NuLifeBeauty



9-in-1 Ultrasonic Cavitation Machine

USER MANUAL V1.0

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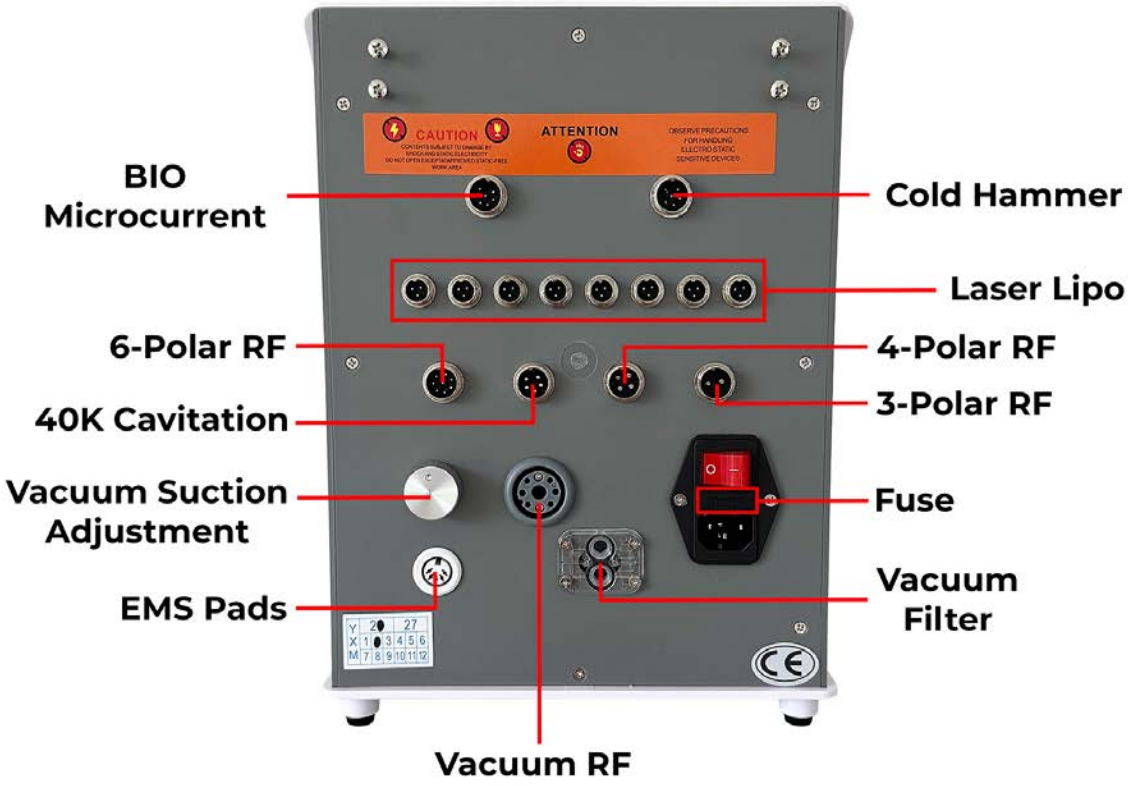
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1. Getting to Know Your Device

The different attachments

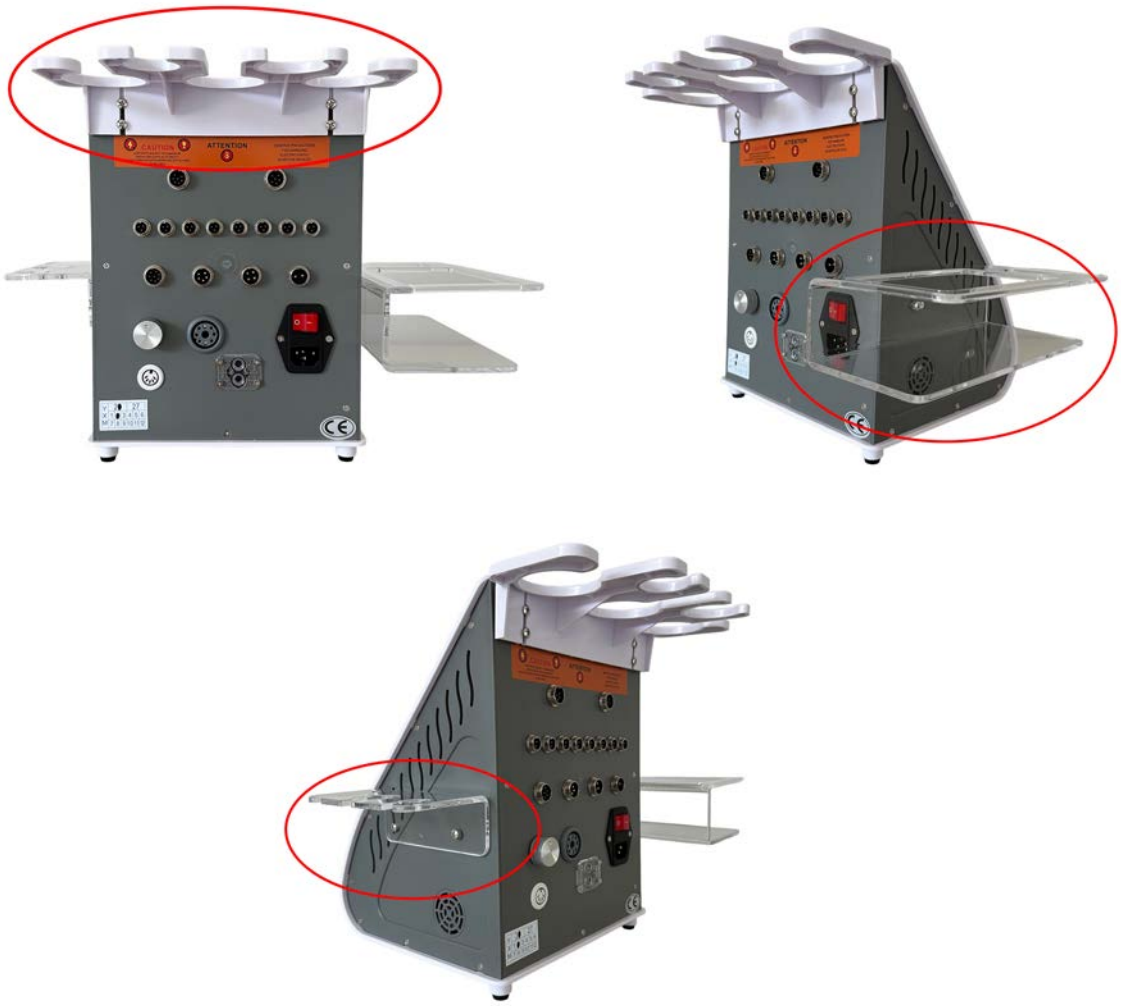
40K Cavitation Head	Vacuum RF Head	6-Polar RF Head (Body)
		
4-Polar RF Head (Face & Body)	**3-Polar RF Head (Face)**	**Laser Lipo Pads**
		
Cold Hammer Head	**BIO Microcurrent & LED Head**	**EMS Pads**
		

Device connections



2. Device Set Up

Attach the included probe holders to the sides and back of the device and tighten the screws.



