

## 5-in-1 Ultrasonic 40K Cavitation with RF Radio Frequency



Model: ArianaSpas RF - 5

# 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) Main Machine x1
- 2) 40K RF Handle x1
- 3) Vacuum RF Handle x1
- 4) Facial RF Handle x1
- 5) Eye RF Handle x1
- 6) Body RF Handle x1
- 7) Fittings Stand x1
- 8) Filter x1
- 9) Fuse x2
- 10) Power line x1

# 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.



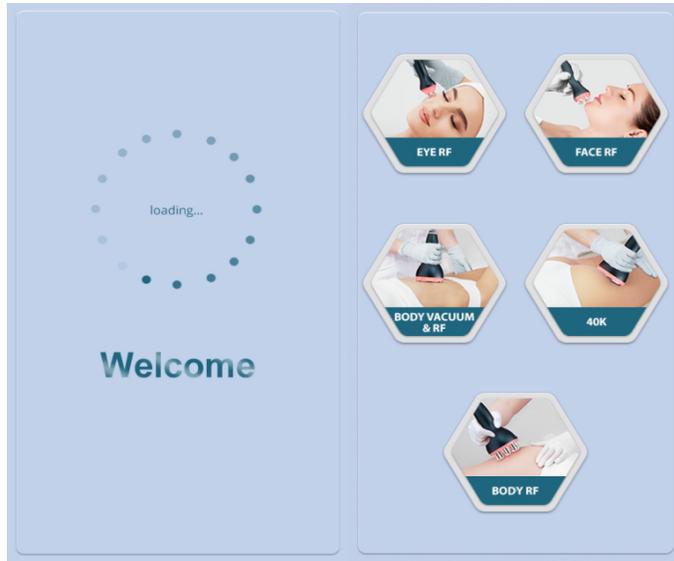
Warning: If any problems occur during system operation - lift the transducer off the client's skin, press the PAUSE button to completely halt system operation.

### 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

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



### 4.1 Function Selection



Home Button

**START**

Start/Pause Button



Return

**M1**

**M2**

**NOR**

**PRO**

Mode Switch

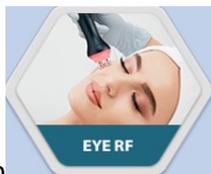
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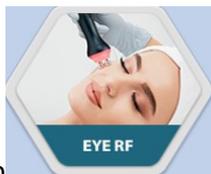
Time display and adjust



The knob is used for adjusting the suction level of the RF Vacuum. (Twist to the left to decrease the suction level and twist to the right to increase the suction level.)

## 4.2. Detailed Operation: Eye RF



Tap  to go to the interface below.



Time adjustment button



Button for adjustment and display of energy level



Button for adjusting energy level of Eye RF Treatment



The working mode of eye RF Treatment (NOR is smart mode, LED begins to turn red after touching the skin, and the heat of RF is released slowly to reach the energy setting. PRO is the fixed mode. After pressing the start button, the red LED is always on, and the RF temperature is directly set to the pre-set level.)

The interface of facial RF and body RF is the same as that of eye RF, and the specific time, energy level and mode are adjusted according to individual endurance and personal needs.

### 4.3. Detailed Operation: Vacuum RF



Tap to go to the interface below.



Time adjustment button



Button for adjustment and display of energy level



Button for adjusting energy level of Vacuum RF Treatment

**NOR**

**PRO**

The working mode of Vacuum RF Treatment (NOR is smart mode, LED begins to turn red after touching the skin, and the heat of RF is released slowly to reach the energy setting. PRO is the fixed mode. After pressing the start button, the red LED is always on, and the RF temperature is directly set to the pre-set level.)

SUCTION

2.0



Adjustment for Vacuum Suction Time(suction time is longer than the release time)

RELEASE

2.0



Adjustment for Vacuum Release Time(If it is "0", it is the constant suction mode)

## 4.4. Detailed Operation: 40K

Tap  to go to the interface below.



Time adjustment button



Button for

adjustment and display of energy level



Button for adjusting energy level of 40K Treatment



OK Treatment mode (M1 is the mode of continuous energy release, that is, the handle has been releasing energy after pressing start button, which is suitable for people with thick and accumulated fat; M2 mode is non-continuous mode and suitable for people who are locally obese and want to improve body shape.)

## 5. Technical Parameters

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

40K Unoisetion Cavitation 2.0 Handle  
Frequency:40KHz  
Power:20W

Sextupole RF Handle  
Frequeuncy:1MHz  
Power:30W

Vacuum RF Head  
Frequeuncy:3MHz  
Power:50W  
Vacuum: <-80kPa Pressure: >250kPa  
Air flow: >10L/minute  
Noise level:<70db(30cm away)

Bipole RF handle  
Frequency: 1MHZ  
Power:30W

8 Pole RF handle  
Frequency: 3MHZ  
Power:50W

## 6. Restrictions on Use

People with following symptoms should use with caution. Ask a doctor or professional before using this device. The details are as follow:

1. Women in pregnancy, or lactation;
2. People with heart disease or with heart pacemaker;
3. People with unhealed surgical wound or in recovery;
4. People with epilepsy, severe diabetes, and hyperthyroidism;
5. People with malignant tumors, hemophiliac or severe bleeding;
6. People with skin diseases and infectious diseases should use with caution;
7. People who are sensitive to electric current should use caution.

