

# INSTRUCTION MANUAL

## Vacuum Cavitation Slimming Machine



## SAFETY PRECAUTIONS

The following information is provided for the correct utilisation of the device. The information includes not only the safety instructions, but also the effective and proper use of the products.

### Equipment Safety

- Be sure the electrical plug used on the device matches the electrical outlet used to supply power to the device.
- Be sure all cables are connected to the device as described.
- Do not block the ventilation slots on the device.
- The device is only allowed to be used for the purposes described in this manual. The supplier is not liable for damages due to incorrect usage.
- Do not open device and/or carry out repairs – limited to professionally trained technicians.
- Ensure that machine is turned off and power disconnected if any maintenance work on the machine is undertaken.
- Hand pieces should be placed in the hand piece holder when not in use
- Take care that handheld heads and pads do not fall or are subject to heavy impact.
- Dismantling or alteration of hand piece is strictly prohibited.
- Hand piece heads and pads must be cleaned with medical alcohol after each session.
- If not in operation, turn off the device to prevent oxidation of the heads and pads.
- The equipment should not be used continuously more than 2 hours. It is suggested to have a 10-15 minutes break for a full 45 minutes session.
- Do not use sharp objects on the touch screen.
- Keep the touch screen clean (including dust and cosmetic spillage) using a dry soft cloth.
- Do not pour liquid substance on the LCD display screen – alcohol and detergents are prohibited.
- Do not operate the panel with wet hands.
- Do not place the machine near water or in a humid environment.
- Only use conductive gel together with handheld heads and pads.



**IMPORTANT WARNING:** This device is not a medical product and it is not aimed at the diagnosis, control, session or soothing of any kind of illness or injury whatsoever.

## PRECAUTION AND CONTRA-INDICATIONS

The safety and wellbeing of your client is of the utmost importance during the session. This is reliant on the ability and knowledge of the operator. Always consider the client's experience and stop immediately if the client has any pain or discomfort during the session.

Below is a list of the main contra-indications. It is your responsibility to question your clients to ensure their health is good enough to undergo a therapy session. In case of doubt, please consult the GP or doctor for more details.

### Client Safety

#### Do not use on:

- Head, eyes, ears, nose, mouth, throat, nipples, heart, genital, birth mark and bone areas.

- Pregnant women and women in menstrual period.
- Parts of the body where metal, plastic or silicone was implanted.
- Medical and electrical devices, such as hearing aids, heart pacemakers, etc.
- Persons feeling unwell or persons with epilepsy.
- Open wounds.
- Pierced areas on the body, e.g. belly bar. Any jewellery has to be removed in prior to a session.
- Persons with
  - high blood pressure,
  - blood clotting disorders,
  - diabetes,
  - skin disease,
  - heart or lung conditions,
  - lupus erythematosus,
  - vascular problems,
  - phlebitis,
  - progressive cancer,
  - infections and skin rashes,
  - mental illness
  - fever
  - long-term corticoid session,
  - anti-coagulant session,
  - any progressive inflammatory disorder,
  - depression, recreational drug use
  - lipoaspiration/liposuction less than 6 months,
  - excessive drinking or
  - persons receiving hormone sessio
  - Children under 12 years old.
- Person is suffered from long-term illness with medication or the skin can be bruised easily, please consult the GP or doctor in prior to a session.
- During Ultrasound Cavitation and Radio Frequency operation, the heads will generate energy warm to the skin. This is normal, however, the operator should enquire from the client whether it is comfortable or not. If too warm, adjust the energy to a lower level.
- The hand piece heads and pads should be in complete contact with the client's skin before operation is started.
- The energy of the interface must be turned to the lowest setting after each session (energy must be adjusted for each individual's session as per client's requirement).
- Do not use ethanol, acetone or any other flammable product on the client's skin prior to start a session. If necessary, clean skin with soap and water.



**IMPORTANT WARNING:** Stop the session immediately if client experience any discomfort or pain especially client with a considerable percentage of body fat.

## INTRODUCTION

### Ultrasound Cavitation

Cavitation is a biological phenomenon that consists of the formation of bubbles in between the cells which implode by the action of a low frequency ultrasound. This creates shock waves that selectively damage the membranes of the adipocytes (fat cells), spilling the liquid fat into the lymphatic system and finally to the liver to be metabolised. It is scientifically proven that after a cavitation session, excess liquid or lymphatic toxins are drained from the body via urinary system.

