

# S-SHAPE EMS Electroporation Vacuum Suction Body Face Care Machine



Model: Ariana Spas S-Shape Vacuum Suction

# 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:

- Main Machine x 1
- Suction and RF Facial Slimming Handle x 1
- EMS and EL (Electroporation) Facial Anti-aging Handle x1
- 30K Cavitation&RF Body Shape Handle x 1
- Suction and RF Body Sculpture Handle x 1
- Power cord (Both 110v And 220v Voltage (Frequency: 50/60Hz) Version Are Available. Also We Stock The USA, UK, AU, EU Plug To Suit For The Country All Over The World.) x 1
- Holder x 1

# 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. Operation Instructions

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



Button selection function



Select the set function



Adjust energy



Start, pause function

As shown in figure:



## 4.2 Detailed Operation: Body RF& Ultrasonic



Enter the interface



Select the function to set



Adjust energy



Startup state, there is red light



### 4.3 Detailed Operation: Body RF & Negative Pressure



Select the function to set



Adjust energy



Startup state, there is red light



Return to the main function interface

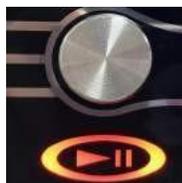
## 4.4 Detailed Operation: RF & Negative Pressure Face



Select the function to set



Adjust energy

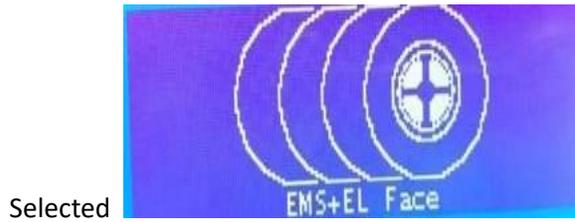


Startup state, there is red light



Return to the main function interface

## 4.5 Detailed Operation: Face EMS&EL



Select the function to set



Adjust energy



Startup state, there is red light



Return to the main function interface

## 5. Technical Parameters

Ultrasound Cavitation&RF Body Shape Handle

Ultrasound Cavitation

Frequency:30KHz

Power:50W

RF Frequency:5MHz Power:85W

Suction& RF Body Sculpture Handle

RF Frequency:5MHz

Power:85W

Suction Vacuum: <-80kPa

Pressure: >250kPa

Air flow: >10L/minute

Noise level: <70dB (30cm away) Power:20W

Suction&RF Facial Slimming Handle

Frequency: 5MHz

Power:85W

Suction Vacuum: <-80kPa

Pressure: >250kPa

Air flow: >10L/minute

Noise level: <70dB (30cm away) Power:20W

EMS&EL (Electroporation) Facial Anti-aging Handle

EMS Frequency: 4.5KHz

Power:10W

EL (Electroporation) Frequency: 65Hz Power:10W

Input Power: AC 110V/220V 50/60Hz

Power Consumption:MAX 150W

Display: Touch Screen

## 6. Restrictions on Use

Patients with the following symptoms should be cautious about using this instrument. Please consult a doctor or a professional before using the instrument. The details are as follows:

1. Those who are pregnant or lactating.
2. Those with heart disease or who are equipped with pacemaker.
3. Those whose wounds have not healed and who are recovering from the operation.
4. Those with epilepsy, severe diabetes and hyperthyroidism.
5. Those with malignant tumor, hemophilia or severe bleeding.
6. Those with skin diseases and infectious diseases.

## 7. Precautions

- Remove the treatment head every time you use the instrument. Clean it with water and keep it in a safe place.
- The instrument must have a plug with a grounding pin before use and ensure that the instrument's power outlet is properly grounded.
- Ensure that the voltage of the instrument is adapted. If the local power supply voltage is unstable, we recommend that the user increase the power matching power supply between the mains and the instrument.
- For the treatment effect of the instrument and to ensure the normal service life, please use the designated accessories provided or recommended by the original manufacturer.
- The instrument should not be placed in a humid place or near a water source, and the instrument should not be directly exposed to the sun.
- Do not place the instrument close to a strong heat source, as this may affect the life of the instrument and normal use.
- Please remove all metal objects from your body before treatment to avoid unpredictable conditions and affect the efficacy.
- ⚠, please do not use in the eyes, thyroid, parathyroid, testis, pregnant abdomen and atrial pulse generator.

## 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 before I can start seeing results of RF treatment?  
A: Under normal circumstances within that day or a week. Skin collagen tissue is heated and produces contractions, and you can obviously feel skin tightening. Because RF works by stimulating subcutaneous tissue and bring about sustainable collagen regeneration, so the more you do it, the more visible effects you shall receive.
2. Q: Is RF harmful to skin?  
A: RF treatment falls under the category of non-surgery operation. It stimulates collagen regeneration at the skin bottom and boosts metabolism, therefore has no damage to the skin. Partial redness and fever is the normal phenomenon of accelerated blood circulation, and will be resolved by oneself after a moment, so there's no need to worry.
3. Q: How long does the body firming treatment take?  
A: One operation time is 60 minutes. We will combine professional techniques and instruments to achieve remarkable results.
4. Q: What are all the functions of this instrument?  
A: Dissolve fat, body shaping, smooth skin, firming, lifting, and anti-aging. It can be operated all over the body. In terms of facial care, it can contour facial outline, alleviate wrinkles and saggy skin. In terms of body care, it can reduce regional fatness 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 terms of weight loss, liposuction or this machine?  
A: The principle of liposuction is to suck out the excess fat in one part of the body through the method of negative pressure suction, so as to achieve the purpose of rapid weight loss on parts of the body. It achieves fast results, requires anesthesia, recovery period. It falls under the category of surgery operation and comes with risks. However, our machine is risk-free and has no side effects. While losing weight, it can stimulate collagen regeneration to lift and tighten skin. By lifting, it can also shape perfect curves and accentuate women's natural charm.
6. Q: Will I experience rebound after operation?  
A: Ultrasound works by dissolving fat to reduce weight, and are not prone to rebound. Because what's dissolved through Ultrasound treatment is fat, not water. The formation of fat needs a longer period of time to accumulate, so it is not prone to rebound.
7. Q: Do I need to be on a diet?  
A: Pay attention to what you eat. Because radio frequency and ultrasonic treatment end with blasting adipose and accelerated metabolism. It's best to avoid eating spicy, oily, or fried food, to avoid affecting regular metabolism. Also proper workout and sweating help with the process, in a way weight loss will be more visible as well.
8. Q: Does it have any side effects on the body?  
A: RF beauty treatment is non-invasive and so far the most safe and effective method to remove wrinkles and shape body. Generally speaking side effects won't appear. A small number of people may experience transient redness or swelling that will disappear after a few hours. Those with dry skin may experience 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 health.

9. Q: Can ultrasound be operated all over the body?

A: Ultrasonic cavitation ruptures fat cells and causes mechanical disruption of fat cell membrane. Liquefied fat cells then cleared away by metabolic pathways. Our heart is a hollow organ, and sensitive to high frequency sound waves. 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. The reflex force can detach cardiac valves from cardiac muscles. If directed at the eye, it can cause retinal detachment. In a word, avoid 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: Ultrasonic beauty machine requires no surgery, no opening up and 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 smash - 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 to happen during the treatment, which is within normal range so there's no need 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 you need hip maintenance?

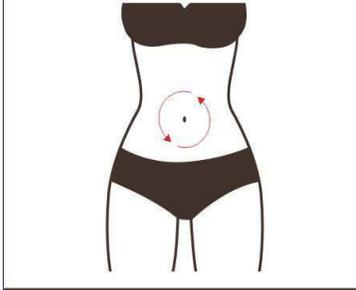
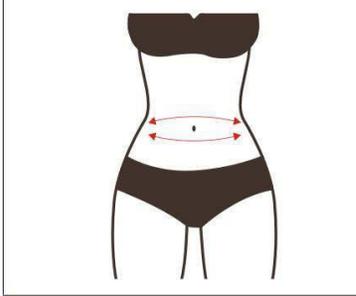
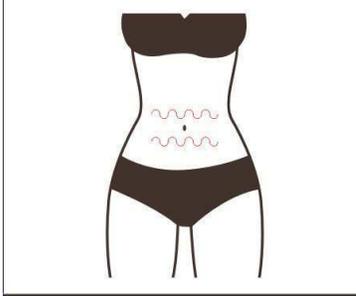
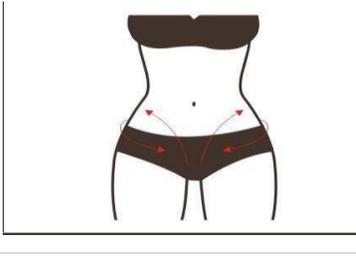
A: Because it can help the body lymphatic system discharge poison, improve the gynaecological disease, and avoid harm brought by buttock blockage. Hip impassability surely bring about gynaecological issues. What's inside buttocks is pelvic cavity, bowel. It connects daimai, lumbar vertebra, sciatic nerve 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.

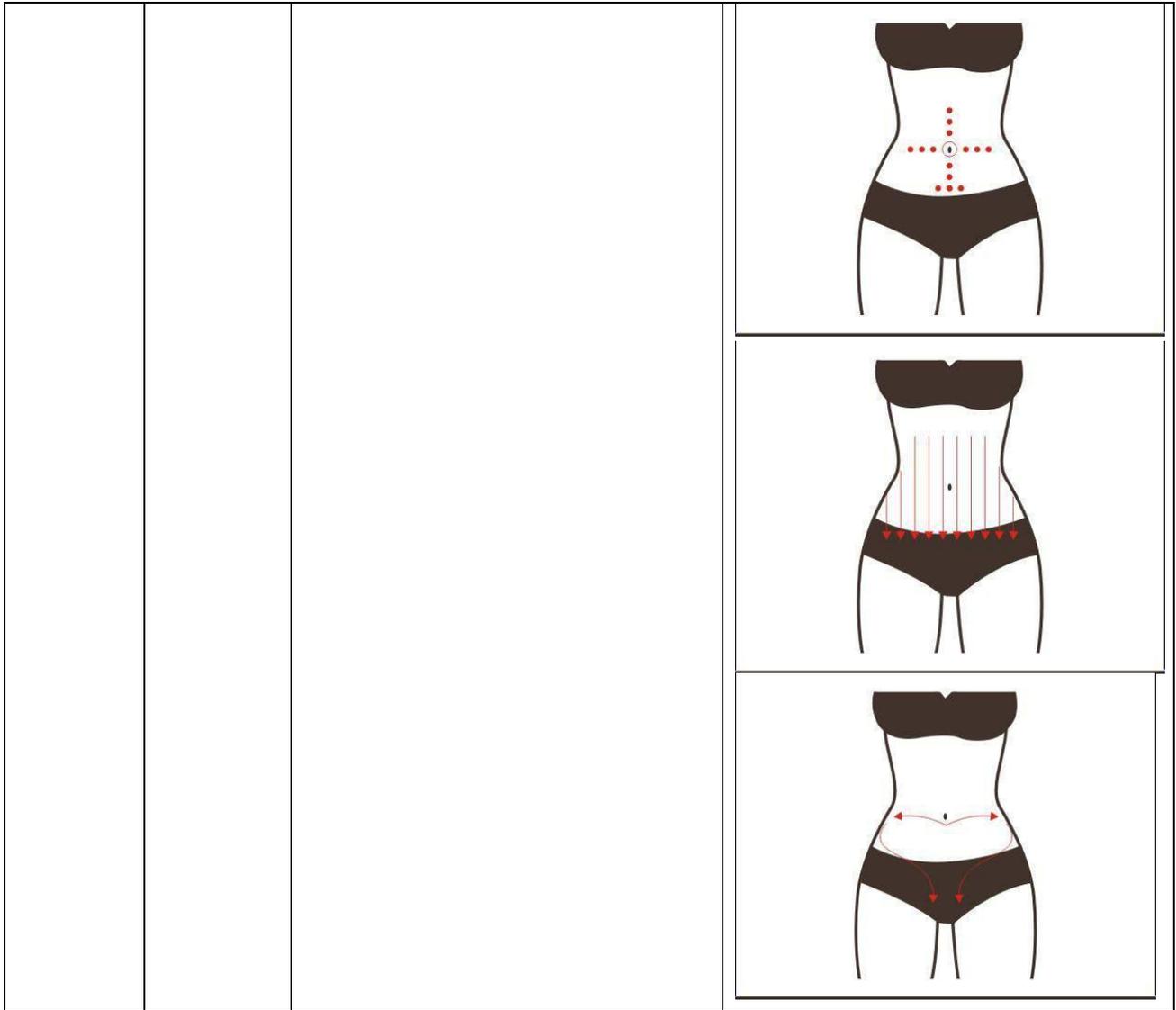
14.Q: How does negative pressure detoxify?

