

S-Shape 30K Cavitation Machine Radio Frequency For Body Sculpting Slimming



Model: Ariana Spa S-Shape 30K

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
- Ultrasound Cavitation and RF Body Shape Handle x 1
- Suction and RF Body Sculpture Handle x 1
- Power cord x 1
- Holder x 1
- Vacuum Filter x 1
- Fuse x 2
- White Seal Ring x 6
- Rubber band x 4

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.



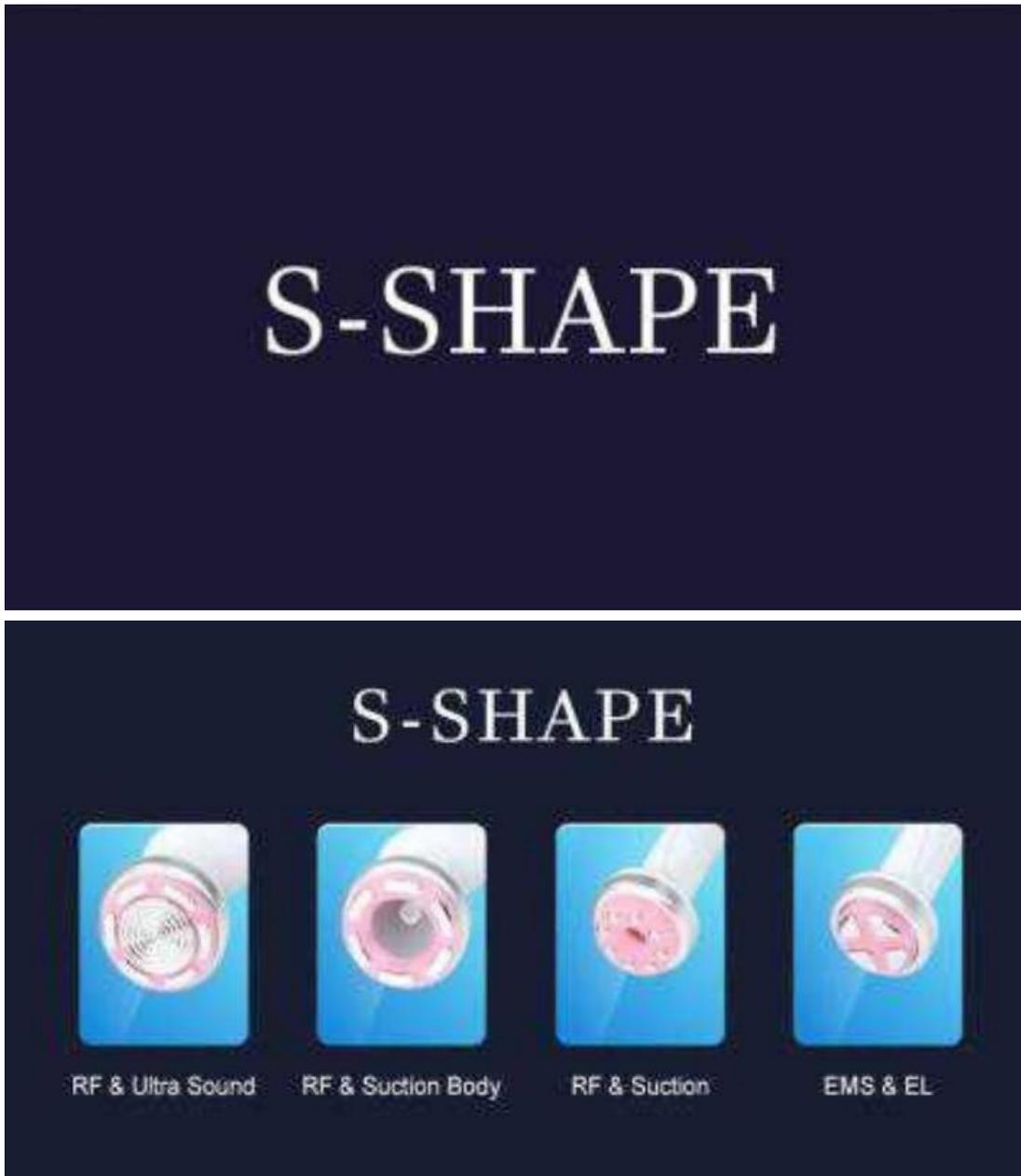
Warning: If any problems occur during system operation - lift the transducer off the client's skin, press the PAUSE button to completely halt system operation.

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



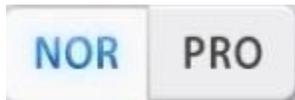
Home



Start/Pause



Restore



Mode Selection

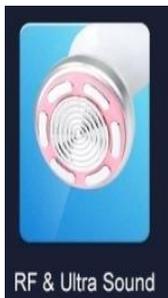


Time Display & Adjustment



Vacuum&RF Suction Adjustment (turn right to increase suction, and turn left to decrease suction)

4.2 Detailed Operation: RF& Ultrasound



Select RF & Ultra Sound To go to the interface

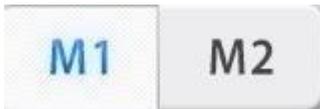




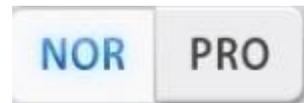
Energy Level Display



Ultrasound & RF Energy Adjustment

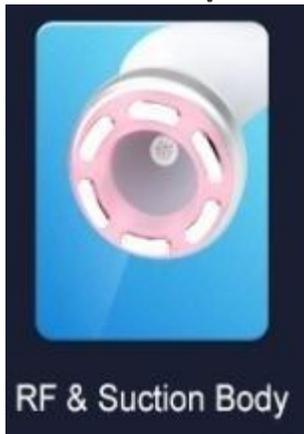


Ultrasound Mode Adjustment (M1 is consecutive mode and is suitable for thin fat layer; M2 is intermittent mode and is suitable for thick fat layer.)



RF Mode Selection (NOR is the set mode. The red LED is on and energy is at the set level and stay at the set level after turning on the device. PRO is the smart mode. The red LED stays on and temperature goes up slowly to the set energy and after the probe comes in full contact with the skin.)

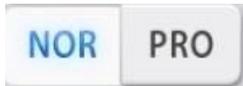
4.3 Detailed Operation: RF & Vacuum Suction Body



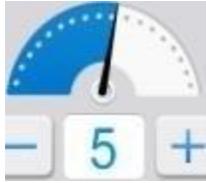
Select RF & Suction Body to go to the interface below



RF Energy Adjustment



RF Mode Selection (NOR is the set mode. The red LED is on and energy is at the set level and stay at the set level after turning on the device. PRO is the smart mode. The red LED stays on and temperature goes up slowly to the set energy and after the probe comes in full contact with the skin.)



