

4 in 1 Radio Frequency with Vacuum Suction Cupping



Model: ArianaSpas Vacuum - 4

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) Eye RF Handle x1
- 5) Vacuum Cup x24
- 6) Metal Grease Cups x3
- 7) Parts Rack x1
- 8) Filter x2
- 9) Fuse x2
- 10) Power Cord 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.



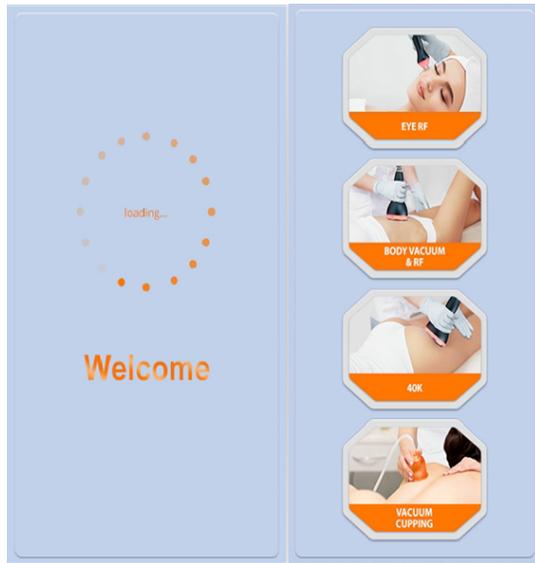
Warning: If any problems occur during system operation - lift the transducer off the client's skin, press the PAUSE button to completely halt system operation.

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 (Time, energy level, mode and suction can be adjusted according to individual bearing capability and demands.)

Check the instrument and make sure it's properly connected. The following page will appear after having the instrument turned on.



4.1 Function Selection



Home Button



Start/Pause Button



Return



Mode Switch



Time display and adjust



Rotating knob for vacuum RF suction setting (spin to the right to increase suction and spin to the left to decrease).

4.2. Detailed Operation: Eye RF



Tap to go to the interface below.



Time adjustment button



Button for adjustment and display of energy level



Mode selection for eye RF (NOR is smart mode. The red light will on after touching the skin. The temperature for RF will reach the setting value slowly. PRO is default mode. The red light will always on after clicking the start button. The temperature for RF will reach the setting value directly.)

4.3. Detailed Operation: Vacuum RF

Tap  to go to the interface below.



Time adjustment button



Button for adjustment and display of energy level



Mode selection for eye RF (NOR is smart mode. The red light will on after touching the skin. The temperature for RF will reach the setting value slowly. PRO is default mode. The redlight will always on after clicking the start button. The temperature for RF will reach the setting value directly.)



Time setting for vacuum suction(suction time > release time)

Time setting for vacuum release (when the time is set to zero it's direct suction)



Rotating knob for vacuum RF suction setting (spin to the right to increase suction and spin to the left to decrease).

4.4. Detailed Operation: 40K

Tap  to go to the interface below.



Time adjustment button



energy level setting and display



Mode selection for 40K (M1 is continuous working mode. The handle will release energy all the time after clicking the start button, which is suitable for people with thick fat accumulation and with thick fat. M2 is discontinuous working mode, which is suitable for people wanting to reduce weight and with local obesity.)

4.5. Detailed Operation: Vacuum Cup & Toxin Sucking Head



Tap  to go to the interface below.



Time Setting



Time setting for vacuum suction (suction time > release time)

Time setting for vacuum release (when the time is set to zero it's direct suction)



Toxin expelling mode, which removes toxin in the body.



Dredging mode, which clears and activates the channels and collaterals.



Muscle relaxing mode, which eases and tightens muscle.



Rotating knob for vacuum RF suction setting (spin to the right to increase suction and spin to the left to decrease). Remarks: Both vacuum cup and toxin sucking head are in the same page. You only have to change the rubber horse and probe when operating.

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

Power: 12W
Vacuum: <-80kPa

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 using the instrument and make sure the power socket is properly grounded.
- Ensure that the voltage is adaptive. If the voltage of the local power supply is unstable, we suggest that the user add a voltage regulator with matching power between the mains supply and the instrument.
- 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 exposed to sunlight directly.
- Do not place the instrument near a strong heat source since this may affect its service life and its normal use.
- Please remove all the metal objects from the body before treatment so as to avoid unexpected situations which may affect the curative effect.
- Please restrain from using the instrument aiming at eyes, thyroid, parathyroid, testicles, abdomen of pregnant women, and pacemakers.
- People who are suffering from illness should use with caution except get permission from a doctor.
- Please turn off the power switch if no one uses it, and ensure the main power is off after people use it and before they leave so as to ensure the safety of the instrument.
- Operate the instrument and train the operators in strictly accordance with the instructions specified in the user manual.
- It's advised to stop taking other weight reduction medicine 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.
- Don't use the instrument with an empty stomach. Wait at least 1 hour after a full meal, and then you can start the course for weight reduction.
- The instrument should contact the skin fully so as to avoid uneven heating when in use.
- Start with the lowest energy level when just started, and increase the level gradually after the client adjusting himself to it.
- When using this instrument, the parts that will be treated must be kept moist, and dry skin treatment should be avoided.
- Clean the instrument with normal saline after operation so as to ensure its cleanliness, hygiene as well as extending its service life.
- Don't set the suction level of vacuum cup and Metal Grease Cups too high when treat the face so as to avoid acturc discasc.
- Must apply product with relatively high oil content and keep it moist.

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: Normally the effects can be seen within the day or a week. The skin collagen tissue, under heating, will produce contractions, and an obvious skin tightening can be felt. RF, which stimulates subcutaneous tissue, can regenerate collagen continuously. Therefore, the more you treat with it the more obvious effect you can experience.

