

Example Weekly Usage Program

Below is a sample 2-week schedule designed to target the body's main problem areas while allowing adequate rest. Feel free to adjust based on your personal goals and comfort levels.

Note: This example focuses on three sessions per week, spaced evenly to optimize results and recovery.

Week 1

Monday	Wednesday	Friday
Abdomen	Arms (Each)	Thighs (Each)
Cavitation: 20 min Body RF: 10 min	Cavitation: 10 min Body RF: 5 min	Cavitation: 15 min Body RF: 10 min

Week 2

Monday	Wednesday	Friday
Back & Waist	Face & Neck	Buttocks (Each)
Cavitation: 25 min Body RF: 10 min	Tripolar RF: 8 min	Cavitation: 15 min Body RF: 10 min

Post-Program Evaluation

After four weeks of consistent usage, reassess your progress by:

- Measuring changes in circumference of targeted areas (waist, thighs, arms).
- Observing improvements in skin firmness, tone, and cellulite reduction.
- Adjusting future sessions based on what worked best for you, or concentrating on areas that need more attention

Enjoy your journey to a sculpted and youthful appearance with the Cavi Daddi Cavitation Machine. For further assistance, contact our customer support team.

questions@cavidaddi.com

Disclaimer

This device is intended for cosmetic and aesthetic purposes only. It is not designed to diagnose, treat, cure, or prevent any medical condition. Results may vary, and individual outcomes depend on various factors including body composition, lifestyle, and overall health. Always consult with a qualified healthcare professional before beginning any new treatment regimen, especially if you have pre-existing medical conditions, use a pacemaker, are pregnant, or have metal implants.



Techniques for Each Wand Type and Body Area

Cavitation Wand (Blasting Fat Head)

Abdomen:

- Apply gel over the treatment area
- Circular Motions: Start from the navel and move outward in a clockwise direction, creating concentric circles. This promotes fat breakdown and bowel movement.
- Sweeping Motions: Glide the wand upward from the lower abdomen toward the rib cage to enhance lymphatic drainage and contouring.

Thighs:

- Apply gel and begin at the knee.
- Upward Sweeps: Push the wand upward toward the groin to drain lymph and smooth fat deposits.
- Circular Motions: Use counterclockwise circles to break down stubborn fat.
- Sculpting Motions: Focus on inner and outer thighs to contour the overall shape.

Buttocks:

- Circular Motions: Start at the lower buttocks, moving in counterclockwise circles to break down fat and improve skin texture.
- Upward Lifting Motions: Glide the wand along the natural curve of the buttocks, lifting and tightening the area.

Back:

- Sweeping Motions: Start at the lower back and sweep upward toward the shoulder blades to help with fat breakdown and lymphatic drainage.
- Circular Motions: Focus on areas with more fat deposits, such as the bra line area, using small, counterclockwise circles.

Hexapolar RF Wand (For Body)

Arms:

- Apply gel over the treatment area
- Upward Sweeps: Glide the wand from the elbow to the armpit in long, firm strokes to tighten skin and promote lymphatic drainage.
- Circular Motions: Focus on the underside of the arm (tricep area), where sagging skin is common, using gentle circles.

Thighs:

- Circular Motions: Start from the inner thigh and move outward.
- Upward Sweeps: Push the wand upward from the knee to the upper thigh for skin tightening.
- Focus on cellulite-prone areas using moderate intensity and constant motion.

Back and Waist:

- Circular Motions: Target fat deposits on the sides of the waist and upper back.
- Sweeping Motions: Use long strokes from the lower back upward toward the shoulders to tighten skin and improve posture.

Tripolar RF Wand (For Face and Small Areas)

Face:

- Apply gel over the treatment area
- Lifting Motions: Start at the jawline and glide upward toward the cheekbones in smooth, firm strokes.

Forehead:

- Move the wand upward from the brows toward the hairline to reduce fine lines and tighten the skin.

Under Eyes:

- Use very low intensity and gentle outward motions to reduce puffiness. Avoid direct contact with the eyes.

Neck and Neck Line:

- Apply gel over the treatment area
- Upward Motions: Start at the base of the neck and glide upward toward the jawline.
- Circular Motions: Use small circles around the collarbones and Neck Line to firm skin and stimulate collagen production.