## 7. Precautions

- The plug with grounding pin must be used before the instrument is used and the power socket of the instrument is properly grounded.
- 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.
- 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.
- The instrument should not be placed in damp places or near water sources, and should not be directly exposed to sunlight.
- Do not place the instrument near a strong heat source, as this may affect the life and normal use of the instrument.
- Before treatment, please remove all metal objects from the body first, so as to avoid unexpected conditions and influence the curative effect.
- Please restrain from using the device on eyes, thyroid, parathyroid, testicles, abdomen of pregnant women, and pacemakers.
- Patients who are suffering from illness should consult with a doctor and gain permission from the doctor before using.
- Please turn off the power switch of the device, and ensure that the total power supply of the device is turned off before the staff leaves after daily use, so as to ensure the safety of the electrical products.
- Use device or train device operators in strict accordance with instructions in the user manual.
- When taking other weight-loss drugs, it is recommended to stop taking them for 1 to 2 months before treatment. Extension of the course of treatment is recommended if you wish to lose weight immediately.
- Don't use the instrument on an empty stomach. After a full meal, wait at least 1 hour before a course of weight loss treatment.
- During operation, the instrument should be in full contact with the skin to avoid uneven heating or getting scalded.
- Start from the lowest energy level and slowly add up.
- When using this device, the operating parts must be kept moist and dry skin should be avoided.
- Clean the instrument with normal saline (do not use ethyl alcohol) after operation to ensure its cleanliness and hygiene and prolong its service life.
- When vacuum RF is used in eye area, the suction should not be overly high to avoid bad effect.
- Products with high oil must be applied to keep skin moisturized.

## 8. Troubleshooting & Solutions

1. The device cannot be started, and the light on the back of the device is not working?
  - A. Make sure the power cord is connected to a good power socket.
  - B. Check the fuse tube on the back of the device. Maybe it's loose or burnt out.
  
2. The RF output is not working?
  - A. Please check the handle of the device and the plug. Whether they are closely connected with each other.
  - B. Please check whether the treatment area has been cleaned. Grease or oil essential products may cause poor contact between handle and human body, which will result in no RF output.
  
3. Weakened RF output?
  - A. Please check whether the handle and the plug is closely connected.
  - B. Please check whether there is non-conductive grease on the handle, which will cause poor contact and weaken the output.
  - C. Please check whether the product used is the adaptive product specified by the device.
  
4. No suction or with small suction?
  - A. Turn off the instrument and check the specialized filter, which may need to be replaced.
  - B. Check the rubber ring of the handle plug since a worn rubber ring may cause air leakage.
  - C. Check whether the oil filter cup outside the filter is tightened, and whether the rubber ring is worn. It's possible that air leakage in this place may lead to poor air pressure.
  - D. If the above-mentioned solutions are not working, please contact instrument dealer for assistance.
  
5. The device can be started, but the monitor shows wrong information?
  - A. Take out the plug in the back of the instrument, and wait for about 1 minute and re-plug and restart the device.
  - B. If the above-mentioned solutions are not working, please contact instrument dealer for assistance.

## 9. FAQs

1. Q: How long does the effects of RF treatment can be seen?  
A: Under normal circumstances within the day or a week. Skin collagen tissue will produces contractions under heating. An obvious skin tightening can be felt. RF works by stimulating subcutaneous tissue with sustainable collagen regeneration. Therefore, the more you do it the more visible effect you may experience.
2. Q: Is RF harmful to skin?  
A: RF treatment is a non-surgical one. It stimulates collagen regeneration at skin bottom and accelerate metabolism, therefore cause no harm to the skin. Partial redness and heating will occur after treatment, which is the normal phenomenon of accelerated blood circulation, and will disappear itself after a moment. Therefore, 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 60 minutes. We will combine the use of professional techniques and instruments to achieve a better effect.
4. Q: What are all the functions of this instrument?  
A: Fat dissolving and body shaping, skin smoothing and rejuvenation, tightening and lifting, youth restoring and anti-aging. It can be operated all over the body. For face, it can sculpt facial outline, alleviate wrinkles and saggy skin. For body, it can reduce fat on local part and build S curve, promote the metabolism and detoxification of the whole body. Meanwhile, it can also enhance the functions of viscera and regulate the sub-health of the body.
5. Q: Which one is better in weight reduction, liposuction or this machine?  
A: The principle of liposuction is sucking out the excess fat in a certain body part through Vacuum suction and so as to achieve the purpose of losing weight quickly on local body parts. It has an instant effect, and requires anesthesia during the operation, and with recovery period. It's an operation and there is risk. However, this machine is risk-free and has no side effects. It can stimulate collagen regeneration so as to lift and tighten skin while weight reduction. It can also shape perfect curves by lifting and boost feminine charm.
6. Q: Will I experience rebound after operation?  
A: For ultrasonic fat dissolving, the weight will not get rebound easily after reduction. Since ultrasonic fat dissolving is remove fat instead of moisture, and it takes a long time for fat to be accumulated, so the weight will not get rebound easily.
7. Q: Do I need to be on a diet?  
A: You need to control what you eat. Because radio frequency and ultrasonic treatment end with blasting adipose and accelerated metabolism. Avoid eating spicy, oily, or fried food so as not to affect metabolism. Proper workout and sweating will help with the process. In this way a better effect on weight reduction can be achieved.