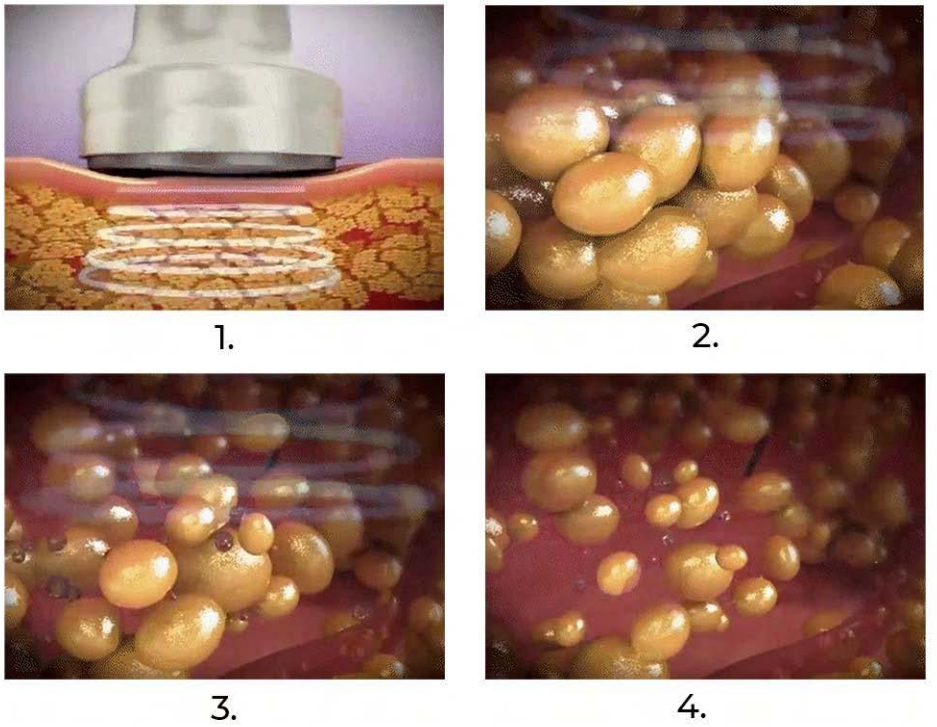
Plug in all the probes in the back of the device to the matching probe connections.




CAUTION
ATTENTION

3. How Does Ultrasonic Cavitation Work?

Ultrasonic cavitation devices work by using high-intensity, targeted ultrasonic (or ultrasound) waves to liquefy fat cells. The high-intensity waves vibrate the fat cells, creating air bubbles inside that expand and burst, forcing the fat cell membranes (adipose) to burst, releasing free fatty acids and glycerol. Glycerol is then used as energy by the body while the free fatty acids get absorbed and excreted by the liver as waste. Similar to any other fatty acids you get with your food.



1. – ultrasonic cavitation head applies ultrasonic waves to the skin.

2. – fat cells are targeted by the waves.

3. – ultrasonic waves cause vibrations and the formation of air bubbles that burst and break the fat cell membranes.

4. – free fatty acids and glycerol are released to be used up by the body as energy or discarded by the liver.

What To Expect

Immediately after treatment, you may experience some redness and increased sensitivity. Some individuals may also notice mild bruising. These side effects are normal, generally mild, and pass within a few hours.

All cavitation machines produce a high-pitched sound during use, and you may hear a faint buzzing in your ears during or shortly after the session. This is normal and typically subsides within a few hours.

Results vary from person to person. Some people see noticeable improvement after just a few sessions, while others need a longer treatment course. A typical course is 6–12 treatments over 2–4 weeks (2–3 sessions per week), followed by maintenance sessions every 2–6 weeks once you've reached your desired results.

The treatments are painless, though some people may feel a mild tingling sensation. During treatment you may also feel warmth from the device heads — this is completely normal.

4. Important Safety Information

a) Intended Use

The NuLifeBeauty 9-in-1 Ultrasonic Cavitation Slimming Machine emits ultrasonic waves along with RF waves that can be used to tone the body, burn stubborn fat, reduce signs of aging, accelerate skin healing, firm up & tighten skin, reduce cellulite, increase blood flow, reduce sagging skin and wrinkles. As ultrasonic cavitation is a fairly safe, non-invasive, and non-surgical procedure, healthy individuals can use it without many concerns.

b) Contraindications

DO NOT use to treat any other conditions apart from those listed in the indications for use. The product has not been tested for any other conditions than those listed and the risk is unknown.

DO NOT use if you are pregnant, planning on becoming pregnant or breastfeeding. The product has NOT been tested on pregnant or breastfeeding women and therefore the risk to the fetus, neonate or pregnant women is unknown.

DO NOT use if you have liver disease, kidney disease, or significant circulatory issues such as varicose veins, blood clots, or peripheral vascular disease.

DO NOT use if you are currently undergoing or have recently completed chemotherapy, immunotherapy, or radiation therapy.

DO NOT use if you are under the age of 18 as this device has not been tested on these individuals.

DO NOT use this device if you have a heart pacemaker, heart rhythm stimulator placed in your body (implanted defibrillator), or other electronic device put inside your body. Such use could cause electric shock, burns, electrical interference, or death.

DO NOT use if you have had recent surgery or other surgical procedure – consult your healthcare provider.

DO NOT use this device if you have a history of epilepsy or seizures.

DO NOT use on or over open wounds, broken skin, or areas with active skin conditions, including rashes, red or swollen areas, infected or inflamed skin, phlebitis, thrombophlebitis, broken capillaries, or visible varicose veins.

DO NOT use the Cold Hammer if you have Raynaud's syndrome, cold urticaria, cryoglobulinemia, or any other cold-sensitivity condition.

DO NOT use the EMS Pads over the chest, throat, head, or directly over the heart. Do not use on areas with deep vein thrombosis, recent surgical sites, hernias, or active malignancy. Do not use the EMS Pads if you are pregnant.

DO NOT use the BIO Microcurrent directly on the eyelids or over closed eyes, on broken skin or active cold sores, or following recent injectable treatments such as Botox or fillers.

c) Warnings

If you are under the care of a physician, consult your physician before using this device. Consult with your physician if you have: recent surgery, skin disease, infection, metal implants or a contraceptive IUD/coil, heart disease, epilepsy, hypertension or painful areas. If you experience an adverse reaction from using the device, discontinue use and consult your healthcare provider.

WARNING: No modification of this equipment is allowed.

d) Precautions

The cavitation machine is designed for cosmetic use only and for individuals in good health. If this is not the case for you, please consult your doctor before use. Our products are not intended to diagnose, treat, cure, or prevent any disease.

The following areas should be avoided when using the 40K Cavitation Head: thyroid gland, thyroid cartilage, trachea, major blood vessels, and face. Face treatments using the 3-Polar RF, BIO Microcurrent, and Cold Hammer heads are designed for facial use — see the relevant sections in Section 7 for instructions.

Do not hold the Cold Hammer stationary on one area for more than 30 seconds. Keep it moving to avoid skin irritation or cold burn.

e) General Safety

The device should be kept out of the reach of children under 18 years of age. Children should not use, play with, maintain or clean the device. People with reduced physical, sensory or mental capabilities or lack of experience and knowledge should not use the device.

f) Electrical and Safety

As with any electrical device, certain precautions must be taken in order to ensure your safety.

DO NOT try to open the device, as this may expose you to dangerous electrical components.

DO NOT use if the device is damaged — for example, cracked housing or cable damage with internal wires visible. This may result in injury.

DO NOT use near bathtubs, showers, basins or other vessels containing water. If the device becomes wet, it should not be used.

DO NOT operate the device if the mains plug is not easily accessible. You should be able to disconnect at any time.

5. Potential Risks, Side Effects and Skin Reactions

The use of our device can result in side effects. While rare, the table below lists the known reactions that may occur following treatment with the device and how to respond.

Healthy individuals can use the device without many concerns as the treatments are non-invasive and non-surgical, they have very little downtime and minor risks.

SIDE EFFECT	HOW TO ASSESS & RESPOND
Mild pain / discomfort in the area being treated.	This is expected and normal during treatment. You can keep on using the device as instructed, and the pain should diminish with continued use.
Warm feeling or tingling sensations during treatment.	This is expected and normal during treatment. You can keep on using the device as instructed.
Skin redness during or after treatment.	This is expected and normal during treatment. You can keep on using the device as instructed. Redness should go away after a few hours post-treatment.
Buzzing in ears during treatment.	This is expected and normal during treatment. You can keep on using the device as instructed. Buzzing should go away after a few hours.
Mild bruising in area after a treatment.	This is less common but still normal during treatment. You can keep on using the device as instructed. Bruising should go away after a day or two.
Numbness or tingling from cold exposure when using the Cold Hammer.	This is expected when using the Cold Hammer and should subside within a few minutes after the device is removed. Persistent numbness or skin discoloration is uncommon — if it occurs, stop and consult your physician.
Muscle soreness similar to post-workout soreness after using the EMS Pads.	This is expected and normal. EMS stimulates muscle contractions, so mild soreness afterward is similar to what you'd feel after exercise. It typically resolves within a day or two.
Mild metallic taste during BIO Microcurrent treatments on the face.	This is expected and harmless. Microcurrent applied near the face can stimulate taste

	receptors, causing a faint metallic sensation. It passes shortly after the session ends.
Pain or discomfort that is intense during treatment or persists after a treatment.	Stop using the device immediately and consult your physician before using it again.
IN EXTREME CASES	**HOW TO ASSESS & RESPOND**
Swelling and redness that does not disappear within three to five days.	Stop using the device immediately and consult your physician before using it again.

