

Estella User Manual

Linear Technique



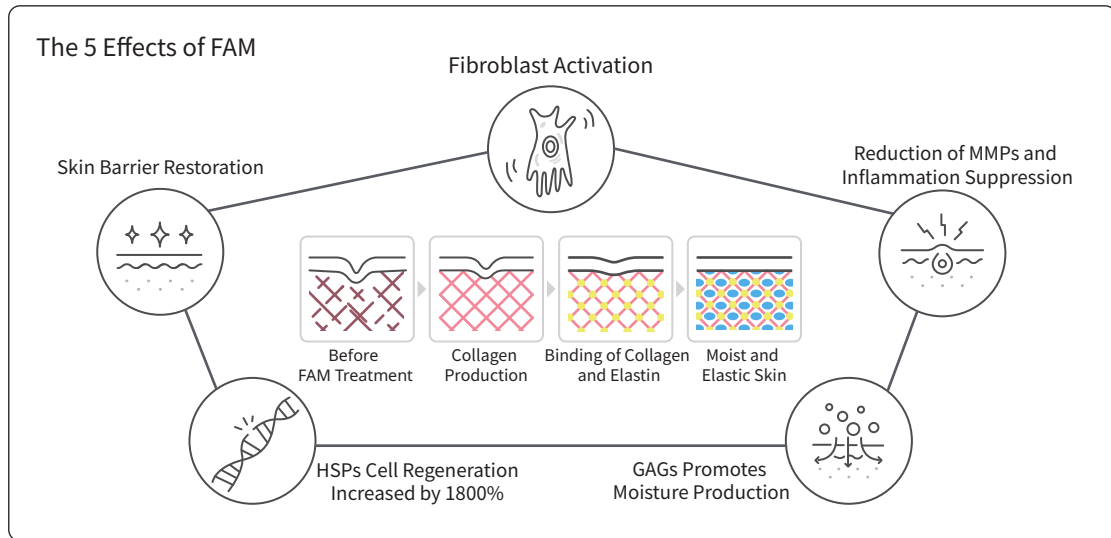
Be glow with Estella

| What is FAM Multi-Ultrasound?

: Fibroblast Activation Micro-Massage
Micro-Massage for Activating Skin Fibroblasts

FAM multi-ultrasound activates fibroblasts.

FAM multi-ultrasound stimulates fibroblasts, making it effective for soothing, moisturizing, regenerating, brightening, firming, and lifting the skin. It also contracts dilated blood vessels, promoting microcirculation, which helps improve redness.



| Precautions

- Do not use the device for purposes other than those described in this user manual.
- Follow the recommended usage cycle and time. The company is not responsible for any side effects resulting from misuse.
- You do not need to apply excessive pressure when using the device.
- If you experience any abnormal physical reactions, stop using the device immediately.
- When using on acne-prone areas, thoroughly disinfect the area beforehand.
- Use the scar-reduction mode only on cosmetic scar areas.
- Do not use the device on a single area for too long, as it may cause low-temperature burns.
(To avoid this, ensure skincare products are adequately applied beforehand.)
- Depending on individual skin types, various skin reactions may occur when using the device.
(If irritation is strong, reduce the level or frequency.)
- If you are currently undergoing dermatological treatment or have skin abnormalities, consult a dermatologist before use.
- Do not use the device on the abdomen during menstruation, as it may increase bleeding.
- It is recommended to wait a certain period before using the device on areas with filler or autologous fat grafts.
- Always turn off the device before charging.
- When using the device on areas with facial hair, effectiveness may decrease. Shave first or apply a thick layer of gel to cover the hair.
- Always stop the device's operation when not in use. (The head may heat up and cause burns.)

| Precautions

Before Use

- Carefully read the list of prohibited uses, and do not use the device if any apply to you.
- Cleanse your face to ensure it is free of impurities.
- After washing, use a toner to smooth the skin texture.
- Never use the device on dry skin, as it may cause irritation or breakouts.
- Adjust the level before use.

If using the device for the first time, it is strongly recommended to start at Level 1.