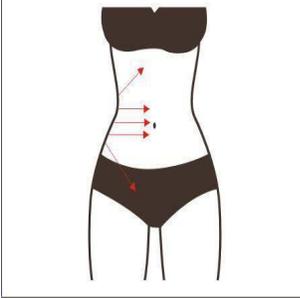
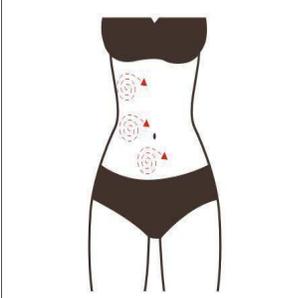
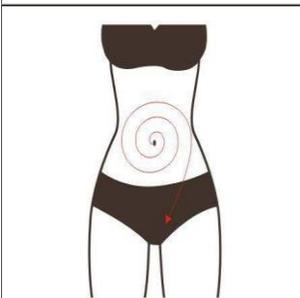
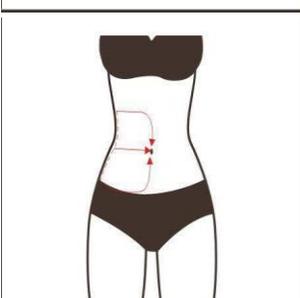
A: Negative pressure can congest capillary, stimulate cell to increase vitality. The suction and release of pressure during operation can make local pores continue to open and close, therefore promote skin breathing, increase the amount of skin oxygen, speed up the elimination of waste. So it achieves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

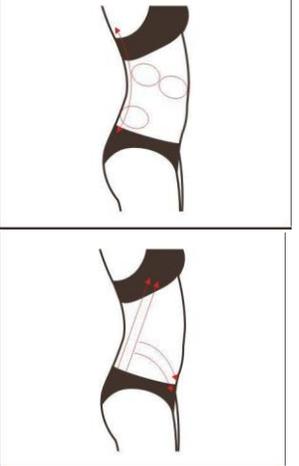
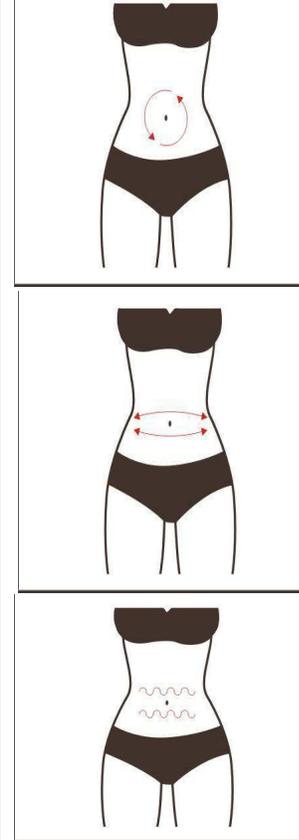
## 10. Operational Diagrams

procedure	Parameter adjustment	technique	Diagram
<b>Waist and abdomen (full belly operation time 60 minutes, once a week)</b>			

<p style="text-align: center;">Detoxification + shaping</p>	<p>technique</p>	<p>1. Circle the abdomen to accumulate oil for 3 times 2. Rub your stomach 3 times with both hands 3. Knead and knead the abdominal fat for 3 times with the chiropractic technique alternately with both hands to appease excessive</p> <p>4. Lift and pull the belt veins on both sides of the waist for 16 times alternately with both hands</p> <p>5. Draw the figure of eight with both hands to the waist and then lift it up from the waist side three times</p> <p>6. Overlap hands and rub intestines in small circles clockwise for 3 times 7. Make circles with the whole hands to comfort 8 point: wan wan in the lower wan shenqihai guan yuan intermediate day shu big transverse curved bone.2 times 9. Make circles with both hands for 3 times</p> <p>10. Alternately push the meridians from top to bottom with hands (ren mai - side open 2 "kidney meridians - side open 4" stomach meridians - side open 6 "spleen meridians - side open 8" liver meridians - side open gallbladder meridians) for 3 times</p> <p>11. Push the thumb of both hands from the middle straight to the navel and slide both sides</p>	
			
			
			
			

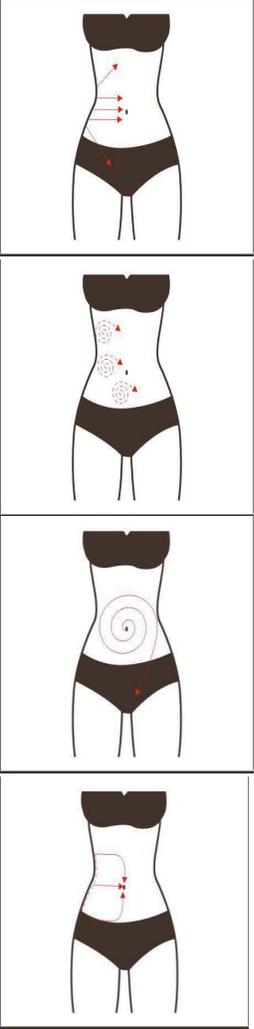


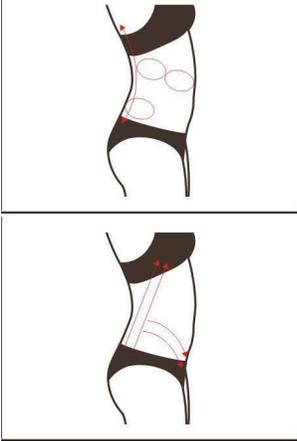
<p>Detoxification + shaping</p>	<p>RF&amp;Ultra body+Suction &amp;RF Body operation head RF (RF energy): 4-6 (According to the guest's heated choice)</p> <p>Negative air pressure: direct suction mode Energy: 0-4 (selected according to guest's strength)</p> <p>Ultrasound: 1-5 (selected according to guest's strength)</p>	<ol style="list-style-type: none"> <li>1. Lift it from the waist side to the abdominal line and then to the groin for 3 times. Time:about 5 minutes</li> <li>2. Lift the other side 3 times</li> <li>3. Make small circles in the abdomen and big circles three times</li> <li>4, in the waist type 8 burn fat 3 times, 5, to the other side 6. Use RF negative pressure head first and ultrasonic RF head later Time:about 8 minutes</li> </ol>	   
<p><b>Waist and abdomen (70 minutes, once a week)</b></p>			

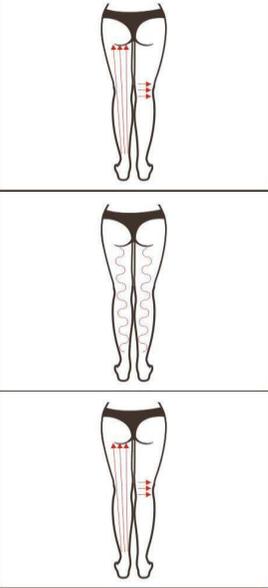
<p>lie down Detoxification + shaping</p>	<p>RF (RF energy): 4-6 (According to the guest's heated choice)</p> <p>Negative air pressure: direct suction mode</p> <p>Energy: 0-4 (selected according to guest's strength)</p>	<p>"mama buttocks" and "ba liao" area burn fat in circles for three times Between the back waist and the front waist, type 8 to burn fat 3 times</p> <p>Repeatedly lift and shape the lower back position for 3 times</p> <p>Pull from the buttock of the mother to the groin for 3 times, and pull from the buttock of the mother to the armpit for 3 times</p>	
<p>Dissolve fat + model + firm technique</p>	<p>technique</p>	<ol style="list-style-type: none"> <li>1.Circle the abdomen to accumulate oil for 3 times</li> <li>2.Rub your stomach 3 times with both hands</li> <li>3.Knead and knead the abdominal fat for 3 times with the chiropractic technique alternately with both hands to appease excessive</li> <li>4.Lift and pull the belt veins on both sides of the waist for 16 times alternately with both hands</li> <li>5. Draw the figure of eight with both hands to the waist and then lift it up from the waist side three times</li> </ol> <p>Overlap hands and rub intestines in small circles clockwise for 3 times</p> <ol style="list-style-type: none"> <li>7. Make circles with the whole hands to comfort</li> <li>8. point: wan wan in the lower wan shenqihai guan yuan intermediate day shu big transverse curved bone.2 times</li> <li>9. Make circles with both hands for 3 times</li> <li>10. Push the thumb of both hands from the middle straight to the navel and slide both sides to the waist and then lift it up to the groin, 3 times</li> <li>11. Make circles with both hands for 3 times</li> <li>12.Rub and heat your abdomen with both hands</li> <li>13. End of comfort</li> </ol>	

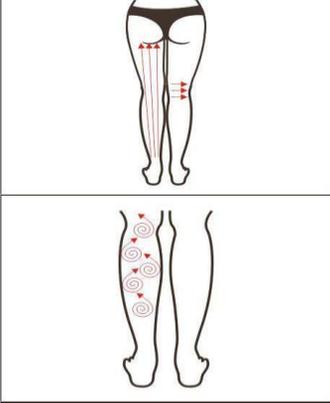
			
			

