

BEST YOU PRODUCTS

Ultimate Face & Body Sculpting Machine

6-in-1 Cavitation, RF, Vacuum & Lipo Laser System



USER MANUAL

bestyouproducts.co.uk

1. Safety Notice

1. Do not disassemble the machine or attempt any operation not described in this manual. Repairs should only be carried out by a qualified technician.
2. Do not assemble or operate the machine near water, or with wet hands, and do not allow liquid to enter the unit.
3. Unplug the machine immediately if any of the following happen, and have it checked by a qualified technician before using it again:
 - Liquid has got into the machine
 - It produces an unusual smell, smoke, or an unusually loud noise
 - A cable is damaged
 - The machine has been dropped or damaged
4. Keep cables clear of foot traffic and don't place anything on top of them.
5. Unplug the power cable after each use.
6. Don't insert anything into the machine's sockets — this can cause fire or electric shock. If an object does get inside the machine, don't try to remove it yourself; have it checked by a qualified technician.
7. Place the machine only on a stable, level surface, to prevent it tipping over and causing damage.
8. Specifications and design may be updated from time to time.

2. Before You Begin

Important: Always switch off the power before disconnecting a lipo laser pad.

1. Adjust the settings to suit each client's treatment needs.
2. Treatment should never cause pain, redness, or marks on the skin.
3. Move each handpiece slowly and continuously over the skin — never let it rest in one spot.
4. Do not use on children under 7. Treatment for children over 7 should only go ahead with medical advice.
5. Do not use on anyone with a fever, inflammation, dermatitis (such as acne, eczema or herpes), warts, an open or recently stitched wound, a serious or progressive illness (such as cancer or hepatitis), a blood disorder, or a blood-clotting condition. Do not use on anyone with phlebitis, anyone who has had vein surgery in the last two months, or anyone with varicose veins or tingling in the limbs, without medical advice.
6. Never use on a pregnant woman.
7. The machine can be used on all external, healthy areas of the body except the eyes, throat, ears, glottis and genital area.
8. Do not use inside the mouth, on mucous membranes, on nipples, or on moles, without medical advice.

9. Do not use on anyone with epilepsy or a mental illness.
10. If a client is on long-term medication (such as anti-inflammatories, anticoagulants or antibiotics), or bruises easily, get medical advice before treatment.
11. Never treat over jewellery or rings — ask the client to remove them first.
12. Regular use gives the best results, so avoid long gaps between sessions — but never exceed the recommended treatment time.
13. If there's no improvement, or you're ever unsure, seek medical advice.
14. Results vary from person to person, depending on factors such as age, activity level and diet.
15. The machine can be used after plastic surgery, but only under the surgeon's guidance.
16. This machine is intended for professional use only. Personal or home use is not permitted.
17. Do not run the machine continuously for more than 2 hours. Ideally, switch it off and let it rest for 10–15 minutes after every hour of use.

3. How the Treatments Work

Cavitation

Ultrasonic cavitation uses sound waves at 80,000Hz to create microscopic vacuum bubbles inside and around fat cells. As these bubbles collapse, they break down the fat cell membrane, releasing its contents so the body can process them naturally through its circulatory and lymphatic systems.

Vacuum + Bipolar RF

This handpiece combines gentle suction with bipolar radiofrequency energy. The vacuum action mobilises localised fat deposits and boosts local circulation, while the RF energy heats the tissue to help break fat down and support the body's natural elimination process.

Multi-polar RF (Sixpolar & Twelve-polar)

These handpieces spread RF energy across several poles to heat the treatment area evenly. Even heat distribution means effective treatment at a lower overall energy level, which improves comfort and safety while encouraging collagen renewal in the deeper layers of the skin.

Face RF

A gentler RF setting designed for the more delicate skin of the face, used to firm, lift and smooth facial skin and address areas such as fine lines and puffiness.

Lipo Laser

Uses a low-level laser at a 650nm wavelength that targets fat cells directly, encouraging them to release their stored fat as free fatty acids and glycerol. Light exercise or movement after treatment is recommended to help the body use this released energy.

4. Features & Benefits

- Non-surgical — no anaesthesia required
- No downtime — clients can return to normal activities straight away
- Firms and tones the arms, legs, thighs, buttocks, waist, back and abdomen
- Helps improve the appearance of cellulite
- Supports lymphatic drainage and circulation
- Firms, lifts and smooths the face

5. The Handpieces



Cavitation Head

Directs strong ultrasonic cavitation into the fat layer, vibrating deep-seated fat deposits and breaking them down into free fatty acids.