During Use

Use the device slowly, not too quickly (ultrasound waves need time to penetrate the skin).

Do not use the device directly on the crown of the head, eyes, lips, Adam's apple, or thyroid.

Use skincare products with sufficient moisture content (like toner, essence, ampoule, or serum) to help transmit the ultrasound energy effectively.

If the product has been fully absorbed and the device starts to drag or stick on the skin, it may cause irritation.

If sharing the device with others, disinfect the head portion before use to prevent infection.

Move the device according to the instructions in the user manual.

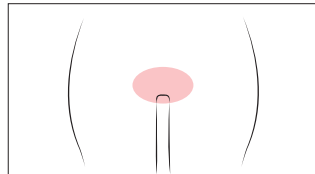
After Use

- The treated area may appear red immediately after use (this usually disappears within a few hours).
- Wait about one hour before using a sauna or steam room.
- Apply sunscreen thoroughly if going outdoors after use.
- Do not exfoliate or apply any additional irritation, as the device already provides exfoliation.
- Avoid scratching or touching the area, even if it feels itchy.
- Wipe off any residue from the device head with a tissue, then clean it with a soft cloth before storing.
- Store in a dry place, away from heat or humidity.
- Keep the device in a moisture-free environment.
- Do not store the device in direct sunlight for extended periods (this may cause discoloration or malfunction).

| Prohibited Uses

- Do not use on dry skin.
- This is not a waterproof device; do not use it while washing your face or bathing.
- Do not use the device while it is charging.
- Do not use on areas with bleeding wounds.
- Do not use on areas with burns or oozing inflammation.

Prohibited Areas of Use



Crown of the head, eyes, lips, Adam's apple, thyroid, Y-zone. The company is not responsible for any side effects resulting from use in these prohibited areas.

Absolutely do not use if any of the following apply

- For pregnant individuals, do not use on the abdomen or fetus (see page 30).
- Do not use on open wounds.
- Do not use if the treatment area contains metal implants.
- Do not use if you have absorbable implants.
- Do not use if you have epilepsy.
- Do not use if you have a history of thyroid or endocrine disorders.
- Do not use if you have or had cancer or precancerous skin lesions.
- Do not use if you have received radiation therapy or chemotherapy within the past 3 months, or are at risk of developing malignant skin tumors.
- Do not use if you have a history of photosensitivity disorders such as porphyria, polymorphic light eruption, solar urticaria, or lupus.
- Do not use if you have abnormal skin conditions due to diabetes, systemic, or other metabolic diseases.
- Do not use if you have an implanted electronic medical device affected by electromagnetic waves, such as a bladder pacemaker.
- Do not use if you have an implanted electronic medical device affected by electromagnetic waves, such as a bladder pacemaker.
- ※ If you have any other medical conditions, please consult a physician before use.

Here is an introduction to the effective usage of Linear Technique III, developed through a two-year collaborative clinical skin study with an esthetic director with 20 years of experience, to maximize the effectiveness of the Estella ultrasound device.

※ We are not responsible for any issues that may occur when using this technique with products from other companies.

Linear Basic

The first step in care is circulation!

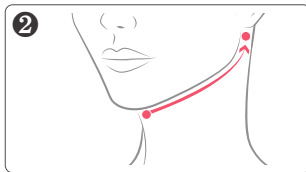
Linear Basic is the first step you should take to enjoy enhanced results.

Experience the glow, hydration, and lifting effects for your entire face—all at once.

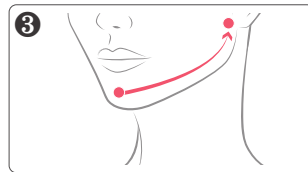
Recommended Mode for Use Whitening / Wrinkles / Lifting / Tightening /
Regeneration / Absorption / Lymphatic Circulation



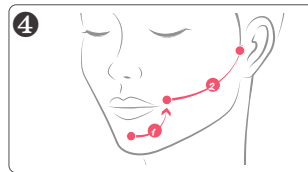
1 Divide the neck into 4 sections and relax each area.