			  
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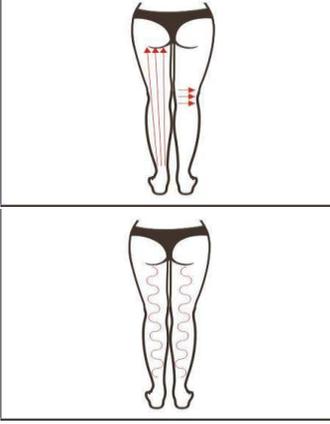
<p>Dissolve fat + Model + firm technique</p>	<p>RF+ negative pressure head + ultrasonic operation head RF (RF energy): 4-6 (depending on the guest's heating)</p> <p>Negative air pressure: suction and discharge mode Energy: 0-4, 0 is a direct suction (according to the guest's force)</p> <p>Ultrasound: 1-5 (selected according to guest's strength)</p>	<p>1.Pull it from the side of the waist to the front of the abdomen and then to the groin for 3 times 2.Lift the other side 3 times</p> <p>3.Make small and large circles around your abdomen three times</p> <p>4.Type the letter of eight on the waist to burn fat 3 times, on the other side</p>	
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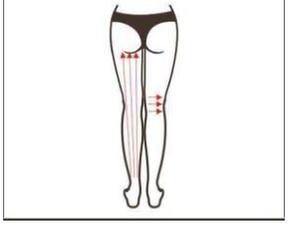
	<p>RF+ negative pressure head + ultrasonic operation head RF (RF energy): 4-6 (depending on the guest's heating)</p> <p>Negative air pressure: suction and discharge mode Energy: 0-4, 0 is a direct suction (according to the guest's force)</p> <p>Ultrasound: 1-5 (selected according to guest's strength)</p>	<p>Lie on your side: "mama buttocks" and "ba liao" area burn fat with circles for three times in the back and front of the waist between the type 8 burn fat 3 times Repeatedly lift and shape the lower back for 3 times.</p> <p>from the mother buttock pull to the groin detox 3 times from the mother's buttock to the armpit detoxification 3 change (available hand at the same time to comfort lift) on the other side of the operation</p>	
<p><b>Calf (calf + thigh total operation time 60 minutes, once a week)</b></p>			

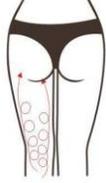
	<p>technique</p>	<p>Left leg: the hands from the lower leg to thigh package back to the heel  3 times  Alternately push the leg bag from the bottom to the top and back to the heel 3 times  Alternately push bladder muscle - kidney muscle liver muscle - bile muscle from bottom to top for 3 times  Turn your hands over your popliteal space 3 times  Hands twisted and twisted 3 times from bottom to top  Comfort three times Both hands push the bladder from the bottom to the top - the kidney the liver - the gallbladder  3 times each  End of appeasement</p>	
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Explosive fat	<p>RF+Ultra Sonic operating head RF (RF energy): 2-8 (According to the guest's heated choice)</p> <p>Ultrasound: 1-6 (selected according to guest's strength)</p>	<p>1, from the bottom to the armpits in turn push the bladder - kidney - liver gallbladder 3 times</p> <p>2. Apply a small circle of fat to the lower leg for 3 times.</p> <p>3. Push from bottom to top to the armpit and appease 3 times by hand 4. First use the RF probe after the ultrasonic probe</p> <p>5. Operate the right leg</p>	
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**Thigh (calf + thigh total operation time 60 minutes, once a week)**

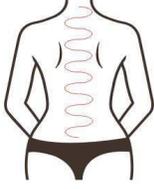
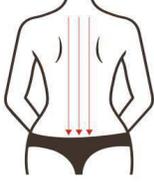
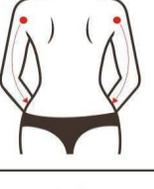
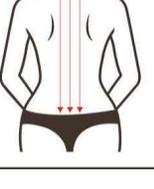
technique		<p>1. Hands from the calf oil to the thigh bag back to the heel 3 times 2. The palms of both hands alternately push the leg pack from bottom to top and return to the heel for 3 times.</p> <p>3. The hands of the tiger's mouth alternately push the bladder tendons from the bottom to the top kidney tendons - liver tendons - gallstones each 3 times</p> <p>4. Push the axillary part 3 times with both hands 5. Hands alternately</p>	
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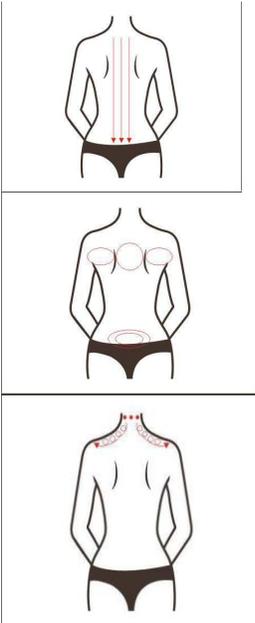
		<p>twisted and twisted 3 times from bottom to top to appease 3 times 6. Both hands push the bladder tendons from the bottom to the top - kidney tendons - liver tendons three times each 7. Appease ends</p>	
<p>Lipolysis</p>	<p>RF+Ultra Sonic operating head RF (RF energy): 2-8 (According to the guest's heated choice)</p> <p>Ultrasound: 1- 6 (selected according to guest's strength)</p>	<p>1. Push the bladder from the armpits - kidney - liver - gallbladder 3 times 2, respectively, horizontally pull the fat on both sides of the thigh, colleague with the hand together 3 times 3, in the thigh fat area to play a small circle of fat burning, 3 times 4, starting from the armpit, ringing the ring to the buttocks to pull the fat on both sides of the thigh 3 times</p> <p>5, starting from the armpit, a line of pulling a line to the hips 3 times 6, first use the RF after the ultrasonic probe 7, operate the right leg</p>	

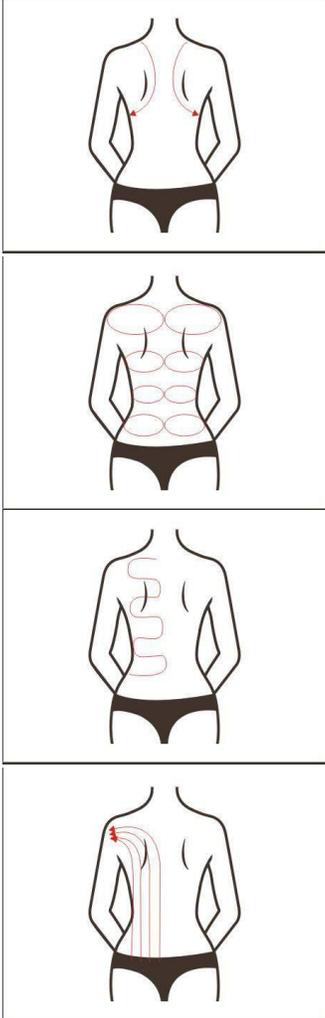
			
			

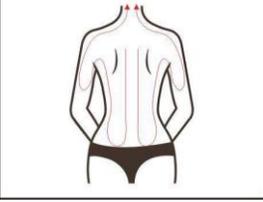
**Back (60 minutes in total, once a week)**

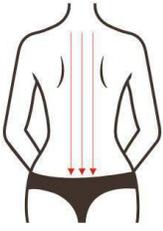
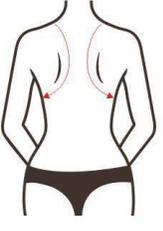
<p>Healthy and beauty back</p>	<p>technique</p>	<ol style="list-style-type: none"> <li>1. Rub the oil to the point of the wind pool</li> <li>2. Hold the neck, big ribs</li> <li>3. Thumbs up the big ribs (starting from the hairline) 3 times</li> <li>4. Thumbs out to the bladder to the gossip area to appease to the wind pool wind to pay 1 point</li> <li>5. Both hands go s-type from the neck to start the circle s to the tail vertebra 1 time</li> <li>6. The thumb alternately pushes the bladder ribs first left and right 3 times</li> <li>7. Push the bladder muscles to the gossip area 3 times at the same time with both hands.</li> <li>8. Hands are divided into three lines and the finger is pushed 3 times</li> <li>9. Push your shoulders</li> </ol>	 
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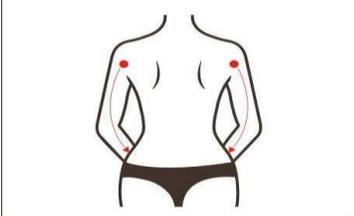
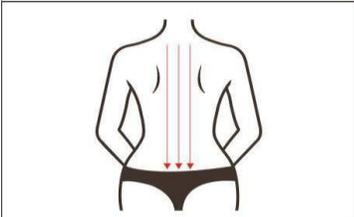
		<p>alternately with your hands on your left and right back 3 times.</p> <ol style="list-style-type: none"> <li>10. Both hands cross the shoulder and the sacral suture first left and right 3 times</li> <li>11. Comfort your hands to the wind pool</li> <li>12. Click on the Tianzong point and slide your arm to the arm 3 times.</li> <li>13. Operate the right 3 times</li> <li>14. Hot Du Meridian and bladder tendons</li> <li>15. End</li> </ol>	      
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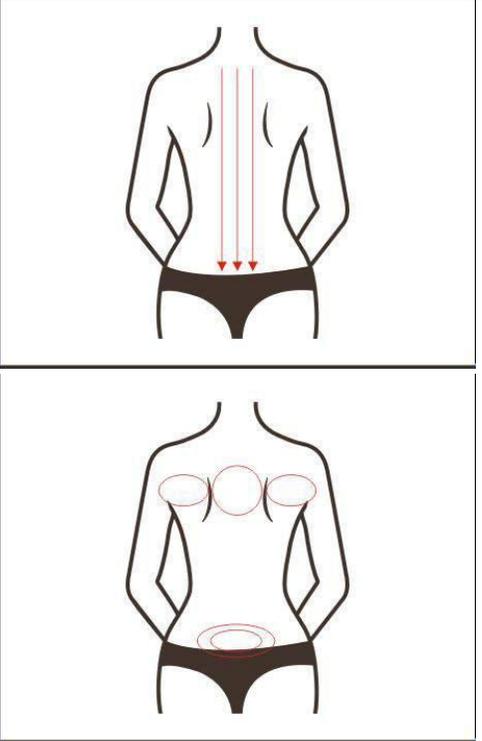
<p>Activate dredge</p>	<p>RF + negative pressure operating head RF (RF energy): 2-8 (According to the guest's choice of heat) Negative air pressure: 0-4 (Select according to the guest's strength)</p>	<ol style="list-style-type: none"> <li>1. After the Governor's pulse, the bladder tendons go back and forth 3 times.</li> <li>2. Dazhui hole in the circle, gossip, circle, each 3 times</li> <li>3. Dazhui Acupuncture Circles Eight Diagrams Circles Each time 3 times</li> <li>4. The big ribs start to circle back and forth from the neck, then left and then 3 times.</li> <li>5. Scapula sutures are pulled back and forth first left and right 3 times throughout the back from top to bottom horizontally 8 words to gossip area 3 times</li> <li>6. From the bottom to the top, circle on both sides, first left, then right, 3 times.</li> <li>7. Lift from the bottom to the top on the waist side. Left and right 3 times</li> </ol>	
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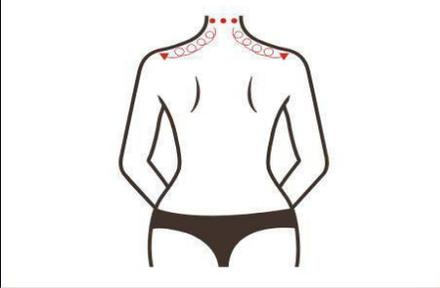
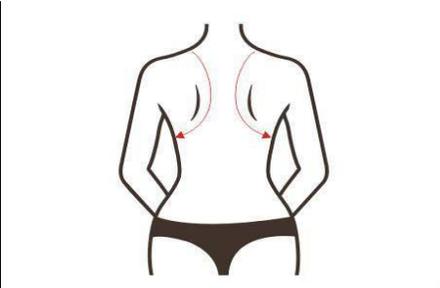
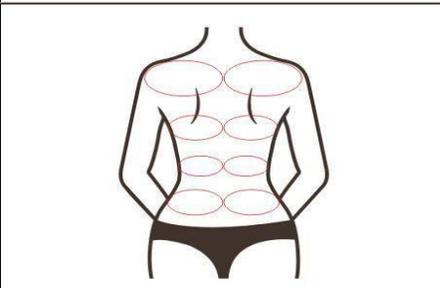
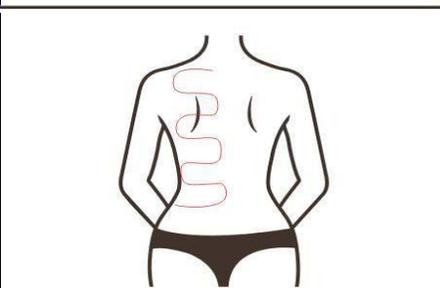
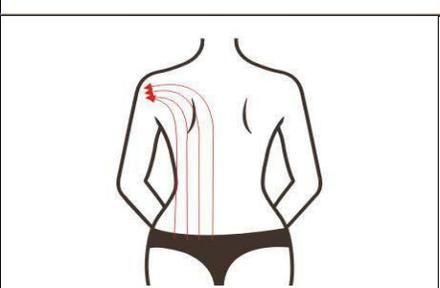
		<p>(Energy: 2-6 according to customer's ability) First RF head rear negative head operation (operation with RF instrumentation)</p>	
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<p>Warm and shape the back</p>	<p>technique</p>	<p>1. Rub the oil to the point of the wind pool 2 hold the neck, big ribs 3 thumbs to draw large ribs (starting from the hairline) 3 times 4 Thumbs out to the bladder to the gossip area to appease to the wind pool wind to pay 1</p>	
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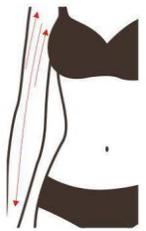
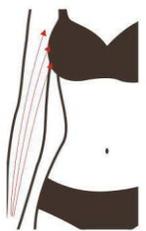
		<p>point  hands to go s type from the neck to start the circle  s to the tail vertebra 1 times  thumbs alternately push the bladder muscles first  left and right 3 times 7 hands with both thumbs  while pushing the bladder to the gossip area 3  times 8 hands divided into three lines, fingers push  the bladder muscles 3 times 9 hands alternately  push the shoulder sacral suture first left and right  3 times  10 hands cross-shoulder scapula seam first left and  right 3 times 11 hands to appease to the wind pool  wind pay 12 points, press on the palm of your  hand and slide your arm to the arm 3 times.  operation 3 times on the right  搓 hot Du Meridian and bladder tendons  End of 15</p>	    
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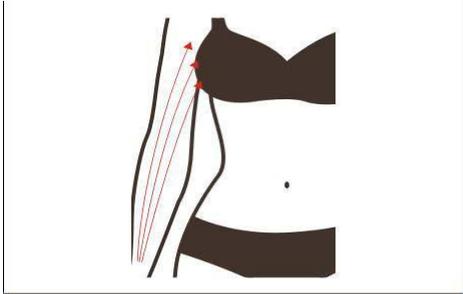
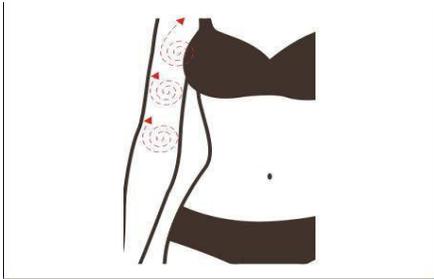
			