6. Benefits of Using Our Device

Our device will provide you with the most effective at-home solution to burn stubborn fat, remove cellulite and tighten skin. All at the cost of a single MedSpa session.

A randomized controlled trial was conducted to evaluate the performance of a non-invasive focused ultrasonic device for thigh fat and circumference reduction:

- A total of 14 female subjects, aged between 33 and 60 years old, commenced the trial.
- Subjects had a BMI range of 18–30 kg/m^2 and a weight range of 54–83 kg.
- Each subject received 3 biweekly treatments to one thigh with the other thigh serving as internal control.
- After the third treatment, subjects were followed at 4, 8, and 16 weeks.
- Fat thickness was measured by both caliper and ultrasound. Thigh circumference and subject's weight were also measured.
- Pain, edema, erythema, and adverse events as well as investigator and patient overall satisfaction were recorded at all visits.
- There was a significant 22.20% (4.17 cm) decrease in belly fat thickness at 16 weeks compared to control.
- There was a significant 19.23% (4.03 cm) decrease in thigh fat thickness compared to control.
- There were no significant adverse events recorded.
- All subjects experienced mild erythema (skin redness). All reported zero pain on a 0–10 scale.
- Investigators and subjects were highly satisfied with the results.

Average reduction in fat thickness.	4.17 cm
Average reduction in circumference.	2.8 cm
Number of subjects that reported experiencing pain.	0
% of subjects met success (rated overall treatment as highly satisfied) on all treated body areas.	90 %

Another randomized controlled trial was conducted to evaluate the circumference reduction and cellulite treatment of a multipolar radiofrequency (RF) device:

- A total of 37 female subjects completed the trial.
- Treatment areas included the abdomen, thighs, buttocks and arms.
- Subjects were evaluated using standardized photographs and measurements of body weight, circumference, subcutaneous thickness, and skin elasticity of the treatment sites at baseline, immediately after and 4 weeks after the final treatment.

- Physicians' evaluation of clinical improvement scores using a quartile grading scale was recorded.
- There was a significant circumference reduction of 3.5 cm at the abdomen and 1.7 cm of the thigh.
- 4 weeks after the last treatment, the average circumference reduction was sustained for both the abdomen and thighs.
- Quartile grading scores correlating to approximately 50% improvement in cellulite appearance were noted.

Average reduction in abdomen circumference 4 weeks after final treatment.	3.5 cm
Average reduction in thigh circumference 4 weeks after final treatment.	1.7 cm
Improvement in cellulite appearance.	50 %

7. How to Use?

The 9-in-1 device combines multiple modalities so you can tailor a treatment routine around your specific goal — whether that's reducing fat, smoothing cellulite, tightening skin, calming the face, or toning muscle. Start with the recommendation that matches your goal below, then refer to the Treatment Modes section that follows for step-by-step instructions on how to use each modality.

The routines below are our **baseline recommendations** — a starting point. Adjust durations and combinations based on the area you're treating, your tolerance, and how your skin responds session to session.

As a general rule, treat each goal area **2–3 times per week** for an initial course of 6–12 sessions over 2–4 weeks, then maintain results with sessions every 2–6 weeks. Consistency matters more than intensity — results build session over session.

Treatment Recommendations by Goal

BODY FAT REDUCTION

FOR: ***Stubborn fat on the abdomen, thighs, hips, arms, or back.***

Recommended sequence:

- **40K Cavitation** — 15–30 min (longer for larger or denser areas like the abdomen or thighs)
- **Vacuum RF** — 10–15 min
- **6-Polar RF / Body RF** — 15 min
- **Laser Lipo** — 20–30 min (passive — pads strap on)

Frequency: 2–3 sessions per week.

CELLULITE REDUCTION

FOR: ***Dimpled, orange-peel skin on thighs, buttocks, or arms.***

Recommended sequence:

- **40K Cavitation** — 15 min
- **Vacuum RF** — 10–15 min — the most important step for cellulite
- **6-Polar RF / Body RF** — 15 min

Frequency: 2–3 sessions per week.

SKIN TIGHTENING (BODY)

FOR: ***Loose or sagging skin after weight loss, post-pregnancy, or with age.***

Recommended sequence:

- **Vacuum RF** — 10–15 min
- **6-Polar RF / Body RF** — 15 min
- **Laser Lipo** — optional, 20–30 min (passive — pads strap on)

Frequency: 2–3 sessions per week.

FACE WRINKLES & ANTI-AGING

FOR: ***Fine lines, sagging, loss of firmness on the face and neck.***

Recommended sequence:

- **4-Polar RF / Face RF** — 10–15 min on the face and jawline
- **3-Polar RF / Eye RF** — 5–10 min on the under-eye and other sensitive areas
- **BIO Microcurrent** — 5–10 min total for the face
- **Cold Hammer** — 3–5 min finish

Frequency: 2–3 sessions per week.

FACE SOOTHING & CALMING

FOR: ***Redness, irritation, puffiness, or post-treatment recovery.***

Recommended sequence:

- **Cold Hammer** — 5–10 min per area

Frequency: As needed; safe to use daily.

MUSCLE TONING

FOR: ***Building tone in the abs, glutes, arms, or thighs.***

Recommended sequence:

- **EMS Pads** — 15–20 min per muscle group

Frequency: Up to 3 sessions per week, with at least 24 hours rest between sessions on the same muscle group.

FULL BODY CONTOURING

FOR: ***A complete routine combining fat reduction, smoothing, and skin tightening.***

Recommended sequence:

- **40K Cavitation** — 15–30 min
- **Vacuum RF** — 10–15 min
- **6-Polar RF / Body RF** — 15 min
- **Laser Lipo** — 20–30 min finish (passive)

Frequency: 2–3 sessions per week.

NOTE: ***Total session time runs around 60–90 minutes. If that's too long in one sitting, split across two sessions — e.g., Cavitation + Vacuum RF on day one, Body RF + Laser Lipo on day two.***

PREPARE THE AREA TO BE TREATED

Clean the treatment area from any body oils and apply a generous, even layer of conductive gel.

We recommend using our Conductive Ultrasound Gel for the best results. Any water-based gel can also be used.

NOTE: The device can't be used on dry skin.

NOTE: Re-apply gel as needed during your session. The probe should always glide smoothly over a wet, gel-covered surface — if it starts to drag or the skin feels dry, add more gel before continuing.

TURNING ON THE MACHINE

If you haven't set up the machine yet, please do so by following Section 2.

You will need to plug in the desired probe and connect the power cable.

Turn on the machine using the red On/Off button at the back. The button should light up and the screen will turn on.



From here you can select which treatment you would like to use.

Treatment Modes

The modalities below are listed in the order they appear in the device's on-screen menu. They are not a sequence to follow start-to-finish — refer to the Treatment Recommendations on the previous pages to choose which modalities (and in what order) to combine for your specific goal. Each modality block explains how it works, what each setting does, and recommended starting values.

40K CAVITATION

How it works

The 40K Cavitation head transmits 40 kHz ultrasonic waves into the subcutaneous fat layer. The waves create microscopic bubbles inside fat cells that expand and collapse — the "cavitation effect" — rupturing the cell membranes. The released fatty acids and glycerol are then absorbed and processed by the body's lymphatic system over the days that follow.



Settings

Pulse Mode (M1–M4) — controls the on/off rhythm of the ultrasonic waves. The 40 kHz vibration itself is constant; what changes is how long each working cycle lasts before pausing. M1 is the slowest cycle (gentlest, best for sensitive areas or first sessions). M4 is the fastest (most intensive, best for larger or denser body areas like the abdomen or thighs). The pause cycles also help prevent the probe from overheating during longer sessions.

Intensity (%) — controls the power level of the ultrasonic waves. Higher intensity delivers a stronger cavitation effect but also more heat and sensation. Larger or denser body areas can typically handle higher intensity than the arms or other smaller areas.

Timer — set 15–30 minutes per area, longer for larger or denser areas like the abdomen or thighs.