- 2) Q: Is RF harmful to skin?
A: RF treatment for tightening and anti-wrinkles is a non-surgical one. It stimulates collagen regeneration on the bottom layer of skin and accelerates metabolism. Therefore, it causes no harm to the skin. Only partial redness and heating will occur after treatment, which is a normal phenomenon caused by accelerated blood circulation, and it 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. To achieve a better effect we will combine the use of professional techniques and instruments.

- 4) Q: What functions does this instrument include?
A: Fat dissolving for 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 loosening and sagging. For body, it can reduce fat on local part and build S curve, accelerate metabolism and detoxification of the whole body. Meanwhile, it can also enhance viscera functions and regulate the sub-health of the body.

- 5) Q: Which one is better in weight reduction, liposuction or this instrument?
A: The principle of liposuction is sucking out the excess fat in a certain body part through vacuum suction so as to achieve the purpose of losing weight quickly on local 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 instrument 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 the treatment?
A: For ultrasonic fat dissolving, the weight is not prone to rebound after reduction. Since ultrasonic fat dissolving is removing fat instead of moisture, and it takes a long time for the fat to be accumulated, thus the weight will not get rebound easily.

- 7) Q: Do I need to be on a diet?
A: You need to keep on a diet a bit because radio frequency and ultrasonic treatment are followed by blasting adipose and accelerated metabolism. Avoid eating spicy, oily, or fried food so as not to affect metabolism. In order to sweat you can have proper workout, and help to discharge the fat from your body successfully. 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 shaping is non-invasive and currently one of the safest and most effective method to remove wrinkles, tighten and sculpt body. Generally speaking, there is no side effects. A few people may experience transient redness or swelling that will disappear after a few hours. People 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 turn plump at the initial stage of collagen regeneration, and all those 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, which leads to the burst of cell wall. Then the 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 occurs 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 it at the eyes, it can cause retinal detachment. Therefore, shun the eye and heart area when using ultrasound. (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 is not surgery, non-invasive, and requires no anesthesia and operation. The techniques for ultrasound: 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 fat cells of low density while protecting tissues of high density like blood vessels and nerve, therefore it has no side effects on human body. Slight drumming in the ears may appear during the treatment, which is normal and don't have to worry.
- 11) Q: Why does tinnitus occur?
A: It's because ultrasound has a strong vibration, and with a wave frequency above 20KHZ. It acts on subcutaneous fat layer that is 20mm below through ultrasound focusing. Ultrasound with concentrated energy causes high speed friction among fat cells, resulting in heating and eventually in breaking and emulsifying, during which there is sound. Therefore, slight tinnitus will occur.
- 12) Q: What is collagen?
A: Collagen is a biological macromolecule substance, and a fibrous protein that is white, opaque and non-branched. It can supplement the nutrition needed by all the skin layers, and enhance collagen activity in the skin, and with the effects of locking moisture, nourishing skin, delaying aging, beautifying looks, relieving facial relaxation, and caring hair. Collagen is a nutrient that the human body must be supplemented for delaying aging. With increasing age, the collagen will drain gradually. Women have started to aging, and their collagen have drained, and the content of collagen have decreased little by little after the age of 20. At the age of 25, collagen loss reaches its peak. At the age of 40, the content of collagen is less than half of that of the age 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 for the wrinkles on the face of the elderly. It causes the oxidation, atrophy and collapse of skin tissues, which makes the skin dry, wrinkled, slack and inelastic and etc. Therefore, collagen must be supplemented for aging delaying.

13) Q: Why do I need hip maintenance?

A: Because hip maintenance can help with body lymphatic detoxification, and improve the gynaecological diseases, and also avoid harms caused by buttock blockage. Hip impassability will surely bring about gynaecological diseases. There is pelvic cavity and intestinal tract inside the buttocks. It connects to belt vessel, lumbar vertebra and sciatic nerve from above, uterus, ovary, and adnexa in front, anus, vagina, groin, and lymph from below. Under the squeeze of Shangjiao(the parts above diaphragm) and Xiajiao(the parts underneath enterocoelia) channels and collaterals, the hip is most prone to cold, damp and blood stasis. When the hip is under coldness, it causes channels and collaterals contraction of the hip, dysmenorrhea, irregular menstruation, dark menstruation blood, blood clot, and obstructed blood flow. It also affects in gravitation.

14) Q: How does vacuum do detox?

A: Vacuum can congest capillary, stimulate cells to increase vitality. The suction and release of air pressure and the increase and decrease of vacuum during operation can make local pores open and close continuously, promote skin breathing, increase skin oxygen uptake, and speed up the elimination of waste. Therefore, it achieves the effects of promoting qi and blood circulation, dispelling coldness and dampness, dredging channels and collaterals, clearing toxins, heat and etc.

10. Operational Diagrams

Parameters Setting	Product	Techniques	Diagrams
Face Anti-aging: 60 Minutes/Once a Week			
<p>Vacuum Cup for Face:</p> <p>Advised time: 15 to 20 minutes</p> <p>Advised energy level: between 3 and 7</p> <p>Suction: Time for suction Release: Time for release Time for suction and release can be set freely. Its direct suction mode when the time for release is set to zero.</p> <p>M1: Toxin expelling mode, which removes toxin in the body. M2: Dredging mode, which clears and activates the channels and collaterals. M3: Muscles relaxing mode, which eases and tightens muscle.</p> <p>Parameters setting for Metal Grease</p>	<p>Makeup Remover</p> <p>+Facial Cleanser</p> <p>+Cold & Hot Steam</p> <p>+ Massage Cream</p> <p>+Base Mask + Essence</p> <p>+Facial Mask</p>	<ol style="list-style-type: none"> 1. Remove makeup and clean the face, and wait for 5 minutes. 2. Apply moisture mask and use hot steam. Wait for 10 minutes. 3. Wash the face, and wait for 2 minutes. 4. Apply toner, and wait for 1 minute. 5. Apply massage cream evenly on the face and massage. Repeat 3 times. 6. Press Chengjiang (Ren-24), Renzhong (Du-26), Dicang (St-4), Jiache (St-6), Yingxiang (LI-20), Jingming (Bl-1), Cuanzhu (Bl-2), Yuyao (EM3), Sizhukong (TE-23), the Temple, Tongziliao (Gb-1), Chengqi (St-1), and Sibai (St-2). Repeat 3 times. 7. Caress the whole face. Do it for 3 times. 8. Lift from chin to earlobe, from the corner of mouth to ear gate, from nose wing to temple, from lower eyelid to temple, and lift the corner of eye with two hands doing it alternately in three lines. 9. Repeat the same on the other side. 10. Lift forehead towards hairline direction. Repeat 3 times. 11. Flip and lift the face with rotating finger. Repeat 3 to 5 times. 12. Flip the forehead towards hairline direction with single hand. Repeat 3 to 5 times. 13. One side: lift and flip the face with two hands doing it alternately. Do it for 2 to 3 	<p>Technique 5, 7</p>  <p>Technique 6</p>  <p>Technique 8, 17</p>  <p>Technique 10, 12, 19</p>  <p>Technique 15</p>  <p>Technique 24</p>