This can be noticed in the first session after just 10 minutes. There will also be a significant increase in diuresis (the production of urine by the kidneys) in the hours following the session and this usually continue into the next day as the body metabolises the excess liquid and toxins.

A slight acidity and change in the smell and colour of the urine can be observed right after the first session with the ultrasound cavitation especially in clients with a considerable percentage of body fat.

### **Radio Frequency (RF)**

The goal of Radio Frequency Therapy is to retighten the skin of the body, the dilated pores and finally to improve the appearance of cellulite by applying electromagnetic high frequency waves. The tissue resistance to this high frequency current produces heat which induces a retraction of connective tissues and a stimulation of collagen cells (fibroblast).

The final result is an improvement of the firmness and tension of the skin (lifting effect). At the same time, the specific warming of the subcutaneous fat will retract the fat cells (adipocytes) and allow a release of fatty acids

Negative pressure liposuction:

Negative pressure liposuction combines bipolar radio frequency(RF), vacuum negative pressure, mechanical skin rolling and skin folding technology .It is a skin tightening and body slimming equipment .

### **BIO eye charping and face lifting**

1、BIO can inhibit the recession of human skills, designed by micro-current programs and the human body bioelectricity to resonate, which stimulate cell activation, promote metabolism, recover the strongness and vitality of organism.

2、Accelerate the blood circulation of micro-vascular, improving cell permeability, moisture, making the skin smooth, elastic;

3、Current micro-current stimulation is as deep as glial tissue under the skin and muscle tissue. Stimulate and restore dermal elastic fibers so that stretch wrinkles.

4、The cause of skin aging is slow metabolism, reduction of electric energy, cells repair capacity is insufficient to fight aging of the body caused by internal or external factors. Therefore, Recharging energy to recover normal metabolic functions is an effective method of delaying aging.

### **Features**

- **Handheld heads to be used according to different session areas:**
- Ultrasound Cavitation
- Radio Frequency
- BIO






- LCD touch screen.
- Painless and no recovery or rehabilitation time.
- Comfortable, painless and non-invasive procedure with effective results.

### Benefits

- Safe and painless
- No side effects
- Non-invasive fat reduction and body shaping
- Suitable for all skin types
- Compact machine
- Easy to operate
- Long lasting results

## PRODUCT INFORMATION

### Package Contents

	<p style="text-align: center;"><b>Facial RF head</b> Facial wrinkle elimination, tightening and lifting</p>
	<p style="text-align: center;"><b>40k ultrasonic head</b> .Strong force explosion fat and fat removal</p>
	<p style="text-align: center;"><b>Facial RF head</b> Facial wrinkle elimination, tightening and lifting</p>
	<p style="text-align: center;"><b>Multistage RF for body</b> Dissolve fat, lymphatic drainage, firm skin and enhance skin elasticity</p>
	<p style="text-align: center;"><b>Vacuum negative pressure head</b> Improve the cellulite and realize slimming</p>

## PRODUCT INFORMATION

### Installation Instruction

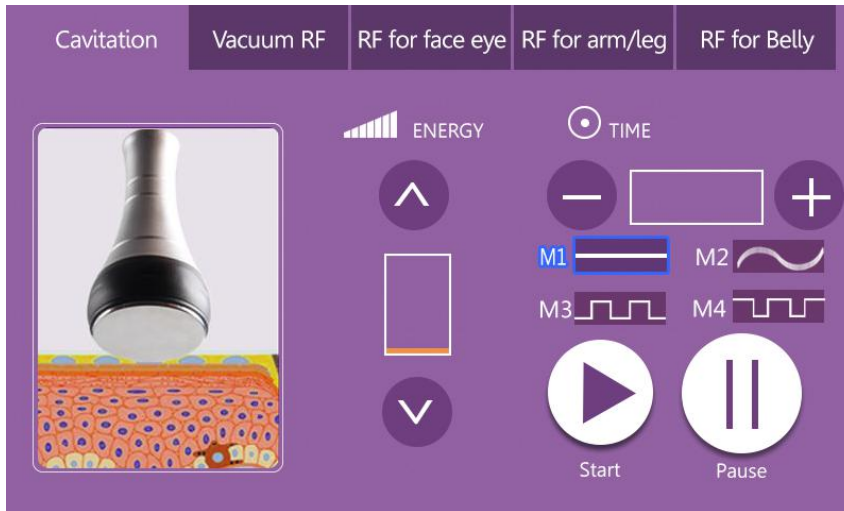
1. Take the product out of packaging and make sure all accessories are supplied
2. Attach hand piece holders to machine with screws supplied
3. Ensure that fans are open from any obstruction
4. Insert ultrasonic hand piece to the correct socket  
Insert radio frequency hand piece to the correct socket

Insert bio electrical impulse and infra red light pads to the correct socket



Ensure power is switched off while doing installation.