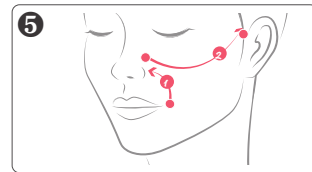
2 Lift from under the chin to below the ear, repeating the motion 4 times.



3 Lift from the center of the chin to the front of the earlobe, repeating the motion 4 times.



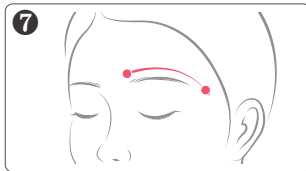
4 Lift from the center of the chin to the corners of the mouth, then from the corners of the mouth to the center of the ear, repeating the motion 4 times.



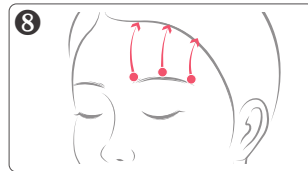
5 Lift from the corners of the mouth to above the nostrils, then follow the line under the cheekbone to the front of the ear, repeating the motion 4 times.



6 Lift from above the nostrils to the inner corners of the eyes, then from the inner corners of the eyes to the temples, repeating the motion 4 times.



7 Relax the muscles above the eyebrows by repeating the motion 4 times.



8 Lift from above the eyebrows to the beginning of the hairline.



9 Starting from the center of the forehead, follow the pressure points down to the shoulder line to finish.

For detailed instructions, please refer to the YouTube video.

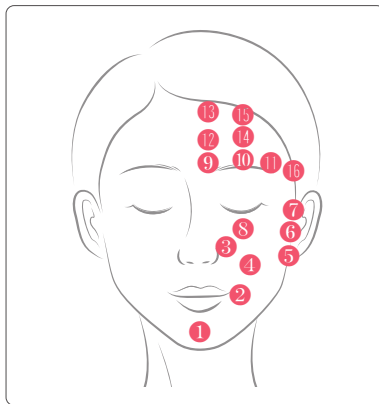
Linear Spot

Let's correct the common mistakes in using ultrasound.

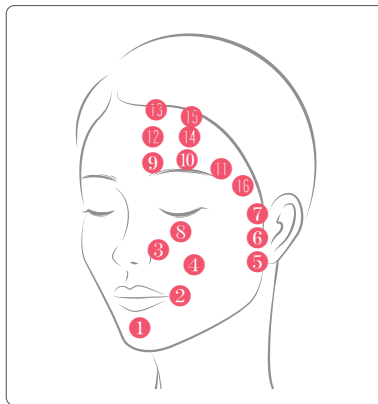
Did you know that improper use of ultrasound on troubled, acne-prone, or sensitive skin can actually spread inflammation? That's why we created the Linear Spot care method—specifically designed for acne, sensitivity, and troubled skin.

Recommended Mode for Use

Trouble / Regeneration / Absorption



Front



Side

1 - 16 Hold the device for 5 seconds on each pressure point in order.
After problematic skin has improved, it is safe to use Basic and Focus care methods.

- | | | | |
|------------------------------|--|--|---|
| 1 Center of the Chin | 5 Center of the Chin | 9 Inner End of the Eyebrow | 13 Hairline |
| 2 Corner of the Mouth | 6 In Front of the Center of the Ear | 10 Center of the Eyebrow | 14 Above the Center of the Eyebrow |
| 3 Above the Nostrils | 7 In Front of the Start of the Ear | 11 Outer End of the Eyebrow | 15 Hairline |
| 4 Under the Cheekbone | 8 Center Under the Eye | 12 Above the Inner End of the Eyebrow | 16 Temple |

You don't need to follow the exact order.
e.g., Lower face > Forehead > Sides of the face

For detailed instructions,
please refer to the YouTube video.

Linear Spot

Want skincare but don't have time?

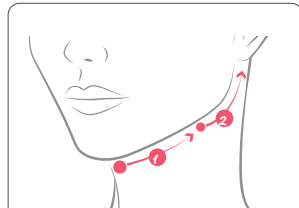
Experience the effects of esthetic treatments at home!