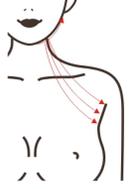
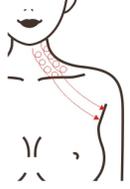
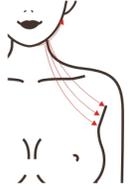
<p>Cups is the same as vacuum cup, which can be set according to individual demands.</p>	<p>minutes.</p> <p>14. Do the same on the other side.</p> <ul style="list-style-type: none"> Move zigzag on the whole forehead with the middle and ring finger. Slide to the front of ear and lift to and fro 3 times, and pass over the back of ear. <p>16. Treatment done.</p> <ul style="list-style-type: none"> Vacuum Cup Techniques: Lift one line after another from chin to ear gate, from the corner of mouth to ear gate, from nose wing to temple. Repeat 3 times. <p>18. Do the same on the other side.</p> <p>19. Lift from forehead towards hairline direction. Repeat 3 times.</p> <p>20. Metal Grease Cups Techniques: Lift one line after another from chin to ear gate, from the corner of mouth to ear gate, from nose wing to temple. Repeat 3 times.</p> <p>21. Do the same on the other side.</p> <p>22. Lift from forehead towards hairline direction. Repeat 3 times.</p> <p>23. Wash the face, and wait for 2 minutes.</p> <p>24. Apply mask, and wait for 15 minutes.</p> <p>25. Wash the face, and wait for 2 minutes.</p> <p>26. Apply toner, essence and facial cream to prevent sunburn.</p> <p>27. Treatment done.</p>	 <hr/> <p>Technique 26</p> 
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Course of treatment recommended: Ten treatments is a course. After one treatment, the skin will become tightened and rejuvenated, and be replenished with the needed nutrition. After a course, the skin will be improved and turn glossy. After two courses, the skin will become smooth, plump and its outline will become clearer gradually. After 3 courses, metabolism and detox for skin will be enhanced. And it helps to fade pigment and dark skin, and to prevent and delay the aging, loosening and sagging of skin, and to prevent collagen hyperplasia on the bottom layer of skin, which will make skin tender and smooth and tightened and with gloss.

Eye Anti-aging: 30 Minutes/2 to 3 Times a Week

<p>Eye RF:</p> <p>Suggested time: 10 to 15 minutes</p> <p>Suggested energy level: between 3 and 7</p> <p>Mode: NOR: default mode PRO: smart mode</p>	<p>Make-up Cleansing Oil + Facial Cleanser + Essence/Eye Cream + Instrument + Neck Mask</p>	<ol style="list-style-type: none"> 1. Remove make-up and clean the face. Wait for 5 minutes. 2. Apply toner, and wait for 1 minute. 3. Apply essence or eye cream evenly on the eye. 4. Eye RF Techniques: Set energy parameters, mode and time (about 10 minutes). 5. Lift the device from the lower eye lid to the corner of eye. Repeat 3 to 6times. 6. Lift the device from the lower eye lid to temple. Repeat 3 to 6 times. 7. Lift from lower eye lid moving in circles to temple. Repeat 3 to 6 times. 8. Lift the device from the lower eye lid to temple. Repeat 3 to 6 times. 9. Lift the device from brow ridge to hairline. Repeat 3 to 6 times. 10. Treat the other side. 11. Clean the eye, and wait for 1 minute. 12. Apply eye mask, and wait for 15 minutes. 13. Remove the mask and clean. Wait for 2 minutes. 14. Apply essence on the eye. 	<p>Technique 3</p>  <hr/> <p>Technique 5</p>  <hr/> <p>Technique 6</p>  <hr/> <p>Technique 7</p>  <hr/> <p>Technique 8, 9</p> 
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Neck Maintenance: 45 Minutes/Once a Week