			
			

<p>Warm and shape the back</p>	<p>RF negative pressure operating head</p> <p>RF (RF energy): 2-8 (According to the guest's choice of heat)</p> <p>Negative air pressure: suction mode</p> <p>Energy: 0-4 (Select according to the guest's strength)</p>	<ol style="list-style-type: none"> <li>1. After the Governor's pulse, the bladder tendons go back and forth 3 times.</li> <li>2. Dazhui hole in the circle, gossip, circle, each 3 times</li> <li>3. Large ribs are looped back and forth from the neck (energy: 2-6 according to customer's ability)</li> <li>4. Scapula sutures are pulled back and forth, left and right, 3 times.</li> <li>5. The entire back is 8 characters horizontally from top to bottom and 3 times in the gossip area.</li> </ol>	
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		<p>6. From the bottom to the top, circle on both sides, first left, then right, 3 times.</p> <p>7. Lifting from the bottom to the top on the waist side, then left and right 3 times</p> <p>8. Negative pressure instrument (operating with RF instrumentation) (Energy: 2-6 according to customer's ability)</p> <p>9. Moxibustion or filming for 20 minutes Hot towel to clean the back</p>	    
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## Arm (60 minutes) once a week

<p>Fat melting and tight</p>	<p>technique</p>	<ol style="list-style-type: none"> <li>1. First left and then again: arm flat: hands licking oil from the arm to appease the entire arm 3 times</li> <li>2. Push the entire arm 3 times with both palms</li> <li>3. The hands of the tiger's mouth push the 3 lateral ribs on the outside of the arm (the large intestine the three Jiao Jiao - the small intestine) to the underarm each 3 times</li> <li>4. The whole arm is comforted to the finger discharge</li> <li>5. Fingers rub back and forth on the three meridians of the big arm</li> <li>6. Overall comfort to finger discharge</li> <li>7. Put your arms up and put one hand and push your mouth to the inside of the arm. 3 yin (lung pericardium - heart) to your armpits 3 times</li> <li>8. Soothe to finger discharge</li> <li>9. finger push the inner arm of the 3 meridians to the underarms (back and forth heat) 3 times each</li> <li>10. Overall comfort to finger discharge</li> <li>11. The same technique operates on the other side</li> </ol>	   

			
	<p>RF negative pressure RF (RF energy): 2-8 (according to guest heating) Negative air pressure: suction mode Energy: 0-4 (Select according to the guest's strength)</p>	<ol style="list-style-type: none"> <li>1. The arm is flat: from the place where the arm has more fat, the 3 meridians are pushed to the armpit 3 times.</li> <li>2. Ring ringing 3 meridians are discharged to the armpit 3 times</li> <li>3. Butterfly Sleeve The position of the worship sleeve can be strengthened</li> <li>4. Extend 3 meridians from bottom to top to 3 times</li> <li>5. The arm is placed upside down. The RF</li> </ol>	 

Fat melting  
and tight

instrument is discharged from the arm along  
the 3 meridians to the armpit 3 times.

6. From the lower arm, follow the 3  
meridians and circle them to the armpit (the  
arm has no meat and can be directly  
discharged from the big arm to the armpit) 3  
times.

7. From the big arm, extend 3  
meridians to 3 times under the arm.

8. First RF and negative pressure  
operation

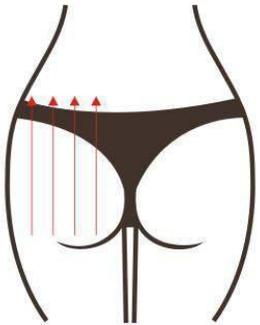
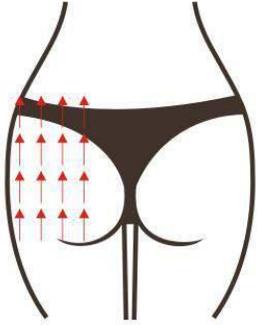
9. The same course of operation is on  
the other side of the arm

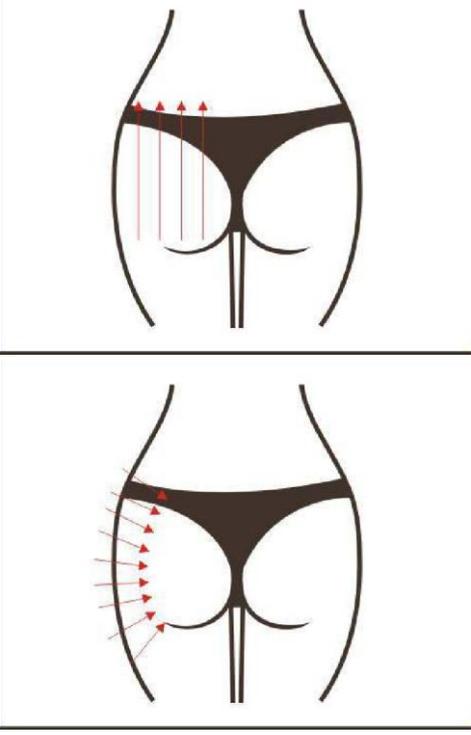


			
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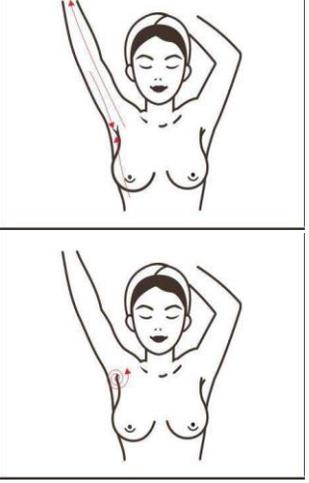
**Buttocks (60 minutes, once a week)**

Shape and compact	technique	<p>1. Stand sideways with both hands and squeegee from the gossip area to the waist and lift up from the waist along the buttocks (ie, appease action) 3 times</p> <p>2. Push the gossip area with both hands and thumb 3 times</p> <p>3. Appease the movement 3 times after the point: Shenshu points - gossip - long strong - ring jump - Cheng Fu points 25.6.7.8.9 times</p> <p>4. Appease action 3 times</p> <p>5. Left and then right, hands from the bottom of the thigh from bottom to top - bladder tendons - kidney - liver - gallbladder straight push to the veins 3 times</p> <p>6. The hands are extended from the bottom of the thigh from bottom to top - the bladder - the kidney - the liver - the gallbladder is divided to the veins 3 times</p> <p>7. The palms of both hands overlap and push up from the roots of the</p>	
			
			

		<p>thighs to the veins (lift) 3 times.</p> <p>8. Hands from the bottom of the buttocks from bottom to top, a line of straight to the highest point of the buttocks (plastic) back and forth 3 times</p> <p>9. Repeat action 7</p> <p>10. Appease action</p> <p>11. Operate the other side</p>	  	
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<p>Raise the buttocks to create a perfect hip</p>	<p>RF and negative Pressure RF (RF energy): 2-8 (depending on the guest's heating) Negative air pressure: suction and discharge mode Energy: 0-4 (Select according to the guest's strength)</p>	<p>1. From the roots of the thighs, start the line and lift the line to the pulse. 2. From the sides of the hips, from the bottom to the top, the line is raised to the highest point of the buttocks 3 times. 3. Starting from the roots of the thighs, lining up the line and going to the belt for 3 times. 4. From the sides of the hips, from the bottom to the top, the line is raised to the highest point of the buttocks 3 times. First RF and negative pressure operation, the</p>	
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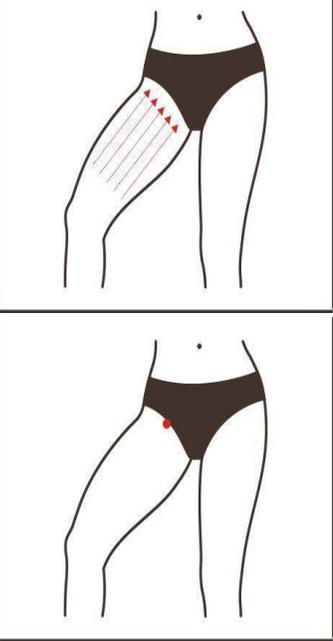
**Axillary lymphatic drainage (60 minutes, once a week)**