Choose the area you're concerned about and give it focused care with Linear Focus.

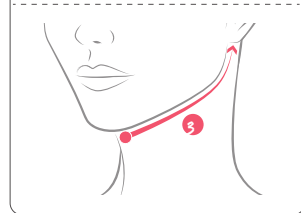
Recommended Mode for Use

Lymphatic Circulation / Wrinkles / Lifting

① Double Chin Care



Starting from the inner end of the eyebrow, follow the eyebrow line to the temple, then to the side of the cheekbone, the top of the cheekbone (under the center of the eye), and next to the nostrils, then return to the inner end of the eyebrow, drawing a circular motion to relax the muscles around the eyes. Repeat this process 5 times.



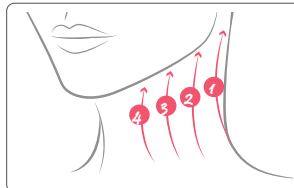
3. Pull upward in one motion from the center under the chin to the area below the ear.

② Hairline Care



Sweep downward from the hairline to the temple, front of the ear, center of the ear, and in front of the earlobe —5 times each.

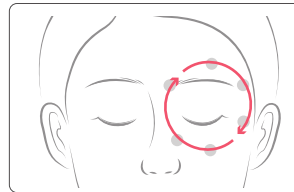
③ Neck Wrinkle Care



Divide the neck into four sections and lift upward. Repeat each section 5 times.

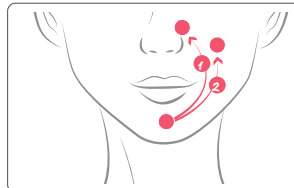
* Avoid using the device on the Adam's apple area.

④ Eye Circulation Care



Starting from the inner end of the eyebrow, follow the eyebrow line to the temple, then to the side of the cheekbone, the top of the cheekbone (under the center of the eye), and next to the nostrils, then return to the inner end of the eyebrow, drawing a circular motion to relax the muscles around the eyes. Repeat this process 5 times.

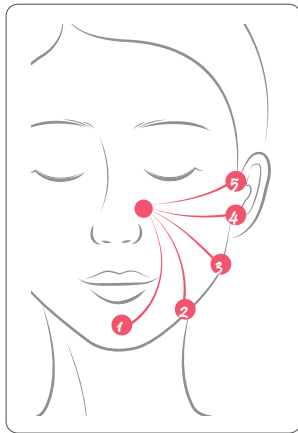
⑤ Nasolabial Fold Care



1. Pull upward from the center of the chin to the area above the nostrils.

2. Pull upward from the center of the chin to the area beneath the cheekbones.

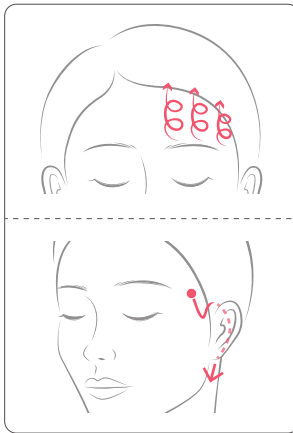
6 Sunken Cheek Care



1. Lift from the center of the chin to above the nostrils.
2. Lift from the middle of the jawline to above the nostrils.
3. Lift from the tip of the chin, along the bottom of the cheekbone, to above the nostrils.
4. Lift from the center of the ear, along the bottom of the cheekbone, to above the nostrils.
5. Lift from the front of the ear, over the top of the cheekbone, to above the nostrils.

Repeat each of steps 1 to 5 five times.

7 Forehead Wrinkle Care

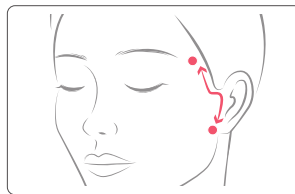


1. Lift from above the eyebrows to the hairline.

2. Starting from the temple, move past the front of the ear, then behind the ear, and finish below the ear.

Repeat each of steps 1 to 3 five times.