<p>Vacuum Cup:</p> <p>Suggested time: 15 to 20 minutes</p> <p>Suggested energy level: between 3 and 7</p> <p>Suction: Time for suction</p> <p>Release: Time for release</p> <p>Time for suction and release can be set freely. Its direct suction mode when the time for release is set to zero.</p> <p>M1: Toxin expelling mode, which removes toxin in the body.</p> <p>M2: Dredging mode, which clears and activates the channels and collaterals.</p> <p>M3: Muscles relaxing mode, which eases and tightens muscle.</p>	<p>Make-up Remover + Facial Cleanser + Massage Cream + Essence + Neck Mask</p>	<ol style="list-style-type: none"> 1. Remove make-up and clean the face. Wait for 5 minutes. 2. Apply toner, and wait for 1 minute. 3. Massage neck. Lift in the front of chest and apply oil with both hands, and lift to the back of neck, and press Fengchi (GB20) and Fengfu (DU16). Repeat 3 times. 4. Lift jaw and double chin with both hands doing it alternately, and lift to armpit via the back of ear, and pass under armpit. Repeat 3 times. 5. Stroke three channels and collaterals on the neck side with the V-shaped webbed area between thumb and index finger, and to armpit and pass under there. Repeat 3 times. 6. Stroke three channels and collaterals on the neck side with four fingers, and to armpit and pass under there. Repeat 3 times. 7. Rub the neck side with kneeling fingers till it turns hot, and rub till armpit and pass under there, 3 times. 8. Stroke the external collarbone with the V-shaped webbed area between thumb and index finger, and to armpit. Repeat 3 to 5 times. 9. Do the same on the other side. 10. Treatment done. 11. Vacuum Cup Techniques: 	<p>Technique 3</p>  <hr/> <p>Technique 4</p>  <hr/> <p>Technique 5, 6, 7</p>  <hr/> <p>Technique 11</p> 
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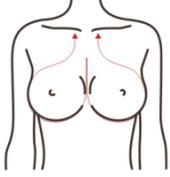
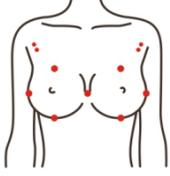
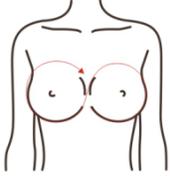
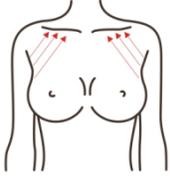
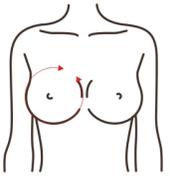
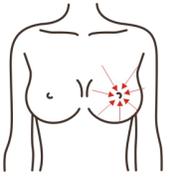
		<p>Lift the double chin to armpit via the back of ear, and pass under the armpit, 3 times.</p> <p>12. Move the device in circles on the side of neck till armpit in three lines, and pass under there. Repeat 3 times.</p> <p>13. Slide the device from internal and external collar bones to armpit, and pass under it. Repeat 3 to 5 times.</p> <p>14. Lift the device on the neck till armpit, and pass under there. Repeat 3 times.</p> <p>15. Do the same on the other side.</p> <p>16. Wipe and wash the neck with hot towel, 2 minutes.</p> <p>17. Apply neck mask and wait for 15 minutes.</p> <p>18. Wash with hot towel. Apply hot compress for 5 minutes.</p> <p>19. Apply toner, neck essence and neck cream to prevent sunburn.</p> <p>20. Treatment done.</p>	
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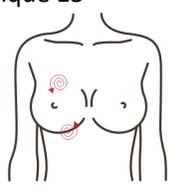
Course of treatment recommended

Ten treatments is a course. After one treatment, the skin will become rejuvenated and delicate. After a course, the skin on the neck will become smooth, and lymph circulation will be accelerated. After two courses, the skin will become tightened, and fine lines on neck faded, and double chin improved. After 3 courses, the skin will turn delicate and glossy, tightened and plump. And it helps to accelerate lymph detox, and improve darkness on the face, and remove acnes, as well as delaying the aging of skin and rejuvenating it.

Breast Management: 45 Minutes/Once a Week

Vacuum Cup:	Massage Cream(Essential Oil) + Instrument	1. Stand in the head of a bed. With hands applying oil moving from Danzhong(RN17) till armpit and meanwhile lift suspensory ligament. Repeat	Technique 1
Suggested time: 15 to 20 minutes			
Suggested energy			

<p>level: between 3 and 7</p> <p>Suction: Time for suction Release: Time for release Time for suction and release can be set freely. Its direct suction mode when the time for release is set to zero.</p> <p>M1: Toxin expelling mode, which removes toxin in the body. M2: Dredging mode, which clears and activates the channels and collaterals. M3: Muscles relaxing mode, which eases and tightens muscle.</p>	<p>3 times.</p> <ol style="list-style-type: none"> 2. Press Danzhong(RN17), Ruzhong(ST17), Dabao(SP21), Yinchiang(ST16), Zhongfu(LU1), and Yunmen(LU2) with thumbs of both hands. Repeat 3 times. 3. Caress the treatment area. Repeat 3 times. 4. Stroke Arabic numerals 8-shape between Danzhong(RN17) and breast with two palms overlapped. Repeat 3 times. 5. Lift from accessory breast to suspensory ligament with two hands doing it alternately. With the left first and right after. Repeat 10 times. 6. Caress the treatment area. Repeat 3 times. 7. Sit next to the client. With the left first and right after, and caress and lift the breast with both palms. Repeat 3 to 5 times. 8. Push the lactiferous ducts around breast with the V-shaped webbed area between thumb and index finger. Repeat 3 to 5 times. 9. Dredge nodule parts on breast with thumbs moving in circles alternately. Repeat 3 times. 10. Caress the whole breast with two hands. Repeat 3 to 5 times. 11. With the left first and right after. Lift upwards to nipple direction along the breast. Repeat 5 to 8 times. 12. Lift downwards to collarbone along the breast drawing semi-circle. Repeat 5 to 8 times. 	 <hr/> <p>Technique 2</p>  <hr/> <p>Technique 4</p>  <hr/> <p>Technique 5</p>  <hr/> <p>Technique 7</p>  <hr/> <p>Technique 8</p>  <hr/>
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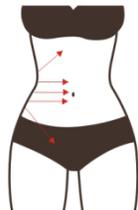
		<ol style="list-style-type: none"> 13. Move in small circles dredging nodule parts. Repeat 3 to 5 times. 14. Push the accessory breast under armpit to breast (for sculpting). Repeat 5 to 8 times. 15. Do the same on the other side. 16. Vacuum Cup Techniques: Choose the suitable size of vacuum cups and put them on the breast and make them sucked. 17. Wait for 15 minutes and then remove the vacuum cups. 18. Clean the breast with hot towel, and wait for 2 minutes. 19. Treatment done. 	<p>Technique 13</p> 
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Course of treatment recommended: Ten treatments is a course. After one treatment, the breast is heated which will accelerate blood circulation, and the breast will be lifted in a certain level. After a course, the effects will become more obvious and the nodule will be improved. After three courses, the skin will become tightened, and shaping will be reinforced, and breast elasticity will be boosted, and internal secretion will be regulated, and make women more charm.

