ABSTRACT

A health care device illustrated has a low-frequency wave emitter, a low-frequency waveguide and a plant essential oil carrier disposed between the low-frequency wave emitter and the low-frequency waveguide. The low-frequency wave emitter emits a low-frequency wave with a predetermined frequency, and the low-frequency wave firstly passes through the plant essential oil carrier, and then propagates to the low-frequency waveguide. Next, energy of the low-frequency wave is focused in the low-frequency waveguide, and then the low-frequency wave is emitted out from the low-frequency waveguide. A health care method illustrated emits the low-frequency wave with the predetermined frequency to a belly button of a user by using the health care device. The health care device and method increase contents of NAD^+ in blood of the user, and achieve effects of convenient operation, accurate use position identification, and non-invasive and non-contact health care.

Fig. 1