8. Q: Does it have any side effects on the body?  
A: RF beauty treatment is non-invasive and so far the safest and effective method to remove wrinkles and shape body. Generally speaking, there is no side effects. A small number of people may experience transient redness or swelling that will disappear after a few hours. Those with dry skin may experience dryness and atrophy after the initial treatment. The skin will lose moisture due to RF heat. However, the skin will become plump at the beginning of collagen regeneration and these symptoms will disappear after three days. There are no side effects on body health.
9. Q: Can ultrasound be operated all over the body?  
A: Ultrasound breaks fat cells and causes the burst of cell. Then fat in the cell flow out and absorbed and metabolized by lymph, therefore it has a strong power. The heart is very sensitive to sound wave since our heart is a hollow organ. Back and forth reflex occur due to the fact that muscle tissue and blood in the heart do not conduct sound waves in the same way after the heart is vibrated by the sound wave. The reflex force can detach cardiac valves from cardiac muscles. If directed at the eye, it can cause retinal detachment. In a word, shun eye and heart area when using ultrasonic beauty device. (It is also advised not to use it on waist, back and chest.)
10. Q: Does ultrasound have side effects on human body?  
A: Ultrasound requires no surgery, no anesthesia, therefore is indeed non-invasive. It relies on ultrasound (mechanical sound wave) -blast fat through cavitation - ultrasound focusing. And the results are fat smashing - fat dissolving - skin firming and body sculpting respectively. It only targets at low density fat cells while leaving high density tissues like blood vessels intact, therefore having no side effects on human body. Slight tinnitus might appear during the treatment, which is normal and don't have to worry.
11. Q: Why does tinnitus occur?  
A: It's because ultrasound comes with a high frequency vibration, which could go up to 20kHz. It also goes deep into skin fat layers, which could go down to 20mm below epidermis. Highly intensifies ultrasound cause high speed friction among fat cells, resulting in them bursting and heating up, and eventually emulsified. And during the process, ultrasound can cause microvibration to the tissue that make us feel like as "tinnitus".
12. Q: What is collagen?  
A: Collagen is a kind of biological macromolecule substance, a kind of white, opaque and non-branched fibrous protein. It can supplement the nutrition needed by all layers of the skin, enhance the collagen activity in the skin, lock moisture, nourish the skin, delay aging, beautify, relieve facial relaxation, provide nutrients for the hair and so on. Collagen is a nutrient that human body must replenish to delay aging. With the growth of age, collagen will gradually be lost. At the age of 20, women have begun to age, collagen gradually decrease. At the age of 25, collagen loss reaches its peak. At the age of 40, the content is less than half of which one has at age 18. It is the loss of collagen and water that causes the wrinkles on the face of the elderly. The breakage of collagen fibers and elastic mesh will cause skin tissue to be oxidized, atrophied and collapsed. The skin will be dry, wrinkled, flabby and inelastic etc. Therefore, in order to delay aging, collagen must be supplemented.

13. Q: Why do I need hip maintenance?

A: Because it can help the body lymphatic system discharge poison, improve the gynaecological disease, and avoid harm brought by buttock blockage. Hip impassability surely brings about gynaecological issues. What's inside buttocks is pelvic cavity, bowel. It connects daimai, lumbar vertebra, sciatic nerve from above, uterus ovary, uterine adenexa in front, anus, vagina, inguinal lymphatic from below.

If suffering from squeeze of shangjiao and xiaojiao meridian channels, hip would be most vulnerable to cold, wet and blood stasis. When hip is affected by cold, it can cause meridian contraction of hips, dysmenorrhea, irregular menstruation, dark menstruation color, clot, deterred blood flow and meridian channels. It also affects fertility.

14. Q: How does Negative Pressure detoxify?

A: **Negative pressure** can congest capillary, stimulate cell to increase vitality. The suction and release of pressure during operation can make local pores continue to open and close, therefore promote skin breathing, increase the amount of skin oxygen, speed up the elimination of waste. So it achieves the effects of promoting qi and blood circulation, dispelling coldness and dampness, dredging channels and collaterals, clearing toxins, heat and so on.

## 10. Operational Diagrams

Parameter Adjustment	Product	Techniques	Diagrams
Skin Anti-aging and Firming: 60 minutes, once a week			
Face RF	Makeup Remover+	1. Remove makeup and clean face, 5 min.	Technique 5、7

