

# 30K Ultrasound & RF EMS Electroporation Vacuum Cavitation Slimming Machine



Model: Ariana Spas S-Shape Slimming

# 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
- Big laser paddles x 6
- Small laser paddles x 2
- Holder x 1
- Power Supply 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

# 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

The installation is as below:



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



Working Time



Return



Home

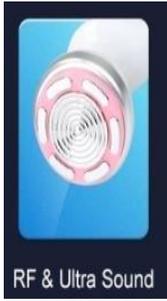


Start/Stop



The knob is to adjust the suction Level. Rotate it to the right to increase the suction level and rotate it to the left to decrease the suction level.

## 4.2 Detailed Operation: 30K & RF



Select RF & Ultra Sound To go to the interface



30K&RF Working Time (one area is advised to be operated for 10-20 min at a time)



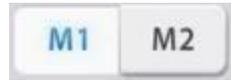
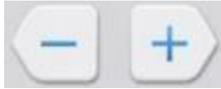
Time +/30K Parameter Adjustment 30K Energy



Adjustment 30K Energy



(referred scope: 2-8)



30K Modes



M1 is the Consecutive Mode, when it starts, the ultrasonic works in a consecutive way, which is suitable for those who have thick level of fat and accumulated fat.



M2 is the Intermittent Mode, when it starts, the ultrasonic works in an intermittent way, which is suitable for those who use it for the first time or who have lower adaptive capacity.



RF Parameter Adjustment



RF Energy Adjustment (referred scope: 3-8)



RF Energy +/-

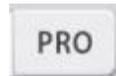


RF Modes



NOR is the set mode. The red LED is on and the energy of the handle is at the set level and stay at the

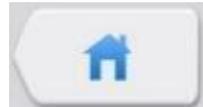
set level after turning on the device.



PRO is the smart mode. The temperature goes up slowly to the set energy and red LED is on after the probe comes in full contact with the skin.



Return

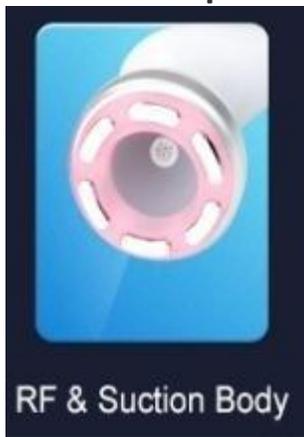


Home



Start/Stop

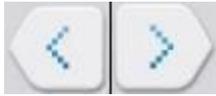
### 4.3 Detailed Operation: Body Vacuum & RF



Select RF & Suction Body to go to the interface below



Vacuum&RF Working Time (one area is advised to be operated for around 20 min at a time)



Time +/-



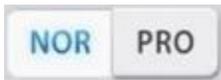
RF Parameter Adjustment



Energy Display (referred scope: 3-8)



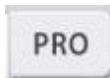
RF Energy +/-



RF Modes



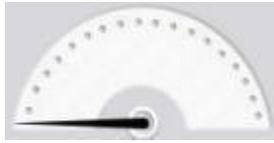
NOR is the set mode. The red LED is on and the energy of the handle is at the set level and stay at the set level after turning on the device.



PRO is the smart mode. The temperature goes up slowly to the set energy and red LED is on after the probe comes in full contact with the skin.



Suction time adjustment, it is the suction time during the suction&release process (reference: 5-10. The bigger the number is, the longer the suction time will be. The suction time is advised to be longer than the release time).



Suction Level Display: The pointer will rotate according to the specific suction level.



Suction Time Display



Suction Time +/-



Release time adjustment, it is the release time during the suction&release process (reference: 0-5. The bigger the number is, the longer the release time will be. "0" means it is the constant suction mode. If the release time is "0", when it starts, the handle is in the constant suction condition. The constant suction mode is suitable for those with heavy moisture in body, obesity, clogged and those who need effective detox, weight loss, scraping and shaping. The suction&release mode is suitable for body detox, massage, relaxing muscle, relieving muscle, dredging channels and collateral and tightening&shaping).



Release Level



Release Time



Time +/-



Return

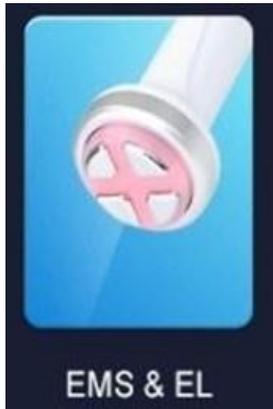


Home  
Start/Stop



The knob is to adjust the suction Level. Rotate it to the right to increase the suction level and rotate it to the left to decrease the suction level.

## 4.4 Detailed Operation: EMS & EL



Select **EMS & EL** to go to the interface below



Working Time. (One area is advised to be operated for 15 mins at a time.)



Time +/- EMS Parameter Adjustment



EMS Energy, it is advised to be 3-6

Energy +/-

EMS Modes



EL Parameter Adjustment



EL Energy, it is advised to be 3-6.