Vacuum Suction Time Adjustment (Suction time > Release time)



Vacuum Release Time Adjustment (0 means direction suction)

4.4 Detailed Operation: RF& Vacuum Suction Face

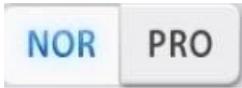


Select RF & Suction to go to the interface below

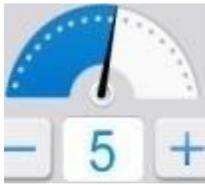




RF Energy Adjustment



RF Mode Selection (NOR is the set mode. The red LED is on and energy is at the set level and stay at the set level after turning on the device. PRO is the smart mode. The red LED stays on and temperature goes up slowly to the set energy and after the probe comes in full contact with the skin.)



Vacuum Suction Time Adjustment (Suction time > Release time)



Vacuum Release Time Adjustment (0 means direction suction)

4.6 Detailed Operation: EMS&EL



Select EMS & EL to go to the interface below





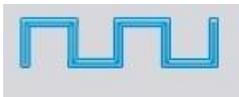
EMS&EL Energy Display



EMS&EL Energy Adjustment



Mode Display (consecutive mode)



Mode Display (intermittent mode)

5. Technical Parameters

Sextupolar RF 30K w/ Photon Handlepiece

Treatment Area : body

Measure of Treatment Area : 30cm²

Max. Output Power : 80W

Depth of RF : 4mm

Depth of Pressure : 24mm

Depth of RF : 5MHz

Ultrasonic frequency : 30KHz

Sextupolar RF w/ Photon Handlepiece

Treatment Area : body

Measure of Treatment Area : 30cm²

Max. Output Power : 60W

Depth of RF : 4mm

Depth of Pressure ; 25mm

Depth of RF : 5MHz

Ultrasonic frequency : -80KPa

Octupolar Rotating RF Handpiece for Facial Shape Handlepiece

Treatment Area : Facial

Measure of Treatment Area : 7cm²

Max. Output Power ; 25W

Depth : 2mm

Depth of Pressure : 20mm

Frequency : 5MHz

Max. Output of Pressure : -80KPa

Level 4 color light intermediate frequency Handlepiece

Treatment Area : Facial/body

Measure of Treatment Area : 6cm²

Max. Output Power : 20W

Micro current frequency : 62KHz

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

- Use a grounding pin and make sure the power socket of the device is properly connected before each operation.
- Ensure that the voltage of the device is appropriate. If the voltage of the local power supply is unstable, we recommend that users increase to the matching power voltage.
- In order to ensure the therapeutic effect and normal service life expectancy of the device, please use the specified accessories provided or recommended by the original manufacturer.
- The device should not be placed in wet environment or near water, nor should they be directly exposed to sunlight.
- Do not place the device near a strong heat source, because this may affect the life and normal use of the device.
- Before treatment, please remove all metal objects from the body first, so as to avoid unexpected conditions and influence the curative effect.
- Please refrain from using the device on eyes, thyroid, parathyroid, testicles, abdomen of pregnant women, and pacemakers.
- Patients who are suffering from illness should consult with a doctor and gain permission from the doctor before using.
- Please turn off the power switch of the device, and ensure that the total power supply of the device is turned off before the staff leaves after daily use, so as to ensure the safety of the electrical products.
- Use device or train device operators in strict accordance with instructions in the user manual.
- When taking other weight-loss drugs, it is recommended to stop taking them for 1 to 2 months before treatment. Extension of the course of treatment is recommended if you wish to lose weight immediately.
- Don't use the instrument with an empty stomach. After a full meal, wait at least 1 hour before a course of weight loss treatment.

- When operating, the instrument should fully touch the skin to avoid uneven heat.
- Start from the lowest energy level and slowly add up.
- When using this device, the operating parts must be kept moist and dry skin should be avoided.
- Clean the instrument with normal saline after operation to ensure its cleanliness and hygiene and prolong its service life.
- The suction force of vacuum&RF should not be too high when operating the on the face, so as to avoid scrapping.

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 to 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 RF instrument be used for chest shaping?

A: As the growth of age and female physiology period, sub-health state, gravity, stimulation during lactation, a large number of nutrition loss... All the above will cause collagen loss, decreased blood flow, damaged elastic tissue, flabby ligament gland, and prolapsed breasts. Through RF energy conduction, collagen protease can be promoted to repair elastic tissue and ligament glands, thus achieving the effect of chest lifting and shaping.
10. 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.)

11. 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.

12. 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".

13. 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.

14. Q: Why do I need breast maintenance?

A: The lymph nodes of bosom rank the top among other parts of the body, which also lead to toxin accumulation very easily, and urbanite life rhythm is very fast now, working pressure is very big, which can bring about the hyperplasia of different level. The saying goes that bosom is the cradle of children, the garden of the woman, the symbol of female identity! Breast maintenance can make your figure more beautiful, add scores for your whole temperament, thus turn head rate increases 10 times certainly! Good figure and temperament will also ensure husband's loyalty! The evolution of breast cancer: breast milk residual, secretions, toxins -- nodules and blockages -- lobular hyperplasia, ductal hyperplasia, breast hyperplasia -- duct blockage and adhesion -- fibroma, breast cyst -- breast cancer.

15. Q: Why do I need hip maintenance?

A: Because it can help the body lymphatic system discharge poison, improve the gynaecological disease, and avoid harm brought by buttock blockage. Hip impassability surely 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.

16. Q: How does negative pressure detoxify?

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

10. Operational Diagrams

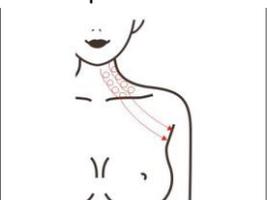
Parameter Adjustment	Product	Techniques	Diagrams
Anti-wrinkle&Skin Tightening: 60 min, once/week			
<p>Eletroporation Energy: 30%-80%</p> <p>Mode: EL</p> <p>Vacuum&RF Energy: 15%-20%</p> <p>Suction Time: 0.3-1.5</p> <p>Release Time: 0-1.0</p>	<p>Makeup remover+ Face wash+ Cold&Hot steam+ Massage cream+ Hydrating Facial Mask+ Essence+ Facial mask</p>	<ol style="list-style-type: none"> 1. Remove makeup and cleanse face, 5 min. 2. Apply hydrating facial mask+hot steam, 10 min. 3. Wash face clean, 2 min. 4. Apply toner, 1 min. 5. Apply massage cream evenly on face and caress face, 3 times. 6. Push the following acupoints (chengjiang point, dicang point, renzhong point, yingxiang point, jiache point, temple) , 3 times. 7. Caress the whole face, 3 times. 8. Alternate both hands to lift in 3 lines from chin to ear lobe, corner of mouth to ear gate, nose wing to temple, lower eyelid to temple, lift canthus, 3 times. 9. Do the same on the other side. 10. Lift towards hairlines on forehead, 3 times. 11. Use ring and middle fingers to massage and lift face as if plucking the string, 3-5 times. Repeat the same technique towards hairline on forehead with one hand, 3-5 time. 	<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>13. Do the same on the other side.</p> <p>14. Brace skin with middle and ring fingers on forehead as if writing 'Z', slide to the ear back and force and finish behind ear, 3 times.</p> <p>15. The end of the first part.</p> <p>16. Vacuum&RF operation: lift from chin to earlobe, mouth corner to ear gate, nose wing to temple; make sure one line is next to another, 3 times.</p> <p>17. Do the same on the other side.</p> <p>18. Lift towards hairline on forehead, 3 times.</p> <p>19. Wash face clean, 2 min. 21. Apply (anti-aging/whitening/hydrating) essence evenly on face, 1 min.</p> <p>22. EL Operation: move from chin to forehead in circles to lift the treatment area; make sure one line is next to another, 3 times.</p> <p>23. Do the same on the other side.</p> <p>24. Move horizontally in circles on forehead, 3 times.</p> <p>25. Apply facial mask, 15 min.</p> <p>26. Wash face clean, 2 min. 27. Apply toner, essence, cream and sunscreen.</p>	 <p>Technique 22</p>  <p>Technique 24</p> 
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Suggested Treatment:

10 treatments account for one full course. After one time, the skin will be firm and tender, providing the skin with needed nutrition. After a course of treatment, the skin is lifted and shiny. After 2 courses, the skin is smooth and plump, and the outline gradually becomes clear. After 3 courses, it can achieve effects such as prevent and delay skin aging, improve sagging and loose skin, and increase collagen in the bottom of skin, making skin smooth, firm and glowing.

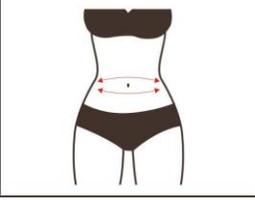
Neck Care: 60 min, once/week

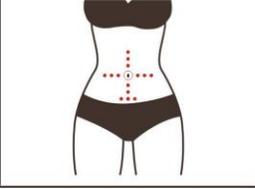
<p>Vacuum&RF Energy: 30%-80%</p> <p>Suction Time: 0.3-1.5</p> <p>Release Time: 0-1.0</p>	<p>Makeup remover+ Face wash+ Massage cream+ Essence+ Neck mask</p>	<ol style="list-style-type: none"> 1. Remove makeup and cleanse face, 5 min. 2. Apply toner, 1 min. 3. Neck massage: apply and rub oil on the chest with both hands to the back of the neck and point to feng chi and feng fu acupoint, 3 times. 4. Alternately lift the lower jaw and double chin to pass behind the ear and under the armpit, 3 times. 5. Push downwards with hand spread and hukou pointing down, tracing 3 meridian channels from the neck side to the armpit, 3 times. 6. Push downwards with 4 fingers, tracing 3 meridian channels from neck side to the armpit, 3 times. 7. Push downwards with kneeling fingers till the neck turns hot and slide to the armpit, 3 times. 8. Push downwards with hand spread and hukou pointing down from external collarbone to armpit, 3-5 times. 9. Do the same on the other side. 10. The end of the first part. 11. Vacuum&RF operation: coupled with hand massage, lift double chin to pass behind 	<p>Technique 3</p>  <p>Technique 4</p>  <p>Technique 5, 6, 7</p>  <p>Technique 11</p>  <p>Technique 12</p>  <p>Technique 14</p> 
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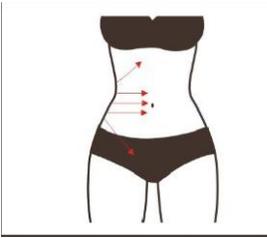
		<p>the ear and under the armpit, 3 times.</p> <p>12. Move the device in circles on one side of neck to pass under armpit, 3 times.</p> <p>13. Slide the device from internal and external clavicle to the armpit, 3-5 times.</p> <p>14. Move the device in circles on the whole neck area, 3 times.</p> <p>15. Do the same on the other side.</p> <p>16. Wipe neck clean with hot towel, 2 min.</p> <p>17. Apply neck mask, 15 min. 18. Wipe it clean with hot towel, apply hot steam, 5 min. 19. Apply toner, neck essence, neck cream and sunscreen.</p>	
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Suggested Treatment: 10 treatments account for one full course. After one treatment, skin becomes tender, smooth. After a full course, neck skin becomes smooth, speed up the neck lymphatic circulation. After 2 courses it tightens skin, fade neck lines, improve the double chin. After 3 course, skin is fine, firm and glowing, which also promote lymph drainage, improve facial dullness, some problems such as acne, and delay the aging of the skin, make skin restore young state.

Body Shaping on Waist&Abdomen: 60 min, once/week

<p>Ultrasound &RF Energy: 30%-80%</p> <p>Vacuum&RF Energy: 30%-80%</p> <p>Suction Time: 0.3-1.5</p>	<p>Massage cream (essential oil)+ Gel+ Device</p>	<ol style="list-style-type: none"> 1. Massage technique. 2. Apply and rub oil on abdomen with hands, 3 times. 3. Rub stomach back and forth with both hands, 3-5 times. 4. Knead abdomen with both hands using chiropractic techniques, 3 times. 5. Lift daimai on both sides of waist with both hands alternately, 16 times. 	<p>Technique 2</p>  <p>Technique 3, 19</p> 
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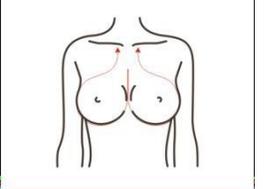
<p>Release Time: 0-1.0</p>		<p>6. Move hands as if writing an “8” number on waist, 3 times.</p> <p>7. Overlap hands and message the intestinal canal clockwise, 3 times.</p> <p>8. Move hands in circular motion and caress the treatment area, 3 times.</p> <p>9. Push on the following acupoints: shangwan zhongwan xiawan shenque qihai guanyuan zhongji tianshu dasheng qugu, 2 times.</p> <p>10. Starting from zhongji point, push both thumbs to belly navel, slide them to waist and the lift upwards to groin, 3 times.</p> <p>11. Caress the treatment area with hands and slide to groin.</p> <p>12. The end of the first part. 13. Ultrasound & RF operation: starting from one side of the waist, lift the device to abdomen and groin, 3 times.</p> <p>14. Repeat the previous operation on another side, 3 times.</p> <p>15. Move the device on abdomen in small circular motions, 3 times.</p> <p>16. Move the device on abdomen in big circular motions, 3 times.</p> <p>17. Vacuum RF operation: turn on the direct suction mode, starting from one side of the waist, lift the device to abdomen and groin, 3 times. 18. Repeat the previous</p>	<p>Technique 4</p>  <p>Technique 5</p>  <p>Technique 6</p>  <p>Technique 7</p>  <p>Technique 9</p>  <p>Technique 10</p>  <p>Technique 13, 17, 22</p>
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		<p>operation on another side, 3 times.</p> <p>19. Move horizontally back and forth to lift daimai, 3 times.</p> <p>20. Move the probe up and down to shape the waist, 3-5 times.</p> <p>21. Move the device on abdomen in big circular motions, 3 times.</p> <p>22. Move the probe in lines on sides of the waist towards the abdomen to lift the treatment area; make sure one line is next to another, 3 times.</p>	 <p>Technique 15</p>  <p>Technique 16, 21</p>  <p>Technique 20</p>
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Suggested Treatment:

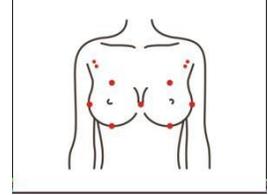
10 treatments account for a course. Once done, abdomen is heating, accelerate metabolism, fat metabolism, slowly after a period of treatment to thin body, improve constipation and other issues at the same time, the effect after the two course gradually obvious, the skin to ascend, the skin collagen increased, improve stretch marks and flabby skin, reinforce effect, after the three course redundant adipose gradually disappear, lumbar abdomen curve shape, build small pretty waist.

Body-shaping on Breasts: 60 min, once/week

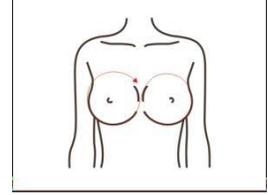
<p>Vacuum&RF Energy: 30%-80% Mode: M3</p>	<p>Massage cream(essential oil)+ Device(Bracellet)</p>	<ol style="list-style-type: none"> 1. Massage technique. 2. Stand at the head of the bed, both hands from shan zhong point began to rub oil to armpit up at the same time lift the suspension ligament (this is to caress treatment area) 3 times. 3. Both hands thumb point: 	<p>Technique 2, 4, 7, 11</p>  <p>Technique 3</p>
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shanzhong, rugen, dabao, yingchuang, zhongfu, yunmen, 3 times.

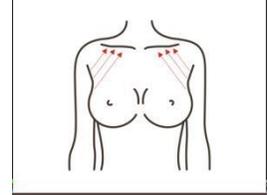
4. Caress the treatment area, 3 times.
5. Overlap both palms from shan zhong point to chest both sides back and forth as if writing an "8" number, 3 times.
6. Lift the accessory breast to the suspensory ligament alternately with both hands, first left, then right, 10 times.
7. Caress the treatment area, 3 times.
8. Sit beside the customer, first left, then right, with both hands to soothe and lift the chest, 3-5 times.
9. Alternately push the breast duct around the chest (one circle of the chest), 3-5 times.
10. Use the thumb to dredge the nodules in the chest, 3 times.
11. Lift the whole chest with hands, 3-5 times.
12. Vacuum&RF operation: combined with hand, alternate in lifting the entire chest, 3-5 times.
13. Move around in circles and make sure suction is at a moderate level, 3-5 times.
14. Move in small circles, 3-5 times.
15. Brace the accessory breast in lines to lift breast, 3-5 times.
16. Do the same on the other side.



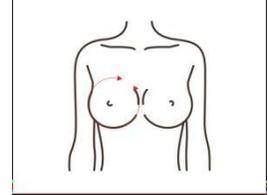
Technique 5



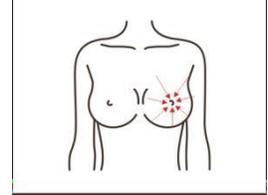
Technique 6



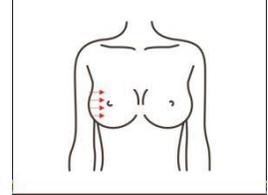
Technique 8



Technique 9



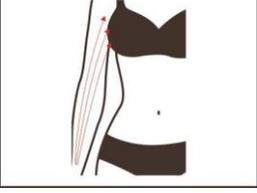
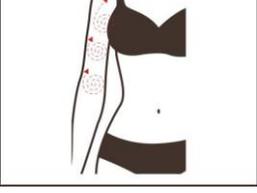
Technique 10



Suggested Treatment:

10 times account for a course of treatment. After a full course, breasts will experience heat, blood circulation is boosted, and a certain improvement effect will be seen. After a course of treatment the effect is more obvious, nodules are improved. 3 courses help tighten the skin and consolidate shaping effect, and increase the elasticity of the breasts. Regulating endocrine makes women more attractive.

Body Shaping on Arms: 60 min, once/week

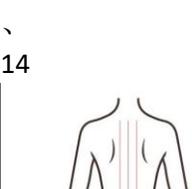
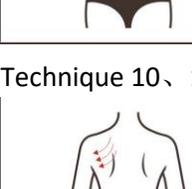
<p>Ultrasound&RF Energy: 30%-80%</p>	<p>Massage cream (essential oil)+ Gel+ Device</p>	<ol style="list-style-type: none"> 1. Massage technique. 2. Left-right order: lay the arm flatwise, apply and rub oil in from lower arm to the entire arm and slide to the fingers, 3 times. 3. Push the entire arm with both palms, 3 times. 4. Push hands upwards tracing three main collateral channels(dachangjing-sanjiaojing-xiaochangjing) to armpits with fingers spread and hukou pointing upwards, 3 times. 5. Caress the treatment area, 3 times. 6. Trace and rub three main collateral channels on arms with kneeling finger back and forth till them turn hot, 3 times. 7. Caress the treatment area, 3 times. 8. Lay inner arm upwards, and push hands tracing three yin channel on inner arm(feijing-xinbaojing-xinjing) to armpit, with hukou pointing upwards, 3 times respectively. 9. Rub three channels back and forth with kneeling fingers, 3 times. 10. Caress the treatment area and slide to fingers. 11. Repeat the previous 	<p>Technique 2, 3, 4, 5, 6, 7</p>  <p>Technique 8, 9</p>  <p>Technique 10</p>  <p>Technique 13, 16</p>  <p>Technique 14, 15</p>  <p>Technique 17</p>
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		<p>operation on another side.</p> <p>12. The end of the first part.</p> <p>13. Ultrasound&RF device operation: lay arms flatwise and start from fat part of lower arm, tracing three channels to armpit, 3 times.</p> <p>14. Move the device in annular motion, tracing three channels to armpit, 3 times.</p> <p>15. You may double the operation on flabby arms, 3 times.</p> <p>16. Trace three channels to armpit, 3 times.</p> <p>17. Lay inner arm flatwise and push three channels on upper arm to armpit, 3 times.</p> <p>18. Trace three channels on upper arm and move the device in circles to armpit, 3 times.</p> <p>19. Trace three channels from upper arm to armpit.</p> <p>20. Do the same on the other side.</p>	 <p>Technique 19</p> 
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Suggested Treatment:
 10 treatments account for a full course. Once done, it will feel warm and tight, and the arms will be relaxed. A course of treatment help reduce excessive arm fat and the skin appear to be tight and plump. 2 courses of treatment began to shape arms, strengthen the effect, dredge meridians, and enhance the physique 3 courses help consolidate stability and prevent rebound.