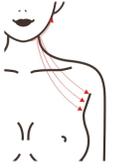
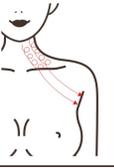
<p>Energy level:3-7  Operation time:15-20 minutes  Mode:  NOR: fixed mode  PRO:smart mode</p>	<p>Face Wash+Hot &amp;Cold  Steam+ Massage Cream+ Base face Essence+ Facial mask</p>	<ol style="list-style-type: none"> <li>2. Apply base mask and use hot steam, 10 min.</li> <li>3. Clean the face, 2 min.</li> <li>4. Apply toner,1 minute</li> <li>5. Apply massage cream evenly on face and caress face, 3 times.</li> <li>6. Push the following acupoints (Ren-24, Du-26, St-4, St-6, LI- 20, BL-1, BL-2, EM3, TE-23, Gb- 1, the Temple, St-1, St-2), 3 times.</li> <li>7. Caress the whole face, 3 times.</li> <li>8. Alternate both hands to lift in 3 lines from chin to ear lobe, corner of mouth to ear gate, nose wing to temple, lower eyelid to temple, lift canthus, 3 times.</li> <li>9. Do the same to the otherside.</li> <li>10. Lift towards hairlines on forehead, 3 times.</li> <li>11. Alternate hands in lifting the face as if plucking the string, 3-5 times.</li> <li>12. Alternate fingers in plucking forehead towards hairline with one hand, 3-5 times</li> <li>13. One side, pluck and lift face by alternating hands, 2-3 minutes</li> <li>14. Do the same to the otherside.</li> <li>15. Move in a zigzag shape on forehead with middle and ring fingers, slide to the front side of ears and lift back and forth for 3 times and pass behind ears.</li> <li>16. the end</li> <li>17. Face RF Operation, lift upwards from jaw to earlobe, mouth corner to ear gate, nose wing to temple, 3 times</li> <li>18. Do the same on the otherside.</li> <li>19. Lift towards hairlines on forehead, 3 times.</li> <li>20. Wash face clean, 2 minutes</li> <li>21. Apply face mask, 14 minutes</li> <li>22. Wash face clean 2 minutes</li> <li>23. Apply toner, essence, face cream, sunscreen</li> <li>24. The end.</li> </ol>	<div style="text-align: center;">  <p>Technique 6</p> </div> <div style="text-align: center;">  <p>Technique 8、17</p> </div> <div style="text-align: center;">  <p>Technique 10、12、19</p> </div> <div style="text-align: center;">  <p>Technique 15</p> </div>
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Treatment suggestions: A course of treatment consists of ten treatment sessions. After one session, skin will be firmed and hydrated with necessary nutrients absorbed. After a full course, skin will be lifted and glossy. Two courses help increase skin smoothness and plumpness and make face contour clearer. Three courses help increase skin metabolism and detoxification, fade pigmented spots and brighten dull skin, prevent skin sagging and aging and make the collagen at the bottom layer of skin regenerate to realize skin rejuvenation, smoothness, firming and glossiness.

### Eye Wrinkle Reduction: 25 minutes, 2-3 times a week

<p>Eye RF Energy level: 3-7 Operation time: 10-15 minutes Mode: NOR: fixed mode PRO: smart mode</p>	<p>Makeup remover+ Face wash+ Essence/Eye Cream+ Eye masks+ MS-22S5SB</p>	<ol style="list-style-type: none"> <li>1. Remove makeup and clean face, 5 min.</li> <li>2. Apply toner, 1 min.</li> <li>3. Apply essence (Eye cream) evenly around eyes, 3 times.</li> <li>4. Eye RF Operation, set the energy level, mode and time: about 10 minutes</li> <li>5. Lift from lower eyelid to eye corner, 3-6 times</li> <li>6. Lift from lower eyelid to temple, 3-6 times</li> <li>7. Move the probe beneath lower eyelid in small circles and move all the way to the temple, 3-6 times.</li> <li>8. Lift from beneath lower eyelid towards temple, 3-6 times</li> <li>9. Lift from eye bone to hairline, 3-6 times</li> <li>10. Do the same on the other side.</li> <li>11. Wash eye area clean, 1 minute</li> <li>12. Apply eye mask, 15 minutes</li> <li>13. Remove eye mask and wash eye area clean, 2 minutes.</li> <li>14. Apply eye essence</li> </ol>	<p>Technique 3</p>  <p>Technique 5</p>  <p>Technique 6</p>  <p>Technique 7</p>  <p>Technique 8, 9</p> 
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## Neck Treatment: 60 minutes, once a week

<p>Neck RF            Energy level: 3-7            Operation time: 10-15 minutes            Mode:            NOR: fixed mode            PRO: smart mode</p>	<p>Makeup Remover+ Face Wash+ Massage Cream+ Essence+ Neck Mask</p>	<ol style="list-style-type: none"> <li>1. Remove makeup and cleanse neck, 5 min.</li> <li>2. Apply toner, 1 min.</li> <li>3. Neck massage: apply and rub on the chest with both hands to the back of the neck and press Gb-20 and Du-16 acupoint, 3 times.</li> <li>4. Alternately lift the lower jaw and double chin to pass behind the ear and under the armpit, 3 times.</li> <li>5. Push downwards with hand spread and hukou pointing down, tracing 3 meridian channels from the neck side to the armpit, 3 times.</li> <li>6. Push downwards with 4 fingers, tracing 3 meridian channels from neck side to the armpit, 3 times.</li> <li>7. Push downwards with kneeling fingers till the neck turns hot and slide to the armpit, 3 times.</li> <li>8. Push downwards with hand spread and hukou pointing down from external collarbone to armpit, 3-5 times.</li> <li>9. Do the same on the other side.</li> <li>10. The end</li> <li>11. Neck RF Operation, 12. coupled with hand massage, lift double chin to pass behind the ear and under the armpit, 3 times.</li> <li>12. Move the device in circles on one side of neck to pass under armpit, 3 times.</li> <li>13. Slide the device from</li> </ol>	<p>Technique 3</p>  <hr/> <p>Technique 4</p>  <hr/> <p>Technique 5, 6, 7</p>  <hr/> <p>Technique 11</p>  <hr/> <p>Technique 12</p>  <hr/> <p>Technique 14</p> 
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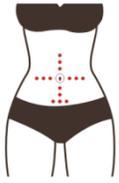
		<p>internal and external clavicle to the armpit, 3-5 times.</p> <p>14. Move the device in circles on the whole neck area, 3 times.</p> <p>15. Do the same on the other side.</p> <p>16. Clean neck with hot towel, 2 minutes.</p> <p>17. Apply neck mask, 15 minutes.</p> <p>18. Clean neck with hot towel, apply hot compresses for 15 minutes</p> <p>19. Apply toner, eye essence, neck essence, neck cream and sunscreen.</p> <p>20. the end</p>	
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**Treatment Suggestions**