### Control Panel



## RECOMMENDED ASSESSMENT

### Preliminary Assessment

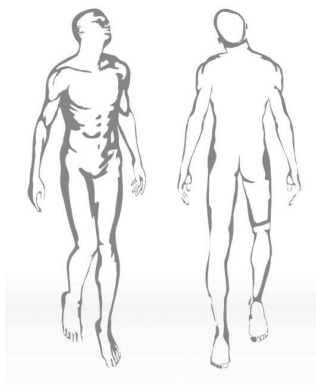
Prior to the first session, the therapist should complete with an assessment of the client and store in a client record. The assessment performed before the first session evaluates the particular case and enables the practitioner to:

- Get to know the client
- Identify contra-indications
- Set targets and objectives
- Define number of sessions per week

This assessment has four phases; it should be performed in a standing position.

1. Know (motivation, lifestyle)
2. Look and take photographs (photographic evaluation of the body): define targets and proposed therapy area.
3. Identify the type of target (consistency, elasticity, tonicity, thickness)
4. Measure (perimeter, clothes test, impedance measurement, BMI, cellulite level, degree of skin ageing)

A summary of the evaluation should be noted on an Evaluation form that keeps a client record of the evaluation; evaluations are recommended to perform at sessions 1, 4, 8 and 12. If any of the conditions as described in the "PRECAUTION AND CONTRA-INDICATIONS" is present, the client is not suitable to any session course. The Body drawings on an Evaluation form can be used to note the areas targeted.

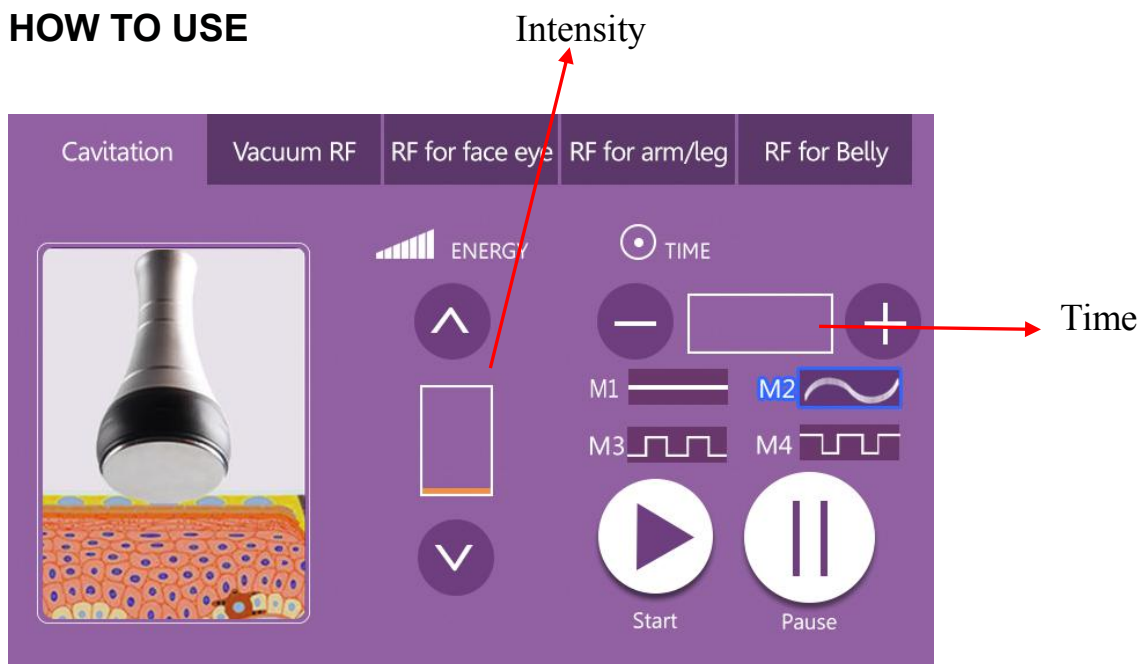


Photographs are taken before and after the sessions with the same reference points at each evaluation. The photos can be used for comparison purposes to view the results.