Vacuum + Bipolar RF Head

Uses controlled suction to mobilise localised fat and improve local circulation, combined with bipolar RF energy to support fat breakdown and metabolism.



Sixpolar RF Head

Six RF applicators combine with magnetic pulses to raise the temperature evenly across the treatment area, improving comfort and safety while supporting collagen renewal.



Twelve-polar RF Head

Penetrates the skin and underlying fat layer with radiofrequency energy, heating deeper tissue to support skin renewal, tightening and tone.



Face RF Head

A precise, lower-intensity head for facial concerns such as crow's feet and under-eye puffiness, helping to tighten and firm the skin.



Lipo Laser Pads

Eight adhesive laser pads (six large, two small) that attach directly to the treatment area and target fat cells with low-level laser energy.

6. Getting Started

1. Check that all handpieces are connected correctly, and clean or disinfect them before use.
2. Cleanse the client's skin, then apply the correct gel for the treatment (ultrasonic gel for cavitation and RF treatments).
3. Plug in the machine and switch on the main power.
4. Select the treatment mode on the touchscreen, then adjust the intensity and time to suit the client.
5. When treatment is finished, pause the machine, then switch off the power.
6. Clean the handpieces and return them to their storage position.

7. Control Panel Guide

Switch on the machine and the touchscreen will show a welcome screen, followed by a menu of the six treatment modes: Cavitation, Vacuum + Bipolar RF, Twelve-polar RF, Sixpolar RF, Face RF, and the Diode Laser (Lipo Laser) system. Tap a mode to open its settings screen.

On each mode's settings screen, use the arrows to set the energy or RF level and the treatment time (typically 10–20 minutes, depending on the client's needs). Press the play button to start, the pause button to stop, and Return to go back to the main menu.





Cavitation



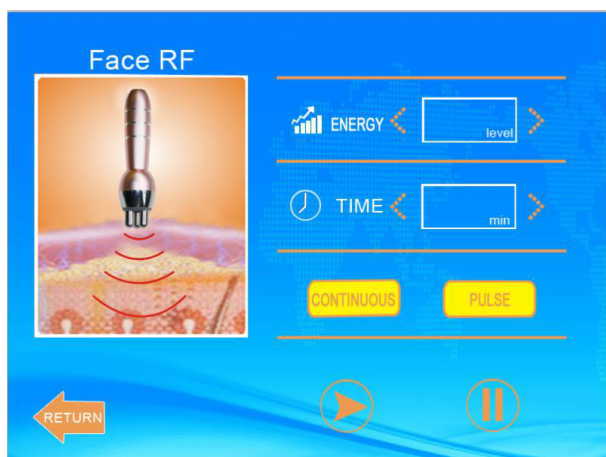
Vacuum + Bipolar RF — models 1–3 are pulsed, 4 is continuous



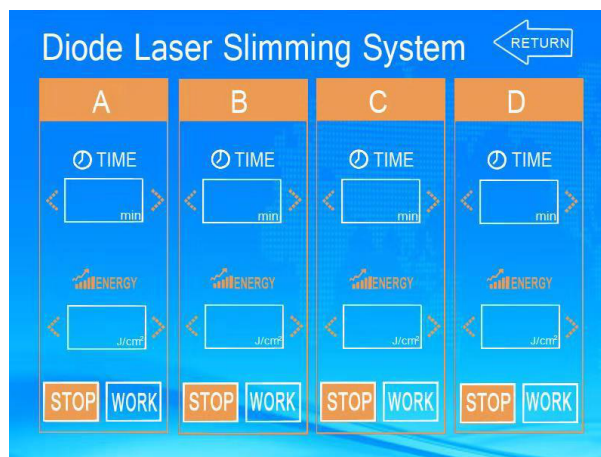
Twelve-polar RF — continuous or pulse output



Sixpolar RF — continuous or pulse output



Face RF — continuous or pulse output



Lipo laser — pads A–D can run at the same time

8. Treatment Techniques

The diagrams below show suggested handpiece directions for each body area. Always move the handpiece slowly and continuously, following the direction of the lymphatic system.

Thigh

Suggested treatment time: 30 minutes

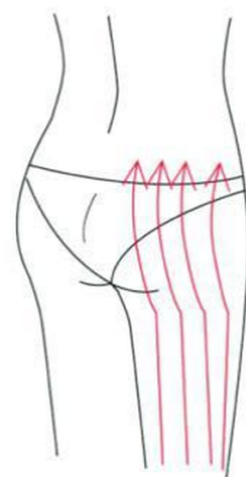
1. Working from the lower thigh upward, push toward the groin to encourage lymphatic drainage.
2. Working from the lower thigh upward, use small anticlockwise circles to help break down fat.
3. Use back-and-forth strokes to help break down fat.
4. Pull upward from the knee, following the muscle line, to help improve the leg's contour.