10 treatments account for one full course. After one treatment, skin becomes tender, smooth. After a full course, neck skin becomes smooth, speed up the neck lymphatic circulation. After 2 courses it tightens skin, fade neck lines, improve the double chin. After 3 course, skin is fine, firm and glowing, which also promote lymph drainage, improve facial dullness, some problems such as acne, and delay the aging of the skin, make skin restore young state.

**Shaping Waist&Abdomen: 60 min, once a week**

<p>40K RF Energy level:3-7 Operation time:10-15 minutes Mode selection: M1:constant mode M2:non-constant mode</p> <p>Vacuum RF Energy level:3-7 Operation time:10-15 minutes Mode: NOR: fixed mode PRO: smart mode SUCTION: suction time RELEASE: release time Suction&amp;release time</p>	<p>Massage Cream(essence)+Gel+MS-22S5SB</p>	<p>1. Massage by hands 2. Apply and rub oil on abdomen with hands, 3 times. 3. Rub stomach back and forth with both hands, 3-5 times. 4. Knead abdomen with both hands using chiropractic techniques, 3 times. 5. Lift Meridian BV(Belt Vessel) on both sides of waist with both hands alternately, 16 times. 6. Move hands as if writing an "8" number on waist, 3 times. 7. Overlap hands and message the intestinal canal clockwise, 3 times. 8. Move hands in circular motion and caress the treatment area, 3 times. 9. Push on the following</p>	<p>Technique 2、8、 11</p> 
			<p>Technique 3、19</p> 
			<p>Technique 4</p> 

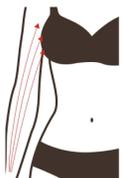
<p>can be freely adjusted. When release time is 0, it is on the constant suction mode.</p>	<p>acupoints: Ren-13, Ren-12, Ren-10, Ren-8, Ren-6, Ren-4, Ren-3, St-25, SP-15, Ren-2, RN-2 2 times.</p> <p>10. Starting from Ren-3 point, push both thumbs to belly navel, slide them to waist and the lift upwards to groin, 3 times.</p> <p>11. Caress the treatment area with hands and slide to groin.</p> <p>12. the end</p> <p>13. 40K operation: starting from one side of the waist, lift the device to abdomen and groin, 3 times.</p> <p>14. Repeat the previous operation on the other side, 3 times.</p> <p>15. Move the device on abdomen in small circular motions, 3 times. 16. Move the device on abdomen in big circular motions, 3 times.</p> <p>17. Vacuum RF Operation: constant suction mode, Starting from one side of the waist, lift the probe to abdomen, 3 times</p> <p>18. Lift on the other side</p> <p>19. Lift Meridian BV (Belt Vessel) laterally in a back-and-forth way, 3 times</p> <p>20. Move the probe up and down to shape the waist, 3 times.</p> <p>21. Move the device on abdomen in big circular motions, 3 times.</p> <p>22. Starting from one side of the waist, lift the probe to abdomen, 3 times</p> <p>23. The end.</p>	<p>Technique 5</p>  <p>Technique 6</p>  <p>Technique 7</p>  <p>Technique 9</p>  <p>Technique 10</p>  <p>Technique 13、17、22</p> 
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			<p>Technique 15</p> 
			<p>Technique 16、21</p> 
			<p>Technique 20</p> 

**Treatment Suggestions**

A course of treatment consists of ten treatment sessions. After one treatment session, abdomen is heating up, metabolism is accelerated. After one course, fat is slowly reduced through metabolism, body starts to slim down. Constipation and other issues are addressed at the same time. After 2 courses the effect gradually becomes obvious, skin is tightened and lifted, skin collagen increased. Stretch marks and flabby skin are also improved. 3 courses help reinforce the effect. Redundant fat gradually disappear, lumbar abdomen curve start to take in shape, and slim waist starts to show.