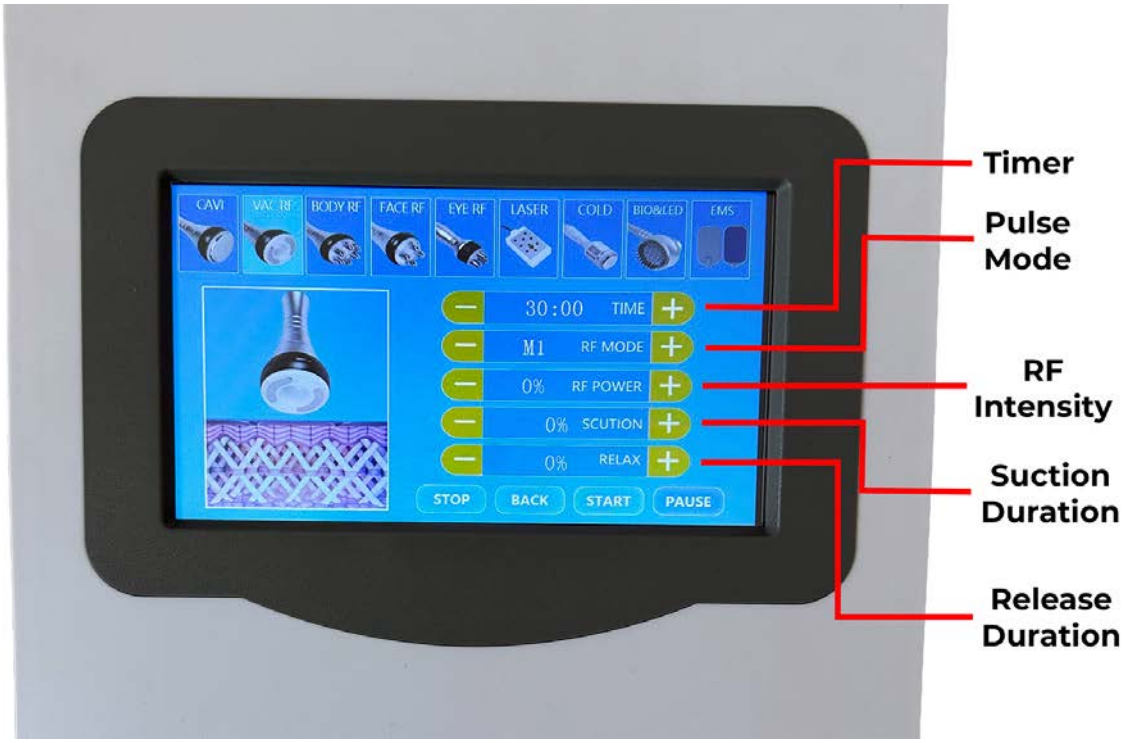
Recommended starting point: M1 or M2, 25–50% intensity, 15-minute timer for your first session. Increase as you feel comfortable.

Press **START** to begin the session. Use **PAUSE** to temporarily stop, **STOP** to end, or **BACK** to return to the main menu.

VACUUM RF

How it works

The Vacuum RF head combines suction with bipolar radio frequency. The vacuum lifts and massages the skin to mobilize fluids, support lymphatic drainage, and break up fibrotic cellulite tissue, while the RF energy heats the deeper tissue layers to stimulate collagen and tighten skin. The two work together — the vacuum improves how the RF energy penetrates, and the RF softens connective tissue so the vacuum can do more.



Settings

Pulse Mode (M1–M4) — controls the on/off rhythm of the RF pulses. M1 is the slowest cycle (gentlest); M4 is the fastest (most intensive). Start with M1 or M2 and increase as you feel comfortable.

RF Intensity (%) — controls the power level of the radio frequency energy. Higher intensity delivers stronger collagen stimulation. You may feel a warming sensation during use — test the probe on your wrist before applying to a sensitive area.

Suction Duration (%) — controls how long the vacuum holds the skin during each cycle. Higher percentage = longer hold per cycle. **When set to 0%, the vacuum runs continuously without releasing, regardless of the Release Duration setting.**

Release Duration (%) — controls how long the vacuum pauses between holds. Work in a grip-and-release rhythm: while the head grips the skin, sweep the stroke in one direction toward your nearest lymph nodes, then use the release to lift the head back to your starting point for the next stroke. If it ever pinches or feels too strong, lower the suction.

Timer — set 10–15 minutes per area.

Recommended starting point: M1 or M2, 25–50% RF Intensity, 30% Suction Duration, 30% Release Duration, 10-minute timer for your first session. Increase as you feel comfortable.

> **IMPORTANT:** The vacuum suction strength is adjusted with the **knob on the back of the device**, not from the on-screen menu. The screen settings control only the timing and RF.
>
> Make sure the **back filter is plugged in** before starting. Without it, the vacuum will not generate suction.

Gel or oil is required for the Vacuum RF head — without it, the suction will pinch and the RF won't conduct properly. The RF only activates when both of the metal poles are in full contact with the skin. Too much gel or oil may clog the probe; if that happens, see **Section 10: Troubleshooting**.

6-POLAR RF / BODY RF

How it works

The 6-Polar RF head delivers radio frequency energy through six poles, generating heat in the deeper layers of skin and underlying fat tissue. This stimulates collagen and elastin production for firmer, tighter skin, and supports your body's lymphatic processing of the broken-down fat from cavitation. The infrared light built into the head also helps stimulate blood flow and skin rejuvenation. Use this head for larger body areas — abdomen, thighs, buttocks, arms, and back.



Settings

Pulse Mode (M1–M4) — controls the on/off rhythm of the RF pulses. M1 is the slowest cycle (gentlest); M4 is the fastest (most intensive).

Intensity (%) — controls the power level. Higher intensity delivers stronger collagen stimulation. You may feel a warming sensation during use — test the probe on your wrist before applying to a treatment area.

Timer — set 15 minutes per area.

Recommended starting point: M1 or M2, 25–50% Intensity, 15-minute timer for your first session. Increase as you feel comfortable.

IMPORTANT: Test the probe on your wrist before applying to a treatment area. Apply a generous, even layer of conductive gel — the RF only activates when all of the metal poles are in full contact with the skin. Keep the head moving throughout the session; staying in one spot too long can cause discomfort.

4-POLAR RF / FACE RF

How it works

The 4-Polar RF head delivers radio frequency energy through four poles, designed primarily for the face and smaller body areas. It generates heat in the deeper skin layers to stimulate collagen and elastin production, helping firm and tighten skin, smooth fine lines, and improve overall facial contour. The infrared light built into the head supports skin rejuvenation. This head can also be used on smaller body areas like the neck, décolleté, or arms.



Settings

Pulse Mode (M1–M4) — controls the on/off rhythm of the RF pulses. M1 is the slowest cycle (gentlest); M4 is the fastest (most intensive). For facial use, stay on M1–M2.

Intensity (%) — controls the power level. Lower intensity than the 6-Polar; you may still feel a warming sensation during use. Always test on your wrist before applying to your face.

Timer — set 10–15 minutes for the face, or up to 15 minutes per body area.

Recommended starting point: M1, 20–40% Intensity, 10-minute timer for your first facial session. Increase as you feel comfortable.

IMPORTANT: Test the probe on your wrist before applying to your face. Apply a generous, even layer of conductive gel — the RF only activates when all of the metal poles make full contact with the skin. Lift from bottom to top following the natural contours of the face, and keep the head moving — never stationary.

3-POLAR RF / EYE RF

How it works

The 3-Polar RF head delivers RF energy through three poles — the gentlest of the three RF heads, designed for delicate areas where the larger heads would deliver too much energy: the under-eye, around the lips, the nasolabial fold, and other small or sensitive spots. It produces less heat than the 4-Polar or 6-Polar heads while delivering the same collagen-stimulating benefits.



Settings

Pulse Mode (M1–M4) — controls the on/off rhythm of the RF pulses. For sensitive areas, stay on M1.

Intensity (%) — controls the power level. Use the lowest comfortable setting on sensitive areas — the under-eye and lip area need significantly less energy than the rest of the face.

Timer — set 5–10 minutes per sensitive area. Avoid going longer than 10 minutes on the under-eye.

Recommended starting point: M1, 15–25% Intensity, 5-minute timer for your first session. Increase very gradually.