## PROGRAMME COURSE

It is advised that only one area is treated on any one day. Duration of each session is recommended for 45 minutes. The suggested course is between 8 to 12 sessions. 72 hours must pass between each session so that the body can eliminate the fat, and repeated session on the same treated area can be carried out not more than once in 7 days and not more than 12 sessions.

## HOW TO USE



### Step 1

Ultrasonic Cavitation - Diminishing of large fat cells (15-20 mins)

1. Adjust the time (the Max. Time is 60 min.)
2. Adjust the intensity, from low to high.
3. Select the type mode for different vibrating level (ABCD mode: speed become faster)
4. Press "WORK" to start the strong sound wave explosion fat head

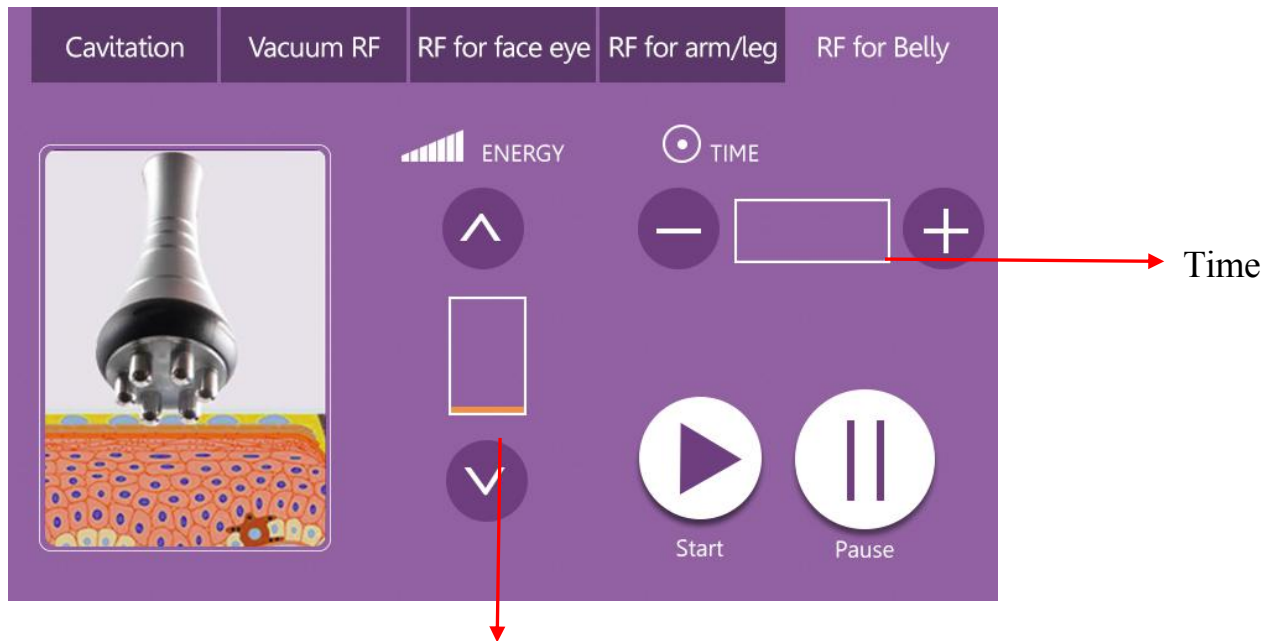
Using spiral movement, hold the strong sound wave explosion fat head and point it to position for losing weight;

time for this is 15 to 20 minutes.

(Strong sound save explosion fat head may reach the fat layer directly by using strong sound, vibrate in-depth stubborn fat at top speed and produce numerous vacuum air pockets inside and outside the fat cells, robustly impact fat cells to generate introverted blast and disintegrate fat into free fatty acids.)

Notes:

1. Spread gel or essence on the treated positions.
2. Turn off the instrument probe when it is out of touch with skin of clients.



