the same on the other side. 10. Lift the forehead towards the hairline direction. Repeat three times. 11. Flip and lift the face with rotating fingers. Repeat 3 to 5 | <p>Technique 5, 7</p>  <p>Technique 6</p>  <p>Technique 8, 18</p>  <p>Technique 10, 12, 20</p>  <p>Technique 15</p> |
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times.

12. Flip the forehead towards the hairline direction with one hand. Repeat 3 to 5 times.

13. One Side-Flip and lift the