Energy +/-  
EL Modes



Start/Stop





Return



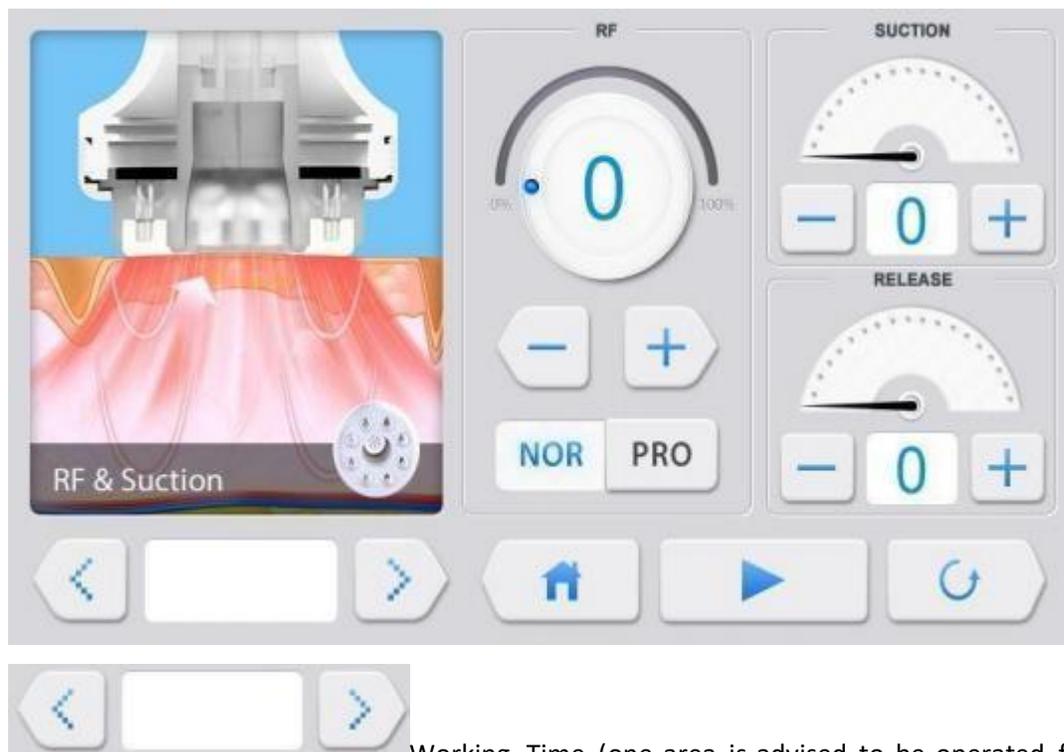
Home



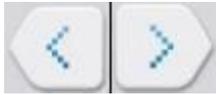
#### 4.5 Detailed Operation: Face Vacuum& RF



Select RF & Suction to go to the interface below.



Working Time (one area is advised to be operated for around 15 min at a time)



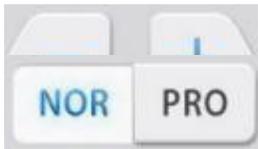
Time +/-



RF Parameter Adjustment



RF Energy (reference: 3-8)  
Energy +/-



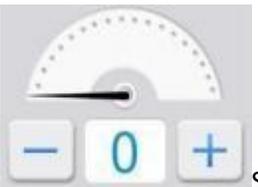
RF Modes



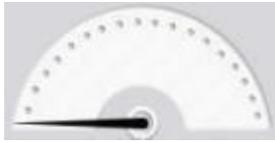
NOR is the set mode. The red LED is on and the energy of the handle is at the set level and stay at the set level after turning on the device.



PRO is the smart mode. The temperature goes up slowly to the set energy and red LED is on after the probe comes in full contact with the skin.



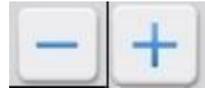
Suction time adjustment, it is the suction time during the suction&release process (reference: 5-10. The bigger the number is, the longer the suction time will be. The suction time is advised to be longer than the release time).



Suction Level Display: The pointer will rotate according to the specific suction level.



Suction Time



Time +/-



Release time adjustment, it is the release time during the suction&release process (reference: 0-5. The bigger the number is, the longer the release time will be. "0" means it is the constant suction mode. If the release time is "0", when it starts, the handle is in the constant suction condition. The constant suction mode is suitable for those with heavy moisture in body, obesity, clogged and those who need effective detox, weight loss, scraping and shaping. The suction&release mode is suitable for body detox, massage, relaxing muscle, relieving muscle, dredging channels and collateral and tightening&shaping).



Release Level



Release Time



Time +/-



Return



Home

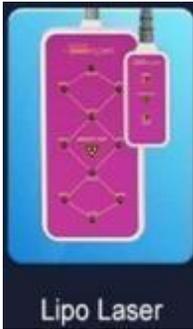


Start/Stop



The knob is to adjust the suction Level. Rotate it to the right to increase the suction level and rotate it to the left to decrease the suction level.

## 4.6 Detailed Operation: Laser Pads



Select **Lipo Laser** to go to the interface below.



Note: Small laser pads can be used for arms, calf and small areas. Big laser pads can be used for big areas that can be fully contact.



Working Time (one area is advised to be operated for around 20-30 min at a time)



Time +/-

Laser Pads Modes



M1 is the Consecutive Mode, the LED on the laser pads keeps light on after the starting, it is suitable for those with thick fat and want to lose weight.



M2 is the slow Intermittent Mode, the LED on the laser pads keeps twinkling slowly after starting, it is

suitable for consolidating the effect and comfortable weight loss.



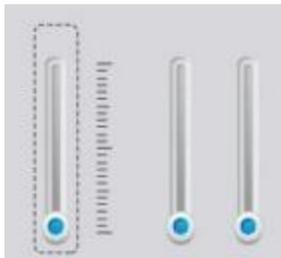
M3 is the fast Intermittent Mode, the LED on the laser pads keeps twinkling quickly after starting, it is suitable for those with thick fat and want to double lose weight.