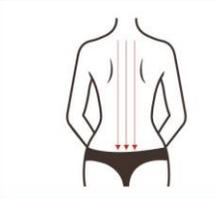
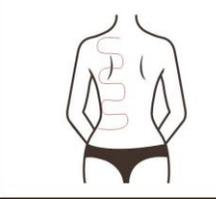
Body Shaping on Back: 60 min, once/week

<p>Vacuum&RF Energy: 30%-80%</p> <p>Suction Time: 0.3-1.5</p>	<p>Massage cream (essential oil)+ Device</p>	<ol style="list-style-type: none"> 1. Massage technique. 2. Apply oil on back and press Fengchi and fengfu points. 3. (Starting from hairline) stroke badanjin with thumb, 3-5 times. 4. Move thumb outwards 	<p>Technique 2、 11</p> 
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<p>Release Time: 0-1.0</p>		<p>from panguangjin to baliao area and then to fengchi and fengfu point.</p> <ol style="list-style-type: none"> 5. Starting from neck to caudal vertebra, move hands in S-shape, 3 times. 6. Push panguangjin with thumb in left-right order, 3 times. 7. Push panguangjin to baliao area with both thumbs, at the same time, 3 times. 8. Push panguangjin in three kneeling fingers, 3 times. 9. Push scapula slot with both hands alternately in left-right order, 3-6 times. 10. Push scapula slot with both hands horizontally, 3-6 times. 11. Caress the back with both hands and push fengchi and fengfu points, 3 times. 12. Overlap both thumbs and push tianzong point and slide to the arm, 3 times. 13. Repeat the previous action on another arm, 3 times. 14. Rub dumai and panguangjin with hands until they turned hot. 15. The end of the first part. 16. Vacuum&RF Operation: Starting from dumai to panguangjin, move the device from neck to baliao area, 3-5 times. 17. Move the device in circles on dazhui point, and baliao area, 3-5 times respectively. 18. From dabanjin to neck, move the device back and forth, 3-5 times. 	<p>Technique 3</p>  <p>Technique 4</p>  <p>Technique 5</p>  <p>Technique 6、7、8、14</p>  <p>Technique 9、19</p>  <p>Technique 10、19</p>  <p>Technique 12、13</p>
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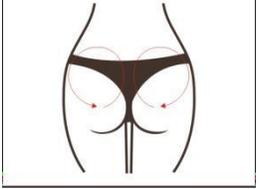
Technique 16

		<p>19. Lift the device on scapula slot in left-right order, 3-5 times.</p> <p>20. Move the device horizontally as if writing an “8” number to baliiao area, 3 times.</p> <p>21. Move the device upwards in annular motion to armpit in left-right order on both sides, 3 times.</p> <p>22. Move the probe from sides of waist to armpits to lift the treatment area in a bottom-up direction, 3-5 times.</p>	 <p>Technique 17</p>  <p>Technique 18、</p>  <p>Technique 21</p>  <p>Technique 22</p>
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Suggested Treatment:
 10 treatments account for a full course. Once done, back feel significantly relaxed, and it can also alleviate neck stiffness, and lift skin. A course help relax shoulder, reduce back fat, ease the lump on the nape of the back, and shape the back line. After two courses, the lump appears to be smaller, and it help dredge meridians, regulate sub-health, and improve sleep. 3 courses help with back thinning, define back line, strengthen viscera function, improve digestion, detoxification and metabolism, (a period of treatment is to reduce size, two courses is to strengthen help with effect, three courses consolidation and avoid rebound.)

Body Shaping on Buttocks: 60 min, once/week

Vacuum&RF Energy:	Massage cream	1. Massage technique. 2. Standing on the side,	Technique 2, 5, 11
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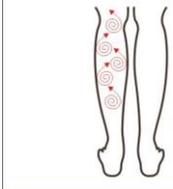
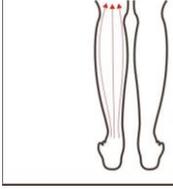
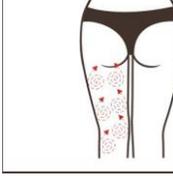
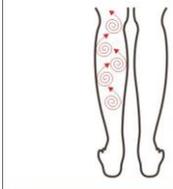
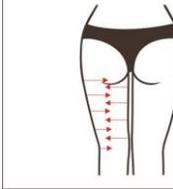
<p>30%-80%</p> <p>Suction Time: 0.3-1.5</p> <p>Release Time: 0-1.0</p>	<p>(essential oil)+ Device</p>	<p>accumulate oil on hands and then slide to the waist and then lift up along the hips from the waist, 3 times (this is to caress the treatment area.) 3. Repeatedly push ba liao zone with two thumbs.</p> <p>4. Caress the treatment area for 3 times and then point: "shenyu", "ba liao", "chang qiang", "huan tiao" and "cheng fu", 3 times.</p> <p>5. Caress the treatment area, 3 times.</p> <p>6. First left, then right, with both hands extending from the root of the thigh from bottom to top -- bladder tendon -- kidney -- liver -gallbladder -- vein, 3 times each.</p> <p>7. Both hands follow from the root of thigh from bottom to top -- bladder channel, kidney channel, liver channel and gallbladder channel to the vein, 3 times each.</p> <p>8. Overlap both palms and push up together from thigh root to pulse (ascension) ,3 to 5 times.</p> <p>9. Push your hands from bottom to top from both sides of your hips to the top of your hips, 3 times.</p> <p>10. Repeat the previous operation.</p> <p>11. Caress the treatment area.</p> <p>12. The technique on the other side is the same as above.</p> <p>13. The end of the first part.</p> <p>14. Vacuum&RF operation:</p>	 <p>Technique 3</p>  <p>Technique 4</p>  <p>Technique 6, 14, 17</p>  <p>Technique 7, 10</p>  <p>Technique 9, 15, 18</p>  <p>Technique 16</p>
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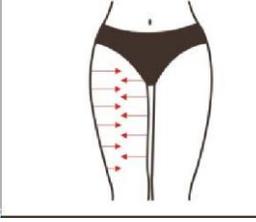
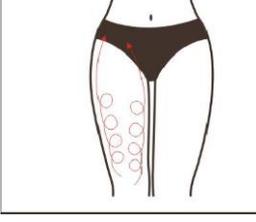
		<p>lift from the thigh root to the vein line by line, 3 times.</p> <p>15. Lift 3 times from bottom to top on both sides of the buttocks to the highest point of the buttocks.</p> <p>16. Circle your hips, 3 to 5 times.</p> <p>17. Lift 3 times from thigh root to vein.</p> <p>18. Lift from bottom to top on both sides of the buttocks to the highest point of the buttocks, 3 times.</p> <p>19. Do the same on the other side.</p>	
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Suggested Treatment: 10 treatments account for a full course. After one treatment, buttocks will experience lifting and heat. After a course of treatment buttocks start to show obvious curve lines, and excessive fat begin to disappear slowly, and skin appear to be tight. After 3 courses, the conditions of cold body and uterus, other gynecological problems such as irregular menstruation are improved. It also help consolidate the effect, and increase the female charm.