8 Temporal Reduction Care



Move back and forth from the temple to the front of the ear, center of the ear, and in front of the earlobe, repeating about 5 times.

9 Frown Line Care



Pull the muscles between the eyebrows upward. Repeat 5 times.

For detailed instructions, please refer to the YouTube video.

Linear Body

Arm Care

Abdominal Care

Lower Body Care

Calf Care

※ Please follow the direction of the arrows carefully.

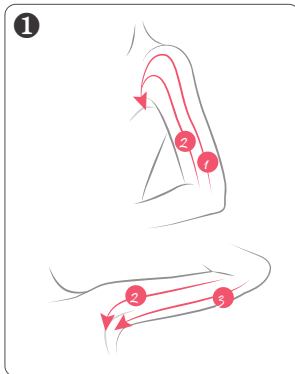
Arm Care

Recommended Mode for Use

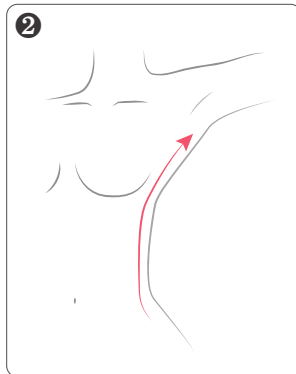
Cellulite / Lymphatic Circulation /
Muscle Relaxation

Benefits you can expect
from these 4 steps

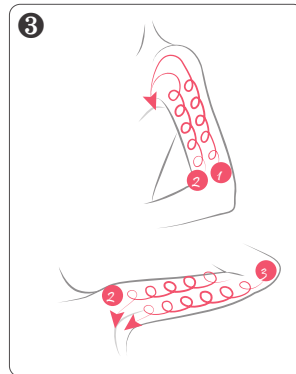
- ✓ Muscle relaxation and relief of shoulder discomfort
- ✓ Improved joint mobility and increased flexibility
- ✓ Enhanced blood flow and lymphatic circulation in the arm area



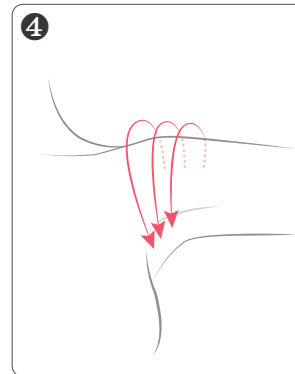
Divide the arm into three sections and pull from the inner elbow toward the armpit.



Pull from the side of the waist up to the armpit.



Divide the arm into three sections and, starting from the inner elbow, pull in circular motions up to the armpit.



Pull horizontally from the shoulder toward the armpit.

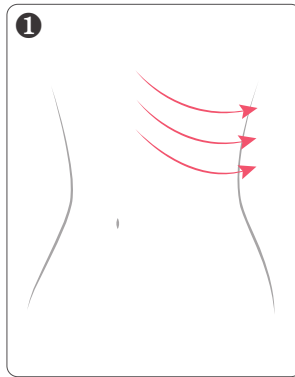
Repeat the above movements at least 5 times.

Abdominal Care

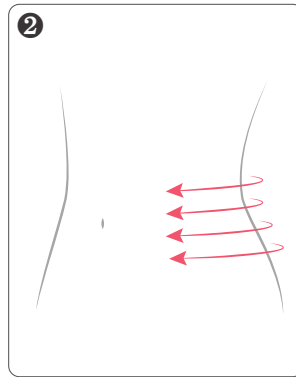
Recommended Mode for Use Cellulite / Lymphatic Circulation /
Muscle Relaxation

Benefits you can expect from these 8 steps

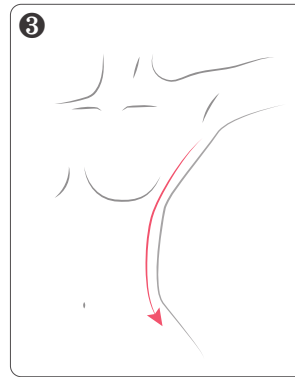
- ✓ Better abdominal circulation & digestion
- ✓ Improved side firmness
- ✓ Easier bowel movements
- ✓ Reduced bloating & better lymph flow