Special Notes for All Wands

- Always keep the wand in motion to avoid discomfort or irritation from concentrated heat.
- Maintain a 90-degree angle between the wand and the skin for optimal energy delivery.
- Use gel generously to ensure smooth gliding and effective energy transmission.

CAVI DADDI

Body Contouring and Skin Tightening



Welcome to the Cavi Daddi Experience! Designed for elegance and effectiveness, this cutting-edge device provides professional-grade body sculpting, fat cavitation, and radio frequency (RF) skin tightening in the comfort of your own home.

Fat Cavitation is recognized by the FDA as a safe and clinically proven method for targeting stubborn fat cells and reducing cellulite. Meanwhile, RF technology stimulates collagen production to tighten and rejuvenate the skin, giving you visible results and renewed confidence.

Let this guide walk you through every step of using your machine and maximizing its benefits.

www.website.com

The Science Behind Fat Cavitation & RF Skin Tightening

Understanding Fat Cavitation

Fat cavitation is a non-invasive cosmetic procedure that uses ultrasonic waves to target and break down fat cells beneath the skin. These sound waves vibrate at high frequencies (40 kHz), causing fat cells to rupture, transforming them into liquid, which the body naturally eliminates through the lymphatic system.

Imagine a balloon filled with water. When you apply a strong vibration, the balloon ruptures, releasing the water. Similarly, cavitation breaks fat cells, releasing their contents for elimination.

- Key Applications:
- Targeted fat reduction for the abdomen, thighs, and arms.
 - Smoothing stretch marks and cellulite.
 - Detoxifying and improving skin texture.

Understanding Radio Frequency Skin Tightening

Radio Frequency (RF) therapy uses heat to stimulate collagen and elastin production, tightening loose skin and reducing wrinkles. By heating the dermis layer of your skin to an optimal temperature, collagen fibers contract, instantly firming the skin while encouraging long-term collagen regeneration.

Think of collagen as springs in a mattress. Over time, they weaken and stretch. RF therapy tightens these springs and promotes the growth of new ones, leaving your skin firmer and smoother.

- Key Applications:
- Wrinkle reduction on the face, neck, and hands.
 - Tightening loose skin on the abdomen, thighs, and arms.
 - Enhancing skin elasticity and glow.

Product Components

- **40kHz Cavitation Head**
Targets fat cells for cavitation
- **Tripolar RF Head - 3 polar**
deal for facial skin tightening
- **Hexapolar RF Head - 6 polar**
Designed for body skin tightening and fat reduction
- **LCD Display and Operation Screen**
Centralized control hub
- **Power Switch and Blue LED light**
- **Power Plug**
Ensures safe operation

Setup & Operation Instructions

- 1.Connect the Handles: Attach the 40kHz cavitation head, tripolar RF head, and hexapolar RF head to their respective sockets.
- 2.Power Up: Plug in the power cord and switch on the device. The blue LED light and LCD screen will illuminate.
- 3.Select Operation: Use the touchscreen to choose the desired mode (40kHz Cavitation or RF Skin Tightening).
- 4.Adjust Settings: Set the mode, intensity, and duration based on the area being treated.
- 5.Begin Treatment: Apply a water-based gel to the treatment area. Press the "START" button to activate the device. Move the treatment head as instructed below.
- 6.Finish and Turn Off: Press the return button to exit the operation, then turn off the machine.

Adjusting Intensity & Modes

Intensity Adjustment

- **Start Low:** Always begin with the lowest intensity level to ensure your comfort and skin tolerance. Gradually increase the intensity during the session, based on your tolerance and the targeted body area.
- **Cavitation Tingling Sensation:** As you increase intensity, you may feel a slight tingling or buzzing under your skin. This is normal and indicates that the ultrasound waves are effectively targeting and disrupting the fat cells. If the tingling becomes uncomfortable or painful, reduce the intensity to a more comfortable level. Your experience should be mildly warm and stimulating, never painful.
- **Radio Frequency Heat:** A mild tingling or gentle warmth is normal, indicating the energy is effectively penetrating the target area. If the sensation becomes too intense or uncomfortable, reduce the intensity immediately.
- **Skin Type Considerations:** Thicker skin areas (e.g., thighs, abdomen) can handle higher intensity, while thinner areas (e.g., face, arms) require lower settings.