IMPORTANT: Never use on closed eyelids. For under-eye work, treat the orbital bone and upper cheekbone area only — not the eyelid itself. Apply conductive gel and ensure all of the metal poles make full contact with the skin. Use light

pressure and slow, gentle outward strokes. Lower the intensity immediately if you feel sharp heat or discomfort.

LASER LIPO

How it works

Laser Lipo uses low-level laser light to penetrate the skin and stimulate fat cells to release their stored contents. Unlike the active body modalities, Laser Lipo is passive — the pads strap onto the treatment area and you can rest while they work. It pairs especially well after Cavitation as a finishing step, since it accelerates the body's processing of the already-disrupted fat cells.



Settings

Pulse Mode (M1–M4) — controls the on/off rhythm of the laser. M1 is continuous (laser stays on throughout the treatment, maximum exposure). M2–M4 progressively shorten the laser's working interval. Use a higher mode if the pads start to feel uncomfortably warm.

Intensity (%) — controls the brightness of the laser diodes. Higher intensity delivers stronger fat-cell stimulation. The pads may feel warm during longer sessions — this is normal. If they become uncomfortably warm, lower the intensity or switch to a higher Pulse Mode (M2–M4).

Timer — set 20–30 minutes per session. Since the modality is passive, longer sessions are well-tolerated.

Recommended starting point: M1, 50% Intensity, 20-minute timer for your first session. Increase intensity in subsequent sessions as you feel comfortable.

How to use

Place the laser pads directly on the area you're treating (abdomen, thighs, hips, arms, or back). Wrap the included straps around the area to hold the pads firmly in place — contact with the skin must be even for the laser light to penetrate properly.





Press START to begin. The pads can be left in place for the full session — there's no need to move or reposition them mid-treatment.

IMPORTANT: Never look directly at the laser diodes when they are on. Do not use over open wounds, fresh tattoos, irritated skin, areas with active skin reactions, or directly over the thyroid, eyes, or reproductive organs. The pads should rest flat against the skin — placing them over clothing reduces effectiveness.

COLD HAMMER

How it works

The Cold Hammer chills its metal head to soothe and calm the skin through cold therapy. It's most often used as the finishing step after RF, microcurrent, or other warming treatments — the cold contracts blood vessels and pores, reduces redness and puffiness, and helps lock in skincare products applied beforehand.



Settings

Intensity (%) — controls how cold the head gets. Higher percentage = colder. The head will feel cool to the touch within seconds of pressing START.

Timer — set 5–10 minutes per area for a typical finishing session, or up to 15 minutes for soothing larger irritated body areas.

Recommended starting point: 50–70% Intensity, 5-minute timer for facial use. Increase as you feel comfortable.

How to use

Apply a thin layer of serum or moisturizer to the treatment area. Gently glide the Cold Hammer head over the skin in slow, sweeping motions — move from the center of the face outward, or from bottom to top on body areas. Keep the head moving; do not hold it stationary in one spot for more than 30 seconds at a time.

Press **START** on the screen to begin the session. The Cold Hammer also has a **button on the handle itself** that you can press to pause and resume the cooling — useful for repositioning between areas without going back to the screen.

Benefits of cold therapy

- Soothes redness and inflammation after Cavitation, Vacuum RF, or Body RF treatments
- Tightens pores for a smoother, more refined complexion
- Reduces puffiness and swelling
- Calms sensitive or irritated skin
- Helps lock in serums and moisturizers applied beforehand

IMPORTANT: Do not hold the Cold Hammer stationary on one spot for more than 30 seconds — keep it gliding to avoid skin irritation or cold burn. Do not use if you have Raynaud's syndrome, cold urticaria, cryoglobulinemia, or any other cold-sensitivity condition. The head should always be applied through a thin layer of skincare product, not directly on bare or dry skin.

BIO MICROCURRENT

How it works

The BIO Microcurrent head delivers gentle low-level electrical currents that mimic the body's own bioelectrical signals. These currents stimulate facial muscles and skin cells, helping tone underlying muscles, boost collagen and elastin production, improve circulation, and enhance the absorption of skincare products. The head also includes built-in LED light therapy in multiple colors, each targeting different skin concerns.



Settings

Pulse Mode (M1–M4) — controls the on/off rhythm of the microcurrent. M1 is the slowest cycle (gentlest); M4 is the fastest (most intensive). Start with M1.

Intensity (%) — controls the strength of the microcurrent. Higher percentage delivers stronger muscle stimulation. You may feel a slight tingling sensation during use — this is normal. If you taste metal in your mouth or see your facial muscles twitching, lower the intensity.

LED Color (M0–M8) — selects which LED color is active during treatment. M0 turns the LEDs off (microcurrent only). M1–M7 each select a single color (see the LED Color Guide below). M8 cycles through all colors automatically — a good option if you want the combined benefits of multiple colors in one session.

Timer — set 5–10 minutes total for the face. Avoid going longer than 15 minutes per session.

Recommended starting point: M1, 25–40% Intensity, Red LED, 5-minute timer for your first session. Increase intensity gradually as you feel comfortable.

How to use

Apply a generous layer of conductive gel to the treatment area — microcurrent will not conduct on dry skin. Hold the probe by its handle so your fingers are touching the metal spikes — this completes the electrical circuit and allows the microcurrent to flow. Gently glide the probe over the face in slow, upward and outward motions, following the natural lift lines from the center of the face outward and from the jawline up toward the temples. Spend 1–2 minutes on each zone (forehead, cheeks, jawline, neck).

LED Color Guide

Each LED color targets different skin concerns. Match the color to your goal:

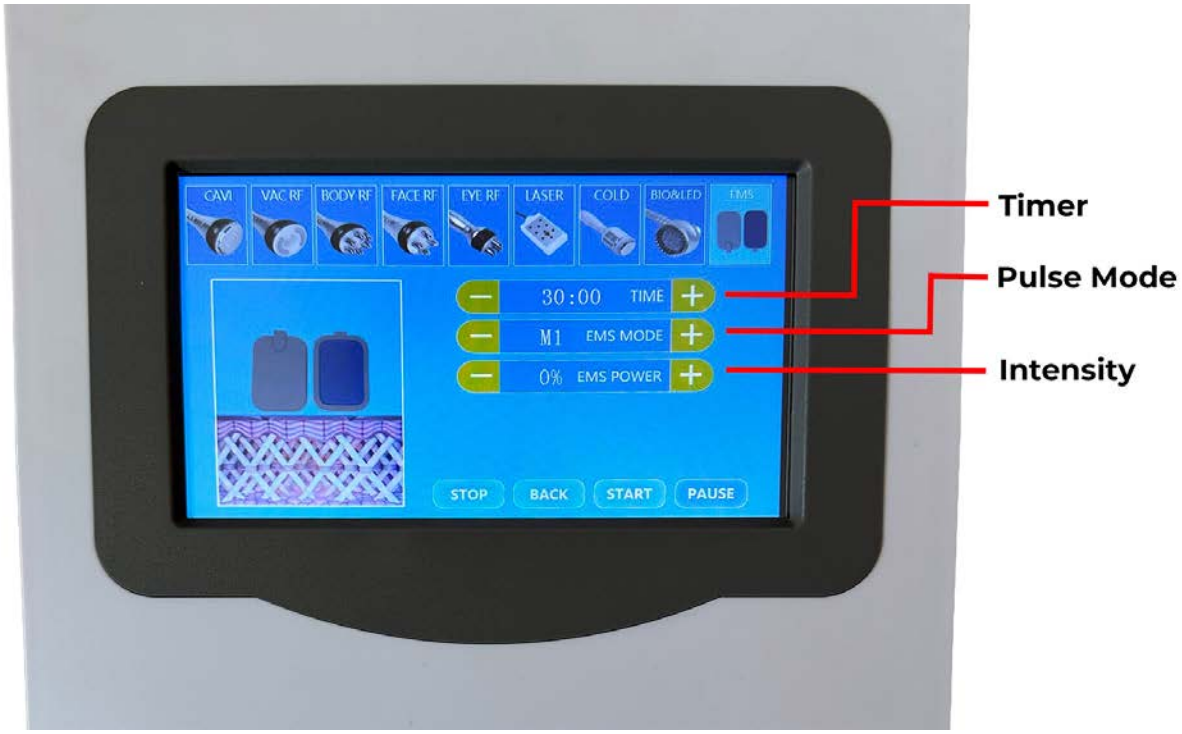
- **Red** — anti-aging — stimulates collagen production, reduces fine lines and wrinkles, improves skin elasticity. The most versatile color for general rejuvenation.
- **Blue** — acne treatment — targets acne-causing bacteria, reduces inflammation and breakouts, helps regulate oil production.
- **Green** — brightening — reduces hyperpigmentation, dark spots, and uneven skin tone. Also calms redness and irritation.
- **Yellow** — circulation and lymphatic drainage — reduces puffiness and swelling, calms sensitive skin and rosacea, supports overall skin health.
- **Purple** — combination of red and blue — anti-aging plus acne treatment. Useful for skin with both signs of aging and breakouts.
- **Cyan** — combination of blue and green — calming and balancing for sensitive, congested, or oily skin.
- **White** — deep penetration — promotes cellular renewal and supports the effects of all other colors.
- **Cycle** — automatically rotates through all colors during the session — use this if you want broad-spectrum benefits without picking a single color.