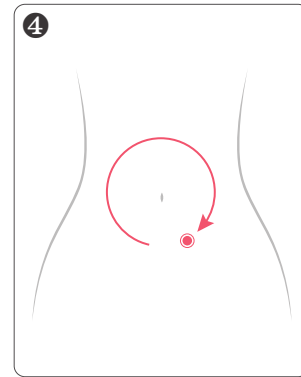
1 Divide the rib line into three sections and move along the ribs from the center of the body to the side of the ribcage.



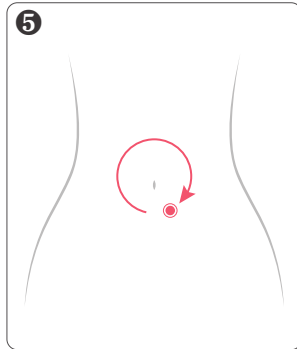
2 Divide the side waist into 4–5 sections and lift upward toward the center of the body.



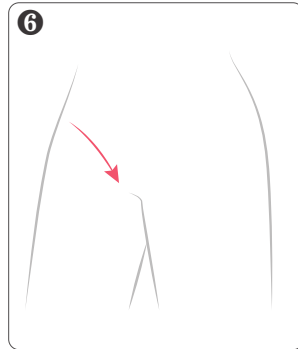
3 Sweep down along the side waist line from below the armpit to the pelvis.



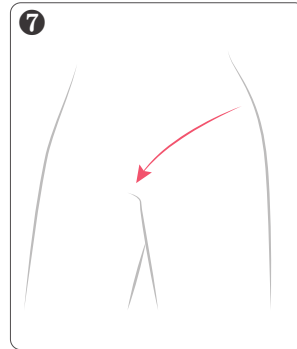
4 Starting from the lower right abdomen, draw a large circle clockwise around the navel, and pause for 3 seconds on the lower left abdomen.



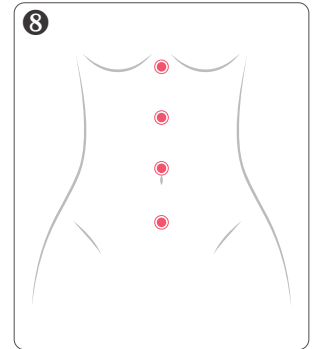
Starting slightly above the lower right abdomen, draw a small clockwise circle around the navel, and pause for 3 seconds slightly above the lower left abdomen.



Sweep from below the right pelvis toward the inguinal area.



Sweep from below the left pelvis toward the inguinal area.



Hold for 10 seconds on each pressure point along the line from the pit of the stomach to below the navel.

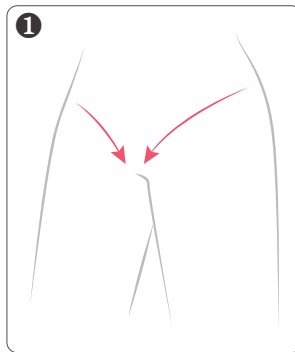
Repeat the above movements at least 5 times.

Lower Body Care

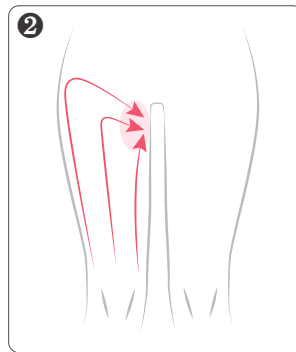
Recommended Mode for Use Cellulite / Lymphatic Circulation /
Muscle Relaxation

Benefits you can expect from these 4 steps

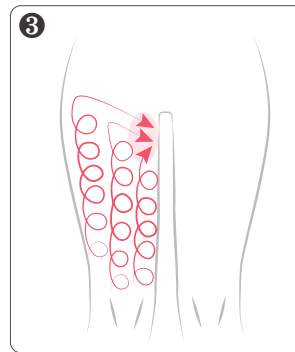
- ✓ Lower-body muscle relaxation
- ✓ Reduced leg swelling
- ✓ Boosted lymphatic flow
- ✓ Smoother skin appearance



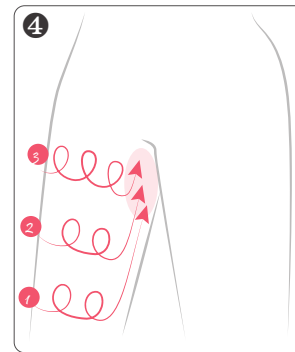
Sweep downward from below the pelvis to the groin area.