**Arm Shaping:60 minutes, once a week**

<p>40K RF Operation time:10-15 minutes Energy level:3-7 Mode selection: M1:constant M1:non-constant</p>	<p>Essential oil+  Gel+ Towel+ MS-22S5SB</p>	<p>1. Techniques 2. 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. 3. Push the entire arm with both palms, 3 times.</p>	<p>Technique 2、3、4、5、6、7</p> 
<p>Body RF Energy level:3-7 Operation:20-30 minutes</p>	<p>© ArianaSpa</p>	<p>Push hands upwards tracing three main collateral channels: Large Intestine Meridian(LI) - Triple Energizer Meridian(TE) -</p>	<p>Technique 8、9</p> 

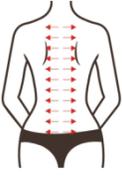
<p>NOR: fixed mode PRO: smart mode</p>	<p>armpits with fingers spread and hukou pointing upwards, 3 times. 5. Caress the treatment area, 3 times. 6. Trace and rub three main collateral channels on arms with kneeling finger back and forth till them turn hot, 3 times. 7. Caress the treatment area, 3 times. 8. Lay inner arm upwards, and</p>	<p>Technique 10</p> 
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		<p>push hands tracing three yin channel on inner arm: Lung Meridian(LU) - Pericardium Meridian(PC) - Heart Meridian(HT) to armpit, withhukou pointing upwards, 3 times respectively.</p> <p>9. Rub three channels back andforth with kneeling fingers till they turn hot, 3 times.</p> <p>10. Caress the treatment areaand slide to fingers.</p> <p>11. Repeat the previous operation on another side.</p> <p>12. The end of massage technique.</p> <p>13. 40K device operation: lay arms flatwise and start from fatpart of lower arm, tracing threechannels to armpit, 3 times.</p> <p>14. Move the device in annular motion, tracing three channels to armpit, 3 times.</p> <p>15. You may double the operation on flabby arms, 3 times.</p> <p>16. Trace three channels to armpit, 3 times.</p> <p>17. Lay inner arm flatwise andpush three channels on upper arm to armpit, 3 times.</p> <p>18. Trace three channels on upper arm and move the devicein circles to armpit, 3 times.</p> <p>19. Trace three channels fromupper arm to armpit.</p> <p>20. Do the same on the otherside.</p> <p>21. Body RF operation:Lay arms flatwise and start from fatpart of lower arm, tracing threechannels to armpit, 3 times.</p> <p>22. Trace three channels on upper arm and move the probein circles to armpit, 3 times.</p> <p>23. You may double the operation on flabby arms, 3 times.</p> <p>24. Trace three channels to armpit, 3 times.</p> <p>25. Lay inner arm flatwise and</p>	<p>Technique 13、 16、 21、 24</p>  <p>Technique 14、 15、 22、 23</p>  <p>Technique 17、 25</p>  <p>Technique 19、 27</p> 
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		<p>push three channels on upperarm to armpit, 3 times.</p> <p>26. Trace three channels on upper arm and move the device in circles to armpit, 3 times.</p> <p>27. Trace three channels from upper arm to armpit.</p> <p>28. Do the same on the other side.</p> <p>29. The end.</p>	
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Treatment Suggestions: A course of treatment consists of ten treatment sessions. After one treatment session, it will feel warm and tight, and 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 begins to shape the arms, strengthen the effect, dredge meridians, and enhance the constitution. 3 courses help consolidate effects and prevent rebound.

### Back Shaping :60 min, once a week

<p>Body RF Energy level:3-7 Operation time:15-20 minutes Mode: NOR:fixed mode PRO: smart mode Vacuum RF Energy level:3-7 Operation time:15-20 minutes Mode: NOR:fixed mode PRO: smart mode SUCTION: suction time RELEASE: release time Suction&amp;release time can be freely adjusted.When release time is 0, it is on the constant suction mode</p>	<p>Massage cream(essential oil)+MS-22S5SB</p>	<ol style="list-style-type: none"> <li>Techniques</li> <li>Apply oil on back and press Gb-20 and Du-16 points.</li> <li>Apply oil on back and press Gb-20 and Du-16 points.</li> <li>Move thumb outwards from Bladder Meridian(BL) to the 8 Crevice Area and then to Gb-20 and Du-16 points.</li> <li>Starting from neck to caudal vertebra, move hands in S-shape, 3 times.</li> <li>Push Bladder Meridian(BL) with thumb in left-right order, 3 times.</li> <li>Push Bladder Meridian(BL) to the 8 Crevice Area with both thumbs, at the same time, 3 times.</li> <li>Push Bladder Meridian(BL) in three kneeling fingers, 3 times.</li> <li>Push scapula slot with both hands alternately in left-right order, 3-6 times.</li> <li>Push scapula slot with both hands horizontally, 3-6 times.</li> <li>Caress the back with both hands and push Gb-20 and Du-16 points, 3 times.</li> </ol>	<p>Technique 2、11</p>  <p>Technique 3</p>  <p>Technique 4</p>  <p>Technique 5</p>  <p>Technique 6、7、8、14</p>
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		<p>12. Overlap both thumbs and push SI-11 point and slide to the arm, 3 times.</p> <p>13. Do the same on the other side, 3 times</p> <p>14. Rub Meridian GV and Bladder Meridian(BL) with hands until they turn hot.</p> <p>15. the end</p> <p>16. Body RF Operation: Starting from Meridian GV to Bladder Meridian(BL), move the device from neck to the 8 Crevice area, 3-5 times.</p> <p>17. Move the device in circles on Du-14 point, and the 8 Crevice area, 3-5 times respectively.</p> <p>18. From Da Ban Jin to neck, move the device back and forth, 3-5 times.</p> <p>19. Lift the device on scapulaslot in left-right order, 3-5 times.</p> <p>20. Move the device horizontally as if writing an "8" number to the 8 Crevice area, 3 times.</p> <p>21. Move the probe upwards in annular motion to armpit in left-right order on both sides, 3 times.</p> <p>22. Lift from sides of the waist upwards till armpit, 3-5 times.</p> <p>23. Vacuum RF Operation: Starting from Meridian GV to Bladder Meridian(BL), move the device from neck to the 8 Crevice area, 3-5 times.</p> <p>24. Move the device in circles on Du-14 point, and the 8 Crevice area, 3-5 times respectively.</p> <p>25. From Da Ban Jin to neck, move the device back and forth, 3-5 times.</p> <p>26. Lift the probe on scapula slot in left-right order, 3-5 times.</p> <p>27. Move the device</p>	 <p>Technique 9, 19, 26</p>  <p>Technique 10, 19, 26</p>  <p>Technique 12, 13</p>  <p>Technique 16, 23</p>  <p>Technique 17, 24</p>  <p>Technique 18, 25</p>  <p>Technique 20, 27</p>
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		<p>horizontally on the back as if writing an “8” number to the 8 Crevice area, 3 times.</p> <p>28. Move the probe upwards in annular motion to armpit in left-right order on both sides, 3times.</p> <p>29. Lift from sides of the waist upwards till armpit, 3-5 times.</p> <p>30. The end</p>	 <p>Technique 21、 28</p>  <p>Technique 22、 29</p> 
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Treatment suggestions: A course of treatment consists of 10 treatment sessions. After one treatment session, back will be significantly relaxed, and it can also alleviate neck stiffness, and lift skin. A course help relax shoulder, reduce back fat, ease the lump on the nape of the back, and shape the back line. After two courses, the lump appears to be smaller, and it help dredge meridians, regulate sub-health, and improve sleep. 3 courses help with back thinning, refine back line, strengthen visceral function, improve digestion, detoxification and metabolism, (a course of treatment is to reduce fat, two courses are to strengthen effect, three courses help with consolidation and avoid rebound.)