Body Shaping on Legs: 60 min, once/week

<p>Ultrasound&RF Energy: 30%-80%</p> <p>Vacuum&RF Energy: 30%-80%</p> <p>Suction Time: 0.3-1.5</p> <p>Release Time: 0-1.0</p>	<p>Massage cream(Essential oil)+ Gel+ Device</p>	<ol style="list-style-type: none"> 1. Massage technique. 2. Left-right order: apply and rub oil in from calf to thigh to heel, 3 times. 3. Alternately push the entire leg from bottom to top and wrap back into the heel, 3 times 4. Move hands upwards to four main collateral channels(panguangjin-shenji n-ganjin-danjin) with fingers spread and hukou pointing upwards, 3 times. 5. Push hands alternately to popliteal fossa, 3 times. 6. Twist both hands upwards 	<p>Technique 2, 3, 4, 5, 7, 8, 9, 12</p>  <p>Technique 6</p>  <p>Technique 13</p>
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		<p>alternately as if twisting a fired dough, 3 times.</p> <p>7. Caress the treatment area, 3 times.</p> <p>8. Push four main collateral channels upwards with kneeling fingers of both hands, 3 times.</p> <p>9. Caress the treatment area, 3 times.</p> <p>10. Repeat the previous operation on the other side.</p> <p>11. The end of the first part. 12. Ultrasound&RF device operation: move the device from popliteal fossa to panguangjin-shenjin-ganjin-d anjin, 3 times.</p> <p>13. Move the device in circular motion on calf, 3 times.</p> <p>14. Move the device upwards to popliteal fossa and caress the treatment area with hands, 3 times.</p> <p>15. Push from popliteal fossa tracing 4 main collateral channels to the end of thigh, 3 times.</p> <p>16. Move the device in circular motion from popliteal fossa to the end of thigh, 3 times.</p> <p>17. Push from popliteal fossa tracing main collateral channels to the end of thigh, 3 times.</p> <p>18. Move in small circular motions on thigh, 3-5 times.</p> <p>19. Vacuum&RF operation: coupled with hand, move from the heel to popliteal fossa in lines to lift the treated area; make sure one</p>	 <p>Technique 14, 19, 21</p>  <p>Technique 15, 17, 22</p>  <p>Technique 16, 18, 23</p>  <p>Technique 20</p>  <p>Technique 24</p>  <p>Technique 25</p>
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	<p>line is next to another, 3 times.</p> <p>20. Move in small circular motions on calf, 3 times. 21. Move on calf back and forth, 3-5 times.</p> <p>22. Move from popliteal fossa in lines to thigh root; make sure one line is next to another, 3 times.</p> <p>23. Move in small circular motions on thigh, 3 times.</p> <p>24. Move from sides of legs to the middle to lift the treated area; make sure one line is next to another, 3-5 times.</p> <p>25. Move from sides of the legs in annular motions to lift the treated area, 3 times.</p> <p>26. Do the same on the other side.</p> <p>27. RF operation on foreleg: place the vacuum plate on the back of the customer, and bracelet on the esthetician. 28. Rub oil with both hands from heel to the thigh root (namely to caress the treatment area), 3 times.</p> <p>29. Move hands upwards to four main collateral channels(pijing-weijing-ganjin g-danjing) with fingers spread and hukou pointing upwards, 3 times.</p> <p>30. Push four main collateral channels upwards with kneeling fingers of both hands, 3 times.</p> <p>31. The end of massage technique of forelegs.</p> <p>32. Ultrasound&RF device operation: Lift the device towards knee while tracing 3 collaterals, 3 times(start from thigh if there's not enough unwanted fat on calf.)</p> <p>33. Move the device on two sides of calf in annular motion, 3 times(start from thigh if there's not enough unwanted fat on calf.)</p>	 <p>Technique 28, 29, 30, 33, 36, 38</p>  <p>Technique 34, 39</p>  <p>Technique 35</p>  <p>Technique 40</p>  <p>Technique 41</p> 
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		<p>34. Lift the device from knee to thigh root in lines, 3 times. 35. Move the device in small circles on thigh, 3 times.</p> <p>36. Lift the device from knee to thigh root in annular motion, 3 times.</p> <p>37. Lift the device from knee to thigh root in lines; make sure one line is next to another, 3 times.</p> <p>38. Repeat the same treatment on calf with vacuum&RF operation(start from thigh if there's not enough unwanted fat on calf.) 39. Lift the device from knee to thigh root in lines; make sure one line is next to another, 3 times.</p> <p>40. Move the device in small circles on thigh, 3 times.</p> <p>41. Move from sides of legs to the middle to lift the treated area; make sure one line is next to another, 3-5 times.</p> <p>42. Move from sides of the legs in annular motions to lift the treated area, 3 times.</p> <p>Do the same on the other side.</p>	
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Suggested Treatment:
 10 treatments account for a full course. After one treatment, leg is relaxed, and circulation is accelerated. After a course of treatment, leg becomes thin, skin collagen tissue experience contraction due to heat effect, and tightening effect can obviously be felt on the skin. After 2 courses, leg is tight and slim, and obvious results are seen. 3 courses help consolidate the effect. Super RF + super ultrasound is to stimulate the dermis of the skin, which can sustain collagen regeneration, so the treatment effect will be more and more obvious.

Face Management: 100 min, once/week

<p>Eletroporation Energy: 30%-80%</p> <p>Mode: EMS+EL</p> <p>Vacuum&RF Energy:</p> <p>Face:15%-20%</p> <p>Neck:30%-80%</p> <p>Suction Time: 0.3-1.5</p> <p>Release Time: 0-1.0</p>	<p>Makeup remover+ Cleanser+ Hydrating Facial Mask+ Massage cream+ Device+ Essence+ Facial mask+ Hot&Cold Steam</p>	<ol style="list-style-type: none"> 1. Remove makeup and clean, 5 min. 2. Apply toner, 1 min. 3. Massage technique. 4. Apply massage cream evenly on face and caress, 3 times. 5. Push the following acupoints (chengjiang point, dicang point, renzhong point, yingxiang point, jiache point, temple, qingming point, cuanzhu point, yuyao point, sizhukong point, tongziliao point, chengqi point, sibaipoint) , 3 times. 6. Caress the whole face, 3 times. 7. Alternate both hands to lift in 3 lines from chin to ear lobe, corner of mouth to ear gate, nose wing to temple, lower eyelid to temple, lift canthus, 3 times. 8. Do the same on the other side, 3 times. 9. Lift towards hairlines on forehead, 3 times. 10. Use ring and middle fingers to massage and lift face as if plucking the string, 3-5 times. 11. Repeat the same technique towards hairline on forehead with one hand, 3-5 	<p>Technique 4, 6</p>  <p>Technique 5</p>  <p>Technique 7</p>  <p>Technique 9, 11</p>  <p>Technique 14</p> 
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time.