<p>Axillary lymphatic drainage</p>	<p>technique</p>	<p>1 in the armpit position. Hands alternately simmer oil to the fingertips, 3 times 1. One hand palm root presses the pole spring point, 3-5 times 2. The whole hands alternately massage the entire armpit, 3 times 3. Always hold the arm with one hand and knead the arm from the arm to the armpit, 3 times. 4. The entire arm is soothed to the fingers, 3 times 5. The two hands alternately push three meridians (lung,</p>	
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		<p>pericardium, and heart) from the elbow position to the armpit, 3 times.</p> <p>6. Fingers rub the inner arm to the armpit position,</p> <p>7. Push the chest with both hands and push the chest bile through the armpit to the finger, 3 times</p> <p>8. Push the lungs alternately with both hands and thumb, from the Yunmen point, through the armpit to the finger discharge, 3 times</p> <p>9. One palm of the palm is pressed 3-5 times according to the pole spring</p> <p>10. Hands alternately squat down to the finger discharge</p> <p>11. Operate the instrument: the RF instrument turns off the suction and turns the circle at the position of the pole spring, 3-5 times.</p> <p>12. Push the three meridians from the elbow position to the armpit, while appeasing the hand, 3-5 times,</p> <p>13. Push from the position of the chest bile to the armpit, while appeasing the hand, 3-5 times</p> <p>14. Circle in the polar spring, 3-5 times</p> <p>15. Operate the other side</p>	   
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<p>Axillary lymphatic drainage</p>	<p>RF probe operation RF (RF energy): 2-8 (depending on the guest's heating)</p>	<ol style="list-style-type: none"> <li>1. RF instrument first left and right: 3-5 times in the circle</li> <li>2. Push the gallbladder from the chest side to the armpit and appease the hand 3 times</li> <li>3. Push the three meridians from the elbow to the armpit 3 times</li> <li>4. Loop 3-5 times in the pole spring</li> <li>5. Operate the other side, ibid.</li> </ol>	 <p>The diagrams illustrate the technique for axillary lymphatic drainage. The top diagram shows the RF probe being applied to the upper arm. The middle diagram shows the probe being moved along the arm towards the armpit. The bottom diagram shows the probe being applied to the other side of the arm.</p>
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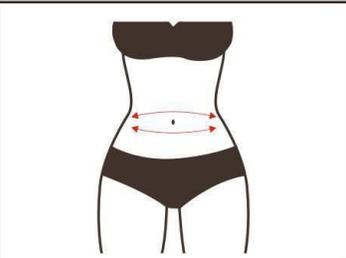
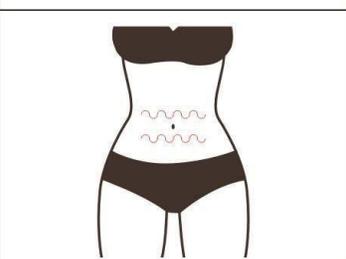
**Inguinal lymphatic drainage (60 minutes, once a week)**

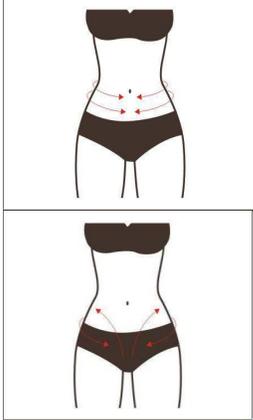
<p>Inguinal lymphatic drainage</p>	<p>technique</p>	<ol style="list-style-type: none"> <li>1. Left and then right, hands on the thigh root to the groin, 3 times</li> <li>2. Acupuncture points: punching the door, 3 times</li> <li>3. Overall comfort, 3 times</li> <li>4. The tiger's mouth alternately dials the groin, 3 times</li> <li>5. Overall comfort, 3 times</li> <li>6. The hands of the tiger's mouth alternately push the three meridians (spleen, liver, kidney) inside the leg 3 times</li> <li>7. Push the three meridians (spleen, liver, gallbladder) 3 times with both hands</li> <li>8. Overall appease 3 times</li> <li>9. Thumb fan shape alternately dials the groin, 3 times</li> <li>10. The tiger's mouth alternately dials the groin, 3 times</li> <li>11. The palms of both hands are alternately pulled to the inside of the thigh and the groin, 3-5 times.</li> <li>12. Overall appease 3 times</li> </ol>	
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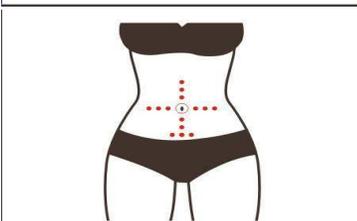
13. RF negative pressure instrument pushes three meridians from the thigh to the groin, 3 times  
14. Loop back and forth in the groin position, 3 times  
15. The instrument alternates with the hand

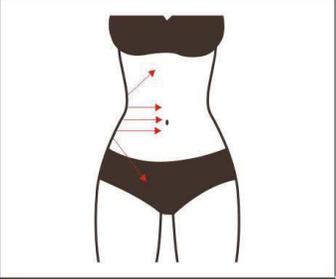
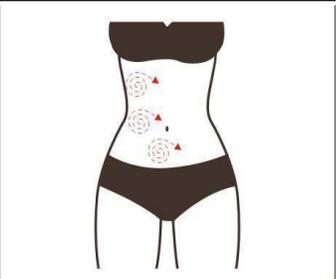
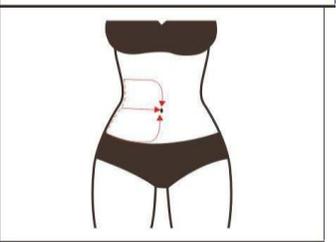


**Warm palace shaping (70 minutes, once a week)**

	technique	<p>1. Abdominal ringing oyster sauce 3 times 2. Hands back and forth 3 times</p> <p>3. Hands alternately knead belly fat by chiropractic for 3 times, soothing excessive</p> <p>4. Hands alternately pull the waist with 16 veins on both sides</p> <p>5. Put your hands on the splay to the waist and lift them up from the waist side 3 times.</p> <p>6. Hands overlap with a small circle clockwise 3 times intestines</p> <p>7. The whole hands are circled and appease 8. Acupuncture points: Shangyu Zhongyu Xia Shen Shen Qi Hai Guan Yuan Intermediate Tianshu Daheng Bone. 2 times</p> <p>9. Hands and circles to appease 3 times</p>	  
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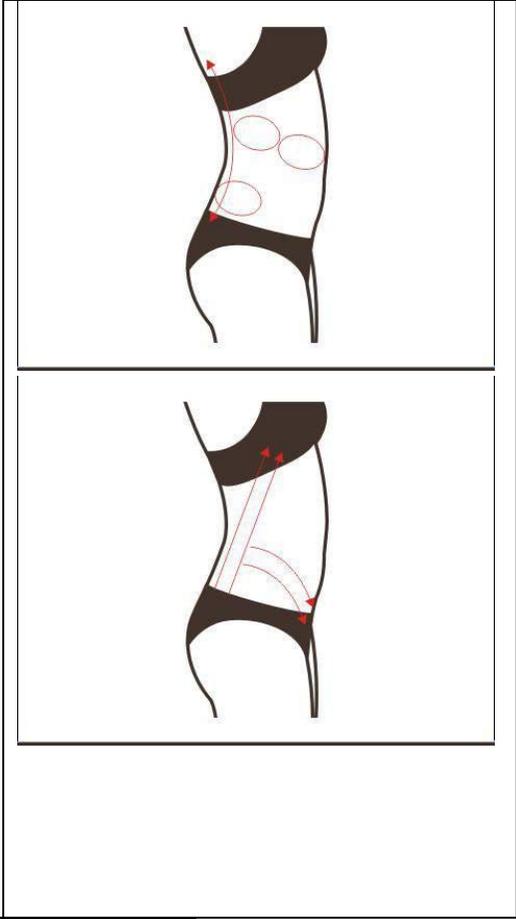
<p>Warm palace and shape</p>		<p>10. Push your thumb straight from the middle to the navel and slide it to the waist and then lift it up to the groin, 3 times.</p> <p>11. Hands and circles to appease 3 times</p> <p>12. Apply hot hands to the lower abdomen</p> <p>13. End of appeasement</p>	
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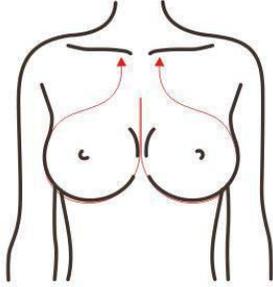
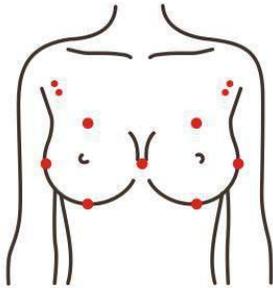
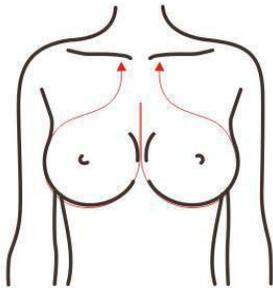
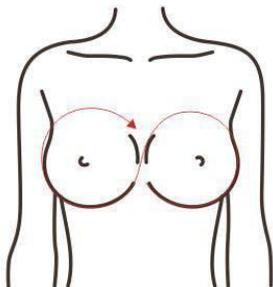
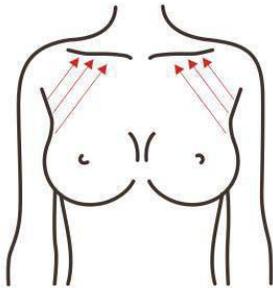
<p>Warm palace and shape Side lying warm and shape palace</p>	<p>RF (RF energy): 4-6 (depending on the guest's heating)</p> <p>Negative air pressure: suction and discharge mode Energy: 0-4, 0 is a direct suction (according to the guest's force)</p> <p>Ultrasound: 1-5 (selected according to guest's strength) RF (RF energy): 4-6 (depending on the guest's heating)</p> <p>Negative air pressure: suction and discharge mode Energy: 0-4, 0 is</p>	<ol style="list-style-type: none"> <li>1. The RF instrument is first pulled from the waist side to the abdomen, and the line is pulled up to the groin 3 times.</li> <li>2. Lift the other side 3 times</li> <li>3. RF instrument in the abdomen first hit a small circle in the big circle 3 times</li> <li>4. The RF instrument burns 8 words at the waist for 3 times, on the other side.</li> <li>5. First use RF plus negative pressure, then use ultrasonic, the operation method is the same as RF</li> <li>6. Apply film for 25 minutes</li> <li>7. Remove the film and wipe it off with a hot towel.</li> <li>8. End.</li> </ol> <ol style="list-style-type: none"> <li>1. Mom's buttocks and gossip area ring fat burning 3 times</li> <li>2. Beat 8 words between the back waist and the front waist for 3 times.</li> <li>3. The back of the waist is repeated up and down to shape 3 times.</li> <li>4. Detoxification from mother's buttocks to groin 3 times</li> </ol>	  	
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a direct suction  
(according to  
the guest's  
force)  
  
Ultrasound: 1-5  
(selected  
according to  
guest's strength)