IMPORTANT: Do not use on broken skin, open wounds, active cold sores, or recent injectable treatments (Botox, fillers). Do not use if you have a pacemaker, defibrillator, or any implanted electronic medical device. Avoid the immediate eye area — the LED light can be uncomfortably bright if shined directly into the eyes. The probe should be moving at all times during treatment, never stationary.

EMS PADS

How it works

EMS (Electrical Muscle Stimulation) Pads deliver targeted electrical impulses through pads strapped directly to the muscle, causing the muscle to contract and relax repeatedly — similar to how it would during exercise. Like Laser Lipo, EMS is a passive modality: you secure the pads in place with the included straps and rest while they work. EMS pairs especially well after fat-reduction modalities like Cavitation, since toned muscle underneath gives a more defined silhouette.



Settings

Pulse Mode (M1–M4) — selects the contraction pattern. Each mode delivers a different rhythm of pulses — some are steady, others vary in tempo to mimic different exercise patterns. Cycle through to find the rhythm that feels most effective for the muscle group you're targeting.

Intensity (%) — controls how strong the muscle contractions feel. At low settings you'll feel a gentle pulsing; at higher settings you'll see and feel visible muscle contractions. The right intensity is one where the contractions are strong but not painful.

Timer — set 15–20 minutes per session per muscle group.

Recommended starting point: M1, 25–40% Intensity, 15-minute timer for your first session. Increase intensity gradually as your muscles adapt over subsequent sessions.

How to use

Place the pads firmly against the muscle group you're targeting (abdomen, thighs, glutes, arms, back) and secure them in position with the included straps. The pads work in pairs, with one positive and one negative — place both pads of a pair on the same muscle group, several inches apart, so the current flows between them through the muscle. Make sure each pad is in firm, even contact with the skin.



Press START to begin. The pads can stay in place for the full session. You can sit or lie down while they are active. Start at low intensity and increase gradually as your muscles adapt to the contractions.

IMPORTANT: Do not place the EMS Pads on the chest, throat, head, or directly over the heart. Do not use over broken skin, recent surgical sites, hernias, or active malignancy. Do not use if you have a pacemaker, defibrillator, or any implanted electronic medical device, or if you're pregnant. Mild muscle soreness after a session is normal — similar to post-workout soreness — but reduce the intensity if you experience cramping or significant discomfort during use.

Motion Guides

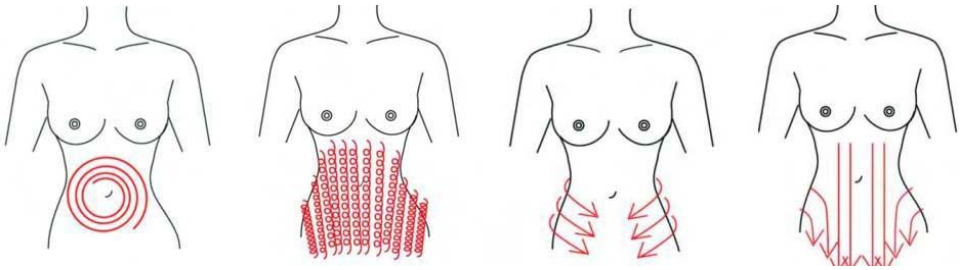
The body and face motion guides below show how to move the active probes during treatment. Refer back to these whenever you're using a hand-held modality — the pad-based modalities (Laser Lipo, EMS) don't need motion guidance since the pads stay in place.

Body Motion Guide

Use these motions for 40K Cavitation, Vacuum RF, and 6-Polar RF / Body RF. Use slow, steady motions and keep the head moving — staying in one spot for too long can cause discomfort or uneven results. For Vacuum RF, sweep one way toward the nearest lymph nodes while the head grips, then use the release to reset.

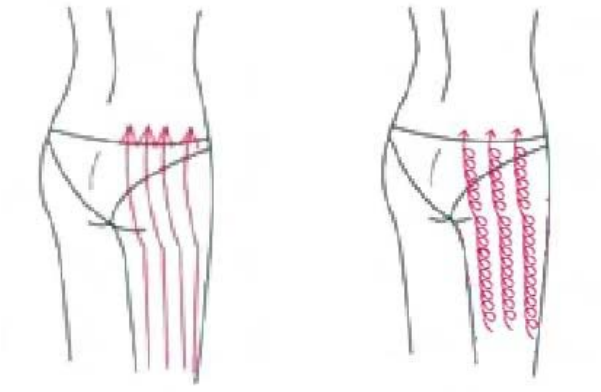
a) WAIST

– Move in a clockwise rotation, expanding as you go to cover the entire targeted area, in small circular motions, from back to front, or from top to bottom.



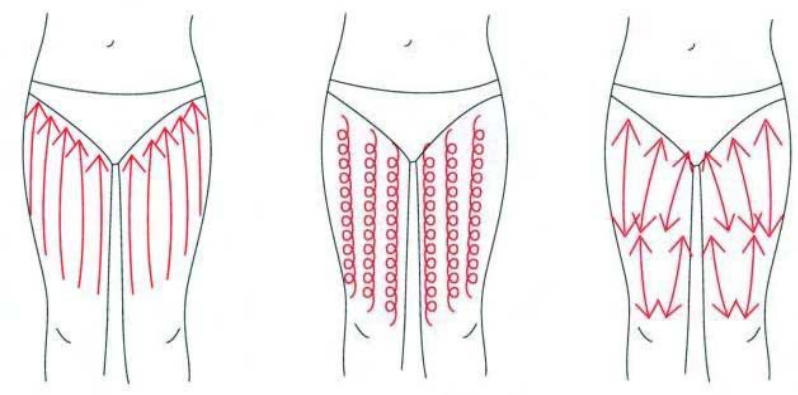
b) BUTTOCKS & BACK LEGS

– Move from bottom to top in even straight lines or in small circular motions.



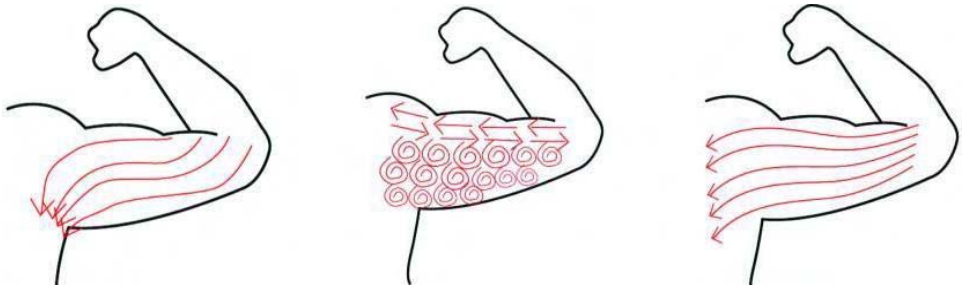
c) THIGHS

– Move from bottom to top in straight lines, in small circular motions or in smaller top to bottom back & forth strokes.