Starting from above the knee, divide the front of the thigh into three sections (outer, center, inner) and pull inward toward the inner thigh.



Starting from above the knee, divide the front of the thigh into three sections (outer, center, inner) and pull inward toward the inner thigh in a circular motion.



From point 1 to point 3 above the knee, pull inward toward the inner thigh in circular motions.

Repeat the above movements at least 5 times. Make sure to perform the same care on the opposite leg as well.

Calf Care

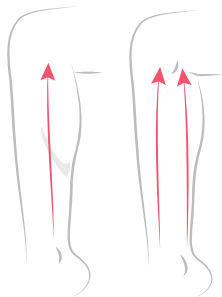
Benefits you can expect from these 5 steps

- ✓ Reduced calf swelling
- ✓ Cramp prevention
- ✓ Improved lower-limb circulation

Recommended Mode for Use

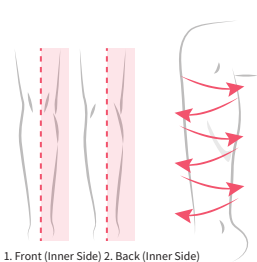
Cellulite / Lymphatic Circulation /
Muscle Relaxation

1 Right Leg



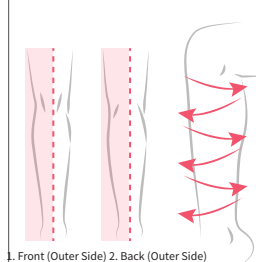
- * Lift along the inner side of the calf.
- * Lift along two points on the outer muscle side of the calf.

2



Starting from the inner side of the knee, move from point 1 to point 2 and back from point 2 to point 1 repeatedly, working your way down to the ankle bone.

3



Starting from the outer side of the knee, move from point 1 to point 2 and back from point 2 to point 1 repeatedly, working your way down to the ankle bone.

4



Lift upward along the center of the back of the calf.

5

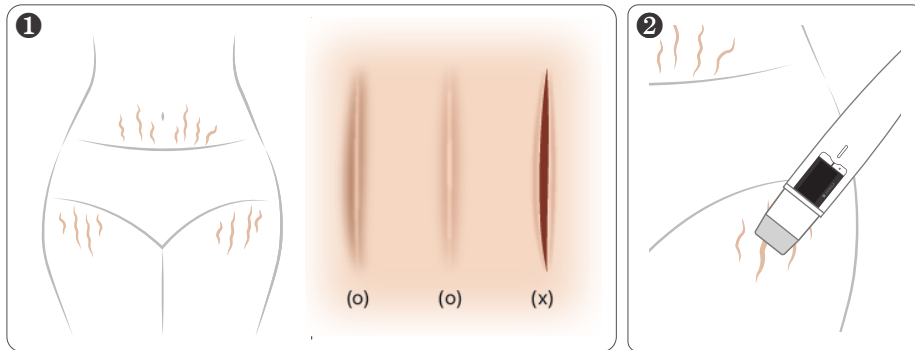


Move in circular motions, pulling downward along the center of the back of the calf.

Repeat the above movements at least 5 times.
Apply the same care to the opposite leg as well.

Stretch Mark & Scar Care

Recommended Mode for Use Stretch Mark Reduction / Scar Reduction



Stretch Marks

For scars, please use the device only on areas you wish to improve for cosmetic purposes.

※ Do not use on bleeding or open wounds.

Hold the device on the targeted area for 10 seconds during use.