## Step 2

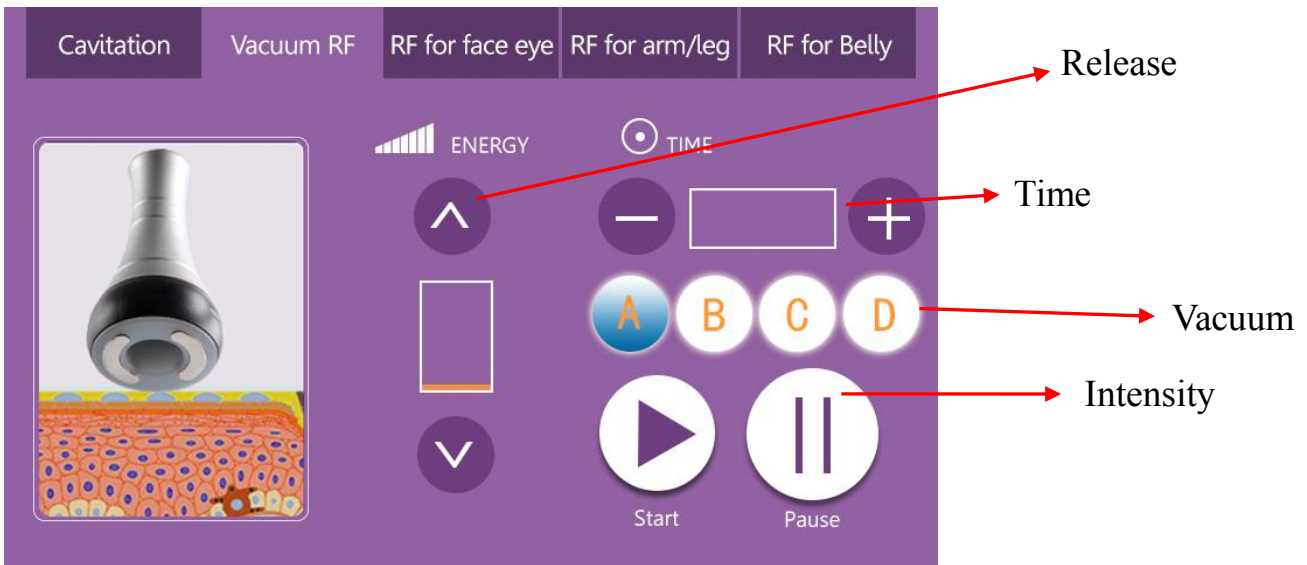
### Intensity

1. Adjust the time(10~20 minutes)
  2. Adjust the RF intensity, from the lowest level to high according to the clients condition.(3 points is recommended)
  3. Press WORK to begin treatment.
- Apply gel to the Multistage RF liposuction head, point it to the position for losing weight and operate in pulling technique (drag fat at the position for losing weight to the position where it is closer to the lymph gland) for about 20 minutes.

Notes:

1. Spread gel or essence on the treated positions evenly
2. In use, start with low-energy. We suggest to try for the proper energy level on the back of clients' hands before using on body of them
3. Do not use essential oil as the medium.
4. Turn off the instrument probe when it is not in use.