Big Laser Pads Energy Adjustment



Single Big Laser Pad Energy Display



Small Laser Pads Energy Adjustment



Tap here to adjust laser pads in a row at a time.



Energy +/-



Return



Home



Start/Stop

## 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

Led laser pads: 160MW

Net Weight: 7.60kg

Gross Weight : 25.08kg

Dimensions: 490x390x300 (mm)

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. Use with caution for those who are allergic to electric currents.
8. Do not wear metal ornaments during the operation

## 7. Precautions

- The plug with grounding pin must be used before the instrument is used and the power socket of the instrument is properly grounded.
- Ensure that the voltage of the instrument is suitable. If the voltage of the local power supply is not stable, we suggest that the user add a voltage regulator with matching power between the mains and the instrument.
- In order to ensure the treatment effect and normal service life of the instrument, please use the specified parts provided or suggested by the original manufacturer.
- The instrument should not be placed in damp places or near water sources, and should not be directly exposed to sunlight.
- Do not place the instrument near a strong heat source, as this may affect the life and normal use of the instrument.
- Before treatment, please remove all metal objects from the body first, so as to avoid unexpected conditions and influence the curative effect.
- Please restrain from using the device on eyes, thyroid, parathyroid, testicles, abdomen of pregnant women, and pacemakers.
- Patients who are suffering from illness should consult with a doctor and gain permission from the doctor before using.
- Please turn off the power switch of the device, and ensure that the total power supply of the device is turned off before the staff leaves after daily use, so as to ensure the safety of the electrical products.
- Use device or train device operators in strict accordance with instructions in the user manual.
- When taking other weight-loss drugs, it is recommended to stop taking them for 1 to 2 months before treatment. Extension of the course of treatment is recommended if you wish to lose weight immediately.
- Don't use the instrument 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 (do not use ethyl alcohol) after operation to ensure its cleanliness and hygiene and prolong its service life.
- When operating Vacuum&RF at face, the suction should not be too high, to avoid get red or purple

marks.

- The laser pads can be used separately, fix it on the operating area, set the energy, each treatment takes about 20 min. It has a better effect with massage, RF and ultrasonic device.
- High oil content products must be applied during operation to keep moist.
- During operation, the instrument should contact the skin fully, not only one point, to avoid burns and uneven heat.
- It is recommended that the continuous use of the instrument should not exceed 2 hours. When it reaches 2 hours, the instrument should be turned off and power off, left for 10-30 minutes, and then restarted for use.
- During operation, the operating handle should not stay on the skin for more than 3 seconds and should be moved and operated.
- When using the laser pads, the whole surface of the laser pads should be in contact with the skin fully, not only in a small area.
- 30K probe cannot be used at head, chest, breasts, bones, heart and back.

## 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: 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.
2. 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.
3. 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.
4. 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.
5. 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.
6. 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.
7. 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.
8. 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.)
9. 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.

10. 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".

11. 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.

12. Q: Why do I need hip maintenance?

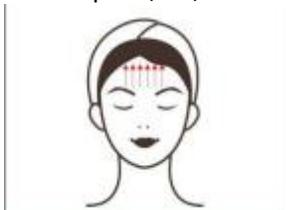
A: Because it can help the body lymphatic system discharge poison, improve the gynaecological disease, and avoid harm brought by buttock blockage. Hip impassability surely bring about gynaecological issues. What's inside buttocks is pelvic cavity, bowel. It connects daimai, lumbar vertebra, sciatic nerve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

13. 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 |
|--|---------|------------|----------|
| Wrinkle Removing & Tightening: 60 min, once/week |         |            |          |