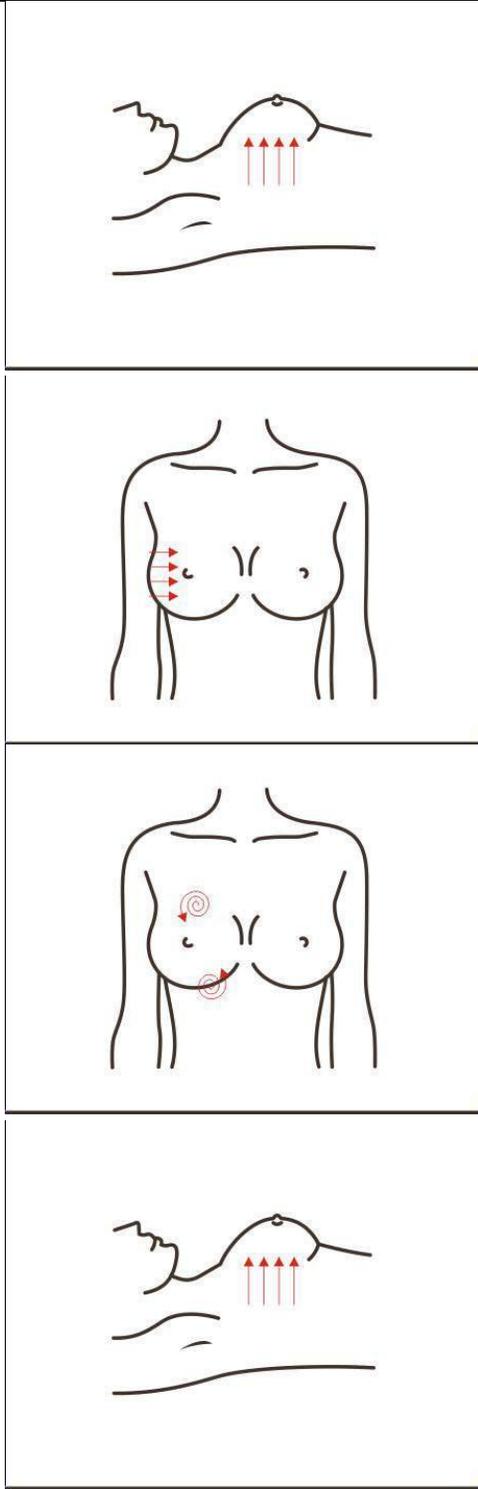
Detoxification from mother's  
buttocks to underarms for 3 times  
(use both hands to appease the lift)  
  
5. On the other side of the  
operation First use RF plus negative  
pressure, then use ultrasonic

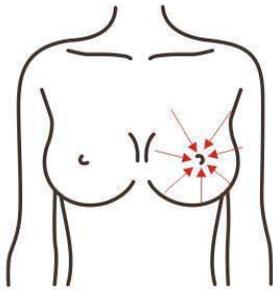
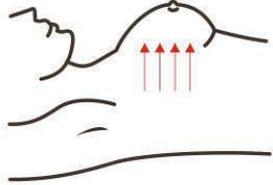


**Chest (60 minutes, once a week)**

Chest shaping	technique	<p>1. Standing on the head of the bed, start with the hands of the sputum in the middle of the sputum to the underarm bag and lift the suspensory ligament 3 times.</p> <p>2. Acupuncture points with both hands: shanzhong rugen big bag Eagle window Zhongfu Yunmen 3 times</p> <p>3. Appease action: start half a circle from the squat to the squat to the lifting ligament 3 times 4. The palms of both hands overlap. Starting from the middle of the hole, you can draw 8 words on both sides of the chest. 3 times.</p> <p>5. The palms of both hands are pulled from the position of the secondary milk to the suspensory ligament. First left and right 10 times.</p> <p>6. Appease action 3 times</p> <p>7. Standing on the sideof the customer, first left and right: both hands palms to raise the chest 3 times</p> <p>8. Two-handed tiger mouth pushes the breast duct around the chest: (one round of the chest)</p> <p>© ArianaSpas <a href="http://www.ariana.com">www.ariana.com</a></p>		Page
				
				
				
				

		<p>3 times</p> <p>9. Thumbs up to clear the chest nodules (first alternately in the circle) 3 times</p> <p>10. Both hands palms</p>	
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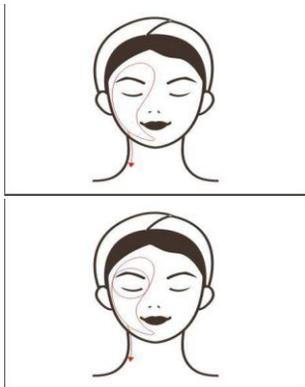
		<p>appease the entire chest 11. Operate the other side</p>		
	<p>Radio frequency RF (RF energy): 2-8 (depending on the guest's</p>	<p>1. RF instrument: sideways first left and right: from the bottom to the top of the chest, a lap</p>		

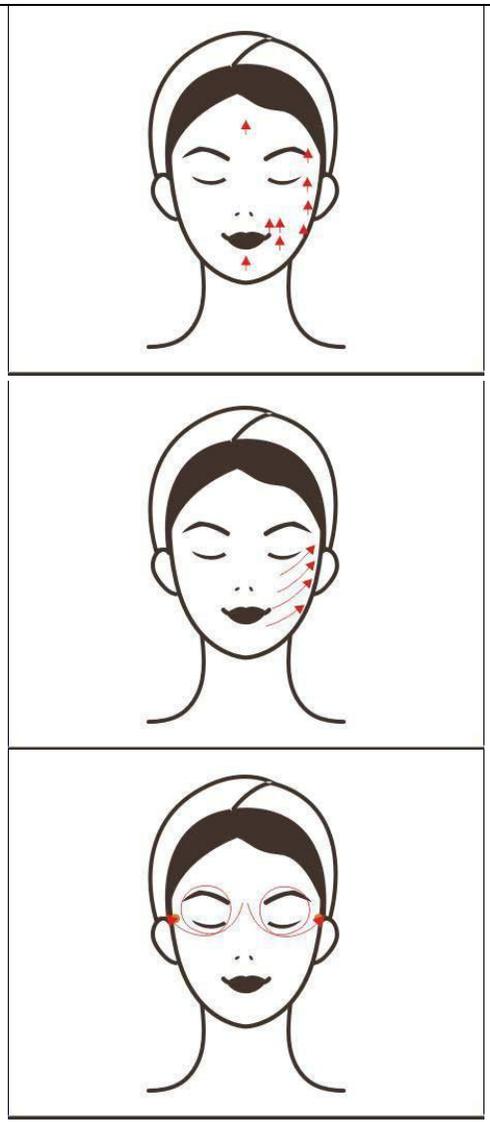
<p>Chest</p> <p>shaping</p>	<p>heating)</p>	<p>to the nipple, lift the hand</p> <p>to appease 5 times</p> <p>2. Pull a half circle along the chest from the bottom to the position of the middle point, and</p>	
		<p>appease 5 times with one hand.</p> <p>3. The instrument plays a small circle to clear the place with nodules 3 times</p> <p>4. The customer is lying on the side: the arm is lifted. The instrument is pushed from the position of the underarm milk to the chest 5 times (shaping, receiving the milk)</p> <p>5. Instrument operation on the other side</p> <p>6. End</p>	 

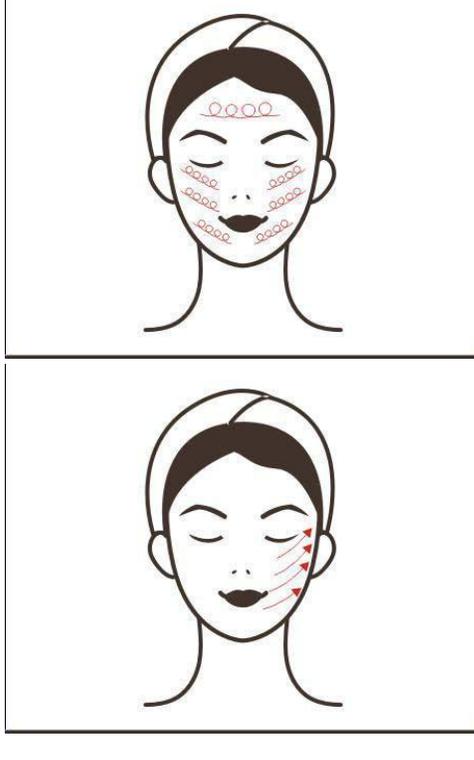
Function	Treatment	technique	Diagram
<b>Firming anti-aging (60 minutes, once a week)</b>			
	Manual massage for 15 minutes+instrument(RF+negative pressure) for 25 minutes	<ol style="list-style-type: none"> <li>1 .remover, clean for 3 minutes</li> <li>2. use massage cream. Hands from the chin - behind the ear mouth corner - listening to the palace nose - ear door, three-line full face to appease excessive movement, to the hands of the eye circle to tap the temple</li> <li>3. Unilateral face detoxification: a. Unilateral hand four-finger buckle chin</li> </ol>	

Firming and anti-aging

along the ear before the hairline back knife hand through the forehead corner of the nose nose mouth to pull the chin to the neck side lymphatic discharge b. Unilateral hand four-finger buckle chin along the ear Hairline to the eye around the circle 3 times back the knife hand through the corner of the corner of the nose and nose to draw down the chin to the neck side lymphatic discharge 3 times. 4. Unilateral face muscle



		<p>lift: a hand starts from the chin: diaphragmatic lower lip square muscle masseter muscle ring rolling muscle upper lip muscle spasm muscle eye rolling muscle tendon muscle frontal muscles b hands unilateral face palm root from chin to temple 3 times overall pulling 3 times</p> <p>5. Comfort to the other side of the operation</p> <p>6. Hands and face the whole face to appease 7. Eyes and strokes to appease the temples</p> <p>8 full face palm root lifts appease end and clean.</p>	
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<p>Firming and anti-aging</p>	<p>Electroporation (Energy: 2-6 according to customer's ability) RF negative pressure (suction and release time mode: 0-4 0 for direct suction, energy: 2-6 according to customer's ability to withstand</p>	<p>Instrument operation: electroporation 1.Circle your chin until Tinghui three times 2.Circle the chin to the ear gate 3 times 3.Circle the chin to the temple three times 4.Circle the nose wing to the ear door for 3 times 5.Circle the nose wing to the temple three times 6.Circle the forehead 3 times (energy: 2-4 according to the customer's bearing capacity) 7.Instrument lift from the chin to the temple with</p>	
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		<p>hands for 3 times 8.Instrument lift from the nose wing to the temple with hands for 3 times 9.Instrument lift from the corner of the eye to the forehead for 3 times with hands 10. Rf negative pressure instrument operation: like rf instrument manipulation, masseter and mandibular line can be strengthened. 11.Apply the moisturizing mask for 15 minutes\ 12.Remove the mask and clean it 13. Take a toner, essence, cream 14. End</p>	
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## Cleansing hydration and firming anti-aging (70 minutes, once a week)