Waist & Abdomen Sculpting: 45 Minutes/Once a Week

<p>40K: Suggested time:15 to 20 minutes Suggested energy level: between 3 and 7 Mode Selection: M1: contin uous working M2: discontin ous working Vacuum RF:</p>	<p>Massage Cream(Essential Oil) + Gel +Instrument</p>	<ol style="list-style-type: none"> 1. Massage techniques. 2. Move in circles on abdomen with two hands, and apply oil on it. Repeat 3 times. 3. Rub the belly back and forth with two hands. Repeat 3 to 5 times. 4. Rub the fat on abdomen as the way of rubbing spine with both hands doing it alternately. Repeat 3 times. 5. Lift belt vessel on both sides together with hands doing it alternately. Repeat 16 times. 6. Move in Arabic numeral 8-shape to the part below 	<p>Technique 2, 8, 11</p>  <p>Technique 3, 19</p>  <p>Technique 4</p>
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<p>Suggested time: 15 to 25 minutes</p> <p>Suggested energy level: between 3 and 7</p> <p>Mode: NOR: default mode PRO: smart mode</p> <p>Suction: Time for suction Release: Time for release Time for suction and release can be set freely. Its direct suction mode when the time for release is set to zero.</p>		<p>waist and then lift upwards from waist side. Repeat 3 times.</p> <p>7. Rub intestinal tract with two hands overlapped moving in small circles clockwise. Repeat 3 times.</p> <p>8. Caress with two hands moving in circles. Repeat 3 times.</p> <p>9. Press Shangwan(RN13), Zhongwan(RN12), Xiawan(RN10), Shenque(RN8), Qihai(RN6), Guanyuan(RN4), Zhongji(RN3), Tianshu(ST25), Daheng(SP15), Qugu(RN2). Repeat 2 times.</p> <p>10. Push directly from Zhongji(RN3) to belly button with thumbs of both hands, and slide to the parts below waist along the two sides, and then lift upwards to groin. Repeat 2 times.</p> <p>11. Caress till groin with both hands.</p> <p>12. Treatment done.</p> <p>13. 40K Techniques: One side. Lift from waist side to belly, and lift one line after another to groin. Repeat 3 times.</p> <p>14. Lift the other side. Repeat 3 times.</p> <p>15. Move in small circles on abdomen. Repeat 3 times.</p> <p>16. Move in big circles on abdomen. Repeat 3 times.</p> <p>17. Vacuum RF Techniques: Suction-release mode. Move from the left to the other side of waist along the part above belly button, and then slide from the part below belly button to</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, 23</p>
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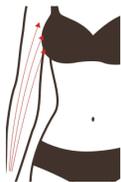
		<p>the left side. Repeat 3 times.</p> <p>18. Direct suction mode. One side: Lift one line after another from waist side to abdomen. Repeat 3 times.</p> <p>19. Lift the other side.</p> <p>20. Lift belt vessel back and forth in a transverse way. Repeat 3 times.</p> <p>21. Sculpt up and down on waist. Repeat 3 to 5 times.</p> <p>22. Move in big circles on abdomen. Repeat 3 times.</p> <p>23. One side: Lift one line after another from waist side to belly. Repeat 3 times.</p> <p>24. Treatment done.</p>	 <p>Technique 15</p>  <p>Technique 16, 22</p>  <p>Technique 20</p> 
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Course of treatment recommended

Ten treatments is a course. After one treatment, the abdomen is heated which will accelerate metabolism. After a course, the fat will be metabolized slowly, and slimming starts, and meanwhile problems, such as constipation, will be improved. After two courses, the effects become more and more obvious. Skin tightened and lifted, collagen on the bottom layer of skin increased, and stretch marks and slack skin improved. After three courses, the effects will be consolidated. Excess fat will disappear gradually, and waist curve will be shaped, and a slim waist will be built.