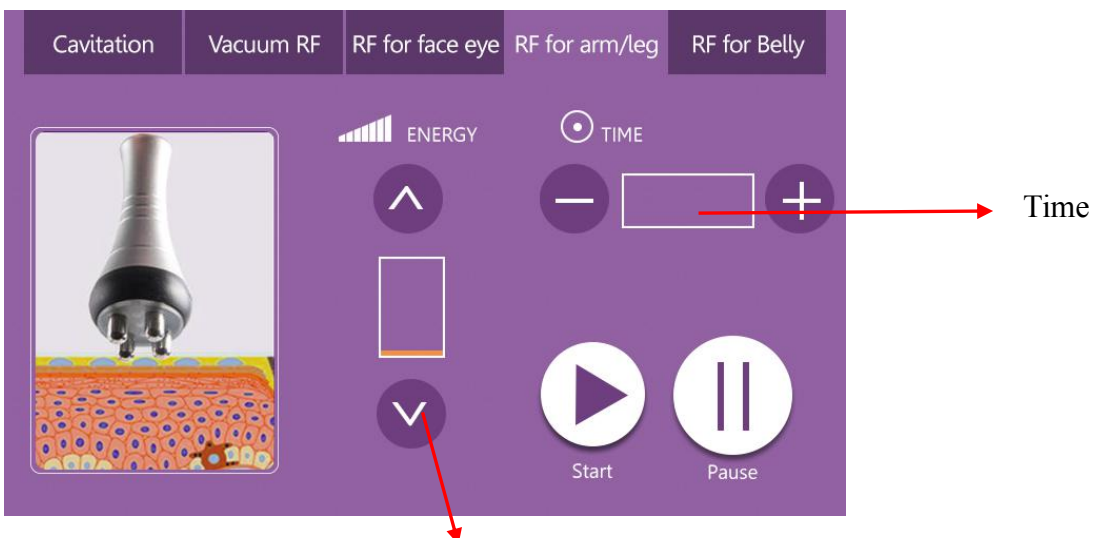
**Step 3**

1. Adjust the time (15~20 minutes)
2. Adjust the Vacuum suction intensity and release time, from the lowest level to high according to the client's condition.
3. Adjust the RF intensity, 2 points is recommended.
4. Press WORK to begin treatment.

Apply gel to the negative pressure vacuum head, point it to the position for losing weight and operate in pulling technique (Improve the cellulite and realize slimming) for about 20 minutes.

Notes:

1. Spread gel or essence on the treated positions for hairdressing evenly
2. In use, start with low-energy. We suggest to try for the proper energy level on the back of clients' hands before using on body of them
3. Do not use essential oil as the medium
4. In operation, start pulling only after negative pressure head is attached to skin.
5. Turn off the instrument probe when it is not in use.



**Step 4**

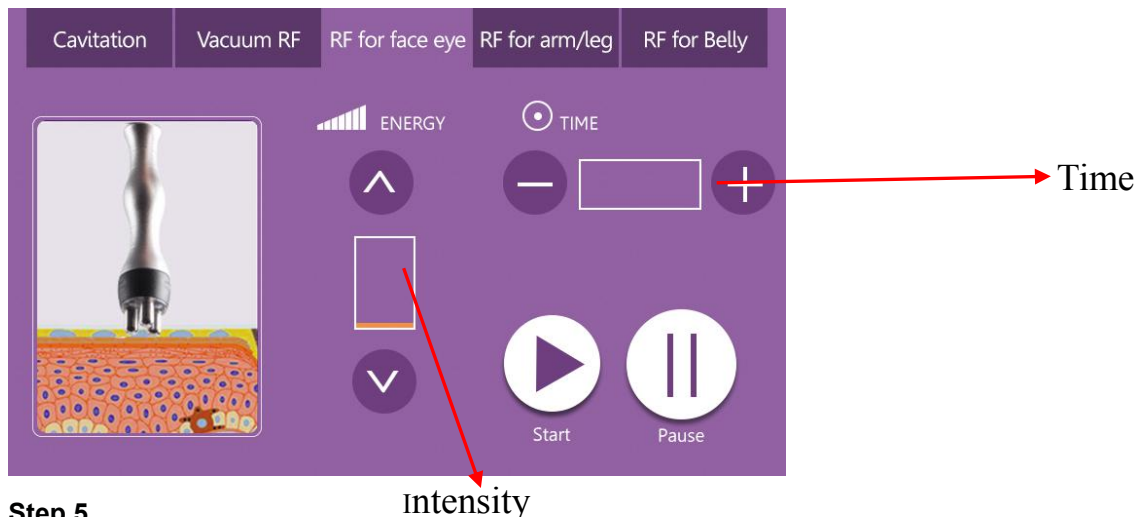
1. Adjust the time (10~20 minutes)
2. Adjust the RF intensity, from the lowest level to high according to the client's condition. (3~6 points is recommended)

3. Press WORK to begin treatment.

Spread gel or wrinkle smoothing essence on the treated positions, operate with the facial RF head for 15-20 minutes with mainly the spiral movement on face.

Notes:

1. Spread gel or essence on the treated positions evenly
2. In use, start with low-energy. We suggest to try for the proper energy level on the back of clients' hands before using on body of them
3. For receiving treatment, clients shall pick off metal articles on hands and body; do not make the treatment probe head be directed to eyeballs of clients



### Step 5

1. Adjust the time (10~20 minutes)
  2. Adjust the intensity, from low to high. (according to acceptability of clients. Generally speaking, levels 1–6 are OK).
  3. Select the type mode for different vibrating level (ABCD mode: speed become faster)
- Press "work" to start the treatment

Select the type mode for different electric model:

The mode selection determines the interval between cycles while the intensity selection determines the amount of current. Thus, Mode C has the shortest interval and the current levels are the highest. Mode A has the longest interval so the current levels are the lowest. Mode A is better for galvanic treatments while modes C is better for micro-current treatments.