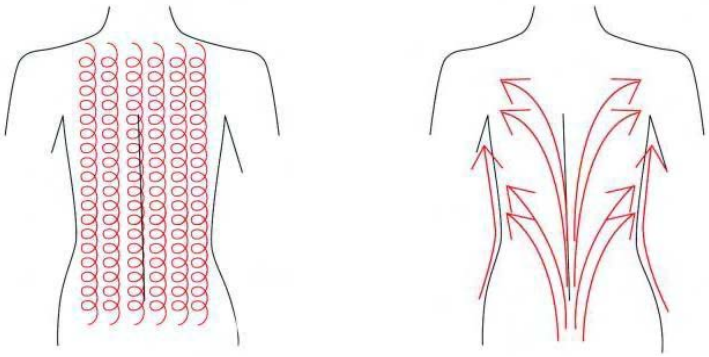
d) ARMS

– Similar to thighs, you can move from bottom to top, in smaller circular motions or back and forth.



e) BACK

– Move from bottom to top or in small circular motions.



Face Motion Guide

Use these motions for 4-Polar RF / Face RF, 3-Polar RF / Eye RF, BIO Microcurrent, and Cold Hammer (when used on the face). For each zone, repeat the motion 5–8 times before moving to the next area. Always work outward from the center of the face and upward along the natural lift lines.



Mouth (Tripolar or Quadrupolar Head)

Move operation head in small circular motions by clinging to the corner of the mouth, then moving out to the ear lobes, then down lightly to the chin. Repeat 5-8 times.



Cheek (Tripolar or Quadrupolar Head)

Move operation head in a small circular motion from the nose to the side of the face, then down lightly to the mouth. Repeat 5-8 times



Forehead (Tripolar or Quadrupolar Head)

Move operation head in small circular motions along the top and bottom of the entire length of the forehead. Repeat 5-8 times.



Neck (Tripolar or Quadrupolar Head)

Move operation head in small circular motions from the inside of the neck to the outside, then lift from the neck upward to the cheek, neck treatment area can be divided into three lines (top, middle, bottom areas) to operate on. Apply more pressure to the top of the neck, and less to the bottom. Repeat 8-10 times.



Jowl (Tripolar or Quadrupolar Head)

Move operation head in small circular motions by pressing tightly against the bottom of the chin and moving along the jawline to the back of the ear. Repeat 5-8 times.



Jawline (Tripolar or Quadrupolar Head)

Move operation head in small circular motions by starting at the chin then working up to the ear lobes and past to the back of the ear. Repeat 5-8 times.



Under Eye (Tripolar or Quadrupolar Head)

Move smoothly from the side to side in the area underneath the eyes. Repeat 5-8 times.



Under Eye #2 (Tripolar or Quadrupolar Head)

Move in small circular motion from the inner side of the lower eye to the temple. Repeat 5-8 times.



Upper Eye/Eyebrow (Tripolar or Quadrupolar Head)

Move head from the corner of the inner eye along the eyebrow to the far end of the brow. Repeat 5-8 times.

POST-TREATMENT CARE

How you care for your skin and body after a session has a real impact on your results. The guidance below covers cleaning your device, caring for treated skin, and lifestyle habits that support body-contouring outcomes.

Cleaning the device

After treatment, always switch off and unplug the power supply from the device and the electrical outlet.

Wipe surfaces of the used attachments. Use 70% alcohol or a water-based wet wipe.

DO NOT submerge in water or clean under running water.

WARNING: The probes can get hot during the treatments.

Caring for treated skin

RF, microcurrent, laser, and EMS treatments all leave the skin in a more sensitive, reactive state for several hours afterward. A few small habits help your skin recover well and let the treatment do its work:

- ✓ **Apply a hydrating serum or moisturizer** right after the session. Treated skin absorbs products more readily, so this is the best window to apply hyaluronic acid, peptides, or whatever your routine includes.
- ✓ **Wear SPF the next day** if you treated your face with RF, microcurrent, or LED. Treated skin is temporarily more sun-sensitive for 24–48 hours.
- ✗ **Avoid hot showers, saunas, and intense workouts for 4–6 hours** after RF treatments. Your skin is already warm — piling on more heat can cause irritation.
- ✗ **Avoid retinoids, exfoliating acids (AHAs / BHAs), and strong actives for 24 hours** after a face treatment. Reintroduce them once your skin has fully calmed down.
- ✗ **Avoid makeup for at least 2–3 hours** after a face treatment, to let the skin breathe and your serums absorb.

What to expect after a session

Some mild reactions are normal and expected. Reach out to a healthcare provider if anything seems severe or persists much longer than these timeframes:

- **Mild redness or warmth** on RF-treated areas is normal for 1–2 hours after the session.
- **A slight tingling sensation** after BIO Microcurrent or EMS is normal and fades within 30–60 minutes.
- **Mild muscle soreness** after EMS — similar to post-workout soreness from a strong gym session — is normal for 1–2 days.

- **Numbness or tingling** after Cold Hammer should fade within a few minutes once the head is removed.
- **You may feel thirsty or notice increased urination** after Cavitation or Vacuum RF — this is your lymphatic system flushing the broken-down fat content. Drink water to support it.

Lifestyle tips for body treatments

These habits specifically support fat-reduction and contouring results from Cavitation, Vacuum RF, Body RF, and Laser Lipo. They're less relevant for face-only routines.

✓ **Drink plenty of water** both before and after the treatment to help flush out the broken-down fat.

✓ **Avoid carbs, sugar, and heavy / greasy food** for 12–24 hours before a session.

✓ **Exercise for ~30 minutes after a session** if you can. Any type of activity is fine — walking, cycling, light cardio. The goal is to keep blood and lymph circulating to help process the broken-down fat.

✗ **Avoid alcohol for 2–3 days** after a Cavitation or Vacuum RF session. Alcohol slows down the liver, which is busy processing the released fatty acids.

✗ **Avoid caffeine for 24–48 hours** before and after a body session. Caffeine is a diuretic and can dehydrate you, making it harder to flush the fat content.

Realistic expectations

These treatments work best as a complement to a healthy lifestyle, not a replacement for one. Cavitation can break down stubborn fat in targeted areas, but your body still needs to process and remove it — and that process is most effective when you're hydrated, eating well, and moving regularly.

Most people start to see visible results after 4–6 sessions of consistent use, with full results developing over 8–12 weeks as collagen rebuilds and the lymphatic system completes its work. Stick with a regular schedule — results build session over session.

8. Treatment Modes

The device includes 9 modalities, each serving a different purpose. The summaries below match the on-screen menu order. For full settings, motion guidance, and recommended starting points, see Section 7.

40K Cavitation — Transmits 40 kHz ultrasonic waves to break down stubborn fat cells beneath the skin. Best for body fat reduction and contouring on areas like the abdomen, thighs, hips, arms, and back.

Vacuum RF — Combines suction with bipolar radio frequency. The vacuum dislodges fluids trapped in fat cells and supports lymphatic drainage, while RF heat stimulates collagen for tighter skin. Especially effective for cellulite reduction.

6-Polar RF / Body RF — Delivers RF energy through six poles for firming and tightening larger body areas. The most powerful of the three RF heads, ideal for the abdomen, thighs, buttocks, arms, and back.

4-Polar RF / Face RF — Delivers RF energy through four poles, designed primarily for the face and smaller body areas. Stimulates collagen and elastin to firm skin, smooth fine lines, and improve facial contour.

3-Polar RF / Eye RF — The gentlest of the RF heads, designed for delicate areas like the under-eye, around the lips, and the nasolabial fold. Provides the same collagen-stimulating benefits at a lower intensity.

> **Note:** All three RF heads (3-Polar, 4-Polar, 6-Polar) include built-in red and infrared light therapy that activates automatically during treatment. The light helps stimulate blood flow, support collagen production, and rejuvenate the skin alongside the RF energy.

Laser Lipo — Uses low-level laser light through strap-on pads to stimulate fat cells to release their contents. A passive modality — the pads strap on and you can rest while they work. Ideal as a finishing step after Cavitation.

Cold Hammer — Chills its metal head for cold therapy. Soothes redness and inflammation, tightens pores, reduces puffiness, and helps lock in skincare products. Best used as a finishing step after warming treatments like RF.

BIO Microcurrent — Delivers gentle electrical currents that mimic the body's natural bioelectrical signals. Stimulates facial muscle tone, collagen production, and skincare product absorption. The head also includes built-in LED light therapy in multiple colors for targeted skin concerns.