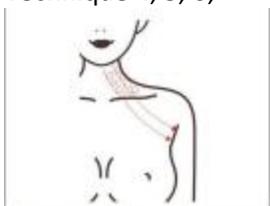
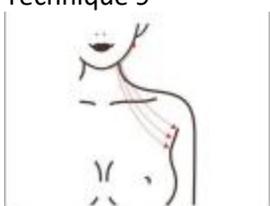
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| <p>EMS&amp;EL Energy:<br/>3~8</p> <p>Mode: EL</p> <p>Vacuum&amp;RF<br/>Energy:<br/>3~6</p> <p>Suction: 5~9</p> <p>Release:<br/>0~5</p> | <p>Makeup remover+<br/>Face wash+<br/>Hot&amp;Cold<br/>Steam+<br/>Massage<br/>Cream+<br/>Base Mask+<br/>Essence+<br/>Facial Mask</p> | <ol style="list-style-type: none"> <li>1. Remove makeup and clean face, 5 min.</li> <li>2. Apply moisturizing base mask + hot steam, 10 min.</li> <li>3. Apply massage cream evenly on face and caress face, 3 times.</li> <li>4. Push the following acupoints: Chengjiang (Ren-24), Renzhong (Du-26), Dicang (St-4), Jiache (St-6), Yingxiang (LI-20), Jingming (BL-1), Cuanzhu (BL-2), Yuyao (EM3), Sizhukong (TE-23), Tongziliao (Gb-1), the Temple, Chengqi (St-1), Sibai (St-2), 3 times</li> <li>5. Caress the face, 3 times.</li> <li>6. Coupled with hands, lift alternately in 3 lines, from chin to earlobe, mouth corner to ear gate, nose wing to the temple, lower eyelid to the temple and lift eye corners, 3 times.</li> <li>7. Do the same on the other side.</li> <li>8. Lift from forehead to hairline, 3 times.</li> <li>9. Lift face as if plucking the string, 3~5 times.</li> <li>10. With one hand, lift from forehead to the hairline as if plucking the string, 3~5 times.</li> <li>11. Alternate hands in lifting the face as if plucking the string on one side, 2~3 min.</li> </ol> | <p>Technique 3, 5</p>  <p>Technique 4</p>  <p>Technique 6, 14</p>  <p>Technique 8, 10, 16</p>  <p>Technique 13</p>  <p>Technique 19</p> |
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|  |  | <p>12. Do the same on the other side.</p> <p>13. Move in letter Z on forehead with ring and middle fingers to ear, lift for 3 times, and slide to back of the ear.</p> <p>14. Vacuum&amp;RF Operation Lift the face from chin to earlobe, corner of mouth to ear gate, nose wing to the Temple, one line next to another, 3 times.</p> <p>15. Do the same on the other side.</p> <p>16. Lift upwards from forehead to hairline, 3 times.</p> <p>17. Clean the face, 2 min. 18. Apply essence to the whole face evenly (anti-aging/brightening/moisturizing), 1 min.</p> <p>19. EMS&amp;EL Operation Lift upwards in circles from chin to forehead, one line next to another, 3 times.</p> <p>20. Do the same on the other side.</p> <p>21. Operate at forehead in circles horizontally, 3 times.</p> <p>22. Apply facial mask, 15 min.</p> <p>23. Clean the face, 2 min. 24. Apply toner, essence, cream, sunscreen.</p> |  <p>Technique 21</p>  |
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**Suggested Treatment:**  
 10 treatments account for one full course. After one time, the skin will be tightened and the skin layer is repaired. 2 courses help increase skin elasticity, accelerate metabolism and detox, and lighten dark spots, brighten skin. The sensitive skin can improve immunity. 3 courses help stabilize skin state, prevent skin aging and laxity, and help define facial outlines.

## Neck Caring: 45 min, once/week

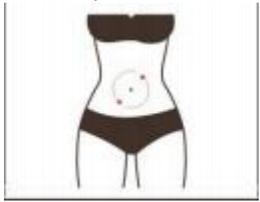
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| Vacuum&RF | Makeup | 1. Remove makeup and | Technique 2 |
|-----------|--------|----------------------|-------------|

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| <p>Energy: 3~8</p> <p>RF Mode: NOR</p> <p>Suction: 5-9</p> <p>Release: 0~5</p> | <p>Remover+<br/>Face Wash+<br/>Massage<br/>Cream+<br/>Essence+<br/>Neck Mask</p> | <p>clean, 5 min.</p> <p>2. Neck Massage Apply and rub oil on the chest with both hands to the back of the neck and press Fengchi (Gb-20) and Fengfu (Du-16) acupoint, 3 times.</p> <p>3. Alternately lift the lower jaw and double chin to pass behind the ear and under the armpit, 3 times.</p> <p>4. Push downwards with hand spread and hukou pointing down, tracing 3 meridian channels from the neck side to the armpit, 3 times.</p> <p>5. Push downwards with 4 fingers, tracing 3 meridian channels from neck side to the armpit, 3 times.</p> <p>6. Push downwards with kneeling fingers till the neck turns hot and slide to the armpit, 3 times.</p> <p>7. Push downwards with hand spread and hukou pointing down from external collarbone to armpit, 3-5 times.</p> <p>8. Do the same on the other side.</p> <p>9. Vacuum&amp;RF Operation Coupled with hand massage, lift double chin to pass behind the ear and under the armpit, 3 times.</p> <p>10. Move the device in circles on one side of neck to pass under armpit, 3 times.</p> <p>11. Slide the device from internal and external clavicle to the armpit, 3-5 times. 12. Move the device in circles</p> |  <p>Technique 3</p>  <p>Technique 4, 5, 6,</p>  <p>Technique 9</p>  <p>Technique 10</p>  <p>Technique 12</p>  |
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|  |  | <p>on the whole neck area, 3 times.</p> <p>13. Do the same on the other side.</p> <p>14. Clean the neck with hot towel, 2 min.</p> <p>15. Apply neck mask, 15 min.</p> <p>16. Clean with hot towel, hot compress for 5 min.</p> <p>17. Apply toner, neck essence, neck cream, sunscreen.</p> |  |
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**Suggested Treatments:**  
 10 treatments account for one full course. After one treatment, skin has slight hot feeling. 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 courses, skin is fine, firm and glowing, which also promote lymph drainage, improve facial dullness, and delay the aging of the skin, make skin restore young state.