<p>Clean, hydrating, firming, anti- aging</p>	<p>Clean for 20 minutes + instrument (RF + negative pressure) for 25 minutes + ultrasonic instrument for 6 minutes</p>	<p>1. Wash face for 3 minutes</p> <p>2. Blackhead extract + hot spray for 3-8 minutes (sensitive muscle for 3 minutes)</p> <p>3. Operate the small bubble instrument for 5-8 minutes (sensitive muscles only operate the t-zone for 5 minutes)</p> <p>4. Facial firming and anti-aging (electroporation + rf operation:</p> <p style="margin-left: 20px;">A. make a circle from the chin to Tinghui for 3 times (energy: 2-6 according to the customer's capacity)</p> <p style="margin-left: 20px;">B. make a circle of the chin to the ear gate for 3</p>	<div style="text-align: center;">  </div> <hr/> <div style="text-align: center;">  </div>
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		<p>times (energy: 2-6 according to the customer's bearing capacity)</p> <p>C circle the chin to the temple three times (energy: 2-6 according to the customer's capacity)</p> <p>D circle the nose wing to the ear gate for 3 times (energy: 2-6 according to the customer's bearing capacity)</p> <p>E circle the nose wing to the temple three times (energy: 2-6 according to the customer's bearing capacity)</p> <p>F circle the forehead 3 times (energy: 2-4 according to the customer's bearing capacity)</p> <p>G Instrument lift from the chin to the temple with hands for 3 times (energy: 2-6 according to the customer's bearing capacity)</p> <p>H. Instrument lift from the nose wing to the temple with hands for 3 times (energy: 2-6 according to the customer's bearing capacity)</p> <p>I . Instrument lift from the corner of the eye to</p>	
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		<p>the forehead for 3 times with hands (energy: 2-6 according to the customer's bearing capacity)</p> <p>J. Rf instrument operation: like rf</p>	
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		<p>instrument manipulation, masseter and mandibular line can be strengthened.(suction and discharge mode: 0-4 0 is direct suction, energy: 2-6 according to the customer's bearing capacity)</p> <p>5.Operate to the other face</p> <p>6.Facial deep hydrating essence import (ultrasound import: full face daub elite, instrument from chin up whole face dozen small circle import 3 times) (acute muscle import repair essence - pore bulky skin long blain import oil control acne skin contractive pore essence - long dark spots skin yan anti-wrinkle cream) and import (energy: 2-6 according to the customer to bear ability)</p> <p>7. Apply the moisturizing mask for 15 minutes 8. Remove the mask and clean it</p> <p>9.Take a toner, essence, cream 10. End</p>	
<p><b>Snowflakes compact (90 minutes, once a week)</b></p>			

	Clean 20	1.Remove makeup and	
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Snowflakes	<p>minutes + RF instrument 25 minutes + Snowflake skin</p> <p>+ mask 35 minutes + illumination</p>	<p>clean face for 3 minutes</p> <p>2. Blackhead extract + thermal spray for 6 minutes (sensitive</p> <p>muscle for 3 minutes)</p> <p>3. Clean small bubbles for 8 minutes (sensitive muscles only do t-zone for 5 minutes)</p> <p>4. Apply the snowflake essence on the whole face and then introduce it</p> <p>by electroporation (half</p>	
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firming		<p>of the face is divided into three lines and circled to the forehead: chin, ear gate, nose wing, temple and apple machine, and circled to the temple forehead) for 5 minutes (energy: 2-6 according to the customer's bearing capacity)</p> <p>5. Import to the other side for 5 minutes</p> <p>6. The negative pressure head turns off the suction half of the face and leads it to the forehead in 3 lines and circles for 5 minutes (energy: 2-6 according to the customer's bearing capacity).</p> <p>7. Import to the other side for 5 minutes</p> <p>8. Apply collagen patch (apply clean water to face for 10 minutes and then massage with hands until completely absorbed for 10 minutes)</p> <p>9. Cover with gauze</p> <p>10. Apply water and snowflake soft film</p>	
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		<p>powder in a 2:1 ratio on the whole face</p> <p>11. While applying the mask, take light to help the skin absorb and relax for 15-20 minutes (blue light for sensitive muscles)</p> <p>12. Remove the mask and clean it</p> <p>13. Take toner and snowflake cream</p> <p>14. End</p>	
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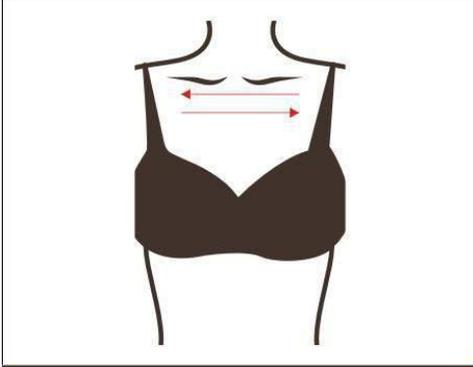
**Rejuvenation wrinkle (90 minutes, once a week)**

<p>Rejuvenation and anti-wrinkle</p>	<p>Clean 20 minutes + RF instrument 25 minutes + gold skin + gold soft film + light 35 minutes</p>	<p>1. Makeup Remover Cleansing 5 minutes 2. Blackhead extract + thermal spray for 8 minutes (sensitive muscle for 3 minutes) 3. Small bubble instrument operation for 8 minutes (sensitive muscles only for T minutes in 5 minutes) 4. Gold essence is applied to the whole face and then imported with electroporation (half face is divided into 3 lines to the forehead a chin to the ear door b nose to the temple c apple machine to the temple) 5 minutes (Energy: 2-6 according to customer's ability) 5. Import the other side for 5 minutes 6. Negative pressure head turns off the suction half face 3 lines into the forehead for 5 minutes (Energy: 2-6 according to customer's ability)</p>	
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		<p>7. Import the other side for 5 minutes</p> <p>8. Stick 24k gold foil paper on the face and wait for 10 minutes</p> <p>9. Massage with a special cream to absorb for 10 minutes.</p> <p>10. Wash out the discharged toxins</p> <p>11. Rub the gold essence + cover with gauze</p> <p>12. Apply special gold soft film (2:1 with water and stir evenly)</p> <p>13. At the same time led light for 20 minutes (sensitive muscle blue light)</p> <p>14. Remove the mask and clean it</p> <p>15. Wipe toner + gold essence 16. End</p>	
<p><b>Mummy skin resurfacing (90 minutes, once a week or two weeks)</b></p>			

<p>Mummy skin resurfacing</p>	<p>Cleansing Oil Facial Cleanser - Blackhead Derivative - RF Negative Pressure Instrument - Mummy Renewal</p>	<ol style="list-style-type: none"> <li>1. Remover Cleansing 5 minutes</li> <li>2. Blackhead extract + thermal spray 8 minutes (sensitive muscle 3 minutes)</li> <li>3. Clean the small bubbles for 8 minutes (the sensitive muscles only do the T zone for 5 minutes)</li> <li>4. Apply mummified essence to the entire face with electroporation + RF instrument introduction operation for 25 minutes (negative pressure to turn off suction, energy: 2-6</li> </ol>	
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		<p>according to customer's ability)</p> <p>5. Apply a dry cell mask (covering the mouth of the eyes) for 10 minutes</p> <p>6. Apply dry cell mummified plaster strips (soak the cut mummified gypsum strips in water in the order of forehead nose - cheek - mouth chin) once to cover the stem cell mummies, form a closed type, add nutrients to the skin to tighten pores, mention Pull the skin, 25 minutes</p> <p>7. Uncover the mummy and clean it</p> <p>8. Take a toner, essence, sunscreen 9. End</p>	
<p><b>Neck (60 minutes, once a week)</b></p>			

Neck care	technique	<p>1. Apply oil from both hands to the neck and press the wind pool Fengfu point 3 times</p> <p>2. Hands alternately dial the back neck, 3 times</p> <p>3. First left and right: four fingers hold the lower jaw line and pull up, then the rear row is discharged to the armpit, 3 times</p> <p>4. The size of the tiger's mouth is dialed by the neck and the lymph is divided into three lines.</p> <p>5. Four fingers dial the neck side of the lymph line three lines to the armpit each 3 times</p> <p>6. One-handed sputum refers to the hot neck</p>	 
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side lymph line to the armpit 3 times

7. One hand slips the inner clavicle to the axillary lymphatic discharge 3 times

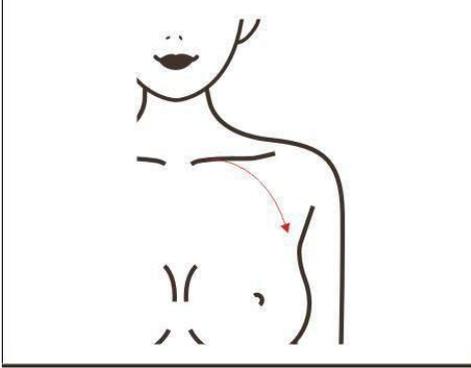
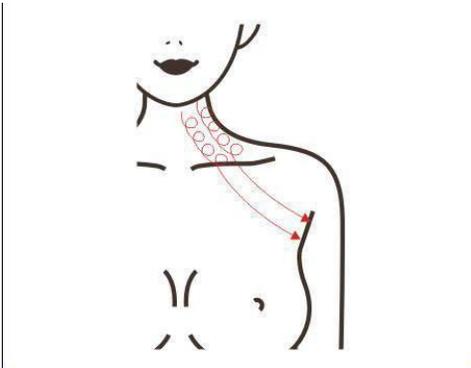
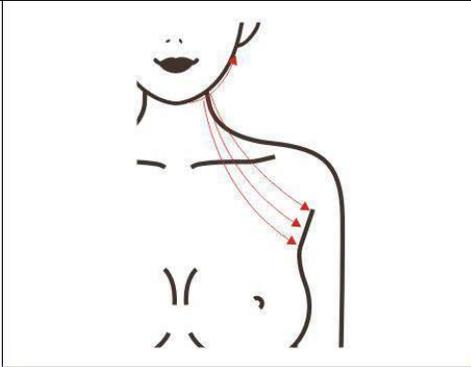
8. Appease action 1 time

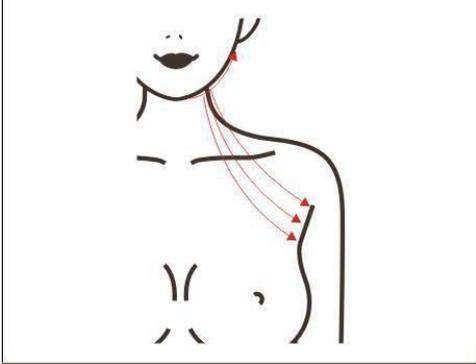
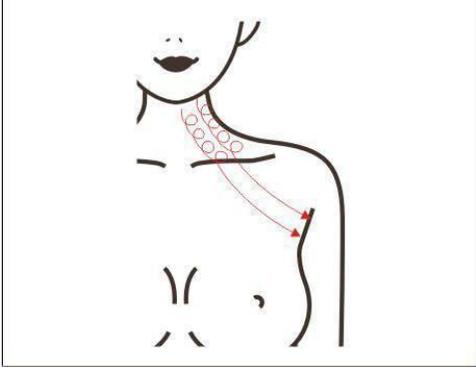
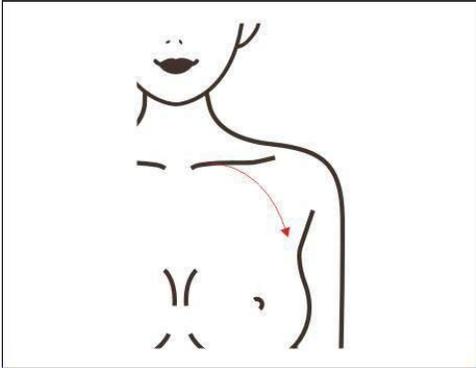
9. right