### Buttocks Shaping: 60 min, once a week

<p>Vacuum RF Energy level:3-7 Operation time:20-30 minutes Mode: NOR:fixed mode PRO:SMART mode SUCTION: suction time RELEASE: release time Suction&amp;release time can be freely adjusted.When release time is 0, it is</p>	<p>Massage Cream(essential oil)+MS-22S5SB</p>	<ol style="list-style-type: none"> <li>1. Massage techniques</li> <li>2. Standing on the side, accumulate oil on hands and then slide to the waist from the 8 Crevice Area and then lift up along the hips from the waist, 3 times (this is to caress the treatment area.)</li> <li>3. Push the 8 Crevice area with two thumbs, 3 times.</li> <li>4. Caress the treatment area for 3 times and then press point: BL-23, 8 Crevice area, Du-1, Gb-30, BL-36, 3 times.</li> <li>5. Caress the treatment area, 3 times.</li> </ol>	<p>Technique 2、5、11</p>  <p>Technique 3</p>  <p>Technique 4</p>
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<p>on the constant suction mode</p>		<p>6. Left-right order, both hands push from the root of the thigh in bottom-to-top way -- Bladder Meridian(BL) - Kidney Meridian(KI) - Liver Meridian(LV) - Gallbladder Meridian(GB) to Meridian BV, 3times each.</p> <p>7. Push Bladder Meridian(BL) - Kidney Meridian(KI) - Liver Meridian(LV) - Gallbladder Meridian(GB)from thigh root to Meridian upwards, 3 times each.</p> <p>8. Overlap both palms and push up together from thigh root to pulse (lifting) ,3 to 5 times.</p> <p>9. Push your hands in a bottom-to-top way from both sides of your hips to the top of your hips(shaping) back and forth, 3 times.</p> <p>10. Repeat step 7</p> <p>11. Caress the treatment area.</p> <p>12. The technique on the other side is the same as above.</p> <p>13. The end</p> <p>14. Vacuum RF Operation:lift from the thigh root to Meridian BV in lines, 3 times.</p> <p>15. Lift 3 times from bottom to top on both sides of the buttocks to the highest point of the buttocks.</p> <p>16. Move in small circles on hip, 3-5 times</p> <p>17. Lift from the thigh root to Meridian BV in lines, 3 times.</p> <p>18. Lift from bottom to top on both sides of the buttocks to the highest point of the buttocks, 3 times.</p> <p>19. Do the same on the other side.</p> <p>20. The end</p>	<div data-bbox="1226 205 1364 388" data-label="Image"> </div> <p data-bbox="1161 399 1339 472">Technique 6、 14、 17</p> <div data-bbox="1226 493 1364 672" data-label="Image"> </div> <p data-bbox="1161 682 1339 756">Technique 7、 10</p> <div data-bbox="1226 766 1364 945" data-label="Image"> </div> <p data-bbox="1161 955 1339 1039">Technique 9、 15、 18</p> <div data-bbox="1226 1050 1364 1228" data-label="Image"> </div> <p data-bbox="1161 1239 1339 1281">Technique 16</p> <div data-bbox="1226 1291 1364 1470" data-label="Image"> </div>
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Treatment Suggestions

A course of treatment. After one treatment, buttocks will experience lifting and heat. After a course of treatment buttocks start to show obvious curve lines, and excessive fat begin to disappear slowly, and skin appear to be tight. After 3 courses, the conditions of cold body and uterus, other gynecological problems such as irregular menstruation are improved. It also help consolidate the effect, and increase the female charm.