1. Use special cream in the face such as gels, and then hold the BIO handle with your hand.
2. Move the probe from the Center parts of the face to the outside, moving from bottom to top.
3. Face lifting methods: from the bottom jaw to ear, from the nose to the temples, moving outward from the Central forehead.
4. Eye lifting methods: from the inner corner to Temple, probe should not be too close to the areas around the eyes, and you should be gentle in the operation.

Notes:

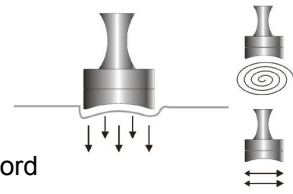
1. Clean operating parts firstly, and coat with special cream in the operating parts.
2. You must dismount watches and metals before operation.
3. People can't use it who has Cardiovascular diseases and sensitive skin.
4. Do not put the equipment at wet places.

5. Do not operate too long time at the same location of skin.

6. Adjust the BIO output power from small to large.

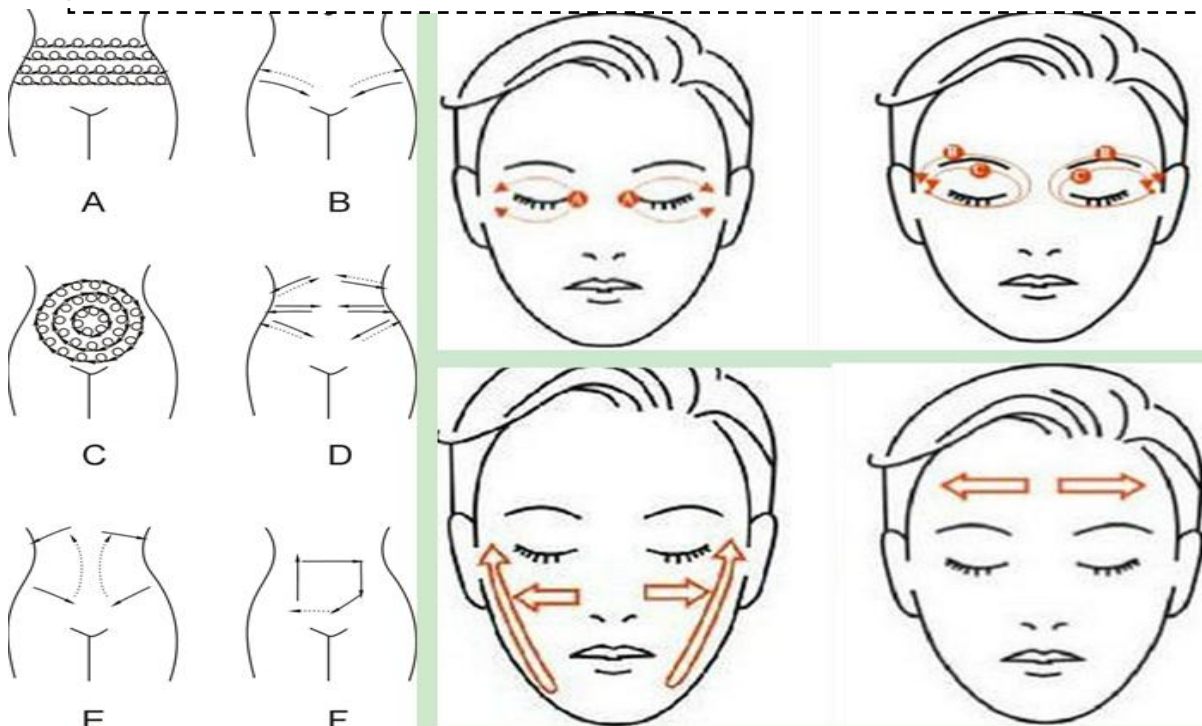
### Preparation of the session

- Identify area to be treated
- Mark the area on the client's skin with a non-toxic marker / pencil
- Measure circumference of the area to be treated and write results in the Client Record
- Let the hand piece head touch the target area and move or slide in round circular movements
- When the gel on the skin get dry, please add some more gel and go on with the session
- The GEL thickness should be around 3-5mm
- On completion of session write results in the Client Record



### IMPORTANT

- Gradually adjust intensity level from low to high.
- Do not apply hand piece head to the client's heart area.
- When you want to **stop** the treatment during the session, press the **STOP** button on the panel before removing the hand piece head from the skin, else the client may feel an electric shock sensation.
- Set the suggested programme **Time**.