Arm Sculpting: 45 Minutes/Once a Week

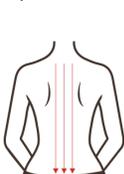
<p>40K:</p> <p>Suggested time: 15 to 20 minutes</p> <p>Suggested energy level: between 3 and 7</p>	<p>Massage Cream(Essential Oil) + Gel + Instrument</p>	<p>1. Techniques.</p> <p>2. Lay the arms flatwise with the left first and the right after, and apply oil on both hands, and rub from the lower arm to the entire arm till the palms reach the top end. Repeat 3 times.</p>	<p>Technique 2, 3, 4, 5, 6, 7</p> 
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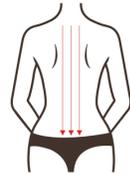
<p>Mode Selection: M1: continuous working M2: discontinuous working</p> <p>Vacuum Cup: Suggested time: 15 to 20 minutes</p> <p>Suggested energy level: between 3 and 7</p> <p>Suction: Time for suction Release: Time for release Time for suction and release can be set freely. Its direct suction mode when the time for release is set to zero.</p> <p>M1: Toxin expelling mode, which removes toxin in the body. M2: Dredging mode, which clears and activates the channels and collaterals. M3: Muscles relaxing mode, which eases and tightens muscle.</p>		<ol style="list-style-type: none"> 3. Push the entire arm with two palms doing it alternately. Repeat 3 times. 4. Push three channels and collaterals(Large Intestine Channel[LI]-Triple Energizer Channel[TE]-Small Intestine Channel[I]) on the outer arms respectively with the V-shaped webbed area between thumb and index finger, and push to armpit. Repeat 3 times. 5. Caress the treatment area. Repeat 3 times. 6. Rub three channels and collaterals on the upper arms respectively with kneeling fingers till it turnshot, and rub it back and forth. Repeat 3 times. 7. Caress the treatment area. Repeat 3 times. 8. Lay the arms upwards, and push three yin channels(Lung Channel[LU]-Pericardium Channel[PC]-Heart Channel[HT])on the inner arms with the V-shaped webbed area between thumb and index finger, and push to armpit. Repeat3 times respectively. 9. Rub three channels and collaterals back and forth with kneeling fingers till it becomes hot. Repeat 3 times. 10. Caress the treatment areatill the palms reach the end. 11. Repeat the same on the other side. 12. Treatment done. 13. 40K Techniques: Lay the arms flatwise, and start from the fat part of lowerarm pushing to armpit 	<p>Technique 8, 9</p>  <hr/> <p>Technique 10</p>  <hr/> <p>Technique 13, 16, 21, 24</p>  <hr/> <p>Technique 14, 15</p>  <hr/> <p>Technique 17, 23</p>  <hr/> <p>Technique 19, 24</p> 
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		<p>along three channels and collaterals. Repeat 3 times.</p> <p>14. Move in annular motion tracing three channels and collaterals till armpit. Repeat 3 times.</p> <p>15. You may exercise more treatment on flabby arms. Repeat 3 times.</p> <p>16. Push to armpit along three channels and collaterals. Repeat 3 times.</p> <p>17. Lay the arms upwards, and push three channels and collaterals on the armsto armpit. Repeat 3 times.</p> <p>18. Move in small circles along three channels and collaterals on the upper arms to armpit, 3 times.</p> <p>19. Start from the upper arm pushing to armpit along three channels and collaterals.</p> <p>20. Do the same on the other side.</p> <p>21. Vacuum Cup Techniques:Lay the arms flatwise. Startfrom the fat part of lower arm pushing to armpit along three channels and collaterals. Repeat 3 times.</p> <p>22. You may exercise more treatment on flabby arms. Repeat 3 times.</p> <p>23. Lay the arms upwards, and push three channels and collaterals on the armsto armpit. Repeat 3 times.</p> <p>24. Start from the upper arm pushing to armpit along three channels and collaterals. Repeat 3 times.</p> <p>25. Do the same on the other side</p> <p>26. Treatment done.</p>	
Course of treatment recommended			

Course of treatment recommended: Ten treatments is a course. After one treatment, a sense of heating and tightening can be felt, and the arms will be relaxed. After a course, the excess fat on the arms start to decrease, and the skin start to become tightened and plump. After two courses, body shaping starts, and the effects strengthened, channels and collaterals dredged, and physique enhanced. After three courses, the effects consolidated and stabilized, and rebound can be prevented.

Back Sculpting: 45 Minutes/Once a Week

<p>Vacuum RF:</p> <p>Suggested time: 15 to 25 minutes</p> <p>Suggested energy level: between 3 and 7</p> <p>Mode: NOR: default mode PRO: smart mode</p> <p>Suction: Time for suction Release: Time for release Time for suction and release can be set freely. Its direct suction mode when the time for release is set to zero.</p> <p>Vacuum Cup:</p> <p>Suggested time: 5 to 10 minutes</p> <p>Suggested energy level: between 3 and 7</p> <p>Suction: Time for suction Release: Time for release</p>	<p>Massage Cream(Essential Oil)+ Instrument</p>	<ol style="list-style-type: none"> 1. Techniques. 2. Apply oil on the back, and press Fengchi(GB20) and Fengfu(DU16). 3. Stroke Da Ban Jin(anadesma connecting neck and shoulder)(start from hairline) with the thumb finger. Repeat 3 to 5 times. 4. Stroke Bladder Meridian(BL) outward to Baliao(eight sacral foramina) with thumb finger and caress till Fengchi(GB20) and Fengfu(DU16). Repeat 3 times. 5. Move in circles and S-shape from neck to caudal vertebra with both hands. Repeat 3 times. 6. Push Bladder Meridian(BL) in left-right order with two thumbs doing it alternately. Repeat 3 times. 7. Push Bladder Meridian(BL) to Baliao(eight sacral foramina) with two hands doing it simultaneously. Repeat 3 times. 8. Push Bladder Meridian(BL) with kneeling fingers of both hands in three lines. Repeat 3 times. 9. Push Gaohuans(BL43) in a left-right order with both hands doing it alternately. Repeat 3 to 6 times. 10. Stroke crossly Gaohuans(BL43) with both 	<p>Technique 2, 11</p>  <hr/> <p>Technique 3</p>  <hr/> <p>Technique 4</p>  <hr/> <p>Technique 5</p>  <hr/> <p>Technique 6, 7, 8, 14</p>  <hr/> <p>Technique 9, 19</p> 
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<p>Time for suction and release can be set freely. Its direct suction mode when the time for release is set to zero.</p> <p>M1: Toxin expelling mode, which removes toxin in the body. M2: Dredging mode, which clears and activates the channels and collaterals. M3: Muscles relaxing mode, which eases and tightens muscle.</p>		<p>hands. Repeat 3 to 6 times.</p> <ol style="list-style-type: none"> 11. Caress the whole back with both hands and press Fengchi(GB20) and Fengfu(DU16). Repeat 3 times. 12. Press Tianzong(SI11) with both thumbs overlapped, and slide to arm and pass over there. Repeat 3 times. 13. Treat the other side, and press Tianzong(SI11) till arm and pass over there. Repeat 3 times. 14. Rub Du Meridian(DU) and Bladder Meridian(BL) till it turns hot with both hands. 15. Treatment done. 16. Vacuum RF Techniques: Treat Du Meridian(DU) first and Bladder Meridian(BL) after. Starting from the neck, sliding to Baliao(eight sacral foramina) area. Repeat 3-5 times. 17. Move in circles on Dazhui (Du-14) and Baliao(eight sacral foramina) area. Repeat 3 to 5 times respectively. 18. Starting from the neck, moving to and from Da Ban Jin(an adhesion connecting neck and shoulder). Repeat 3-5 times. 19. Lift to and from Gaohuans(BL43) in left-right order. Repeat 3 to 5 times. 20. Lift upwards from the side of waist to armpit. Repeat 3 to 5 times. 21. Vacuum Cup: Select direct suction mode. And put the cups on Dazhui (Du-14), Jianjing(GB21) on 	<p>Technique 9, 19</p>  <hr/> <p>Technique 10</p>  <hr/> <p>Technique 12, 13</p>  <hr/> <p>Technique 16</p>  <hr/> <p>Technique 17</p>  <hr/> <p>Technique 18</p>  <hr/> <p>Technique 20</p> 
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		<p>both sides, Tianzong(SI11) on both sides, and Baliao(eight sacral foramina), and wait for 5 to10 minutes.</p> <p>22. Treatment done.</p>	
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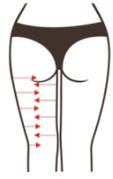
Course of treatment recommended: Ten treatments is a course. After one treatment, the back will become relaxed obviously, and stiffness on the shoulder and neck can be relieved, and the skin will be lifted. After a course,the back and shoulder will experience totally relaxed, and the fat on the back will be lessened, and the Dowager's hump on the back will be relieved, and the back outlines will become good-looking. After two courses, the Dowager's hump on the back will be improved, andchannels and collaterals will be dredged, and sub-health conditions and sleep quality will be improved. After three courses, the back will turn thin, and the outlines will become nice, and viscera function will be boosted, and digestion, detox and metabolism will be promoted. (one course with size reduced, two courses with effects consolidated, and three courses with effects strengthened without rebound.)