12. Alternate hands in lifting the face as if plucking the string on one side, 2-3 min.
13. Do the same on the other side.
14. Brace skin with middle and ring fingers on forehead as if writing 'Z', slide to the ear back and force and finish behind ear, 3 times.
15. Neck massage: apply and rub oil on the chest with both hands to the back of the neck and point to feng chi and feng fu acupoint, 3 times.
16. Alternately lift the lower jaw and double chin to pass behind the ear and under the armpit, 3 times.
17. Push downwards with hand spread and hukou pointing down, tracing 3 meridian channels from the neck side to the armpit, 3 times.
18. Push downwards with 4 fingers, tracing 3 meridian channels from neck side to the armpit, 3 times.
19. Push downwards with kneeling fingers till the neck turns hot and slide to the armpit, 3 times.
20. Push downwards with hand spread and hukou pointing down from external collarbone to armpit, 3-5 times.
21. Do the same on the other side.
22. The end of the first part. 23. Vacuum&RF face operation: move the probe

Technique 15



Technique 16



Technique 17, 18, 19



Technique 23



Technique 25



Technique 28



Technique 30



Technique 31

form chin to ear gate, mouth corner to ear gate, nose wing to temple, lift in lines and make sure one line is next to another, 3 times.

24. Do the same on the other side.

28. Lift towards hairline on forehead, 3 times.

29. Wash face clean, 2 min. 30. Apply (anti-aging/whitening/hydrating) essence evenly on face, 1 min.

31. EL Operation: move from chin to forehead in circles to lift the treatment area; make sure one line is next to another, 3 times.

32. Do the same on the other side.

33. Move horizontally in circles on forehead, 3 times. 34. Vacuum&RF

operation on neck: coupled with hand massage, lift double chin to pass behind the ear and under the armpit, 3 times.

35. Move the device in circles on one side of neck to pass under armpit, 3 times.

36. Slide the device from internal and external clavicle to the armpit, 3-5 times.

37. Move the device in circles on the whole neck area, 3 times.

38. Do the same on the other side.

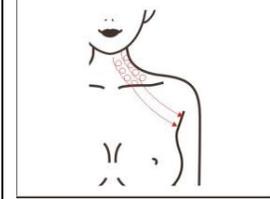
39. Wipe neck clean with hot towel, 2 min.

40. Apply neck mask+facial mask, 15 min.

41. Wash face clean, 2 min.



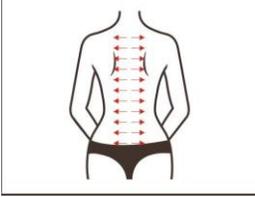
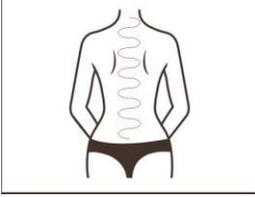
Technique 32

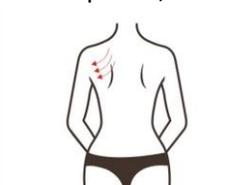
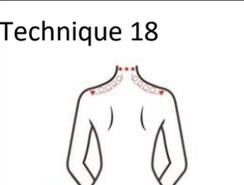


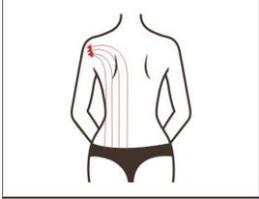
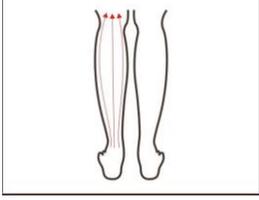
Technique 34



		42. Wipe neck clean with hot towel, apply hot steam, 5 min. 43. Apply toner, cream, neck essence, neck cream and sunscreen.	
<p>Suggested Treatment: 10 treatments account for one full course. After one treatment, the skin will be firm, tender, delicate and smooth, and the eyes will be elevated to accelerate the blood circulation and lymph circulation of the eyes. After one course, it lightens fine lines, dark circles under the eyes and brightens the skin. After two courses, the overall skin is smooth, firm and elastic, and the double chin is improved. Three courses help prevent and delay skin aging, relaxation and sagging, and restore skin to its youthful state.</p>			
<p>Body-Sculpting&Slimming: 60 min, once/week</p>			

<p>Ultrasound&RF Energy: 30%-80%</p> <p>Vacuum&RF Energy: 30%-80%</p> <p>Suction Time: 0.3-1.5</p> <p>Release Time: 0-1.0</p>	<p>Massage cream(Essential oil)+ Device</p>	<ol style="list-style-type: none"> 1. Massage technique of back. 2. Apply oil on back and press Fengchi and fengfu points. 3. (Starting from hairline) stroke badanjin with thumb, 3-5 times. 4. Move thumb outwards from panguangjin to baliao area and then to fengchi and fengfu point. 5. Starting from neck to caudal vertebra, move hands in S-shape, 3 times. 6. Push panguangjin with thumb in left-right order, 3 times. 7. Push panguangjin to baliao area with both thumbs, at the same time, 3 times. 8. Push panguangjin in three kneeling fingers, 3 times. 9. Push scapula slot with both hands alternately in left-right order, 3-6 times. 10. Push scapula slot with both hands horizontally, 3-6 times. 	<p>Technique 2, 11</p>  <p>Technique 3</p>  <p>Technique 4</p>  <p>Technique 5</p>  <p>Technique 6, 7, 8, 14</p>
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		<p>11. Caress the back with both hands and push fengchi and fengfu points, 3 times.</p> <p>12. Overlap both thumbs and push tianzong point and slide to the arm, 3 times.</p> <p>13. Repeat the previous action on another arm, 3 times.</p> <p>14. Rub dumai and panguangjin with hands until they turned hot.</p> <p>15. The end of the back massage part.</p> <p>16. Vacuum&RF Operation: Starting from dumai to panguangjin, move the device from neck to baliao area, 3-5 times.</p> <p>17. Move the device in circles on dazhui point, and baliao area, 3-5 times respectively.</p> <p>18. From dabanjin to neck, move the device back and forth, 3-5 times.</p> <p>19. Lift the device on scapula slot in left-right order, 3-5 times.</p> <p>20. Move the device horizontally as if writing an “8” number to baliao area, 3 times.</p> <p>21. Move the device upwards in annular motion to armpit in left-right order on both sides, 3 times.</p> <p>22. Move the probe from sides of waist to armpits to lift the treatment area in a bottom-up direction, 3-5 times.</p> <p>23. Massage technique of legs.</p> <p>24. Left-right order: apply</p>	 <p>Technique 9, 19</p>  <p>Technique 10, 19</p>  <p>Technique 12, 13</p>  <p>Technique 16</p>  <p>Technique 17</p>  <p>Technique 18</p>  <p>Technique 21</p>
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		<p>and rub oil in from calf to thigh to heel, 3 times.</p> <p>25. Move hands upwards to four main collateral channels(pangguangjin-shenji n-ganjin-danjin) with fingers spread and hukou pointing upwards.</p> <p>26. Push hands alternately to popliteal fossa, 3 times. 27. Twist both hands upwards alternately as if twisting a fried dough, 3 times.</p> <p>28. Caress the treatment area, 3 times.</p> <p>29. Push four main collateral channels upwards with kneeling fingers of both hands, 3 times.</p> <p>30. Caress the treatment area, 3 times.</p> <p>31. Repeat the previous operation on the other side. 32. The end of the leg massage part.</p> <p>33. Ultrasound&RF device operation: move the device from popliteal fossa to pangguangjin-shenjin-ganjin-d anjin, 3 times.</p> <p>34. Move the device in circular motion on calf, 3 times.</p> <p>35. Move the device upwards to popliteal fossa and caress the treatment area with hands, 3 times.</p> <p>36. Push from popliteal fossa tracing 4 main collateral channels to the end of thigh, 3 times.</p> <p>37. Move the device in circular motion from popliteal</p>	 <p>Technique 22</p>  <p>Technique 23, 24, 25, 26, 28, 29, 30, 33</p>  <p>Technique 27</p>  <p>Technique 34</p>  <p>Technique 35, 40, 42</p>  <p>Technique 36, 38, 43</p>
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fossa to the end of thigh, 3 times.