## SUGGESTED APPLICATION TECHNIQUES FOR HAND PIECE HEAD

On the Abdomen

1. Take the Ultrasonic head, do circling movements, from both sides of the waist, pull to the middle. Refer to picture A.
  2. Take the RF head, with circle movement between the chests and slanting pull at the groin, to open the points. Refer to picture B.
  3. Gesture 2, To navel as the centre, from outer to inner, to do small circles to dissolve redundant fatness. Refer to picture C.
  4. Gesture 3, Slanting pull the fatness between both sides of the waist, lastly pull to the groin, make the fatty acid exhausted with lymph drainage. Refer to picture D.
  5. Gesture 4, Slanting pull the fatness under the ribs to the groin, then return it under the ribs, repeat it some times. Refer to picture E
  6. Gesture 5, Following the Ascending colon, Transverse colon, Descending colon, Recta anus, massage and promote the intestines peristalsis, evacuate the bowels. Refer to picture F.
- On the legs and arms, it is suggested doing circular, slanting or pulling movement gesture in order to pull the fat into the lymphatic system.

## CLIENT INSTRUCTION TIPS

**It is ESSENTIAL that your clients follow these instructions for optimal results.**

### **WEEK PRIOR TO SESSION IF POSSIBLE – IF NOT, DAYS PRIOR:**

- Liberal water intake: More than 1 litre a day
- OK to take ALL medications even diuretics (substance that increases flow of urine)
- Do not binge eat!
- DO NOT DRINK ALCOHOL THE NIGHT BEFORE THE SESSION!!

### **DAY OF SESSION – PRIOR TO SESSION:**

- Drink 1 litre of water (coffee, tea, cola **DOES NOT** count as water!)
- HOLD diuretics until day after (if applicable)
- Take normal medications but DO NOT take diuretics
- Do not drink caffeine 3-4 hours prior to session
- Do not drink carbonated drinks 3-4 hours prior to session
- Do not have a heavy meal prior to session (Eat but do not over stuff yourself)
- Do not fast prior to your session. Not eating will make your body go into starvation mode and your session results will not be as significant.

### **DAY AFTER SESSION**

- Continue liberal water intake
- Resume diuretics (if applicable)
- Watch your appetite as it may be increased – **DO NOT** increase normal calories
- Exercise if possible? Remember a large amount of fat has been dumped into the circulatory system and it's important to burn all that you can to prevent it from re-storing.

**PLEASE REMEMBER THAT A SIGNIFICANT AMOUNT OF FAT HAS BEEN LOST FROM ONE AREA OF YOUR BODY AND THE DRAMATIC CHANGE IS PERMANENT ONLY IF YOU DO NOT REVERSE IT BY:**

- DRINKING ALCOHOL
- BINGE EATING (eat 4-6 meals daily and spread out your calorie intake)
- EATING TO MANY CARBOHYDRATES

Nutritional supplements and an exercise regime can be included during the course to encourage metabolic activity and support a healthy lifestyle.

## **MAINTENANCE**

### **Hygiene and Cleaning**

Before cleaning is carried out please ensure that the system is disconnected from the mains supply. The main unit may be cleaned on a regular basis by wiping down with a slightly damp cloth.

To reduce the risk of cross contamination the hand pieces and pads should be cleaned before and after each session. Remove any residue on the hand pieces and pads with a slightly damp cloth. Sterilise the hand pieces and pads using a proprietary sterilising fluid or wipe. Soiled materials should be disposed of in an appropriate manner.

NB. Please do not use any cleaning products containing alcohol or solvents as this may damage the system.

## **SPECIFICATIONS**

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Product Description	<b>RF Cavitation system</b>
Technology	<b>Ultrasound + RF + Vacuum negative</b>
Ultrasonic Frequency	<b>40 kHz</b>
Radio Frequency	<b>5 MHz</b>
BIO	<b>0~3mA 0~33V</b>
Voltage	<b>220V-240V / 50Hz-60Hz</b>
Packing size	<b>46cm(L) x 38cm(W) x39cm(H)</b>
Gross Weight	<b>15kg</b>