**30K Waist&Abdomen Shaping: 60 min, once/week**

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| <p>&amp; RF<br/>Energy:<br/>3~8<br/>RF Mode: NOR<br/>30K Mode: M1</p> <p>Vacuum&amp;RF<br/>Energy:<br/>3~8<br/>RF Mode: PRO</p> <p>Suction:<br/>5-9</p> <p>Release: 0~5</p> <p>Laser Pads<br/>Energy: 3-9<br/>Mode: M3</p> | <p>Massage<br/>Cream<br/>(Essence Oil)+<br/>Gel</p> | <ol style="list-style-type: none"> <li>1. Apply and rub oil on abdomen with hands, 3 times.</li> <li>2. Rub stomach back and forth with both hands, 3-5 times.</li> <li>3. Knead abdomen with both hands using chiropractic techniques, 3 times.</li> <li>4. Lift Meridian BV(Belt Vessel) on both sides of waist with both hands alternately, 16 times.</li> <li>5. Move hands as if writing an "8" number on waist, 3 times.</li> <li>6. Overlap hands and message the intestinal canal clockwise, 3 times.</li> <li>7. Move hands in circular motion and caress the treatment area, 3 times.</li> <li>8. Push on the following</li> </ol> | <p>Technique 1</p>  <p>Technique 2, 17</p>  <p>Technique 3</p>  <p>Technique 4</p> |
|--|---|--|---|

acupoints: Shangwan (Ren-13), Zhongwan (Ren-12), Xiawan (Ren-10), Shenque (Ren-8), Qihai (Ren-6), Guanyuan (Ren-4), Zhongji (Ren-3), Tuanshu (St-25), Daheng (SP-15), 2 times.

9. Starting from Ren-3 point, push both thumbs to belly navel, slide them to waist and the lift upwardsto groin, 3 times.

10. Caress the treatment area with hands and slideto groin.

11. 3K & RF Operation Starting from one side of the waist, lift the device to abdomen and groin, one line next to another, 3 times.

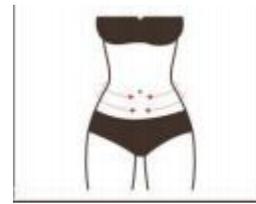
12. Repeat the previous operation on the other side, 3 times.

13. Move the device on abdomen in small circular motions, 3 times. 14. Move the device on abdomen in big circular motions, 3 times.

15. Vacuum&RF Operation Constant Suction Mode: Starting from one side ofthe waist, lift the probe to abdomen, one line next to another, 3 times. 16. Lift the other side.

17. Lift Meridian BV forth and back horizontally, 3 times.

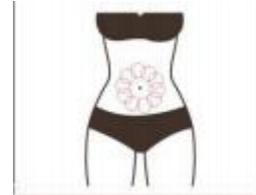
18. Move the probe at the side of waist up and downto shape the waist, 3



Technique 5



Technique 6



Technique 8



Technique 9



Technique 11, 15, 20

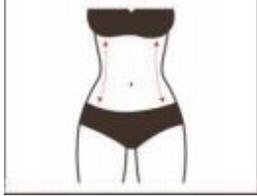


Technique 13



Technique 14, 19

times. 19. Move the device  
on

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|  |  | <p>abdomen in big circular motions, 3 times.</p> <p>20. On one side, lift from waist to the abdomen, one line next to another, 3 times.</p> <p>21. Tie the bandage at waist (a little bit loose).</p> <p>22. Set the mode and energy level, fix the laser pads with bandage, operate for 20 min.</p> <p>23. Take off the bandage and laser pads.</p> <p>24. Clean the abdomen with hot towel.</p> |  <p>Technique 18</p>  |
| <p>Suggested Treatment: 10 treatments account for one full course of treatment. Once done, abdomen is heating up, metabolism is accelerated. After one course, fat slowly reduce through metabolism, body starts to slim down. Constipation and other issues are addressed at the same time. After 2 courses the effect gradually becomes obvious, skin is tightened and lifted, skin collagen increased. Stretch marks and flabby skin are also improved. 3 courses help reinforce the effect. Redundant adipose gradually disappear, lumbar abdomen curve start to take in shape, and slim waist starts to show.</p> |  |   |   |
| <p><b>Arms Shaping: 60 min, once/week</b></p>  |  |   |   |

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| <p>30K RF Energy:<br/>3~8<br/>RF Mode: NOR<br/>30K Mode: M1</p> <p>Laser Pads<br/>Energy: 3-9<br/>Mode: M3</p> | <p>Massage<br/>Cream<br/>(Essential oil)+<br/>Gel</p> | <ol style="list-style-type: none"> <li>1. 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.</li> <li>2. Push the entire arm with both palms, 3 times.</li> <li>3. Push hands upwards tracing three main collateral channels:<br/>Large Intestine Meridian(LI)<br/>Triple Energizer Meridian(TE) -<br/>Small Intestine Meridian(SI) to armpits with fingers spread and hukou pointing upwards, 3 times.</li> <li>4. Caress the treatment area, 3 times.</li> </ol> | <p>Technique 1, 2, 3, 4, 5,<br/>6</p>  <p>Technique 7, 8</p>  <p>Technique 9</p> |
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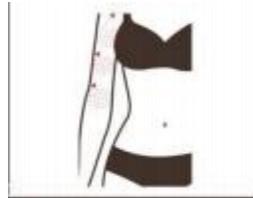
5. Trace and rub three main collateral channels on arms with kneeling finger back and forth till them turn hot, 3 times.
6. Caress the treatment area, 3 times.
7. Lay inner arm upwards, and push hands tracing three yin channel on inner arm: Lung Meridian(LU) Pericardium Meridian(PC) Heart Meridian(HT) to armpit, with hukou pointing upwards, 3 times respectively.
8. Rub three channels back and forth with kneeling fingers, 3 times.
9. Caress the treatment area and slide to fingers.
10. Repeat the previous operation on another side.
11. 3OK & RF Operation Lay arms flatwise and start from fat part of lower arm, tracing three channels to armpit, 3 times. 12. Move the device in annular motion, tracing three channels to armpit, 3 times.
13. You may double the operation on flabby arms, 3 times.
14. Trace three channels to armpit, 3 times.
15. Lay inner arm flatwise and push three channels on upper arm to armpit, 3 times.
16. Trace three channels on upper arm and move the device in small circles to armpit, 3 times.
17. Trace three channels