38. Push from popliteal fossa tracing main collateral channels to the end of thigh, 3 times.

39. Move in small circular motions on thigh, 3-5 times.

40. Vacuum&RF operation: coupled with hand, move from the heel to popliteal fossa in lines to lift the treated area; make sure one line is next to another, 3 times.

41. Move in small circular motions on calf, 3 times. 42. Move on calf back and forth, 3-5 times.

43. Move from popliteal fossa in lines to thigh root; make sure one line is next to another, 3 times.

44. Move in small circular motions on thigh, 3 times.

44. Move from sides of legs to the middle to lift the treated area; make sure one line is next to another, 3-5 times.

45. Move from sides of the legs in annular motions to lift the treated area, 3 times.

46. Do the same on the other side.

47. Massage technique of arms.

48. Left-right order: lay the arm flatwise, apply and rub oil in from lower arm to the entire arm and slide to the fingers, 3 times.

49. Push the entire arm with both palms, 3 times.



Technique 37, 39, 44



Technique 41



Technique 45



Technique 46



Technique 48, 49, 50, 51, 52, 53



Technique 54, 55



50. Push hands upwards tracing three main collateral channels(dachangjing-sanjiaojing-xiaochangjing) to armpits with fingers spread and hukou pointing upwards, 3 times. 51. Caress the treatment area, 3 times.

52. Trace and rub three main collateral channels on arms with kneeling finger back and forth till them turn hot, 3 times.

53. Caress the treatment area, 3 times.

54. Lay inner arm upwards, and push hands tracing three yin channel on inner arm(feijing-xinbaojing-xinjing) to armpit, with hukou pointing upwards, 3 times respectively.

55. Rub three channels back and forth with kneeling fingers, 3 times.

56. Caress the treatment area and slide to fingers. 57. Repeat the previous operation on another side. 58. The end of the arm massage part.

59. Ultrasound&RF device operation: lay arms flatwise and start from fat part of lower arm, tracing three channels to armpit, 3 times. 60. Move the device in annular motion, tracing three channels to armpit, 3 times. 61. You may double the operation on flabby arms, 3 times.

62. Trace three channels to armpit, 3 times.

Technique 56



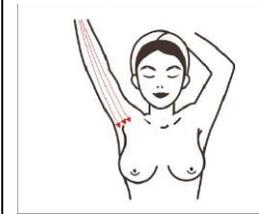
Technique 59, 62



Technique 60, 61



Technique 63



Technique 65



Technique 69



Technique 70, 86



Technique 71

63. Lay inner arm flatwise and push three channels on upper arm to armpit, 3 times.
64. Trace three channels on upper arm and move the device in circles to armpit, 3 times.
65. Trace three channels from upper arm to armpit.
66. Do the same on the other side.
67. Massage technique of abdomen.
68. Apply and rub oil on abdomen with hands, 3 times.
69. Rub stomach back and forth with both hands, 3-5 times.
70. Knead abdomen with both hands using chiropractic techniques, 3 times.
71. Lift daimai on both sides of waist with both hands alternately, 16 times.
72. Move hands as if writing an "8" number on waist, 3 times.
73. Overlap hands and message the intestinal canal clockwise, 3 times.
74. Move hands in circular motion and caress the treatment area, 3 times.
75. Push on the following acupoints: shangwan zhongwan xiawan shenque qihai guanyuan zhongji tianshu dasheng qugu, 2 times.
76. Starting from zhongji point, push both thumbs to belly navel, slide them to waist and the lift upwards to groin, 3 times.



Technique 72



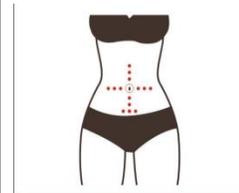
Technique 73



Technique 74



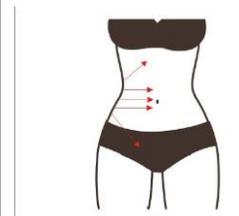
Technique 76



Technique 77



Technique 80, 84, 89



- 77. Caress the treatment area with hands and slide to groin.
- 78. The end of the abdomen massage part.
- 79. Ultrasound&RF operation: starting from one side of the waist, lift the device to abdomen and groin, 3 times.
- 80. Repeat the previous operation on another side, 3 times.
- 81. Move the device on abdomen in small circular motions, 3 times.
- 82. Move the device on abdomen in big circular motions, 3 times.
- 83. Vacuum RF operation: turn on the direct suction mode, starting from one side of the waist, lift the device to abdomen and groin, 3 times.
- 84. Repeat the previous operation on another side, 3 times.
- 85. Move horizontally back and forth to lift daimai, 3 times.
- 86. Move the probe up and down to shape the waist, 3-5 times.
- 87. Move the device on abdomen in big circular motions, 3 times.
- 88. Move the probe in lines on sides of the waist towards the abdomen to lift the treatment area; make sure one line is next to another, 3 times.
- 89. The end of the abdomen treatment.

Technique 82



Technique 83, 88



Technique 87



<p>Suggested Treatment: 10 times account for a full course of treatment. After one treatment, your body will feel relaxed, blood circulation boosted, and skin tightened. After a course you will see less fat on different parts of the body, collagen regenerated, and firm skin. After 2 courses fat reduces, and curve lines begin to show. 3 courses will help with enhance the effects and shape up, and S curve will appear.</p>			