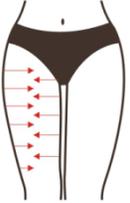
Buttocks Sculpting: 60 Minutes/Once a Week

<p>Vacuum RF:</p> <p>Suggested time: 20 to 30 minutes</p> <p>Suggested energy level: between 3 and 7</p> <p>Mode: NOR: default mode PRO: smart mode</p> <p>Suction: time for suction Release: time for release The time for suction and release can be setfreely. Its direct suction mode when the time forrelease is set to zero.</p>	<p>Massage Cream(Essential Oil)+ Instrument</p>	<ol style="list-style-type: none"> 1. Massage techniques. 2. Stand sideways and with both hands applying oil. Slide from Baliao(eight sacral foramina)area to waist and lift upwards from there along buttock. Repeat3 times. 3. Push Baliao(eight sacral foramina)area with both thumbs. Repeat 3 times. 4. Caress the treatment area for 3 times. Then press Shenshu(BL23), Baliao(eight sacral foramina), Changqiang(DU1), Huantiao(GB30),and Chengfu(BL36). Repeat 3 times. 5. Caress the treatment area, 3 times. 6. With the left first and the right after. Push upwards from thigh root to belt vessel along Bladder Meridian(BL), Kidney 	<p>Technique 3</p>  <hr/> <p>Technique 4</p>  <hr/> <p>Technique 6, 14, 17</p>
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		<p>Meridian(KI), Liver Meridian(LI), and Gallbladder Meridian with both hands. Repeat 3 times respectively.</p> <p>7. Push upwards from thigh root to belt vessel along Blader Meridian(BL), Kidney Meridian(KI), Liver Meridian(LI), and Gallbladder Meridian with two hands doing it respectively. Repeat 3 times.</p> <p>8. Lift upwards from thigh root to belt vessel with the two palms overlapped. Repeat 3to 5 times.</p> <p>9. Push from the two sides of buttock to the highest pointon it (for sculpting) in line by line manner with two hands, and push back and forth. Repeat 3 times.</p> <p>10. Repeat technique No.7.</p> <p>11. Caress the treatment area.</p> <p>12. Do the same on the other side.</p> <p>13. Treatment done.</p> <p>14. Vacuum RF Techniques:Lift one line after another from thigh root to belt vessel. Repeat 3 times.</p> <p>15. Lift upwards from the two sides of buttock to the highest point on it in line byline manner. Repeat 3 times.</p> <p>16. Move in small circles onthe whole buttock. Repeat 3 to 5 times.</p> <p>17. Lift one line after another from thigh root to belt vessel. Repeat 3 times.</p> <p>18. Lift upwards from the two sides of buttock to the highest point on it in line byline manner. Repeat 3</p>	<p>Technique 6, 14, 17</p>  <hr/> <p>Technique 7, 10</p>  <hr/> <p>Technique 9, 15, 18</p>  <hr/> <p>Technique 16</p> 
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		times. 19. Do the same on the other side. 20. Treatment done.	
<p>Course of treatment recommended</p> <p>Ten treatments is a course. After one treatment, the buttock will be lifted and turn hot. After a course, the buttock outlines will start to show itself, and the excess fat will disappear slowly, and the skin will become tightened. After three courses, gynecological diseases, such as cold body and cold womb, will be relieved, and menstrual period will back to normal, and the effects will be consolidated, which will enhance feminine charm.</p>			
<p>Leg Sculpting: 60 Minutes/Once a Week</p>			
<p>40K:</p> <p>Suggested time: 15 to 20 minutes</p> <p>Suggested energy level: between 3 and 7</p> <p>Mode Selection: M1: continuous working M2: discontinuous working</p> <p>Vacuum RF:</p> <p>Suggested time: 15 to 20 minutes</p> <p>Suggested energy level: between 3 and 7</p> <p>Suction: time for suction Release: time for release The time for suction and release can be set freely. Its direct suction mode</p>	<p>Massage Cream (Essential Oil) + Gel + Instrument</p>	<ol style="list-style-type: none"> 1. Massage techniques. 2. With the left leg first and right after. Apply oil from the lower leg to the thigh, and then back to the heel. Repeat 3 times. 3. Push the entire leg from the bottom up with the root of two palms doing it alternately, and then back to the heel till the palms pass there. 4. Push the four channels and collaterals (Bladder Meridian [BL]-Kidney Meridian [KI]-Liver Meridian [LV]-Gallbladder Meridian [GB]) from the bottom up with the V-shaped webbed area between thumb and index finger of both hands doing it alternately. Repeat 3 times. 5. Push popliteal fossa with two hands doing it alternately. Repeat 3 times. 6. Move from the bottom up in twist manner with two hands doing it alternately. Repeat 3 times. 7. Caress the treatment area. Repeat 3 times. 8. Push four channels and 	<p>Technique 2, 3, 4, 5, 7, 8, 9</p>  <hr/> <p>Technique 6</p>  <hr/> <p>Technique 12, 20, 23</p>  <hr/> <p>Technique 13, 16, 21</p> 