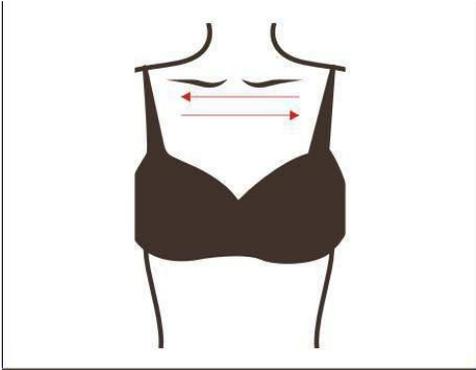
10. Raise the entire neck alternately with both hands, 3 times

11. One hand spreads the neckline, one hand hits the small circle, the neckline (the whole neck), 3 times

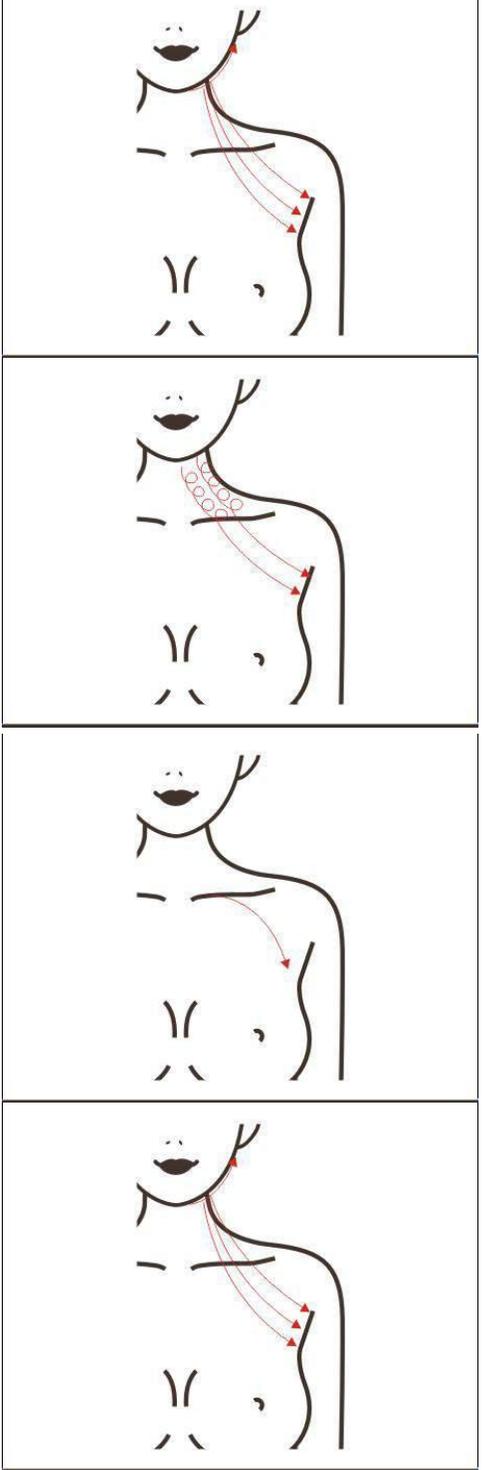
12. Appease action 1 time

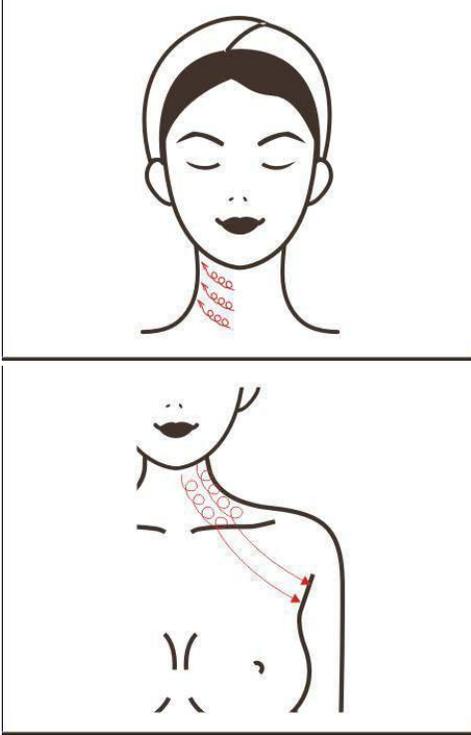


Neck care	Electroporation energy: 2-6 according to customer's ability	left: 1. Lifting from the lower jaw line from the back of the ear to the underarm. 3 times	
	RF energy: 2-6 according to customer's ability	2. The small side of the neck is pulled out to the underarms (avoiding the position of the throat) 3 times 3. The neck side is up and down and back and forth 3 times and then discharged to the underarm (for an action) 3 times.	
		4. Detoxification from the inner clavicle to the underarm, 3 times (energy: 2-6 according to customer's ability) 5. Operation right 6. RF probe: operate first left and right	
<b>Firm skin, remove neckline, hydrate (90 minutes, once a week)</b>			
	Cleansing +	1. Makeup remover	

	<p>neck special cleansing milk + neck exfoliation + neck massage</p> <p>cream + cement film + neck essence + instrument + neck film</p>	<p>clean 5 minutes</p> <p>2. Exfoliation of the neck (twice a week) 5 minutes</p> <p>3. Techniques: first left  and right: massage cream with both hands. Start pulling from the chest to the neck and press the wind pool Fengfu (this is a soothing action) 3 times</p> <p>4. Hands alternately dial the back neck 3 times</p> <p>5. Four-finger button</p>	
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<p>Firming skin,</p> <p>remove</p>		<p>lower jaw line pulls up from the back of the ear to the armpit 3 times</p> <p>6. The tiger's mouth is looped back and forth</p> <p>over the entire neck side</p>	
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<p>neck lines</p>		<p>3 times and then discharged to the armpit (this action is repeated once) 3 times</p> <p>7. 跪 finger hot neck side 3 times</p> <p>8. Appease action 1 time</p> <p>9. Simultaneously slide both sides of the clavicular lymph to the underarms 3 times (the clavicle is not obvious, it can be slipped several times)</p> <p>10. Manipulating the other side (same as 5.6.7.8.9.)</p> <p>11. Wash off the massage cream</p> <p>12. Apply cement film (eg rose) for 10 minutes 13. After cleaning the mud film, use the electroporation instrument to introduce the delicate anti-wrinkle essence.</p> <p>14. After evenly applying the essence, the instrument will alternately pull the position of the double chin from the lower jaw line (together with the hand) in the back of the ear to the armpit 3 times (Energy: 2-6 according to customer's ability) 15. The instrument is poured into the small</p>	
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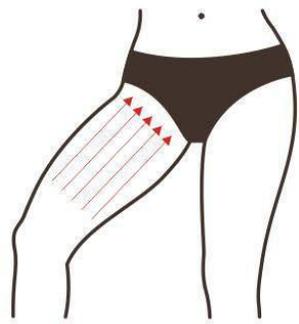
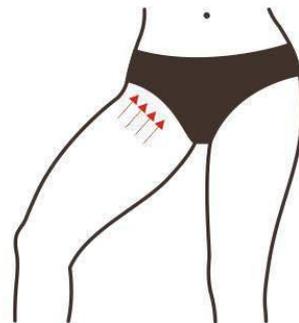
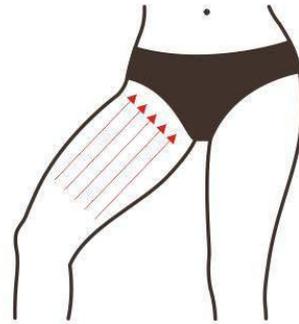
		<p>circle from the neck side and poured into 3 times (Energy: 2-6 according to customer's ability) 16. The instrument is shaped up and down on the neck side 3 times to the underarm (this action is once), 3 times (Energy: 2-6 according to customer's ability) 17. The other side of the instrument operation (same as 14.15.16.) 18. RF operation: turn off the negative pressure: alternately pull from the lower jaw line from the back of the ear to the armpit 3 times (Energy: 2-6 according to customer's ability) Can not go out 19. Always fix the lower jaw by hand, always use the instrument to circle the entire neck texture, 3 times (energy: 2-6 according to customer's ability) 20. Finally, the entire neck of the instrument is circulated to the armpit 1 time (Energy: 2-6 according to customer's ability) 21. Operate the other side (same as 18.19.2.)</p>	
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		<p>22. Clean the neck (warm water) 23. Peritoneum 15 minutes</p> <p>24. Remove the neck membrane and clean it (cold water) Rub the neck essence</p>	
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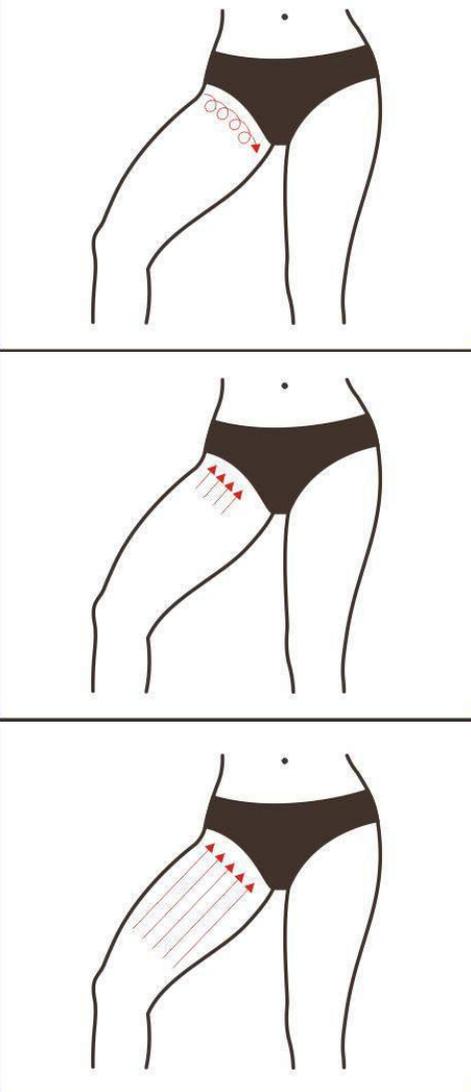
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to push the groin  
alternately, 3 times

16. Push the line from the  
middle of the thigh to the  
groin, while appealing  
the hand, 3 times to  
operate the other side



	<p>RF probe operation RF (RF energy): 2-8 (depending on the guest's</p>	<p>1. RF negative pressure instrument pushes three meridians from the thigh to the groin, 3 times 2. Circle back and forth in the groin position, 3 times</p>	 <p>The diagram shows a person's lower body from the waist down to the knees. The person is wearing dark-colored underwear. On the right thigh, there are several parallel red arrows pointing downwards towards the groin, indicating the direction of the RF treatment. The left leg is shown without any markings.</p>
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<p>Inguinal lymphatic drainage</p>	<p>heating)</p>	<p>3. The instrument and the hand alternately push the groin, 3 times</p> <p>4. Push the line from the middle of the thigh to the groin while appeasing, 3 times</p> <p>5. Operate the other side (ibid.)</p>	 <p>The diagrams show a person from the waist down wearing black underwear. The first diagram shows a red line with five circles and a red arrow pointing towards the groin on the right thigh. The second diagram shows five red arrows pointing from the middle of the right thigh towards the groin. The third diagram shows five parallel red lines on the right thigh with red arrows pointing towards the groin.</p>
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