Technique 11, 14



Technique 12, 13



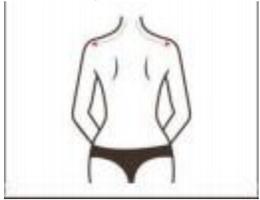
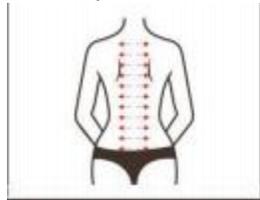
Technique 15



Technique 17



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|   |  | <p>from upper arm to armpit.</p> <p>18. Do the same on the other side.</p> <p>19. Tie the bandage at fat of the arm (a little bit loose).</p> <p>20. Set the mode and energy level, fix the laser pads with bandage, operate for 20 min.</p> <p>21. Take off the laser pads.</p> <p>22. Clean the operating area with hot towel.</p> |  |
| <p><b>Suggested Treatment:</b><br/> 10 treatments account for a full course. Once done, 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 the arms, reduce flabby fat. 3 courses help consolidate stability and prevent rebound.</p> |  |  |  |
| <p><b>Back Shaping: 60 min, once/week</b></p>   |  |  |  |

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| <p>Vacuum &amp; RF Energy: 3~8</p> <p>Suction: 5-9</p> <p>Release: 0~5</p> <p>Laser Pads Energy: 3-9</p> <p>Mode: M2</p> | <p>Massage Cream (Essential Oil)</p> | <p>1. Apply oil on back and press Fengchi (Gb-20), and Fengfu (Du-16) points. 2. (Starting from hairline) Stroke Da Ban Jin with thumb, 3-5 times. 3. Move thumb outwards from Du Channel (GV) to the 8 Crevice area and then to Fengchi (Gb-20), and Fengfu (Du-16) point, 3 times. 4. Starting from neck to caudal vertebra, move hands in S-shape, 3 times.</p> <p>5. Push Bladder Channel(BL) with thumb in left-right order, 3 times.</p> <p>6. Push Bladder Channel(BL) to baliiao area with both thumbs, at the same time, 3 times.</p> <p>7. Push Bladder Channel(BL) in three kneeling fingers, 3 times.</p> | <p>Technique 1, 10</p>  <p>Technique 2</p>  <p>Technique 3</p>  <p>Technique 4</p> |
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8. Push scapula slot with both hands alternately in left-right order, 3-6 times.

9. Push scapula slot with both hands horizontally, 3-6 times.

10. Caress the back with both hands and push Fengchi (Gb-20), and Fengfu (Du-16) points, 3 times.

11. Overlap both thumbs and push Tianzong (SI-11) point and slide to the arm, 3 times. 12. Repeat the previous action on another arm, 3 times.

13. Rub on Du Channel (GV) and Bladder Channel (BL) until they turn hot.

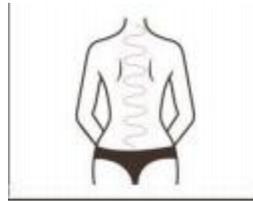
14. Vacuum & RF Operation Starting from Meridian GV to Bladder Meridian (BL), move the device from neck to the 8 Crevice area, 3-5 times. 15. Move the device in circles on Dazhui (Du-14) point, and the 8 Crevice area, 3-5 times respectively.

16. From Da Ban Jin to neck, move the device back and forth, 3-5 times.

17. Lift the device on scapula slot in left-right order, 3-5 times.

18. Move the device horizontally as if writing an "8" number to the 8 Crevice area, 3 times.

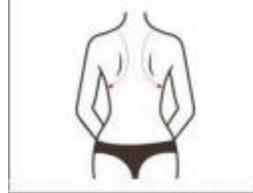
19. Move in annular motions from two sides till the underarm, 3 times.



Technique 5, 6, 7, 13



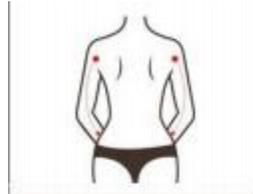
Technique 8, 17



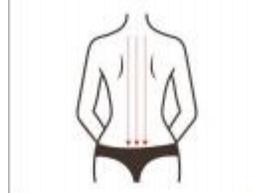
Technique 9



Technique 11, 12



Technique 14

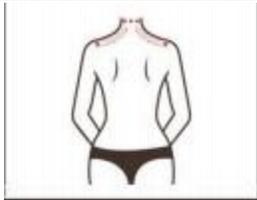
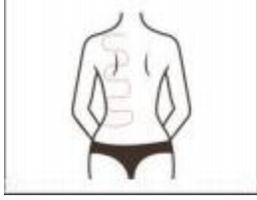
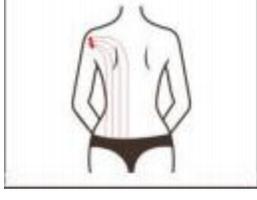


Technique 15

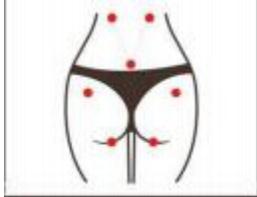
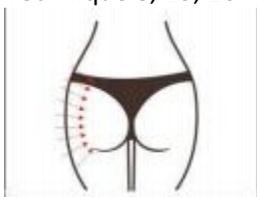