Buttocks

Suggested treatment time: 20–30 minutes

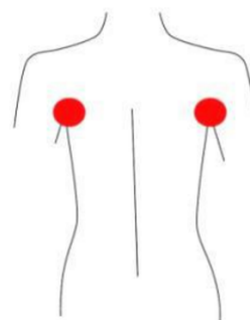
1. Follow the direction of the lymphatic system, pulling up toward the waist.
2. Working from top to bottom, use anticlockwise, back-and-forth strokes.
3. Follow the muscle line upward to help lift and firm.



Back

Suggested treatment time: 20–30 minutes

1. Use back-and-forth strokes along either side of the spine, 2–3 times.
2. Use anticlockwise circles to stimulate the lymph nodes under the arms.
3. Use anticlockwise circles across the back to help break down fat.
4. Use upward, lymph-drainage strokes to help improve the contour of the back.



Arm

Suggested treatment time: 30 minutes (back of the upper arm)

1. Work from the inner elbow up to the armpit, following the lymphatic system.
2. Use small circles to stimulate the lymph nodes.
3. Use anticlockwise or back-and-forth strokes to help break down fat.
4. Work from the elbow up to the armpit with firm, tightening strokes.

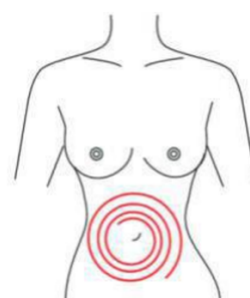
For the front of the upper arm, repeat the same tightening strokes from the elbow up to the armpit.



Abdomen

Suggested treatment time: 20–30 minutes

1. Working clockwise, circle around the navel from small to large — this can help support digestion.
2. Working anticlockwise, circle from small to large, moving downward.
3. Follow the muscle line from the belly outward, pulling toward the groin.
4. Finish with lymph-drainage strokes, guiding toward the groin.



9. Who Shouldn't Use This Machine

- Pregnant women, or women who are menstruating
- Anyone with epilepsy
- Cancer patients
- Anyone with an unhealed wound from recent surgery
- Anyone with acute inflammation or an active infectious illness
- Anyone with heart disease or a heart pacemaker
- Anyone with kidney disease or gallstones
- Anyone with a metal implant or silicone implant
- Anyone using an intrauterine device, with urinary incontinence, or who has recently had abdominal surgery
- Anyone advised by a doctor to avoid heat-based treatments
- Anyone with a known skin hypersensitivity

10. Important Usage Notes

- Always use the correct ultrasonic gel with the cavitation and RF heads.
- Avoid knocking or dropping the ultrasonic head.
- Use plenty of gel to stop the head overheating the skin.
- Keep the handpiece moving at all times, and avoid working directly over bone.
- Don't clean the ultrasonic head with disinfectant spray — wipe it with a damp or dry cloth instead.
- Check the power cord is properly connected before each use.
- Switch off and unplug the machine if it won't be used for an extended period.
- Ask the client to remove all metal jewellery before treatment.
- After each hour of continuous use, pause the machine for about 10 minutes before continuing.
- Don't combine this treatment with other treatments in the same session.

11. Technical Specifications

Cavitation head frequency	80KHz
Vacuum RF head frequency	4MHz
Sixpolar RF head frequency	4MHz
Twelve-polar RF head frequency	4MHz
Face RF head frequency	4MHz
Power	200W
Voltage	110V AC / 220V AC
Working temperature	10°C – 35°C
Gross weight	16kg
Dimensions	42 × 37 × 39cm

In the Box

Main device	1
Cavitation head	1
Lipo laser pads	8 (2 small, 6 large)
Vacuum RF head	1
Sixpolar RF head	1
Twelve-polar RF head	1
Face RF head	1
Fuses	2
Power cord	1
User manual	1

12. Warranty & Support

Your machine comes with a 1-year warranty on the main unit and a 3-month warranty on spare parts, from the date of purchase (proof of purchase required). Consumable items are not included.

The warranty does not cover:

- Damage caused by disassembling the machine yourself
- Damage caused by dropping or mishandling the machine
- Damage caused by failing to store or maintain the machine properly
- Faults caused by not following this user manual

For servicing, spare parts, or any other questions about your machine, visit **bestyouproducts.co.uk**.