EMS Pads — Strap-on pads that deliver targeted electrical impulses to stimulate muscle contractions, similar to exercise. Helps tone, strengthen, and define muscles in the abs, arms, legs, and buttocks. Pairs especially well with Cavitation for body sculpting.

9. Cleaning, Maintenance, and Storage

After treatment, always switch off and unplug the power supply from the device and the electrical outlet.

Wipe surfaces of the used attachments. Use 70% alcohol or a water-based wet wipe.

DO NOT submerge in water or clean under running water.

WARNING: The probes can get hot during the treatments.

Store the device in a cool, dry place.

10. Troubleshooting

IF THE DEVICE WON'T TURN ON:

The most common cause is a blown fuse. The fuse is located on the back of the device, just below the power switch. The device includes a built-in spare fuse stored inside the fuse holder itself — you don't need to source a replacement separately.

Make sure the device is turned off and unplugged from power before replacing the fuse.



To replace the fuse:

1. Use a small flathead screwdriver to gently pry open the fuse holder, then pull it out of the device.
2. Inside the holder you'll find two slots — the working fuse (currently in use) and the spare fuse (held in reserve).



3. Remove the blown working fuse and replace it with the spare fuse from the reserve slot.
4. Push the fuse holder firmly back into the device until it clicks into place.
5. Plug the device back in and turn it on to confirm it's working.

If the device still doesn't turn on after replacing the fuse, contact NuLifeBeauty customer support.

IF 40K CAVITATION PROBE IS MAKING A VERY LOUD NOISE:

Make sure the metal base is secured tightly onto the handle.



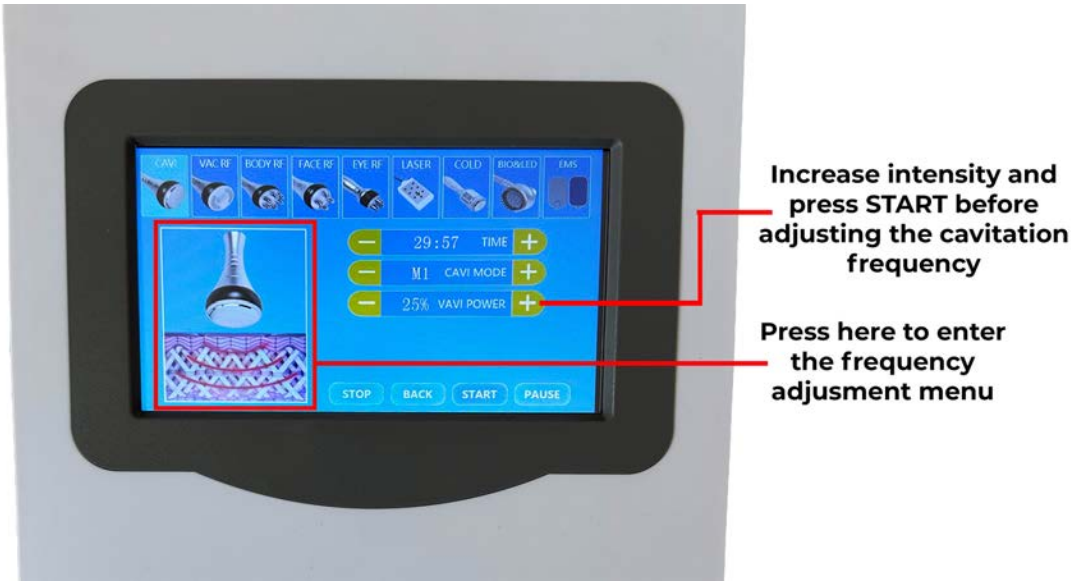
IF 40K CAVITATION PROBE IS NOT WORKING OPTIMALLY:

The cavitation frequency is calibrated at the factory, but small manufacturing tolerances can occasionally leave it slightly off the ideal range. If the probe feels weaker than expected, you can fine-tune the frequency yourself in a few simple steps.

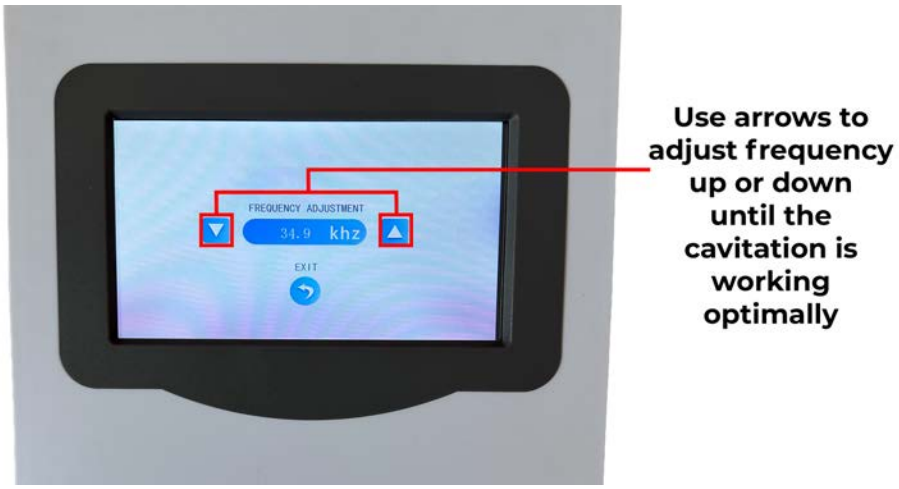
IMPORTANT: Make sure the cavitation probe is fully tightened onto the handle (see previous page) before adjusting the frequency. Tightening the probe afterwards can throw the frequency back out of sync.

To find the optimal frequency:

1. Place a small drop of water in the center of the probe's metal base. The water acts as your visual indicator — it will spray and dissipate most strongly when the frequency is correct.
2. From the main menu, select the Cavitation modality.
3. Increase the **POWER** intensity, then press **START**. The animated graphic on the left of the screen will begin pulsating, with waves traveling into the skin — this confirms the probe is active.
4. Press the cavitation graphic on the left of the screen to enter the Frequency Adjustment menu.



5. Use the up and down arrows to adjust the frequency. Watch the water on the probe — at the correct frequency, the spraying effect will be at its strongest. Going too far in either direction will weaken the effect.



6. Once you find the strongest response, press **EXIT** to save your selection.

IF VACUUM SUCTION IS WEAK

If you've already turned the vacuum suction adjustment knob on the back of the device to its highest setting and the suction still feels weak, the filter is likely clogged — see below to clean it.

IF VACUUM GETS CLOGGED

Pull the rubber filter plug out and rinse the small white suction filter under water to remove any buildup. Wipe off any leftover gel or oil before reinstalling.





11. Technical Specifications

Input: AC 100–240V, 50/60Hz
Total Power: up to 320W
Display: 7-inch touchscreen
Dimensions: 26 × 24 × 33 cm (10.2 × 9.4 × 13 in)
Gross Weight: 8.15 kg (18 lb)

40K Cavitation
Frequency: 40 kHz
Power: up to 100W

Vacuum RF
Frequency: 1 MHz
Power: up to 100W
Vacuum: up to -80kPa
Pressure: >250kPa
Air flow: >10L/minute
Noise level: <70dB (30cm away)

6-Polar RF / Body RF
Frequency: 1 MHz
Power: up to 100W

4-Polar RF / Face RF
Frequency: 1 MHz
Power: up to 80W

3-Polar RF / Eye RF
Frequency: 1 MHz
Power: up to 60W

Laser Lipo
Wavelength: 635–650 nm
Power of each light: 5 mW
Energy output: 64 x 5 mW = 320 mW (6 big pads x 10 lights each + 2 small pads x 2 lights each)

Cold Hammer
Temperature Range: 0–15°C (32–59°F)
Power: 20W

BIO Microcurrent

Current Type: Microcurrent
LED Light: 7 colors (Red, Blue, Green, Yellow, Purple, Cyan, White) + Cycle mode

EMS Pads

Stimulation Type: Electrical Muscle Stimulation
Power: 15W

DISPOSAL

In order to minimize hazards to health and the environment and ensure that materials can be recycled, this product should be disposed of at a separate collection facility for waste electrical and electronic equipment.



12. Support

If you have any questions or concerns, please do not hesitate to reach out to us! We will be happy to help!

EMAIL:

help@nulifebeauty.com

Email is the best way to reach us. A real person from our team reads every message, and we respond within a day.