Technique 16

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|  |  | 20. Lift upwards from sides of the waist to the underarm, 3-5 times. |  |
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|  |  | <p>21. Tie the bandage at the back (a little bit loose). 22. Set the mode and energy level, fix the laser pads with bandage, operate for 20 min.</p> <p>23. Take off the laser pads.</p> <p>24. Clean the operating area with hot towel.</p> |  <p>Technique 19</p>  <p>Technique 20</p>  |
| <p>Suggested Treatment: 10 times account for a full course. Once done, back feels significantly relaxed, neck stiffness alleviated, and skin feels lifted. After a full course, shoulder feels relaxed, backfat lessens, the lump on the nape of the neck improves, and the back line starts to show. 2 courses help dredge meridians, regulate sub-health, and improve sleep. 3 courses help achieve thin back, curvy back line, better viscera function and digestion, detoxification and metabolism. (one course helps reduce size, two courses help strengthen the effects, three courses help with consolidation and avoid rebound)</p> |  |  |   |
| <p><b>Buttocks Shaping: 60 min, once/week</b></p>  |  |  |   |

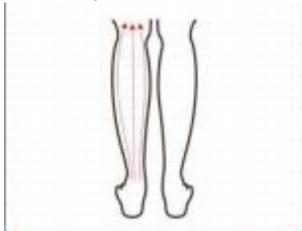
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| <p>30K &amp; RF<br/>Energy:<br/>3~8<br/>RF Mode: NOR<br/>30K Mode: M1</p> <p>Vacuum &amp; RF<br/>Energy:<br/>3~8<br/>RF Mode: PRO</p> <p>Suction: 5-9</p> | <p>Massage<br/>Cream<br/>(Essential oil)+<br/>Gel</p> | <ol style="list-style-type: none"> <li>1. Standing on the side, 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.)</li> <li>2. Repeatedly push the 8 Crevice area with two thumbs, 3 times.</li> <li>3. Caress the treatment area for 3 times and then point: Shenyu (Bl-23), 8 Crevice area, Changqiang (Du-1),</li> </ol> | <p>Technique 1, 4, 10</p>  <p>Technique 2</p>  <p>Technique 3</p> |
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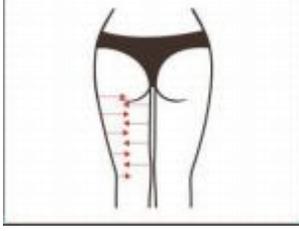
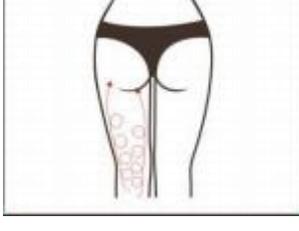
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| <p>Release: 0~5</p> <p>Laser Pads<br/>Energy:<br/>3-9</p> <p>Mode: M2</p> |  | <p>Huantiao (Gb-30), Chengfu (Bl-36), 3 times.</p> <p>4. Caress the treatment area, 3 times.</p> <p>5. First left, then right, with both hands extending from the root of the thigh from bottom to top -- Bladder Channel (BL) - Kidney Channel (KI) - Liver Channel (LV) - Gallbladder Channel (GB) - Dai Channel (BV) , 3 times each.</p> <p>6. Both hands follow from the root of thigh from bottom to top -- Bladder Channel (BL) - Kidney Channel (KI) - Liver Channel (LV) - Gallbladder Channel (GB) - Dai Channel (BV) , 3 times each.</p> <p>7. Overlap both palms and push up together from thigh root to pulse (ascension) , 3 to 5 times.</p> <p>8. Push your hands from bottom to top from both sides of your hips to the top of your hips, 3 times. 9. Repeat the operation 7. 10. Caress the treatment area.</p> <p>11. The technique on the other side is the same as above.</p> <p>12. 30K &amp; RF Operation<br/>Lift from the thigh root to the Dai Channel (BV) line by line, 3 times.</p> <p>13. Lift 3 times from bottom to top on both sides of the buttocks to the highest point of the buttocks.</p> <p>14. Circle your hips, 3 to 5</p> |  <p>Technique 5, 12, 15</p>  <p>Technique 6, 9</p>  <p>Technique 8, 13, 16</p>  <p>Technique 14</p>  |
|---|--|---|--|

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|  |  | <p>times.</p> <p>15.Lift 3 times from thigh root to Dai Channel (BV).</p> <p>16.Lift from bottom to top on both sides of the buttocks to the highest point of the buttocks, 3 times.</p> <p>17. The technique on the other side is the same as above.</p> <p>18. The Technique of Vacuum &amp; RF Operation is as the same as 30K &amp; RF Technique: Lift upwards.</p> <p>19. Tie the bandage at thefat around the buttocks (a little bit loose).</p> <p>20. Set the mode and energy level, fix the laser pads with bandage, operate for 20 min.</p> <p>21.Take off the laser pads.</p> <p>22.Clean the operating area with hot towel.</p> |  |
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Suggested Treatment:  
 10 times account for a full course. After one treatment, buttocks feel lifted and heated. After a course, hip curve starts to show, excess fat slowly disappears, skin becomes tight. 3 courses help improve gynecological problems like cold body and cold uterus. Menstruation returns to normal. It helps consolidate the effect and increase the female sexual appeal.