<p>when the time for release is set to zero.</p> <p>M1: Toxin expelling mode, which removes toxin in the body.</p> <p>M2: Dredging mode, which clears and activates the channels and collaterals.</p> <p>M3: Muscles relaxing mode, which eases and tightens muscle.</p>		<p>collaterals with kneeling fingers doing it from the bottom up. Repeat 3 times.</p> <ol style="list-style-type: none"> 9. Caress the treatment area. Repeat 3 times. 10. Do the same on the other side. 11. Treatment done. 12. 40K Techniques: Push upwards to popliteal fossa, and push Bladder Meridian(BL)-Kidney Meridian(KI)-Liver Meridian(LV)-Gallbladder Meridian(GB) successively. Repeat 3 times. 13. Move in small circles on the lower leg to dissolve fat. Repeat 3 times. 14. Push from the bottom up to popliteal fossa successively, and meanwhile caress the area with hands. 15. Starting from popliteal fossa, pushing four channels and collaterals till the thigh root. Repeat 3 times. 16. Starting from the popliteal fossa, moving in small circles till the thigh root to dissolve fat. 17. Starting from popliteal fossa, pushing four channels and collaterals successively till thigh root 18. Moving in small circles on the thigh root to dissolve fat. 19. Do the same on the other side 20. Vacuum RF Techniques: Coupled with hands, lifting upwards from heel to popliteal fossa in line by line manner. Repeat 3 times. 	<p>Technique 15, 17, 23</p>  <hr/> <p>Technique 16, 18, 24</p> <p>Technique 13, 21</p>  <hr/> <p>Technique 25</p>  <hr/> <p>Technique 26</p>  <hr/> <p>Technique 29, 30, 35, 38, 40, 42</p>  <hr/> <p>Technique 34, 37, 43</p>
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		<ol style="list-style-type: none"> 21. Move in small circles on the lower leg. Repeat 3 times. 22. Move up and down on the lower leg. Repeat 3 to 5 times. 23. Lift one line after another from popliteal fossa to the thigh root. Repeat 3 times. 24. Move in small circles on the thigh. Repeat 3 times. 25. Lift towards the middle from the two sides of thigh in line manner. Repeat 3 to 5 times. 26. Lift upwards on the two sides of thigh in annular motion. Repeat 3 times. 27. Do the same on the other side. 28. Foreleg Massage: Apply oil from the leg to the thigh root. Repeat 3 times. 29. Push the four channels and collaterals (Spleen Meridian (SP)- Stomach Meridian (ST)- Liver Meridian (LV)- Gallbladder Meridian (GB)) on the leg with the V-shaped webbed area between thumb and index finger of both hands doing it alternately, and push till thigh root. Repeat 3 times. 30. Push four channels and collaterals with kneeling fingers. Repeat 3 times. 31. Treatment done. 32. Do the same on the other side. 33. 40K Techniques: Lift from the lower leg towards the knee along four channels and collaterals. Repeat 3 times. (can start with treating the thigh directly if there is no excess fat on the 	<p>Technique 34, 37, 43</p>  <hr/> <p>Technique 36, 41</p>  <hr/> <p>Technique 42</p> 
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		<p>lower leg)</p> <p>34. Move in annular motion from the two sides of lowerleg to the knee. Repeat 3 times. (can start with treating the thigh directly if there is no excess fat on the lower leg)</p> <p>35. Lift one line after another from knee to thigh root. Repeat 3 times.</p> <p>36. Move in small circles onthe whole thigh part. Repeat 3 times</p> <p>37. Lift in annular motion from knee to thigh root. Repeat 3 times.</p> <p>38. Lift one line after another from knee to thigh root. Repeat 3 times.</p> <p>39. Vacuum RF Techniques: Do the same to the lower leg as above-mentioned. (can start with treating the thigh directly if there is no excess fat on the lower leg)</p> <p>40. Lift one line after another from knee to thigh root. Repeat 3 times.</p> <p>41. Move in small circles onthe thigh part. Repeat 3 times.</p> <p>42. Lift towards the middle from the two sides of thighin line by line manner. Repeat 3 to 5 times.</p> <p>43. Lift upwards on the two sides of thigh in annular motion. Repeat 3 times.</p> <p>44. Do the same on the otherside</p> <p>45. Treatment done.</p>	
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Course of treatment recommended

Ten treatments is a course. After one treatment, the legs will get relaxed, and the blood circulation will be accelerated. After a course, the legs will become thin, and an obvious sense of tightening can be felt due to the contraction effect generated by skin collagen tissue. After two courses, the legs will turn slim and tightened. It has an obvious effect. After three courses, the effect will be reinforced. Super RF and super ultrasound stimulate skin dermis and regenerate collagen continuously, therefore its curative effect will become more and more obvious.