Understanding Fat Cavitation Modes

- **Mode A:** Constant energy output for large, stubborn fat deposits. Best for areas like the abdomen and thighs.
- **Mode B:** Pulsating energy output, designed for areas with moderate fat deposits and sensitive skin. Ideal for arms and back.
- **Mode C:** Alternating energy patterns to stimulate lymphatic drainage. Recommended for detoxification and smoothing cellulite.
- **Mode D:** Gradual energy increase for a gentle yet effective treatment, perfect for beginners or smaller, more delicate areas like the face or neck.

Maintenance & Care

- Clean treatment heads with a damp cloth after each use.
- Avoid harsh disinfectants; use mild soap or specialized cleaning products.
- Store the machine in a cool, dry place.

Troubleshooting and Safety

- Keep out of reach of children.
- Remove all metal jewelry before use.
- Do not use if you have any contraindications listed in the manual.
- **Tinnitus** (buzzing or ringing in the ear) **during 40K Cavitation:** This is normal due to high-frequency sound waves and is not considered dangerous.
- **No power:** Check the power switch, fuse, and outlet.
- **Uneven energy output:** Ensure the treatment head is fully connected and the skin is evenly coated with gel.

How to Perform the Cavitation Wand Frequency Calibration (Water Test)

- 1.**Power On the Device.** Ensure your Cavi Daddi machine is plugged in properly. Switch on the power and select the 40K Cavitation function on the LCD display. Press the 40k cavitation wand image.
- 2.**Apply a Few Drops of Water.** Place a few drops of water directly onto the metal surface of the cavitation wand. Make sure the wand is facing up so the water doesn't spill off immediately.
- 3.**Observe the Water.** Once the wand is active the water should vibrate or instantly vaporize.
- 4.**Adjust frequency If Needed.** If you do not see noticeable movement in the water drops, gradually increase or decrease the frequency. Stop adjusting if you see the water vaporize on the wand—this confirms proper frequency output. Imagine this happening to your fat!

Why This Test Matters:

This water test helps you confirm that the cavitation head is emitting the correct frequency for optimal fat-blasting performance. Proper calibration ensures effective results and provides peace of mind that your machine is in good working order.

Maximizing the Benefits of Your Cavi Daddi Machine

Tips for Effective Use

- Always use a water-based gel during treatments for optimal energy transmission.
- Move the head in slow, controlled motions.
- Stay hydrated before and after sessions to aid lymphatic drainage.
- Use each mode as per the recommended durations.
- Perform at home lymphatic massages to promote lymphatic drainage
- Using RF treatment after cavitation promotes faster lymphatic drainage and skin tightening

Dos and Don'ts of Cavitation

- Do...**
- Do clean the skin thoroughly before treatment.
 - Do keep the head in constant motion during use.
 - Do allow at least 72 hours between fat cavitation treatments on the same area.
 - Do follow a healthy diet and exercise to maximize results.

- Don't...**
- Don't use the device on open wounds or inflamed skin.
 - Don't use RF wands on bony areas or lymph nodes for too long.
 - Don't use cavitation wand over bones and sensitive areas such as the spine.
 - Don't exceed 1 hour of continuous use without a 10-minute break.
 - Don't use the device if you are pregnant or have implanted medical devices.

Treatment Recommendations

- For optimal results, use the machine 2–3 times per week on targeted areas.
- Sessions should last no more than 30 minutes per body area or 8 minutes for the face.

- Before treatment:**
- Avoid eating a heavy meal within an hour of your treatment
 - Avoid caffeine for 3–4 days before your treatment
 - Avoid alcohol for 24 hours before your treatment
 - Drink at least 2 liters of water 24 hours before your treatment

- After treatment:**
- Avoid eating for 1–2 hours after your treatment
 - Avoid alcohol for 24 hours after your treatment
 - Drink 2–3 liters of water a day for 3 days after your treatment

- **Calorie Guidelines:** While individual needs vary, many adults aiming for weight maintenance or moderate weight loss might target 1,600–2,200 calories per day, depending on factors like activity level, height, weight, and age. Consult a healthcare professional or registered dietitian for personalized advice.
- Results are typically visible after 4–6 sessions, depending on the individual and their goals.