**Legs Shaping: 60 min, once/week**

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| <p>30K &amp; RF<br/>Energy:<br/>3~8<br/>30K Mode: M1 RF<br/>Mode: PRO</p> <p>Vacuum &amp; RF<br/>Energy:<br/>3~8<br/>RF Mode: NOR</p> <p>Suction:<br/>5-9</p> <p>Release: 0~5</p> <p>Laser Pads Energy:<br/>3-8<br/>Mode: M2</p> | <p>Massage<br/>Cream<br/>(Essential oil)+<br/>Gel</p> | <ol style="list-style-type: none"> <li>1. Prone Position - Rear Leg In left-right order, apply and rub oil in from calf to thigh to heel, 3 times.</li> <li>2. Move hands upwards to four main collateral channels: Bladder Channel (BL) - Kidney Channel (KI) - Liver Channel (LV) Gallbladder Channel (GB) with fingers spread and hukou pointing upwards, 3 times.</li> <li>3. Push hands alternately to popliteal fossa, 3 times.</li> <li>4. Twist both hands upwards alternately as if twisting a fired dough, 3 times.</li> <li>5. Caress the treatment area, 3 times.</li> <li>6. Push four main collateral channels upwards with kneeling fingers of both hands, 3 times.</li> <li>7. Caress the treatment area, 3 times.</li> <li>8. Do the same on the other side.</li> <li>9. 30K&amp;RF Operation Move the device from popliteal fossa to Bladder Channel (BL) - Kidney Channel (KI) - Liver Channel (LV) - Gallbladder Channel (GB) , 3 times.</li> <li>10. Move the probe in small circular motion on the leg, 3 times.</li> <li>11 Push upwards to popliteal</li> </ol> | <p>Technique 1, 2, 3, 5, 6, 7, 8, 9</p>  <p>Technique 4</p>  <p>Technique 10, 17</p>  <p>Technique 11, 16, 18</p>  <p>Technique 12, 14, 19</p>  <p>Technique 13, 15, 20</p> |
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|  |  | <p>fossa while massage with the free hand, 3 times.</p> <p>12. Push from poplitealfossa, tracing four channels to the end of thigh, 3 times. 13. Move the probe from popliteal fossa in small circular motions to the end of thigh, 3 times.</p> <p>14. Push from poplitealfossa, tracing channels to the end of thigh, 3 times.</p> <p>15. Move the probe at the thigh in small circular motions, 3-5 times. 16. Vacuum &amp; RF Operation Lift from the end of leg to popliteal fossa, one line next to another, combined with hands, 3 times.</p> <p>17. Operate in small circles at calf, 3 times.</p> <p>18. Move up and down at the calf, 3-5 times.</p> <p>19. Lift the probe from popliteal fossa to the end of thigh, one line next to another, 3 times.</p> <p>20. Operate in small circles at the thigh, 3 times.</p> <p>21. Lift from the side of the thigh to the middle, one line next to another, 3-5 times.</p> <p>22. Lift in annular motion at the side of the thigh, 3 times.</p> <p>23. Do the same on the other side.</p> <p>24. fix the laser pads at the fat of legs, operate for 20 min.</p> <p>25. Take off the laser pads.</p> <p>26. Supine Position - Foreleg Treatment<br/>Rub oil with both hands from</p> |  <p>Technique 21</p>  <p>Technique 22</p>  <p>Technique 26, 27, 28, 31, 34, 36</p>  <p>Technique 32, 37</p>  <p>Technique 33</p>  |
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Technique 38



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|  | <p>heel to the thigh root (namely to caress the treatment area), 3 times.</p> <p>27. Move hands upwards to four main collateral channels: Spleen Channel (SP) Stomach Channel (ST) - Liver Channel (LV) - Gallbladder Channel (GB) with fingers spread and hukou pointing upwards, 3 times.</p> <p>28. Push four main collateral channels upwards with kneeling fingers of both hands, 3 times.</p> <p>29. 3OK &amp; RF Operation Lift the device towards knee while tracing 4 channels, 3 times(start from thigh if there's not enough unwanted fat on calf.)</p> <p>30. 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>31. Lift the device from knee to thigh root in annular motion, 3 times.</p> <p>32. Move the probe in small circular motions on the entire thigh, 3 times.</p> <p>33. Lift the device from knee to thigh root in annular motion, 3 times.</p> <p>34. Lift from knee towards the end of thigh in parallel lines, 3 times.</p> <p>35. Vacuum &amp; RF Operation The Technique for calf is the same as above (start from thigh if there's not enough unwanted fat on calf.)</p> |  <p>Technique 39</p>  |
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|  |  | 36. Lift the device from knee |  |
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|  |  | <p>to thigh root, one line next to another, 3 times.</p> <p>37. Move the probe in small circular motions on the thigh, 3 times.</p> <p>38. Lift from the sides of the thigh to the middle, 3-5 times.</p> <p>39. Lift in circles of annular motion at sides of the thigh, 3 times.</p> <p>40. Do the same to the other side.</p> <p>41. Tie the bandage at the legs (a little bit loose).</p> <p>42. Set the mode and energy level, fix the laser pads with bandage, operate for 20 min.</p> <p>43. Take off the laser pads.</p> <p>44. Clean the operating area with hot towel.</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. RF + ultrasound is to stimulate the dermis of the skin, which can sustain collagen regeneration, so the treatment effect will be more and more obvious.