**Leg Shaping: 60 minutes, once a week**

<p>40K RF Energy level:3-7 Operation time:10-15 minutes Mode selection: M1:constant mode M2: non-constant mode</p> <p>Vacuum RF Energy level:3-7 Operation time:10-15 minutes Mode: NOR: fixed mode PRO: smart mode SUCTION: suction time RELEASE: release time Suction&amp;release time can be freely adjusted.When release time is 0, it is on the constant suction mode</p>	<p>Massage Cream(essential oil)+gel+MS-22S5SB</p>	<ol style="list-style-type: none"> <li>1. Massage techniques</li> <li>2. Left-right order: apply and rub oil in from calf to thigh to heel, 3 times.</li> <li>3. Alternately push the entire leg from bottom to top with heels of palms and then push back to the heel, 3 times.</li> <li>4. Move hands upwards to push four main collateral channels: Bladder Meridian(BL) - Kidney Meridian(KI) - Liver Meridian(LV) - Gallbladder Meridian(GB) with fingers spread and hukou pointing upwards.</li> <li>5. Push popliteal fossa with both hands alternately, 3 times.</li> <li>6. Twist both hands upwards alternately as if twisting a fried dough, 3 times.</li> <li>7. Caress the treatment area, 3 times.</li> <li>8. Push four main collateral channels upwards with kneeling fingers of both hands, 3 times.</li> <li>9. Caress the treatment area, 3 times.</li> <li>10. Do the same on the other side.</li> <li>11. The end</li> <li>12. 40K operation: Move the probe from foot to popliteal fossa to push Bladder Meridian(BL) - Kidney Meridian(KI) - Liver Meridian(LV) - Gallbladder Meridian(GB), 3 times</li> <li>13. Move the probe in small circular motion on calf, 3 times.</li> <li>14. Move the device upwards</li> </ol>	
			<p>Technique 13、21</p>

		the treatment area with hands, 3 times. 15. Push from popliteal fossa tracing 4 main collateral channels to the end of thigh, 3 times.	
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16. Move the device in circular motion from popliteal fossa to the end of thigh, 3 times.
17. Push from popliteal fossa tracing main collateral channels to the end of thigh, 3 times.
18. Move in small circles on thigh to dissolve fat, 3-5 times
19. Do the same on the other side.
20. Vacuum RF Operation: lift from heel to popliteal fossa with hands, 3 times
21. Move in small circles on calf, 3 times
22. Move on calf from top to bottom back and forth, 3-5 times.
23. Lift from popliteal fossa to thigh root, 3 times.
24. Move the probe in small circles on thigh, 3 times.
25. Lift from two sides of leg to the middle, 3 times.
26. Lift upwards from two sides of thigh in annular motion
27. Do the same on the other side.
28. Massage the front side of legs: rub oil into skin from feet to thigh root (caress the treatment area), 3 times
29. Push four main collateral channels: Bladder Meridian (BL) - Kidney Meridian (KI) - Liver Meridian (LV) - Gallbladder Meridian (GB) to thigh root with fingers spread and hukou pointing upwards.
30. Push four collateral channels with kneeling fingers of both hands, 3 times
31. The end
32. Do the same on the other side.
33. 40K Operation: Lift the probe towards knee from calf while tracing 3 meridians, 3 times (start from thigh if there's not enough unwanted fat on calf.)



Technique 42

	<p>34. Move the probe on two sides of calf in annular motion, 3 times (start from thigh if there's not enough unwanted fat on calf.)</p> <p>35. Lift the probe from knee to thigh root in lines, 3 times.</p> <p>36. Move the probe in small circles on thigh, 3 times.</p> <p>37. Lift the probe from knee to thigh root in annular motion, 3 times.</p> <p>38. Lift the device from knee to thigh root in parallel lines, 3 times.</p> <p>39. Vacuum RF Operation: Lift the probe towards knee from calf while tracing 3 meridians, 3 times (start from thigh if there's not enough unwanted fat on calf.)</p> <p>40. Lift from knee to thigh root, 3 times</p> <p>41. Move in small circles on thigh, 3 times.</p> <p>42. Lift from two sides of thigh to the middle, 3-5 times.</p> <p>43. Lift upwards on two sides of thigh in annular motion.</p> <p>44. Do the same on the other thigh.</p> <p>45. The end.</p>	
<p><b>Treatment Suggestions</b></p> <p>A course of treatment consists of ten treatment sessions. After one treatment, leg is relaxed, and circulation is accelerated. After a course of treatment, leg becomes thin, skin collagen tissue experience contraction due to heat effect, and tightening effect can obviously be felt on the skin. After 2 courses, leg is tight and slim, and obvious results are seen. 3 courses help consolidate the effect. Super RF + super ultrasound is to stimulate the dermis of the skin, which can sustain collagen regeneration, so the treatment effect will be more and more obvious.</p>		

